



Longevity & Healthy Lifestyle Recipe Manual

**Nutritional Guide, Recipe Manual
& Workout Program**

Stephen Spencer, N.D.

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INTRODUCTION

MOTIVATION

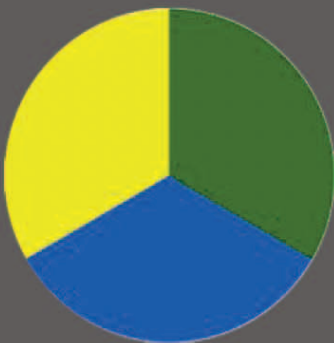
Motivation without strategy is what causes frustration when dieting. In our Recipe book you'll find it easy and simple to follow – as well as prepare.

Remember – done > perfect.

PREPARATION

Nobody succeeds on accident and preparation is key to winning. Forgetting to prepare your meals or cook is no longer an excuse when you have all of the tools you need right here.

CODE



BLUE = PROTEIN
ORANGE = CARBOHYDRATE
YELLOW = FAT
GREEN = VEGGIE



125 Lb. Meal Plan

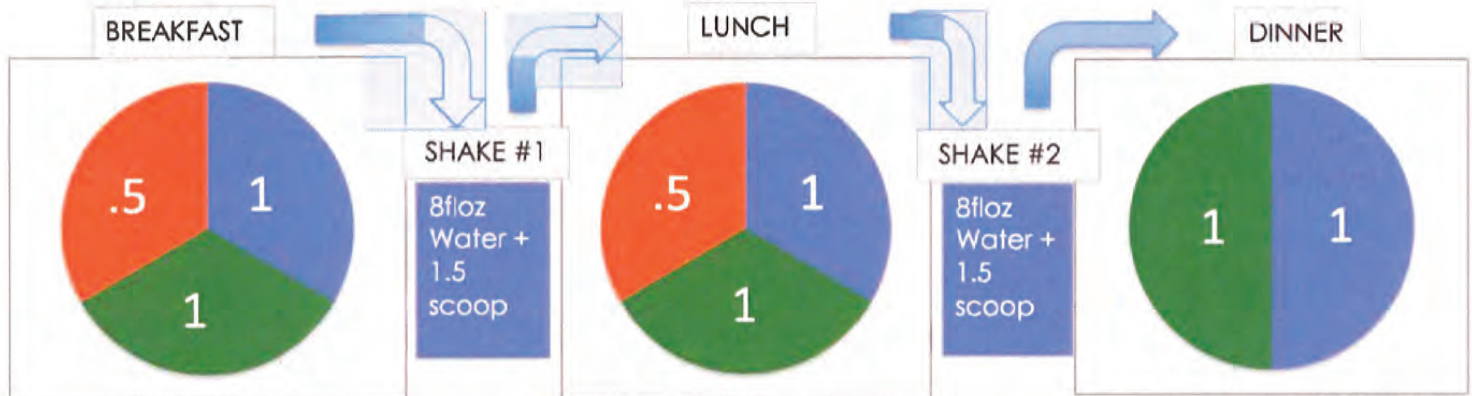
NAME: _____

Start:
Wt:
BF%:

NUTRITION PLAN: 1.25

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
6oz Chicken Breast (Skinless) 6oz Bison Burger 6oz Venison 6oz 99% Lean Turkey Breast 6oz Pork Tenderloin 6oz 96/4 Ground Beef 6oz Any White Fish 6oz Any Shellfish 1.25 Cup Egg Whites 6 Egg Whites 1.5 cup 0% Cottage Cheese 1.5 Cup 0% Greek Yogurt 1.5 Scoops Protein Powder 1.5 Can Tuna		1.5 Cup Mash Sweet Potato 1.5 Cup Mash Red Potato 1 Cup Any Bean/Legumes 1 Cup Cooked Brown Rice 1 Cup Cooked White Rice 3 Slices Ezekiel Bread 2/3 Cup (dry) Rolled Oats 1 Cup Pasta 1.5 Cup Any Berries 1 Cup Cooked Quinoa 1 Cup Cooked Couscous 1 Piece of Fruit (Fist Size)	Any Vegetable Except: Peas Carrots Corn Any Type of Squash Eggplant Pumpkin Beats STICK W GREEN & LEAFY VEGGIES

****MEAL PRIOR TO WORKOUT SHOULD BE FINISHED 2HRS BEFOREHAND****



IF THIS IS NOT ON THIS LIST YOU CANNOT HAVE IT.

NOTE: *Eliminate BEFORE you moderate (that will come next)* If it is not on this list, it's by design.

Sample Breakfast	Sample Lunch	Sample Dinner
1 Pro: 6 Egg Whites	1 Pro: 6oz Chicken Breast	1 Pro: 6oz Tilapia
.5 Carb: 1/3 Cup Dry Oats	.5 Carb: .5 Cup Brown Rice	1 Veg: 1 Cup Mixed Greens
1 Veg: 1 Cup Spinach	1 Veg: 1 Cup Broccoli	

125 Lb. Meal Plan

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ULTIMATE GROCERY HELPER 1.25

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
3lbs Chicken Breast (Skinless) 3lbs Bison Burger 3lbs Venison 3lbs 99% Lean Turkey Breast 3lbs Pork Tenderloin 3lbs 96/4 Ground Beef 3lbs Any White Fish 3lbs Any Shellfish 1 24oz Carton Egg Whites 1 Carton Eggs 1 24oz 0% Cottage Cheese 1 24oz 0% Greek Yogurt 1 Tub Protein Powder 7 Cans of Tuna		1 Bag Sweet Potatoes 1 Bag Potatoes 3 Cans Cooked Beans (Any) 3 Cans Cooked Legumes 1 Container Oats 1 Box Pasta 1 Frozen Bag Berries 1 Bag Couscous 1 Loaf Ezekiel Bread 7 Pieces of Fruit 1 Bag White/Brown Rice	3lbs Any Vegetable Except: Peas Carrots Corn Any Squash Eggplant Pumpkin Beets

STEP 1) Insert your meal plan you made here

Breakfast: Pro: _____ Veg: _____	Lunch: Pro: _____ Carb: _____ Veg: _____	Dinner: Pro: _____ Carb: _____ Veg: _____
------------------------------------------------	-----------------------------------------------------------	------------------------------------------------------------

Step 2) Check off any optional flavor enhancers and beverages you like below

Optional Add-ons for Flavor:

- MUSTARD
- SOY SAUCE
- ANY MRS DASH SEASONING
- ANY DRY SPICES
- ANY DRY RUBS FOR MEAT
- LEMON JUICE
- BALSAMIC VINEGAR
- SALT/PEPPER
- STEVIA/ASPARTAME/SPLENDA
- ANY HOT SAUCES

Optional Beverage Purchases

- (IN ORDER OF AWESOMENESS)
- WATER
 - BLACK COFFEE
 - ICED TEA
 - GREEN TEA

...THAT'S IT!

**AS LONG AS IT HAS 0 CALORIES YOU CAN HAVE AS MUCH
AS YOU WANT EVEN IF IT IS NOT ON THIS LIST!**

175 Lb. Meal Plan

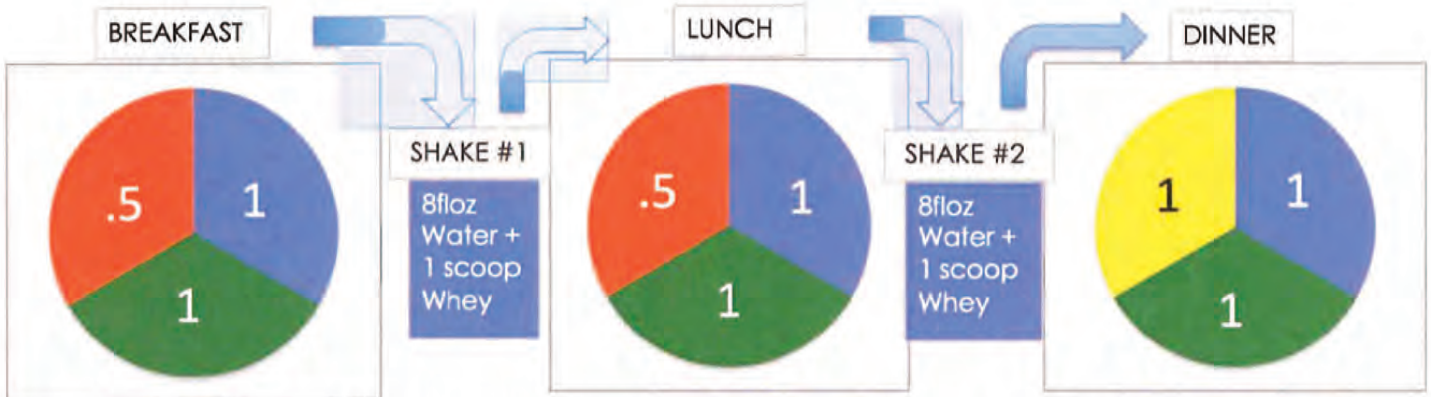
NAME: _____

Start:
Wt:
BF%:

NUTRITION PLAN: 1.75

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
6oz Chicken Breast (Skinless) 6oz Bison Burger 6oz Venison 6oz 99% Lean Turkey Breast 6oz Pork Tenderloin 6oz 96/4 Ground Beef 6oz Any White Fish 6oz Any Shellfish 1.25 Cup Egg Whites 6 Egg Whites 1.5 cup 0% Cottage Cheese 1.5 Cup 0% Greek Yogurt 1.5 Scoops Protein Powder 1.5 Can Tuna	2 TB Peanut Butter 2 TB Almond Butter 1.5 TB Coconut Oil 2 TB Grassfed Butter 1.5 TB Olive Oil 1/2 of Medium Avocado 1/4 Cup ANY NUTS 4 Coffee Creamers (4 TB) 1.5 TB Any Cooking Oil ^^ Not vegetable or ^^ Canola Oil	1.5 Cup Mash Sweet Potato 1.5 Cup Mash Red Potato 1 Cup Any Bean/Legumes 1 Cup Cooked Brown Rice 1 Cup Cooked White Rice 3 Slices Ezekiel Bread 2/3 Cup (dry) Rolled Oats 1 Cup Pasta 1.5 Cup Any Berries 1 Cup Cooked Quinoa 1 Cup Cooked Couscous 1 Piece of Fruit (Fist Size)	Any Vegetable Except: Peas Carrots Corn Any Type of Squash Eggplant Pumpkin Beets STICK W GREEN & LEAFY VEGGIES

****MEAL PRIOR TO WORKOUT SHOULD BE FINISHED 2HRS BEFOREHAND****



IF THIS IS NOT ON THIS LIST YOU CANNOT HAVE IT.

NOTE: *Eliminate BEFORE you moderate (that will come next)* If it is not on this list, it's by design.

