



High Protein Athlete Program

TRACY KACZMARCZYK



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HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE

A high-calorie, high-protein plan to support an athlete's health, performance and recovery. Athletes require adequate nutrition in order to keep their bodies in shape for training and competition. This plan provides high-quality protein to help muscles with maintenance, growth, and repair. Adequate amounts of vitamins and minerals are included to prevent common deficiencies such as calcium, iron, and vitamin C. Anti-inflammatory foods like omega-3 fatty acids, fiber, zinc and antioxidants are added to prevent oxidative damage. This plan can be tailored to your nutrient needs based on your training, body weight and composition.

This program was created by a Registered Dietician with the following key considerations:

HIGH-QUALITY PROTEIN

Research shows that athletes engaged in higher-intensity exercise need to consume additional protein which promotes greater adaptation to training. This plan includes high-quality protein that makes up over 30% of the energy intake. These complete proteins are highly digestible and provide an adequate amount of amino acids. Protein is distributed between every meal and snack to help with building muscle strength and hypertrophy.

OMEGA-3 FATS

Omega-3 fatty acids help reduce inflammation and are beneficial for injury recovery in athletes. Fish contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which are associated with improved cognitive function and immune function. This program incorporates omega-3 fats from salmon, olive oil, nuts, and seeds.

CALCIUM

Calcium is important for the growth, maintenance, and repair of bone tissue. In order to prevent stress fractures and bone loss, athletes should consume additional daily calcium. This plan provides up to 2,000 mg of calcium daily from a variety of foods and beverages including fortified milk and grain products, Greek yogurt, cottage cheese, and salmon.

IRON & VITAMIN C



Iron is important for oxygen delivery to body tissues and is a common deficiency in athletes. Athletes should aim for an iron intake greater than 18 mg which this plan provides from lean meat, eggs, legumes, grains, and seeds. These sources are paired with foods that have vitamin C which is an antioxidant nutrient and enhances iron absorption.

IMMUNE SUPPORT

Essential fat-soluble antioxidants like vitamin A, vitamin E and minerals like zinc support various cellular functions of the immune system and reduce oxidative stress in cells. This meal plan contains vitamin A sources like leafy green vegetables, salmon, and clementines and incorporates vitamin E through healthy oils, nuts, and seeds. You can find zinc sources in this meal plan from whole grains, legumes, and meat.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST

Creamy Vanilla Blueberry Protein Oatmeal



SNACK 1

Orange & Yogurt Breakfast Box



LUNCH

Baked Salmon with Broccoli & Quinoa



SNACK 2

Vanilla Protein Pancakes



DINNER

Italian Chicken & Rice Meal Prep Bowl



SNACK 3

Yogurt with Granola & Banana

TUE



BREAKFAST

Creamy Vanilla Blueberry Protein Oatmeal



SNACK 1

Orange & Yogurt Breakfast Box



LUNCH

Italian Chicken & Rice Meal Prep Bowl



SNACK 2

Vanilla Protein Pancakes



DINNER

Baked Salmon with Broccoli & Quinoa



SNACK 3

Yogurt with Granola & Banana

WED



BREAKFAST

Savory Egg & Beef Oats



SNACK 1

Banana & Zucchini Protein Baked Oatmeal



LUNCH

Baked Salmon with Broccoli & Quinoa



SNACK 2

Greek Yogurt with Clementines & Pumpkin Seeds



DINNER

Chicken & Kale Skillet with Chickpea Pasta



SNACK 3

Cherries, Banana & Cottage Cheese

THU



BREAKFAST

Savory Egg & Beef Oats



SNACK 1

Apple & Peanut Butter Smoothie



LUNCH

Chicken & Kale Skillet with Chickpea Pasta



SNACK 2

Banana & Zucchini Protein Baked Oatmeal



DINNER

Beef, Zucchini & Mushrooms with Brown Rice



SNACK 3

Vanilla Protein Pancakes

FRI



BREAKFAST

Savory Egg & Beef Oats



SNACK 1

Blueberry Banana Protein Smoothie, Apple



LUNCH

Beef, Zucchini & Mushrooms with Brown Rice



SNACK 2

Cottage Cheese with Cherries & Pumpkin Seeds



DINNER

Chicken & Chickpea Pasta Salad



SNACK 3

Vanilla Protein Pancakes

SAT



BREAKFAST

Creamy Apple Pie Protein Oatmeal



SNACK 1

Greek Yogurt with Clementines & Pumpkin Seeds



LUNCH

Chicken & Chickpea Pasta Salad



SNACK 2

Banana & Zucchini Protein Baked Oatmeal



DINNER

Salmon Quinoa Salad



SNACK 3

Blueberry Banana Protein Smoothie

SUN



BREAKFAST

Creamy Apple Pie Protein Oatmeal



SNACK 1

Cherries, Banana & Cottage Cheese



LUNCH

Salmon Quinoa Salad



SNACK 2

Banana & Zucchini Protein Baked Oatmeal



DINNER

Chicken & Chickpea Pasta Salad



SNACK 3

Whipped Peanut Butter Yogurt Bowl

MON**FAT 33%** **CARBS 36%** **PROTEIN 31%**

Calories 2770 Cholesterol 1018mg
 Fat 103g Sodium 1013mg
 Carbs 254g Vitamin A 6925IU
 Fiber 34g Vitamin C 336mg
 Sugar 82g Calcium 1951mg
 Protein 222g Iron 19mg

TUE**FAT 33%** **CARBS 36%** **PROTEIN 31%**

Calories 2770 Cholesterol 1018mg
 Fat 103g Sodium 1013mg
 Carbs 254g Vitamin A 6925IU
 Fiber 34g Vitamin C 336mg
 Sugar 82g Calcium 1951mg
 Protein 222g Iron 19mg

WED**FAT 33%** **CARBS 36%** **PROTEIN 31%**

Calories 2816 Cholesterol 626mg
 Fat 106g Sodium 1935mg
 Carbs 261g Vitamin A 8627IU
 Fiber 45g Vitamin C 376mg
 Sugar 84g Calcium 1517mg
 Protein 229g Iron 28mg

THU**FAT 31%** **CARBS 39%** **PROTEIN 30%**

Calories 2858 Cholesterol 936mg
 Fat 103g Sodium 1461mg
 Carbs 284g Vitamin A 7632IU
 Fiber 51g Vitamin C 157mg
 Sugar 85g Calcium 1423mg
 Protein 218g Iron 29mg

FRI**FAT 35%** **CARBS 34%** **PROTEIN 31%**

Calories 2708 Cholesterol 875mg
 Fat 107g Sodium 1575mg
 Carbs 234g Vitamin A 3636IU
 Fiber 41g Vitamin C 86mg
 Sugar 86g Calcium 1238mg
 Protein 218g Iron 24mg

SAT**FAT 28%** **CARBS 41%** **PROTEIN 31%**

Calories 2792 Cholesterol 368mg
 Fat 92g Sodium 1589mg
 Carbs 295g Vitamin A 5830IU
 Fiber 44g Vitamin C 199mg
 Sugar 116g Calcium 2295mg
 Protein 223g Iron 21mg

SUN**FAT 28%** **CARBS 41%** **PROTEIN 31%**

Calories 2706 Cholesterol 400mg
 Fat 87g Sodium 2013mg
 Carbs 284g Vitamin A 5478IU
 Fiber 37g Vitamin C 119mg
 Sugar 112g Calcium 1747mg
 Protein 217g Iron 18mg



FRUITS

- 3 Apple
- 15 Banana
- 3 1/8 cups Blueberries
- 1 1/4 cups Cherries
- 6 Clementines
- 1 Lemon
- 1/4 cup Lemon Juice

