20
DELICIOUS

Protein, Fiber & Healthy Fat Approved Including Nutritional Breakdown

Recipe Guide



VICTORY
HEALTH & WELLNESS

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Please note that the nutritional information provided is calculated using a online nutrition calculators and is an approximation. Actual values may vary significantly depending on the specific brands and products used, as well as portion sizes and preparation methods.

MEASUREMENT CONVERSIONS

VOLUME MEASUREMENTS

Measurement	Metic	UK Imperial
¼ tsp	1.25 ml	¼ tsp
½ tsp	2.5 ml	½ tsp
1 tsp	5 ml	1 tsp
1 tablespoon	15 ml	1 tablespoon
¼ cup	60 ml	2 fl oz
⅓ cup	80 ml	2.75 fl oz.
½ cup	120 ml	4 fl oz
⅔ cup	160 ml	5.5 fl oz
¾ cup	180 ml	6 fl oz
1 cup	240 ml	8 fl oz
2 cups (1 pint)	480 ml	16 fl oz

WEIGHT MEASUREMENTS

US/Imperial	Metic
1/2 oz	15 g
1 oz	30 g
2 oz	60 g
3 oz	85 g
4 oz (1/4 lb)	115 g
6 oz	170 g
8 oz (1/2 lb)	225 g
1 lb	450 g
2 lbs	900 g
3 lbs	1.35 kg
5 lbs	2.25 kg

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Tropical Fruit Punch Green Protein Smoothie

MAKES 1 SERVING

INGREDIENTS

- 1/4 cup fresh or frozen strawberries
- 1/4 cup diced cucumber
- 1/4 cup frozen raspberries
- 1/4 cup frozen zucchini
- 1 cup unsweetened coconut milk
- 1 scoop (30g) vanilla protein powder
- 1/4 cup plain Greek yogurt
- 1 cup fresh spinach
- 1 tbsp ground flaxseed
- 1 tsp fresh lime juice
- 1/4 cup ice cubes
- Pomegranate arils (optional)
- Mint leaves (optional)

DIRECTIONS

- Add all ingredients to a blender, starting with the liquids first.
- Blend on high speed until completely smooth (about 60 seconds).
- Taste and adjust the sweetness if needed.
- Pour into a tall glass and serve immediately.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES	PROTEIN	CARBS
300-330 kcal	32-35 grams	20-24 grams

FIBER	FAT
8-10 grams	10-12 grams

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Triple Berry Protein & Fiber Breakfast Jar

MAKES 1 SERVING

INGREDIENTS

- 1/4 cup rolled oats
- 2 tbsp chia seeds
- 3/4 cup 0% Greek yogurt
- 1/4 cup unsweetened almond milk
- 1/2 cup mixed berries (raspberries, blueberries, blackberries)
- 1/2 scoop (15g) vanilla protein powder
- 1/2 tsp vanilla extract
- 1/8 tsp cinnamon
- 1/8 tsp liquid stevia (or to taste)
- 1 tbsp sliced almonds (for topping)

DIRECTIONS

- Combine oats, chia seeds, yogurt, milk, berries, protein powder, vanilla, and cinnamon in a jar
- Mix well until combined
- Add stevia to taste
- Cover and refrigerate overnight (minimum 4 hours)
- Top with almonds before serving

CALORIES	PROTEIN	CARBS	FIBER	FAT
400-450	30-40 grams	35-45 grams	10-12 grams	12-15 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Low-Sugar Green Protein Smoothie

MAKES 1 SERVING

INGREDIENTS

- 1 1/2 cups unsweetened almond milk
- 1 scoop (about 30g) vanilla protein powder (ensure it's sugar-free)
- 1 cup fresh spinach
- 1/2 medium avocado
- 1 tbsp chia seeds
- 1 tbsp unsweetened cocoa powder
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- 5-6 ice cubes
- Optional: 1/8 teaspoon stevia (or to taste) if additional sweetness is desired

DIRECTIONS

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Adjust thickness with more almond milk if needed.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES	PROTEIN	CARBS
340-370 kcal	30-35 grams	20-25 grams

FIBER	FAT
15-18 grams	2025 grams

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Zucchini Bread Protein & Fiber Jar

MAKES 1 SERVING

INGREDIENTS

- 1/4 cup rolled oats
- 2 tbsp chia seeds
- 3/4 cup 0% Greek yogurt
- 1/4 cup unsweetened almond milk
- 1/4 cup grated zucchini
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tbsp crushed walnuts
- 1/2 scoop vanilla protein powder
- 1/2 tsp vanilla extract
- 1/8 tsp liquid stevia (or to taste)

DIRECTIONS

- In a mason jar, mix together almond milk, oats, Greek yogurt, chia seeds, cinnamon, nutmeg, and protein powder.
- Add grated zucchini and stir. Top with crushed walnuts.
- Leave overnight to set. If too thick, add more almond milk.

