STEALTH HEALTH

INDULGENT & NOSTALGIC FOODS, MADE HEALTHIER



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Hey! My name is Tom Walsh, the man behind @Stealth_Health_Life!

Why do I do this?

Many of my best memories from childhood were at the dinner table with my family, sharing delicious meals together. It shaped me in to who I am today and sharing experiences around food was (and is) a significant part of my identity.

After high school, I turned to weightlifting as an outlet for my need to be physically active. I started looking at food purely for fuel, not joy. Diet culture told me that good tasting food = “bad for you”, and it felt necessary to sacrifice that part of my life to reach my goals. Before long, I began to feel like I was sacrificing too much - but I wasn’t willing to give up either my love for food or my passion for fitness.

I began combining my knowledge of the basic principles of nutrition with my love for food and cooking, and after tons of trial and error - I was able to learn techniques to combine the best of both worlds. I found that it was actually very possible to significantly improve the “health” / “nutrition” of foods without really sacrificing on taste, it just took a few ingredient swaps here and there.

It turns out countless people face the same struggles I dealt with years ago.

Diet culture tells us that there are two options when it comes to food:
1.) Great tasting, indulgent food that is “bad” for you
2.) “Health” food that is "diet-friendly", but is boring and doesn’t taste good

That’s why when people learn that it is possible to have the best of both worlds - it feels like you discovered something truly magic. **My goal is to help you experience this "magic" on a daily basis. The recipes I share are designed to make this as easy as possible for you to experience. The best diet is one you enjoy - the less you feel like you're "dieting", the better.**

Before You Get Started

STAPLE INGREDIENTS

- **Boneless Skinless Chicken thighs**
  - The calories/macronutrients are barely different from breasts (~3g more fat per 4oz) - but they pack MUCH more flavor
- **Lean ground beef (93% or 96%)**
  - I generally prefer using 93% beef - in my opinion, it's the leanest beef you can get that still has good flavor
- **Cottage cheese (I use GoodCulture 2%)**
  - Has a very mild, mozzarella-like flavor - but has incredibly high protein and low fat. The perfect base for any cheese sauce when blended and takes on the flavors you add to it!
- **English muffins (I recommend Whole Foods brand)**
- **Essential Spices**
  - Salt, pepper, garlic, onion, paprika, smoked paprika, chili powder, cumin, italian herbs, red chili flakes
- **Plain Greek Yogurt (I use FAGE 2%)**
- **Parmigiano Reggiano**
  - Tastes like an entirely different cheese than typical Parm. The benefit of this is a small amount goes a VERY long way
- **Barilla Protein Plus Pasta**
- **RightRice (Vegetable based, high protein rice)**
- **Other Common Sauces/Ingredients**
  - Soy sauce, hot sauces (I prefer Siete brand), Mission Burrito size tortillas (this is what I use for all burrito recipes), enchilada sauce, Cheddar powder (buy in bulk on Amazon!)

Before You Get Started

APPLIANCES / COOKING NOTES

- **FOOD SCALE**
  - This is by far the most important kitchen item you'll need to follow my recipes! And I know - most of you may be used to cooking with volumetric tools, but trust me, using a food scale is 1000x easier and SIGNIFICANTLY more accurate for calorie calculations. You can find them for super cheap (less than $15) off of Amazon!
- **Air fryer**
  - **I use, and highly recommend, the "Instant Vortex 7-in-1"**
  - The air fryer is my preferred method of cooking (especially chicken) - it is a much more efficient, easier method to cook my recipes. Air fryers heat up faster, and cook faster, when compared to an oven. Owning an air fryer is not 100% necessary to make my recipes. The vast majority can also be prepared in the oven - I'd recommend adding 2-3 minutes to the cook time for most recipes that call for an air fryer (but it may take some trial and error based on appliance)
- B**lenders (You don't need all, but need at least 1)**
  - Immersion blender (Hand-held blender, great for blending sauces directly in the pan/bowl)
  - Nutri-bullet blender - my most commonly used blender because it is incredibly convenient and easy to clean
  - Food processor (Ninja) - great for blender larger amounts of sauces, and for finely chopping herbs/vegetables

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SANDWICHES, WRAPS & QUESADILLAS

Chicken Avocado Sandwiches



NUTRITION FACTS

Per sandwich (2)

460 Calories

37g Protein

30g Carbs

22g Fat

INGREDIENTS

2 brioche buns

2, 5oz boneless skinless chicken thighs

Season with: salt, garlic, onion, smoked paprika, chipotle chili powder

1 medium avocado (~120g)

50g green enchilada sauce/salsa verde

20g shredded provolone (10g each)

Hot sauce of choice

INSTRUCTIONS

1. Pre-heat air-fryer to 375
2. Tenderize/flatten chicken thighs (even out the thickness), and season (lightly coat each side with each seasoning) and add to air fryer for 12 minutes. *If you don't have an air fryer, you can bake or grill the chicken*
3. While chicken is cooking, mix 1 medium avocado with green sauce/salsa and add a pinch of salt/pepper. Mix and mash until it reaches a guacamole-like consistency
4. Remove chicken from the air fryer, let rest for 5 mins. Add buns to air fryer for 3-5 mins to toast while the chicken rests (or toast using your preferred method)
5. Once buns are toasted, add avocado to top and bottom bun, add chicken, cheese and top with hot sauce and red chili flakes

ADDITIONAL NOTES

- The buns I used here (Brioche) were ~160 cals each. I think they're worth it for the taste, but use your favorite bun
- To reduce fat - simply use 1/4 avocado for each sandwich (instead of 1/2)
- Add tomato if you're into that!