BREAKFAST

- 1/3 cup All Natural Peanut Butter
- 3/4 cup Granola
- 1/4 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 3/4 tsps Cinnamon
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 2 1/2 tsps Italian Seasoning
- 1 1/3 cups Pumpkin Seeds
- 1 1/2 tsps Red Pepper Flakes
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 4 Ice Cubes

VEGETABLES

- 7 cups Broccoli
- 3 1/2 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 1 Cucumber
- 9 cups Kale Leaves
- 2 3/4 cups Mushrooms
- 1/4 cup Parsley
- 2/3 cup Red Onion
- 2 1/2 Zucchini

BOXED & CANNED

- 1 cup Brown Rice
- 1 cup Canned Coconut Milk
- 9 1/2 ozs Chickpea Pasta
- 1 1/4 cups Quinoa

BAKING

- 1 1/2 tsps Baking Powder
- 2 tsps Honey
- 1/3 cup Nutritional Yeast
- 5 2/3 cups Oats

BREAD, FISH, MEAT & CHEESE

- 2 1/4 lbs Chicken Breast
- 1 1/2 lbs Extra Lean Ground Beef
- 1 2/3 lbs Salmon Fillet

CONDIMENTS & OILS

- 2 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil

COLD

- 2 3/4 cups Cottage Cheese
- 17 Egg
- 10 1/2 cups Plain Greek Yogurt
- 3 1/2 cups Unsweetened Almond Milk

OTHER

- 3 1/8 cups Vanilla Protein Powder
- 1 1/2 cups Water

Creamy Vanilla Blueberry Protein Oatmeal

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Oats (rolled)
1/4 cup Vanilla Protein Powder
2 cups Plain Greek Yogurt
1 cup Blueberries
2 tbsps Pumpkin Seeds
2 tsps Honey

NUTRITION

AMOUNT PER SERVING

Calories	484	Cholesterol	36mg
Fat	12g	Sodium	163mg
Carbs	57g	Vitamin A	1291IU
Fiber	7g	Vitamin C	22mg
Sugar	19g	Calcium	586mg
Protein	40g	Iron	3mg

DIRECTIONS

- 01 Cook the oats according to the package directions.
- 02 Stir the protein powder into the yogurt.
- 03 Place the oatmeal in a bowl. Top with blueberries, yogurt, and pumpkin seeds. Drizzle with honey and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to three days, keeping the yogurt separate.

SERVING SIZE

One serving is equal to approximately two cups.

ADDITIONAL TOPPINGS

Cinnamon, chia seeds, ground flax seeds, shredded coconut.

Savory Egg & Beef Oats

3 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 cups Oats (rolled)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 3 Egg
- 2 tsps Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

Calories	540	Cholesterol	284mg
Fat	25g	Sodium	194mg
Carbs	31g	Vitamin A	628IU
Fiber	6g	Vitamin C	7mg
Sugar	1g	Calcium	89mg
Protein	46g	Iron	7mg

DIRECTIONS

- 01 Cook the oats according to package directions.
- 02 Heat the oil in a pan over medium heat. Add the beef and break it up as it cooks. Cook for seven to 10 minutes or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 03 Add the mushrooms and kale to the beef. Crack the eggs over the mixture and stir to combine. Cook for five minutes, or until the mushrooms are soft. Stir often to ensure the eggs are cooked through.
- 04 Divide the oats and beef mixture evenly between bowls and top with the nutritional yeast. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately three cups.

MORE FLAVOR

Add sea salt, pepper, garlic, onions and/or chilli flakes.

ADDITIONAL TOPPINGS

Top with sliced cherry tomatoes and/or avocado.