Sample Breakfast	Sample Lunch	Sample Dinner
1 Pro: <u>6 Egg Whites</u>	1 Pro: <u>6oz Chicken Breast</u>	1 Pro: <u>6oz Tilapia</u>
.5 Carb: <u>1/3 Cup Dry Oats</u>	.5 Carb: <u>.5 Cup Brown Rice</u>	1 Fat: <u>1.5 TB Olive Oil</u>
1 Veg: <u>1 Cup Spinach</u>	1 Veg: <u>1 Cup Broccoli</u>	1 Veg: <u>1 Cup Mixed Greens</u>

175 Lb. Meal Plan

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ULTIMATE GROCERY HELPER 1.75

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
3lbs Chicken Breast (Skinless) 3lbs Bison Burger 3lbs Venison 3lbs 99% Lean Turkey Breast 3lbs Pork Tenderloin 3lbs 96/4 Ground Beef 3lbs Any White Fish 3lbs Any Shellfish 1 24oz Carton Egg Whites 1 Carton Eggs 124oz 0% Cottage Cheese 1 24oz 0% Greek Yogurt 1 Tub Protein Powder 7 Cans of Tuna	1 Jar Peanut Butter 1 Jar Almond Butter 1 Jar Coconut Oil 1 Stick Kerry Gold Butter 1 Bottle Olive Oil 1 Bag of Avocados 1 Container/Bag of Nuts 1 Pack of Coffee Creamer 1 Bottle of Non-Veggie Cooking Oil No Canola Oil	1 Bag Sweet Potatoes 1 Bag Potatoes 3 Cans Cooked Beans (Any) 3 Cans Cooked Legumes 1 Container Oats 1 Box Pasta 1 Frozen Bag Berries 1 Bag Quinoa 1 Bag Couscous 1 Loaf Ezekiel Bread 7 Pieces of Fruit 1 Bag White/Brown Rice	3lbs Any Vegetable Except Peas Carrots Corn Any Squash Eggplant Pumpkin Beets

STEP 1) Insert your meal plan you made here

Breakfast: Pro: _____ Veg: _____	Lunch: Pro: _____ Carb: _____ Veg: _____	Dinner: Pro: _____ Carb: _____ Veg: _____
------------------------------------------------	-----------------------------------------------------------	------------------------------------------------------------

Step 2) Check off any optional flavor enhancers and beverages you like below

Optional Add-ons for Flavor:

- MUSTARD
- SOY SAUCE
- ANY MRS DASH SEASONING
- ANY DRY SPICES
- ANY DRY RUBS FOR MEAT
- LEMON JUICE
- BALSAMIC VINEGAR
- SALT/PEPPER
- STEVIA/ASPARTAME/SPLENDA
- ANY HOT SAUCES

Optional Beverage Purchases

(IN ORDER OF AWESOMENESS)

- WATER
- BLACK COFFEE
- ICED TEA
- GREEN TEA

...THAT'S IT!

AS LONG AS IT HAS 0 CALORIES YOU CAN HAVE AS MUCH AS YOU WANT EVEN IF IT IS NOT ON THIS LIST!

225 Lb. Meal Plan

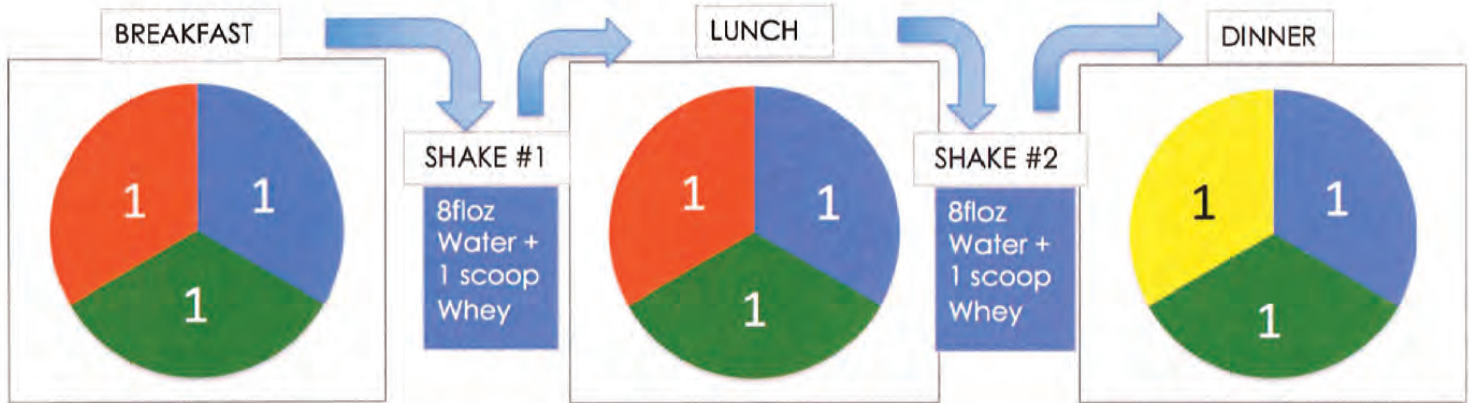
NAME: _____

Start:
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BF%:

NUTRITION PLAN: 2.25

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
6oz Chicken Breast (Skinless) 6oz Bison Burger 6oz Venison 6oz 99% Lean Turkey Breast 6oz Pork Tenderloin 6oz 96/4 Ground Beef 6oz Any White Fish 6oz Any Shellfish 1.25 Cup Egg Whites 6 Egg Whites 1.5 cup 0% Cottage Cheese 1.5 Cup 0% Greek Yogurt 1.5 Scoops Protein Powder 1.5 Can Tuna	2 TB Peanut Butter 2 TB Almond Butter 1.5 TB Coconut Oil 2 TB Grassfed Butter 1.5 TB Olive Oil 1/2 of Medium Avocado 1/4 Cup ANY NUTS 4 Coffee Creamers (4 TB) 1.5 TB Any Cooking Oil ^^ Not vegetable or ^^ Canola Oil	1.5 Cup Mash Sweet Potato 1.5 Cup Mash Red Potato 1 Cup Any Bean/Legumes 1 Cup Cooked Brown Rice 1 Cup Cooked White Rice 3 Slices Ezekiel Bread 2/3 Cup (dry) Rolled Oats 1 Cup Pasta 1.5 Cup Any Berries 1 Cup Cooked Quinoa 1 Cup Cooked Couscous 1 Piece of Fruit (Fist Size)	Any Vegetable Except: Peas Carrots Corn Any Type of Squash Eggplant Pumpkin Beets STICK W GREEN & LEAFY VEGGIES

****MEAL PRIOR TO WORKOUT SHOULD BE FINISHED 2HRS BEFOREHAND****



IF THIS IS NOT ON THIS LIST YOU CANNOT HAVE IT.

NOTE: *Eliminate BEFORE you moderate (that will come next)* If it is not on this list, it's by design.

Sample Breakfast	Sample Lunch	Sample Dinner
1 Pro: <u>6oz Tilapia</u>	1 Pro: <u>6oz Chicken Breast</u>	1 Pro: <u>6 Egg Whites</u>
1 Carb: <u>1 Apple</u>	1 Carb: <u>1 Cup Brown Rice</u>	1 Fat: <u>1.5 TB Olive Oil</u>
1 Veg: <u>1 Cup Mixed Greens</u>	1 Veg: <u>1 Cup Broccoli</u>	1 Veg: <u>1 Cup Spinach</u>

225 Lb. Meal Plan

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ULTIMATE GROCERY HELPER 2.25

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
3lbs Chicken Breast (Skinless)	1 Jar Peanut Butter	1 Bag Sweet Potatoes	3lbs Any Vegetable Except
3lbs Bison Burger	1 Jar Almond Butter	1 Bag Potatoes	Peas
3lbs Venison	1 Jar Coconut Oil	3 Cans Cooked Beans (Any)	Carrots
3lbs 99% Lean Turkey Breast	1 Stick Kerry Gold Butter	3 Cans Cooked Legumes	Corn
3lbs Pork Tenderloin	1 Bottle Olive Oil	1 Container Oats	Any Squash
3lbs 96/4 Ground Beef	1 Bag of Avocados	1 Box Pasta	Eggplant
3lbs Any White Fish	1 Container/Bag of Nuts	1 Frozen Bag Berries	Pumpkin
3lbs Any Shellfish	1 Pack of Coffee Creamer	1 Bag Quinoa	Beets
1 24oz Carton Egg Whites	1 Bottle of Non-Veggie	1 Bag Couscous	
1 Carton Eggs	Cooking Oil	1 Loaf Ezekiel Bread	
124oz 0% Cottage Cheese	No Canola Oil	7 Pieces of Fruit	
1 24oz 0% Greek Yogurt		1 Bag White/Brown Rice	
1 Tub Protein Powder			
7 Cans of Tuna			

STEP 1) Insert your meal plan you made here

Breakfast:	Lunch:	Dinner:
Pro: _____	Pro: _____	Pro: _____
Veg: _____	Carb: _____	Carb: _____
	Veg: _____	Veg: _____

Step 2) Check off any optional flavor enhancers and beverages you like below

Optional Add-ons for Flavor:

- MUSTARD
- SOY SAUCE
- ANY MRS DASH SEASONING
- ANY DRY SPICES
- ANY DRY RUBS FOR MEAT
- LEMON JUICE
- BALSAMIC VINEGAR
- SALT/PEPPER
- STEVIA/ASPARTAME/SPLENDA
- ANY HOT SAUCES

Optional Beverage Purchases

...THAT'S IT!