"Lazy" Hot Chicken Sandwiches



NUTRITION FACTS

Per sandwich (2)

360 Calories

33g Protein

30g Carbs

13g Fat

INGREDIENTS

2, 5oz boneless skinless chicken thighs, seasoned with: salt, garlic, onion, paprika, chili powder, cayenne (lightly)
30g coleslaw veggie mix
20g bolthouse ranch
10g Mike's hot honey
Pickle slices (optional topping)
30g Hot sauce of choice (I used Truff)
20g Light Mayo
1/2 tspn water
2 English muffins

INSTRUCTIONS

1. Season both chicken thighs lightly on each side with each seasoning. Add to air fryer at 375 for 12 mins
2. While chicken is cooking, prep the toppings
3. Combine coleslaw mix, bolthouse ranch, and mikes hot honey and mix
4. Combine hot sauce, light mayo, and 1/2 tspn of water (or pickle juice) in a small bowl and mix
5. Once chicken is done, remove from air fryer and let rest for ~5 mins
6. While the chicken rests, toast english muffins. I like to toss them in the air fryer for 6-7 mins (closed, so the exterior gets crispy and the interior stays soft) - but toast however you prefer
7. Assemble sandwiches - Add sauce to the bottom bun, add chicken, pickles, coleslaw and top with more sauce
8. Enjoy!

ADDITIONAL NOTES

- If you don't want to use Truff hot sauce, I recommend using buffalo sauce!
- You can also use brioche or potato buns in place of english muffins

Chicken Parmesan Wraps



NUTRITION FACTS

Per wrap (2)

425 Calories

52g Protein

22g Carbs

17g Fat

INGREDIENTS

2 Lavash flatbreads

10oz boneless skinless chicken thighs seasoned with salt, pepper, garlic, onion

1 sprig Rosemary, chopped

4 basil leaves, sliced

30g Parmigianno Reggiano

30g 2% mozzarella

120g tomato sauce

40g blended cottage cheese (optional)

INSTRUCTIONS

1. Season chicken thighs and air fry at 375 for 12 mins
2. While chicken cooks, prep herbs + cheeses. Finely chop rosemary, slice basil in to thin strips. Mix mozzarella and freshly grated parmesan
3. Grab two Lavash flatbreads and add tomato sauce, rosemary, basil and cheese mixture on top. Place chopped chicken on one end and gently roll in to a wrap
4. Lightly spray with oil, and place in air fryer at 375 for 4 mins until golden brown
5. Remove, slice in half, and enjoy!

ADDITIONAL NOTES

- Chicken breast also would work in place of thighs!
- I highly recommend using fresh rosemary and basil - if you don't have any on hand you could also use dried basil/rosemary
- Cottage cheese is optional, but adds creaminess

Chicken Bacon Ranch Quesadilla



NUTRITION FACTS

Per quesadilla (2)

440 Calories

39g Protein

36g Carbs

16g Fat

INGREDIENTS

8oz boneless skinless chicken thighs

Season with: salt, garlic, onion, ranch seasoning (optional)

2 slices of bacon*

40g 2% greek yogurt

40g bolthouse ranch dressing

40g 2% mozzarella

2 burrito tortillas

ADDITIONAL NOTES

- *Bacon used was ~70 calories per 2 slices. These are the cals if you cook/drain the fat in the process
- Use turkey bacon for lower fat content
- Instead of using a tortilla, you could also use the filling to make a flatbread!

INSTRUCTIONS

1. Pre-heat oven to 400 degrees
2. Place foil on a baking sheet, add bacon, and place in oven for ~20 minutes. Halfway through, remove, drain ALL grease, and flip. Add back to oven to finish cooking. Once done, remove, drain grease, and place on paper towels to let cool/crisp
3. Chop chicken thighs, season, and add to a pan over medium-high heat for 2-3 mins on each side or until cooked through
4. Add chopped chicken, bacon, greek yogurt and ranch dressing to a bowl and mix until combined
5. Place mixture in your tortillas (makes 2), and sprinkle mozzarella on top
6. Fold over you tortilla into a quesadilla, and lightly spray the outside with oil
7. Add to your oven for ~8-10 minutes
8. Remove, and enjoy!

"Lazy" Chicken Parmesan Sandwiches



NUTRITION FACTS

Per sandwich (2)

400 Calories

42g Protein

30g Carbs

13g Fat

INGREDIENTS

2 English muffins

120g Tomato sauce (30g each half)

2 boneless skinless chicken thighs

Seasoned with: salt, garlic, onion, paprika, rosemary, oregano

40g fresh grated mozzarella

10g Parmigiano Reggiano

INSTRUCTIONS

1. Pre-heat oven to broil at 450 ("Low" setting if it doesn't have temperature options), and pre-heat air fryer to 375
2. Take your english muffins and split in half, add tomato sauce to all 4 halves
3. Add english muffins, sauce side up, to the oven for 8 minutes
4. Season chicken thighs (lightly coat each side with each seasoning) and add to air fryer for 12 minutes. *If you don't have an air fryer, you can add to the oven along with the english muffins and cook for 12-15 minutes, flipping halfway
5. While cooking, mix together mozzarella and Parmesan cheese
6. Remove muffins and chicken once done cooking. Add cheese on top of the chicken, and add to the oven (broil at 450) to let the cheese melt/brown
7. Remove from oven, add to english muffins, and enjoy!

ADDITIONAL NOTES

- For an even lower calorie option, you can sub chicken thighs for chicken breast (but I highly recommend using thighs)
- Fresh grated mozzarella and Parmigiano Reggiano will yield best results (instead of pre-shredded)

Air Fryer Creamy Chicken Quesadillas



NUTRITION FACTS

Per quesadilla (2)

305 Calories

29g Protein

24g Carbs

10g Fat

INGREDIENTS

6oz Boneless skinless chicken thighs

Seasoning: taco seasoning, chili powder

80g 2% plain Greek yogurt

40g Red Enchilada Sauce

Spoon of salsa (optional)

30g 2% cheddar

Dash of Garlic, onion, chili powder, smoked paprika, salt

2 flour tortillas (Mission Fiber tortillas)