Creamy Apple Pie Protein Oatmeal

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Apple (diced small)
- 2 tbsps Water
- 2 tbsps Maple Syrup (plus more for garnish)
- 1 tsp Cinnamon (plus more for garnish)
- 1 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 2 cups Plain Greek Yogurt
- 2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	535	Cholesterol	36mg
Fat	13g	Sodium	166mg
Carbs	68g	Vitamin A	1304IU
Fiber	8g	Vitamin C	19mg
Sugar	28g	Calcium	625mg
Protein	40g	Iron	4mg

DIRECTIONS

- 01 Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
- 02 Cook the oats according to the package directions.
- 03 Stir the protein powder into the yogurt.
- 04 Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

SERVING SIZE

One serving is approximately two cups.

ADDITIONAL TOPPINGS

Cinnamon, chia seeds, ground flax seeds, nuts.

Orange & Yogurt Breakfast Box

2 SERVINGS 15 MINUTES



INGREDIENTS

- 4 Egg
- 2 Clementines (peeled, sectioned)
- 1 1/2 cups Plain Greek Yogurt
- 1/2 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	494	Cholesterol	397mg
Fat	29g	Sodium	250mg
Carbs	22g	Vitamin A	1482IU
Fiber	3g	Vitamin C	48mg
Sugar	12g	Calcium	468mg
Protein	39g	Iron	5mg

DIRECTIONS

- 01 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 02 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.
- 03 Arrange the hardboiled eggs, clementine slices, yogurt, and pumpkin seeds in a container. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use coconut yogurt instead of greek yogurt.

Banana & Zucchini Protein Baked Oatmeal

4 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

- 1 Zucchini (medium, shredded)
- 2 cups Oats (rolled)
- 1 cup Vanilla Protein Powder
- 2 Egg
- 1 cup Canned Coconut Milk
- 2 tbsps Maple Syrup
- 1 1/2 tsps Baking Powder
- 1/2 tsp Sea Salt
- 4 Banana (medium, ripe, divided)

NUTRITION

AMOUNT PER SERVING

Calories	521	Cholesterol	97mg
Fat	17g	Sodium	575mg
Carbs	66g	Vitamin A	309IU
Fiber	8g	Vitamin C	19mg
Sugar	23g	Calcium	276mg
Protein	30g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper and set aside.
- 02 Wrap the shredded zucchini in paper towel or a clean cloth and squeeze until all of the excess liquid comes out.
- 03 Add the oats, protein powder, eggs, milk, maple syrup, baking powder, salt, and half of the bananas to a blender. Blend until a smooth consistency is achieved. Stir in the shredded zucchini and scoop out the batter into the baking dish. Slice the remaining bananas and place the pieces on top of the batter.
- 04 Bake for 60 minutes or until golden-brown. Remove from the oven and allow it to cool for 15 minutes before slicing. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to five days or freeze for up to three months. Freeze in individual portions for an easy grab and go option.

SERVING SIZE

One serving is equal to approximately one cup. An 8 x 8-inch dish was used to make four servings.

MAKE IT VEGAN

Use flax eggs instead of eggs.

MORE FLAVOR

Add cinnamon or chocolate chips.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

Apple & Peanut Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (medium, peeled and chopped)
1 Banana (frozen)
4 Ice Cubes
2 tbsps Vanilla Protein Powder
2 tbsps Oats
1 tbsp All Natural Peanut Butter
3/4 tsp Cinnamon
1 cup Unsweetened Almond Milk

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to approximately two cups.

NUTRITION

AMOUNT PER SERVING

Calories	411	Cholesterol	2mg
Fat	12g	Sodium	186mg
Carbs	66g	Vitamin A	679IU
Fiber	12g	Vitamin C	19mg
Sugar	35g	Calcium	558mg
Protein	17g	Iron	2mg



Blueberry Banana Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Blueberries
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps All Natural Peanut Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	490	Cholesterol	4mg
Fat	19g	Sodium	246mg
Carbs	59g	Vitamin A	779IU
Fiber	11g	Vitamin C	25mg
Sugar	32g	Calcium	714mg
Protein	29g	Iron	2mg

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of peanut butter and coconut milk instead of almond milk.

NO ALMOND MILK

Use any other milk.

