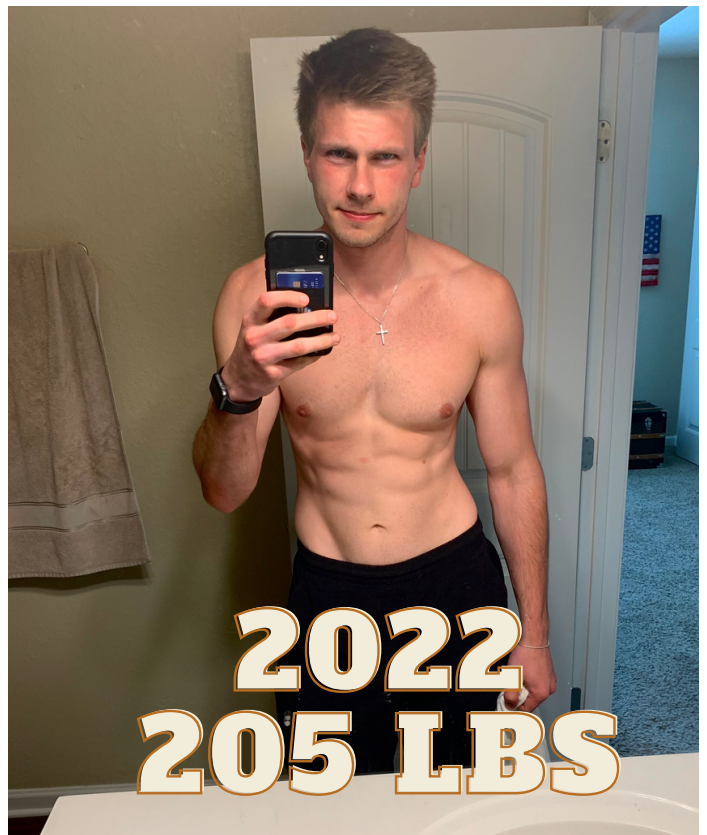
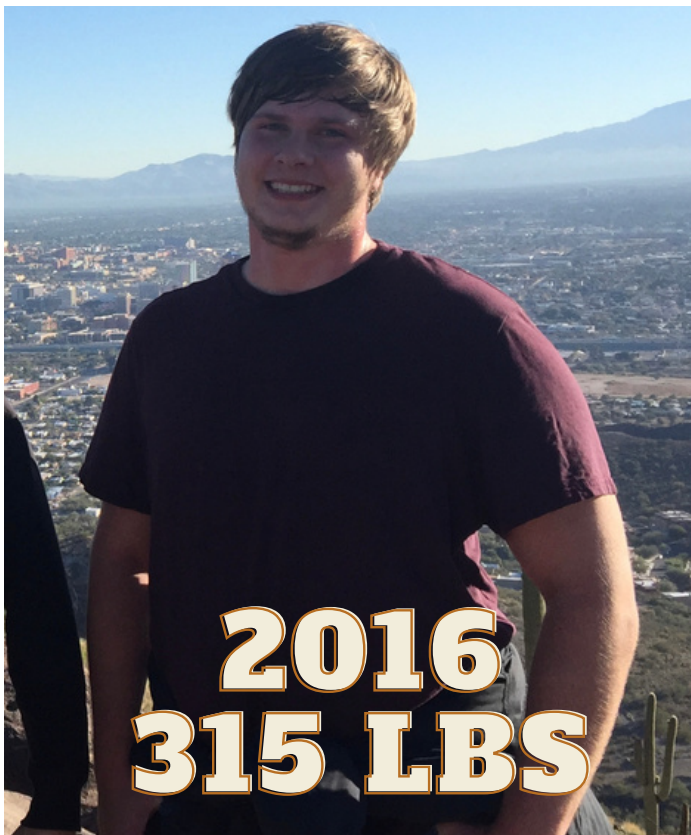


# TRUST THE SKINNY CHEF



**100+ MACRO  
FRIENDLY  
RECIPES  
AND MORE**



## My Journey

I have struggled with excessive weight throughout my entire life, and I used to believe that it would be impossible to change this. At my heaviest, I was 315 pounds and had trouble doing everyday tasks. I was unhappy, insecure, and longed for my life to be different.

Eventually, enough was enough and I decided to make a commitment to myself and finally lose weight. However, all the quick-fix diets I tried could never sustain the weight loss I was achieving. Boring and tasteless foods according to the restrictive diets I followed caused me to binge eat the food I actually wanted. Caught in this cycle, I found myself gaining all the weight back. I felt frustrated and hopeless. Why can't macronutrient-friendly food taste good as well as be good for you?

This ideology has been the driving force behind my channel and my approach to weight loss for years now. I have lost over 100 pounds eating the foods I love, and I am here to demonstrate how you can do it too.

# The Real Recipe for Weight Loss

The key to losing weight and keeping it off is to keep things simple. The internet will make you believe that weight loss is an overbearingly complicated subject. It is not. Trust me, I learned the hard way.

There is only one thing you need to know in order to lose weight: as long as you consume fewer calories than you burn, you will lose weight. You've probably heard it before: calories in versus calories out. It's a simple equation, that if followed, will make a huge impact on your weight-loss journey. My goal with this cookbook is to provide you with recipes that can help you lose weight while not sacrificing flavor.

Every recipe in this book will have the break down of all macronutrients per serving. These macronutrients include calories, fat, carbohydrates, and protein. If your goal is purely weight loss, there is no need to over-complicate and track each macro for every meal, just focus on the calories! However, if your goal is to lose weight *and* retain muscle, I recommend that calories and protein are tracked. The right range of macronutrients and calories for an individual can be found using an online macronutrients calculator. This recipe book will mainly focus on low-calorie and high-protein recipes that you can use to assist you in your weight loss journey.

# BREAKFAST

## **Breakfast Sandwich.....16**

**340 cal › 33g Protein › 12.5g Fat › 23g Carb**

## **Beefy Breakfast Sandwich.....17**

**330 cal › 33g Protein › 11.2g Fat › 22.6g Carb**

## **Chicken Breakfast Burrito.....18**

**450 cal › 60g Protein › 17g Fat › 10g Carb**

## **Bacon Breakfast Burrito.....19**

**375 cal › 34g Protein › 20g Fat › 28g Carb**

## **Beefy Breakfast Burritos.....20**

**560 cal › 59g Protein › 20g Fat › 45.1g Carb**

## **Protein Bagels.....21**

**235 cal › 12g Protein › 3.1g Fat › 40.7g Carb**

## **Breakfast Bagels.....22**

**435 cal › 26 Protein › 16.9 Fat › 44.1 Carb**

## **Protein Pancakes.....23**

**340 cal › 50g Protein › 0.5g Fat › 27.5g Carb**

## **S'more Baked Oats.....24**

**600 cal › 34g Protein › 16.4g Fat › 78g Carb**

## **Double Chocolate Baked Oats.....25**

**585 cal › 34.2g Protein › 16.2g Fat › 70g Carb**

## **Chocolate Chip Baked Oats.....26**

**585 cal › 34.2g Protein › 16.2g Fat › 70g Carb**

# LUNCH & DINNER

**Chipotle Shrimp.....27**

**130 cals ▶ 15.5g Protein ▶ 6.9g Fat ▶ 1g Carb**

**Chipotle Chicken.....28**

**185 cals ▶ 27g Protein ▶ 8.7g Fat ▶ 0g Carb**

**Ranch Chicken.....29**

**185 cals ▶ 27g Protein ▶ 8.7g Fat ▶ 0g Carb**

**Chipotle Salmon.....30**

**300 cals ▶ 34.2g Protein ▶ 14.4g Fat ▶ 6.8g Carb**

**Flaky Salmon.....31**

**300 cals ▶ 34.2g Protein ▶ 14.4g Fat ▶ 6.8g Carb**

**Chipotle Steak.....32**

**290 cals ▶ 43g Protein ▶ 12.5g Fat ▶ 1.4g Carb**

**Chipotle Chicken Alfredo.....33**

**450 cals ▶ 43g Protein ▶ 15.3g Fat ▶ 33g Carb**

**Crispy Chicken Alfredo.....34**

**600 cals ▶ 64g Protein ▶ 12.9g Fat ▶ 64g Carb**

**Chipotle Shrimp Alfredo.....35**

**475 cals ▶ 52g Protein ▶ 4.7g Fat ▶ 56g Carb**

**Cajun Shrimp Alfredo.....36**

**445 cals ▶ 40g Protein ▶ 5.7g Fat ▶ 57g Carb**

**Chipotle Salmon Alfredo.....37**

**445 cals ▶ 40g Protein ▶ 5.7g Fat ▶ 57g Carb**

**Cajun Chicken Pasta.....38**

**500 cals > 62g Protein > 8.7g Fat > 39g Carb**

**Tuscan Chicken Pasta.....39**

**560 cals > 64g Protein > 9.4g Fat > 50g Carb**

**Buffalo Chicken Pasta.....40**

**500 cals > 60g Protein > 8.2g Fat > 40g Carb**

**Chicken Bacon Ranch Pasta.....41**

**600 cals > 59g Protein > 20g Fat > 41g Carb**

**Chipotle Chicken Pasta.....42**

**530 cals > 60g Protein > 9.1g Fat > 47.4g Carb**

**Chipotle Chicken Alfredo.....43**

**530 cals > 50g Protein > 9.9g Fat > 63.8g Carb**

**Creamy Taco Pasta.....44**

**515 cals > 47g Protein > 5.6g Fat > 57g Carb**

**Pesto Chicken Pasta.....45**

**535 cals > 49g Protein > 13.5g Fat > 55.8g Carb**

**Protein Mac and Cheese.....46**

**385 cals > 26g Protein > 4.1g Fat > 67.2g Carb**

**Buffalo Chicken Mac And Cheese.....47**

**525 cals > 64g Protein > 7.9g Fat > 43.7g Carb**

**Bacon Mac and Cheese.....48**

**410 cals > 31 Protein > 8g Fat > 58g Carb**

<b>Chipotle Chicken Mac And Cheese.....</b>	<b>49</b>
525 cals ▶ 64g Protein ▶ 8g Fat ▶ 43.7g Carb	
<b>CBR Mac and Cheese.....</b>	<b>50</b>
550 cals ▶ 66g Protein ▶ 10g Fat ▶ 44g Carb	
<b>Pepperoni Stuffed-Crust Pizza.....</b>	<b>51</b>
545 cals ▶ 42g Protein ▶ 16.3g Fat ▶ 55.5g Carb	
<b>Meat Lovers' Stuffed-Crust Pizza.....</b>	<b>52</b>
800 cals ▶ 72.3g Protein ▶ 21.8g Fat ▶ 77.2g Carb	
<b>Buffalo Chicken Stuffed-Crust Pizza.....</b>	<b>53</b>
790 cals ▶ 90g Protein ▶ 10.3g Fat ▶ 78.6g Carb	
<b>BBQ Stuffed-Crust Pizza.....</b>	<b>54</b>
775 cals ▶ 78g Protein ▶ 9.9g Fat ▶ 89.2g Carb	
<b>CBR Stuffed-Crust Pizza.....</b>	<b>55</b>
760 cals ▶ 77g Protein ▶ 15.3g Fat ▶ 76.3g Carb	
<b>Stuffed-Crust Supreme Pizza.....</b>	<b>56</b>
750 cals ▶ 74g Protein ▶ 10g Fat ▶ 77g Carb	
<b>Chicken Crust BBQ Pizza.....</b>	<b>57</b>
480 cals ▶ 79g Protein ▶ 16.2g Fat ▶ 3.1g Carb	
<b>BBQ Chicken Flatbread.....</b>	<b>58</b>
415 cals ▶ 57g Protein ▶ 9.5g Fat ▶ 22g Carb	
<b>Pepperoni Flatbread.....</b>	<b>59</b>
360 cals ▶ 46g Protein ▶ 8.2g Fat ▶ 25.5g Carb	

<b>Buffalo Chicken Flatbread.....</b>	<b>60</b>
425 cals ▶ 65g Protein ▶ 9.8g Fat ▶ 13g Carb	
<b>Pepperoni Calzone.....</b>	<b>61</b>
620 cals ▶ 58g Protein ▶ 8.9g Fat ▶ 77.1g Carb	
<b>Buffalo Chicken Calzone.....</b>	<b>62</b>
725 cals ▶ 77g Protein ▶ 10g Fat ▶ 80g Carb	
<b>Hawaiian Pizza Rolls.....</b>	<b>63</b>
130 cals ▶ 7g Protein ▶ 5.4g Fat ▶ 16.3g Carb	
<b>Chicken Smash Burger.....</b>	<b>64</b>
415 cals ▶ 37g Protein ▶ 18.8g Fat ▶ 29.5g Carb	
<b>Turkey Smash Burger.....</b>	<b>65</b>
385 cals ▶ 30g Protein ▶ 19g Fat ▶ 30.4g Carb	
<b>Double Cheeseburger.....</b>	<b>66</b>
450 cals ▶ 61g Protein ▶ 12.7g Fat ▶ 30.3g Carb	
<b>Bacon Double Cheeseburger.....</b>	<b>67</b>
610 cals ▶ 63g Protein ▶ 24.5g Fat ▶ 32g Carb	
<b>In-N-Out Double Burger.....</b>	<b>68</b>
575 cals ▶ 58g Protein ▶ 26g Fat ▶ 35g Carb	
<b>CFA Chicken Sandwich.....</b>	<b>69</b>
350 cals ▶ 27g Protein ▶ 13.5g Fat ▶ 29g Carb	
<b>Buffalo Chicken Sandwich.....</b>	<b>70</b>
450 cals ▶ 58g Protein ▶ 12.9g Fat ▶ 30.1g Carb	



<b>Honey Buffalo Chicken Sandwich.....</b>	<b>71</b>
540 cals > 62g Protein > 13g Fat > 50g Carb	
<b>Popeyes Chicken Sandwich.....</b>	<b>72</b>
450 cals > 45.1g Protein > 37.1g Fat > 45.1g Carb	
<b>McDonald's McChicken.....</b>	<b>73</b>
350 cals > 35g Protein > 11g Fat > 35g Carb	
<b>Buffalo McChicken.....</b>	<b>74</b>
375 cals > 36g Protein > 12.6g Fat > 41.2g Carb	
<b>CBR McChicken.....</b>	<b>75</b>
450 cals > 45g Protein > 17g Fat > 41g Carb	
<b>Chicken Parmesan Sandwich.....</b>	<b>76</b>
510 cals > 67g Protein > 10g Fat > 38g Carb	
<b>Crispy Potato Wedges.....</b>	<b>77</b>
365 cals > 7g Protein > 13.8g Fat > 49g Carb	
<b>Loaded Animal-Style Fries.....</b>	<b>78</b>
760 cals > 60g Protein > 26.3g Fat > 72.5g Carb	
<b>Buffalo Chicken Wings.....</b>	<b>79</b>
430 cals > 46g Protein > 34g Fat > 1.8g Carb	
<b>Protein Chicken Nuggets.....</b>	<b>80</b>
240 cals > 27g Protein > 13.9g Fat > 1.6g Carb	
<b>Buffalo-BBQ Chicken Tenders.....</b>	<b>81</b>
245 cals > 39g Protein > 5.5g Fat > 8.9g Carb	

<b>Nashville Hot Chicken Tenders.....</b>	<b>82</b>
170 cals > 22g Protein > 3.8g Fat > 11g Carb	
<b>Buffalo Chicken Tenders.....</b>	<b>83</b>
170 cals > 22g Protein > 3.8g Fat > 11g Carb	
<b>Honey-Buffalo Chicken Tenders.....</b>	<b>84</b>
180 cals > 22g Protein > 2.3g Fat > 17g Carb	
<b>Honey-Chipotle Chicken Tenders.....</b>	<b>85</b>
180 cals > 22g Protein > 2.3g Fat > 17g Carb	
<b>Garlic Parmesan Chicken Tenders.....</b>	<b>86</b>
150 cals > 23g Protein > 3.7g Fat > 5.2g Carb	
<b>Teriyaki Chicken Tenders.....</b>	<b>87</b>
170 cals > 22g Protein > 2.3g Fat > 14.2g Carb	
<b>Buffalo Chicken Tacos.....</b>	<b>88</b>
350 cals > 55g Protein > 10.7g Fat > 1.7g Carb	
<b>Mango Salsa Fish Tacos.....</b>	<b>89</b>
290 cals > 35g Protein > 10g Fat > 14.1g Carb	
<b>Pineapple Salsa Shrimp Tacos.....</b>	<b>90</b>
190 cals > 34.5g Protein > 2g Fat > 8.6g Carb	
<b>Chipotle Shrimp Tacos .....</b>	<b>91</b>
175 cals > 27g Protein > 3.3g Fat > 8.2g Carb	
<b>Chipotle Steak Tacos .....</b>	<b>92</b>
125 cals > 17g Protein > 3g Fat > 8g Carb	

<b>Chicken Tortilla Tacos .....</b>	<b>93</b>
550 cals > 82g Protein > 22.2g Fat > 2.6g Carb	
<b>Crunch Wrap Supreme.....</b>	<b>94</b>
350 cals > 39g Protein > 11g Fat > 44g Carb	
<b>Buffalo Chicken Crunch Wrap .....</b>	<b>95</b>
450 cals > 50g Protein > 21g Fat > 18g Carb	
<b>Chicken Bacon Ranch Burrito.....</b>	<b>96</b>
430 cals > 64g Protein > 11.1g Fat > 11.3g Carb	
<b>Cheesy Chicken Burrito.....</b>	<b>97</b>
330 cals > 35g Protein > 15.2g Fat > 15.9g Carb	
<b>Buffalo Chicken Burrito.....</b>	<b>98</b>
400 cals > 60g Protein > 9.6g Fat > 28.5g Carb	
<b>Chipotle Chicken Burrito.....</b>	<b>99</b>
380 cals > 60g Protein > 6g Fat > 11g Carb	
<b>Cajun Chicken Burrito.....</b>	<b>100</b>
420 cals > 62g Protein > 9.6g Fat > 13g Carb	
<b>Cheesy Beef Burrito.....</b>	<b>101</b>
380 cals > 41g Protein > 8.4g Fat > 19.1g Carb	
<b>Bacon Cheeseburger Burrito.....</b>	<b>102</b>
430 cals > 50g Protein > 18.8g Fat > 30g Carb	
<b>Turkey Burrito.....</b>	<b>103</b>
335 cals > 38g Protein > 10.9g Fat > 40.4g Carb	

<b>Chipotle Chicken Bacon Burrito.....</b>	<b>104</b>
400 cals ▶ 48g Protein ▶ 11.8g Fat ▶ 41.5g Carb	
<b>Chicken Enchiladas.....</b>	<b>105</b>
285 cals ▶ 44.5g Protein ▶ 5.2g Fat ▶ 11.6g Carb	
<b>Buffalo Chicken Quesadilla.....</b>	<b>106</b>
450 cals ▶ 73g Protein ▶ 8.4g Fat ▶ 13.1g Carb	
<b>Buffalo Chicken Quesadilla 2.0.....</b>	<b>107</b>
625 cals ▶ 89g Protein ▶ 18.8g Fat ▶ 13.1g Carb	
<b>Chicken Bacon Ranch Quesadilla.....</b>	<b>108</b>
675 cals ▶ 102g Protein ▶ 18.4g Fat ▶ 23.1g Carb	
<b>Chipotle Chicken Quesadilla.....</b>	<b>109</b>
650 cals ▶ 100g Protein ▶ 17g Fat ▶ 42g Carb	
<b>Chipotle Steak Quesadilla.....</b>	<b>110</b>
455 cals ▶ 67g Protein ▶ 14.8g Fat ▶ 28g Carb	
<b>Chipotle Honey Vinaigrette.....</b>	<b>111</b>
195 cals ▶ 0g Protein ▶ 18g Fat ▶ 8.7g Carb	
<b>Buffalo Chicken Dip.....</b>	<b>112</b>
260 cals ▶ 43g Protein ▶ 5.7g Fat ▶ 7.2g Carb	
<b>Chicken Bacon Ranch Dip.....</b>	<b>113</b>
300 cals ▶ 45g Protein ▶ 9.2g Fat ▶ 7.2g Carb	
<b>Spinach Artichoke Dip.....</b>	<b>114</b>
225 cals ▶ 29g Protein ▶ 6.4g Fat ▶ 12.6g Carb	

<b>Street Corn Dip</b> .....	<b>115</b>
245 cal ▶ 18g Protein ▶ 11.5g Fat ▶ 17.4g Carb	
<b>Pizza Dip</b> .....	<b>116</b>
295 cal ▶ 34g Protein ▶ 14.3g Fat ▶ 5.7g Carb	
<b>Buffalo Chicken Rollups</b> .....	<b>117</b>
185 cal ▶ 23.5g Protein ▶ 6.6g Fat ▶ 6.3g Carb	
<b>Buffalo Chicken Taquitos</b> .....	<b>118</b>
105 cal ▶ 12.3g Protein ▶ 2.3g Fat ▶ 9.2g Carb	
<b>Chicken Queso Rice</b> .....	<b>119</b>
415 cal ▶ 29g Protein ▶ 49g Fat ▶ 33g Carb	
<b>Corn Salsa From Chipotle</b> .....	<b>120</b>
350 cal ▶ 8g Protein ▶ 3.6g Fat ▶ 73g Carb	
<b>Chipotle Chicken Bowls</b> .....	<b>121</b>
525 cal ▶ 44g Protein ▶ 9g Fat ▶ 59g Carb	
<b>Pollo Asado Chicken Bowls</b> .....	<b>122</b>
525 cal ▶ 44g Protein ▶ 9g Fat ▶ 59g Carb	
<b>General Tso's Chicken</b> .....	<b>123</b>
225 cal ▶ 23g Protein ▶ 5.3g Fat ▶ 20.9g Carb	
<b>Orange Chicken</b> .....	<b>124</b>
410 cal ▶ 52g Protein ▶ 6g Fat ▶ 34.4g Carb	
<b>Honey Garlic Chicken</b> .....	<b>125</b>
215 cal ▶ 27.5g Protein ▶ 5.2g Fat ▶ 14.9g Carb	

**Chicken Sitr Fry.....126**

**335 cals ▶ 23g Protein ▶ 10.5g Fat ▶ 34g Carb**

**Honey-Sriracha Chicken Noodles.....127**

**515 cals ▶ 47g Protein ▶ 4.5g Fat ▶ 62.9g Carb**

**Chicken Peanut Noodles.....128**

**510 cals ▶ 47g Protein ▶ 12g Fat ▶ 48.8g Carb**

**Teriyaki Chicken Noodles.....129**

**500 cals ▶ 46g Protein ▶ 6.7g Fat ▶ 59g Carb**

**Chicken Fried Rice.....130**

**515 cals ▶ 47g Protein ▶ 4.5g Fat ▶ 62.9g Carb**

**Shrimp Fried Rice.....131**

**430 cals ▶ 40g Protein ▶ 7.4g Fat ▶ 45.5g Carb**

**Mediterranean Chicken Salad.....132**

**335 cals ▶ 27g Protein ▶ 18.1g Fat ▶ 10.6g Carb**

# DESSERT

## **Protein Rice Krispie Treats.....133**

**175 cal** ▶ **7.5g Protein** ▶ **2.9g Fat** ▶ **30.8g Carb**

## **Cheesecake Yogurt Bowl.....134**

**275 cal** ▶ **25g Protein** ▶ **0.8g Fat** ▶ **41g Carb**

## **Peanut Butter Cheesecake.....135**

**310 cal** ▶ **24.5g Protein** ▶ **14g Fat** ▶ **19.7g Carb**

## **Strawberry Chocolate Mousse.....136**

**250 cal** ▶ **26g Protein** ▶ **4.4g Fat** ▶ **32.1g Carb**

## **Protein Cosmic Brownies.....137**

**200 cal** ▶ **11g Protein** ▶ **16.5g Fat** ▶ **6.3g Carb**

## **Protein Banana Brownies.....138**

**210 cal** ▶ **9g Protein** ▶ **14g Fat** ▶ **12g Carb**

## **Protein Cookie Dough.....139**

**215 cal** ▶ **11g Protein** ▶ **5g Fat** ▶ **26.5g Carb**

## **Protein Cookies.....140**

**155 cal** ▶ **8g Protein** ▶ **7.5g Fat** ▶ **13.1g Carb**

# NUTRITION FACTS

**Calories: 340**

**Protein: 33 Grams**

**Fats: 12.5 Grams**

**Carbs: 23 Grams**

**Serving Size: One Breakfast Sandwich  
Makes: 6 Servings**



Great For Meal Prep

## Breakfast Sandwich

### Ingredients:

- 6 Eggs
- 1/3 Cup Greek Yogurt
- 1/2 Cup Fat Free Cheddar Cheese
- 1 Pound Ground Chicken
- 6 English Muffins
- Garlic Salt
- Smoked Paprika
- Red Pepper Flakes
- Six Slices Cheddar Cheese
- Chives

### Instructions:

1. In a bowl, combine 6 eggs, 1/3 Cup Greek yogurt, 1/2 Cup fat free cheddar cheese, and whisk together.
2. Pour the egg mixture in a 9x6 pan, season with garlic salt, chives, and bake at 350 degrees for 15-20 minutes. When done, cut into six (6) equal squares.
3. In a bowl, combine one pound of ground chicken, garlic salt to taste, smoked paprika, and red pepper flakes.
4. Divide the meat mixture into six (6) equal balls.
5. With a spatula, smash the balls on a medium hot pan and cook until golden brown on each side.
6. Assemble the sandwich with the English muffin, egg, chicken patty, and a slice of cheddar cheese. Wrap in aluminum foil and freeze up to 2 weeks.