(IN ORDER OF AWESOMENESS)

- WATER
- BLACK COFFEE
- ICED TEA
- GREEN TEA

**AS LONG AS IT HAS 0 CALORIES YOU CAN HAVE AS MUCH
AS YOU WANT EVEN IF IT IS NOT ON THIS LIST!**

275 Lb Meal Plan

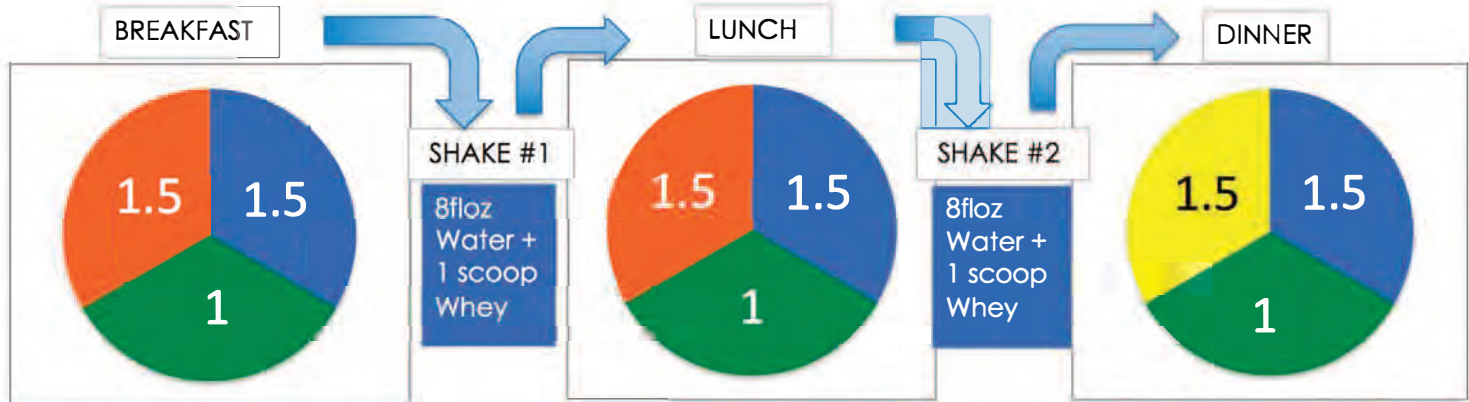
NAME: _____

Start:
Wt:
BF%:

NUTRITION PLAN: 2.75

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
6oz Chicken Breast (Skinless) 6oz Bison Burger 6oz Venison 6oz 99% Lean Turkey Breast 6oz Pork Tenderloin 6oz 96/4 Ground Beef 6oz Any White Fish 6oz Any Shellfish 1.25 Cup Egg Whites 6 Egg Whites 1.5 cup 0% Cottage Cheese 1.5 Cup 0% Greek Yogurt 1.5 Scoops Protein Powder 1.5 Can Tuna	2 TB Peanut Butter 2 TB Almond Butter 1.5 TB Coconut Oil 2 TB Grassfed Butter 1.5 TB Olive Oil 1/2 of Medium Avocado 1/4 Cup ANY NUTS 4 Coffee Creamers (4 TB) 1.5 TB Any Cooking Oil ^^ Not vegetable or ^^ Canola Oil	1.5 Cup Mash Sweet Potato 1.5 Cup Mash Red Potato 1 Cup Any Bean/Legumes 1 Cup Cooked Brown Rice 1 Cup Cooked White Rice 3 Slices Ezekiel Bread 2/3 Cup (dry) Rolled Oats 1 Cup Pasta 1.5 Cup Any Berries 1 Cup Cooked Quinoa 1 Cup Cooked Couscous 1 Piece of Fruit (Fist Size)	Any Vegetable Except: Peas Carrots Corn Any Type of Squash Eggplant Pumpkin Beets STICK W GREEN & LEAFY VEGGIES

****MEAL PRIOR TO WORKOUT SHOULD BE FINISHED 2HRS BEFOREHAND****



IF IT IS NOT ON THIS LIST YOU CANNOT HAVE IT.

NOTE: *Eliminate BEFORE you moderate (that will come next)* If it is not on this list, it's by design.

Sample Breakfast	Sample Lunch	Sample Dinner
1.5 Pro: <u>2.25 Cups Greek Yogurt</u>	1.5 Pro: <u>9oz Chicken Breast</u>	1.5 Pro: <u>9oz Tilapia</u>
1.5 Carb: <u>2.25 Cups Berries</u>	1.5 Carb: <u>1.5 Cup Brown Rice</u>	1.5 Fat: <u>2.25 TB Olive Oil</u>
1 Veg: <u>1 Cup Celery</u>	1 Veg: <u>1 Cup Broccoli</u>	1 Veg: <u>1 Cup Mixed Greens</u>

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ULTIMATE GROCERY HELPER 2.75

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
4lbs Chicken Breast (Skinless) 4lbs Bison Burger 4lbs Venison 4lbs 99% Lean Turkey Breast 4lbs Pork Tenderloin 4lbs 96/4 Ground Beef 4lbs Any White Fish 4lbs Any Shellfish 1 24oz Carton Egg Whites 1 Carton Eggs 124oz 0% Cottage Cheese 1 24oz 0% Greek Yogurt 1 Tub Protein Powder 11 Cans of Tuna	1 Jar Peanut Butter 1 Jar Almond Butter 1 Jar Coconut Oil 1 Stick Kerry Gold Butter 1 Bottle Olive Oil 1 Bag of Avocados 1 Container/Bag of Nuts 1 Pack of Coffee Creamer 1 Bottle of Non-Veggie Cooking Oil No Canola Oil	1 Bag Sweet Potatoes 1 Bag Potatoes 3 Cans Cooked Beans (Any) 3 Cans Cooked Legumes 1 Container Oats 1 Box Pasta 1 Frozen Bag Berries 1 Bag Quinoa 1 Bag Couscous 1 Loaf Ezekiel Bread 7 Pieces of Fruit 1 Bag White/Brown Rice	3lbs Any Vegetable Except Peas Carrots Corn Any Squash Eggplant Pumpkin Beets STICK W GREEN & LEAFY VEGGIES

STEP 1) Insert your meal plan you made here

Breakfast: Pro: _____ Veg: _____	Lunch: Pro: _____ Carb: _____ Veg: _____	Dinner: Pro: _____ Carb: _____ Veg: _____
------------------------------------------------	---------------------------------------------------------------	----------------------------------------------------------------

Step 2) Check off any optional flavor enhancers and beverages you like below

Optional Add-ons for Flavor:

- MUSTARD
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- ANY DRY RUBS FOR MEAT
- LEMON JUICE
- BALSAMIC VINEGAR
- SALT/PEPPER
- STEVIA/ASPARTAME/SPLENDA
- ANY HOT SAUCES

Optional Beverage Purchases

- ...THAT'S IT!**
(IN ORDER OF AWESOMENESS)
- WATER
 - BLACK COFFEE
 - ICED TEA
 - GREEN TEA

**AS LONG AS IT HAS 0 CALORIES YOU CAN HAVE AS MUCH
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VEGAN/VEGETARIAN Meal Plan

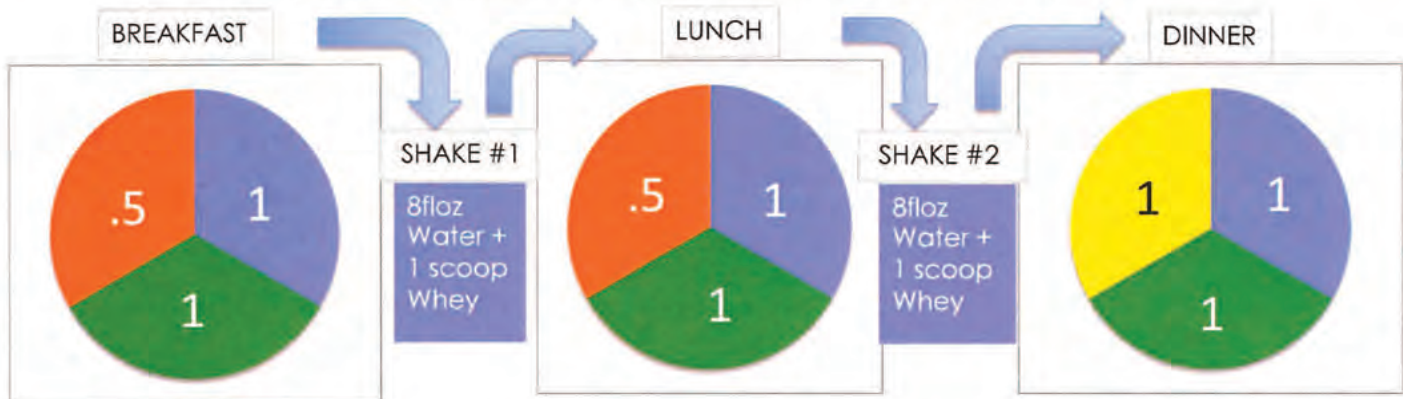
NAME: _____

Start:
Wt:
BF%:
Waist:

NUTRITION PLAN

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
1.25 Cup Egg Whites 6 Egg Whites 1.5 Cup 0% Cottage Cheese 1.5 Cup 0% Greek Yogurt 1.5 Scoops Protein Powder 6oz Tofu 6oz Any Fish 1.5 Cup OR 6oz Tempeh	2 TB Peanut Butter 2 TB Almond Butter 1/2 of Medium Avocado 2 TB Grassfed Butter 4 Coffee Creamers (4 TB) 1/4 Cup ANY NUTS ^^ NO OILS	1.5 Cup Mash Sweet Potato 1.5 Cup Mash Red Potato 1 Cup Any Bean/Legumes 1 Cup Cooked Brown Rice 1 Cup Cooked White Rice 3 Slices Ezekiel Bread 2/3 Cup (dry) Rolled Oats 1 Cup Cooked Couscous 1.5 Cup Any Berries 1 Cup Cooked Quinoa	Any Vegetable Except: Peas Carrots Corn Any Type of Squash Eggplant Pumpkin Beats STICK W GREEN & LEAFY VEGGIES

****MEAL PRIOR TO WORKOUT SHOULD BE FINISHED 2HRS BEFOREHAND****



IF IT IS NOT ON THIS LIST YOU CANNOT HAVE IT FOR THE 6 WEEKS

NOTE: *Eliminate BEFORE you moderate (that will come next)* If it is not on this list, it's by design.

Morning	During Workout	After Workout
_____ Tabs Raspberry Ketones _____ Tabs Fish Oil	_____ Scoops BCAAs _____ 1TSP Creatine	_____ Scoops Glutamine _____ Scoops Grassfed Whey
Before Workout (finish 15min before lifting)	(start drinking 15min prior to	(start drinking immediately

ULTIMATE GROCERY HELPER

P - PROTEIN (PALM)	F - FAT (TB)	C - CARBS (FIST)	V - VEGGIES (FIST)
3lbs Any White Fish 1 24oz Carton Egg Whites 1 Carton Eggs 124oz 0% Coltage Cheese 1 24oz 0% Greek Yogurt 1 Tub Protein Powder 3lbs (48oz) Tempeh 3lbs (48oz) Tofu	1 Jar Peanut Butter 1 Jar Almond Butter 1 Bag of Avocados 1 Container/Bag of Nuts 1 Pack of Coffee Creamer NO OILS	1 Bag Sweet Potatoes 1 Bag Potatoes 3 Cans Cooked Beans (Any) 3 Cans Cooked Legumes 1 Container Oats 1 Bag White/Brown Rice 1 Frozen Bag Berries 1 Bag Quinoa 1 Bag Couscous 1 Loaf Ezekiel Bread	3lbs Any Vegetable Except Peas Carrots Corn Any Squash Eggplant Pumpkin Beats

STEP 1) Insert your meal plan you made here

Breakfast: Pro: _____ Veg: _____	Lunch: Pro: _____ Carb: _____ Veg: _____	Dinner: Pro: _____ Carb: _____ Veg: _____
------------------------------------------------	-----------------------------------------------------------	------------------------------------------------------------

Step 2) Check off any optional flavor enhancers and beverages you like below

Optional Add-ons for Flavor:

- MUSTARD
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- ANY MRS DASH SEASONING
- ANY DRY SPICES
- ANY DRY RUBS FOR MEAT
- LEMON JUICE
- BALSAMIC VINEGAR
- SALT/PEPPER
- STEVIA/ASPARTAME/SPLENDA
- ANY HOT SAUCES

Optional Beverage Purchases

- (IN ORDER OF AWESOMENESS)
- WATER
 - BLACK COFFEE
 - ICED TEA
 - GREEN TEA

...THAT'S IT!