CONSISTENCY

For a smoother, colder smoothie, use frozen blueberries. If the smoothie is too thick, add more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

MORE FIBER

Add in some chopped leafy greens like spinach or kale.

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin A	98IU
Fiber	4g	Vitamin C	8mg
Sugar	19g	Calcium	11mg
Protein	0g	Iron	0mg

Greek Yogurt with Clementines & Pumpkin Seeds

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
2 Clementines (peeled)
1/4 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	431	Cholesterol	34mg
Fat	21g	Sodium	144mg
Carbs	33g	Vitamin A	1255IU
Fiber	4g	Vitamin C	88mg
Sugar	20g	Calcium	559mg
Protein	33g	Iron	4mg

DIRECTIONS

01 Combine the yogurt, clementines, and pumpkin seeds in a bowl. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is equal to one cup of yogurt, two clementines, and 1/4 cup of pumpkin seeds.

MAKE IT VEGAN

Use dairy-free yogurt instead.

MORE FLAVOR

Use vanilla yogurt.

ADDITIONAL TOPPING

Cacao nibs or dried goji berries.

Cherries, Banana & Cottage Cheese

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Cottage Cheese
1 Banana (medium, sliced)
1/2 cup Cherries (pitted, fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	359	Cholesterol	36mg
Fat	10g	Sodium	663mg
Carbs	46g	Vitamin A	419IU
Fiber	5g	Vitamin C	16mg
Sugar	30g	Calcium	190mg
Protein	25g	Iron	1mg

DIRECTIONS

01 Top the cottage cheese with banana slices and cherries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.

Baked Salmon with Broccoli & Quinoa

3 SERVINGS 20 MINUTES



INGREDIENTS

15 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
6 cups Broccoli (sliced into small florets)
1 1/2 tbsps Extra Virgin Olive Oil
3/4 cup Quinoa (uncooked)
1 1/8 cups Water
1/3 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	465	Cholesterol	72mg
Fat	17g	Sodium	175mg
Carbs	40g	Vitamin A	1370IU
Fiber	8g	Vitamin C	165mg
Sugar	3g	Calcium	128mg
Protein	43g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

NOTES

LEFTOVERS

Store covered in the fridge up to 2 days.

SPEED IT UP

Cook the quinoa ahead of time.

VEGAN

Use tofu steaks instead of salmon fillets.

Vanilla Protein Pancakes

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Banana (plus extra for topping)
8 Egg
1 cup Vanilla Protein Powder
2 tbsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	394	Cholesterol	376mg
Fat	17g	Sodium	181mg
Carbs	29g	Vitamin A	616IU
Fiber	4g	Vitamin C	10mg
Sugar	15g	Calcium	176mg
Protein	33g	Iron	2mg

DIRECTIONS

- 01 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 02 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 03 Transfer to a plate and top with additional banana slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

SERVING SIZE

One serving is approximately two pancakes.

ADDITIONAL TOPPINGS

Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts

Cottage Cheese with Cherries & Pumpkin Seeds

1 SERVING 5 MINUTES



INGREDIENTS

3/4 cup Cottage Cheese
3 tbsps Pumpkin Seeds
1/4 cup Cherries

NUTRITION

AMOUNT PER SERVING

Calories	314	Cholesterol	27mg
Fat	19g	Sodium	498mg
Carbs	14g	Vitamin A	249IU
Fiber	2g	Vitamin C	3mg
Sugar	9g	Calcium	147mg
Protein	25g	Iron	2mg

DIRECTIONS

01 Add all ingredients to a bowl and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days.

SERVING SIZE

One serving is approximately 1 1/4 cups.

MORE FLAVOR

Add cinnamon, protein powder, and/or maple syrup/honey.

ADDITIONAL TOPPINGS

Hemp seeds and/or cacao nibs.