### ADDITIONAL NOTES

**To reheat, wrap sandwich in wet paper towel and microwave for 3-4 minutes**





# NUTRITION FACTS

**Calories: 330**

**Protein: 33 Grams**

**Fats: 11.2 Grams**

**Carbs: 22.6 Grams**

**Serving Size: One Breakfast Sandwich  
Makes: 6 Servings**



Great For Meal Prep

## Beefy Breakfast Sandwich

### Ingredients:

- 6 Eggs
- 1/4 Cup Greek Yogurt
- 1 Cup Fat Free Cheddar Cheese
- 1 Pound Lean Ground Beef (96/4)
- 6 English Muffins (Thomas 100 Calorie)
- 6 Slices American Cheese (Fat Free)
- 3 Tbsps Light Mayo
- 3 Tbsps Sriracha
- Garlic Salt
- Smoked Paprika
- Red Pepper Flakes
- Onion Powder
- Fresh Chives

### Instructions:

1. In a bowl, combine 6 eggs, 1/4 Cup Greek yogurt, 1 Cup fat-free cheddar cheese, garlic salt, fresh chives, and whisk together.
2. Pour the egg mixture In a 9x6 pan, and bake at 350 degrees for 15-20 minutes. When done, cut Into six (6) equal squares.
3. In a bowl, combine one pound of lean ground beef, garlic salt to taste, onion powder, and red pepper flakes.
4. Divide the meat mixture Into six (6) equal balls.
5. With a spatula, smash the balls on a medium hot pan and cook until golden brown on each side.
6. Assemble the sandwich with the english muffin, egg, beef patty, a slice of American cheese, and sriracha mayo (equal parts light mayo + sriracha). Wrap In aluminum foil and freeze up to 2 weeks.

### ADDITIONAL NOTES

**To reheat, wrap sandwich in wet paper towel and microwave for 3-4 minutes**

# NUTRITION FACTS

**Calories: 450**

**Protein: 60 Grams**

**Fats: 17 Grams**

**Carbs: 10 Grams**

**Serving Size: One (1) Chicken Breakfast Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Chicken Breakfast Burritos

### Ingredients:

- 8 Large Eggs
- 1/2 Cup Greek Yogurt (0% Fat)
- 1 Cup Fat Free Cheddar
- 1 Pound Ground Chicken Breast
- 1 Taco Seasoning Packet
- Chives
- Garlic Salt
- 4 Tbsps Light Mayo
- 2 Tbsps Sriracha
- 4 XL Carb Counter Tortillas

### Instructions:

1. In a bowl, combine 8 large eggs, 1/2 Cup Greek yogurt, garlic salt and fresh chives
2. Whisk the eggs until completely smooth and empty the mixture into a pan.
3. On low heat, scramble the eggs until cooked all the way through
4. Add one pound of ground chicken breast to a pan and season with one taco seasoning packet
5. Chop up the chicken into small pieces on the pan and cook for 12-15 minutes (or until proper internal temperature).
6. In a bowl, combine 4 Tbsps light mayo and 2 Tbsps Sriracha.
7. Add 1/4 of the eggs and 1/4 of the chicken to a Carb Counter Tortilla.
8. Top with 1/4 Cup Fat Free Cheddar Cheese and sriracha mayo.
9. Toast on both sides until golden brown

### ADDITIONAL NOTES

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes**

# NUTRITION FACTS

**Calories: 375**

**Protein: 34 Grams**

**Fats: 20 Grams**

**Carbs: 28 Grams**

**Serving Size: One (1) Breakfast Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Bacon Breakfast Burritos

### Ingredients:

- 10 Large Eggs
- 1/2 Cup Blended Cottage Cheese (Or Greek Yogurt)
- 1/2 Cup Fat Free Cheddar
- 6 Cooked Bacon Slices
- Chives
- Garlic Salt
- 4 XL Carb Counter Tortillas

### Instructions:

1. In a bowl, combine 10 large eggs, 1/2 Cup blended cottage cheese (or Greek yogurt), and garlic salt
2. Whisk the eggs until completely smooth and empty the mixture into a greased baking sheet. Top with chives
3. Bake the egg mixture at 350 degrees for 20-25 minutes or until completely cooked through
4. Chop up the cooked eggs into small pieces
5. Add 6 cooked diced bacon strips and 1/2 Cup fat free cheddar cheese. Mix to combine everything together
6. Put 1/4 of the mixture onto an XL Carb Counter tortilla.
7. Repeat with the other 3 tortillas to make a total of 4 burritos.
8. Wrap the burrito in aluminum foil and freeze for up to two weeks.



### ADDITIONAL NOTES

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes**

# NUTRITION FACTS

**Calories: 560**

**Protein: 59 Grams**

**Fats: 20 Grams**

**Carbs: 45.1 Grams**

**Serving Size: One (1) Beefy Breakfast Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Beefy Breakfast Burritos

### Ingredients:

- 10 Large Eggs
- 1/2 Cup Greek Yogurt
- 1 Cup Fat Free Cheddar
- 1 Cup Diced Frozen Potatoes
- 1 Pound Lean Ground Beef
- 1 Taco Seasoning Packet
- 4 Tbsp Sriracha Mayo
- Black Pepper
- Garlic Salt
- 4 XL Carb Counter Tortillas

### Instructions:

1. In a bowl, combine 10 large eggs, 1/2 Cup Greek yogurt, garlic salt, and black pepper to taste.
2. Whisk the eggs until completely smooth and empty the mixture into a greased pan. Cook until fully scrambled
3. Prepare 1 Cup of diced frozen potatoes according to cooking directions (spray with oil and air fry at 375 degrees until golden brown)
4. In a pan, brown 1 pound of lean ground beef seasoned with a taco seasoning packet
5. Put 1/4 of the eggs onto an XL Carb Counter tortilla along with 1/4 Cup diced potatoes, 1/4 of the pound beef, 1/4 Cup fat free cheddar cheese, and 1 Tbsp sriracha mayo (1/2 light mayo and 1/2 sriracha).
6. Repeat with the other 3 tortillas to make a total of 4 burritos.
7. Wrap the burrito in aluminum foil and freeze for up to two weeks.

### ADDITIONAL NOTES

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes**

# NUTRITION FACTS

**Calories: 235**

**Protein: 12 Grams**

**Fats: 3.1 Grams**

**Carbs: 40.7 Grams**

**Serving Size: One Bagel**

**Makes: 4 Servings**



# Protein Bagels

★ Exclusive

## Ingredients:

- 1 3/4 Cup Self Rising Flour
- 1 Cup Greek Yogurt
- 1 Tbsp Butter
- Everything But The Bagel Seasoning

## Instructions:

1. In a bowl, mix 1 3/4 Cups self-rising flour and 1 Cup Greek yogurt.
2. Knead the dough on a floured surface until thoroughly combined
3. Form bagel shapes and lightly butter the tops
4. Top the bagels with bagel seasoning and bake at 350 degrees for 20 minutes

### **ADDITIONAL NOTES**

**To form a bagel, roll dough into a strip and connect the two ends by squishing them together**

# NUTRITION FACTS

**Calories: 435**

**Protein: 26 Grams**

**Fats: 16.9 Grams**

**Carbs: 44.1 Grams**

**Serving Size: One Breakfast Bagel**  
**Makes: 4 Servings**



Great For Meal Prep

## Breakfast Bagels

★ Exclusive

### Ingredients:

- 1 3/4 Cup Self Rising Flour
- 1 Cup Greek Yogurt
- 1 Tbsp Butter
- Everything But The Bagel Seasoning
- 4 Eggs
- 8 Bacon Strips
- 4 Cheddar Slices

### Instructions:

1. In a bowl, mix 1 3/4 Cups self-rising flour and 1 Cup Greek yogurt.
2. Knead the dough on a floured surface until thoroughly combined
3. Form bagel shapes and lightly butter the tops
4. Top the bagels with bagel seasoning and bake at 350 degrees for 20 minutes
5. Cook 4 eggs on a pan along with 8 bacon strips.
6. Cut the bagels in half and add egg, 2 bacon strips, and a slice of cheddar cheese. Wrap in aluminum foil and freeze up to two weeks.

### ADDITIONAL NOTES

**To reheat, wrap bagel in a wet paper towel and microwave for 3-4 minutes**



# NUTRITION FACTS

**Calories: 340**

**Protein: 50 Grams**

**Fats: 0.5 Grams**

**Carbs: 27.5 Grams**

**Serving Size: 1/2 Pancake Mixture (2 pancakes)**

**Makes: 2 Servings**

# Protein Pancakes

★ Exclusive

## Ingredients:

- 1/2 Cup Cottage Cheese
- 1 1/4 Cup Egg Whites
- 1/2 Cup Flour
- 2 Scoops Protein Powder
- 2 tsp Baking Powder

## Instructions:

1. In a blender, combine 1/2 Cup cottage cheese, 1 1/4 Cup egg whites, 1/2 Cup flour, 2 scoops of protein powder, and 2 tsp baking powder
2. Blend the mixture until completely smooth
3. Empty about 1/4 of the mixture onto a pan and cook until golden brown on each side

### ADDITIONAL NOTES

You can make a great frosting out of vanilla Greek yogurt and low-calorie maple syrup



# NUTRITION FACTS

**Calories: 600**

**Protein: 34 Grams**

**Fats: 16.4 Grams**

**Carbs: 78 Grams**

**Serving Size: One (1) S'more Baked Oats**  
**Makes: 1 Servings**



## S'more Baked Oats

★ Exclusive

### Ingredients:

- 1/2 Banana
- 1/2 Cup Oats
- 2 Tbsp Low Calorie Maple Syrup
- 1/2 tsp Baking Powder
- 1 Scoop Protein Powder (Vanilla)
- 1/4 Cup Oat Milk (Or Almond)
- 1/4 Cup Chocolate Chips
- 1/2 Graham Cracker Sheet
- Marshmallow

### Instructions:

1. In a blender, combine 1/2 banana, 1/2 Cup oats, 2 Tbsp low calorie maple syrup, 1/2 tsp baking powder, 1 scoop protein powder, 1/4 Cup oat milk, and 1/2 graham cracker sheet. Blend until completely smooth
2. Pour the mixture into a bowl and add in 1/4 Cup chocolate chips
3. Bake at 350 degrees for 13 minutes. Take the bowl out and top with marshmallow and graham cracker crumbs. Bake for an additional 3-5 minutes



# NUTRITION FACTS

**Calories: 585**

**Protein: 34.2 Grams**

**Fats: 16.2 Grams**

**Carbs: 70 Grams**

**Serving Size: One (1) Double Chocolate Baked Oats**  
**Makes: 1 Servings**

# Double Chocolate Baked Oats

★ Exclusive

## Ingredients:

- 1/2 Banana
- 1/2 Cup Oats
- 2 Tbsp Low Calorie Maple Syrup
- 1/2 tsp Baking Powder
- 1 Scoop Protein Powder (Vanilla or Chocolate)
- 1/4 Cup Oat Milk (Or Almond)
- 1/4 Cup Chocolate Chips
- 2 Tbsp Cocoa Powder

## Instructions:

1. In a blender, combine 1/2 banana, 1/2 Cup oats, 2 Tbsp low calorie maple syrup, 1/2 tsp baking powder, 1 scoop protein powder, 1/4 Cup oat milk, and 2 Tbsp cocoa powder. Blend until completely smooth
2. Pour the mixture into a bowl and add in 1/4 Cup chocolate chips
3. Bake at 350 degrees for 15-17 minutes



# NUTRITION FACTS

**Calories: 585**

**Protein: 34.2 Grams**

**Fats: 16.2 Grams**

**Carbs: 70 Grams**

**Serving Size: One (1) Chocolate Chip Baked Oats**  
**Makes: 1 Servings**



## Chocolate Chip Baked Oats

★ Exclusive

### Ingredients:

- 1/2 Banana
- 1/2 Cup Oats
- 2 Tbsp Low Calorie Maple Syrup
- 1/2 tsp Baking Powder
- 1 Scoop Protein Powder (Vanilla)
- 1/4 Cup Oat Milk (Or Almond)
- 1/4 Cup Chocolate Chips

### Instructions:

1. In a blender, combine 1/2 banana, 1/2 Cup oats, 2 Tbsp low calorie maple syrup, 1/2 tsp baking powder, 1 scoop protein powder, and 1/4 Cup oat milk. Blend until completely smooth
2. Pour the mixture into a bowl and add in 1/4 Cup chocolate chips
3. Bake at 350 degrees for 15-17 minutes

# NUTRITION FACTS

**Calories: 130**

**Protein: 15.5 Grams**

**Fats: 6.9 Grams**

**Carbs: 1 Grams**

**Serving Size: 1/4 Pound Chipotle Shrimp**

**Makes: 4 Servings**



Great For Meal Prep

## Chipotle Shrimp

### Ingredients:

- 1 Pound Shrimp (Tail Off, Shelled, Deveined, Raw)
- 2 Tbsp Butter
- Garlic Salt
- Paprika
- 1 Tbsp Chipotle Powder
- 1 Tbsp Minced Garlic

### Instructions:

1. In a bowl, combine 1 pound of raw shrimp, garlic salt, and paprika. Toss until shrimp are fully coated in the seasoning
2. Air fry the shrimp at 375 degrees for 10 minutes or cook in a pan on medium heat for 10 minutes
3. In a bowl, combine 2 Tbsp melted butter, 1 Tbsp minced garlic, and 1 Tbsp chipotle powder
4. Once the shrimp are cooked, add to a bowl along with the butter mixture. Stir until fully combined
5. Top with parsley (Optional)



### ADDITIONAL NOTES

**Store the shrimp in an airtight container in the freezer for up to two weeks**

# NUTRITION FACTS

**Calories: 185**

**Protein: 27 Grams**

**Fats: 8.7 Grams**

**Carbs: 0 Grams**

**Serving Size: One (1) Chipotle Chicken Thigh (112g)**

**Makes: 6 Servings**



Great For Meal Prep

## Chipotle Chicken

### Ingredients:

- 6 Boneless Skinless Chicken Thighs
- 1 Can Chipotle Peppers In Adobe Sauce
- Paprika
- Chili Powder
- Cumin
- Garlic Salt

### Instructions:

1. Generously season the boneless skinless chicken thighs with paprika, chili powder, cumin, and garlic salt.
2. In a bowl, combine the seasoned thighs and one can of minced chipotle peppers and adobe sauce.
3. Cover and allow to marinate for 30 minutes.
4. After 30 minutes, cook the thighs in an air fryer at 375 degrees for 15-17 minutes and flip half way through. You can also bake the thighs in an oven at 400 degrees for 20-25 minutes.

### **ADDITIONAL NOTES**

**This recipe can be made less spicy by using 1/2 can of the chipotle peppers**

# NUTRITION FACTS

**Calories: 185**

**Protein: 27 Grams**

**Fats: 8.7 Grams**

**Carbs: 0 Grams**

**Serving Size: One (1) Ranch Chicken Thigh (112g)**

**Makes: 6 Servings**



Great For Meal Prep

## Ranch Chicken

### Ingredients:

- 6 Boneless Skinless Chicken Thighs
- 1 Packet Ranch Seasoning (1oz)
- Onion Powder
- Parsley Flakes

### Instructions:

1. Generously season the boneless skinless chicken thighs with ranch seasoning, onion powder, and parsley flakes
2. Rub the seasoning in and make sure that both sides are fully coated
3. Air fry the chicken at 400 degrees for 12 minutes or bake at 400 degrees for 15-17 minutes (or until internal temperature reaches 165 degrees)



# NUTRITION FACTS

**Calories: 300**

**Protein: 34.2 Grams**

**Fats: 14.4 Grams**

**Carbs: 6.8 Grams**

**Serving Size: One (1) Chipotle Salmon Filet (6oz)**

**Makes: 1 Servings**



Great For Meal Prep

## Chipotle Salmon

★ Exclusive

### Ingredients:

- Salmon Fillet
- 1 Tbsp Light Mayo
- Chipotle Powder
- Fresh Lemon Juice
- Honey
- Garlic Salt
- Parsley (Optional)

### Instructions:

1. Completely coat the salmon fillet in about 1 Tbsp of light mayo
2. Season the coated fillet with garlic salt and chipotle powder
3. Air Fry at 375 degrees for 10-12 minutes or bake at 375 degrees for 15-20 minutes
4. Top the cooked salmon fillet with a drizzle of honey and fresh lemon juice
5. Top with parsley (Optional)

# NUTRITION FACTS

**Calories: 300**

**Protein: 34.2 Grams**

**Fats: 14.4 Grams**

**Carbs: 6.8 Grams**

**Serving Size: One (1) Salmon Filet (6oz)**

**Makes: 1 Servings**



Great For Meal Prep

## Flaky Salmon

### Ingredients:

- Salmon Fillet
- 1 Tbsp Dijon Mustard
- Smoked Paprika
- Fresh Lemon Juice
- Garlic Salt
- Parsley Flakes

### Instructions:

1. Completely coat the salmon fillet in about 1 Tbsp of Dijon mustard
2. Season the coated fillet with smoked paprika, garlic salt, and parsley flakes
3. Air Fry at 375 degrees for 10-12 minutes or bake at 375 degrees for 15-20 minutes
4. Top the cooked salmon fillet with a squeeze of fresh lemon juice and more parsley flakes



# NUTRITION FACTS

**Calories: 290**

**Protein: 43 Grams**

**Fats: 12.5 Grams**

**Carbs: 1.4 Grams**

**Serving Size: One Sirloin Steak (5oz)**

**Makes: 1 Servings**



Great For Meal Prep

## Chipotle Steak

### Ingredients:

- Sirloin Steak (5oz)
- 2 Canned Chipotle Peppers
- 1 Tbsp Minced Garlic
- 1 Tbsp Cumin
- 1 Tbsp Oregano
- 1/4 Cup Lime Juice
- 1/4 Cup Water
- Cilantro

### Instructions:

1. Blend together 2 canned chipotle peppers, 1 Tbsp minced garlic, 1 Tbsp cumin, 1 Tbsp oregano, 1/4 Cup lime juice, and 1/4 Cup water to make the marinade.
2. Put the sirloin steak into a zip lock bag along with the marinade from step 1. Let sit in the fridge for at least 1 hour.
3. Heat the pan to medium heat and spray with cooking oil. Add the marinated steak and a little bit of the marinate to the pan
4. Cook on both sides until golden brown or proper internal temperature. Dice into strips and top with cilantro





# NUTRITION FACTS

**Calories: 495**

**Protein: 48 Grams**

**Fats: 6.9 Grams**

**Carbs: 63 Grams**

**Serving Size: Three (3) oz. Pasta + 4oz Chipotle Chicken**

**Breast**

**Makes: 4 Servings**



Great For Meal Prep

# Chipotle Chicken Alfredo

## Ingredients:

- 12oz Protein Pasta (Barilla Protein+)
- 1/2 Cup Parmesan Cheese
- 1 1/2 Cups Cottage Cheese (0% Fat)
- 1/3 Cup Fat Free Milk
- 1 Tbsp Minced Garlic
- 12oz Chipotle Chicken Breast (Page 28)
- Fresh Chives (Optional)

## Instructions:

1. In a blender, combine 1 1/2 Cups cottage cheese, 1/2 Cup Parmesan cheese, 1 Tbsp minced garlic, and 1/3 Cup Fat Free Milk. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of pasta water.
2. Prepare 12oz of chipotle chicken breast by following the recipe on page 28
3. Boil and drain twelve (12) ounces of protein pasta (Barilla Protein+ brand)
4. Add the sauce to the drained pasta and mix together. Do not heat up the sauce because it will break under high heat
5. Top the sauced pasta with diced chipotle chicken and fresh chives

### **ADDITIONAL NOTES**

**The recipe for Chipotle Chicken can be found on page 28!**

# NUTRITION FACTS

**Calories: 600**

**Protein: 64 Grams**

**Fats: 12.9 Grams**

**Carbs: 64 Grams**

**Serving Size: Three (3) oz. Pasta + 1/2 Chicken Breast**  
**Makes: 4 Servings**



Great For Meal Prep

## Crispy Chicken Alfredo

### Ingredients:

- 1 Box Protein Pasta (12oz)
- 24oz Chicken Breast
- 1/2 Cup Parmesan Cheese
- 1 1/2 Cups Low Fat Cottage Cheese
- 1-2 Garlic Cloves
- 3 Tbsps Reduced Fat Milk
- 2 Eggs
- 2 Bags Protein Chips (Quest Brand)
- Fresh Parsley (Optional)

### Instructions:

1. In a blender, combine 1 1/2 Cups cottage cheese, 1/2 Cup Parmesan cheese, garlic cloves, and 3 Tbsp milk. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of milk.
2. Butterfly cut the chicken breasts to make them thinner
3. Coat the chicken breast in blended egg and protein chip crumbs (crushed Quest protein chips)
4. Bake at 375 degrees for 15 minutes or bake at 375 degrees for 20-25 minutes
5. Boil and drain a twelve (12) ounce box of protein pasta (Barilla Protein+ brand)
6. Add the sauce to the drained pasta and mix together. Do not heat up the sauce because it will break under high heat.
7. Top the sauced pasta with half of the crispy chicken breast



# NUTRITION FACTS

**Calories: 475**

**Protein: 52 Grams**

**Fats: 4.7 Grams**

**Carbs: 56 Grams**

**Serving Size: Three (3) oz. Sauced Pasta + 1/4 lb. Shrimp**  
**Makes: 4 Servings**



Great For Meal Prep

## Chipotle Shrimp Alfredo

### Ingredients:

- 1 Box Protein Pasta (12oz)
- 1/2 Cup Parmesan Cheese
- 1 Cup Low Fat Cottage Cheese
- 1-2 Garlic Cloves
- Italian Seasoning
- Garlic Salt
- 1 Pound Cooked Chipotle Shrimp (Page 27)
- Fresh Parmesan & Parsley (Optional)

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/2 Cup Parmesan cheese, garlic clove, Italian seasoning, and garlic salt. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of pasta water.
2. Boil and drain a twelve (12) ounce box of protein pasta (Barilla Protein+ brand)
3. Add the sauce to the drained pasta and mix together. Do not heat up the sauce because it will break under high heat
4. Top the sauced pasta with 1/4 pound cooked chipotle shrimp and more Parmesan cheese



### ADDITIONAL NOTES

**The recipe for Chipotle Shrimp can be found on page 27!**

# NUTRITION FACTS

**Calories: 445**

**Protein: 40 Grams**

**Fats: 5.7 Grams**

**Carbs: 57 Grams**

**Serving Size: Three (3) oz. Sauced Pasta + 1/4 Pound**

**Shrimp**

**Makes: 4 Servings**



Great For Meal Prep

## Cajun Shrimp Alfredo

### Ingredients:

- 1 Box Protein Pasta (12oz)
- 1/2 Cup Parmesan Cheese
- 1 Cup Low Fat Cottage Cheese
- 1 Tbsp Minced Garlic
- Cajun Seasoning
- 1 Pound Shrimp
- Fresh Parsley (Optional)

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/2 Cup Parmesan cheese, 1 Tbsp minced garlic, and 1 Tbsp cajun seasoning. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of pasta water
2. Boil and drain a twelve (12) ounce box of protein pasta (Barilla Protein+ brand)
3. In a pan, cook one (1) pound of shrimp seasoned with cajun seasoning
4. Add the sauce to the drained pasta and mix together. Do not heat up the sauce because it will break under high heat
5. Top the sauced pasta with 1/4 pound of shrimp and fresh parsley



# NUTRITION FACTS

**Calories: 545**

**Protein: 42 Grams**

**Fats: 16.3 Grams**

**Carbs: 55.5 Grams**

**Serving Size: Three (3) oz. Sauced Pasta + 3oz Salmon**  
**Makes: 4 Servings**



Great For Meal Prep

## Chipotle Salmon Alfredo

### Ingredients:

- 1 Box Protein Pasta (12oz)
- 1/2 Cup Parmesan Cheese
- 1 Cup Low Fat Cottage Cheese
- 2 Garlic Cloves
- Garlic Salt
- Chipotle Powder
- 2 Tbsp Light Mayo
- 1 Pound Raw Salmon
- Fresh Parsley (Optional)