CALORIES	PROTEIN	CARBS	FIBER	FAT
400-420 kcal	30-40 grams	30-35 grams	10-12 grams	12-15 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Cottage Cheese Egg White Bites

MAKES 12 SERVINGS

INGREDIENTS

- 6 large egg whites
- 1/2 cup drained cottage cheese
- 1/4 cup finely diced bell peppers (red or green)
- 1/4 cup finely diced onion
- 2 tbsp finely chopped chives
- 2 tbsp finely chopped fresh parsley
- 1/4 cup crumbled feta cheese
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1 tsp olive oil
- Cooking spray

DIRECTIONS

- Preheat oven to 350°F. Spray a 12-cup muffin tin with cooking spray.
- Heat olive oil in a small skillet. Sauté diced bell peppers and onions over medium heat for 3-4 minutes until softened and moisture is reduced. Let cool slightly.
- In a bowl, mix egg whites, drained cottage cheese, sautéed peppers and onions, chives, parsley, feta, salt, and pepper.
- Pour mixture into muffin tin, filling each cup 3/4 full.
- Bake 20-25 minutes until puffed and golden.
- Cool in tin for 5 minutes, then remove and serve.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES	PROTEIN	CARBS
40-50 kcal	4-5 grams	1-2 grams

FIBER	FAT
0-1 grams	2-3 grams

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Quinoa Chickpea Power Bowl

MAKES 1 SERVING

INGREDIENTS

- 1/2 cup cooked quinoa
- 1/2 cup chickpeas (canned, drained and rinsed)
- 1/2 cup roasted sweet potato cubes
- 1/4 cup chopped red cabbage
- 1 tbsp pumpkin seeds
- 2 tbsp Greek yogurt
- 1 tsp olive oil
- Salt and pepper to taste
- 2 tbsp fresh herbs (cilantro or parsley), chopped

DRESSING

- 1 tbsp lime juice
- 1 tsp honey
- Pinch of cumin
- 1 tsp water (to thin)

DIRECTIONS

- Cook quinoa according to package instructions and let cool slightly.
- Roast sweet potato cubes at 400°F for 20 minutes until tender, using minimal oil spray.
- In a bowl, layer quinoa, chickpeas, sweet potato, and red cabbage.
- Whisk dressing ingredients together.
- Top bowl with pumpkin seeds, a dollop of Greek yogurt, and fresh herbs.
- Drizzle with dressing and season with salt and pepper.

CALORIES	PROTEIN	CARBS	FIBER	FAT
400-430 kcal	20-22 grams	60-70 grams	12-14 grams	10-12 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Tuna, Feta & Cucumber Wrap with Microgreens

MAKES 1 SERVING

INGREDIENTS

- 1 high-fiber tortilla wrap (10-inch, 10-12g fiber per wrap)
- 1 can (5 oz) tuna in olive oil, drained (reserve 1 tsp oil)
- 1 tbsp crumbled feta cheese
- 1/2 cup thinly sliced cucumber
- 1 cup microgreens
- 1 tsp lemon juice
- Salt and pepper to taste

DIRECTIONS

- Warm the tortilla slightly for easier folding
- In a small bowl, combine tuna with reserved olive oil, lemon juice, salt and pepper
- Gently fold in crumbled feta cheese
- Spread tuna mixture over the center of the tortilla
- Layer with sliced cucumbers and microgreens
- Fold in sides of tortilla and roll up tightly
- Cut in half and serve

CALORIES	PROTEIN	CARBS	FIBER	FAT
340-370 kcal	31-35 grams	18-22 grams	12-14 grams	13-15 grams



One-Pot Green Curry Coconut Shrimp & Brown Rice

MAKES 4 SERVING

INGREDIENTS

- 1 pound of large shrimp, peeled and deveined
- 1.5 cups brown rice, rinsed
- 1 can (13.5 oz) light coconut milk
- 1.5 cups low-sodium chicken broth
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2-3 tablespoons of Thai green curry paste
- 1 zucchini, diced
- 1 cup snap peas or green beans, trimmed
- 1 cup fresh spinach leaves
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- Salt to taste
- 1/4 cup chopped fresh cilantro & basil