AS LONG AS IT HAS 0 CALORIES YOU CAN HAVE AS MUCH AS YOU WANT EVEN IF IT IS NOT ON THIS LIST!

Restaurant Ordering System

- Rule 1)** There are a few exceptions but virtually every restaurant's menu can be modified in order to fit a health lifestyle.
- Rule 1)** You do not HAVE to eat ever. You can always wait until you get home, or back to a hotel. You will not die. Your metabolism will not slow down.
- Rule 1)** "Can you GRILL, BAKE, OR STEAM that?" is the question you will ask when ordering food at any restaurant.
- Rule 1)** For portions, stick with the rough estimate on the top of your plan using your hand.

STEP 0: YOU DO NOT ORDER OFF THE MENU. YOU OBSERVE WHAT PROTEINS/CARBS/VEGGIES ARE ON THE MENU THEN SELECT FROM THERE.

STEP 1) PICK YOUR PROTEIN (These will be your most likely sources)

Chicken Breast (Skinless)	Pork Tenderloin	Jerk Chicken	0% Greek Yogurt
Any White Fish	Egg Whites	Pulled Pork (no sauce)	0% Cottage Cheese
Any Shellfish	99% Lean Turkey Breast		

"Can you GRILL, BAKE, OR STEAM that?"

STEP 2) SKIP YOUR FAT

We do this because fats on their own are difficult to measure and often are used on top of foods on your meals out. Even when asked to put on the side, eyeballing tablespoons etc is a surefire way to get in trouble, so just skip it.

"Can you GRILL, BAKE, OR STEAM that?" AND be sure to leave out any added oils."

STEP 2.5) OBSERVE THE CARBS ON THE MENU - PICK FROM THAT SELECTION ANYTHING THAT CAN BE COOKED WITHOUT OIL. IF YOU DO NOT KNOW, ASK!

STEP 3) PICK YOUR CARB

1.5 Cup Mash Sweet Potat	1 Cup Cooked White Rice	1.5 Cup Any Berries	1 Cup Cooked Brown Rice
1.5 Cup Mash Red Potat	3 Slices Ezekiel Bread	1 Cup Cooked Quinoa	1 Cup Pasta
1 Cup Any Beans	2/3 Cup (dry) Rolled Oat	1 Cup Cooked Couscous	1 Piece of Fruit (Fist Size)

"Can you GRILL, BAKE, OR STEAM that?" AND be sure to leave out any added oils."

STEP 4) PICK YOUR VEGGIES (This one is easy)

Easiest Options:	Salad (no dressing or lemon juice)
Steamed Green Beans	(dressing can also be balsamic vinegar & a little olive oil)
Steamed Brocoli	Steamed Asparagus
	Mixed Greens (no dressing)

If not a cold-served veggie: "Can you GRILL, BAKE, OR STEAM that?" AND be sure to leave out any oils."

STEP 5) SKIP DESSERT, APPETIZERS, & ALCOHOL. PEOPLE WANT YOU THERE BECAUSE OF WHO YOU ARE... NOT BECAUSE OF WHAT YOU DRINK OR EAT WITH THEM.



THEY HONESTLY DON'T CARE.

If you feel uncomfortable drinking water, simply ask for a seltzer & lime. It has no calories.

FAQ #1) WHAT IF I GO OVER TO A FRIEND'S HOUSE??



(Option #1) Plan ahead by eating before hand and only lightly eating while you are there sticking to grilled meats. Serve yourself.

(Option #2) Let them know ahead of time that you are happy to bring some meat over to cook with them and some vegetables. You can cook together, and bringing food makes you a generous, non-demanding guest.

The background is a collage of four food-related images. The top-left image shows a sandwich with lettuce, tomato, and meat on a bun. The top-right image shows a smoothie in a glass jar with a lid, containing a pinkish-purple liquid and some fruit. The bottom-left image shows a fried egg on a plate with a fork and knife. The bottom-right image shows a plate of green beans and other vegetables. The text is overlaid in the center of the collage.

Longevity & Healthy Lifestyle Recipes

TABLE OF CONTENTS

BREAKFAST



SOUTHERN EGG SCRAMBLE	PAGE 5
BREAKFAST-GONE-DESSERT	PAGE 6
EGG WHITE OMELET	PAGE 7
SAVORY TURKEY BAKE	PAGE 8
OVERNIGHT BLUB PIE	PAGE 9
GUILT FREE FRENCH TOAST	PAGE 10
EGG WHITE MCMUFFINS	PAGE 11
SAVORY BREAKFAST OATS	PAGE 12
CAULIFLOWER BREAKFAST PIZZA	PAGE 13
BLUEBERRY CHEESECAKE BOWL	PAGE 14
PROTEIN PANCAKES	PAGE 15
ULTIMATE BREAKFAST SANDWICH	PAGE 16

LUNCHES



GARLIC SHRIMP	PAGE 17
TURKEY TACOS	PAGE 18
CHICKEN/VEGGIE STIR FRY	PAGE 19
GUILT FREE PULLED PORK	PAGE 20
SWEET SUMMER SALAD	PAGE 21
LOADED BAKED POTATO	PAGE 22
GRILLED TUNA BURGER	PAGE 23
CHICKEN TACO	PAGE 24
HEALTHY FRIED RICE	PAGE 25
QUINOA CHICKEN SALAD	PAGE 26
SEARED WHITEFISH WITH COUS OUS	PAGE 27
THAI BEEF SALAD	PAGE 28

DINNERS



AVOCADO TUNA SALAD	PAGE 29
SPICY THAI SHRIMP SALAD	PAGE 30
THAI PEANUT CHICKEN	PAGE 31
CRISPY CHICKEN AND BRUSSELS	PAGE 32
SEARED SCALLOP WITH SPROUTS	PAGE 33
STIR FRY CABBAGE AND PORK	PAGE 34
LEAN STUFFED PEPPER	PAGE 35
LEMON ASPARAGUS SAUTEE	PAGE 36
HOLIDAY COMFORT	PAGE 37
LEMON & ALMOND SALAD	PAGE 38
LOW CARB BROCCOLI & TUNA SALAD	PAGE 39
CHICKEN AND AVOCADO SALAD	PAGE 40
HONEY MUSTARD CHICKEN SALAD	PAGE 41

EXTRAS



BLUEBERRY BREAKFAST POWER SHAKE	PAGE 42
VANILLA ALMOND SHAKE	PAGE 42
CAKE FOR BREAKFAST	PAGE 43
PB&J DESSERT SHAKE	PAGE 43
BALSAMIC VINEGAR DRESSING	PAGE 44
VERSATILE VINEGAR DRESSING	PAGE 44
GREEN ONION DRESSING	PAGE 44
HONEY MUSTARD	PAGE 44

SWEET EGG SCRAMBLE



INGREDIENTS

- 3 egg whites
- 1/2 scoop vanilla protein
- 2/3 cup frozen berries
- 2 stevia packets
- ¼ tsp vanilla extract
- Dash of cinnamon

DIRECTIONS

Grease skillet with coconut oil and bring to medium heat

Whisk egg whites, protein, and extras together in bowl then pour onto skillet

Once eggs are about halfway cooked, add the berries to the skillet and continue to cook (scrambling thoroughly) until eggs are fully cooked

Top with cinnamon or maple syrup & your choice of a veggie side



EGG WHITE OMELET



INGREDIENTS

- 1 ¼ cup egg whites
- Handful of spinach (tear into pieces)
- 2/3 cup raw chopped sweet potato
- pico de gallo (to taste)
- dash cinnamon
- 2 stevia packets

DIRECTIONS

Place sweet potato in microwavable bowl, and poke Holes in slices with fork, proceed to spray with avocado oil and place in microwave under 'potato' setting (count = 1 potato) Bring skillet greased to medium heat and Sautee spinach once spinach cooked - add the egg whites a top Flip about halfway through and continue to heat until cooked through Remove from heat and top with pico de gallo Top your sweet potato fries with cinnamon & 2 stevia packets



SAVORY TURKEY BAKE



INGREDIENTS

- 3oz cooked ground turkey
- 3 egg whites
- 1 cup finely chopped cauliflower /broccoli
 - ½ cup oats
- garlic salt

DIRECTIONS

Combine ALL ingredients in medium mixing bowl and whisk using a single serving size oven friendly dish (or two muffin tins) pour the mixture in and place in oven preheated to 350 Bake for 8-10 minutes, remove and serve with your choice of hot sauce or seasoning



BLUEBERRY

OVERNIGHT OATS

INGREDIENTS

- 1 ½ cup FF Greek Yogurt
- ¼ cup oats
- ¼ cup berries
- 1 tsp vanilla extract
- 2 stevia packets

DIRECTIONS

Mix Greek Yogurt with vanilla and stevia in one bowl In separate bowl, microwave oats with water until cooked In overnight jar, put oatmeal at the bottom, then add your frozen berries & finally top with your greek yogurt. Served with one side veggie



GUILT FREE FRENCH TOAST

INGREDIENTS

- 2-3 slices Ezeikiel Bread
- 1.25 cup egg whites
- 1 tsp vanilla
 - Dash of cinnamon
 - Dash salt

DIRECTIONS

Lightly toast bread in toaster oven Mix egg whites with vanilla, cinnamon & salt in large shallow bowl. Soak bread slices in egg mixture, once soaked place on skillet at medium heat greased with cocunut oil. Flip toast until eggs thoroughly cooked and remove from heat. Top with maple syrup and cinnamon.



EGG WHITE MUFFINS



INGREDIENTS

- 1.25 cup egg whites
- 1 leafy veggie & 1 solid veggie of your choice (cooked prior)
- ½ cup oatmeal
- 1 tsp baking powder
- dash of salt

DIRECTIONS

Preheat oven to 350 Mix ALL ingredients in single bowl, and then portion evenly into 2-3 muffin tins. Bake for 10-12 minutes until cooked through center
Remove from oven and top with sauce of choice



SAVORY BREAKFAST OATS



INGREDIENTS

- ½ cup oatmeal
- 6oz ground turkey
- 1 handful spinach
- ¼ cup water
- Balsamic vinegar
- Garlic salt to taste

DIRECTIONS

Grease skillet with coconut oil and bring to low-medium heat – add ground turkey. Once turkey is about ½ way cooked, drizzle balsamic vinegar atop and then add oats and water. Continue to cook until turkey is done and mixture becomes thick and sticks together before you add the spinach and drizzle balsamic vinegar again. Remove from heat after spinach shrivels and then top with garlic salt to taste.