INSTRUCTIONS

1. Season chicken thighs, add to air fryer at 375 for 12 minutes
2. While chicken cooks, prep sauce. Mix greek yogurt, red enchilada sauce, salsa, cheddar and seasonings in a bowl
3. Once chicken is done cooking, remove, chop in to small pieces, then add in to your sauce mixture. Mix until completely combined - this will be your quesadilla filling
4. Get two flour tortillas of choice, place in the microwave for 10-15 seconds (helps soften)
5. Add half of your quesadilla filling to each tortilla and fold in half
6. Lightly spray with oil, then add to your air fryer at 375 for 4-5 mins or until crispy

ADDITIONAL NOTES

- Chicken tenderloins are also a great option - I generally cook tenderloins on a pan instead of the air fryer, then shred the chicken once done
- Both the chicken and quesadilla can also be cooked in the oven! Generally I'll add 2-3 mins to the cook time when using the oven instead of the air fryer

Ham & Swiss Melt



NUTRITION FACTS

Per melt

340 Calories

26g Protein

29g Carbs

14g Fat

INGREDIENTS

80g smoked ham

30g swiss cheese

15g light mayo

10g sriracha

1 English muffin

INSTRUCTIONS

1. Combine sriracha and light mayo to make sauce
2. Split open English muffin, slightly moisturize each side with water (on the interior), add sauce to bottom and top bun, then layer on half slice of Swiss cheese, 40g of ham, half slice of Swiss cheese, 40g ham, and another half slice of Swiss cheese on top
3. Close the sandwich, then add the entire thing to the air fryer or oven at 300, for ~10-12 minutes
4. Remove once cheese is melty and english muffin is lightly crispy on the exterior

ADDITIONAL NOTES

- Sriracha can be subbed out for any other hot sauce! I've also used Jalapeño hot sauce and it worked just as well
- Highly recommend getting the deli meat fresh from a deli counter vs pre-packaged!

Buffalo Chicken Melt



NUTRITION FACTS

Per melt (2)

410 Calories

35g Protein

34g Carbs

16g Fat

INGREDIENTS

6oz Boneless Skinless Chicken Thighs Seasoned with salt, garlic, onion and smoked paprika

40g Buffalo sauce

15g Honey

20g Tomato paste

2 laughing cow wedges

40g fat free (or 2%) Cheddar

2 slices provolone

4 slices bread of choice

20g light butter

INSTRUCTIONS

1. Season chicken thighs, add to air fryer or oven at 375 for 12 minutes
2. Prep sauce. Add Buffalo sauce, honey, tomato paste and cheddar to a bowl and mix. I'll usually microwave this for 20 seconds just so it isn't cold when you add in the chicken.
3. Shred chicken thighs, add to sauce. Add in laughing cow wedges and combine
4. Spread light butter on 4 slices of bread (5g each) - place the buttered side down on a plate and add chicken mixture and top with provolone
5. Toss on pan heated to medium, cook until golden brown on both sides (usually takes 7-8 minutes total). You could also use a panini press!
6. Remove once cheese is fully melted and bread is lightly browned, and enjoy!

ADDITIONAL NOTES

- Shredded chicken breast or rotisserie chicken would also work great instead of chicken thighs!
- Makes 2 sandwiches since the typical chicken thigh is ~6oz, but you could easily use a small chicken thigh to make just 1 and divide everything by 2!

Buffalo Ranch Chicken Sandwich



NUTRITION FACTS

Per sandwich (2)

520 Calories

46g Protein

48g Carbs

15g Fat

INGREDIENTS

1, 8oz Chicken breast

Breading/dipping stations:

1 bag Quest ranch chips + 10g panko

1 beaten egg + 1 tblspn buffalo sauce

10g flour + salt, garlic, paprika

Buffalo sauce coating:

60g Buffalo sauce

40g Light butter

8g Honey

Sandwich ingredients:

2 Brioche Buns

6 pickle slices

50g (25g each) Bolthouse Farms Ranch

INSTRUCTIONS

1. Tenderize chicken breast (flatten so it is even thickness), trim, and slice in to two pieces
2. Set up *dipping stations* and mix all ingredients
3. Coat both chicken pieces with flour/seasoning mixture, then dip in egg, followed by chip/panko mixture. Place on air fryer rack
4. Air fry at 375 for 10 minutes
5. Prep *buffalo sauce coating* by mixing each ingredient together, and microwaving 10-15 seconds to help mix
6. Remove chicken from air fryer and dip each in Buffalo sauce mixture, then place back on to air fryer rack. Drizzle leftover sauce on top of chicken before placing back in air fryer (if you have more leftover, you can place it on the buns or use as a dip for the sandwiches)
7. Air fry at 375 for ~4 mins
8. Add to toasted buns, top with pickles and ranch, and enjoy!!

ADDITIONAL NOTES

- If you can't find Quest chips, you can use just Panko - it will just be slightly lower protein and slightly higher carb
- I used a higher calorie bun for this one (Brioche) - so you could substantially reduce calories by using a low cal bun

Honey Chipotle Chicken Sandwich



NUTRITION FACTS

Per sandwich

325 Calories

28g Protein

34g Carbs

9g Fat

INGREDIENTS

1 Honey Chipotle Chicken Thigh (**see recipe on page 90)**

1 english muffin

30g light sour cream

5g light mayo

1-2 tspn chives

Garlic powder

INSTRUCTIONS

1. Pre heat, air fryer to 400 degrees. Lightly moisturize the interior of you english muffin, close it, then lightly spray the exterior with oil and add to the air fryer for `7-8 mins. This will crisp up the exterior, and steam the interior
2. In a small bowl, combine light sour cream, light mayo, a dash of garlic powder, chives and mix
3. Place sauce on each half of the english muffin, add on your honey chipotle chicken thigh, top with more chives, and enjoy!