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/2 Cup Parmesan cheese, 2 garlic cloves, and a pinch of garlic salt. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of pasta water
2. Boil and drain a twelve (12) ounce box of protein pasta (Barilla Protein+ brand)
3. In a bowl, combine 1 pound of cubed salmon, 2 Tbsp light mayo, garlic salt, and chipotle powder. Mix until coated evenly
4. Air fry the salmon at 375 degrees for 5-8 minutes or bake at 375 degrees for 10-12 minutes
5. Add the sauce to the drained pasta and mix together. Do not heat up the sauce because it will break under high heat
6. Top the sauced pasta with 3 ounces of salmon and fresh parsley



# NUTRITION FACTS

**Calories: 500**

**Protein: 62 Grams**

**Fats: 8.7 Grams**

**Carbs: 39 Grams**

**Serving Size: 1/4 Of Sauced Pasta + 6oz Chicken Breast**

**Makes: 4 Servings**



Great For Meal Prep

## Cajun Chicken Pasta

### Ingredients:

- 8oz Protein Pasta (Barilla Protein+)
- 1 1/2 Cup Cottage Cheese (0% Fat)
- 1/2 Cup Grated Parmesan Cheese
- Cajun Seasoning
- 2 Garlic Cloves
- 1 Tbsp Tomato Paste
- 1/2 Cup Fat Free Milk
- 24oz Chicken Breast
- Garlic Salt
- 1/2 Cup Diced Bell Pepper
- 1/2 Cup Diced Onion
- Fresh Chives
- Red Pepper Flakes

### Instructions:

1. In a blender, combine 1 1/2 Cups cottage cheese, 1/2 Cup grated parmesan, 1 Tbsp Cajun seasoning, 2 garlic cloves, 1 Tbsp tomato paste, and 1/2 Cup fat free milk.
2. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of milk.
3. Season 24oz of chicken breast with garlic salt and cajun seasoning until fully coated.
4. Air fry at 375 degrees for 15-17 minutes or bake at 400 degrees for 20 minutes (Flip Halfway Through)
5. In a pan, combine diced bell peppers and onion. Cook for 5 minutes on medium heat
6. Boil and drain 8oz (dry weight) of protein pasta
7. In a bowl, combine cooked protein pasta, sauce, and cooked vegetables. Mix until pasta is fully coated in the sauce
8. Top the sauced pasta with chicken, fresh chives, and red pepper flakes

# NUTRITION FACTS

**Calories: 560**

**Protein: 64 Grams**

**Fats: 9.4 Grams**

**Carbs: 50 Grams**

**Serving Size: 1/4 Of Sauced Pasta + 6oz Chicken Breast**  
**Makes: 4 Servings**



Great For Meal Prep

## Tuscan Chicken Pasta

### Ingredients:

- 8oz Protein Pasta (Barilla Protein+)
- 1 1/2 Cup Cottage Cheese (0% Fat)
- 1/2 Cup Grated Parmesan Cheese
- 2 Garlic Cloves
- 1 Tbsp Tomato Paste
- 1/2 Cup Fat Free Milk
- 24oz Chicken Breast
- Garlic Salt
- Italian Seasoning
- Smoked Paprika
- 1/2 Cup Cooked Spinach
- 1/2 Cup Sun Dried Tomatoes
- Parsley
- Red Pepper Flakes

### Instructions:

1. In a blender, combine 1 1/2 Cups cottage cheese, 1/2 Cup grated parmesan, 2 garlic cloves, 1 Tbsp tomato paste, garlic salt, and 1/2 Cup fat free milk.
2. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of milk.
3. Season 24oz of chicken breast with garlic salt, smoked paprika, and Italian seasoning until fully coated.
4. Air fry at 375 degrees for 15-17 minutes or bake at 400 degrees for 20 minutes (Flip Halfway Through)
5. Boil and drain 8oz (dry weight) of protein pasta
6. In a bowl, combine cooked protein pasta, sauce, 1/2 Cup cooked spinach, and 1/2 Cup sun dried tomatoes. Mix until pasta is fully coated in the sauce
7. Top the sauced pasta with chicken, parsley, and red pepper flakes



# NUTRITION FACTS

**Calories: 500**

**Protein: 60 Grams**

**Fats: 8.2 Grams**

**Carbs: 40 Grams**

**Serving Size: 1/4 Of Sauced Pasta + 6oz Chicken Breast**  
**Makes: 4 Servings**



Great For Meal Prep

## Buffalo Chicken Pasta

### Ingredients:

- 8oz Protein Pasta (Barilla Protein+)
- 1 1/2 Cup Cottage Cheese (0% Fat)
- 2oz Cream Cheese (Reduced Fat)
- 1/4 Cup Buffalo Sauce
- 1 Tbsp Ranch Seasoning
- 1/2 Cup Fat Free Milk
- 24oz Chicken Breast
- Garlic Salt
- Onion Powder
- Smoked Paprika
- Fresh Chives (Optional)

### Instructions:

1. In a blender, combine 1 1/2 Cups cottage cheese, 2oz reduced fat cream cheese, 1/4 Cup Buffalo sauce, 1 Tbsp ranch seasoning, and 1/2 Cup fat free milk.
2. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of milk.
3. Season 24oz of chicken breast with garlic salt, smoked paprika, and onion powder until fully coated.
4. Air fry at 375 degrees for 15-17 minutes or bake at 400 degrees for 20 minutes (Flip Halfway Through)
5. Boil and drain 8oz (dry weight) of protein pasta
6. In a bowl, combine cooked protein pasta and the cottage cheese sauce. Mix until pasta is fully coated in the sauce
7. Top the sauced pasta with chicken and fresh chives





# NUTRITION FACTS

**Calories: 600**

**Protein: 59 Grams**

**Fats: 20 Grams**

**Carbs: 41 Grams**

**Serving Size: 1/4 Of Sauced Pasta + 1 Chicken Thigh**  
**Makes: 4 Servings**



Great For Meal Prep

## Chicken Bacon Ranch Pasta

### Ingredients:

- 1 Box Protein Pasta (12oz)
- 1/2 Cup Parmesan Cheese
- 1 1/2 Cup Low Fat Cottage Cheese
- 1 Tbsp Ranch Seasoning
- 6 Cooked Bacon Strips
- Garlic Salt
- Paprika
- 4 Boneless Skinless Chicken Thighs

### Instructions:

1. In a blender, 1 1/2 Cups combine cottage cheese, 1/2 Cup Parmesan cheese, and 1 Tbsp ranch seasoning. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of pasta water
2. Boil and drain a twelve (12) ounce box of protein pasta (Barilla Protein+ brand)
3. Season four (4) chicken thighs with garlic salt and paprika. Air fry at 375 degrees for 15-17 minutes or bake at 400 degrees for 20 minutes
4. In a bowl, combine the sauce, six (6) diced cooked bacon strips, drained pasta, and the diced chicken thighs. Do not heat up the sauce because it will break under high heat
5. Top with extra bacon bits and parsley (Optional)



# NUTRITION FACTS

**Calories: 530**

**Protein: 60 Grams**

**Fats: 9.1 Grams**

**Carbs: 47.4 Grams**

**Serving Size: Two And Half (2.5) oz. Pasta + 6oz Chipotle**

**Chicken Breast**

**Makes: 4 Servings**



Great For Meal Prep

## Chipotle Chicken Pasta

### Ingredients:

- 10oz Protein Pasta (Barilla Protein+)
- 1/2 Cup Marinara Sauce
- 1 Cup Cottage Cheese (0% Fat)
- 1 Canned Chipotle Pepper
- 1/2 Cup Parmesan Cheese
- 2 Garlic Cloves
- 1/4 Cup Fat Free Milk
- 24oz Chipotle Chicken Breast (Page 28)
- Fresh Parsley (Optional)

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/2 Cup marinara sauce, 1 chipotle pepper, 1/2 Cup grated Parmesan cheese, 2 garlic cloves, and 1/4 Cup fat free milk. Blend until completely smooth. You might need to shake the blender cup between blends.
2. Prepare 24oz of chipotle chicken breast by following the recipe on page 28.
3. Boil and drain ten (10) ounces of protein pasta (Banza or Barilla Protein+ brand).
4. Add the sauce to the drained pasta and mix together. Do not heat up the sauce because it will break under high heat.
5. Top the sauced pasta with chipotle chicken and parsley.

### ADDITIONAL NOTES

The recipe for Chipotle Chicken can be found on page 28!

# NUTRITION FACTS

**Calories: 530**

**Protein: 50 Grams**

**Fats: 9.9 Grams**

**Carbs: 63.8 Grams**

**Serving Size: Three (3) oz. Pasta + 3oz Chicken Breast**  
**Makes: 4 Servings**



Great For Meal Prep

## Chipotle Chicken Alfredo

### Ingredients:

- 1 Box Protein Pasta (12oz)
- 1/2 Cup Fat Free Milk
- 1 1/2 Cups Low Fat Cottage Cheese
- 1 Canned Chipotle Pepper and Adobo Sauce
- 1/2 Cup Parmesan Cheese
- 2 Chicken Breasts (12oz)
- Garlic Salt
- Smoked Paprika
- Onion Powder
- Fresh Chives (Optional)

### Instructions:

1. In a blender, combine 1 1/2 Cups cottage cheese, 1/2 Cup grated Parmesan cheese, 1/2 Cup fat free milk, 1 chipotle pepper, and adobo sauce (to taste). Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of milk.
2. Boil and drain a twelve ounce box of protein pasta (Banza or Barilla Protein+ brand).
3. Season two chicken breasts with garlic salt, smoked paprika, and onion powder. Air fry at 400 degrees for 15-20 minutes or bake at 400 degrees for 20-25 minutes (or until proper internal temperature).
4. In a bowl, combine drained pasta, the sauce, and the cooked chicken (diced). Do not heat up the sauce because it will break under high heat
5. Top the sauced pasta with fresh chives (Optional)



# NUTRITION FACTS

**Calories: 515**

**Protein: 47 Grams**

**Fats: 5.6 Grams**

**Carbs: 57 Grams**

**Serving Size: Three (3) oz. Sauced Pasta + 1/4 Pound Beef**  
**Makes: 4 Servings**



Great For Meal Prep

## Creamy Taco Pasta

### Ingredients:

- 1 Box Protein Pasta (12oz)
- 1/4 Cup Enchilada Sauce
- 1 1/2 Cup Low Fat Cottage Cheese
- 1 Pound Lean Ground Beef
- 1 Taco Seasoning Packet
- 1 Cup Diced White Onion
- Cilantro

### Instructions:

1. In a blender, combine 1 1/2 Cup cottage cheese, and 1/4 Cup enchilada sauce. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of pasta water
2. Boil and drain a twelve ounce box of protein pasta (Banza or Barilla Protein+ brand)
3. In a pan, cook 1 pound of lean ground beef, 1 Cup diced white onion, and 1 taco seasoning packet
4. Add the sauce and the meat mixture to the drained pasta and mix together. Do not heat up the sauce because it will break under high heat
5. Top the pasta with cilantro



# NUTRITION FACTS

**Calories: 535**

**Protein: 49 Grams**

**Fats: 13.5 Grams**

**Carbs: 55.8 Grams**

**Serving Size: Three (3) oz. Pasta + 1 Chicken Thigh**

**Makes: 4 Servings**



Great For Meal Prep

## Pesto Chicken Pasta

★ Exclusive

### Ingredients:

- 1 Box Protein Pasta (12oz)
- 1/2 Parmesan Cheese
- 1 Cup Low Fat Cottage Cheese
- 2 Tbsp Pesto
- 1-2 Garlic Cloves
- Fresh Basil
- 4 Raw Boneless Skinless Chicken Thighs
- Garlic Salt
- Italian Seasoning

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/2 Cup Parmesan cheese, 1-2 garlic cloves, and fresh basil. Blend until completely smooth. You might need to shake the blender cup between blends or add a few tablespoons of pasta water.
2. Boil and drain a twelve (12) ounce box of protein pasta (Banza or Barilla Protein+ brand).
3. Add the sauce to the drained pasta and mix together. Do not heat up the sauce because it will break under high heat
4. Season the chicken thighs with garlic salt and Italian seasoning. Air fry at 375 degrees for 15-17 minutes or bake at 400 degrees for 20 minutes
5. Top the sauced pasta with one diced chicken thigh, Parmesan cheese, and basil



# NUTRITION FACTS

**Calories: 385**

**Protein: 26 Grams**

**Fats: 4.1 Grams**

**Carbs: 67.2 Grams**

**Serving Size: Three (3) oz. Pasta + 1/4 Cheese Sauce**  
**Makes: 4 Servings**



Great For Meal Prep

## Protein Mac And Cheese

### Ingredients:

- 1 Box Protein Pasta (12 oz)
- 1 1/2 Cup Cottage Cheese
- 1 Packet Mac and Cheese Powder (Kraft)
- 3 Tbsp Low-Fat Milk
- 1/3 Cup Buffalo Sauce
- 1 Tbsp Ranch Seasoning
- Fresh Parsley (Optional)

### Instructions:

1. In a blender, combine 1 1/2 Cup cottage cheese, 1 Mac and Cheese powder packet, and 3 Tbsp of Low-Fat milk. Blend until smooth
2. Boil and drain 12oz protein pasta
3. Add the pasta to a bowl along with the cheese mixture. Mix until combined



# NUTRITION FACTS

**Calories: 525**

**Protein: 64 Grams**

**Fats: 7.9 Grams**

**Carbs: 43.7 Grams**

**Serving Size: 1/4 Of Sauced Pasta + 6oz Chicken Breast**

**Makes: 4 Servings**



Great For Meal Prep

## Buffalo Chicken Mac And Cheese

### Ingredients:

- 8oz Protein Pasta (Dry Weight)
- 1/2 Cup Fat Free Cheddar Cheese
- 1 1/2 Cups Cottage Cheese (0% Fat)
- 1 Mac And Cheese Powder Packet
- 1/2 Cup Fat Free Milk
- 1/4 Cup Buffalo Sauce
- 24oz Chicken Breast
- Garlic Salt
- Smoked Paprika
- Onion Powder
- Fresh Chives (Optional)
- Light Ranch (Optional)

### Instructions:

1. In a blender, combine 1 1/2 Cups cottage cheese, 1/2 cup fat free cheddar cheese, 1 mac and cheese powder packet, 1/4 Cup Buffalo sauce, and 1/2 Cup fat free milk. Blend until completely smooth.
2. Season 24oz of chicken breast with garlic salt, smoked paprika, and onion powder until fully coated.
3. Air fry at 375 for 15-20 minutes or bake at 400 for 20-25 minutes (Flip Halfway Through).
4. Boil and drain 8oz protein pasta (dry weight)
5. In a bowl, combine the cooked pasta, the cottage cheese sauce, and diced chicken. Mix until fully combined
6. Top with fresh chives, Buffalo sauce, and light ranch (Optional). Divide into four equal portions and freeze for up to two weeks

### ADDITIONAL NOTES

**Combine 1 Cup Greek Yogurt and one pack of ranch seasoning (1oz) to make protein ranch**

# NUTRITION FACTS

**Calories: 410**

**Protein: 31 Grams**

**Fats: 8 Grams**

**Carbs: 58 Grams**

**Serving Size: Two And A Half (2.5) oz. Pasta + 1/4 Cheese**

**Sauce + 1.5 Bacon Strips**

**Makes: 4 Servings**



Great For Meal Prep

## Bacon Mac And Cheese

### Ingredients:

- 10oz Protein Pasta (Barilla Protein+)
- 1 1/2 Cup Cottage Cheese (0% Fat)
- 1 Packet Mac and Cheese Powder (Kraft)
- 1/2 Cup Fat-Free Milk
- 1/2 Cup Fat-Free Cheddar Cheese
- 5 Cooked Bacon Strips
- Fresh Chives (Optional)

### Instructions:

1. In a blender, combine 1 1/2 Cups cottage cheese, 1 Mac and Cheese powder packet, 1/2 Cup Fat-Free milk, and 1/2 Cup fat-free cheddar cheese. Blend until smooth
2. Boil and drain 10oz protein pasta
3. Add the pasta to a bowl along with the cheese mixture. Mix until combined.
4. Assemble the dish with 1/4 of the pasta mixture in a bowl. Top each serving with 1.5 cooked bacon strips and fresh chives.



# NUTRITION FACTS

**Calories: 525**

**Protein: 64 Grams**

**Fats: 8 Grams**

**Carbs: 43 Grams**

**Serving Size: Two (2) oz. Pasta + 1/4 Cheese Sauce + 6oz**

**Chicken Breast**

**Makes: 4 Servings**



Great For Meal Prep

## Chipotle Chicken Mac And Cheese

### Ingredients:

- 8oz Protein Pasta (Dry Weight)
- 1 1/2 Cup Cottage Cheese (0% Fat)
- 1 Packet Mac and Cheese Powder (Kraft)
- 1/2 Cup Fat-Free Milk
- 1/2 Cup Fat-Free Cheddar Cheese
- 1 Can Chipotle Peppers
- 24oz Chicken Breast
- Garlic Salt
- Smoked Paprika
- Onion Powder
- Fresh Chives (Optional)
- Light Ranch (Optional)

### Instructions:

1. In a blender, combine 1 1/2 Cups cottage cheese, 1/2 cup fat free cheddar cheese, 1 mac and cheese powder packet, 2 chipotle peppers, and 1/2 Cup fat free milk. Blend until completely smooth.
2. Season 24oz of chicken breast with garlic salt, smoked paprika, and onion powder until fully coated.
3. Add the seasoned chicken to a bowl along with the remaining chipotle peppers. Mix together. (Marinate for 30 minutes for best results)
4. Air fry at 375 for 15-20 minutes or bake at 400 for 20-25 minutes (Flip Halfway Through).
5. Boil and drain 8oz protein pasta (dry weight)
6. In a bowl, combine the cooked pasta, the cottage cheese sauce, and diced chicken. Mix until fully combined
7. Top with fresh chives and light ranch (Optional). Divide into four equal portions and freeze for up to two weeks

# NUTRITION FACTS

**Calories: 550**

**Protein: 66 Grams**

**Fats: 10 Grams**

**Carbs: 44 Grams**

**Serving Size: 1/4 Of Entire Dish**

**Makes: 4 Servings**



Great For Meal Prep

## CBR Mac And Cheese

### Ingredients:

- 8oz Protein Pasta (Dry Weight)
- 1 1/2 Cup Cottage Cheese (0% Fat)
- 1 Packet Mac and Cheese Powder (Kraft)
- 1/2 Cup Fat-Free Milk
- 1/2 Cup Fat-Free Cheddar Cheese
- XXX
- 24oz Chicken Breast
- Garlic Salt
- Smoked Paprika
- Onion Powder
- Fresh Chives (Optional)
- Light Ranch (Optional)

### Instructions:

1. In a blender, combine 1 1/2 Cups cottage cheese, 1/2 cup fat free cheddar cheese, 1 mac and cheese powder packet, 2 chipotle peppers, and 1/2 Cup fat free milk. Blend until completely smooth.
2. Season 24oz of chicken breast with garlic salt, smoked paprika, and onion powder until fully coated.
3. Add the seasoned chicken to a bowl along with the remaining chipotle peppers. Mix together. (Marinate for 30 minutes for best results)
4. Air fry at 375 for 15-20 minutes or bake at 400 for 20-25 minutes (Flip Halfway Through).
5. Boil and drain 8oz protein pasta (dry weight)
6. In a bowl, combine the cooked pasta, the cottage cheese sauce, and diced chicken. Mix until fully combined
7. Top with fresh chives and light ranch (Optional). Divide into four equal portions and freeze for up to two weeks

# NUTRITION FACTS

**Calories: 710**

**Protein: 65 Grams**

**Fats: 13.3 Grams**

**Carbs: 83 Grams**

**Serving Size: One (1) Pizza  
Makes: 1 Serving**



# Stuffed-Crust Pepperoni Pizza

## Ingredients:

- 3/4 Cup Self-Rising Flour
- 1/2 Cup Greek Yogurt
- 2.5 Reduced-fat Mozzarella Cheese Sticks
- 1/4 Cup Tomato Sauce
- 1/4 Cup Fat-free Mozzarella
- Turkey Pepperoni (About 14)
- Italian Seasoning (Optional)

## Instructions:

1. In a bowl, combine 3/4 Cup self-rising flour and 1/2 Cup Greek yogurt. Combine until it forms a dough.
2. On a flat surface, roll out the dough to a flat, circular pizza shape
3. Cut up about 2.5 mozzarella cheese sticks and place them around the edges of the pizza dough. Fold the edges of the dough on top of the cheese sticks so they are completely covered to create the stuffed-crust.
4. Top the pizza with 1/4 Cup tomato sauce, 1/4 Cup fat-free mozzarella cheese, and turkey pepperoni. Spray the top of the exposed crust with cooking oil and top with Italian Seasoning (optional).
5. Bake the pizza at 400 degrees for 20-25 minutes.

# NUTRITION FACTS

**Calories: 800**

**Protein: 72.3 Grams**

**Fats: 21.8 Grams**

**Carbs: 77.2 Grams**

**Serving Size: One (1) Pizza  
Makes: 1 Serving**

## Stuffed-Crust Meat Lovers' Pizza

### Ingredients:

- 3/4 Cup Self-Rising Flour
- 1/2 Cup Greek Yogurt
- 2.5 Reduced-fat Mozzarella Cheese Sticks
- 1/4 Cup Tomato Sauce
- 1/4 Cup Fat-free Mozzarella
- Turkey Pepperoni (About 14)
- Turkey Italian Sausage (2oz)
- 2 Cooked Bacon Strips
- Italian Seasoning (Optional)

### Instructions:

1. In a bowl, combine 3/4 Cup self-rising flour and 1/2 Cup Greek yogurt. Combine until it forms a dough
2. On a flat surface, roll out the dough to a flat, circular pizza shape
3. Cut up about 2.5 mozzarella cheese sticks and place them around the edges of the pizza dough. Fold the edges of the dough on top of the cheese sticks so they are completely covered to create the stuffed-crust.
4. Top the pizza with 1/4 Cup tomato sauce, 1/4 Cup fat-free mozzarella cheese, turkey pepperoni, turkey Italian sausage (2oz), and 2 cooked bacon strips (diced). Spray the top of the exposed crust with cooking oil and top with Italian Seasoning (optional).
5. Bake the pizza at 400 degrees for 20-25 minutes.



# NUTRITION FACTS

**Calories: 790**

**Protein: 90 Grams**

**Fats: 10.3 Grams**

**Carbs: 78.6 Grams**

**Serving Size: One (1) Pizza**

**Makes: 1 Serving**

## Stuffed-Crust Buffalo Chicken Pizza

### Ingredients:

- 3/4 Cup Self-Rising Flour
- 1 Cup Greek Yogurt
- 2.5 Reduced-fat Mozzarella Cheese Sticks
- 2 Tbsp Buffalo Sauce
- 1/4 Cup Fat-free Cheddar Cheese
- Buffalo Sauce (a few Tbsps)
- 4 oz Cooked Chicken Breast
- 2 Tbsp Ranch Seasoning
- Sliced Red Onion
- Cilantro
- Italian Seasoning (Optional)

### Instructions:

1. In a bowl, combine 3/4 Cup self-rising flour and 1/2 Cup Greek yogurt. Combine until it forms a dough
2. On a flat surface, roll out the dough to a flat, circular pizza shape
3. Cut up about 2.5 mozzarella cheese sticks and place them around the edges of the pizza dough. Fold the edges of the dough on top of the cheese sticks so they are completely covered to create the stuffed-crust.
4. Make protein ranch by combining 1/2 Cup Greek yogurt with 2 Tbsp ranch seasoning. Mix well.
5. Toss 4oz of cooked chicken breast with buffalo sauce.
6. Top the dough with protein ranch (leaving a little remaining to drizzle after baking), buffalo chicken, sliced red onion, and 1/4 Cup fat-free mozzarella cheese. Spray the top of the exposed crust with cooking oil and top with Italian Seasoning (optional).
7. Bake the pizza at 400 degrees for 20-25 minutes.
8. Top the pizza with cilantro and an extra drizzle of protein ranch.



# NUTRITION FACTS

**Calories: 775**

**Protein: 78 Grams**

**Fats: 9.9 Grams**

**Carbs: 89.2 Grams**

**Serving Size: One (1) Pizza**

**Makes: 1 Serving**

## Stuffed-Crust BBQ Chicken Pizza

### Ingredients:

- 3/4 Cup Self-Rising Flour
- 1/2 Cup Greek Yogurt
- 2.5 Reduced-fat Mozzarella Cheese Sticks
- 1/4 Cup Low Calorie Barbecue Sauce
- 1/4 Cup Fat-free Mozzarella
- 4oz Cooked Chicken
- Red Onion
- Cilantro
- Italian Seasoning (Optional)

### Instructions:

1. In a bowl, combine 3/4 Cup self-rising flour and 1/2 Cup Greek yogurt. Combine until it forms a dough
2. On a flat surface, roll out the dough to a flat, circular pizza shape
3. Cut up about 2.5 mozzarella cheese sticks and place them around the edges of the pizza dough. Fold the edges of the dough on top of the cheese sticks so they are completely covered to create the stuffed-crust.
4. Top the pizza with 1/4 Cup low calorie BBQ sauce, 1/4 Cup fat-free mozzarella cheese, 4oz cooked chicken breast, and red onions. Spray the top of the exposed crust with cooking oil and top with Italian Seasoning (optional).
5. Bake the pizza at 400 degrees for 20-25 minutes.