CAULIFLOWER BREAKFAST PIZZA



INGREDIENTS

- 1 cup of finely diced cauliflower
- 1.25 cup egg whites
- ½ cup ground oats
- ½ small tomato
- oregano and salt to taste

DIRECTIONS

Add about ¼ cup water to cauliflower – use steam-friendly container and cook for about 5 minutes at medium power until soft. Mix cooked cauliflower, ground oats, eggs & oregano/salt in bowl Heat skillet to medium heat, grease with cocunut oil, then add egg mixture and bring to medium-low heat, placing lid on top to trap steam Wait about 4-5 minutes then flip mixture and cook until firm. Remove from heat and top with sliced tomato plus seasoning of choice



BLUEBERRY CHEESECAKE BOWL



INGREDIENTS

- 1 cup cottage cheese
- ½ scoop vanilla protein
- 1 ½ cup frozen berries
- 2 stevia packets

DIRECTIONS

Puree cottage cheese with protein powder and stevia in food processor, then add in frozen berries and serve immediately or for a thicker consistency place in freezer for 10-15 minutes



PROTEIN PANCAKES



INGREDIENTS

- ½ cup oatmeal
- ½ cup cottage cheese
- 3 egg whites (2/3 cup)
- 2 packets of stevia
- cinnamon to taste

DIRECTIONS

Grease skillet with coconut oil and bring to medium heat Mix ALL ingredients together in bowl (or puree in food processor) Cook on skillet for about 2 minutes, then flip and leave on heat until firm. Top with maple syrup or Cinnamon and Stevia



Blueberry Crepes



DIRECTIONS

INGREDIENTS

- 5 egg whites
- 4 Tbsp 0% Greek Yogurt
- 2 Packets Stevia
- 1 Tsp Cinnamon (to taste)
- 1/2 Tsp Vanilla Extract

Berry Filling:

- 1 1/2 Cup Frozen berries
- 2 Packets Stevia

Blend all crepe ingredients together until smooth. Allow mixture to sit for 3-5 minutes, until the bubbles settle. While batter sits, prepare berry filling.

Pour 1 1/2 cup frozen berries into small sauce pan over medium heat and mix in 2 packets stevia. Stir occasionally. Continue to heat and stir until reduced to a sauce. Remove from heat and set aside.

Heat 10" skillet on medium heat and coat with coconut oil. Add enough batter to the pan to coat the bottom (1/4 cup) Cook for 1-2 mins until sides start to brown. Carefully flip to cook other side. Cook for 30-60 seconds. Repeat until batter is gone. Fill crepes with berry filling and enjoy!



Healthy Baked Oatmeal w/ Blueberries



Makes 3-4 servings

INGREDIENTS

- 2/3 cup egg whites
- 1/2 cup water
- 1 cup 0% fat Greek Yogurt
- 1 cup oats
- 1 cup blueberries
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 8 packets stevia
- Dash salt

DIRECTIONS

Preheat oven to 350F and spray 5"x9" loaf pan with coconut oil. Mix all ingredients together, except blueberries, until completely blended. Gently fold in blueberries. Pour into loaf pan and bake for 30 mins. Serve Immediately, or store in fridge for up to a week.

Serve with 1/2 vanilla protein shake. Best if poured over baked oatmeal.



THE ULTIMATE

BREAKFAST SANDWICH

INGREDIENTS

- 2-3 slices ezeikiel bread
- 1 cup spinach
- 1 small sliced tomato
- 6 egg whites

DIRECTIONS

Place bread in toaster at desired level. Heat skillet to low-medium heat, grease with avacado oil, and sautee spinach in pan with balsamic vinegar until it shrinks, then add your egg whites and cook until firm. Put eggs between toast when done and add tomato plus desired sauce (we like siracha on this one).



GARLIC SHRIMP



INGREDIENTS

- 6oz shrimp (tails removed)
- ½ tsp salt
- 2 tbsp minced garlic
- 1 cup cubed tomato
- red wine vinegar
- dried basil
- ½ cup white rice

DIRECTIONS

In medium sized bowl, combine the salt, garlic, tomato, vinegar & basil. Toss the shrimp in the mixture and thoroughly coat. Heat skillet greased with coconut oil to medium heat and pour mixture on skillet. Cook until shrimp is fully colored then remove from heat and lay atop ½ cup of white rice.



TURKEY TACOS



INGREDIENTS

- 6oz lean ground turkey
- 3-4 large pieces of romaine lettuce (taco 'shell')
- ½ cup pico de gallo
- ½ cup wild rice
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 tsp onion powder
- 1 ½ tsp chili powder

DIRECTIONS

Heat skillet to medium-high heat (greased with coconut oil) and sautee turkey with all of the spices listed above until meat is fully cooked. Once cooked add in the pico de gallo and continue to sautee, until thoroughly mixed. Remove from heat and add to ½ cup of rice. Evenly distribute between your lettuce 'shell's' and top with hot sauce of choice if desired.



CHICKEN VEGGIE STIR-FRY



INGREDIENTS

- 6oz cooked skinless chicken breast
- ½ cup cooked brown rice
- ½ cup snap peas
- ½ cup broccoli
- Bragg's Amino Acid Soy Sauce Alternative
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- Red Pepper flakes to taste

DIRECTIONS

Chop veggies into smaller pieces and sautee in skillet at medium heat in Bragg's AA, garlic powder, onion powder & red pepper flakes. Once thoroughly sautéed (about 3-4 minutes) add 'shredded' chicken (torn apart into thin pieces) and rice to pan. Continue to mix so entire dish is coated in seasoning and sauce blend then remove from heat and enjoy with or without added hot sauce.



GUILT FREE PULLED PORK



INGREDIENTS

- 6oz shredded pork
- ¼ cup balsamic vinegar
- 1 tbsp worshire sauce
- 1 tbsp minced garlic
- 2 packets stevia
- red pepper flakes to taste
- 2/3 cup mashed sweet potato

DIRECTIONS

Heat a skillet sprayed with coconut oil to medium-low heat Combine all ingredients (minus potato) and then pour onto skillet Cover and let simmer for 5-6 minutes Remove from heat and pair with your baked potato Option to top potato with cinnamon/stevia as well



SWEET SUMMMER SALAD



INGREDIENTS

- 6 oz cooked skinless chicken breast
- 2/3 cup mixed berries
- 2 cups spinach
- Handful of cherry tomatoes

DIRECTIONS

In a large bowl – toss spinach, tomatoes, and berries before topping with chicken. Use our Apple Cider Vinegarett for dressing



LOADED BAKED POTATO

INGREDIENTS

- 1 small baked potato (about 2/3 cup size)
- 6oz nonfat cottage cheese
- ½ cup pico de gallo
- chopped green onion (1/4 cup)

DIRECTIONS

Bake potato in microwave until cooked through (poking holes with fork helps)
Layer on cottage cheese once done, and put under broiler for about 1 minute if you'd prefer the cheese melted. Top with salsa and green onion



GRILLED TUNA BURGER & SALAD



INGREDIENTS

- 1.5 cans tuna
- 1 egg white
- ½ cup dry oats
- ¼ tsp oregano
- ¼ tsp onion & garlic powder
- ½ cup mixed veggies of choice
- 2 cups romaine lettuce
- (choice of our friendly dressings to top)

DIRECTIONS

Mix together egg white, tuna, oats & spices and form into shape of a burger. Cook on greased pan (avacado oil) at a medium heat for about 3 minutes side until finished. Serve with a siper salad of lettuce and veggies along with your choice of dressing



CHICKEN TACOS



INGREDIENTS

- 6oz cooked skinless chicken breast
- 1/2 cup black refried beans
- 1/4 cup chopped green onion
- 1/2 cup pico de gallo
- 4 pieces romaine lettuce
- 1/4 tsp red pepper flakes

DIRECTIONS

Heat beans in a sauce pan on medium-low heat until warm. Proceed to mix in green onion, pico de gallo & red pepper flakes. Remove from heat and evenly distribute into lettuce 'shells'. Slice chicken into thin strips and top into shells as well. Add salt or sauce to your liking.



HEALTHY FRIED RICE



INGREDIENTS

- ½ cup cooked brown rice
- 3 oz cooked chicken
- 3 egg whites
- 1 cup mixed veggies
- 1 tsp onion powder
- 1 tsp chili powder
- Bragg's Soy Sauce Alternative

DIRECTIONS

Spray a medium sized skillet with avacado oil, bring to medium heat and add eggs. Continuously scramble eggs and add in rice and veggies Shred chicken and add last along with spices. Sautee entire mixture in Bragg's Soy Sauce Alternative, remove from heat and serve



QUINOA CHICKEN SALAD

INGREDIENTS

- 6oz cooked skinless chicken breasts
- 1/2 cup cooked quinoa
- 1/2 cup garbanzo beans
- 1 1/2 cup fresh kale
- 1/4 cup chopped red onion

DRESSING

Juice and zest of one lemon 2 Tbsp.
white wine vinegar 1 tsp. ground cumin
Salt and pepper to taste

DIRECTIONS

Toss all ingredients together and top with dressing.



Seared Whitefish with Cous-Cous Cucumber

INGREDIENTS

- 6oz white fish
- 1 cup couscous
- 2 tbsp minced garlic
- 1 cup chopped cucumber
- ½ cup diced red onion
- 2 tbsp fresh lemon juice
- 2 tbsp fresh chopped mint leaves

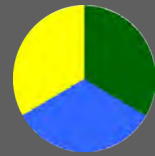
Salad

DIRECTIONS

Add salt and pepper to both sides of white fish and set aside. Reheat quinoa in microwave – then stir in onion, mint, lemon and lastly cucumber. Serve fish on the side with fresh squeezed lemon



THAI BEEF SALAD



INGREDIENTS

- 6 oz lean steak
- 100g baby cos lettuce hearts
- ½ cup mint and coriander
- ½ cup bean sprouts
- ½ cup tomato
- ½ cucumber, sliced
- ½ red onion, thinly sliced
- 1 tbsp fresh Lime Juice
- 1 tsp Bragg's soy sauce alternative
- 1 tsp chilli flakes

DIRECTIONS

Marinate steak in soy sauce, fish sauce & 1 tbsp lime juice. Cook steak for 2-3 minutes per side until cooked to desired texture. Set aside. Place the tomato, bean sprouts, cucumber, onion, chilli, mint, coriander, lime juice in a bowl and mix well. Thinly slice steak across the grain and add atop the vegetable mix.