ADDITIONAL NOTES

- Calories/macros assume chicken thigh is ~4oz. May be slightly higher if thigh is larger
- If you don't want to make the full honey chipotle chicken recipe for this one - season one boneless skinless chicken thigh with salt, garlic, onion, smoked paprika, chipotle chili powder and air fry at 375 for 12 mins

In-n-Out "Animal Style" Double-Double



NUTRITION FACTS

Per burger

500 Calories

45g Protein

41g Carbs

19g Fat

INGREDIENTS

5oz 96% beef, divided into two patties, seasoned with salt and pepper

1/2 onion, chopped and carmelized

2 slices 2% American cheese

Bun of choice (I used Brioche)

Sauce:

20g light Mayo

20g sugar-free ketchup

10g relish

1/4 tspn white vinegar

INSTRUCTIONS

1. Start by prepping your sauce - add each ingredient to a small bowl, and mix until smooth
2. Chop half an onion, add to pan, and cook until caramelized. I keep the pan on medium low heat, and add a splash of water when the onions start to stick to the pan, and repeat the process until the onions are dark brown/caramelized
3. Form burger patties and season each side with salt and pepper. Add to pan on medium-high heat. Since the patties are small, it will only take 1-1.5 mins on each side to fully cook
4. After first flip, add cheese to each patty to help it melt down
5. Toast buns, then add burger, sauce, burger, sauce - and enjoy!!

ADDITIONAL NOTES

- I used a higher calorie bun for this one (Brioche) - so you could substantially reduce calories by using a low cal bun instead
- I batch prep caramelized onions each week - making 3-4 onions worth at once saves a ton of time!

Chicken Parmesan Sandwiches



NUTRITION FACTS

Per sandwich (2)

520 Calories

49g Protein

37g Carbs

18g Fat

INGREDIENTS

1 chicken breast

30g mozzarella + 10g parmesan (mixed and used as the chicken topping)

120g tomato sauce

2 brioche buns + 10g light butter

Breading/dipping stations:

1 bag quest ranch chips + 15g parmesan

1 beaten egg

10g flour + 1tsp of garlic, thyme, rosemary, salt

INSTRUCTIONS

1. Tenderize and slice chicken in to two pieces, lightly salt each side and then set up dipping stations
2. Prepare dipping stations: combine flour + seasonings, beat 1 egg, combine 1 bag of crushed quest chips with 15g parmesan
3. Pat dry chicken, cover with flour mixture until coated
4. Dip chicken in egg wash
5. Coat chicken with chip/cheese mixture
6. Air fry at 375 for 12 minutes, flipping halfway
7. Remove from air fryer, add sauce on each chicken, then top with mozzarella and parmesan mixture
8. Broil/air fry at 400 for 2.5 mins. Keep an eye on it until melted and lightly browning on edges
9. Add tomato sauce on each bun, add chicken to the bun and top with more tomato sauce and Italian seasoning, and enjoy!

ADDITIONAL NOTES

- Recipe makes 2 sandwiches
- If you can't find quest chips, you can use italian style bread-crumbs or panko - it will just be lower in protein
- I used normal mozzarella, but you could also just reduced fat and have similar results

Meatball Sub "Bread Boat"



NUTRITION FACTS

Per sub

480 Calories

43g Protein

32g Carbs

20g Fat

INGREDIENTS

Meatball recipe (makes 15)

16 oz beef

1/4 cup breadcrumbs

1/4 cup milk

1 egg

1/2 grated yellow onion

1 tsp salt, 1 tsp garlic powder, 1 tsp Italian seasoning, Pepper

Meatball Sub ingredients:

1 Bolillo roll

3 meatballs

60g blended cottage cheese (optional)

10g parmigiano Reggiano

1 slice provolone

100g tomato sauce

ADDITIONAL NOTES

- I weigh the bread before and after to calculate cals. Mine lost 50% of the original weight, so I logged 1/2 a roll

INSTRUCTIONS

1. Start by making the meatballs - I make them in a large batch (much more convenient this way) - then store the leftovers. Mix non-beef ingredients, then add beef and lightly mix until combined. Form into 15 meatballs and place on a baking sheet
2. Bake @ 375 for 20-25 minutes
3. Now, prepare subs - for each sub, you'll need 3 meatballs. If making more than one, just multiply the "meatball sub ingredients" by the number of subs you are preparing
4. Place meatballs, tomato sauce, and cottage cheese in a pot and simmer for ~10 mins
5. Create bread boat. To do this, cut around the top of your bread roll, pull off the top, and scoop out all the bread that you can to create space for the meatballs
6. Add meatball and sauce mixture to the bread boat. Top with parmesan, and then layer the provolone on top.
7. Broil @ 450 for 6 minutes
8. Top with italian seasoning, and enjoy!

Beef & Cheese Burrito Meal Prep



NUTRITION FACTS

Per burrito (makes 6)

365 Calories

28g Protein

35g Carbs

13g Fat

INGREDIENTS

1 pound 93% beef

1 packet taco seasoning + garlic, onion, smoked paprika

200g 2% Greek yogurt

100g Siete red enchilada sauce

60g 2% cheddar

2 laughing cow cheese wedges

2 tablespoons chopped cilantro

6 burrito tortillas (mine were ~180 Cals each)

INSTRUCTIONS

1. Start by cooking beef - brown over medium heat in a large pan
2. Once beef is browned, add in taco seasoning, garlic, onion, smoked paprika and a tablespoon of water. Mix to combine
3. Add in greek yogurt, red enchilada sauce, cheddar, laughing cow wedges and chopped cilantro - mix. I keep the pan over the lowest heat setting until everything is melted and combined
4. Form burritos. Grab 6 square pieces of foil, place the tortilla on top, and add filling. I use a scale to weigh out the filling for each to keep them even. Roll burrito, then wrap in foil and fold edges.
5. Place in fridge or freezer, or serve!