# NUTRITION FACTS

**Calories: 760**

**Protein: 77 Grams**

**Fats: 15.3 Grams**

**Carbs: 76.3 Grams**

**Serving Size: One (1) Pizza**

**Makes: 1 Serving**



## Stuffed-Crust CBR Pizza

### Ingredients:

- 3/4 Cup Self-Rising Flour
- 1/2 Cup Greek Yogurt (0% Fat)
- 2.5 Light Mozzarella Cheese Sticks (Sargento Brand)
- 1 Tbsp Ranch Seasoning
- 1 Tbsp Light Mayo
- 1/2 Cup Fat-free Mozzarella
- 2oz Rotisserie Chicken Breast
- 2 Cooked Bacon Strips (Diced)
- Italian Seasoning (Optional)
- Fresh Green Onions (Optional)

### Instructions:

1. In a bowl, combine 3/4 Cup self-rising flour and 1/2 Cup Greek yogurt. Combine until it forms a dough
2. On a flat surface, roll out the dough to a flat, circular pizza shape
3. Cut up about 2.5 mozzarella cheese sticks and place them around the edges of the pizza dough. Fold the edges of the dough on top of the cheese sticks so they are completely covered to create the stuffed-crust.
4. In a bowl, combine 1/2 Cup Greek yogurt, 1 Tbsp light mayo, and 1 Tbsp ranch seasoning to make the ranch.
5. Top the pizza with the ranch, 1/2 Cup fat free cheese, 2oz rotisserie chicken breast, and 2 cooked bacon strips (Diced). Spray the top of the exposed crust with cooking oil and top with Italian Seasoning (optional).
6. Bake the pizza at 400 degrees for 20-25 minutes and top with fresh green onions (optional)

# NUTRITION FACTS

**Calories: 750**

**Protein: 74 Grams**

**Fats: 10 Grams**

**Carbs: 77 Grams**

**Serving Size: One (1) Pizza**

**Makes: 1 Serving**



## Stuffed-Crust Supreme Pizza

### Ingredients:

- 3/4 Cup Self-Rising Flour
- 1/2 Cup Greek Yogurt (0% Fat)
- 2 Light Mozzarella Cheese Sticks (Sargento Brand)
- 1/4 Cup Nutritional Yeast
- 1 Tsp Garlic Salt
- 1/2 Cup Tomato Sauce
- 1/2 Cup Fat-free Mozzarella
- 1/2 Serving Turkey Pepperoni (15g)
- 1oz Cooked Turkey Italian Sausage
- Italian Seasoning
- Fresh Green Bell Peppers
- White Onion
- Mushrooms
- Diced Black Olives

### Instructions:

1. In a bowl, combine 3/4 Cup self-rising flour, 1/4 Cup nutritional yeast, 1 Tsp garlic salt and 1/2 Cup Greek yogurt. Combine until it forms a dough
2. On a flat surface, roll out the dough to a flat, circular pizza shape
3. Cut up about 2 mozzarella cheese sticks and place them around the edges of the pizza dough. Fold the edges of the dough on top of the cheese sticks so they are completely covered to create the stuffed-crust.
4. Top the pizza with the 1/2 Cup tomato sauce, 1/2 Cup fat free cheese, 1oz cooked Italian Turkey sausage, 1/2 serving turkey pepperoni, green bell peppers, white onions, mushrooms, and black olives.
5. Spray the top of the exposed crust with cooking oil and top with Italian Seasoning (optional).
6. Bake the pizza at 400 degrees for 20-25 minutes and top with fresh green onions (optional)



# NUTRITION FACTS

**Calories: 480**

**Protein: 79 Grams**

**Fats: 16.2 Grams**

**Carbs: 3.1 Grams**

**Serving Size: 1 Pizza**

**Makes: 1 Serving**



## Chicken Crust BBQ Pizza

### Ingredients:

- 1 Can Of Chicken (12oz)
- 1 Egg
- 1/4 Cup Parmesean Cheese
- 1/4 Cup Low Calorie BBQ Sauce
- 1/4 Cup Fat Free Mozzarella
- Diced Tomatoes
- Diced Red Onion
- Fresh Parsley (Optional)

### Instructions:

1. In a bowl, combine 1 can of chicken, 1/4 Cup Parmesan cheese, and one egg. Mix until completely combined and the chicken is shredded.
2. On a greased baking sheet, form the chicken mixture into a circle that resembles a pizza crust
3. Bake the pizza crust for 20 minutes at 425 degrees
4. Top the cooked crust with low calorie BBQ sauce, 1/4 Cup fat free Mozzarella, diced tomatoes, and red onions.
5. Bake for 5 additional minutes until everything is melted

# NUTRITION FACTS

**Calories: 415**

**Protein: 57 Grams**

**Fats: 9.5 Grams**

**Carbs: 22 Grams**

**Serving Size: One BBQ Chicken Flatbread  
Makes: 1 Servings**



# BBQ Chicken Flatbread

## Ingredients:

- 1 Lavash Bread (Joseph's Brand)
- 1 Cooked Chicken Breast
- 8 Tbsp Sugar Free BBQ Sauce
- Red Onions
- 1oz Fat Free Mozzarella Cheese
- Cilantro

## Instructions:

1. In an oven at 350 degrees, bake the lavash bread for about 5-7 minutes or until crispy
2. Spread about 8 Tbsp of BBQ sauce onto the bread
3. Dice one chicken breast and put it on top of the BBQ sauce. You can also use rotisserie chicken
4. Top the flatbread with red onions and fat free mozzarella.
5. Bake at 350 degrees for another 5-10 minutes and top with cilantro

# NUTRITION FACTS

**Calories: 360**

**Protein: 46 Grams**

**Fats: 8.2 Grams**

**Carbs: 25.5 Grams**

**Serving Size: One Flatbread**

**Makes: 1 Serving**



# Pepperoni Flatbread

## Ingredients:

- 1 Lavash Bread (Joseph's Brand)
- 1/4 Cup Cottage Cheese
- 1/4 Cup Marinara Sauce
- Turkey Pepperoni (15)
- Fat Free Mozzarella Cheese (2oz)
- Garlic Salt
- Oregano
- Hot Sauce (Optional)

## Instructions:

1. In an oven at 350 degrees, bake the lavash bread for about 5-7 minutes or until crispy
2. In a blender, combine 1/4 Cup cottage cheese, 1/4 Cup marinara sauce, garlic salt, oregano, and hot sauce (optional). Blend until completely smooth
3. Top the baked Lavash bread with the sauce, fat free mozzarella, and turkey pepperoni.
4. Bake for an additional 10 minutes at 350 degrees to melt the cheese and make the flatbread more crispy.

# NUTRITION FACTS

**Calories: 425**

**Protein: 65 Grams**

**Fats: 9.8 Grams**

**Carbs: 13 Grams**

**Serving Size: One Flatbread**

**Makes: 1 Serving**



## Buffalo Chicken Flatbread

### Ingredients:

- 1 Lavash Bread (Joseph's Brand)
- 1 Cup Greek Yogurt
- 1 Cooked Chicken Breast
- 1/2 Packet Ranch Seasoning
- 1/2 Cup Fat Free Cheddar
- Red Onions
- Buffalo Sauce
- Fresh Parsley (Optional)

### Instructions:

1. In an oven at 350 degrees, bake the lavash bread for about 5-7 minutes or until crispy
2. In a bowl, combine 1 Cup Greek yogurt and 1/2 packet ranch seasoning. We will use about 1/3 of this, so save the rest for other recipes!
3. In a bowl, toss the diced chicken breast in buffalo sauce
4. Assemble the flatbread by spreading protein ranch on the bread. Add buffalo chicken, fat free cheddar, and red onions on top. Bake for an additional 5 minutes to melt the cheese

# NUTRITION FACTS

**Calories: 620**

**Protein: 58 Grams**

**Fats: 8.9 Grams**

**Carbs: 77.1 Grams**

**Serving Size: One (1) Calzone**  
**Makes: 1 Serving**



## Pepperoni Calzone

### Ingredients:

- 3/4 Cup Self-Rising Flour
- 1/2 Cup Greek Yogurt (0% Fat)
- 2 Servings Turkey Pepperoni (60g)
- 1/4 Cup Tomato Sauce
- 1/2 Cup Fat-free Mozzarella
- 1 Egg (For Egg Wash)
- Italian Seasoning (Optional)

### Instructions:

1. In a bowl, combine 3/4 Cup self-rising flour and 1/2 Cup Greek yogurt. Combine until it forms a dough. Add flour to the mixture if too sticky.
2. Flour a flat surface and top of dough. Roll out the dough to a flat, circular shape on the floured surface.
3. On the top half of the circular dough, spread 1/4 Cup tomato sauce. Add a layer of turkey pepperoni (30g) on top of the sauce. Add 1/2 Cup fat free mozzarella on top of the pepperoni and add another layer of turkey pepperoni (30g) on top of the cheese.
4. Fold the dough over the side with the toppings on it.
5. Seal the edges of the dough by twisting the dough or by pressing bottom of a fork into the dough.
6. Cut three slits in the calzone to let steam out as it cooks.
7. Brush the calzone with egg wash and season with Italian seasoning.
8. Bake the calzone at 400 degrees for 20-25 minutes.

# NUTRITION FACTS

**Calories: 725**

**Protein: 77 Grams**

**Fats: 10 Grams**

**Carbs: 80 Grams**

**Serving Size: One (1) Calzone**  
**Makes: 1 Serving**

## Buffalo Chicken Calzone

### Ingredients:

- 3/4 Cup Self-Rising Flour
- 1 Cup Greek Yogurt (0% Fat)
- 4oz Rotisserie Chicken Breast
- 1/4 Cup Buffalo Sauce
- 1 Tbsp Ranch Seasoning
- 1/2 Cup Fat-free Mozzarella
- 1 Egg (For Egg Wash)
- Italian Seasoning (Optional)

### Instructions:

1. In a bowl, combine 3/4 Cup self-rising flour and 1/2 Cup Greek yogurt. Combine until it forms a dough. Add flour to the mixture if too sticky.
2. Flour a flat surface and top of dough. Roll out the dough to a flat, circular shape on the floured surface.
3. In a bowl, combine 4oz shredded rotisserie chicken, 1/2 Cup Greek yogurt, 1/4 Cup Buffalo sauce, and 1 Tbsp ranch seasoning.
4. On the top half of the circular dough, spread 1/4 Cup fat free mozzarella. Add the buffalo chicken mixture on top of the cheese and spread the remaining 1/4 Cup fat free mozzarella on top of the buffalo chicken mixture.
5. Fold the dough over the side with the toppings on it.
6. Seal the edges of the dough by twisting the dough or by pressing bottom of a fork into the dough.
7. Cut three slits in the calzone to let steam out as it cooks.
8. Brush the calzone with egg wash and season with Italian seasoning.
9. Bake the calzone at 400 degrees for 20-25 minutes.



# NUTRITION FACTS

**Calories: 130**

**Protein: 7 Grams**

**Fats: 5.4 Grams**

**Carbs: 16.3 Grams**

**Serving Size: One (1) Hawaiian Pizza Roll**  
**Makes: 12 Servings**



## Hawaiian Pizza Rolls

### Ingredients:

- 1 Pack Hawaiian Rolls (12)
- 2 Tbsp Butter
- Turkey Pepperoni
- Fat Free Mozzarella
- Oregano
- Parsley
- 1 Tbsp Minced Garlic

### Instructions:

1. Cut two slits into the top of each Hawaiian roll
2. In a bowl, combine 2 Tbsp melted butter, Oregano, Parsley, and 1 Tbsp minced garlic.
3. Stuff each slit in the Hawaiian roll with fat-free mozzarella and turkey pepperoni
4. Top the stuffed rolls with the butter mixture
5. Bake at 350 degrees until the cheese has melted

# NUTRITION FACTS

**Calories: 415**

**Protein: 37 Grams**

**Fats: 18.8 Grams**

**Carbs: 29.5 Grams**

**Serving Size: One Smash Burger**

**Makes: 4 Smash Burgers**



# Chicken Smash Burger

## Ingredients:

- 1 Pound Ground Chicken
- 1 Cup Diced White Onion
- Garlic Salt
- 1 Tbsp Smoked Paprika
- 8 Ounces Cheese
- 2 Tbsp Light Mayo
- 2 Tbsp Mustard
- 2 Tbsp Ketchup
- 2 Tbsp Minced Pickle
- 2 Tbsp Pickle Juice
- 8 Ounces Guacamole
- 4 Brioche Buns

## Instructions:

1. In a bowl, combine one pound of ground chicken, 1 Cup of diced white onion, dash of garlic salt, and paprika.
2. Divide the meat into 4 equal balls.
3. On an oiled medium-hot pan, place one ball in the center and smash down with a spatula.
4. Cook the patty for about 4 minutes on each side or until golden brown and proper internal temperature.
5. Spread 2oz of cheese on top of the cooked patty to melt.
6. For the sauce, combine 2 Tbsps each of light mayo, mustard, ketchup, minced pickle, and pickle juice. Mix until fully combined.
7. Toast the brioche buns and spread about 2oz of guacamole on the bottom and top buns.
8. Assemble the burger with the patty, sauce, guacamole, and buns.



# NUTRITION FACTS

**Calories: 385**

**Protein: 30 Grams**

**Fats: 19 Grams**

**Carbs: 30.4 Grams**

**Serving Size: One Smash Burger**

**Makes: 4 Servings**



## Turkey Smash Burger

### Ingredients:

- 1 Pound Ground Turkey
- 2 Tbsp Ranch Seasoning
- 1 Tbsp Smoked Paprika
- 4 Velveeta Cheese Slices
- 8 Ounces Guacamole
- 2 Tbsp Light Mayo
- 2 Tbsp Mustard
- 2 Tbsp Ketchup
- 2 Tbsp Minced Pickle
- 2 Tbsp Pickle Juice
- 4 Brioche Buns

### Instructions:

1. In a bowl, combine one pound of ground turkey, 2 Tbsp ranch seasoning, and 1 Tbsp paprika
2. Divide the meat into 4 equal balls.
3. On an oiled medium-hot pan, place one ball in the center and smash down with a spatula.
4. Cook the patty for about 4 minutes on each side or until golden brown and proper internal temperature.
5. Place 1 Velveeta cheese slice on top of the cooked patty to melt.
6. For the sauce, combine 2 Tbsps each of light mayo, mustard, ketchup, minced pickle, and pickle juice. Mix until fully combined.
7. Toast the brioche buns and spread about 2oz of guacamole on the bottom and top buns.
8. Assemble the burger with the patty, sauce, and two bun halves with guacamole.

# NUTRITION FACTS

**Calories: 450**

**Protein: 61 Grams**

**Fats: 12.7 Grams**

**Carbs: 30.3 Grams**

**Serving Size: One Cheeseburger**

**Makes: 4 Servings**



# Double Cheeseburger

## Ingredients:

- 2 Pounds Lean Ground Beef (96-3)
- 2 Tbsp Ranch Seasoning
- 1 Tbsp Garlic Powder
- 1 Tbsp Onion Powder
- 8 American Cheese Slices (Fat Free)
- 2 Tbsp Light Mayo
- 2 Tbsp Mustard
- 2 Tbsp Ketchup
- 2 Tbsp Minced Pickle
- 2 Tbsp Pickle Juice
- 4 Brioche Buns

## Instructions:

1. In a bowl, combine two pounds of lean ground beef, 2 Tbsp ranch seasoning, 1 Tbsp garlic powder, and 1 Tbsp onion powder.
2. Divide the meat into 8 equal balls.
3. On an oiled medium-hot pan, place one ball in the center and smash down with a spatula
4. Cook the patty for about 5 minutes on each side or until golden brown and proper internal temperature.
5. Place 1 American cheese slice on top of each cooked patty to melt.
6. For the sauce, combine 2 Tbsps each of light mayo, mustard, ketchup, minced pickle, and pickle juice. Mix until fully combined.
7. Toast the brioche buns on the pan
8. Assemble the burger with the 2 burger patties, sauce, and a brioche bun

# NUTRITION FACTS

**Calories: 610**

**Protein: 63 Grams**

**Fats: 24.5 Grams**

**Carbs: 32 Grams**

**Serving Size: One Burger**

**Makes: 4 Servings**



# Bacon Double Cheeseburger

## Ingredients:

- 2 Pounds Lean Ground Beef (96-4)
- 2 Tbsp Ranch Seasoning
- 1 Tbsp Smoked Paprika
- 8 Velveeta Cheese Slices
- 2 Tbsp Light Mayo
- 2 Tbsp Mustard
- 2 Tbsp Ketchup
- 2 Tbsp Minced Pickle
- 2 Tbsp Pickle Juice
- 4 Brioche Buns
- 8 Bacon Slices
- 1/2 Cup Caramelized Onions

## Instructions:

1. In a bowl, combine two pounds of lean ground beef, 2 Tbsp ranch seasoning, and 1 Tbsp smoked paprika
2. Divide the meat into 8 equal balls.
3. On an oiled medium-hot pan, place one ball in the center and smash down with a spatula
4. Cook the patty for about 5 minutes on each side or until golden brown and proper internal temperature.
5. Place 1 Velveeta cheese slice on top of each cooked patty to melt.
6. For the sauce, combine 2 Tbsps each of light mayo, mustard, ketchup, minced pickle, and pickle juice. Mix until fully combined.
7. Cook 8 slices of bacon on the pan until crispy
8. Cook 1/2 Cup diced onions on a pan until golden brown
9. Toast the brioche buns on the pan
10. Assemble the burger with 2 burger patties with cheese, 2 bacon strips, sauce, caramelized onions, and a brioche bun

# NUTRITION FACTS

**Calories: 575**

**Protein: 58 Grams**

**Fats: 26 Grams**

**Carbs: 35 Grams**

**Serving Size: One Burger**

**Makes: 4 Servings**



## In-N-Out Double Burger

### Ingredients:

- 2 Pounds Lean Ground Beef (93-7)
- 2 Tbsp Mustard
- 1 Tbsp Salt & Pepper
- 8 Velveeta Cheese Slices
- 4 Tbsp Light Mayo
- Caramelized Onions
- 2 Tbsp Ketchup
- 2 Tbsp Minced Pickle
- 2 Tbsp Pickle Juice
- 4 Brioche Buns
- Onions
- Tomatoes
- Pickles

### Instructions:

1. In a bowl, combine two pounds of lean ground beef, 2 Tbsp yellow mustard, 1 Tbsp salt, and 1 Tbsp pepper
2. Divide the meat into 8 equal balls.
3. On an oiled medium-hot pan, place one ball in the center and smash down with a spatula
4. Cook the patty for about 5 minutes on each side or until golden brown and proper internal temperature.
5. Place 1 Velveeta cheese slice on top of each cooked patty to melt.
6. For the sauce, combine 4 Tbsps of light mayo, 2 Tbsp ketchup, 2 Tbsp minced pickle, and 1 Tbsp pickle juice. Mix until fully combined.
7. Toast the brioche buns on the pan
8. Assemble the burger with the 2 burger patties, sauce, onion, pickles, tomatoes, caramelized onions, and a brioche bun

# NUTRITION FACTS

**Calories: 350**

**Protein: 27 Grams**

**Fats: 13.5 Grams**

**Carbs: 29 Grams**

**Serving Size: One Chicken Sandwich**

**Makes: 4 Servings**



## CFA Chicken Sandwich

### Ingredients:

- 4 Boneless Skinless Chicken Thighs
- 4 Brioche Buns
- 4 Tbsp Light Mayo
- 2 Tbsp BBQ Sauce
- 2 Tbsp Mustard
- 2 Tbsp Sriracha
- 1/4 Cup Pickle Juice
- Garlic Salt
- Onion Powder
- Lettuce
- Tomato
- Red Onion

### Instructions:

1. In a bowl, combine 1/4 Cup pickle juice, 2 Tbsp light mayo, 2 Tbsp sriracha, garlic salt, onion powder, and 4 boneless skinless chicken thighs. Marinade for 30 minutes
2. After 30 minutes, pull the thighs out and cover in protein chip crumbs.
3. Air fry at 400 degrees for 16 minutes or bake at 400 degrees for 20-25 minutes.
4. For the sauce, combine 2 Tbsp each of light mayo, BBQ sauce, mustard, and honey
5. Assemble the sandwich with brioche bun, crispy chicken, sauce, lettuce, tomato, and onion

### ADDITIONAL NOTES

**Protein chip crumbs can be made by blending Quest (or similar) brand chips**

# NUTRITION FACTS

**Calories: 450**

**Protein: 58 Grams**

**Fats: 12.9 Grams**

**Carbs: 30.1 Grams**

**Serving Size: One Buffalo Chicken Sandwich**

**Makes: 4 Servings**



# Buffalo Chicken Sandwich

## Ingredients:

- 4 Chicken Breasts (8oz Each)
- 4 Brioche Buns
- 1/2 Cup Flour
- 1/2 Cup Egg Whites (Or 2 Eggs)
- 1 Cup Corn Flakes
- 1/2 Cup Buffalo Sauce
- 2 Tbsps Pickle Juice
- Pickles
- 4 Tbsp Light Ranch
- 1 Tsp Garlic Salt
- 1 Tsp Smoked Paprika
- 1 Tsp Cayenne Pepper
- 1 Tbsp Hot Sauce

## Instructions:

1. Divide your chicken breasts into 8oz portions and smash them until even thickness
2. On a plate, combine 1/2 Cup flour, garlic salt, paprika, and cayenne pepper. Fully coat the chicken in the flour mixture
3. On a plate, combine 1/2 Cup egg whites (or 2 eggs), 2 Tbsp pickle juice, and 1 Tbsp hot sauce. Fully coat the floured chicken in the egg mixture
4. On a plate, crush 1 Cup corn flakes. Press the chicken into the corn flakes until fully coated
5. Place the chicken on an air fryer tray and spray with cooking oil. Air fry at 400 degree for 15 minutes or bake at 400 degrees for 20-25 minutes
6. Coat the cooked chicken in buffalo sauce
7. Assemble the sandwich with brioche bun, chicken, pickle slices, and 1 Tbsp light ranch

# NUTRITION FACTS

**Calories: 540**

**Protein: 62 Grams**

**Fats: 13 Grams**

**Carbs: 50 Grams**

**Serving Size: One Honey Buffalo Chicken Sandwich**

**Makes: 4 Servings**



# Honey Buffalo Chicken Sandwich

## Ingredients:

- 4 Chicken Breasts (8oz Each)
- 4 Brioche Buns
- 1/2 Cup Flour
- 1/2 Cup Egg Whites (Or 2 Eggs)
- 1 Cup Corn Flakes
- 1/2 Cup Buffalo Sauce
- 2 Tbsps Honey
- Pickles
- 4 Tbsp Light Ranch
- 1 Tsp Garlic Salt
- 1 Tsp Onion Powder
- 1 Tsp Cayenne Pepper
- 1 Tbsp Hot Sauce
- 2 Tbsp Pickle Juice

## Instructions:

1. Divide your chicken breasts into 8oz portions and smash them until even thickness
2. On a plate, combine 1/2 Cup flour, garlic salt, onion powder, and cayenne pepper. Fully coat the chicken in the flour mixture
3. On a plate, combine 1/2 Cup egg whites (or 2 eggs), 2 Tbsp pickle juice, and 1 Tbsp hot sauce. Fully coat the floured chicken in the egg mixture
4. On a plate, crush 1 Cup corn flakes. Press the chicken into the corn flakes until fully coated
5. Place the chicken on an air fryer tray and spray with cooking oil. Air fry at 400 degree for 15 minutes or bake at 400 degrees for 20-25 minutes
6. In a bowl, combine 1/2 Cup Buffalo sauce and 2 Tbsps honey
7. Coat the cooked chicken in honey buffalo sauce
8. Assemble the sandwich with brioche bun, chicken, pickle slices, and 1 Tbsp light ranch

# NUTRITION FACTS

**Calories: 450**

**Protein: 45.1 Grams**

**Fats: 37.1 Grams**

**Carbs: 45.1 Grams**

**Serving Size: One Popeyes Chicken Sandwich  
Makes: 4 Servings**



## Popeyes Chicken Sandwich

### Ingredients:

- 4 Chicken Thighs
- 4 Brioche Buns
- 1 Cup Cornstarch
- 1 Egg
- 2 Tbsp Milk
- 1 Tbsp Soy Sauce
- 2 Tbsp Hot Sauce
- 3 Tbsp Light Mayo
- 1 Tbsp Pickle Juice
- 1 tsp Cayenne pepper
- 1 tsp Garlic Salt
- 1 tsp Onion Power
- 1 tsp Chili Powder
- Pickles (for topping)
- 4 Velveeta Cheese Singles

### Instructions:

1. In a bowl, whisk together 1 egg, 2 Tbsp milk, 1 Tbsp soy sauce, and 2 Tbsp hot sauce
2. On a plate, spread out about a cup of cornstarch (use more if needed). Dip each chicken thigh into the egg wash mixture. Then, fully coat thigh in cornstarch.
3. Transfer the thighs onto an air fryer tray and spray with lite cooking oil. Air fry the chicken at 400 degrees for 15 minutes, or bake in the oven at 400 degrees for 20-25 minutes.
4. To make the Popeyes sauce, combine 3 Tbsp Light mayo, 1 tsp garlic salt, 1 tsp chili powder, 1 tsp onion powder, 1 tsp cayenne pepper, and 1 Tbsp pickle juice.
5. Toast the Brioche bun on the stovetop.
6. Assemble the sandwich with brioche bun, chicken, one slice of Velveeta cheese, pickle slices, and the Popeyes sauce.