DIRECTIONS

- Heat olive oil in a large, deep skillet or Dutch oven over medium heat.
- Add the onion and sauté for 3 minutes.
- Add garlic and green curry paste; cook for 1 minute until fragrant.
- Add brown rice and stir to coat with curry paste.
- Pour in coconut milk and chicken broth; bring to a boil.
- Reduce heat to low, cover, and simmer for 35-40 minutes until rice is almost tender.
- Add zucchini, snap peas, and shrimp on top of the rice, cover, and cook for 5 minutes.
- Stir in spinach leaves and lime juice; cook for 1-2 minutes until spinach wilts.
- Taste and adjust seasoning if needed.
- Garnish with fresh cilantro and basil before serving.

CALORIES	PROTEIN	CARBS	FIBER	FAT
330-360 kcal	26-32 grams	30-35 grams	4-6 grams	12-14 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Crispy Roasted Brussels Sprouts

MAKES 4 SERVINGS

INGREDIENTS

- 1 pound fresh brussel sprouts
- 2 tablespoons olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon balsamic vinegar (optional, added after roasting)

DIRECTIONS

- Preheat the oven to 400°F (same temperature as your pork).
- Trim the ends off Brussels sprouts and remove any yellow outer leaves.
- Cut Brussels sprouts in half lengthwise.
- Place in a bowl and toss with olive oil, salt, and pepper until evenly coated.
- Spread in a single layer on a baking sheet, cut sides down for maximum browning.
- Roast for 20-25 minutes until crispy on the outside and tender inside.
- For best results, roast on the lower rack while your pork tenderloin cooks on the middle rack.
- If using balsamic vinegar, drizzle over hot Brussels sprouts immediately after removing from oven.

CALORIES	PROTEIN	CARBS	FIBER	FAT
100-110 kcal	3-4 grams	10-12 grams	4-5 grams	7-8 grams



Dijon Italian Marinated Pork Tenderloin

MAKES 4 SERVINGS

INGREDIENTS

- 1 pork tenderloin (about 1-1.5 pounds)
- 2 tablespoons olive oil
- 2 tablespoons of Dijon mustard
- 2 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 lemon, cut into wedges (optional)

DIRECTIONS

- In a small bowl, mix olive oil, Dijon mustard, garlic, Italian seasoning, salt, and pepper.
- Place pork tenderloin in a ziplock bag or shallow dish.
- Pour marinade over pork, making sure it's well coated on all sides.
- Seal or cover and refrigerate for at least 2 hours (or overnight for best flavor).
- When ready to cook, preheat the oven to 400°F.
- Remove pork from marinade and place on a baking sheet or in a roasting pan.
- Bake for 20-25 minutes, or until internal temperature reaches 145°F.
- Let rest for 5-10 minutes before slicing.
- Serve with lemon wedges if desired.

CALORIES	PROTEIN	CARBS	FIBER	FAT
190-210 kcal	28-30 grams	1-3 grams	0 grams	10-12 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



One-Pan Big Mac Power Bowl

MAKES 4 SERVINGS

INGREDIENTS

- 1 lb extra lean ground beef (90–95% lean)
- 1/2 cup cooked lentils (or 1/2 can, drained)
- 1/2 cup diced onion
- 2 cups cherry tomatoes, halved
- 3 cups shredded lettuce
- 1 cup diced pickles
- 1 cup shredded reduced-fat cheddar cheese
- 2 tbsp sesame seeds
- 2 tsp olive oil
- Salt & black pepper, to taste

SECRET SAUCE

- 1/2 cup plain 2% Greek yogurt
- 2 tbsp light mayo
- 1 tbsp no-sugar-added ketchup
- 1 tsp mustard
- 1 tsp pickle juice
- 1/2 tsp onion powder
- 1/2 tsp paprika

DIRECTIONS

- Heat olive oil in a large skillet over medium-high heat.
- Add ground beef and onion, season with salt and pepper, and cook until browned (6–7 minutes). Drain if needed.
- Stir in lentils and cook 2 minutes to heat through. Remove from heat.
- Whisk together all sauce ingredients in a small bowl.
- Assemble bowls: layer shredded lettuce on the bottom, then beef mixture, cherry tomatoes, pickles, cheese, and drizzle with special sauce.
- Sprinkle sesame seeds on top before serving.