STANDARD RE-HEATING INSTRUCTIONS:

- Microwave to defrost (1-2 minutes) or place in fridge overnight
- Bake at 375, 10-12 minutes

ADDITIONAL NOTES

- Makes ~6 burritos! You can easily double or triple the recipe for even more burritos! These also would be great served immediately
- If you plan on eating within a week, store in fridge for shorter re-heat times

The Ultimate Breakfast Sandwich



NUTRITION FACTS

Per sandwich

385 Calories

31g Protein

28g Carbs

17g Fat

INGREDIENTS

1 English muffin

2.5oz lean turkey sausage

15g 2% Cheddar cheese

1 Egg

30g 2% Plain greek yogurt OR light mayo

15g Siete habenero hot sauce

Pinch of chopped cilantro

INSTRUCTIONS

1. Prep sauce by mixing Greek yogurt or Mayo, hot sauce and cilantro.
2. Pre heat air fryer (or oven) to 375, split an English muffin and moisturize the interior with water - close the muffin, spray the exterior with light oil, then add to air fryer for 7-8 mins (flip halfway)
3. Form turkey sausage in to a patty, add to pan on medium heat (cook ~2-3 mins each side), add cheese after flipping and cover to melt cheese
4. Add a mason jar lid (mine was from an 6oz mason jar) to your pan, crack an egg inside of it, then add a splash of water to the pan and cover for ~3 mins (this will help cook through the whole egg). Remove egg from ring once firm
5. Add sauce to top and bottom bun, add sausage patty, egg, and top with chives

ADDITIONAL NOTES

- I recommend using light mayo for best flavor! Greek yogurt is the higher protein option
- I used Jennie-O Hot turkey sausage

Chipotle Chicken Burger



NUTRITION FACTS

Per burger

450 Calories

48g Protein

31g Carbs

18g Fat

INGREDIENTS

Chicken burger:

5.5oz Ground Chicken Breast

1/4 tspn salt, 1/4 tspn garlic, 1/4 tspn cumin, 1/2 tspn smoked paprika

1 slice of pepperjack cheese

1 Bun of choice + 10g light butter

Chipotle sauce ingredients:

1 tspn blended chipotles in adobo*

1/2 tspn sugar free ketchup

20g 2% Greek yogurt

10g Light Mayo

2g Honey

1/4 tspn lime

INSTRUCTIONS

1. Prep chipotle sauce by blending canned chipotle's in Adobo (I place the leftover blended chipotles back in the can, and store in the fridge), and mix all sauce ingredients until smooth
2. Caramelize onions (or buy premade). I typically "meal prep" 3-4 caramelized onions each week to save time
3. Add light butter to buns and toast until golden brown
4. Season ground chicken breast and form in to a burger patty. Add to pan over medium heat. I typically cook for 2 minutes on the first side, flip, place cheese on patty immediately and cook for another 2-3 minutes
5. Assemble burger - add chipotle sauce to top and bottom bun, add your burger and top with caramelized onions

ADDITIONAL NOTES

- *I blend up entire cans on chipotles in adobo to make a smooth sauce - you can also finely chop chipotles
- I toasted the buns in my pan, but if you use a toaster then you won't need the butter to toast

Pepperoni Pizza Panini



NUTRITION FACTS

Per panini

495 Calories

37g Protein

48g Carbs

16g Fat

INGREDIENTS

2 slices of Sourdough (or bread of choice)

1 serving (30g) Turkey Pepperoni

30g Fat free Mozzarella

10g Parmigiano Reggiano

1 slice provolone

50g Marinara

1 roasted red bell pepper (optional)

10g Garlic paste (or light butter)

Italian seasoning or basil

INSTRUCTIONS

1. Pre-heat panini press, and apply garlic paste (or light butter) to the outside of each piece of bread
2. Mix together fat free mozzarella and parmesan cheese
3. In the following order, assemble your panini on the bottom piece of bread: half of marinara sauce, half of mozzarella parmesan mixture, turkey pepperoni, second half of mozzarella parmesan mixture, second half of marinara sauce, provolone slice, italian seasonings, top with second slice of bread
4. Add to panini press, and cook for 2-3 mins on each side, or until golden brown

ADDITIONAL NOTES

- I use a panini press for this recipe, but you could also use a pan and just use a spatula to apply pressure
- I use fat free mozzarella to add extra protein, but you can also use just provolone or full fat mozzarella

Egg McMuffin



NUTRITION FACTS

Per sandwich

295 Calories

26g Protein

28g Carbs

7g Fat

INGREDIENTS

1 English muffin

120g Egg whites (generously season with salt, pepper, garlic, onion, smoked paprika)

1 slice Turkey Canadian bacon (salt and lots of pepper)

1 slice of american cheese

10g Light butter

INSTRUCTIONS

1. Start by heating a pan over medium heat
2. Butter your english muffins, and place on griddle to toast
3. Season and add canadian bacon to your pan to cook
4. Mix egg whites with seasoning in a bowl, then using an egg ring or mason jar lid, pour in to pan
5. Remove canadian bacon, add a splash of water to the pan, and cover for ~2 mins while egg cooks
6. Flip egg patty, cook until firm
7. Assemble your sandwich - add cheese, bacon, and egg, and any sauce of choice!

ADDITIONAL NOTES

- A fried egg in place of the egg whites is a great alternative for more flavor
- Make sure to really season the egg whites!
- I used turkey Canadian bacon, but if you find a lean pork Canadian bacon you can use that as well

Frozen Breakfast Sandwiches



NUTRITION FACTS

Per Sandwich (6)

405 Calories

31g Protein

27g Carbs

18.5g Fat

INGREDIENTS

Sheet Eggs:
6 whole eggs (or ~300g egg whites
90g blended cottage cheese
30g reduced fat cheddar
5g parmigiano reggiano
Salt, pepper, garlic, chopped chives

Sauce:
90g light mayo
20g srircha
5g umami sauce (or soy sauce)
Lemon juice, salt, and pepper

6 english muffins
12 slices of candian bacon or ham
6 slices reduced fat cheddar or american cheese (to reduce fat)

ADDITIONAL NOTES

- After thawing in microwave, finish in the air fryer or oven for a crispier english muffin!