# NUTRITION FACTS

**Calories: 350**

**Protein: 35 Grams**

**Fats: 11 Grams**

**Carbs: 35 Grams**

**Serving Size: One McChicken**

**Makes: 4 Servings**



## McDonald's McChicken

### Ingredients:

- 1 Pound Ground Chicken Breast
- 1 Tbsp Garlic Salt
- 1 Tbsp Onion Powder
- 1 Tbsp Black Pepper
- 1 Tbsp Yellow Mustard
- 1 Cup Flour
- 1/2 Cup Egg Whites
- 1 Cup Panko Bread Crumbs
- 4 Brioche Buns
- 6 Tbsps Light Mayo
- 1 Cup Shredded Lettuce

### Instructions:

1. In a bowl, combine 1 pound ground chicken breast, garlic salt, onion powder, black pepper, and 1 Tbsp yellow mustard. Mix until fully combined.
2. Divide the ground chicken mixture into 4 equal portions and form patties.
3. On a plate, spread out about a cup of all purpose flour and fully coat the chicken patties in the flour.
4. On a plate, pour out about 1/2 Cup egg whites and dip the floured patties in the egg whites. Make sure to fully coat the patties.
5. On a plate, spread out about 1 Cup of Panko bread crumbs and fully coat the patties in the bread crumbs
6. Spray the patties with low calorie cooking oil and air fry at 375 degree for 15-20 minutes or bake at 375 degrees for 20-25 minutes.
7. Assemble the sandwich with brioche bun, 1.5 Tbsps light mayo, chicken patty, and shredded lettuce.

# NUTRITION FACTS

**Calories: 375**

**Protein: 36 Grams**

**Fats: 12.6 Grams**

**Carbs: 41.2 Grams**

**Serving Size: One Sandwich**

**Makes: 4 Servings**



## Buffalo McChicken

### Ingredients:

- 1 Pound Ground Chicken Breast
- 1 Tbsp Garlic Salt
- 1 Tbsp Onion Powder
- 1 Tbsp Black Pepper
- 1 Cup Flour
- 1/2 Cup Egg Whites
- 1 Cup Panko Bread Crumbs
- 4 Brioche Buns
- 1/2 Cup Buffalo Sauce (Low Calorie)
- 4 Tbsps Light Ranch
- Pickles

### Instructions:

1. In a bowl, combine 1 pound ground chicken breast, garlic salt, onion powder, and black pepper. Mix until fully combined.
2. Divide the ground chicken mixture into 4 equal portions and form patties.
3. On a plate, spread out about a cup of all purpose flour and fully coat the chicken patties in the flour.
4. On a plate, pour out about 1/2 Cup egg whites and dip the floured patties in the egg whites. Make sure to fully coat the patties.
5. On a plate, spread out about 1 Cup of Panko bread crumbs and fully coat the patties in the bread crumbs
6. Spray the patties with low calorie cooking oil and air fry at 375 degree for 15-20 minutes or bake at 375 degrees for 20-25 minutes.
7. Coat the cooked patties in Buffalo sauce
8. Assemble the sandwich with brioche bun, chicken patty, 1 Tbsp light ranch, and pickle slices.

# NUTRITION FACTS

**Calories: 450**

**Protein: 45 Grams**

**Fats: 17 Grams**

**Carbs: 41 Grams**

**Serving Size: One Sandwich**

**Makes: 4 Servings**



# CBR McChicken

## Ingredients:

- 1 Pound Ground Chicken Breast
- 1 Tbsp Garlic Salt
- 1 Tbsp Onion Powder
- 1 Tbsp Black Pepper
- 1 Cup Flour
- 1/2 Cup Egg Whites
- 1 Cup Panko Bread Crumbs
- 4 Brioche Buns
- 4 Tbsps Light Ranch
- 4 Low Calorie Cheese Slices
- 8 Cooked Bacon Strips

## Instructions:

1. In a bowl, combine 1 pound ground chicken breast, garlic salt, onion powder, and black pepper. Mix until fully combined.
2. Divide the ground chicken mixture into 4 equal portions and form patties.
3. On a plate, spread out about a cup of all purpose flour and fully coat the chicken patties in the flour.
4. On a plate, pour out about 1/2 Cup egg whites and dip the floured patties in the egg whites. Make sure to fully coat the patties.
5. On a plate, spread out about 1 Cup of Panko bread crumbs and fully coat the patties in the bread crumbs
6. Spray the patties with low calorie cooking oil and air fry at 375 degree for 15-20 minutes or bake at 375 degrees for 20-25 minutes.
7. Assemble the sandwich with brioche bun, chicken patty, 1 Tbsp light ranch, 2 cooked bacon strips, and a low calorie cheese slice.

# NUTRITION FACTS

**Calories: 510**

**Protein: 67 Grams**

**Fats: 10 Grams**

**Carbs: 38 Grams**

**Serving Size: One Chicken Parmesan Sandwich**

**Makes: 4 Servings**



# Chicken Parmesan Sandwich

## Ingredients:

- 4 Chicken Breasts (8oz Each)
- 4 Brioche Buns
- 1/2 Cup Flour
- 1/2 Cup Egg Whites (Or 2 Eggs)
- 1 Cup Panko Bread Crumbs
- 1/2 Cup Grated Parmesan Cheese
- 1 Cup Tomato Sauce
- 4 Fat Free Mozzarella Slices
- Garlic Salt
- Onion Powder
- Italian Seasoning
- 1 Tbsp Hot Sauce
- 2 Tbsp Pickle Juice

## Instructions:

1. Divide your chicken breasts into 8oz portions and smash them until even thickness
2. On a plate, combine 1/2 Cup flour, garlic salt, onion powder, and Italian seasoning. Fully coat the chicken in the flour mixture
3. Add 1/2 Cup egg white (or two eggs) to a plate and fully coat the floured chicken in the egg wash
4. On a plate, combine 1 Cup Panko bread crumbs, 1/2 Cup Parmesan cheese, garlic salt, onion powder, and Italian seasoning. Fully coat the chicken in the breadcrumb mixture
5. Place the chicken on an air fryer tray and spray with cooking oil. Air fry at 375 degree for 15 minutes or bake at 400 degrees for 20-25 minutes
6. Take the chicken out of the air fryer and top with 1/4 tomato sauce and a slice of fat free mozzarella
7. Air fry or bake for another 3-5 minutes to melt the cheese
8. Place the chicken on a brioche bun

# NUTRITION FACTS

**Calories: 365**

**Protein: 7 Grams**

**Fats: 13.8 Grams**

**Carbs: 49 Grams**

**Serving Size: 1/4 Of All Potato Wedges**  
**Makes: 4 Servings**



Great For Meal Prep

## Crispy Potato Wedges

### Ingredients:

- 6 Medium Potatoes
- 4 Tbsp Olive Oil
- 2 Tsp Oregano
- 2 Tsp Paprika
- 2 Tsp Parsley Flakes
- 2 Tsp Garlic Salt

### Instructions:

1. Cut 6 medium potatoes into even wedges
2. Boil the wedges for around 8-10 minutes
3. In a bowl, combine 4 Tbsp olive oil, 2 Tsp each of oregano, paprika, parsley flakes, and garlic salt
4. In a bowl, toss the boiled potatoes and the oil mixture together until the potatoes are fully coated
5. Bake the wedges at 425 degrees for 40-45 mins

### **ADDITIONAL NOTES**

**These potato wedges go great with the chicken smash burger recipe on page 64!**

# NUTRITION FACTS

**Calories: 760**

**Protein: 60 Grams**

**Fats: 26.3 Grams**

**Carbs: 72.5 Grams**

**Serving Size: Entire Dish**

**Makes: 1 Servings**



## Loaded Animal Style Fries

### Ingredients:

- 1 Large White Potato
- 1/2 Tbsp Olive Oil
- 2 Tsp Garlic Salt
- 1 Tsp Paprika
- 1 Tsp Onion Powder
- 2 Tsp Black Pepper
- 1/2 Pound Lean Ground Beef (96/4)
- 4 Tbsps Light Mayo
- 2 Tbsps Ketchup
- 2 Tbsps Minced Pickle
- 1 Tbsp Pickle Juice
- 2 Velveeta Cheese Slices
- 1/2 Cup Diced White Onion

### Instructions:

1. Cut 1 large potato into french fry shapes and season with 1 Tsp garlic salt, 1 Tsp paprika, 1 Tsp onion powder, and 1/2 Tbsp olive oil
2. Air fry the seasoned french fries at 400 degrees for 15 minutes or bake at 400 degrees for 20 minutes
3. In a pan, cook 1/2 Cup diced white onions until golden brown
4. In a pan, cook 1/2 pound of lean ground beef seasoned with 1 Tsp garlic salt and 2 Tsp black pepper
5. In a bowl, combine 4 Tbsps light mayo, 2 Tbsps ketchup, 2 Tbsps minced pickle, and 1 Tbsp pickle juice to make the sauce
6. Assemble the dish with french fries, 1/2 pound of cooked beef, 2 Velveeta cheese slices, 2 Tbsps of sauce, and grilled onions on top

# NUTRITION FACTS

**Calories: 430**

**Protein: 46 Grams**

**Fats: 34 Grams**

**Carbs: 1.8 Grams**

**Serving Size: 1/2 lb. Wings**

**Makes: 4 Servings**

# Buffalo Chicken Wings

## Ingredients:

- 2 Pounds Chicken Wings
- 1 Tbsp Baking Powder
- 1 Tbsp Corn Starch
- Paprika
- Onion Powder
- Garlic Salt
- Buffalo Sauce

## Instructions:

1. In a bowl, combine 2 pounds of raw chicken wings, 1 Tbsp baking powder, 1 Tbsp corn starch, garlic salt, paprika, and onion powder. Mix until all of the wings are evenly coated
2. Line the wings up on a greased baking sheet and bake at 425 degrees for 30 minutes
3. Flip the wings and bake at 425 degrees for 30 more minutes or until crispy
4. In a bowl, toss the cooked wings in buffalo sauce

## ADDITIONAL NOTES

**This tender recipe is versatile and any sauce of choice can be used to coat the wings!**



# NUTRITION FACTS

**Calories: 240**

**Protein: 27 Grams**

**Fats: 13.9 Grams**

**Carbs: 1.6 Grams**

**Serving Size: 5 ounces (5-6 nuggets)**

**Makes: 4 Servings**



# Protein Chicken Nuggets

## Ingredients:

- 1 Pound Ground Chicken
- 1 Egg
- 2 Bags Protein Chips (Quest)
- Onion Powder
- Paprika
- Garlic Salt

## Instructions:

1. Blend 2 bags of protein chips (I use the Quest brand) until they resemble bread crumbs
2. In a bowl, combine one pound of ground chicken, one egg, half of the protein chip crumbs, garlic salt, paprika, and onion powder.
3. Shape the mixture into nuggets and cover in the remaining half of the protein chip crumbs.
4. Place the nuggets into an air fryer and spray with cooking oil of choice.
5. Air fry the nuggets at 400 degrees for 10-12 minutes. The nuggets can also be baked in an oven at 400 degrees for about 15-17 minutes.

### **ADDITIONAL NOTES**

**Protein chip crumbs can be made by blending Quest (or similar) brand protein chips in a food processor**



# NUTRITION FACTS

**Calories: 245**

**Protein: 39 Grams**

**Fats: 5.5 Grams**

**Carbs: 8.9 Grams**

**Serving Size: One BBQ-Buffalo Chicken Tender**

**Makes: 4 Servings**



# Buffalo-BBQ Chicken Tenders

## Ingredients:

- 4 Raw Chicken Tenders (4oz each)
- 2 Bags Protein Chips (Quest)
- 2 Large Eggs
- Buffalo Sauce
- BBQ Sauce
- Garlic Salt
- Paprika

## Instructions:

1. Season the raw tenders with garlic salt and paprika
2. Blend 2 bags of protein chips (I use the Quest brand) until they resemble bread crumbs
3. In a bowl, whisk 2 eggs until smooth to make the egg wash
4. Dip the seasoned tenders in the egg wash and then the protein chip crumbs until fully coated
5. Air fry at 400 for 12-15 minutes or bake at 400 for 15-20 minutes or until crispy
6. Combine equal parts low calorie BBQ sauce and buffalo sauce in a bowl (About 1/3 Cup each). Toss the cooked chicken tenders in the sauce

### **ADDITIONAL NOTES:**

**This tender recipe is versatile and any sauce of choice can be used to coat the tenders!**

# NUTRITION FACTS

**Calories: 170**

**Protein: 22 Grams**

**Fats: 3.8 Grams**

**Carbs: 11 Grams**

**Serving Size: One Chicken Tender (3oz)**

**Makes: 4 Servings**



# Nashville Hot Chicken Tenders

## Ingredients:

- Chicken Breast (12oz)
- 1 Cup Corn Flakes
- 1/2 Cup Egg Whites (Or 2 Eggs)
- 1 Tbsp Hot Sauce
- Pickles and Pickle Juice
- 1/2 Cup Flour
- Nashville Hot Seasoning (Olde Thomson Brand)
- Nashville Buffalo Sauce (Frank's Red Hot Brand)

## Instructions:

1. Cut up 12oz of chicken breast into 3oz strips
2. Combine flour and Nashville hot seasoning on a plate and dip the chicken strips in the mixture
3. Combine egg whites, hot sauce, and 1 Tbsp pickle juice in a bowl. Dip the chicken strips covered in flour in the mixture until fully coated
4. Crush Corn Flakes on a plate and press the chicken tenders covered in flour and egg mixture into the Corn Flakes until fully coated
5. Air fry at 375 for 12-15 minutes or bake at 400 for 15-20 minutes or until crispy
6. Cover the cooked tenders with Frank's Red Hot Nashville sauce and top with a pickle slice

### **ADDITIONAL NOTES:**

**This tender recipe is versatile and any sauce of choice can be used to coat the tenders!**

# NUTRITION FACTS

**Calories: 170**

**Protein: 22 Grams**

**Fats: 3.8 Grams**

**Carbs: 11 Grams**

**Serving Size: One Chicken Tender (3oz)**

**Makes: 4 Servings**



# Buffalo Chicken Tenders

## Ingredients:

- Chicken Breast (12oz)
- 1 Cup Corn Flakes
- 1/2 Cup Egg Whites (Or 2 Eggs)
- 1 Tbsp Hot Sauce
- 1 Tbsp Pickle Juice
- 1/2 Cup Flour
- 1 Tsp Smoked Paprika
- 1 Tsp Garlic Salt
- 1 Tsp Onion Powder
- Buffalo Sauce (Frank's Red Hot Brand)
- Parsley (Optional)

## Instructions:

1. Cut up 12oz of chicken breast into 3oz strips
2. Combine 1/2 Cup flour, 1 Tsp smoked paprika, 1 Tsp garlic salt, and 1 Tsp onion powder. Fully coat the chicken strips in the mixture
3. Combine 1/2 Cup egg whites (or 2 eggs), 1 Tbsp hot sauce, and 1 Tbsp pickle juice in a bowl. Dip the chicken strips covered in flour in the mixture until fully coated
4. Crush 1 Cup Corn Flakes on a plate and press the chicken tenders covered in flour and egg mixture into the Corn Flakes until fully coated
5. Air fry at 375 for 12-15 minutes or bake at 400 for 15-20 minutes or until crispy
6. Cover the cooked tenders with Frank's Red Hot Buffalo sauce and top with parsley

### **ADDITIONAL NOTES:**

**This tender recipe is versatile and any sauce of choice can be used to coat the tenders!**

# NUTRITION FACTS

**Calories: 180**

**Protein: 22 Grams**

**Fats: 2.3 Grams**

**Carbs: 17 Grams**

**Serving Size: One Chicken Tender (3oz)**

**Makes: 4 Servings**



# Honey- Buffalo Chicken Tenders

## Ingredients:

- Chicken Breast (12oz)
- 1 Cup Corn Flakes
- 1/2 Cup Egg Whites (Or 2 Eggs)
- 1 Tbsp Hot Sauce
- 1 Tbsp Pickle Juice
- 1/2 Cup Flour
- 1 Tsp Smoked Paprika
- 1 Tsp Garlic Salt
- 1 Tsp Cayenne Pepper
- 1/2 Cup Buffalo Sauce (Frank's Red Hot Brand)
- 3 Tbsps Honey
- Parsley (Optional)

## Instructions:

1. Cut up 12oz of chicken breast into 3oz strips
2. Combine 1/2 Cup flour, 1 Tsp smoked paprika, 1 Tsp garlic salt, and 1 Tsp cayenne pepper. Fully coat the chicken strips in the mixture
3. Combine 1/2 Cup egg whites (or 2 eggs), 1 Tbsp hot sauce, and 1 Tbsp pickle juice in a bowl. Dip the chicken strips covered in flour in the mixture until fully coated
4. Crush 1 Cup Corn Flakes on a plate and press the chicken tenders covered in flour and egg mixture into the Corn Flakes until fully coated
5. Air fry at 375 for 12-15 minutes or bake at 400 for 15-20 minutes or until crispy
6. For the honey-buffalo sauce, combine 1/2 Cup buffalo sauce and 3 Tbsps honey in a bowl
7. Cover the cooked tenders with honey-buffalo sauce and top with parsley

### **ADDITIONAL NOTES:**

**This tender recipe is versatile and any sauce of choice can be used to coat the tenders!**

# NUTRITION FACTS

**Calories: 180**

**Protein: 22 Grams**

**Fats: 2.3 Grams**

**Carbs: 17 Grams**

**Serving Size: One Chicken Tender (3oz)**

**Makes: 4 Servings**



# Honey-Chipotle Chicken Tenders

## Ingredients:

- Chicken Breast (12oz)
- 1 Cup Corn Flakes
- 1/2 Cup Egg Whites (Or 2 Eggs)
- 1 Tbsp Hot Sauce
- 1 Tbsp Pickle Juice
- 1/2 Cup Flour
- 1 Tsp Smoked Paprika
- 1 Tsp Garlic Salt
- 1 Tsp Cayenne Pepper
- 1/2 Cup Minced Chipotle Peppers
- 2 Tbsps Water
- 2 Tbsps Worcestershire Sauce
- 3 Tbsps Honey
- Parsley (Optional)

## Instructions:

1. Cut up 12oz of chicken breast into 3oz strips
2. Combine 1/2 Cup flour, 1 Tsp smoked paprika, 1 Tsp garlic salt, and 1 Tsp cayenne pepper. Fully coat the chicken strips in the mixture
3. Combine 1/2 Cup egg whites (or 2 eggs), 1 Tbsp hot sauce, and 1 Tbsp pickle juice in a bowl. Dip the chicken strips covered in flour in the mixture until fully coated
4. Crush 1 Cup Corn Flakes on a plate and press the chicken tenders covered in flour and egg mixture into the Corn Flakes until fully coated
5. Air fry at 375 for 12-15 minutes or bake at 400 for 15-20 minutes or until crispy
6. For the honey-chipotle sauce, blend together 1/2 Cup minced chipotle peppers, 2 Tbsps water, 2 Tbsps Worcestershire sauce, and 3 Tbsps honey. Blend until smooth.
7. Cover the cooked tenders with honey-chipotle sauce and top with parsley

# NUTRITION FACTS

**Calories: 150**

**Protein: 23 Grams**

**Fats: 3.7 Grams**

**Carbs: 5.2 Grams**

**Serving Size: One Chicken Tender (3oz)**

**Makes: 4 Servings**



# Garlic Parmesan Chicken Tenders

## Ingredients:

- Chicken Breast (12oz)
- 1 Cup Corn Flakes
- 1/2 Cup Greek Yogurt
- 2 Tbsps Garlic Paste (Or Minced Garlic)
- 1 Tsp Garlic Salt
- 1 Tsp Onion Powder
- 1/4 Cup Grated Parmesan
- Extra Grated Parmesan Cheese (Optional)

## Instructions:

1. Cut up 12oz of chicken breast into 3oz strips
2. In a bowl, combine the chicken strips, 1/2 Cup Greek yogurt, 2 Tbsps garlic paste, 1 Tsp garlic salt, and 1 Tsp onion powder. Fully coat the chicken strips in the mixture
3. Crush 1 Cup Corn Flakes on a plate and mix in 1/4 Cup grated Parmesan cheese. Press the chicken tenders into the Corn Flake mixture until fully coated
4. Air fry at 375 for 12-15 minutes or bake at 400 for 15-20 minutes or until crispy
5. Top the cooked chicken tenders with extra Parmesan cheese and cook in the air fryer for 1-2 minutes to melt the cheese (Optional).

# NUTRITION FACTS

**Calories: 170**

**Protein: 22 Grams**

**Fats: 2.3 Grams**

**Carbs: 14.2 Grams**

**Serving Size: One Chicken Tender (3oz)**

**Makes: 4 Servings**



# Teriyaki Chicken Tenders

## Ingredients:

- Chicken Breast (12oz)
- 1 Cup Corn Flakes
- 1/2 Cup Egg Whites (Or 2 Eggs)
- 1 Tbsp Hot Sauce
- 1/2 Cup Flour
- 1 Tsp Onion Powder
- 1 Tsp Garlic Salt
- 1 Tsp Cayenne Pepper
- 3 Tbsps Soy Sauce
- 1 Tbsp Rice Vinegar
- 1 Tbsp Garlic Paste
- 1 Tbsp Ginger Paste
- 1 Tbsp Corn Starch
- Sesame Seeds (Optional)
- Green Onions (Optional)

## Instructions:

1. Cut up 12oz of chicken breast into 3oz strips
2. Combine 1/2 Cup flour, 1 Tsp onion powder, 1 Tsp garlic salt, and 1 Tsp cayenne pepper. Fully coat the chicken strips in the mixture
3. Combine 1/2 Cup egg whites (or 2 eggs) and 1 Tbsp hot sauce in a bowl. Dip the floured chicken strips in the mixture until fully coated
4. Crush 1 Cup Corn Flakes on a plate and press the chicken tenders covered in flour and egg mixture into the Corn Flakes until fully coated
5. Air fry at 375 for 12-15 minutes or bake at 400 for 15-20 minutes or until crispy
6. For the teriyaki sauce, combine 3 Tbsps soy sauce, 1 Tbsp rice vinegar, 2 Tbsps honey, 1 Tbps garlic paste, 1 Tbsp ginger paste, and 1 Tbsp corn starch in a bowl. Mix until fully combined
7. Add the sauce to a pan on low heat and reduce for 5 minutes or until thick
8. Cover the cooked tenders with teriyaki sauce. Top with sesame seeds and green onions

# NUTRITION FACTS

**Calories: 350**

**Protein: 55 Grams**

**Fats: 10.7 Grams**

**Carbs: 1.7 Grams**

**Serving Size: Three (3) Tacos**

**Makes: 2 Servings**

# Buffalo Chicken Tacos

## Ingredients:

- 4 Boneless Skinless Chicken Thighs
- 1 Cup Greek Yogurt
- 1 Ranch Seasoning Packet (1 oz)
- 6 Carb Counter Taco Tortillas
- Paprika
- Garlic Salt
- 1/4 Cup Buffalo Sauce
- Shredded Lettuce
- Diced Red Onion

## Instructions:

1. Season the chicken thighs with garlic salt and paprika.
2. Air fry at 375 degrees for 15-17 minutes or bake at 400 degrees for 20-25 minutes.
3. Dice up the thighs and mix in a bowl with buffalo sauce until fully coated.
4. In a separate bowl, combine 1 Cup Greek yogurt and 1 packet of ranch seasoning to make protein ranch.
5. Assemble the tacos with Carb Counter taco tortillas, shredded lettuce, buffalo chicken, red onions, and protein ranch on top.