AVOCADO TUNA SALAD



INGREDIENTS

- ½ avocado
- 1.5 cans tuna
- 1 cup diced tomato
- 1.5 tbsp lime juice
- ½ tsp chili powder
- siracaha chili sauce to taste

DIRECTIONS

Mash avocado and combine with tuna and tomato Once mashed stir in the lime juice and chili powder
Top with siracha



The Simply Realities

Spicy Thai Shrimp Salad



INGREDIENTS

- 6 oz jumbo shrimp (without tail)
- 1 tablespoons lime juice
- 1 teaspoon fish sauce
- 2 tablespoons coconut oil
- 2 stevia packets
- 1/2 teaspoon crushed red pepper
- 2 handfuls of mixed greens and another veggie of choice

DIRECTIONS

Whisk lime juice, fish sauce, oil, stevia and crushed red pepper in a large bowl. Add shrimp, veggies and fresh herbs if desired. Toss to coat salad



THAI PEANUT CHICKEN



INGREDIENTS

- 6oz skinless chicken breast
- 2 tbsp peanut butter
- 2 tbsp bragg's soy sauce alternative
- 1 tbsp lemon juice
- 1 tbsp rice vinegar
- ¼ tsp cayenne pepper
- 1 cup mixed veggies of choice

DIRECTIONS

In a bowl, combine your peanut butter (slightly microwaved), Bragg's soy sauce, 1 Tbsp, lemon juice, rice vinegar, cayenne pepper and whisk until thick. Shred chicken, then toss chicken and cup of veggies into peanut sauce, top with salt to taste and serve



CRISPY CHICKEN AND BRUSSEL SPROUTS



INGREDIENTS

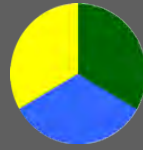
- 6oz skinless chicken breast
- 1 cup brussel sprouts (halved)
- 2 tbsp coconut oil
- ¼ tsp garlic powder
- 1 tbsp lemon juice

DIRECTIONS

Preheat oven to 425 degrees Toss brussel sprouts in mixture of ONE tbsp. coconut oil, garlic powder, and salt to taste Heat up skillet for chicken and turn on medium-high, add the other 1tbsp of coconut oil, and then fry thinly sliced chicken breast in oil. Allow the sides to get crispy, once they are done add in the brussel sprouts and continue to sauté at a medium low heat while adding the lemon juice



SEARED SCALLOPS WITH SPROUTS



INGREDIENTS

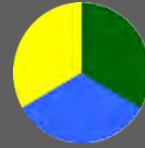
•6oz scallops • 2 tbsp olive oil (divided) • 2 tbsp rice wine vinegar • 1 cup of diced brussel sprouts • ½ cup sauerkraut (optional)

DIRECTIONS

Heat avacado oil in a skillet over medium-high heat until shimmering. Add shallots and brussel sprouts, season with salt and pepper, and cook – continuously stirring for about 5-6 minutes. Stir in vinegar, scraping up any brown bits, then transfer to a plate and set aside



STIR FRY CABBAGE & PORK



INGREDIENTS

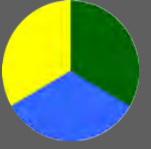
- 6oz pork (cooked and shredded)
- 2 tbsp Kerry gold butter
- ½ cup chopped celery
- 2 cups shredded cabbage
- 1/3cup chopped onion
- Bragg's Soy Sauce
- Alternative & salt to taste
- (suggestion: 4 tbsp Bragg's)

DIRECTIONS

In skillet, heat butter until bubbly and hot. Add celery to mix and cook for 1 minute. Add cabbage and onion and continue frying until vegetables are tender-crisp (2 -3 minutes) Add pork and then continue mixing while you add the Bragg's and salt! Stir well and cook 1 minute longer then remove from heat and serve



LEAN STUFFED PEPPERS



INGREDIENTS

- 6 oz cooked ground turkey
- 2 tbsp coconut oil
- 1 green pepper
- 1/4 cup onion, chopped
- 1/2 tbsp. minced garlic
- 1/3 cup diced tomato
- 1 tsp. parsley
- 1/2 tsp. oregano
- 1/2 tsp. basil
- 1/2 tsp. rosemary
- 1 tsp. seasoned salt

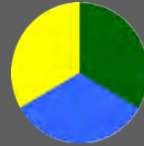
DIRECTIONS

Preheat oven to 350 degrees. Heat skillet and add tbsp. coconut oil until sizzling. Add all veggies and spices to skillet and cook for 5-10 minutes, until vegetables are tender. Add in turkey when veggies are done. Set Pepper (seeded) on tray and cut in half, fill each half with meat mixture Bake at 350 degrees for about 25-30 minutes



LEMON BUTTER

ASPARAGUS



INGREDIENTS

- ~15 stalks of asparagus
- 6 oz any white fish
(suggestion: yellowtail)
- 1 tbsp lemon juice
- 1 tbsp coconut oil
- 1 tbsp kerrygold butter

DIRECTIONS

Sauté the asparagus in 1tbsp coconut oil on skillet When the asparagus slices are tender drizzle lemon juice on top Move asparagus to side of skillet and add 1tbsp butter to pan (turn to medium-high) Add fish to butter and cook about 2-3 minutes per side until crisp and butter has 'fried' the fish Add salt to taste, remove and plate!



HEALTHY HOLIDAY

COMFORT

INGREDIENTS

- 6oz baked turkey tender breast
- 2 cups chopped cauliflower •
- 1/2 cup water
- 1/2 tbsp. minced garlic
- 1/2 tsp Italian seasoning
- 1/4 tsp salt
- pinch of black pepper
- 1 green onion stalk, optional
- 2 tbsp kerrygold butter



DIRECTIONS

In a small pot, bring about 1 cup of water to a simmer in a pot, then add the cauliflower. Cover and turn the heat to medium. Cook the cauliflower for 12-15 minutes or until very tender. Drain and discard all of the water and add the butter, spices, salt and pepper, mash with a masher until it looks like "mashed potatoes." Top with chives. Pair with baked turkey

LEMON AND ALMOND ROASTED SALAD



INGREDIENTS

- 4 oz skinless chicken breasts
- 1/3 cup plain greek yogurt
- 1 tablespoons olive oil
- 12 almonds (sliced)
- 1 tbsp lemon juice
- 1 green onion diced
- 1 tbsp cup chopped fresh parsley
- 1 tablespoon lemon pepper seasoning
- 1/2 teaspoon coarse sea salt



DIRECTIONS

Preheat the oven to 400 degrees F. Cover the chicken with all the seasoning and put in the oven for 20-25 minutes until cooked through. Heat a large skillet over medium-high heat and add the olive oil and add the almonds to a nonstick skillet. Heat over medium-low heat, stirring constantly, until the almonds toast and get golden brown and fragrant.

After about 4-5 minutes remove the almonds and let them cool. Place the chicken, almonds, lemon juice, green onions and parsley in a bowl. Stir to combine. Fold in the yogurt, stirring until the entire bowl of chicken is moistened. Season with more salt and pepper if desired.

LOW CARB BROCCOLI AND TUNA SALAD



INGREDIENTS

- 6 cups broccoli
- $\frac{1}{3}$ small onion, chopped
- 1 cup plain greek yogurt
- $\frac{1}{2}$ cup almonds, chopped
- 2 tablespoons red vinegar
- 1.5 can tuna
- salt and pepper to taste
- 1 tsp lemon pepper
- 1 green onion

DIRECTIONS

In a large bowl, combine broccoli, tuna, onion, and almonds. In a separate bowl, mix yogurt, vinegar, and seasonings, in a small bowl. Pour dressing over broccoli mixture and stir until evenly distributed. Cover and refrigerate for about an hour until ready to serve.



SHRIMP AND AVOCADO STUFFED SALAD



INGREDIENTS

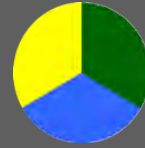
- 3 large ripe avocados
- 35 ounces small cooked shrimp (no tails and thawed)
- 2 tbsp greek yogurt
- 2 tbsp fresh lime juice
- 1 tbsp sriracha or other hot sauce
- Salt and pepper to taste

DIRECTIONS

Cut avocados in half lengthwise and remove pit Cut flesh into chunks and use a spoon to scoop flesh out into a medium bowl. Add shrimp, yogurt, lime juice, sriracha or hot sauce, and salt and pepper to taste. Toss to combine and separate into servings (can serve inside of empty skin if desired) .
Makes 6 Servings. Prep for the week.



HONEY MUSTARD CHICKEN SALAD



INGREDIENTS

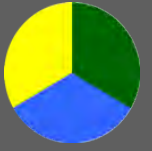
- 6oz boneless skinless chicken breast
- 1 bag spinach
- 2 rip tomatoes
- 1/3 cup red onion
- 1/3 cup mustard
- 8 tbsp olive oil
- 4 stevia packets

DIRECTIONS

Put mustard, oil & stevia together in small bowl and whisk until thoroughly combined. Pour atop bowl of spinach, onion, tomato and chicken. Serve cold with chicken heated



Avocado Deviled Eggs



Makes 4 servings

INGREDIENTS

- 12 boiled eggs (yolks removed)
- 2 Avocados
- 4 Tablespoons Lemon Juice
- 3 Tablespoons Olive Oil
- 1 Jalapeno (seeds removed)
- 1 clove garlic
- 1/4 cup cilantro
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- Paprika (dash)

DIRECTIONS

Boil eggs and set aside until cooled. Cut in half length-wise and remove and discard yolk.

Finely chop jalapeno and cilantro. Mince garlic clove.

Mix all ingredients together in large bowl. Fill egg whites with mixture. Add paprika as garnish. Enjoy.



Chicken Taco Soup



INGREDIENTS

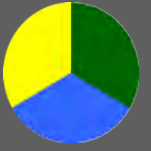
- 6 oz. chicken breast
- 1 cup green bell pepper sliced
- 1/2 cup onion sliced
- 1 packet of taco seasoning
- 1 cup low sodium chicken stock
- 1/4 cup fat free plain greek yogurt
- 1 cup black bean puree (if lunch)
- 1 cup tomato puree
- 1/2 avocado (if dinner)
- Handful of baby spinach

DIRECTIONS

Place chicken breast in crockpot with bell peppers and onion. Add taco seasoning. Add chicken stock. Turn crockpot to low and let cook for 2-3 hours. Mix and shred chicken. Add more stock if needed. Add greek yogurt to thicken sauce. Next, mix bean puree (if for lunch (your carb)) and tomato puree. Mix and heat for 10 minutes. Add spinach until wilted. Remove from heat and let cool for 10 minutes. Add avocado (if for lunch (your fat))



EGG ROLL BOWL



INGREDIENTS

- 6 oz. cooked ground pork
- 3 Tbsp soy sauce alternative
- 1/2 small onion, chopped
- 2 cloves minced garlic
- 1/2 Tsp grated fresh ginger
- 1 1/2 cups sliced green cabbage
- 1 cup finely sliced bok choy
- 1/2 Tbsp Chinese rice wine
- 1/2 tsp. toasted sesame oil
-

DIRECTIONS

Place ground pork and 1 Tbsp soy sauce alternative in a large skillet over medium high heat. Cook until meat browns, using a spatula to break up meat. Add onions, garlic and ginger to pork and continue cooking until the onions are soft. Add cabbage, bok choy, 2 Tbsp soy sauce alternative, rice wine and sesame oil to pan. Stir and continue cooking until vegetables start to wilt. Serve immediately.



