

MEAL 2 (SNACK) RECIPES – ALL WEEKS

1 - Hummus (10 servings) (AT)

- 3 cans chickpeas (rinsed and drained)
- 5 tbsp tahini
- 6 cloves garlic, minced
- Juice of 2 large lemons
- 1/3 C EVOO, plus extra
- Dash salt
- 1/8-1/4 C water

Brown the garlic in a skillet with EVOO on medium heat for 3-5 minutes. In a food processor add tahini, browned garlic, lemon juice, olive oil, salt and 1 C of the chickpeas. Process until everything is mashed, then add another cup of chickpeas, adding water to keep the mixture from becoming too dry. Blend until creamy and smooth. If desired, drizzle some EVOO on top of hummus when serving.

266 calories; 7 g protein; 30 g carbohydrates; 13 g fat

2 - Yogurt Bowl

- 1 C plain Greek yogurt
- 1 apple, diced
- 2 tbsp chopped walnuts
- 1 tsp honey

Combine ingredients together in a bowl. Serve with chopped veggies on the side.

299 calories; 13 g protein; 50 g carbohydrates; 9 g fat

For extra protein, stir some protein powder into the yogurt

3 - Tabouli (6 servings) (AT)

- 1 cucumber, chopped
- 2 tomatoes, chopped
- 4 green onions, chopped
- 1/2 C mint leaves, chopped
- 2 C fresh parsley, chopped
- 4 tbsp EVOO
- 1/2 C lemon juice

Combine everything together in a large bowl, and toss until mixed completely.

125 calories; 2 g protein; 10 g carbohydrates; 10 g fat

For extra protein, serve with chicken, tuna or vegetarian protein source.

4 - Hard Boiled Eggs (6 servings) (AT)

- 6 eggs
- Dash salt

Place your eggs in a pot and cover with cold, salted water by 1 inch. Bring to a boil over medium-high heat, then cover, remove from the heat and set aside 8 to 10 minutes. Drain, cool in ice water and peel. Keep HB eggs in the fridge until ready to eat. Serve with chopped veggies and mixed nuts & seeds.

70 calories per egg; 6 g protein; 1 g carbohydrates; 5 g fat

5 - Turkey Meatballs (3 servings) (AT)

- 1 lb ground turkey breast
- ½ C ground flax
- ¼ C wheat bran (or oat bran)
- ½ onion, chopped
- 3-4 cloves garlic, chopped
- 2 eggs, beaten
- Salt and pepper to taste

Mix everything together in a large bowl, then separate into 2" meatballs and place on an EVOO coated cookie sheet. Bake at 400 F for 15-20 minutes, or until a toothpick inserted comes out clean.

278 calories; 32 g protein; 17 g carbohydrates; 10 g fat

7 - Pesto (8 servings) (AT)

- 2 C fresh basil leaves
- ½ C EVOO
- ⅓ C grated parmesan cheese
- ¼ C pine nuts (can substitute walnuts or almonds)
- 4 cloves garlic

Process basil leaves in food processor first in small batches. Add remaining ingredients and blend well until mixture forms a thick, smooth, paste. Store in fridge, or freeze for later use.

164 calories; 3 g protein; 2 g carbohydrates; 17 g fat

6 - Tempeh Meatballs (20 servings/1 meatball)

- ½ C white onion, minced
- 3 cloves garlic, minced
- 1 egg
- 8 ounces tempeh* (or 1 C rinsed and drained chickpeas for similar result)
- ⅓ C parmesan cheese
- ½ tsp each dried basil
- ½ tsp oregano
- ¼ C fresh parsley
- ½ C almond meal or bread crumbs
- EVOO
- ⅓ C bread crumbs or almond meal (for coating)
- ⅓ C parmesan cheese (for coating)

Preheat oven to 375 degrees. Saute onion and garlic in EVOO until soft. Add tempeh to food processor, then sauteed onion and garlic, then all other ingredients except EVOO (and coating). Mix until forms a doughy consistency. Adjust spices if needed. Form into balls, and roll balls in crumbs and parmesan cheese. Heat the skillet you used to saute onion and garlic to medium heat, then add enough EVOO to cover the bottom of the pan. Add balls (in batches, giving them room for turning). Brown balls for about 5 minutes, then transfer to baking sheet and bake for 15 minutes.