CALORIES	PROTEIN	CARBS	FIBER	FAT
400-420 kcal	32-38 grams	14-18 grams	4-7 grams	18-22 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Spiced Lemon-Garlic Cod Power Bowl

MAKES 2 SERVINGS

INGREDIENTS

- 3/4 lb cod fillets (or other firm white fish)
- 2 tsp olive oil (divided)
- Juice + zest of 1/2 lemon
- 1 tbsp all-purpose seasoning blend* (e.g., lemon pepper, garlic & herb, or mild Cajun)
- Salt & black pepper, to taste
- 1 cup cooked brown rice
- 1 cup roasted broccoli florets
- 1/2 cup shredded carrots
- 2 tbsp fresh parsley or cilantro, chopped

LEMON-YOGURT SAUCE (LIGHT)

- 2 tbsp plain 2% Greek yogurt
- 1 tsp lemon juice
- 1 tsp Dijon mustard
- Salt & pepper, to taste

DIRECTIONS

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment.
- Rub cod with 1 tsp olive oil, lemon juice/zest, seasoning blend, salt, and pepper. Roast 12–15 minutes until fish flakes easily.
- Steam or roast broccoli until tender-crisp.
- Mix yogurt, lemon juice, Dijon, salt, and pepper for the sauce.
- Divide brown rice between 2 bowls. Top with cod, broccoli, and carrots.
- Drizzle with lemon-yogurt sauce and garnish with parsley or cilantro.

CALORIES	PROTEIN	CARBS	FIBER	FAT
320-360 kcal	28-32 grams	28-32 grams	4-6 grams	10-12 grams



10 Minute Edamame Spaghetti with Peanut Sauce and Veggies

MAKES 4 SERVINGS

INGREDIENTS

- 200 grams Liviva Brand edamame spaghetti noodles (approximately 7.1 oz)
- 1 red bell pepper, thinly sliced
- 1 cup shredded carrots
- 1 cup snap peas, halved
- 1 cup edamame, shelled
- 4 green onions, sliced
- 1/4 cup fresh cilantro, chopped (optional)
- 2 tbsp sesame seeds (optional)

VINAIGRETTE

- 1/4 cup natural peanut butter
- 2 tbsp soy sauce or tamari
- 1 tbsp rice vinegar
- 1 tbsp lime juice
- 1 tsp grated ginger
- 1 clove garlic, minced
- 2-3 tbsp warm water (to thin the sauce)

DIRECTIONS

- Cook edamame spaghetti according to package instructions. Drain and rinse with cold water.
- In a bowl, whisk together peanut butter, soy sauce, rice vinegar, lime juice, ginger, and garlic. Add warm water gradually until smooth.
- Combine bell pepper, carrots, snap peas, edamame, and green onions in a large bowl.
- Add the noodles to the veggies. Pour the sauce over and toss to coat.
- Garnish with cilantro and sesame seeds if desired. Serve immediately or chilled.

CALORIES	PROTEIN	CARBS	FIBER	FAT
430-450 kcal	30-35 grams	40-45 grams	20-25 grams	14-17 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Stuffed Instant Pot Italian Spaghetti Squash

MAKES 4 SERVINGS

INGREDIENTS

- 1 medium spaghetti squash (cooked using the Instant Pot method)
- 1 lb ground turkey or lean ground beef
- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes, drained
- 1 tsp Italian seasoning
- 1/4 cup fresh grated Parmesan cheese
- Salt and pepper to taste
- Fresh parsley or basil for garnish (optional)

DIRECTIONS

- Cook the spaghetti squash in the Instant Pot, cut it in half, scoop out the seeds, and set aside.
- Heat olive oil in a skillet over medium heat. Sauté diced onion and garlic until softened (3-4 minutes).
- Add ground turkey or beef, and cook until browned and fully cooked, breaking it into small pieces.
- Stir in diced tomatoes and Italian seasoning, season with salt and pepper, and simmer for 5-7 minutes.
- Fluff the squash strands with a fork, then divide the meat mixture between the squash halves.
- Sprinkle fresh grated Parmesan cheese on top and garnish with parsley or basil if desired.

CALORIES	PROTEIN	CARBS	FIBER	FAT
330-370 kcal	25-30 grams	20-25 grams	5-7 grams	14-18 grams



Pan Fried Simple Salmon

MAKES 2 SERVINGS

INGREDIENTS

- 2 (6-ounce) skin-on salmon fillets
- 1 Tbsp. olive oil, plus more if needed
- Salt & Pepper black pepper

DIRECTIONS

- Pat salmon fillets dry with paper towels. Season with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat.
- Cook salmon, skin side down, until skin is crispy, 5 to 7 minutes.
- Flip and cook until just cooked through, 1 to 2 minutes.