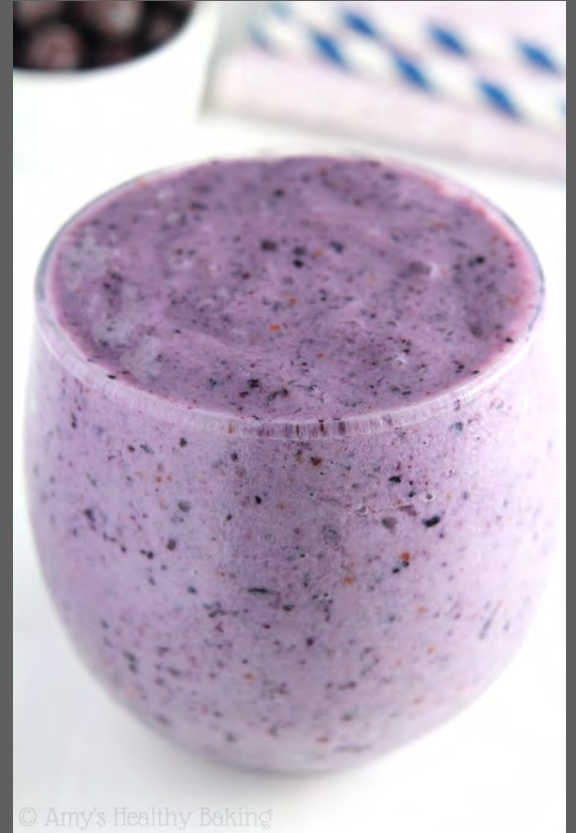
SHAKE RECIPES

BLUEBERRY PIE SMOOTHIE

INGREDIENTS



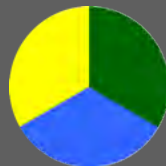
- 1 scoop vanilla protein
- 2/3 cup mixed frozen berries
- 2 handfuls spinach
- 1 cup cold water
- 1 tsp vanilla
- dash of cinnamon
- 2 stevia packets



© Amy's Healthy Baking

VANILLA ALMOND SHAKE

INGREDIENTS



- 1 scoop vanilla protein
- 2 tbsp justin's vanilla almond butter
- 1 packet stevia
- handful of ice
- 1 cup water

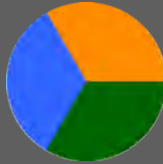


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SHAKE RECIPES

CAKE FOR BREAKFAST

INGREDIENTS



- 1 scoop vanilla protein
- 2/3 cup ground dry oats
- 1 tsp vanilla
- 1 stevia packet
- dash of salt AND sprinkles
- 1 cup water
- handful of ice



PB SANDWICH SHAKE

INGREDIENTS



- 1.5 scoops strawberry or chocolate protein
- 2 tbsp smooth Peanut Butter
- 1 cup water
- handful of ice



SAUCES AND DRESSINGS

Balsamic Vinegar Dressing

- 1/2 cup water
- 1/4 cup balsamic vinegar
- 2 packets splenda/stevia
- 1 tsp onion salt
- 1 tsp garlic powder
- 1/4 tsp dried mustard

Shake well in container and again before use

Versatile Vinegar Dressing

- 1/2 cup cold water
- 1/2 cup white vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/8 teaspoon pepper
- 1 dash paprika

Variations for Vinegar

Green Onion Dressing

- *add 2 or 3 minced green onions.*

Dilly Dressing: replace white vinegar with 1/2 cup malt vinegar. • -Omit paprika.

- *Add 1 1/2 teaspoons dill seed.*

'Honey' Mustard

- 1/8 cup balsamic vinegar
- 1/4 cup yellow or spicy mustard
- 3 packets of stevia
- Mix well and toss into salad

FLAVORFUL ADD INS

That Actually HELP you lose weight

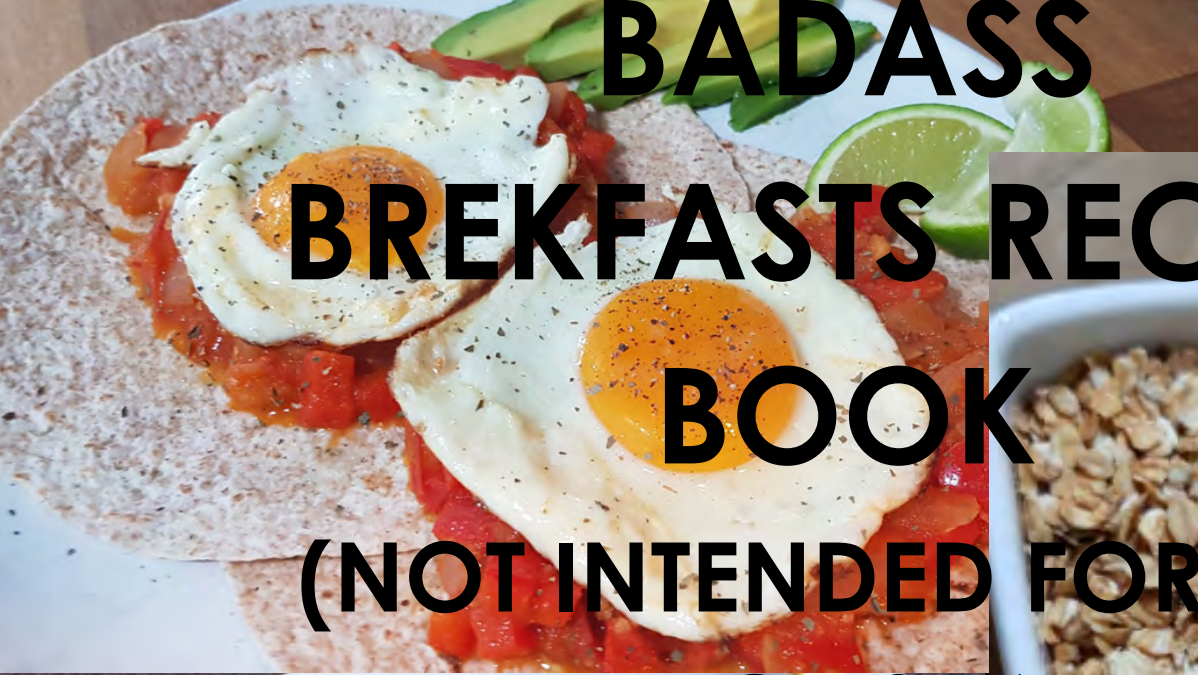
The consumption of fermented, probiotic foods has many benefits. The microflora that lives in fermented foods creates a protective lining in the intestines and shields it against pathogenic factors, such as salmonella and E.coli. Indeed, to get that healthy dose of bacteria, it's essential to consume top probiotic foods. Basically they help our guts run smoothly, which is imperative to weight loss!

- Sauerkraut
 - Kimchi
 - Pickles

Each of these can come in any array of flavors from spicy to sweet, so check out your local grocery store and see what you can find that sparks your interest.



POST-CHALLENGE



BADASS

BREKFASTS RECIPE

BOOK



(NOT INTENDED FOR USE

DURING 1ST 6-WEEK

CHALLENGE, CHECK

WITH YOUR COACH)



AVO-EGGS ON TOAST



INGREDIENTS

- 6 egg whites
- 1/2 Medium Avocado Sliced
- 1x Brown Sandwich Thin
- Hand full of Spinach
- Salt & Pepper to taste

Protein = 1 portion

Fats = 1 portion

Carbs = .5 portion

Total = 2.5 portions

DIRECTIONS

Heat a frying pan to a medium heat and add a few squirts of avocado oil. Whisk egg whites, Spinach, Salt and Pepper in bowl then pour into the pan, cook (scrambling thoroughly) until eggs are fully cooked.

Toast your Sandwich thin, add your Eggs with spinach and top with your sliced Avocado.



SKINNY EGGS ROYAL



INGREDIENTS

- 2 Eggs
- 55g Smoked Salmon
- 1x Brown English Muffin
- Pepper
- Vinegar (for poaching)

Protein = 1 portion

Fats = 1 portion

Carbs = 1 portion

Total = 3 portions

DIRECTIONS

Bring a pan of water with some vinegar in almost to the boil, spin the water in the pan and crack the eggs (one at a time) into the center of the pan, cook for 2-4mins and remove with a slotted spoon.

Toast your muffin and add the smoked salmon, top with your poached eggs and grind some pepper on top, add a side of veggies of your choice.



POWERFUL RICE PUD



INGREDIENTS

- 1cup Cooked Rice (Cold)
- 3/4cup 0% Greek Yogurt
- 1scoop Vanilla/Chocolate Protein
- 2packs Stevia
- Cinnamon/Nutmeg

Protein = 1 portion

Fats = 0 portion

Carbs = 1 portion

Total = 2 portions

DIRECTIONS

Mix together your cold cooked rice with yogurt and choice of protein, heat for 2min in the microwave stirring half way threw (if you want it hot but can be eaten cold), top with stevia and cinnamon/nutmeg.

Add a side of veggies if required



HUEVOS RANCHEROS



INGREDIENTS

- 2 Eggs
- 1 Tortilla Wrap (or 2 Mini-Wraps)
- 1/4 Medium Avocado Sliced
- 1 Red Pepper Cubed
- 1 Big Red Tomato Cubed
- 1/2 Onion Finely Chopped
- 2 Spring Onions Finely Chopped
- 1 Garlic Clove Finely Chopped
- Chili Flakes
- Salt and Pepper
- Slice of Lime

Protein = 1 portion

Fats = 1 portion

Carbs = 1 portion

Total = 3 portions

DIRECTIONS

Heat a spray or two of avocado oil in a shallow pan and add the chili, garlic and onion, Sauté until golden and add the chopped tomato and red pepper. Add some salt and pepper then let it simmer on medium heat until the pepper has softened and it looks like tomato sauce then sprinkle the chopped spring onions on top. In another pan with fry two eggs. Place the tortilla(s) on a plate, arrange the avocado strips and the slice of lime on the side. Spoon a few tablespoonfuls of the tomato sauce on the tortilla, add the eggs on top of the sauce. add Tabasco if you're a true Bad Ass.



GREEK STYLE GRANOLA

INGREDIENTS

(2 Servings)



- 1 1/3 cups Oats
- 1/4 cup Cashew Nuts
- 2 tbsp Butter (Melted)
- 1 tbsp Fresh Ginger (Grated)
- 1/4 tsp Vanilla Extract
- Serve with 1.5 cups 0% Greek Yogurt (per serving) *Optional

Protein = 1 portion ()

Fats = 1 portion

Carbs = 1 portion

Total = 3 portions

DIRECTIONS

Preheat the oven to 300°F/150°C. thoroughly combine rolled oats and melted butter in a mixing bowl. Transfer to a large baking dish and spread out evenly. Bake for 45-55 minutes, stirring every ten minutes, until oats are lightly coloured. Add cashews, ginger, and vanilla 20 minutes into the baking time and stir in thoroughly. To serve mix half quantity made into Greek Yogurt or store in a covered container. Will keep, refrigerated, for up to two weeks.

