
RECIPE PACK 2

Powered by



Coconut Protein Pancakes



Serves: 1
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
984 kcals 25g Fats
121g Carbs 69g Protein



WHAT YOU NEED:

- 1 tbsp of egg whites
- ½ cup plain instant oats
- 1 cup, mashed banana
- 1 scoop whey protein

Filling:

- 1 cup plain Greek yogurt
- 2 tbsp natural peanut butter
- 1 tbsp honey
- ½ tsp cinnamon

WHAT YOU NEED TO DO:

- 1) Put all pancake ingredients in a blender, and mix for 30 seconds. If mixture is too thick, add a tablespoon of water until a smooth, pourable batter consistency is achieved.
- 2) Cook pancakes in coconut oil for 20 seconds each side in preheated pan.
- 3) Fill each pancake with banana and yogurt filling.

Turkey Breakfast Sausage



Serves: 12
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
108 kcals 2g Fats
0g Carbs 23g Protein



WHAT YOU NEED:

2 lb ground 99% fat-free turkey breast

$\frac{3}{4}$ tsp ground ginger

1 tsp salt

1 tsp sage

$\frac{1}{4}$ tsp cayenne pepper

1 tsp, ground black pepper

WHAT YOU NEED TO DO:

1) In a small bowl, mix all ingredients except for ground turkey.

2) Place the ground turkey in a large bowl. Add spice mixture and mix by hand until well incorporated.

3) Heat a skillet coated with nonstick spray over medium-high heat. Form meat mixture into 12 patties using a $\frac{1}{4}$ -cup measuring scoop. Pan-fry on both sides until they're brown and center is no longer pink.

4) Tip: Cover with lid when browning for about 2-3 minutes on each side. Be careful not to overcook.

High-Protein, Low-Carb Mac And Cheese Sauce



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
58kcal 2g Fats
5g Carbs 4g Protein



WHAT YOU NEED:

- ½ cup coconut milk
- ¼ cup pea protein powder
- ¼ cup reduced fat cheddar cheese, shredded
- 1 tbsp coconut flour
- 1 tsp Italian seasoning to taste
- 1 tsp, leaves basil, dried

WHAT YOU NEED TO DO:

- 1) Cook four servings of the pasta of your choice.
- 2) Mix all of the sauce ingredients into a bowl. Bring sauce to a simmer and continue to stir until all of the components are well combined.
- 3) Add the sauce to your pasta, season as desired.
- 4) Note(s): Use unflavored coconut milk for the above nutrition values, but any milk will do.

Popeye's Spinach and Kale Savory Oatmeal



Serves: 1
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
301kcal
37g Carbs
9g Fats
17g Protein



WHAT YOU NEED:

Cooked rolled oats: 3/4 cup

1 egg

1 small cup of spinach

1 small cup of kale

1 tbsp. goat cheese

1/2 tbsp. crushed garlic

1 large vine tomato

Coconut oil spray

Sea salt and pepper (to taste)

Rosemary (to garnish)

WHAT YOU NEED TO DO:

1) Cook rolled oats as directed. Set aside.

2) Set a nonstick skillet on medium-high heat, and spray with coconut oil. Toss in the garlic and allow it to sear.

3) Add in chopped kale and cook for a few minutes, until the kale begins to wilt. Add spinach and chopped tomato to the skillet and stir. Allow the tomato to sear. The spinach will begin to wilt in about a minute.

4) Add the braised kale, wilted spinach, and seared tomato to the bowl with the oatmeal.

5) In the same skillet, fry an egg sunny-side up. Place it on top of the oatmeal, and season with sea salt and pepper. Add goat cheese.

6) Garnish with chopped rosemary, and enjoy.