# NUTRITION FACTS

**Calories: 290**

**Protein: 35 Grams**

**Fats: 10 Grams**

**Carbs: 14.1 Grams**

**Serving Size: Three (3) Mango Salsa Fish Tacos**  
**Makes: 2 Servings**

## Mango Salsa Fish Tacos

### Ingredients:

- 2 White Fish Filets (Of Choice)
- 1/2 Cup Greek Yogurt
- 2 Tbsp Sriracha
- 1 Tsp Garlic Powder
- 1/2 Cup Diced Mango
- 1/4 Cup Diced Red Onion
- 1/4 Cup Diced Bell Pepper
- 1/2 Jalapeño
- 1 Fresh Lime
- Cilantro
- 6 Carb Counter Taco Tortillas
- Shredded Lettuce
- Garlic Salt
- Chili Powder
- Cumin

### Instructions:

1. Season the white fish filets with garlic salt, cumin, and chili powder
2. Bake the fish at 375 degrees for 12-15 minutes
3. In a bowl, combine diced mango, red onion, bell pepper, cilantro, 1/2 Jalapeño, salt, and juice of 1/2 lime
4. In a bowl, mix together 1/2 Cup Greek yogurt, 2 Tbsp sriracha, garlic powder, and a squeeze of fresh lime juice
5. Assemble the tacos with Carb Counter taco tortillas, shredded lettuce, fish, mango salsa, and a drizzle of the creamy sriracha sauce



# NUTRITION FACTS

**Calories: 190**

**Protein: 34.5 Grams**

**Fats: 2 Grams**

**Carbs: 8.6 Grams**

**Serving Size: Three (3) Tacos With 1/4 Pound Shrimp**  
**Makes: 2 Servings**



## Pineapple Salsa Shrimp Tacos

### Ingredients:

- 1/2 Pound Cooked Chipotle Shrimp (Page 27)
- 1/4 Cup Diced Tomatoes
- 1/4 Cup Diced Pineapple
- 1/4 Cup Diced Bell Pepper
- 1/2 Diced Jalapeño
- Cilantro
- 1 Fresh Lime
- 1/4 Cup Greek Yogurt
- 2 Tbsp Sriracha
- Carb Counter Taco Tortillas
- Shredded Red Cabbage

### Instructions:

1. In a bowl, combine the diced tomatoes, pineapple, bell pepper, 1/2 Jalapeño, cilantro, salt, pepper, and juice of half a lime. Mix until fully combined
2. In a bowl, mix 1/4 Cup Greek yogurt and 2 Tbsp sriracha until fully combined
3. Assemble the tacos with Carb Counter tortillas, shredded red cabbage, chipotle shrimp, pineapple salsa, and a drizzle of sriracha sauce on top

### **ADDITIONAL NOTES:**

**The recipe for Chipotle Shrimp can  
be found on page 27!**

# NUTRITION FACTS

**Calories: 175**

**Protein: 27 Grams**

**Fats: 3.3 Grams**

**Carbs: 8.2 Grams**

**Serving Size: Three (3) Chipotle Shrimp Tacos**  
**Makes: 2 Servings**

## Chipotle Shrimp Tacos

### Ingredients:

- 10oz Chipotle Shrimp (Page 27)
- 1/4 Cup Greek Yogurt
- 1/2 Jalapeño
- 1-2 Garlic Cloves
- 2-3 Tbsp Lime Juice
- Garlic Salt
- Cilantro
- Shredded Cabbage
- 6 Carb Counter Taco Tortillas
- Shredded Cabbage

### Instructions:

1. In a blender, combine 1/4 Cup Greek yogurt, 1/2 Jalapeño, 1-2 cloves of garlic, handful of cilantro, and garlic salt. Blend until smooth
2. In a bowl, combine 1 1/2 Cups of shredded cabbage along with the Greek yogurt mixture to make the slaw
3. Assemble each taco with slaw, 1.5oz chipotle shrimp, red onions, and chipotle ranch (optional)

### ADDITIONAL NOTES:

The recipe for Chipotle Shrimp can be found on page 27!



# NUTRITION FACTS

**Calories: 125**

**Protein: 17 Grams**

**Fats: 3 Grams**

**Carbs: 8 Grams**

**Serving Size: One (1) Chipotle Steak Taco**

**Makes: 8 Servings**

## Chipotle Steak Tacos

### Ingredients:

- 16oz Cubed Steak
- 1 Can Chipotle Peppers
- 3/4 Cup Lime Juice
- 1 Tbsp Garlic Salt
- 1/2 Cup Greek Yogurt
- 1/2 Avocado
- Cilantro
- 6 Extra Thin Corn Tortillas
- 6 Tbsps Pico De Gallo

### Instructions:

1. In a blender, combine 1 can of chipotle peppers, 1/2 Cup lime juice, and garlic salt. Blend until smooth
2. In a bowl, combine 1 pound of cubed steak and the chipotle sauce. Mix until the steak is evenly coated in the sauce.
3. Add the steak to a pan on medium heat and cook for about 10 minutes or until proper internal temperature is reached
4. For the avocado dressing, blend together 1/2 Cup Greek yogurt, 1/2 avocado, 1/4 Cup lime juice, and a handful of cilantro. Blend until completely smooth.
5. Assemble the tacos with extra thin corn tortillas, 2oz of steak, 1 Tbsp pico de gallo, 1 Tbsp avocado dressing, and more cilantro on top.



# NUTRITION FACTS

**Calories: 550**

**Protein: 82 Grams**

**Fats: 22.2 Grams**

**Carbs: 2.6 Grams**

**Serving Size: Three (3) Chicken Tortilla Tacos**  
**Makes: 1 Serving**

# Chicken Tortilla Tacos

## Ingredients:

- 1 Can Of Chicken (12oz)
- 1 Egg
- 1/4 Cup Parmesean Cheese
- 1/4 Cup Greek Yogurt
- Diced Tomatoes
- Diced Red Onion
- Shredded Lettuce
- 1/4 Packet Ranch Seasoning

## Instructions:

1. In a bowl, combine 1 can of chicken, 1/4 Cup Parmesan cheese, and one egg. Mix until completely combined and the chicken is shredded.
2. On a greased baking sheet, form the chicken mixture into three even circles
3. Bake the chicken mixture for 20 minutes at 425 degrees
4. In a bowl, combine 1/4 Cup Greek yogurt and 1/4 packet ranch seasoning (0.25oz) to form protein ranch
5. Form the circles into taco shapes and fill the tacos with shredded lettuce, diced tomatoes, and diced red onions.
6. Top the tacos with a drizzle of protein ranch



# NUTRITION FACTS

**Calories: 350**

**Protein: 39 Grams**

**Fats: 11 Grams**

**Carbs: 44 Grams**

**Serving Size: One (1) Crunch Wrap Supreme**

**Makes: 4 Servings**



## Crunch Wrap Supreme

### Ingredients:

- 1 Pound Ground Beef (96/4 Lean)
- 1 Taco Seasoning Packet
- 4 Corn Tostada Shells
- 8 Tbsps Nacho Cheese
- Diced Tomatoes
- Shredded Lettuce
- 8 Tbsp Greek Yogurt
- 4 XL Carb Counter Tortillas
- 4 Small Carb Counter Tortillas

### Instructions:

1. In a pan, cook 1 pound of ground beef seasoned with 1 taco seasoning packet
2. Place one XL Carb Counter tortilla on a flat surface. In the middle of the tortilla, place 2 Tbsps nacho cheese, 4oz cooked ground beef, a tostada shell on top of the beef, 2 Tbsp Greek yogurt on top of the shell, shredded lettuce, diced tomatoes, and another small tortilla on top of everything
3. Fold the edges of the tortilla towards the center to form a pentagon shape.
4. Toast both sides until golden brown, starting with the folded side first.
5. Repeat with the other 3 tortillas to make a total of 4 Crunch Wraps.

# NUTRITION FACTS

**Calories: 450**

**Protein: 50 Grams**

**Fats: 21 Grams**

**Carbs: 18 Grams**

**Serving Size: One (1) Buffalo Chicken Crunch Wrap**

**Makes: 4 Servings**



## Buffalo Chicken Crunch Wrap

### Ingredients:

- 16oz Rotisserie Chicken Breast
- 1/2 Cup Greek Yogurt (0% Fat)
- 1/4 Cup Buffalo Sauce (Low Calorie)
- 2oz Reduced Fat Cream Cheese
- 4 Corn Tostada Shells
- 8 Tbsps Nacho Cheese
- Diced Tomatoes
- Shredded Lettuce
- 8 Tbsp Greek Yogurt
- 4 XL Carb Counter Tortillas
- 4 Small Carb Counter Tortillas

### Instructions:

1. In a bowl, combine 16oz rotisserie chicken breast, 1/2 Cup Greek yogurt, 1/4 Cup Buffalo sauce, and 2oz reduced fat cream cheese. Mix until fully combined.
2. Place one XL Carb Counter tortilla on a flat surface. In the middle of the tortilla, place 2 Tbsps nacho cheese, 1/4 of the buffalo chicken mixture, a tostada shell on top of the chicken, 2 Tbsp Greek yogurt on top of the shell, shredded lettuce, diced tomatoes, and another small tortilla on top of everything
3. Fold the edges of the tortilla towards the center to form a pentagon shape.
4. Toast both sides until golden brown, starting with the folded side first.
5. Repeat with the other 3 tortillas to make a total of 4 Crunch Wraps.

# NUTRITION FACTS

**Calories: 430**

**Protein: 64 Grams**

**Fats: 11.1 Grams**

**Carbs: 11.3 Grams**

**Serving Size: One (1) Chicken Bacon Ranch Burrito**  
**Makes: 4 Servings**



Great For Meal Prep

## Chicken Bacon Ranch Burritos

### Ingredients:

- 1 Cup Low Fat Cottage Cheese
- 1/4 Cup Fat Free Milk
- 2 Tbsps Ranch Seasoning
- 24oz Chicken Breast
- 1 Cup Fat Free Mozzarella
- 6 Bacon Strips
- 4 XL Carb Counter Tortillas
- Paprika
- Garlic Salt
- Onion Powder
- Fresh Chives

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/4 Cup fat free milk, and 2 Tbsps ranch seasoning. Blend until completely smooth.
2. Season 24oz of chicken breast with garlic salt, smoked paprika, and onion powder. Air fry at 375 degrees for 15 minutes or bake in the oven at 400 degrees for 15-20 minutes
3. In a bowl, combine diced chicken breast, the cottage cheese sauce, 1 Cup fat free mozzarella, 6 diced cooked bacon strips, and fresh diced chives.
4. Put 1/4 of the mixture onto an XL Carb Counter tortilla. Repeat with the other 3 tortillas to make a total of 4 burritos. Toast both sides until golden brown
5. Wrap the burritos in aluminum foil and freeze for up to two weeks.

### ADDITIONAL NOTES

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes**



# NUTRITION FACTS

**Calories: 330**

**Protein: 35 Grams**

**Fats: 15.2 Grams**

**Carbs: 15.9 Grams**

**Serving Size: One Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Cheesy Chicken Burrito

### Ingredients:

- 1 Pound Ground Chicken
- 1/2 Pack Mac and Cheese Cheddar Powder (Kraft)
- 1 Cup Low Fat Cottage Cheese
- 1/2 Pack Taco Seasoning
- 1 Cup Black Beans
- Cilantro
- 4 Large Carb Counter Tortillas

### Instructions:

1. In a blender, combine 1 Cup cottage cheese and 1/2 packet of cheddar mac and cheese powder. Blend until completely smooth.
2. In a pan, cook 1 pound of ground chicken seasoned with 1/2 pack of taco seasoning.
3. In a bowl, combine the cooked chicken, 1 Cup black beans, cilantro, and the cheese mixture.
4. Put 1/4 of the mixture onto a large Carb Counter tortilla. Repeat with the other 3 tortillas to make a total of 4 burritos.
5. Wrap the burritos in aluminum foil and freeze for up to two weeks.

### ADDITIONAL NOTES

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes.**

# NUTRITION FACTS

**Calories: 400**

**Protein: 60 Grams**

**Fats: 9.6 Grams**

**Carbs: 28.5 Grams**

**Serving Size: One Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Buffalo Chicken Burrito

### Ingredients:

- 24oz Chicken Breast
- 1 Cup Fat Free Mozzarella
- 1 Cup Low Fat Cottage Cheese
- 1/4 Cup Buffalo Sauce (Low Calorie)
- 1 Tbsp Ranch Seasoning
- 2oz Reduced Fat Cream Cheese
- Onion Powder
- Garlic Salt
- Paprika
- 4 Large Carb Counter Tortillas
- Fresh Chives

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/4 Cup Buffalo sauce, 2oz reduced fat cream cheese, and 1 Tbsp ranch seasoning. Blend until completely smooth.
2. Season 24oz of chicken breast with garlic salt, smoked paprika, and onion powder.
3. Air fry the chicken breast 375 degrees for 15 minutes or bake in the oven at 400 degrees for 15-20 minutes.
4. Dice up the cooked chicken breast and put into a bowl along with the cottage cheese mixture, 1 Cup fat free mozzarella and fresh diced chives. Mix until combined
5. Put 1/4 of the mixture onto a large Carb Counter tortilla. Repeat with the other 3 tortillas to make a total of 4 burritos.
6. Wrap the burritos in aluminum foil and freeze for up to two weeks.

### ADDITIONAL NOTES

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes. You can also top with protein ranch: 1 Cup Greek yogurt + 1 pack ranch seasoning (1oz)**

# NUTRITION FACTS

**Calories: 380**

**Protein: 60 Grams**

**Fats: 6 Grams**

**Carbs: 11 Grams**

**Serving Size: One Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Chipotle Chicken Burrito

### Ingredients:

- 24oz Chicken Breast
- 1 Cup Fat Free Mozzarella
- 1 Cup Cottage Cheese (0% Fat)
- 1/4 Cup Enchilada Sauce
- 1 Can Chipotle Peppers
- Onion Powder
- Garlic Salt
- Smoked Paprika
- 4 Large Carb Counter Tortillas
- Fresh Chives

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/4 Cup enchilada sauce, and 1 canned chipotle pepper. Blend until completely smooth.
2. Season 24oz of chicken breast with garlic salt, smoked paprika, and onion powder.
3. Add the seasoned chicken to a bowl and add the rest of the chipotle peppers and sauce to the bowl. Mix and let the chicken marinade for 30 minutes
4. Air fry the chicken breast 375 degrees for 15 minutes or bake in the oven at 400 degrees for 15-20 minutes.
5. Dice up the cooked chicken breast and put into a bowl along with the cottage cheese mixture, 1 Cup fat free mozzarella and fresh diced chives. Mix until combined
6. Put 1/4 of the mixture onto a large Carb Counter tortilla. Repeat with the other 3 tortillas to make a total of 4 burritos.
7. Wrap the burritos in aluminum foil and freeze for up to two weeks.

### ADDITIONAL NOTES

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes**

# NUTRITION FACTS

**Calories: 420**

**Protein: 62 Grams**

**Fats: 9.6 Grams**

**Carbs: 13 Grams**

**Serving Size: One Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Cajun Chicken Burrito

### Ingredients:

- 24oz Chicken Breast
- 1 Cup Fat Free Mozzarella
- 1 Cup Cottage Cheese (0% Fat)
- 1/2 Cup Grated Parmesan Cheese
- 1 Tbsp Cajun Seasoning
- 1 Tbsp Tomato Paste
- 2 Garlic Cloves
- 1/2 Cup Fat Free Milk
- 1/2 Cup Diced Onion
- 1/2 Cup Diced Bell Pepper
- Garlic Salt
- 4 Large Carb Counter Tortillas
- Fresh Chives

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/2 Cup grated Parmesan cheese, 1 Tbsp cajun seasoning, 2 garlic cloves, 1 Tbsp tomato paste, and 1/2 Cup fat free milk. Blend until completely smooth.
2. Season 24oz of chicken breast with garlic salt and cajun seasoning until fully coated.
3. Air fry the chicken breast 375 degrees for 15 minutes or bake in the oven at 400 degrees for 15-20 minutes.
4. In a pan, cook the diced onions and bell peppers for 5 minutes until soft.
5. Dice up the cooked chicken breast and put into a bowl along with the cottage cheese mixture, 1 Cup fat free mozzarella, cooked vegetables, and fresh diced chives. Mix until combined
6. Put 1/4 of the mixture onto a large Carb Counter tortilla. Repeat with the other 3 tortillas to make a total of 4 burritos.
7. Wrap the burritos in aluminum foil and freeze for up to two weeks.



# NUTRITION FACTS

**Calories: 380**

**Protein: 41 Grams**

**Fats: 8.4 Grams**

**Carbs: 19.1 Grams**

**Serving Size: One Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Cheesy Beef Burrito

### Ingredients:

- 1 Pound Lean Ground Beef
- 1 Pack Mac And Cheese Powder (Kraft)
- 1 Cup Low Fat Cottage Cheese
- 1/4 Cup Enchilada Sauce
- 1 Cup Diced White Onion
- 1 Cup Black Beans
- Cilantro
- 1 Taco Seasoning Packet
- 4 Large Carb Counter Tortillas

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/4 Cup enchilada sauce, and 1 packet of mac and cheese powder. Blend until completely smooth
2. In a pan, cook 1 pound of lean ground beef, 1 Cup diced white onion, and 1 taco seasoning packet
3. In a bowl, combine the cooked beef mixture, the cheese sauce, 1 Cup of black beans, and a handful of cilantro
4. Put 1/4 of the mixture onto a large Carb Counter tortilla. Repeat with the other 3 tortillas to make a total of 4 burritos.
5. Wrap the burritos in aluminum foil and freeze for up to two weeks.

### **ADDITIONAL NOTES**

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes**

# NUTRITION FACTS

**Calories: 430**

**Protein: 50 Grams**

**Fats: 18.8 Grams**

**Carbs: 30 Grams**

**Serving Size: One Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Bacon Cheeseburger Burrito

### Ingredients:

- 1 Pound Lean Ground Beef
- 1 Pack Mac And Cheese Powder (Kraft)
- 1 Cup Low Fat Cottage Cheese
- 3 Tbsp Low-fat Milk
- 1 Cup Diced White Onion
- 2 Tbsp Yellow Mustard
- 1 tsp Salt
- 1 tsp Pepper
- 6 Bacon Strips
- 1/4 cup Diced Pickles
- 4 Large Carb Counter Tortillas

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1 packet of mac and cheese powder, and 3 Tbsp Low-fat milk. Blend until completely smooth
2. In a pan, cook 1 pound of lean ground beef, 2 Tbsp yellow mustard, 1 tsp salt, 1 tsp pepper, and 1 Cup diced white onion. Set aside.
3. Cook and dice 6 strips of bacon in a pan.
4. In a bowl, combine the cooked beef mixture, the cheese sauce, the diced bacon, and 1/4 Cup diced pickles.
5. Put 1/4 of the mixture onto a large Carb Counter tortilla. Repeat with the other 3 tortillas to make a total of 4 burritos.
6. Wrap the burritos in aluminum foil and freeze for up to two weeks.

### ADDITIONAL NOTES

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes**

# NUTRITION FACTS

**Calories: 335**

**Protein: 38 Grams**

**Fats: 10.9 Grams**

**Carbs: 40.4 Grams**

**Serving Size: One Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Turkey Burrito

### Ingredients:

- 1 Pound Lean Ground Turkey
- 1 Pack Taco Seasoning
- 1 Cup Low Fat Cottage Cheese
- 1/4 Cup Enchilada Sauce
- 1 Cup Diced White Onion
- 1 Cup Black Beans
- Cilantro
- 4 Large Carb Counter Tortillas

### Instructions:

1. In a blender, combine 1 Cup cottage cheese and 1/4 Cup enchilada sauce. Blend until completely smooth
2. In a pan, cook 1 pound of lean ground turkey, 1 taco seasoning packet, and 1 Cup diced white onion. Set aside.
3. In a bowl, combine the cooked turkey mixture, the sauce, 1 Cup black beans, and cilantro
4. Put 1/4 of the mixture onto a large Carb Counter tortilla. Repeat with the other 3 tortillas to make a total of 4 burritos.
5. Wrap the burritos in aluminum foil and freeze for up to two weeks.

### ADDITIONAL NOTES

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes**



# NUTRITION FACTS

**Calories: 400**

**Protein: 48 Grams**

**Fats: 11.8 Grams**

**Carbs: 41.5 Grams**

**Serving Size: One Burrito**

**Makes: 4 Servings**



Great For Meal Prep

## Chipotle Chicken Bacon Burrito

### Ingredients:

- 1 Cup Low Fat Cottage Cheese
- 1/4 Cup Enchilada Sauce
- 1 Canned Chipotle Pepper And Adobo Sauce
- 2 Chicken Breasts (10oz)
- 1 Cup Fat Free Mozzarella
- 1 Cup Black Beans
- 6 Bacon Strips (Cooked)
- Fresh Chives
- Garlic Salt
- Smoked Paprika
- Onion Powder
- 4 Large Carb Counter Tortillas

### Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/4 Cup enchilada sauce, 1 chipotle pepper, and adobo sauce. Blend until completely smooth
2. Season two chicken breasts with garlic salt, smoked paprika, and onion powder.
3. Air fry the chicken breasts at 400 degrees for 15-20 minutes or bake at 400 degrees for 20-25 minutes (or until proper Internal temperature)
4. In a bowl, combine the cooked chicken (diced), the sauce, 1 Cup black beans, 1 Cup fat free mozzarella, 6 cooked bacon strips, and fresh chives
5. Put 1/4 of the mixture onto a large Carb Counter tortilla and fold into a burrito. Repeat with the other 3 tortillas to make a total of 4 burritos.
6. Wrap the burritos in aluminum foil and freeze for up to two weeks.