REMEMBER: this makes 2 Servings.



AT HOME WORKOUT PLAN

Suggested Equipment: Resistance Bands

Proper Planning Prevents Poor Performance

This is designed to be for making up Workouts/Traveling or filling your in between gym days.

LEGEND:

BB= Barbells / DB= Dumbbells / AMRAP= As Many Rounds as Possible

TABLE OF CONTENTS

LEGS

CHEST / SHOULDER / TRICEPTS

BACK/BICEPTS

ABS

TOTAL BODY CONDITIONING

CARDIO BLASTS / HIIT

LEGS

Warm-up: 2-3 min mobility drills (leg swings, long lunges, diagonal reaches)

Squat Variation: Add Band under your feet and hold it around your shoulders for resistance 3 sets x 15 reps Goal is to use enough weight to provide difficult resistance, but not too much that you cannot have good form.

Leg curl variation: Use bands seated/lying or using a Swiss Ball with hips elevated) **3 sets x 15 reps**

1A. Stationary Lunge: Use Band under front foot and around shoulders if you want to add resistance. **3 sets x 12-15 reps/leg**

1B. Sumo Squat: Use band under feet & around shoulders when it's needed. Body Weight might be fine to start. **3 sets x 15 reps**

2A. Glute Bridge: with feet together aka Frog Pumps Ly on your back, feet together, Elevate hips and squeeze Glutes tight for 2 seconds at the top of each rep.

Control the negative as your hips come down. **3 sets x 15 reps**

2B. Banded Glute: Kickbacks 3 sets x 15-20 reps

CHEST / SHOULDER / TRICEP

Warm-up: 2-3 min

Shoulder Press: Stand on the band and press overhead **3 sets x 15 reps**

1A. Upright Row: This can be done with a barbell, dumbbells, Band or on the cables. The Goal with these is to perform each rep with explosive power and control the negative phase of the movement (bringing the weight down) **3 sets x 12 reps**

1B. Band Pull aparts: Essentially hold arms straight out and 'pull' the resistance band apart (squeezing back of shoulders). **3 sets x 15 reps**

2A. Lateral Raise: You can use resistance bands or DB's for these. **3 sets x 12-15 reps**

2B. Overhead Tricep Extension: Stand on the band and reach behind your head, then fully extend above your head. **3 sets x 15 reps**

Push-Ups: These can be modified by doing them on an incline, decline or your knees Progressions are as follows:

- Inclined
- Knees
- leg straight
- legs elevated (decline)

3 sets x AMRAP

BACK & BICEPS

Warm-up: 2-3 min mobility drills

1A. Narrow Vertical Pull Down: This can be done with a band attached above your head **3 sets x 12-15**

1B. Wide Row: This can be done with a band looped under your feet **3 sets x 12-15**

2A. Wide Vertical Pull Down: This can be done with a band attached above your head **3 sets x 12-15**

2B. Narrow Horizontal Row: This can be done with a band looped under your feet **3 sets x 12-15**

3A. Curls: This can be done with a band or Db's **3 sets x 12-15**

3B. Hyperextension or Superman: **3 sets x 12-15**

4. Ab exercise of choice **3 sets x 12-15**

TOTAL BODY CONDITIONING

Warm-up: 2-3 min

Complete AMRAP for each exercise.

Option 1 Abs: (3-4 rounds)

1A. Weighted V-up 3 sets x 10-15 reps; rest 30-60sec before proceeding to 1B.

1B. Side Plank hold 3 sets x 30 sec hold per set; rest 30-60sec before starting back at 1A.

Total Body Conditioning:

Exercise - Work Interval - Rest Interval - Sets

Prisoner Squats (fast) 30-20-4 Plyo Push-ups (no clap) 30-20 Plyo or Reverse Lunges 30-20

Mountain Climbers 30-20-30 sec work x 20 sec rest; 1min rest btwn sets x 4 rounds

Option 2 Abs: (3-4 rounds)

1A. Seated Russian Twist (heels on the ground) 3 sets x 10-15 reps; rest 30-60sec before proceeding to 1B

1B. Forward Plank hold 3 sets x 30 sec hold per set; rest 30-60sec before starting back at 1A.

Total Body Conditioning:

Exercise Work Interval - Rest Interval - Sets

Plyo Lunges off step 30 20 4

DB Push Press (~15-20bs) 30 20

Pop squats 30 20

Burpees w/jump 30 20 30 sec work x 20 sec rest; 1min rest btwn sets x 4 rounds

TOTAL WARM - UPS

Upper body

arm circles-starting small and increasing in size x 60s

plank up-downs x 60s

lateral raises and external rotations x 60s

Lower body

****Foam roll: glutes, quads, IT Band, calves****

Two legged glute bridges x 20

walking lunges x 20

hip extensions/leg swings x 15 per leg

body weight jump squats x 15

heels to butt x 30

Add 3-5 minute LIGHT jog to end or beginning of these if needed

HIIT WORKOUTS

HIGH INTENSITY INTERVAL TRAINING

THE PURPOSE OF THIS TRAINING IS

TO REACH YOUR MAXIMUM WORK

CAPACITY (INTENSITY) DURING THE

PEAK INTERVALS AND THEN BRING

YOUR HEART RATE DOWN RAPIDLY

DURING THE REST

7 MINUTES IN HEAVEN

TIME - - - ACTIVITY

0:00-0:30 HIGH KNEES

0:30-1:00 REST

1:00-1:30 BURPEES (TO GROUND)

1:30-2:00 REST

2:00-2:30 HIGH SKIPS

2:30-3:00 REST

3:00-3:30 JUMP SQUAT

3:30-4:00 REST

4:00-4:30 MOUNTAIN CLIMBERS

4:30-5:00 REST

5:00-5:30 JACKKNIVES

5:30-6:00 REST

6:00-6:30 JUMP LUNGES

6:30-7:00 REST

***REPEAT 2-3 ROUNDS THEN DO A 2-3 MINUTE COOL DOWN
WALK AND SOME STRETCHING!***

HARD BODY AMRAP

COMPLETE AS MANY ROUNDS AS POSSIBLE WITHIN 30 MINUTES

15 DUMBBELL SQUAT TO PRESS

20 PLYO-LUNGES (OPTIONALWEIGHT)

10 PRONE PLANK ROWS (EACHARM)

10 PUSH-UPS

10 BURPEES

7X TABATA STYLE HIIT

WORK : REST

20S WORK: 10S REST

PERFORM EACH EXERCISE IN THIS FASHION FOR

A TOTAL OF 5 OR 6 ROUNDS.

EXAMPLE: 20S SQUAT JUMPS - REST 10 SECONDS -

REPEAT X 6

SQUAT JUMPS X 6

PLANK UP-DOWNS X 5

MOUNTAIN CLIMBERS X 6

POWER JACKS X 5

POWER JACKS X 5

JUMP LUNGES X 5

AB ROLL UPS X 6

10 MINUTE MUFFIN TOP MELTER

COMPLETE THE CIRCUIT 3X THROUGH WITH
MINIMAL REST UNTIL FINISHED



1 min tension plank (full body tension)



1 min Hip Taps

1 min deadbug (30s per side)



0-60 HILL SPRINT WORKOUT

**ALL YOU NEED TO PERFORM THIS WORKOUT IS YOURSELF,
A PAIR OF RUNNING SHOES AND A NEARBY HILL OF SOME SORT.
YOUR UPHILL SPRINTS SHOULD BE SO HARD THAT YOU FEEL
AS THOUGHT YOU COULD NOT LAST A SECOND LONGER.**

0:00 – 0:30 – SPRINT UPHILL

0:30 – 2:30 – REST (WALK SLOWLY, CATCH BREATH)

REPEAT FOR 6 -8 ROUNDS!!

FINISH OFF WITH A 5 MINUTE COOL DOWN JOG REGRESSING INTO WALK

AFTER THE LAST SPRINT SET, AND MAKE SURE YOU

STRETCH POST WORKOUT.

TOTAL BODY TABATA

REPEAT EACH SET OF TWO EXERCISES FOR 4 ROUNDS, EQUALING A TOTAL OF 4 MINUTES PER WORKING ROUND. REST 1 MINUTE BETWEEN TABATA SETS BEFORE SWITCHING TO THE NEXT EXERCISE

TABATA 1

20-30S: REST

30-50S: PLANK JACKS

50-60S: REST

REPEAT 4X

TABATA 2

0-20S: FROGGERS

20-30S: REST

30-50S: BICYCLE CRUNCHES

50-60S: REST

REPEAT 4X

TABATA 3

0-20S: HIGH KNEES IN PLACE

20-30S: REST

30-50S: PUSH-UPS

50-60S: REST

REPEAT 4X

TABATA 4

0-20S: JUMP SQUAT 20-30S: REST

30-50S: LATERAL HOPS 50-60S: REST

REPEAT 4X

15/30 AMRAP

PERFORM 5 MINUTES EACH, AS MANY REPS AS POSSIBLE!

REST ONLY BETWEEN EACH AMRAP GOAL IS TO GO FOR 2 ROUNDS!

LOWER BOD AMRAP: 5 MIN

10 TUCK JUMPS

10 RUNNER STANCE HEEL TOUCHES

10 SINGLE LEG GLUTE BRIDGES (PER LEG)

AB AMRAP: 5 MIN

10 IN & OUTS

30 CROSS BODY STRAIGHT LEG BICYCLES

10 SUPERMAN LIFTS

UPPER BODY AMRAP: 5 MIN

5 PUSH UPS

10 PLANK TO PIKE TOE TOUCHES

10 FROG STAMP JUMPS

BUTT BLASTER HIIT

15 JUMP SQUATS

20 BODY SQUATS

12 WALKING LUNGES (PER LEG)

12 KNEE UPS (PER LEG)

10 BURPEES

10 SQUAT PRESSES

12 STEP UPS (PER LEG)

**PERFORM AS MANY ROUNDS AS
POSSIBLE IN 25 MINUTES. REST AS
NEEDED, BUT CHALLENGE YOURSELF!**

20 MINUTE QUICKIE

Set #1

Exercise	Time
High Knee Running	20 seconds
Diagonal Jump-ups	20 seconds
Burpees	20 seconds
Rest 60 seconds	
Perform 5 rounds for a total of 10 minutes.	

Set #2

Exercise	Time
Ankle Touches	20 seconds
Squat Jumps	20 seconds
Push-up + Jump In/Out	20 seconds
Rest 60 seconds	
Perform 5 rounds for a total of 10 minutes.	