INSTRUCTIONS

1. Add 6 eggs, blended cottage cheese, reduced fat cheddar, parmigiano reggiano, salt, pepper, garlic, chopped chives into a bowl and mix
2. Pour eggs into a sheet pan lined with parchment paper, top with pepper and chives, and bake at 400 degrees for 8-10 minutes
3. Add light mayo, sriracha, umami sauce (or soy sauce), lemon juice, salt, and pepper and mix until combined
4. Slice sheet pan eggs into 6 even squares
5. Add sauce to each half of 6 english muffins
6. Top the muffin with the egg patty
7. Add 12 slices of candian bacon (2 slices per sandwich) and 6 slices of cheddar or american cheese (1 slice per sandwich)
8. Wrap in aluminum foil or parchment paper and toss in the freezer
9. When ready to eat, reheat the sandwich by covering with a damp paper towel, microwave for one minute and flip the sandwich and microwave for one more minute, and enjoy!

BBQ Bacon Cheeseburgers



NUTRITION FACTS

Per burger (2)

380 Calories

32g Protein

29g Carbs

15g Fat

INGREDIENTS

6oz 93% beef

Seasonings: Salt, pepper, garlic, onion, smoked paprika

20g G Hughes BBQ sauce

2 slices turkey bacon, sliced in half

2 English muffins

2 slices cheese of choice

Pickles

Sauce:

30g light Mayo

10g bbq sauce

2 teaspoons Adobo sauce

Splash of hot sauce and Worcestershire

Seasonings: salt, onion, smoked paprika

INSTRUCTIONS

1. Season beef and mix in BBQ sauce, then form in to two 3oz patties
2. To toast english muffins, I like to toss them in the air fryer for 5-6 mins. Keeping it closed will crisp up the exterior and keep the interior soft, but toast how you prefer!
3. Slice turkey bacon in half, and add to a pan over medium high heat. After adding turkey bacon, add your beef patties
4. Cook beef over medium-high heat for 1.5-2 mins on each side. After the first flip, add cheese to melt down
5. Prep your sauce - add each ingredient in a small bowl and mix until smooth
6. Assemble burgers: add sauce to top and bottom bun, add pickles on the bottom bun, then add your beef patty, turkey bacon and any remaining sauce

ADDITIONAL NOTES

- 96% beef would also work, but I find 93% to be the best balance of macros and flavor

"California Burrito" Wrap



NUTRITION FACTS

Per wrap (2)

570 Calories

48g Protein

47g Carbs

21g Fat

INGREDIENTS

2, 5oz boneless skinless chicken thighs, season with salt, garlic, onion, paprika, chili powder, cumin

2 Lavash flatbreads

180g Frozen Fries

80g Guacamole

100g FAGE 2% Greek yogurt

40g 2% cheddar

Hot sauce of choice

INSTRUCTIONS

1. Pre-heat oven and cook fries according to instructions on packaging
2. Season and cook chicken thighs in air fryer (or oven) at 375 for 12 mins.
3. Chop chicken, and assemble wraps
4. Add chicken, guacamole, greek yogurt, fries, and cheese to flatbreads, and roll in to a wrap
5. Once rolled, add to oven for ~4-5 minutes until lightly toasted.
6. Remove, slice in half, and enjoy!

ADDITIONAL NOTES

- You can also make homemade fries instead of frozen, or use sweet potato fries!
- Burrito tortillas will also work in place of wraps - just will be slightly higher calorie

Chicken Cali Burrito



NUTRITION FACTS

Per burrito (5)

510 Calories

47g Protein

48g Carbs

15g Fat

INGREDIENTS

Follow instructions for my **Pollo Asado** found on page 91

Burrito/filling:

5 burrito size tortillas of choice

160g frozen fries

75g Guacamole (15g each)

125g Plain greek yogurt (25g each)

100g fat free cheddar (20g each)

Spoonful of Pico

Hot sauces of choice

INSTRUCTIONS

1. Follow instructions to prepare the pollo asado (found on page 91)
2. Season frozen fries with salt, pepper, onion powder (paprika and chili powder optional)
3. Cook the fries to the specific instructions on the packaging
4. Assemble the burrito with the pollo asado, guac, greek yogurt, pico, fat free cheddar, and hot sauces of choice
5. Enjoy immediately or freeze to save for meal prep!
6. To re-heat these burritos (it'll make 5 total) - I toss in the microwave for ~90 seconds, then finish in the air fryer at 360 for about 7-8 minutes. The key is to crisp up the exterior and warm the entire filling without scorching it - I've found this method works very well but it'll take some testing based on the specific appliance you use!

ADDITIONAL NOTES

- I prefer to store all meal preps frozen - keeps the flavor SIGNIFICANTLY fresher. Even if I plan on having next day I'll still store frozen and there's a notable difference.

Pizza Burger



NUTRITION FACTS

Per burger

490 Calories

43g Protein

35g Carbs

20g Fat

INGREDIENTS

1 brioche bun

4oz 93% beef seasoned with salt, pepper, garlic, onion, oregano, basil &

10g tomato paste

20g 2% Mozzarella

10g Parmesan

6 turkey pepperonis

Fresh Basil

40g tomato sauce

5g hot honey

10g Bolthouse farms ranch dressing

INSTRUCTIONS

1. Pre heat oven to broil at 450 (Low setting)
2. Add bun to oven for ~3-4 mins to crisp up slightly
3. Add marinara, cheese, fresh Basil, hot honey and pepperonis to each bun. Each bun should look like miniature pizzas. Add to oven (450 broil) for ~8-10 mins (all ovens are different, so check every few mins)
4. While pizzas are cooking, prep/cook burger. Add each seasoning and tomato paste, mix, and form in to a patty. I cook over medium-high heat for about 1.5 mins on each side
5. Remove pizzas from oven, add burger patty, top with a spoonful of marinara and ranch dressing

ADDITIONAL NOTES

- You could also use english muffins or low cal bread instead of brioche
- Ranch and honey are both optional add-ins, but highly recommended!