Italian Chicken & Rice Meal Prep Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
10 ozs Chicken Breast (cut into large cubes)
1 cup Broccoli (cut into small florets)
1/4 cup Red Onion (cut into thick slices)
1/2 cup Cherry Tomatoes
1 Zucchini (small, chopped)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Italian Seasoning
1/2 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	448	Cholesterol	103mg
Fat	13g	Sodium	92mg
Carbs	45g	Vitamin A	833IU
Fiber	5g	Vitamin C	65mg
Sugar	5g	Calcium	57mg
Protein	38g	Iron	2mg

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 03 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Drizzle with the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 04 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 05 Divide the rice, chicken, and veggies evenly between meal prep containers or plates and enjoy!

NOTES

LEFTOVERS

Refrigerate for up to three days.

MORE FLAVOR

Add other dried herbs and spices to taste, like red pepper flakes, onion powder, or parsley.

ADDITIONAL TOPPINGS

Avocado or dipping sauce, like tzatziki or hummus.

NO BROWN RICE

Omit or use white rice, quinoa, or cauliflower rice instead.



Chicken & Kale Skillet with Chickpea Pasta

2 SERVINGS 20 MINUTES



INGREDIENTS

5 ozs Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil
10 ozs Chicken Breast (skinless, boneless, cut into strips)
Sea Salt & Black Pepper (to taste)
8 cups Kale Leaves (stems removed and leaves chopped)
1/4 cup Water
1 1/2 tsps Lemon Juice
1 1/2 tsps Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	500	Cholesterol	103mg
Fat	16g	Sodium	184mg
Carbs	45g	Vitamin A	4646IU
Fiber	14g	Vitamin C	81mg
Sugar	7g	Calcium	275mg
Protein	52g	Iron	9mg

DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Heat the oil in a large pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Season with salt and pepper and stir as it cooks. Transfer the chicken to a bowl and set aside.
- 03 To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice.
- 04 Add the pasta to the skillet and stir to combine. Divide onto plates and season with red pepper flakes on top. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately three cups.

MAKE IT VEGAN

Omit the chicken.

MORE FLAVOR

Add minced garlic, lemon juice, parmesan and/or shallots.

ADDITIONAL TOPPINGS

Freshly parsley and/or hemp seeds.

Beef, Zucchini & Mushrooms with Brown Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
1 tsp Extra Virgin Olive Oil
2 1/4 cups Mushrooms (sliced)
1/2 Zucchini (medium, chopped)
8 ozs Extra Lean Ground Beef
1/4 cup Nutritional Yeast
Sea Salt & Black Pepper (to taste)
1/4 cup Parsley

NUTRITION

AMOUNT PER SERVING

Calories	492	Cholesterol	74mg
Fat	16g	Sodium	141mg
Carbs	47g	Vitamin A	754IU
Fiber	7g	Vitamin C	21mg
Sugar	4g	Calcium	49mg
Protein	40g	Iron	6mg

DIRECTIONS

- 01 Cook rice according to the package directions.
- 02 Meanwhile, heat the oil in a large pan over medium heat. Add the mushrooms and cook for five minutes, until starting to soften.
- 03 Add the zucchini and ground beef. Continue to cook for 10 minutes, or until the beef is thoroughly cooked and the zucchini is softened. Add the nutritional yeast, salt, and pepper.
- 04 Serve with rice and top with parsley. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add garlic and onion.

Chicken & Chickpea Pasta Salad

3 SERVINGS 20 MINUTES



INGREDIENTS

4 1/2 ozs Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil
1 lb Chicken Breast (cubed)
1 tsp Italian Seasoning
1/4 tsp Sea Salt
1 cup Cherry Tomatoes (halved)
1/2 Cucumber (quartered)
2 tbsps Red Onion (thinly sliced)
1/2 Lemon (zested and juiced)

NUTRITION

AMOUNT PER SERVING

Calories	383	Cholesterol	110mg
Fat	11g	Sodium	313mg
Carbs	29g	Vitamin A	512IU
Fiber	7g	Vitamin C	12mg
Sugar	6g	Calcium	52mg
Protein	45g	Iron	5mg

DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Heat a skillet over medium heat and add the oil. Add the chicken and season with the Italian seasoning and salt. Cook for about five to seven minutes or until cooked through.
- 03 In a bowl, combine the pasta, chicken with its juices, tomatoes, cucumber, and red onion. Top with lemon juice and zest and toss well to coat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days.

