



RECIPES

MACRONUTRIENT LEGEND:



PROTEIN



FAT



CARBOHYDRATES



VEGETABLE

SEARED SCALLOPS WITH SPROUTS

INGREDIENTS

- 170g scallops
- 2 tbsp olive oil
(divided)
- 2 tbsp rice wine
vinegar
- 1 cup of diced
brussel sprouts
- ½ cup sauerkraut (optional)

DIRECTIONS

Heat oil in a pan 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 AND PORK

INGREDIENTS

- 170g pork (cooked and shredded)
- 2 tbsp Kerry gold butter
- ½ cup chopped celery
- 2 cups shredded cabbage
- 1/3 cup chopped onion
- Bragg's Soy Sauce Alternative & salt
to taste (suggestion: 4 tbsp Bragg's)

DIRECTIONS

In pan, 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 tendercrisp (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 PEPPER

INGREDIENTS

- 170g 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 176 degrees. Heat pan and add 1/2 tsp. coconut oil until sizzling. Add all veggies and spices to pan 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 176 degrees for about 25-30 minutes.

LEMON BUTTER ASPARAGUS

INGREDIENTS

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

DIRECTIONS

Sauté the asparagus in 1 tbsp coconut oil on pan. When the asparagus slices are tender, drizzle lemon juice on top. Move asparagus to side of pan and add 1 tbsp 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

- 170g 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

- 170g 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 204 degrees C. Cover the chicken with all the seasoning and put in the oven for 20-25 minutes until cooked through. Heat a large pan over medium-high heat and add the olive oil and add the almonds to a nonstick pan. 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 & TUNA SALAD

INGREDIENTS

- 6 cups broccoli
- small onion, chopped
- 1 cup plain greek yogurt
- ½ 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.

CHICKEN AND AVOCADO STUFFED SALAD

INGREDIENTS

- 3 large ripe avocados
- 1 kg cooked prawns
(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 & remove pit. Cut flesh into chunks and use a spoon to scoop flesh out into a medium bowl. Add prawns, 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)



HONEY MUSTARD CHICKEN SALAD



INGREDIENTS

- 170g 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. (Makes 6 Serves)



SWEET EGG SCRAMBLE



INGREDIENTS

- 3 egg whites
- 1/2 scoop vanilla protein
- 2/3 cup frozen berries
- 2 stevia packets
- 1/4 tsp vanilla extract
- Dash of cinnamon

DIRECTIONS

Grease pan with oil and bring to medium heat. Whisk egg whites, protein, and extras together in bowl then pour onto pan. Once eggs are about halfway cooked, add the berries to the pan and continue to cook (scrambling thoroughly) until eggs are fully cooked. Top with cinnamon or Walden Farms Pancake 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 oil and place in microwave under 'potato' setting (count = 1 potato). Bring pan greased with oil to medium heat and sautee spinach sprayed with oil as well. Once spinach is 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

- 85g 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 176. Bake for 8-10 minutes. Remove and serve with your choice of hot sauce or seasoning.



BLUEBERRY OVERNIGHT OATS



INGREDIENTS

- 1½ 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

- 3 slices Sourdough 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 pan at medium heat greased with oil. Flip toast until eggs thoroughly cooked and remove from heat. Top with Walden Farms Pancake Syrup .





EGG WHITE MCMUFFINS

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 176. 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
- 170g ground turkey
- 1 handful spinach
- ¼ cup water
- Balsamic vinegar
- Garlic salt to taste

DIRECTIONS

Grease pan with oil and bring to low medium heat – add ground turkey. Once turkey is about halfway 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. 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 pan to medium heat, grease with 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. 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 pan with oil and bring to medium heat. Mix ALL ingredients together in bowl (or puree in food processor). Cook on pan for about 2 minutes, then flip and leave on heat until firm. Top with Walden Farms Pancake Syrup or Cinnamon and Stevia.



THE ULTIMATE BREAKFAST SANDWICH

INGREDIENTS

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

DIRECTIONS

Place bread in toaster at desired level. Heat pan to lowmedium heat, grease with 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 PRAWNS



INGREDIENTS

- 170g prawns
(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 prawns in the mixture and thoroughly coat. Heat pan greased with oil to medium heat and pour mixture on pan. Cook until prawns is fully colored then remove from heat and lay atop ½ cup of white rice.



TURKEY TACOS



INGREDIENTS

- 170g lean ground turkey
- 34 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 pan to medium high heat (greased with oil) & 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

- 170g 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 tast

DIRECTIONS

Chop veggies into smaller pieces and sautee in pan 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

- 170g 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 pan sprayed with oil to medium low heat. Combine all ingredients (minus potato) and then pour onto pan. 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 SUMMER SALAD



INGREDIENTS

- 170g 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 Apple Cider Vinegarette for dressing.



LOADED BAKED POTATO



INGREDIENTS

- 1 small baked potato (about 2/3 cup size)
- 170g 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 6WC friendly dressings to top)

DIRECTIONS

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



CHICKEN TACOS

INGREDIENTS

- 170g cooked skinless chicken breast
- 1/2 cup black refried beans
- ¼ cup chopped green onion
- ½ cup pico de gallo
- 4 pieces romaine lettuce
- ¼ 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
- 85 g 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 pan with 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

- 170g cooked skinless chicken breasts
- 1/2 cup cooked quinoa
- ½ cup garbanzo beans
- 1 ½ cup fresh kale
- ¼ 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 SALAD

INGREDIENTS

- 170g 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

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

- 170g 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.



SPICY THAI PRAWNS SALAD

INGREDIENTS

- 170g jumbo prawns (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 & another veggie of choice



DIRECTIONS

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

CRISPY CHICKEN & BRUSSEL



INGREDIENTS

- 170g skinless chicken breast
- 1 cup brussel sprouts (halved)
- 2 tbsp coconut oil
- ¼ tsp garlic powder
- 1 tbsp lemon juice

DIRECTIONS

Preheat oven to 218 degrees. Toss brussel sprouts in mixture of ONE tbsp. coconut oil, garlic powder, and salt to taste. Heat up pan for chicken and turn on medium high, add the other 1 tbsp 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.



THAI PEANUT CHICKEN



INGREDIENTS

- 170g 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.



SHAKES

BLUEBERRY PIE SMOOTHIE

INGREDIENTS

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



VANILLA ALMOND SHAKE

INGREDIENTS

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

CAKE FOR BREAKFAST

INGREDIENTS

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



PB SANDWICH SHAKE

INGREDIENTS

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

DRESSINGS

BALSAMIC VINEGAR DRESSING

INGREDIENTS

- 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

VARIATIONS FOR VINEGAR

Dilly Dressing:

- replace white vinegar with 1/2 cup malt vinegar.
- Omit paprika.
- Add 1 1/2 teaspoons dill seed.



Green Onion Dressing

- add 2 or 3 minced green onions.



VERSATILE VINEGAR DRESSING

INGREDIENTS

- 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



'HONEY' MUSTARD

INGREDIENTS

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