Poached Eggs Over Kale



Serves: 4
Prep: 20 mins
Cook: 20 mins



Nutrition per serving:
299 kcals 17g Fats
23g Carbs 15g Protein



WHAT YOU NEED:

- 2 whole eggs
- 1 tsp garlic, pureed
- 3 cups kale, diced
- 1 tbsp white vinegar
- ½ tbsp olive oil

WHAT YOU NEED TO DO:

- 1) Add olive oil to a frying pan along with garlic and heat.
- 2) Add kale and sauté for 2-3 minutes or until wilted. Transfer to a plate.
- 3) Boil a large pot of water. Reduce the heat and add 1 tablespoon of white vinegar.
- 4) Slide the eggs into the water and allow them to cook for 3-4 minutes or until whites are no longer translucent.
- 5) Using a slotted spoon, remove the eggs from the water and set on top of the steamed kale.
- 6) Add salt and pepper to taste. Serve immediately.

Twice-Baked Loaded Sweet Potato



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per serving:
246 kcals 8g Fats
20g Carbs 22g Protein



WHAT YOU NEED:

- 3 whole sweet potato
- ¾ cup none fat plain Greek yogurt
- 1 tbsp cinnamon
- ½ tsp of spices, ground
- Coconut oil
- 1 green apple
- 1 tsp of chopped pecan nuts

WHAT YOU NEED TO DO:

- 1) Set oven to 375°F. Bake sweet potatoes for 1-1/2 hours or until soft, yet still firm. Allow the sweet potatoes to cool to room temperature. Note: You should immediately remove the sweet potatoes from foil if you wrapped them before baking.
- 2) Slice the sweet potatoes in half, carve out a portion of the insides, and place it in a separate bowl. The hollowed-out sweet potatoes should look like mini bowls. In the bowl with the sweet potato contents, add Greek yogurt, cinnamon and spices. Mash and thoroughly mix together.
- 3) Re-stuff the sweet potato halves with the mixture and bake in the oven for another 8-10 minutes.
- 4) Chop the green apple into small pieces. Set a nonstick pan on medium heat and spray with coconut oil spray.
- 5) Toss in the chopped green apple and sprinkle with a little cinnamon. Saute the apple until the edges are brown. Add the twice-baked sweet potato to your meal-prep container. Top with apple and 1 tbsp of chopped pecans.

Christmas Special: Brussels Sprouts In A Blanket



Serves: 1
Prep: 2 mins
Cook: 20 mins



Nutrition per serving:
118 kcals 2g Fats
8g Carbs 15g Protein



WHAT YOU NEED:

1 cup of Brussels Sprouts

Low sodium Turkey Bacon, cut
in half length-wise

WHAT YOU NEED TO DO:

1) Preheat oven to 350°F

2) Line baking tray with foil

3) Wrap uncooked turkey bacon
around Brussels sprouts

4) Bake for 20 minutes, or until
bacon is done

Brownie Protein Oatmeal



Serves: 1
Prep: 15 mins
Cook: 0 mins



Nutrition per serving:
467 kcals 7g Fats
72g Carbs 28g Protein



WHAT YOU NEED:

- ½ cup unsweetened almond milk
- ¼ tbsp plain Greek yogurt
- 1 tbsp cocoa powder, unsweetened
- 1 tsp salt
- ⅞ tsp powdered Stevia
- ½ cup rolled oats
- 1 scoop whey protein

WHAT YOU NEED TO DO:

- 1) In a small bowl, mix all of the ingredients together.
- 2) Divide between two small bowls, mugs, or jars.
- 3) Cover and refrigerate overnight so that the oats soften and absorb the liquid.
- 4) Top with chopped nuts or topping of choice! Enjoy cold or microwave for 30-60 seconds to enjoy warm.

Peanut Butter Oatmeal Protein Bars (None Bake)



Serves: 10
Prep: 20 mins
Cook: 0 mins



Nutrition per serving:
131 kcals 5g Fats
13g Carbs 8g Protein

WHAT YOU NEED:

- 1 cup raw oats
- ½ cup vanilla whey protein powder
- 2 tbsp ground almonds
- 6 tbsp peanut butter
- 4 tbsp almond milk
- 2 tbsp syrup
- 1 handful freeze-dried raspberries

WHAT YOU NEED TO DO:

- 1) Toss all ingredients except raspberries into a bowl. Mix using your hands until you get a soft dough.
- 2) Press your dough into a silicone bread pan.
- 3) Top with freeze-dried berries or your topping of choice. This is optional, but lovely.
- 4) Let it sit in the fridge overnight. Slice into bars the next day.