### ADDITIONAL NOTES

**To reheat, wrap burrito in a wet paper towel and microwave for 3-4 minutes**



# NUTRITION FACTS

**Calories: 285**

**Protein: 44.5 Grams**

**Fats: 5.2 Grams**

**Carbs: 11.6 Grams**

**Serving Size: One (1) Chicken Enchilada**  
**Makes: 2 Servings**



# Chicken Enchiladas

## Ingredients:

- 1 Can Chicken (12oz)
- 1/2 Cup Fat Free Cheddar Cheese
- 1/4 Cup Red Enchilada Sauce
- 1/4 Cup Greek Yogurt
- 2 Carb Counter XL Tortillas

## Instructions:

1. In a bowl, combine 1 can of chicken (12oz), 1/2 Cup fat free cheddar cheese, 1/4 Cup enchilada sauce, and 1/4 Cup Greek yogurt. Mix until combined
2. Put 1/2 of the chicken mixture onto an XL Carb Counter tortilla and fold the edges
3. Top the enchilada with additional enchilada sauce and fat free cheddar cheese (Optional)
4. Bake at 350 degrees for 10-12 minutes

## ADDITIONAL NOTES

**You can substitute the can of chicken in this recipe for shredded rotisserie chicken**

# NUTRITION FACTS

**Calories: 450**

**Protein: 73 Grams**

**Fats: 8.4 Grams**

**Carbs: 13.1 Grams**

**Serving Size: One (1) Buffalo Chicken Quesadilla**  
**Makes: 2 Servings**



## Buffalo Chicken Quesadilla

### Ingredients:

- 2 Cans Of Chicken (12.5oz)
- 1/2 Cup Fat Free Cheddar
- 1/4 Cup Greek Yogurt
- 1/2 Packet Ranch Seasoning
- 1/4 Cup Buffalo Sauce
- 4 Carb Counter Tortillas

### Instructions:

1. In a bowl, combine 2 cans of chicken, 1/4 Cup Greek yogurt, 1/2 Cup fat free cheddar, 1/4 Cup Buffalo sauce, and 1/2 packet ranch seasoning.
2. Add half of the chicken mixture onto a Carb Counter tortilla and lay another tortilla on top
3. Cook in a pan on medium heat until golden brown on both sides
4. Serve with protein ranch on the side

### ADDITIONAL NOTES

**Protein ranch can be made by mixing 1 Cup Greek yogurt and 1 packet ranch seasoning (1oz)**

# NUTRITION FACTS

**Calories: 625**

**Protein: 89 Grams**

**Fats: 18.8 Grams**

**Carbs: 13.1 Grams**

**Serving Size: One (1) Buffalo Chicken Quesadilla**  
**Makes: 1 Servings**



## Buffalo Chicken Quesadilla 2.0

### Ingredients:

- 2 Ranch Chicken Thighs (Page 29)
- 1/2 Cup Fat Free Cheddar
- 1/4 Cup Greek Yogurt
- 1/4 Cup Buffalo Sauce
- 2 Carb Counter Tortillas

### Instructions:

1. In a bowl, combine 2 diced ranch chicken thighs (page 29), 1/4 Cup Greek yogurt, 1/2 Cup fat free cheddar, and 1/4 Cup Buffalo sauce
2. Add the chicken mixture onto a Carb Counter tortilla and lay another tortilla on top
3. Cook in a pan on medium heat until golden brown on both sides
4. Serve with protein ranch on the side

### ADDITIONAL NOTES

**Protein ranch can be made by mixing 1 Cup Greek yogurt and 1 packet ranch seasoning (1oz)**

# NUTRITION FACTS

**Calories: 675**

**Protein: 102 Grams**

**Fats: 18.4 Grams**

**Carbs: 23.1 Grams**

**Serving Size: One (1) Chicken Bacon Ranch Quesadilla**  
**Makes: 1 Servings**



# Chicken Bacon Ranch Quesadilla

## Ingredients:

- 2 Ranch Chicken Thighs (Page 29)
- 3 Cooked Bacon Strips
- 3/4 Cup Fat Free Cheddar
- 1/2 Cup Greek Yogurt
- 1 Tbsp Ranch Seasoning
- 2 Carb Counter Tortillas

## Instructions:

1. In a bowl, combine 2 diced ranch chicken thighs (page 29), 3 cooked bacon strips (diced), 1/2 Cup Greek yogurt, 3/4 Cup fat free cheddar, and 1 Tbsp ranch seasoning
2. Add the chicken mixture onto a Carb Counter tortilla and lay another tortilla on top
3. Cook in a pan on medium heat until golden brown on both sides
4. Serve with protein ranch on the side

### **ADDITIONAL NOTES**

**Protein ranch can be made by mixing 1 Cup Greek yogurt and 1 packet ranch seasoning (1oz)**

# NUTRITION FACTS

**Calories: 650**

**Protein: 100 Grams**

**Fats: 17 Grams**

**Carbs: 42 Grams**

**Serving Size: One (1) Chipotle Chicken Quesadilla**  
**Makes: 1 Servings**



# Chipotle Chicken Quesadilla

## Ingredients:

- 2 Chipotle Chicken Thighs (Page 28)
- 1 Cup Fat Free Mozzarella
- 1/2 Cup Greek Yogurt
- Cilantro
- 2 Carb Counter Tortillas

## Instructions:

1. In a bowl, combine 2 diced chipotle chicken thighs (page 28), 1/2 Cup Greek yogurt, 1 Cup fat free cheddar, and cilantro
2. Add the chicken mixture onto a Carb Counter tortilla and lay another tortilla on top
3. Cook in a pan on medium heat until golden brown on both sides
4. Serve with protein ranch on the side

### **ADDITIONAL NOTES**

**Protein ranch can be made by mixing 1 Cup Greek yogurt and 1 packet ranch seasoning (1oz)**

# NUTRITION FACTS

**Calories: 455**

**Protein: 67 Grams**

**Fats: 14.8 Grams**

**Carbs: 28 Grams**

**Serving Size: One (1) Chipotle Steak Quesadilla**  
**Makes: 1 Servings**



## Chipotle Steak Quesadilla

### Ingredients:

- 5oz Prepared Chipotle Steak (Page 32)
- 1/2 Cup Fat Free Mozzarella
- 1 Cup Red Onion
- 1 Cup Green Bell Pepper
- 1 Carb Counter Tortilla

### Instructions:

1. Prepare 5oz of chipotle steak (Page 32)
2. In a pan, combine 1 Cup each of sliced green bell peppers and sliced red onions. Cook on medium heat for around 5-7 minutes or until soft
3. Assemble the quesadilla with an XL Carb Counter tortilla, 1/4 Cup fat free mozzarella, 5oz chipotle steak, fajita veggies, and another 1/4 fat free mozzarella on top of the veggies.
4. Fold the quesadilla over and toast on a pan until golden brown

### ADDITIONAL NOTES

**This quesadilla pairs extremely well with the chipotle honey vinaigrette found on page 111!**

# NUTRITION FACTS

**Calories: 195**

**Protein: 0 Grams**

**Fats: 18 Grams**

**Carbs: 8.7 Grams**

**Serving Size: 1/6 Cup**

**Makes: 4 Servings**



## Chipotle Honey Vinaigrette

### Ingredients:

- 1/3 Cup Red Wine Vinegar
- 1/3 Cup Olive Oil
- 2 Tbsps Honey
- 2 Garlic Cloves
- 1 Tbsp Oregano
- 1 Canned Chipotle Pepper

### Instructions:

1. In a blender, combine 1/3 Cup red wine vinegar, 1/3 Cup olive oil, 2 Tbsps honey, 2 garlic cloves, 1 Tbsp oregano, and 1 canned chipotle pepper
2. Blend the ingredients until fully combined
3. Empty the vinaigrette into an airtight container and store in the fridge

### **ADDITIONAL NOTES**

**This vinaigrette pairs extremely well with the chipotle steak quesadilla found on page 110!**

# NUTRITION FACTS

**Calories: 260**

**Protein: 43 Grams**

**Fats: 5.7 Grams**

**Carbs: 7.2 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**



## Buffalo Chicken Dip

### Ingredients:

- 12oz Rotisserie Chicken Breast
- 1 1/2 Cup Fat Free Cheddar
- 1 Cup Greek Yogurt
- 1/2 Cup Buffalo Sauce
- 2oz Cream Cheese (1/3 Fat)
- 1 Tbsp Ranch Seasoning
- Green Onions (Optional)
- 2 Tbsps Light Ranch (Optional)

### Instructions:

1. In a blender, combine 1 Cup Greek yogurt, 2oz reduced fat cream cheese, 1/2 Cup Buffalo sauce, and 1 Tbsp ranch seasoning
2. In a bowl, combine 12oz shredded rotisserie chicken breast, buffalo sauce mixture, and 1 Cup fat free cheddar cheese
3. Put the mixture into a baking dish and top with 1/2 Cup fat free cheddar
4. Bake at 350 degrees for 10-15 minutes
5. Top with green onions (optional), more buffalo sauce (optional), and 2 Tbsps light ranch (optional).

### ADDITIONAL NOTES

**For extra protein, use Quest protein chips to eat the dip with**



# NUTRITION FACTS

**Calories: 300**

**Protein: 45 Grams**

**Fats: 9.2 Grams**

**Carbs: 7.2 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 5 Servings**



# Chicken Bacon Ranch Dip

## Ingredients:

- 12oz Rotisserie Chicken Breast
- 1 1/4 Cup Fat Free Mozzarella
- 1 Cup Greek Yogurt
- 4 Cooked Bacon Strips
- 2oz Cream Cheese (Reduced Fat)
- 2 Tbsps Ranch Seasoning
- Fresh Chives (Optional)
- Light Ranch (Optional)

## Instructions:

1. In a blender, combine 1 Cup Greek yogurt, 2oz reduced fat cream cheese, and 2 Tbsps ranch seasoning
2. In a bowl, combine 12oz shredded rotisserie chicken breast, ranch sauce mixture, 3 crumbled bacon strips, fresh chives, and 1 Cup fat free mozzarella cheese
3. Put the mixture into a baking dish and top with 1/4 Cup fat free mozzarella and extra bacon bits
4. Bake at 350 degrees for 10-15 minutes
5. Top with fresh chives and light ranch (Optional)

## ADDITIONAL NOTES

**For extra protein, use Quest protein chips to eat the dip with**

# NUTRITION FACTS

**Calories: 225**

**Protein: 29 Grams**

**Fats: 6.4 Grams**

**Carbs: 12.6 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**



## Spinach Artichoke Dip

### Ingredients:

- 14oz Can Artichoke Hearts
- 1 1/4 Cup Fat Free Mozzarella
- 1 1/2 Cup Greek Yogurt
- 9oz Bag Spinach
- 2oz 1/3 Fat Cream Cheese
- 1/2 Cup Parmesan Cheese
- Fresh Garlic
- Parsley (Optional)

### Instructions:

1. In a blender, combine 1 1/2 Cup Greek yogurt, 2oz reduced fat cream cheese, and 4-5 garlic cloves
2. In a bowl, combine a drained 14oz can of artichoke hearts, 9oz bag of cooked spinach, the Greek yogurt mixture, and 1 Cup fat free mozzarella cheese
3. Put the mixture into a baking dish and top with 1/4 Cup fat free mozzarella
4. Bake at 350 degrees for 10-15 minutes and broil until golden brown on top
5. Top with parsley (Optional)

### ADDITIONAL NOTES

**For extra protein, use Quest protein chips to eat the dip with**

# NUTRITION FACTS

**Calories: 245**

**Protein: 18 Grams**

**Fats: 11.5 Grams**

**Carbs: 17.4 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**



## Street Corn Dip

### Ingredients:

- 15oz Can of Corn
- 1 Cup Fat Free Mozzarella
- 1/2 Cup Greek Yogurt
- 4oz Reduced-Fat Cream Cheese
- 3 Tbsp Light Mayonnaise
- 1 Diced Jalapeño
- 1 Oz Cotija Cheese
- 2 Cloves of Fresh Garlic
- Cilantro
- 1 Tbsp Tajin

### Instructions:

1. In a blender, combine 1/2 Cup Greek yogurt, 4oz reduced-fat cream cheese, 3 Tbsp light mayo, and 2 garlic cloves
2. In a bowl, combine a drained 15oz can of corn, the Greek yogurt mixture, 1 Cup fat free mozzarella cheese, 1 diced jalapeño, and a handful of cilantro
3. Transfer the dip into a baking dish and bake at 375 degrees for 10-15 minutes
4. Top with 1 Tbsp Tajin and 1 oz Cotija cheese

### ADDITIONAL NOTES

**For extra protein, use Quest protein chips to eat the dip with**

# NUTRITION FACTS

**Calories: 295**

**Protein: 34 Grams**

**Fats: 14.3 Grams**

**Carbs: 5.7 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**

## Pizza Dip

### Ingredients:

- 4oz Reduced Fat Cream Cheese
- 1/2 Cup Marinara Sauce
- 1/3 Cup Greek Yogurt
- 1/2 Tablespoon Italian Seasoning
- 12oz Italian Turkey Sausage
- 1 1/2 Cups Fat Free Mozzarella
- Turkey Pepperoni (20g)

### Instructions:

1. In a blender, combine 4oz reduced fat cream cheese, 1/2 Cup marinara sauce, 1/3 Cup Greek yogurt, and Italian seasoning. Blend until completely smooth
2. In a pan, brown 12oz of Italian turkey sausage
3. In a bowl, combine the cooked Italian sausage, our sauce, and 1 Cup fat free mozzarella cheese. Mix until completely combined
4. Transfer the mixture to a baking dish and top with 1/2 Cup fat free mozzarella and turkey pepperonis.
5. Bake at 375 degrees for 15-20 minutes or until the cheese is slightly golden brown

### ADDITIONAL NOTES

**For extra protein, use Quest protein chips to eat the dip with**



# NUTRITION FACTS

**Calories: 185**

**Protein: 23.5 Grams**

**Fats: 6.6 Grams**

**Carbs: 6.3 Grams**

**Serving Size: One Buffalo Chicken Rollup**  
**Makes: 6 Servings**



# Buffalo Chicken Rollups

## Ingredients:

- 4 Chicken Thighs
- 1 Cup Fat Free Cheddar Cheese
- 1 Cup Low Fat Cottage Cheese
- 1/4 Cup Buffalo Sauce
- 1 Tbsp Ranch Seasoning
- Garlic Salt
- Paprika
- 6 Carb Counter Tortillas

## Instructions:

1. In a blender, combine 1 Cup cottage cheese, 1/4 Cup Buffalo sauce, and 1 Tbsp ranch seasoning. Blend until completely smooth.
2. Generously season chicken thighs with garlic salt and paprika.
3. Air fry the thighs at 375 degrees for 15-17 minutes or bake at 400 degrees for 20-25 minutes.
4. Dice up the cooked thighs and put into a bowl along with the cottage cheese mixture and 1 Cup fat free cheddar cheese. Mix until combined
5. Put 1/6 of the mixture onto a medium Carb Counter tortilla and roll it up
6. Air fry or bake until golden brown (5-10 mins)

# NUTRITION FACTS

**Calories: 105**

**Protein: 12.3 Grams**

**Fats: 2.3 Grams**

**Carbs: 9.2 Grams**

**Serving Size: One Buffalo Chicken Taquito**  
**Makes: 12 Servings**

# Buffalo Chicken Taquitos

## Ingredients:

- 2 Cups Rotisserie Chicken Breast
- 1/3 Cup Greek Yogurt (0% Fat)
- 2oz Reduced Fat Cream Cheese
- 1/4 Cup Buffalo Sauce (Low Calorie)
- 1 Cup Fat Free Mozzarella
- 12 Extra Thin Corn Tortillas
- Salsa Verde (Optional)
- Light Sour Cream (Optional)
- Pico De Gallo (Optional)
- Cilantro (Optional)

## Instructions:

1. In a bowl, combine 2 cups of rotisserie chicken (diced), 1/3 Cup Greek yogurt, 2oz reduced fat cream cheese, 1/4 Cup Buffalo sauce, and 1 Cup fat free mozzarella. Mix until fully combined
2. Microwave 12 corn tortillas covered in a wet paper towel for about 30 - 45 seconds.
3. Place 1/12 of the chicken mixture onto a corn tortilla and roll into a taquito
4. Spray with cooking oil and air fry at 400 degrees for 5-10 minutes or bake at 400 degrees for 10-15 minutes
5. Top with salsa verde, light sour cream, pico de gallo, and cilantro (Optional)



# NUTRITION FACTS

**Calories: 415**

**Protein: 29 Grams**

**Fats: 49 Grams**

**Carbs: 33 Grams**

**Serving Size: Two (2) oz. Uncooked Rice + 1/4 Sauce**

**Makes: 4 Servings**



Great For Meal Prep

## Chicken Queso Rice

### Ingredients:

- 8oz Mexican Rice Mix
- 1/2 Cup Corn
- 1/4 Cup Red Enchilada Sauce
- 2oz Reduced Fat Cream Cheese
- 1/2 Cup Fat Free Cheddar
- 1/4 Cup Greek Yogurt
- 4 Cooked Chipotle Chicken Thighs (Page 28)
- Fresh Cilantro (Optional)

### Instructions:

1. Cook the 8oz of Mexican rice mix according to directions
2. In a pan on low heat, combine 1/2 Cup corn, 1/4 Cup enchilada sauce, 2oz cream cheese, 1/2 Cup fat free cheddar, and 1/4 Cup Greek yogurt. Mix until fully combined
3. Add four (4) cooked and diced chipotle chicken thighs to the mixture
4. Assemble the dish with rice, queso sauce mixture, and cilantro on top

### ADDITIONAL NOTES

The recipe for Chipotle Chicken can be found on page 28!

# NUTRITION FACTS

**Calories: 350**

**Protein: 8 Grams**

**Fats: 3.6 Grams**

**Carbs: 73 Grams**

**Serving Size: Approximately 3 Cups Of Corn Salsa**  
**Makes: 1 Servings**



## Corn Salsa From Chipotle

### Ingredients:

- 1 3/4 Cup Corn (White Shoepeg)
- 1/2 Red Onion
- 1/2 Jalapeño
- Fresh Lemon
- Fresh Lime
- Cilantro
- Salt

### Instructions:

1. In a bowl, combine 1 3/4 Cups corn, 1/2 diced red onion, 1/2 diced Jalapeño, handful of cilantro, squeeze of fresh lemon juice, squeeze of fresh lime juice, and a pinch of salt.
2. Mix everything together until fully combined

### ADDITIONAL NOTES

**This corn salsa can be used in the  
Chipotle Bowl recipes on pages 121  
and 122!**



# NUTRITION FACTS

**Calories: 525**

**Protein: 44 Grams**

**Fats: 9 Grams**

**Carbs: 59 Grams**

**Serving Size: 1/4 Of All Prepared Rice, Chicken, Beans,  
Salsas**

**Makes: 4 Servings**



Great For Meal Prep

## Chipotle Chicken Bowls

### Ingredients:

- 4 Cooked Chipotle Chicken Thighs (Page 28)
- 1 Cup Corn Salsa (Page 120)
- 4 Cups Cooked White Rice
- 2 Cups Black Beans
- Bell Pepper
- White Onion
- Diced Tomatoes
- Fresh Lime
- 1 Jalapeno Pepper
- Cilantro
- Garlic Salt
- Chili Powder
- Sour Cream & Guac (Optional)

### Instructions:

1. Assemble 1 Cup of Corn Salsa (Page 120)
2. Prepare 4 Chipotle Chicken Thighs and dice them up (Page 28)
3. Prepare 4 Cups of cooked white rice
4. In a bowl, combine 1/4 Cup diced white onion, 1/4 Cup diced tomatoes, 1 diced Jalapeño, and a handful of diced cilantro
5. On a baking sheet, lay out 2 bell peppers and 1 white onion cut into long strips. Season with garlic salt and chili powder. Spray with oil and bake at 425 degrees for 20-25 minutes
6. Assemble the bowls with 1 Cup white rice, 1/2 Cup black beans, 1/4 Cup corn salsa, 1/4 Cup tomato salsa, roasted vegetables, and one diced chipotle chicken thigh
7. Top with guacamole and sour cream (Optional)

# NUTRITION FACTS

**Calories: 525**

**Protein: 44 Grams**

**Fats: 9 Grams**

**Carbs: 59 Grams**

**Serving Size: 1/4 Of All Prepared Rice, Chicken, Beans,  
Salsas**

**Makes: 4 Servings**



Great For Meal Prep

## Pollo Asado Chicken Bowls

### Ingredients:

- 4 Boneless Skinless Chicken Thighs
- 1 Cup Corn Salsa (Page 120)
- 4 Cups Cooked White Rice
- 2 Cups Black Beans
- Bell Pepper
- White Onion
- Diced Tomatoes
- 1 Jalapeno Pepper
- Cilantro
- Garlic Salt
- Chili Powder
- Sour Cream & Guac (Optional)
- 1/2 Cup Orange Juice
- 1/4 Cup Lime Juice
- 1 Tbsp Olive Oil
- 2 Tbsp Minced Garlic
- 1 Tbsp Oregano
- 1 Tbsp Chipotle Powder
- 1 Tbsp Cumin

### Instructions:

1. Assemble 1 Cup of Corn Salsa (Page 120)
2. In a bowl, combine 1/2 Cup orange juice, 1/4 Cup lime juice, 1 Tbsp olive oil, minced garlic, oregano, chipotle powder, and cumin. Marinate the chicken thighs in this mixture for 30 minutes
3. Cook chicken on a pan
4. Prepare 4 Cups of cooked white rice
5. In a bowl, combine 1/4 Cup each of diced white onion, 1/4 Cup diced tomatoes, 1 diced Jalapeño, and a handful of diced cilantro to make the salsa
6. On a baking sheet, lay out 2 bell peppers and one white onion cut into long strips. Season with garlic salt and chili powder. Spray with oil and bake at 425 degrees for 20-25 minutes or until cooked
7. Assemble the bowls with 1 Cup white rice, 1/2 Cup black beans, 1/4 Cup corn salsa, 1/4 Cup tomato salsa, roasted vegetables, and one diced pollo asado chicken thigh
8. Top with guacamole and sour cream (Optional)



# NUTRITION FACTS

**Calories: 225**

**Protein: 23 Grams**

**Fats: 5.3 Grams**

**Carbs: 20.9 Grams**

**Serving Size: 1/4 Of The Dish**

**Makes: 4 Servings**



Great For Meal Prep

## General Tso's Chicken

### Ingredients:

- 2 Chicken Breasts
- 5 Tbsp Corn Starch
- 1/4 Cup Chicken Broth
- 4 Tbsp Hoisin Sauce
- 2 Tbsp Rice Vinegar
- 6 Tbsp Soy Sauce
- 2 Tbsp Honey
- 2 Tbsp Minced Garlic
- 2 Tbsp Minced Ginger
- Garlic Salt
- Onion Powder
- Sesame Seeds & Green Onions (Optional)

### Instructions:

1. Dice up two chicken breasts and season with garlic salt, onion powder, and 4 Tbsp corn starch. Mix until fully coated
2. Air fry at 400 degrees for 20-25 minutes or bake at 400 degrees for 25 minutes until golden brown
3. In a bowl, combine 2 Tbsp ginger, 2 Tbsp garlic, 1/4 Cup chicken broth, 4 Tbsp Hoisin sauce, 2 Tbsp rice vinegar, 6 Tbsp soy sauce, 2 Tbsp honey, and 1Tbsp cornstarch mixed in water
4. Pour the mixture into a pan and reduce on medium heat for about 5 minutes. Add the cooked chicken and stir until completely coated. Reduce to desired consistency
5. Top the chicken with sesame seeds and green onions (Optional)



# NUTRITION FACTS

**Calories: 410**

**Protein: 52 Grams**

**Fats: 6 Grams**

**Carbs: 34.4 Grams**

**Serving Size: 1/2 Of The Dish**

**Makes: 2 Servings**



Great For Meal Prep

## Orange Chicken

### Ingredients:

- 2 Chicken Breasts (16oz)
- 3 Tbsp Corn Starch
- 1/2 Cup Orange Juice
- 2 Tbsp Honey
- 1/2 Tbsp Rice Vinegar
- 1/2 Tbsp Soy Sauce
- 1 Tbsp Minced Garlic
- 1 Tbsp Minced Ginger
- 1/2 Tbsp Red Pepper Flakes
- Sesame Seeds & Green Onions (Optional)

### Instructions:

1. Dice up two chicken breasts and combine with 2 Tbsp corn starch. Mix until fully coated
2. Air fry at 400 degrees for 12-15 minutes or bake at 400 degrees for 20 minutes until golden brown
3. In a pan, combine 1/2 Cup orange juice, 1 Tbsp ginger, 1 Tbsp garlic, 2 Tbsp honey, 1/2 Tbsp rice vinegar, 1/2 Tbsp soy sauce, 1Tbsp cornstarch mixed in water, and red pepper flakes
4. Cook the mixture until it thickens up to desired consistency
5. Add the cooked chicken pieces to the pan and fully coat in sauce
6. Top the chicken with sesame seeds and green onions (Optional)



# NUTRITION FACTS

**Calories: 215**

**Protein: 27.5 Grams**

**Fats: 5.2 Grams**

**Carbs: 14.9 Grams**

**Serving Size: One 4oz Honey Garlic Chicken Thigh**

**Makes: 4 Servings**



Great For Meal Prep

## Honey Garlic Chicken

### Ingredients:

- 4 Boneless Skinless Chicken Thighs
- 1/2 Cup Soy Sauce
- 1/4 Cup Rice Vinegar
- 2 Tbsp Sriracha
- 2 Tbsp Honey
- Garlic Salt
- 2 Tbsp Minced Garlic
- Sesame Seeds & Green Onions (Optional)

### Instructions:

1. In a bowl, combine 1/2 Cup soy sauce, 1/4 Cup rice vinegar, 2 Tbsp sriracha, 2 Tbsp honey, and 2 Tbsp minced garlic.
2. Season the chicken thighs with garlic salt and cook in a pan until golden brown on each side
3. Add the soy sauce mixture to the pan and reduce until the sauce becomes thick (about 5-10 minutes)
4. Top the chicken with sesame seeds and green onions (Optional)



# NUTRITION FACTS

**Calories: 335**

**Protein: 23 Grams**

**Fats: 10.5 Grams**

**Carbs: 34 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**



Great For Meal Prep

## Chicken Stir Fry

### Ingredients:

- Red Cabbage
- Broccoli
- Mushrooms
- Red Onions
- Shredded Carrots
- 1/4 Cup Soy Sauce
- 3 Tbsp Rice Vinegar
- 2 Tbsp Sriracha
- 1 Tbsp Sesame Oil
- 2 Tbsp Minced Garlic
- 2 Tbsp Minced Ginger
- 3 Honey Garlic Chicken Thighs (Page 125)
- 1 Pack Stir Fry Noodles (KAME Brand)

### Instructions:

1. In a pan on medium heat, combine desired amounts of broccoli, shredded red cabbage, mushrooms, red onions, and shredded carrots. Cook for about 5-10 minutes
2. In a bowl, combine 1/4 Cup soy sauce, 3 Tbsp rice vinegar, 2 Tbsp sriracha, 1 Tbsp sesame oil, 2 Tbsp minced garlic, and 2 Tbsp minced ginger.
3. Dice up three (3) honey garlic chicken thighs (Page 125)
4. Add the sauce and the diced thighs to the vegetables in the pan
5. Add in one whole pack of stir fry noodles (KAME Brand) prepared according to directions and stir everything together

### ADDITIONAL NOTES

**The recipe for Honey Garlic Chicken can be found on page 125!**



# NUTRITION FACTS

**Calories: 515**

**Protein: 47 Grams**

**Fats: 4.5 Grams**

**Carbs: 62.9 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**



Great For Meal Prep

## Honey-Sriracha Chicken Noodles

### Ingredients:

- 24oz Chicken Breast
- Garlic Powder
- Onion Powder
- 6 Tbsps Sriracha
- 6 Tbsps Soy Sauce
- 4 Tbsps Honey
- 1 Tbsp Sesame Oil
- 1 Tbsp Corn Starch
- 20oz Stir Fry Noodles (Kame Brand)
- Fresh Green Onions (Optional)
- Sesame Seeds (Optional)
- Chili Oil (Optional)

### Instructions:

1. In a bowl, combine 24oz chicken breast, garlic powder, onion powder, 4 Tbsps sriracha, 2 Tbsps soy sauce, and 2 Tbsps honey. Mix until the chicken is fully coated.
2. Air fry the coated chicken breast at 375 for 15-17 minutes or bake at 400 for 20-25 minutes.
3. For the sauce, add 4 Tbsps soy sauce to a bowl along with 2 Tbsps sriracha, 1 Tbsp sesame oil, 2 Tbsps honey, and 1 Tbsp corn starch. Mix until fully combined.
4. Prepare 20oz of stir fry noodles (Kame brand) according to cooking directions on the package.
5. Add the stir fry noodles to a bowl along with the sauce and mix until noodles are fully coated.
6. Top with cooked chicken, green onions (optional), sesame seeds (optional), and chili oil (optional).