SERVING SIZE

One serving is about 1 1/2 cups of pasta salad.

MAKE IT VEGAN

Use tofu or tempeh instead of chicken.

MORE FLAVOR

Add crumbled feta, goat cheese, garlic and/or balsamic vinegar.

Salmon Quinoa Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
12 ozs Salmon Fillet
1/4 cup Red Onion (sliced)
1/4 cup Lemon Juice (fresh, divided)
2 cups Cherry Tomatoes (halved)
1/2 Cucumber (chopped)
2 tbsps Cilantro (minced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	432	Cholesterol	87mg
Fat	11g	Sodium	145mg
Carbs	40g	Vitamin A	167IU
Fiber	6g	Vitamin C	36mg
Sugar	7g	Calcium	69mg
Protein	46g	Iron	3mg

DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
- 03 Place the salmon in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.
- 04 Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and cilantro to the quinoa and mix. Add salt and pepper to taste.
- 05 Divide the quinoa salad between servings and top with the salmon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for two days.

SERVING SIZE

One serving is approximately one cup of quinoa salad and 6 oz of salmon.

MORE FLAVOR

Spread dijon mustard and olive oil on the salmon. Add shaved parmesan or goat cheese to the quinoa salad.

ADDITIONAL TOPPINGS

Chopped parsley, pine nuts, pumpkin seeds and/or walnuts.

Yogurt with Granola & Banana

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt

1 Banana (sliced)

1/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	485	Cholesterol	34mg
Fat	15g	Sodium	152mg
Carbs	61g	Vitamin A	1333IU
Fiber	7g	Vitamin C	26mg
Sugar	28g	Calcium	536mg
Protein	29g	Iron	3mg

DIRECTIONS

01 Add the yogurt, banana, and granola to a bowl, and enjoy!

NOTES

MORE FLAVOR

Add maple syrup or vanilla.

ADDITIONAL TOPPINGS

Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

GLUTEN-FREE

Use gluten-free granola.

DAIRY-FREE

Use a dairy-free yogurt alternative.

Whipped Peanut Butter Yogurt Bowl

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
2 tbsps All Natural Peanut Butter
2 tbsps Granola
2 tbsps Blueberries (fresh or frozen)
1 tsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	476	Cholesterol	34mg
Fat	25g	Sodium	151mg
Carbs	35g	Vitamin A	1263IU
Fiber	3g	Vitamin C	17mg
Sugar	18g	Calcium	535mg
Protein	31g	Iron	2mg

DIRECTIONS

01 In a bowl, whisk the yogurt and peanut butter together vigorously. Top with granola, blueberries, and maple syrup. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE




One serving is equal to approximately one cup of yogurt.





DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.




MORE FLAVOR




Swirl berry jam or chia jam into the yogurt.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Divide the salmon fillets into two portions and freeze one portion. Divide the chicken breasts into three portions and freeze two portions. Freeze the ground beef.	This guide will remind you to thaw them later in the week.
		Make Orange & Yogurt Breakfast Box.	Divide between containers and store in the fridge for snacks.
		Make Baked Salmon with Broccoli & Quinoa.	Divide between containers and store in the fridge for meals.
		Make Vanilla Protein Pancakes.	Divide between containers. Freeze half the portions for later in the week and store half in the fridge.
1 Mon		Make Creamy Vanilla Blueberry Protein Oats.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Creamy Vanilla Blueberry Protein Oats, Orange & Yogurt Breakfast Box, Baked Salmon with Broccoli & Quinoa, Vanilla Protein Pancakes.