CALORIES	PROTEIN	CARBS	FIBER	FAT
360-380 kcal	40-45 grams	0 grams	0 grams	18-22 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Crunchy Broccoli & Chickpea Salad

MAKES 6 SERVINGS

INGREDIENTS

- 1 medium head broccoli, chopped (about 3 cups) (300g)
- 1 (15 oz) can chickpeas, rinsed (255g)
- 1 orange bell pepper, chopped (120g)
- 2 ribs celery, chopped (100g)
- 1/3 cup chopped red onion (50g)
- 1/4 cup sunflower seeds (35g)
- 3 oz crumbled feta cheese (85g)

DRESSING

- 1/4 cup tahini (60g)
- 1 tbsp water (15ml, plus more as needed)
- 1 tbsp monk fruit sweetener (to taste) (12g)
- 4 tbsp lemon juice (60ml)
- 1 garlic clove, minced (3g)
- Kosher salt and pepper (to taste)

DIRECTIONS

- Combine broccoli, chickpeas, bell pepper, celery, and red onion in a large bowl.
- Whisk together all dressing ingredients until smooth. Add more water as needed for desired consistency.
- Pour dressing over salad and toss well.
- Top with sunflower seeds and crumbled feta cheese.
- Let sit for 15-20 minutes before serving to allow flavors to meld.

CALORIES	PROTEIN	CARBS	FIBER	FAT
230-260 kcal	10-12 grams	24-28 grams	8-10 grams	10-12 grams



Crumbled Tofu and Black Bean Tacos

MAKES 4 SERVINGS

INGREDIENTS

- 14 oz extra-firm tofu, pressed and crumbled
- 2 tbsp olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp smoked paprika
- ¼ tsp oregano
- 2 tbsp soy sauce
- 1 tbsp tomato paste
- 1 can black beans, drained and rinsed
- small corn or flour tortillas, warmed
- 1 avocado, sliced
- ½ cup red cabbage, thinly sliced
- ¼ cup red onion, diced
- ¼ cup fresh cilantro, chopped
- Lime wedges
- Hot sauce or salsa (optional)

DIRECTIONS

- Press and crumble tofu into small pieces.
- Heat oil in large skillet over medium-high heat. Cook onion 3-4 minutes, add garlic for 30 seconds.
- Add crumbled tofu, cook 6-8 minutes stirring frequently until browned.
- Stir in spices, soy sauce, and tomato paste. Cook 2-3 minutes.
- Add black beans with cumin and chili powder. Cook 3-4 minutes. Season with salt and pepper.
- Serve in warm tortillas with toppings and lime wedges.

CALORIES	PROTEIN	CARBS	FIBER	FAT
400-440 kcal	20-22 grams	45-50 grams	12-15 grams	17-19 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Mediterranean Herb Beef Burgers in Lettuce Cups

MAKES 4 SERVINGS

INGREDIENTS

- 1 lb extra lean ground beef (450g)
- 1/4 cup red onion, minced (40g)
- 3 garlic cloves, minced (9g)
- 1/4 cup fresh parsley, chopped (4g)
- 2 tbsp fresh dill, chopped (3g)
- 1 tsp dried oregano (1g)
- 1/2 tsp salt (2g)
- 1/4 tsp black pepper (0.5g)
- 2 tbsp olive oil (30ml)

FOR SERVING

- 8 large butter lettuce leaves (100g)
- 1/2 cup light tzatziki (120g)
- 4 oz light feta cheese, crumbled (113g)
- 1 small red onion, thinly sliced (70g)
- 1 cucumber, sliced (300g)
- 2 tomatoes, sliced (250g)

DIRECTIONS

- Mix ground beef, minced onion, garlic, parsley, dill, oregano, salt, and pepper in a bowl.
- Form into 4 patties and refrigerate for 30 minutes.
- Heat olive oil in skillet over medium heat. Cook patties 5-6 minutes per side until cooked through (160°F internal temp).
- Prepare lettuce wraps by placing each patty in lettuce leaves and topping with tzatziki, feta, onion, cucumber, and tomato.