# NUTRITION FACTS

**Calories: 510**

**Protein: 47 Grams**

**Fats: 12 Grams**

**Carbs: 48.8 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**



Great For Meal Prep

## Chicken Peanut Noodles

### Ingredients:

- 24oz Chicken Breast
- Garlic Salt
- Onion Powder
- 6 Tbsps Sriracha
- 4 Tbsps Soy Sauce
- 3 Tbsps Honey
- 1 Tbsp Sesame Oil
- 1 Tbsp Peanut Butter
- 1/2 Lime (Juiced)
- 1/4 Cup Carrots, Shredded or Matchstick
- 1/4 Cup White Onion, Sliced
- 20oz Stir Fry Noodles (Kame Brand)
- Fresh Green Onions (Optional)
- Sesame Seeds (Optional)

### Instructions:

1. In a bowl, combine 24oz chicken breast, garlic salt, onion powder, 4 Tbsps sriracha, 2 Tbsps soy sauce, and 2 Tbsps honey. Mix until the chicken is fully coated.
2. Air fry the coated chicken breast at 375 for 15-17 minutes or bake at 400 for 20-25 minutes.
3. For the sauce, add 1 Tbsp peanut butter, 2 Tbsps soy sauce, 2 Tbsps sriracha, 1 Tbsp sesame oil, 1 Tbsp honey, and a squeeze of fresh lime juice. Mix until fully combined.
4. In a pan on medium heat, stir fry 1/4 cup shredded carrots and 1/4 cup sliced onions. Cook for 5 minutes or until slightly softened.
5. Prepare 20oz of stir fry noodles (Kame brand) according to cooking directions on the package
6. Add the stir fry noodles and the sauce to the pan and mix until noodles and vegetables are fully coated in the sauce.
7. Top with cooked chicken, green onions (optional), and sesame seeds (optional).



# NUTRITION FACTS

**Calories: 500**

**Protein: 46 Grams**

**Fats: 6.7 Grams**

**Carbs: 59 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**



Great For Meal Prep

# Teriyaki Chicken Noodles

## Ingredients:

- 24oz Chicken Breast
- Garlic powder
- 6 Tbsps Soy Sauce
- 2 Tbsps Rice Vinegar
- 3 Tbsps Honey
- 1 Tbsp Sesame Oil
- 1 Tbsp Ginger Paste
- 1 Tbsp Garlic Paste
- 1 Tbsp Cornstarch
- 20oz Stir Fry Noodles (Kame Brand)
- Fresh Green Onions (Optional)
- Sesame Seeds (Optional)

## Instructions:

1. In a bowl, combine 24oz chicken breast, garlic powder, 2 Tbsps soy sauce, 1 Tbsp Rice Vinegar, 2 Tbsps honey. Mix until the chicken is fully coated.
2. Air fry the coated chicken breast at 375 for 15-17 minutes or bake at 400 for 20-25 minutes.
3. For the sauce, add 4 Tbsps soy sauce, 1 Tbsp rice vinegar, 1 Tbsp honey, 1 Tbsp ginger paste, 1 Tbsp garlic paste, and 1 Tbsp cornstarch. Mix until fully combined.
4. Prepare 20oz of stir fry noodles (Kame brand) according to cooking directions on the package
5. In a pan on medium heat, combine the stir fry noodles and sauce. Cook for 5 minutes or until noodles are fully coated.
6. Top with cooked chicken, green onions (optional), and sesame seeds (optional).

# NUTRITION FACTS

**Calories: 480**

**Protein: 47 Grams**

**Fats: 11.7 Grams**

**Carbs: 42.6 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**



Great For Meal Prep

## Chicken Fried Rice

### Ingredients:

- 24oz Chicken Breast
- Garlic Powder
- Onion Powder
- Smoked Paprika
- 4 Tbsps Soy Sauce
- 1 Cup Frozen Vegetables (Peas, Carrots, Corn)
- 3 Eggs
- 1 Tbsp Corn Starch
- 20oz Cooked Rice (1 Day Old)
- 1 Tbsp Sesame Oil
- Sesame Seeds (Optional)
- Fresh Green Onions (Optional)

### Instructions:

1. In a bowl, combine 24oz cubed chicken breast, garlic powder, onion powder, smoked paprika, 2 Tbsps soy sauce, and 1 Tbsp corn starch. Mix until the chicken is fully coated.
2. Cook the chicken on medium-high heat in a pan for 10-12 minutes or until crispy
3. In a pan, cook 1 Cup of frozen vegetables for 5 minutes. Push to the side of the pan.
4. Add 3 beaten eggs to the other side of the pan and slowly scramble the eggs. Combine with the vegetables.
5. Add 20oz of day-old cooked rice to the pan along with 2 Tbsps soy sauce and 1 Tbsp sesame oil. Stir-fry everything together and cook for 2-3 minutes.
6. Add the cooked chicken to the rice and combine everything thoroughly
7. Top with green onions (optional), and sesame seeds (optional).

# NUTRITION FACTS

**Calories: 430**

**Protein: 40 Grams**

**Fats: 7.4 Grams**

**Carbs: 45.5 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**



Great For Meal Prep

## Shrimp Fried Rice

### Ingredients:

- 32oz Raw Shrimp, Peeled and Deveined
- Garlic Powder
- 4 Tbsps Soy Sauce
- 1 Cup Frozen Vegetables (Peas, Carrots, Corn)
- 8oz Egg Whites
- 1 Tbsp Corn Starch
- 20oz Cooked Rice (1 Day Old)
- 1.5 Tbsp Sesame Oil
- Sesame Seeds (Optional)
- Fresh Green Onions (Optional)

### Instructions:

1. In a bowl, combine 32oz raw shrimp, garlic powder, 2 Tbsps soy sauce, 0.5 Tbsp sesame oil, and 1 Tbsp corn starch. Mix until the shrimp is fully coated.
2. Cook the shrimp on medium heat in a pan for about 8-10 minutes. Set aside.
3. In a pan, cook 1 Cup of frozen vegetables for 5 minutes. Push to the side of the pan.
4. Add 8oz eggs whites to the other side of the pan and slowly scramble the eggs. Combine with the vegetables.
5. Add 20oz of day-old cooked rice to the pan along with 2 Tbsps soy sauce and 1 Tbsp sesame oil. Stir-fry everything together and cook for 2-3 minutes.
6. Add the cooked shrimp to the rice and combine everything thoroughly
7. Top with green onions (optional), and sesame seeds (optional).

# NUTRITION FACTS

**Calories: 335**

**Protein: 27 Grams**

**Fats: 18.1 Grams**

**Carbs: 10.6 Grams**

**Serving Size: 1/4 Of The Entire Salad**  
**Makes: 4 Servings**



## Mediterranean Chicken Salad

### Ingredients:

- 2 Cooked Chicken Breasts
- 1 Lemon
- 3 Tbsp Olive Oil
- 3 Tbsp Red Wine Vinegar
- Red Pepper Flakes
- Rosemary
- 2 Cups Diced Cucumber
- 1 Cup Diced Tomato
- 1 Cup Diced Red Onion
- 1 Cup Diced Bell Pepper
- 1 Can Chick Peas (16oz)
- 1/4 Cup Diced Olives
- Handful Parsley
- 2 Tbsp Diced Garlic
- 4 Tbsp Low Fat Feta Cheese

### Instructions:

1. In a small bowl, combine 3 Tbsp olive oil, the juice of 1 lemon, 3 Tbsp red wine vinegar, red pepper flakes, rosemary, and salt to taste
2. In a bowl, combine 2 Cups diced cucumbers, 1 Cup each of diced tomato, diced red onion, diced bell pepper, 1 can of chick peas(16oz), 1/4 Cup diced olives, handful of parsley, 2 Tbsp minced garlic, 4 Tbsp low fat feta, diced chicken breasts, and the oil dressing
3. Mix until fully combined

# NUTRITION FACTS

**Calories: 175**

**Protein: 7.5 Grams**

**Fats: 2.9 Grams**

**Carbs: 30.8 Grams**

**Serving Size: One Rice Krispie**

**Makes: 8 Servings**



Great For Meal Prep

## Protein Rice Krispie Treats

★ Exclusive

### Ingredients:

- 3 Cups Rice Krispies
- 8oz Marshmallows
- 2 Tbsp Butter
- 2 Scoop Protein Powder

### Instructions:

1. In a pan on low heat, melt 8oz marshmallows and 2 Tbsp butter. Stir constantly
2. When the mixture is completely melted, add 2 scoops of protein powder and mix until combined
3. Add 3 Cups of Rice Krispies to the mixture and gently fold until mixed.
4. Spread the mixture onto a greased baking sheet and let cool in the refrigerator for 30 minutes
5. Cut into 8 equal rectangles

### ADDITIONAL NOTES

**These Rice Krispie treats are a great pre-workout snack**



# NUTRITION FACTS

**Calories: 275**

**Protein: 25 Grams**

**Fats: 0.8 Grams**

**Carbs: 41 Grams**

**Serving Size: One (1) Cheesecake Yogurt Bowl**

**Makes: 1 Serving**



Great For Meal Prep

## Cheesecake Yogurt Bowl

★ Exclusive

### Ingredients:

- 2 Dannon Light + Fit Greek Yogurts (Strawberry Cheesecake)
- 2 Tbsp Jell-O Cheesecake Instant Pudding
- 2 Tbsp Low Calorie Strawberry Jam
- Graham Cracker

### Instructions:

1. In a bowl, mix together 2 Dannon Light + Fit Greek yogurts (strawberry cheesecake flavor) and 2 Tbsp of Jell-O cheesecake sugar free pudding mix
2. Top the yogurt mixture with 2 Tbsp of low calorie strawberry jam of choice
3. Add graham cracker crumbs on top
4. Refrigerate for about 30 minutes for a thicker consistency

### ADDITIONAL NOTES

**You can store this in an airtight container in the refrigerator for up to three days**



# NUTRITION FACTS

**Calories: 310**

**Protein: 24.5 Grams**

**Fats: 14 Grams**

**Carbs: 19.7 Grams**

**Serving Size: One (1) Cheesecake Bowl**

**Makes: 1 Serving**



Great For Meal Prep

## Peanut Butter Cheesecake

★ Exclusive

### Ingredients:

- 2/3 Cup Vanilla Greek Yogurt (Light + Fit)
- 4 Tbsp 1/3 Fat Cream Cheese
- 2 Tbsp Peanut Butter Powder
- 2 Tbsp Jell-O Cheesecake Instant Pudding
- Handful Reese's Pieces (Optional)

### Instructions:

1. In a bowl, mix together 2/3 Cup Greek vanilla yogurt, 4 Tbsp reduced fat cream cheese, 2 Tbsp peanut butter powder, and 2 Tbsp of Jell-O cheesecake sugar free pudding mix
2. Refrigerate the mixture for 30 minutes
3. Top the mixture with a handful of crushed Reese's Pieces (Optional)

### ADDITIONAL NOTES

**You can store this in an airtight container in the refrigerator for up to three days**



# NUTRITION FACTS

**Calories: 250**

**Protein: 26 Grams**

**Fats: 4.4 Grams**

**Carbs: 32.1 Grams**

**Serving Size: One (1) Chocolate Mousse**  
**Makes: 1 Serving**

# Strawberry Chocolate Mousse

★ Exclusive

## Ingredients:

- 1 Cup Low Fat Cottage Cheese
- 2 Tbsp Lite Maple Syrup (Or Honey)
- 2 Tbsp Cocoa Powder
- 1 Tbsp Hershey's Lite Syrup
- Fresh Strawberries

## Instructions:

1. In a blender, combine 1 Cup cottage cheese, 2 Tbsp lite maple syrup, 2 Tbsp cocoa powder, and 1 Tbsp lite chocolate syrup
2. Blend until completely smooth
3. Top with fresh strawberry slices

### **ADDITIONAL NOTES**

**Once blended together, set the blender on high speed to give the mousse a fluffy texture**





# NUTRITION FACTS

**Calories: 200**

**Protein: 11 Grams**

**Fats: 16.5 Grams**

**Carbs: 6.3 Grams**

**Serving Size: One (1) Cosmic Brownie**

**Makes: 8 Servings**



## Protein Cosmic Brownies

### Ingredients:

- 3/4 Cup Almond Butter
- 1/2 Cup Chocolate Protein Powder
- 2 Tbsp Cocoa Powder
- 3 Tbsp Sugar Free Maple Syrup
- 1 Tsp Salt
- 1/4 Cup Chocolate Chips
- 1 Tbsp Butter
- Cosmic Brownie Sprinkles (Optional)

### Instructions:

1. In a bowl, combine 3/4 Cup almond butter, 1/2 Cup chocolate protein powder, 2 Tbsp cocoa powder, 3 Tbsp sugar free maple syrup, and 1 Tsp salt. Mix until fully combined
2. Press the mixture into a greased 8x4 loaf pan (or similar)
3. In a bowl, melt together 1/4 Cup chocolate chips and 1 Tbsp butter
4. Spread the chocolate on top of the brownie mixture in the loaf pan
5. Top the brownies with cosmic brownie sprinkles (Optional)
6. Refrigerate for 30 minutes and cut into 8 equal pieces

### ADDITIONAL NOTES

**Cosmic Brownie sprinkles can be bought on Amazon. You could also use other sprinkles in this recipe for a similar effect!**

# NUTRITION FACTS

**Calories: 210**

**Protein: 9 Grams**

**Fats: 14 Grams**

**Carbs: 12 Grams**

**Serving Size: One (1) Protein Banana Brownie**  
**Makes: 10 Servings**



Great For Meal Prep

# Protein Banana Brownies

## Ingredients:

- 2 Ripe Bananas
- 1 Scoop Chocolate Protein Powder
- 2 Tbsp Cocoa Powder
- 1 Cup Peanut Butter (Or any nut butter)
- 1 Tsp Baking Soda
- 4 Tbsp Low Calorie Maple Syrup
- 1/4 Cup Chocolate Chips

## Instructions:

1. In a bowl, combine 2 ripe bananas, 1 scoop protein powder, 2 Tbsp cocoa powder, 1 Cup peanut butter, 1 Tsp baking soda, and 4 Tbsp low-calorie maple syrup. Mix until the mixture is completely combined and without clumps
2. Pour the mixture into a greased loaf pan and top with 1/4 Cup chocolate chips
3. Bake at 350 degrees for 20-25 minutes or until a toothpick comes out clean
4. Cut into 10 equal pieces

### **ADDITIONAL NOTES**

**Add a chopped-up chocolate protein bar into the batter for extra protein!**

# NUTRITION FACTS

**Calories: 215**

**Protein: 11 Grams**

**Fats: 5 Grams**

**Carbs: 26.5 Grams**

**Serving Size: 1/4 Of The Entire Dish**

**Makes: 4 Servings**



Great For Meal Prep

## Protein Cookie Dough

★ Exclusive

### Ingredients:

- 1 Cup Oat Flour
- 1 Scoop Vanilla Protein
- 2 Tbsp Low Calorie Maple Syrup
- Pinch of Salt
- 1/2 tsp Vanilla Extract
- Almond Milk
- 1/4 Cup Chocolate Chips

### Instructions:

1. In a bowl, mix together 1 Cup oat flour, 1 scoop protein powder, a pinch of salt, 2 Tbsp low-calorie maple syrup, and 1/2 tsp vanilla extract. Mix until combined
2. Slowly add almond milk to the mixture until it is thick dough consistency. About 2 tablespoons at a time
3. Add 1/4 Cup chocolate chips to the mixture when it is desired consistency and mix
4. Refrigerate for about 30 minutes for a thicker consistency

### ADDITIONAL NOTES

**Oat flour can be made by blending oats in a blender if you do not have oat flour on hand**

# NUTRITION FACTS

**Calories: 155**

**Protein: 8 Grams**

**Fats: 7.5 Grams**

**Carbs: 13.1 Grams**

**Serving Size: One Cookie**

**Makes: 8 Servings**



# Protein Cookies

## Ingredients:

- 1 Cup Oat Flour
- 1 Scoop Vanilla Protein Powder
- 1 tsp Baking Soda
- 4 Tbsp Almond Butter
- 1 Egg
- 1 tsp Vanilla Extract
- 1/4 Cup Sweetener
- Chocolate Chips

## Instructions:

1. In a bowl, combine 1 Cup oat flour, 1 scoop protein powder, 1 tsp baking soda, 4 Tbsp almond butter, 1 egg, 1 tsp vanilla extract, 1/4 Cup sweetener, and chocolate chips.
2. Divide the mixture into 8 equal portions and lay them out on a greased baking sheet
3. Bake at 350 degrees for 8-10 minutes and let cool for an additional 15 minutes

## ADDITIONAL NOTES

**Add a chopped-up chocolate protein bar for extra protein!**

# Grocery Shopping List

This section is meant to guide your grocery shopping choices and help you make healthier decisions at the store. The following are some of the foods that I personally keep inside of my kitchen that have helped me lose over 100 pounds. These items are also included in almost all of the recipes in this book and are great staples to have in your kitchen. In addition, I have provided a variety of snack ideas that have personally helped me battle cravings and kept me away from binging. The items are broken down by category and can be found at the majority of U.S. grocery stores

## Protein Sources:



Chicken Thighs (Boneless and Skinless)



Chicken Breast Fillets



Perdue Ground Chicken (16oz)



Swanson Canned Chicken Breast (12.5oz)



Lean Ground Turkey (16oz)



Aidells Smoked Chicken Sausage (12oz)



Jumbo Shrimp (24oz, Frozen)



Salmon Fillets



Chicken of the Sea Light Tuna (5oz)



Morey's SeaPak Fish Fillets (10oz, Frozen)



Grass-fed Lean Ground Beef



Vital Farms Pasture-Raised Large Eggs

## Carbohydrates:



Barilla Protein+ Pasta Penne (14.5oz)



Barilla Protein+ Pasta Spaghetti (14.5oz)



La Banderita Carb Counter Taco 4" Tortillas



La Banderita Carb Counter 10" Tortillas



Arnold Sandwich Keto Hamburger Buns 8 Pack



Sara Lee Delightful Multi-Grain Bread (200z)





Quaker Oats, Old Fashioned (18oz)



Quaker Instant Oatmeal Maple And Brown Sugar



Veetee Basmati Rice (9.9oz)



Minute Rice White Rice, Long Grain (8.8oz)



RightRice Rice, Spanish (7oz)

## Dairy:



Kraft Fat Free Cheddar Cheese (70z)



Kraft Fat Free Mozzarella Cheese (70z)



Kraft Parmesan Cheese (70z)



Dannon Light + Fit Greek Yogurt (5.3oz)



Dannon Light + Fit Greek Yogurt (32oz)



FAGE Greek Yogurt 0% Nonfat (32oz)



Breakstone's Low Fat Cottage Cheese (24oz)



Good Culture Low Fat Cottage Cheese (16oz)



Philadelphia 1/3 Fat Cream Cheese (8oz)



Velveeta Original Cheese Slices (16oz)



Babybel Light Semisoft Cheese (6ct)



The Laughing Cow Light Swiss Cheese Spread



Kerrygold Grass-Fed Salted Butter (8oz)



Daisy Sour Cream, Light (16oz)



Sargento Light String Cheese (9oz)



Fairlife Ultra-Filtered Milk, 1% Low Fat (52oz)



Califia Farms Extra Creamy Oat Milk (48oz)

## Vegetables:



Birds Eye Frozen Vegetable & Pasta Mix (Frozen)



Birds Eye Roasted Red Potatoes & Green Beans (Frozen)



Green Giant Vegetable Medley, Sauced (Frozen)



Del Monte Fresh Cut Green Beans (28oz)



Bush's Best Garbanzo Beans (16oz)



Goya Premium Black Beans (15.5)



Green Giant White Shoepeg Corn (110z)



Fresh Tomatoes



Red Onions



Organic Iceberg Lettuce



Bag Of Baby Cut Carrots



Potatoes (I usually prefer the small potato medley)

## Fruit:



Fresh Strawberries



Fresh Blueberries



Fresh Bananas



Watermelon



Fresh Apples



Del Monte Diced Peaches Fruit Cup Snacks



Del Monte Fruit & Chia Fruit Cup (7oz)



Del Monte Peaches, Canned (15oz)



Dole Frozen Pineapple Chunks (16oz)



Dole Crafted Smoothie Blends (Frozen)



Dole Sliced Strawberries & Bananas (Frozen)



## Snacks:



FitCrunch Protein Bar



Barebells Protein Bar (Trader Joe's)



One Protein Bar



PopCorners Chips, White Cheddar



Quaker Rice Crisps Chocolate (3.5oz)



Quest Protein Chips (4pk)



PBfit Peanut Butter Powder (15oz)



Jell-O Cheesecake Sugar Free Instant Pudding (1oz)



Cheez-It Snack Mix, Classic (10.5oz)



Hillshire Farm Snacking Bistro Bites (2.8 oz)



Jack Link's Original Beef Jerky (2.8oz)



Welch's Fruit Snacks, Mixed Fruit



Fiber One Brownies Chocolate Fudge (5.3oz)



Albanese Gummi Bears (9oz)



SmartSweets Candy, Sourmelon Bites



Lily's Peanut Butter Cups, Milk Chocolate Style



Justin's Peanut Butter Cups (4.7oz)



Snack Pack Pudding, Chocolate

# Drinks:



Diet Canada Dry Ginger Ale



Diet Sunkist Orange Soda



Diet Dr. Pepper



Gatorade Zero



Sparkling Ice Zero Sugar



Fairlife Core Power Elite Protein Shake



Slate Chocolate Milk, 20g Protein, Lactose Free



Califia Farms Cold Brew Coffee (48oz)



Coffee Mate Zero Sugar Vanilla Coffee Creamer (32oz)



Ocean Spray Diet Cran Pineapple Juice (64oz)



Florida's Natural Lemonade, Zero Sugar (59oz)



Milo Zero Calorie Sweet Tea (Gallon)

## Sauces:



Heinz Tomato Ketchup, No Sugar Added (29.5oz)



Hellmann's Light Mayo (200z)



French's Classic Yellow Mustard (8oz)



Ken's Steak House Dressing, Lite Ranch (16oz)



Ray's No Sugar Added BBQ Sauce (18.5oz)



Pearl Milling Company Syrup Lite (24oz)



Primal Kitchen Marinara Sauce (24oz)



Stubb's Original Barbecue Sauce (18oz)



Frank's RedHot Buffalo Sauce (12oz)



Tabasco Pepper Sauce, Sriracha (20oz)



Ken's Steak House Thousand Island Lite (16oz)



Ken's Steak House Honey Mustard Lite (16oz)

## Frozen Lunch/Dinner:



P.F. Chang's Korean Inspired Pork (110z)



Deep Indian Kitchen Chicken Tikka Masala (90z)



Scott & Jon's Shrimp Fried Rice (80z)



Tattooed Chef Spicy Thai Bowl (100z)



Birds Eye Veggie Spaghetti Marinara (100z)



Birds Eye Voila! Alfredo Chicken (210z)





Boston Market Chicken Fettuccine Alfredo (13oz)



Sweet Earth Cauliflower Mac Bowl (9oz)



Healthy Choice Power Bowls Chicken Adobo (9.75oz)



Atkins Chicken Margherita (9oz)

## Dessert:



Breyers No Sugar Added Ice Cream (1.5 Qt.)



Fairlife Light Ice Cream, Lactose Free (140z)



Reddi Wip Fat Free Whipped Cream (6.5oz)



Yasso Greek Yogurt Bars, 4 Pack



Nick's Ice Cream, Pint, Peanut Butter Cup



Diana's Dark Chocolate Banana Babies, 5 pack



Mayfield Orange Cream Yogurt Bars



Blue Bunny Mini Swirls Vanilla Cones



Good Humor Strawberry Shortcake Bars



Halo Top Brownie Batter Ice Cream Bars



Outshine Frozen Fruit Bars, 6 Count



LUIGI'S Real Italian Ice Variety Pack