66 Calories; 3 g protein; 6 g carbohydrates; 4 g fat

MEAL 4 (SNACK) RECIPES – ALL WEEKS

BARS:

1 - Build-Your-Own Energy Bar (6 servings) (AT)

- 2 scoops chocolate protein powder
- $\frac{2}{3}$ C flax meal
- 3 tbsp natural peanut butter, chunky
- 1 C pitted dates
- $\frac{1}{4}$ C water – added gradually until you get a texture that holds its shape

150 calories, 28 g protein, 15 g carb, 15 g fat

Blend dates smooth in a food processor, then add ingredients together in a large bowl. Press into wax paper or plastic wrap lined pan – you could also line an ice cube tray for pre-made bar shapes. Freeze at least 1 hour. Cut and store in the fridge or freezer, depending on how impatient you are. These bars are totally customizable. With your basics – protein powder, flax meal, nuts (either the nut butter or $\frac{3}{4}$ c dry nuts, and dates, you can let your imagination run wild. Add coconut, coffee, chia, cacao nibs, dried fruit, cinnamon and other spices.

2 - PALEO BROWNIE BITES

- 1 cup walnuts
- 1 $\frac{1}{3}$ C pitted dates
- 1 tsp vanilla extract
- 3-4 tbsp cocoa or cacao powder
- $\frac{1}{8}$ plus $\frac{1}{16}$ tsp salt (optional)
- Fruits, nut butters, nuts, etc. As above, you can add almost anything!

Blend together in a food processor. Once a thick, well blended mixture, remove from processor and roll into balls. Can be frozen for future use.

175 calories; 2 g protein; 25 g carbohydrates; 8 g fat

SHAKES

If you're sticking with roughly the same super shake formula (see below), most of your smoothies will be roughly 300 cal, and contain 30g protein (1 scoop), 15g carbs (your fruits & veggies), and 10-20g fat (your nuts, dairy, toppers).

To make a **Basic Super Shake**, combine the following elements:

| ICE | FRUIT | VEGGIE | PROTEIN | NUT/SEED | LIQUID | TOPPER |
|-----|--|---|------------------------------|---|--|---|
| | banana, berries, dates, pineapple, mango, etc. | kale, spinach, greens, pumpkin, sweet potato, beets, cucumber, celery | whey, rice, hemp, pea powder | walnut, almond, nut butter, cashews, flax, chia, hemp | milk or alternative, cool green tea, water | coconut, cacao nibs, oats, granola, cinnamon, pomegranate seeds, goji berries, dark chocolate |

Shake Recipes to Try:

ALMOND JOY (300 cal) (AT)

- ½ scoop Chocolate protein powder
 - ½ cup coconut water
 - ½ cup almond milk
 - 2 tbsp almond butter or ¼ cup chopped almonds
- Nutritional Info:
 Protein: 33 g
 Carbs: 19 g
 Fat: 18 g
 Dietary Fiber: 3 g

BANANA CHAI (280 cal) (AT)

- 1 cup chai tea, cooled
 - ½ frozen banana
 - 1 scoop vanilla protein powder
 - 2 tsp maca
 - ⅓ cup greek yogurt
 - ⅓ cup milk or alternative
 - ice
 - cinnamon to taste
- Nutritional Info:
 Protein: 31 g
 Carbs: 22 g
 Fat: 1 g

SPICY GINGER COLADA (233 cal)

(AT)

- 1 frozen banana
- 1 scoop unflavoured protein powder
- 1 cup pineapple chunks
- ½ tsp grated ginger
- 1 cup unsweetened coconut milk
- ice and water
- toasted coconut as garnish

Nutritional Info:

Protein: 32 g

Carbs: 28 g

Fat: 3 g

* can omit ginger for straight pina colada

GREEN GODDESS (337 cal) (AT)

- ½ granny smith apple
- 1 cup chopped packed kale
- 1 scoop unflavoured protein powder
- ¼ cup parsley
- 1 frozen banana
- 1 cup coconut water

Nutritional Info:

Protein: 36 g

Carbs: 56 g

Fat: 2 g

* to freeze bananas, peel, cut, put on baking sheet in freezer, then package airtight

NUTTY CRUNCH (317 cal) (PW)

- 1 ½ tsp rolled oats
- ½ cup milk or alternative
- ½ cup cottage cheese
- 1 scoop chocolate protein powder
- 1 tbsp peanut butter

Nutritional Info:

Protein: 35 g

Carbs: 21 g

Fat: 1 g

NUTS & FLAX SHAKE (470 cal) (AT)

- 1 scoop vanilla protein powder
- 1/3 cup lowfat cottage cheese
- 2 tbsp flax seeds
- 1/2 ounce almonds
- 1/2 ounce
- 1 cup ice
- dash of salt
- sweetener to taste

Nutritional Info:

Protein: 42 g

Carbs: 18 g

Fat: 28 g

Dietary Fiber: 10 g

Saturated Fat: 4 g

Monounsaturated Fat: 8 g

Polyunsaturated Fat: 14 g

* Add flax seeds, cottage cheese, whey, sweetener, ice and water into blender in that order. Blend until creamy. Add almonds and walnuts at end, blend slightly so still crunchy.

EVEN MORE SHAKE RECIPES TO TRY:

APPLE CRISP (AT)

What's in it:

- 1 scoop vanilla protein powder
- ½ cup milk or alternative
- ½ cup applesauce
- celery, chopped
- nut butter
- ice

BLUEBERRY MUFFIN (PW)

What's in it:

- 1 scoop vanilla protein powder
- ½ cup milk or alternative
- ⅔ cup blueberries
- juice of 1-2 lemon wedges
- 2 tsp cashew butter
- ½ Baked sweet potato
- 1-5 drops vanilla
- 4oz water or ice

CREAMSICLE (AT)

What's in it:

- 1 scoop vanilla protein powder
- 6oz almond milk
- 4oz orange juice
- 2 tbsp heavy cream
- 3-5 drops vanilla
- cucumber
- ice

AFTER EIGHT (AT)

What's in it:

- 1 scoop chocolate protein powder
- 12 oz cooled mint tea
- 1 tbsp cocoa powder
- cocoa nibs
- beets
- ice

PUMPKIN PIE (AT)

What's in it:

- 1 scoop vanilla protein powder
- ½ cup milk or alternative
- ½ cup pumpkin puree
- 1-5 drops vanilla
- 4oz water
- ice
- spice to taste

CINNAMON ROLL (AT)

What's in it:

- 1 scoop vanilla protein powder
- 8oz almond milk
- 2 tbsp heavy cream
- 1-5 drops vanilla
- 1-5 drops butter flavour
- 2 tsp cinnamon
- spinach
- ice

IMMUNE SMOOTHIE (AT)

What's in it:

- 1 orange
- 3-5 strawberries
- 1 banana
- spinach
- 1 scoop unflavoured protein powder
- ¾ cup milk or alternative
- ¼ tsp vit c powder
- 1 drop echinecea
- 1 cordyceps capsule
- ice

FUNKY MONKEY (AT)

What's in it:

- 1 cup milk or alternative
- handful fresh cacao beans or powder
- 1 scoop chocolate protein powder
- natural sweetener
- ½ cup fresh coconut
- 1 banana
- celery, chopped
- ice, water

PASSION FRUIT ZINGER (AT)

What's in it:

- ½ cup pineapple
- 1 mango/passion fruit
- ½ avocado
- 1 scoop unflavoured protein powder
- 1 tsp chia seeds
- kale
- fresh ginger
- natural sweetener; ice; water