Creamy Chicken & Cheese Frozen Burrito



NUTRITION FACTS

Per burrito (6)

350 Calories

27g Protein

35g Carbs

12g Fat

INGREDIENTS

1 pound boneless skinless chicken thighs

1 packet taco seasoning

200g 2% Plain Greek yogurt

80g crushed tomatoes OR red enchilada sauce

50g pepperjack cheese

2 laughing cow cheese wedges

2 tablespoons chopped cilantro

Add veggies based on preference: 2-3 tablespoons corn, 2-3 tablespoons black beans

6 burrito tortillas (mine were ~180 Cals each)

ADDITIONAL NOTES

- You could also substitute chicken breast for chicken thighs, and you can sub cream cheese for laughing cow wedges

INSTRUCTIONS

1. Season chicken with HALF of your taco seasoning packet. Air fry at 375 for 12 mins
2. Add to a pan over low heat: greek yogurt, crushed tomatoes, laughing cow wedges, beans and corn, half packet of taco seasoning. Cook until melted/combined
3. Once chicken is done cooking, chop in to small pieces and add to pan with sauce. Mix, then add in your shredded pepperjack cheese and cilantro and mix again until combined
4. Add filling to a bowl, refrigerate for 30-40 minutes (this helps thicken the mixture so it's easier to roll the burritos)
5. Heat up 6 burrito tortillas until softened (easiest way is to wrap in a paper towel and microwave for ~30 seconds)
6. Add an equal amount of filling to each tortilla, roll in to a burrito, and wrap in foil or parchment paper.

STANDARD RE-HEATING INSTRUCTIONS:

- Microwave to defrost (1-2 minutes) or place in fridge overnight
- Bake at 375, 10-12 minutes

Creamy Chicken and Rice Burrito



NUTRITION FACTS

Per Burrito (12)

440 Calories

30g Protein

53g Carbs

12g Fat

INGREDIENTS

24oz boneless skinless chicken thighs, seasoned with salt, garlic, onion, smoked paprika, and chili powder

12 burrito sized tortillas

300g Spanish RightRice

Pico:

5 diced roma tomatoes, 1 diced white onion, 1 diced jalepeño pepper, 1/2 cup fresh chopped cilantro, juice of 2 limes, salt, pepper, and garlic powder

Other toppings:

300g greek yogurt

50g siete green enchilada sauce

200g 2% cheddar cheese

INSTRUCTIONS

1. Season both sides of chicken thighs with salt, garlic, onion, smoked paprika, and chili powder
2. Airfry chicken at 375 for 15 minutes
3. Dice tomatoes, onion, jalepeño, and combine with cilantro, lime juice, salt, pepper, and garlic powder to create the pico
4. Cook spainish rice by following instructions on packet
5. Mix rice, greek yogurt, enchilada sauce, pico, diced cooked chicken, and cheddar cheese until combined
6. Fill 12 burrito sized tortillas with the filling and roll the burrito
7. Place the burritos in the freezer for meal prep
8. Reheat and enjoy!

ADDITIONAL NOTES

- Reheat by either thawing in the fridge overnight, microwaving for 2 minutes, baking at 400 for 8-12 minutes, or air fry at 375 for 6-7 minutes and enjoy!

Smothered Burrito



NUTRITION FACTS

Per Burrito*

508 Calories

35g Protein

58g Carbs

15g Fat

INGREDIENTS

20g 2% plain greek yogurt

50g green enchilada sauce

10g Siete jalepeño hot sauce or hot sauce of choice

Pinch of chopped cilantro

Your choice of burrito; I recommend the Creamy Chicken and Rice Burrito

INSTRUCTIONS

1. Mix greek yogurt, green enchilada sauce, jalapeño hot sauce, and chopped cilantro until fully combined
2. Pour mixture onto warmed up burrito
3. Top with extra hot sauce, and enjoy!

ADDITIONAL NOTES

- *This recipe is just for the sauce, I combined this sauce with the burrito on the previous page, the Creamy Chicken and Rice Burrito, to calculate all macros.

Honey Habenero Chicken Avocado Sliders



NUTRITION FACTS

Per slider (2)

490 Calories

38g Protein

41g Carbs

19g Fat

INGREDIENTS

2, 6oz chicken thighs seasoned with salt, garlic, onion, paprika, chili powder
100g avocado with salt, pepper, garlic, onion, 1/2 tspn lime juice
Pickled red onions
2 slices of sourdough (or bread of choice)
Sauce:
20g Mayo
60g habenero hot sauce
30g honey
A few drops of lime juice
Pinch of salt, chili powder

INSTRUCTIONS

1. Season chicken and add to air fryer at 375 for 10 minutes
2. Prepare sauce: add light mayo, hot sauce, honey, lime juice, salt and chili powder to a small bowl and mix
3. Prepare avocado spread: add avocado, salt/garlic/onion powder and lime juice, mash until you have a smooth consistency
4. Remove chicken from air fryer and dunk in habanero hot sauce to coat both sides. Once covered, add back to the air fryer at 375 for 2 more minutes
5. Remove and slice chicken
6. Toast two slices of sourdough bread, spread avocado on each slice, top with pickled red onions and sliced chicken. Finish by drizzling over remaining habanero hot sauce

ADDITIONAL NOTES

- I typically eat these open face style - but you could also make 2 sandwiches out of this recipe!

Creamy Buffalo Chicken Quesadilla



NUTRITION FACTS

Per quesadilla (2)

633 Calories

65g Protein

41g Carbs

27g Fat

INGREDIENTS

16oz boneless skinless chicken thighs
Seasoning blend: 1 tspn salt, 1 tspn garlic, 1 tspn onion, 2 tspn smoked paprika, 2 tspn chili powder
Creamy Buffalo sauce:
80g 1/3 fat cream cheese
80g light sour cream
3 tablespoons Buffalo sauce
1/2 tablespoon habenero hot sauce (optional)
Dash of smoked paprika + garlic powder
2 burrito tortillas
Top with Pico de gallo
~5g butter for toasting tortilla

INSTRUCTIONS

1. Season chicken thighs with seasoning blend, air fry at 375 for 12 minutes
2. While chicken cooks, prepare creamy buffalo sauce: To a bowl add cream cheese, light sour cream, buffalo sauce, habanero hot sauce (optional), smoked paprika and garlic powder. Mix until combined
3. Remove chicken, chop, add to your creamy buffalo sauce and mix
4. Add half the mixture to each tortilla, top with pico and fold in to a quesadilla
5. Add ~5g of butter (per quesadilla) to a pan over medium heat, toast until golden brown on each side

ADDITIONAL NOTES

- The recipe shown is for 2 burrito size quesadillas - but this recipe could also be split in to 4 standard tortilla sized quesadillas as well!