CALORIES	PROTEIN	CARBS	FIBER	FAT
320-340 kcal	28-32 grams	8-10 grams	3-4 grams	18-22 grams



Ultra-Creamy Dairy-Free Broccoli Soup

MAKES 4 SERVINGS

INGREDIENTS

- 2 heads of broccoli, chopped (about 4-5 cups)
- 1 can (15 oz) white beans, drained and rinsed
- 1/2 cup raw cashews, soaked*
- 1 medium onion, diced
- 3 cloves garlic, minced
- 4 cups vegetable broth
- 2 tablespoons olive oil
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Optional: squeeze of lemon
- Soak cashews in hot water for 30 minutes or overnight in cold water

DIRECTIONS

- Soak cashews in hot water while preparing other ingredients
- Heat oil in a large pot, and cook onion until soft (5-7 minutes) Add garlic and cook 1 minute more
- Add broccoli and broth Simmer until broccoli is tender (8-10 minutes)
- Add beans, drained cashews, thyme, salt, and pepper Simmer for 5 more minutes
- Blend until smooth using an immersion blender or regular blender
- Add salt and pepper to taste

CALORIES	PROTEIN	CARBS	FIBER	FAT
310-325 kcal	13-15 grams	32-37 grams	8-10 grams	12-14 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Garlic Ginger Tofu Stir-Fry

MAKES 2 SERVINGS

INGREDIENTS

- 10 oz extra-firm tofu, pressed and cubed
- 1 tbsp avocado oil (divided)
- 1 cup broccoli florets
- 1 cup snap peas
- 1/2 cup sliced bell peppers (red and orange)
- 2 garlic cloves, minced
- 1 tsp fresh grated ginger
- 2 tbsp low-sodium soy sauce or tamari
- 1 tbsp rice vinegar
- 1 tsp toasted sesame oil
- 2–3 drops liquid stevia (optional)
- 1 tbsp sesame seeds
- 2 green onions, sliced
- Pinch red pepper flakes

DIRECTIONS

- Press tofu for 15 minutes. Cut into cubes.
- Heat 1/2 tbsp avocado oil in a large skillet or wok over high heat.
- Add tofu and cook 6–8 minutes, turning occasionally, until golden and crispy. Remove and set aside.
- Add remaining oil to skillet. Add broccoli, snap peas, and bell peppers. Stir-fry 4–5 minutes until crisp-tender.
- Add garlic and ginger. Cook 30 seconds until fragrant.
- In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, stevia, and red pepper flakes.
- Return tofu to skillet. Pour sauce over everything and toss to coat.
- Cook 1–2 minutes until sauce thickens slightly.
- Garnish with sesame seeds and green onions.

CALORIES	PROTEIN	CARBS	FIBER	FAT
310-340 kcal	22-25 grams	17-20 grams	6-8 grams	18-20 grams



High-Protein Chocolate Crunch Clusters

MAKES 16 SERVINGS

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1/4 cup chia seeds
- 1/4 cup ground flaxseed
- 1/4 cup unsweetened shredded coconut
- 2 tbsp psyllium husk powder
- 1/2 cup vanilla whey protein powder (or plant protein)
- 1/2 cup powdered peanut butter (PB2 style)
- 1/4 cup unsweetened almond milk
- 2 tbsp mini dark chocolate chips (70% cacao)
- 1 tsp vanilla extract
- Pinch of sea salt

DIRECTIONS

- Line a baking sheet with parchment paper.
- In a large bowl, mix oats, chia seeds, flaxseed, coconut, psyllium husk, and protein powder.
- In a small bowl, whisk powdered peanut butter with almond milk and vanilla until smooth.
- Pour peanut butter mixture over dry ingredients and stir until well combined (add an extra splash of almond milk if too dry).
- Fold in chocolate chips.
- Scoop into 16 clusters on parchment paper.
- Refrigerate for 30 minutes until firm. Store in an airtight container in the fridge for up to 1 week.

CALORIES	PROTEIN	CARBS	FIBER	FAT
85-100 kcal	6-8 grams	9-11 grams	4-6 grams	3-4 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Orange Vanilla No-Bake Protein Cheesecake Cups

MAKES 2 SERVINGS

INGREDIENTS

Base:

- 1/2 cup 0% Greek yogurt
- 1/3 cup low-fat cottage cheese (blended until smooth)
- 1/2 scoop vanilla protein powder
- 1 tsp orange zest
- 1/4 tsp vanilla extract
- 2–3 drops liquid stevia

Berry Chia Topping:

- 1/4 cup fresh or frozen mixed berries, roughly chopped
- 1 tbsp chia seeds
- 1 tbsp water
- 1/2 tsp orange zest
- 1–2 drops liquid stevia

DIRECTIONS

For Topping:

- In a small bowl, combine berries, chia seeds, water, orange zest, and stevia.
- Mix well and refrigerate 20 minutes to thicken.