		Make Italian Chicken & Rice Meal Prep Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Yogurt with Granola & Banana.	Enjoy for a snack.
2 Tue		Pack your meals if you are on-the-go.	Creamy Vanilla Blueberry Protein Oats, Orange & Yogurt Breakfast Box, Italian Chicken & Rice Meal Prep Bowl, Vanilla Protein Pancakes.
		Enjoy Baked Salmon with Broccoli & Quinoa for dinner.	Reheat in the microwave or in a pan.
		Portion Yogurt with Granola & Banana.	Enjoy for a snack.
		Make Banana & Zucchini Protein Baked Oatmeal.	Divide between containers. Freeze half the portions for later in the week and store half in the fridge.
		Portion Greek Yogurt with Clementines & Pumpkin Seeds.	Store in the fridge for a snack.
		Take one portion of chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make Savory Egg & Beef Oats.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfasts in the week.
		Pack your meals if you are on-the-go.	Savory Egg & Beef Oats, Banana & Zucchini Protein Baked Oatmeal, Baked Salmon with Broccoli & Quinoa, Greek Yogurt with Clementines & Pumpkin

			Seeds.
		Make Chicken & Kale Skillet with Chickpea Pasta for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Cherries, Banana & Cottage Cheese.	Enjoy for a snack.
		Take the Vanilla Protein Pancakes out of the freezer.	Thaw in a container in the fridge for snacks.
	Take the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.	
4 Thu		Make Apple & Peanut Butter Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Savory Egg & Beef Oats, Apple & Peanut Butter Smoothie, Chicken & Kale Skillet with Chickpea Pasta, Banana & Zucchini Protein Baked Oatmeal.
		Make Beef, Zucchini & Mushrooms with Brown Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Vanilla Protein Pancakes.	Enjoy for a snack.
		Portion out Cottage Cheese with Cherries & Pumpkin Seeds.	Store in a container for a snack tomorrow.
		Take the chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.

5 Fri		Make Blueberry Banana Protein Smoothie with Apple.	Pour smoothie into a portable cup for a snack and pack apple on the side.
		Pack your meals if you are on-the-go.	Savory Egg & Beef Oats, Blueberry Banana Protein Smoothie with Apple, Beef, Zucchini & Mushrooms with Brown Rice, Cottage Cheese with Cherries & Pumpkin Seeds.
		Make Chicken & Chickpea Pasta Salad for dinner.	Enjoy and store leftovers in the fridge.
		Portion Vanilla Protein Pancakes.	Enjoy for a snack.
		Portion Greek Yogurt with Clementines & Pumpkin Seeds.	Store in the fridge for a snack.
		Take the Banana & Zucchini Protein Baked Oatmeal out of the freezer.	Thaw in a container in the fridge for snacks this weekend.
Take the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.		
6 Sat		Make Creamy Apple Pie Protein Oatmeal.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Creamy Apple Pie Protein Oatmeal, Greek Yogurt with Clementines & Pumpkin Seeds, Chicken & Chickpea Pasta Salad, Banana & Zucchini Protein Baked Oatmeal.

		Make Salmon Quinoa Salad for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Make Blueberry Banana Protein Smoothie.	Enjoy for a snack.
		Portion out Cherries, Banana & Cottage Cheese.	Store in a container for a snack tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Creamy Apple Pie Protein Oatmeal, Cherries, Banana & Cottage Cheese, Salmon Quinoa Salad, Banana & Zucchini Protein Baked Oatmeal.
		Shop and prep for next week.	
		Enjoy leftover Chicken & Chickpea Pasta Salad for dinner.	Reheat in the microwave.
		Make Whipped Peanut Butter Yogurt Bowl.	Enjoy for a snack.

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-  **Monthly Macro-Based Recipe Suggestions***
-  **Optional Access to Meal Planning App for Recipe DIY***
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-  **Exclusive Resources to help you implement your habits**

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WAIVER

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