For Cheesecake Base:

- Blend cottage cheese in a small blender until completely smooth.
- In a medium bowl, whisk together blended cottage cheese, Greek yogurt, protein powder, orange zest, vanilla extract, and stevia until smooth and fluffy.
- Divide cheesecake mixture between two small glasses or jars.
- Top each with berry chia mixture.
- Refrigerate 30 minutes before serving.

CALORIES	PROTEIN	CARBS	FIBER	FAT
130-160 kcal	18-22 grams	10-15 grams	2-3 grams	3-5 grams

6 Quick Protein + Fiber + Healthy Fat Combos with Rotisserie Chicken

ALL READY IN UNDER 10 MINUTES!

WHY ROTISSERIE CHICKEN?

It's the ultimate shortcut protein — lean, already cooked, and easy to shred. Pair it with fiber-rich veggies, beans, or grains and healthy fats for balanced, fast meals and snacks.

CHICKEN & HUMMUS CUCUMBER BOATS

Shredded chicken stuffed into halved cucumbers, topped with 2 tbsp hummus + paprika.

➡️ *~27 g protein | 12 g carbs | 10 g fat | 5 g fiber*

CHICKEN AVOCADO SALAD CUPS

Shredded chicken + 1/2 avocado (mashed with lime + salt) served in 3–4 romaine leaves.

➡️ *~29 g protein | 10 g carbs | 14 g fat | 7 g fiber*



LEMON CHICKEN BOWL
Shredded chicken + 1/2 cup white beans + cherry tomatoes + 1 tbsp olive oil + squeeze of lemon.
➡️ *~31 g protein | 19 g carbs | 13 g fat | 8 g fiber*

CHICKEN SNACK PLATE (MINI BENTO BOX)
Shredded chicken + 6 whole-grain crackers + cucumber slices + 2 tbsp guacamole.
➡️ *~26 g protein | 22 g carbs | 11 g fat | 6 g fiber*

QUICK CHICKEN & BEAN SOUP (5-MINUTE HACK)
1 cup low-sodium broth + 3 oz shredded chicken + 1/2 cup canned white beans + 1/2 cup baby spinach or kale + garlic powder, black pepper, and lemon juice.
➡️ *~30 g protein | 20 g carbs | 7 g fat | 8 g fiber*

SOUTHWEST CHICKEN BEAN JAR
Layer shredded chicken + 1/2 cup black beans + 1/4 cup corn + salsa in a jar. Eat straight or scoop with high-fiber crackers.
➡️ *~30–31 g protein | 24–25 g carbs | 7–8 g fat | 9 g fiber*

RECIPE SHOPPING GUIDE

Below you will find a quick reference shopping guide broken down by recipe



Recipe Name	Ingredients
Tropical Fruit Punch Green Protein Smoothie	Fresh or frozen strawberries, cucumber, frozen raspberries, frozen zucchini, unsweetened coconut milk, vanilla protein powder, plain Greek yogurt, spinach, ground flaxseed, lime juice, ice cubes, pomegranate arils (optional), mint leaves (optional)
Low-Sugar Green Protein Smoothie	Unsweetened almond milk, vanilla protein powder, spinach, avocado, chia seeds, unsweetened cocoa powder, cinnamon, vanilla extract, ice cubes, stevia (optional)
Triple Berry Protein & Fiber Breakfast Jar	Rolled oats, chia seeds, 0% Greek yogurt, unsweetened almond milk, mixed berries (raspberries, blueberries, blackberries), vanilla protein powder, vanilla extract, cinnamon, liquid stevia, sliced almonds
Zucchini Bread Protein & Fiber Jar	Rolled oats, chia seeds, 0% Greek yogurt, unsweetened almond milk, grated zucchini, cinnamon, nutmeg, crushed walnuts, vanilla protein powder, vanilla extract, liquid stevia
Cottage Cheese Egg White Bites	Egg whites, cottage cheese, bell peppers (red or green), onion, chives, fresh parsley, feta cheese, salt, black pepper, olive oil, cooking spray
Quinoa Chickpea Power Bowl	Cooked quinoa, chickpeas, roasted sweet potato, red cabbage, pumpkin seeds, Greek yogurt, olive oil, salt, pepper, fresh herbs (cilantro or parsley), lime juice, honey, cumin
Tuna, Feta & Cucumber Wrap with Microgreens	High-fiber tortilla wrap (10-inch, 10-12g fiber), tuna in olive oil, feta cheese, cucumber, microgreens, lemon juice, salt, pepper

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Recipe Name	Ingredients
Crunchy Broccoli & Chickpea Salad	Broccoli, chickpeas, orange bell pepper, celery, red onion, sunflower seeds, feta cheese, tahini, monk fruit sweetener, lemon juice, garlic, kosher salt, pepper
One-Pot Green Curry Coconut Shrimp & Brown Rice	Large shrimp, brown rice, light coconut milk, low-sodium chicken broth, onion, garlic, Thai green curry paste, zucchini, snap peas or green beans, fresh spinach leaves, olive oil, lime juice, salt, fresh cilantro, fresh basil
Crispy Roasted Brussels Sprouts	Brussels sprouts, olive oil, salt, black pepper, balsamic vinegar (optional)
Dijon Italian Marinated Pork Tenderloin	Pork tenderloin, olive oil, Dijon mustard, garlic, Italian seasoning, salt, black pepper, lemon (optional)
One-Pan Big Mac Power Bowl	Extra lean ground beef (90-95% lean), cooked lentils, onion, cherry tomatoes, shredded lettuce, diced pickles, reduced-fat cheddar cheese, sesame seeds, olive oil, salt, pepper, plain 2% Greek yogurt, light mayo, no-sugar-added ketchup, mustard, pickle juice, onion powder, paprika
Spiced Lemon-Garlic Cod Power Bowl	Cod fillets, olive oil, lemon, all-purpose seasoning blend, salt, black pepper, brown rice, broccoli florets, shredded carrots, fresh parsley or cilantro, plain 2% Greek yogurt, Dijon mustard
10 Minute Edamame Spaghetti with Peanut Sauce and Veggies	Edamame spaghetti noodles, red bell pepper, shredded carrots, snap peas, edamame, green onions, fresh cilantro (optional), sesame seeds (optional), natural peanut butter, soy sauce or tamari, rice vinegar, lime juice, ginger, garlic
Stuffed Instant Pot Italian Spaghetti Squash	Spaghetti squash, ground turkey or lean ground beef, olive oil, onion, garlic, canned diced tomatoes, Italian seasoning, Parmesan cheese, salt, pepper, fresh parsley or basil (optional)
Pan Fried Simple Salmon	Salmon fillets, olive oil, salt, pepper

RECIPE SHOPPING GUIDE

Below you will find a quick reference shopping guide broken down by recipe



Recipe Name	Ingredients
Crumbled Tofu and Black Bean Tacos	Extra-firm tofu, olive oil, onion, garlic, chili powder, cumin, smoked paprika, oregano, soy sauce, tomato paste, black beans, corn or flour tortillas, avocado, red cabbage, red onion, fresh cilantro, lime wedges, hot sauce or salsa (optional)
Mediterranean Herb Beef Burgers in Lettuce Cups	Extra lean ground beef, red onion, garlic, fresh parsley, fresh dill, dried oregano, salt, black pepper, olive oil, butter lettuce leaves, light tzatziki, light feta cheese, red onion, cucumber, tomatoes
Ultra-Creamy Dairy-Free Broccoli Soup	Broccoli, white beans, raw cashews, onion, garlic, vegetable broth, olive oil, dried thyme, salt, black pepper, lemon (optional)
Garlic Ginger Tofu Stir-Fry	Extra-firm tofu, avocado oil, broccoli florets, snap peas, bell peppers (red and orange), garlic, fresh grated ginger, low-sodium soy sauce or tamari, rice vinegar, toasted sesame oil, liquid stevia (optional), sesame seeds, green onions, red pepper flakes
High-Protein Chocolate Crunch Clusters	Old-fashioned rolled oats, chia seeds, ground flaxseed, unsweetened shredded coconut, psyllium husk powder, vanilla whey protein powder (or plant protein), powdered peanut butter (PB2 style), unsweetened almond milk, mini dark chocolate chips (70% cacao), vanilla extract, sea salt
Orange Vanilla No-Bake Protein Cheesecake Cups	0% Greek yogurt, low-fat cottage cheese (blended until smooth), vanilla protein powder, orange zest, vanilla extract, liquid stevia, fresh or frozen mixed berries, chia seeds, water