Double Smashburger



NUTRITION FACTS

Per burger (2)

525 Calories

49g Protein

29g Carbs

23g Fat

INGREDIENTS

12oz 93% beef

2 buns (I used Martin's potato buns)

4 slices 2% American cheese

Spice blend:

1.5 teaspoon salt, 1/4 teaspoon black pepper, 1/2 tablespoon paprika, 1/2 tablespoon smoked paprika, 1 teaspoon onion powder, 1 teaspoon garlic powder, 1/2 teaspoon cumin, 1/4 tablespoon brown sugar

Low cal burger sauce:

2 tablespoons light mayonnaise

1.5 tablespoon ketchup

1 teaspoon dijon mustard

2 teaspoons relish

1 teaspoon white wine vinegar

INSTRUCTIONS

1. Season beef with seasoning blend and form in to 4 3oz patties
2. Prepare burger sauce: Add light mayo, ketchup, mustard, relish and white wine vinegar to a bowl and mix
3. Heat pan on high, add patties (I usually cook 1 or 2 at a time) - press down on each patty for 15-20 seconds immediately after adding to pan. Cook another ~45 seconds, then flip. After flipping, top with a slice of cheese, add a teaspoon of water to the pan, and cover to melt - cook for ~45-60 seconds
4. Assemble burger: Add sauce to both buns, add first patty, more sauce, then second patty, and enjoy!

ADDITIONAL NOTES

- 93% is my preferred type of lean beef, but you can also use 96%

Creamy Chipotle Chicken Taco



NUTRITION FACTS

Per taco (6)

342 Calories

34g Protein

25g Carbs

11g Fat

INGREDIENTS

2 lb boneless skinless chicken thighs
1 tablespoon olive oil
6 cloves minced garlic
2 minced chipotle peppers
4 tablespoons adobo sauce
Juice of 2 limes
2 Tablespoons honey
1 tspn salt
2 tspn cumin
2 tspn smoked paprika
2 tspn chili powder
1 white onion
Chipotle cream sauce:
1 minced chipotle pepper
50g 2% Greek yogurt
15g light Mayo
1 tablespoon adobo sauce
1/2 lime juice
1/2 tspn garlic powder
1/2 tspn smoked paprika
1 Tspn honey
3 tablespoons milk or water
Handful of fresh chopped cilantro
---
6 tortillas (I used flour, 100 Cals each)

INSTRUCTIONS

1. Prepare marinade: add olive oil, minced garlic, minced chipotle peppers, adobo sauce, lime juice, honey, salt, cumin, smoked paprika and chili powder to a bowl and mix
2. Slice or dice 1 white onion
3. Heat pan over high heat, once hot add chicken. Let cook for 1-2 mins without moving to get a slight char on the bottom
4. Reduce heat to medium and add in your onions. The onions will release a lot of water, so cook for 15-20 minutes until liquid has been released from onions and liquid is thickened in the pan. Once thickened, reduce heat to simmer
5. Add each ingredient for the chipotle cream sauce to a bowl and mix
6. Lightly toast your tortillas, add chicken and sauce and enjoy!

Lazy Chicken Cordon Bleu Sandwich



NUTRITION FACTS

Per sandwich (2)

455 Calories

46g Protein

30g Carbs

15g Fat

INGREDIENTS

2 thin sliced chicken breasts (10oz total)

30g smoked ham

40g Swiss cheese

Dijon mustard rub, Salt, garlic, onion, pepper

2 English muffins

40g light Mayo

20g Truff hot sauce*

INSTRUCTIONS

1. Take both of your chicken breasts and rub with Dijon mustard (enough to lightly coat the surface on each side), then season with salt, garlic, onion and pepper
2. Place one of your chicken breasts on an air fryer rack and top with swiss cheese and smoked ham, then place your second piece of chicken on top. Make sure to leave enough room around the edges of the bottom chicken so that you can seal the edges
3. Air fry at 350 for 14 mins, flip halfway
4. While cooking, prep sauce: mix light mayo and hot sauce until smooth
5. Remove chicken, and coat the top chicken with hot sauce mixture - add back to air fryer at 400 for 5 mins
6. Slice chicken in half, toast two english muffins, add sauce on each half, and add chicken to form sandwiches

ADDITIONAL NOTES

- Every appliance heats/cooks at different rates - be sure to check the chicken for doneness before eating (165 internal temp)
- *If you decide to use a different hot sauce, be sure to add honey or sugar for sweetness/caramelization

Chicken Parmesan Frozen Burrito



NUTRITION FACTS

Per burrito (6)

470 Calories

44g Protein

39g Carbs

16g Fat

INGREDIENTS

6 burrito tortillas

30oz boneless skinless chicken thighs seasoned with salt, pepper, garlic, onion + juice of 1 lemon

1 tablespoon minced garlic

300g tomato sauce

60g cream cheese

90g Parmigianno Reggiano

~2 roasted red peppers

Fresh basil

INSTRUCTIONS

1. Add chicken thighs to a bowl and add juice of 1 lemon and seasonings. Mix well
2. Bake at 400 degrees for 12-15 minutes
3. Add 1 tablespoon of minced garlic to a pan and simmer for 1-2 minutes. Pour over tomato sauce, cream cheese, roasted red peppers, and parmesan and mix
4. Add chopped chicken to sauce and mix. Keep over low heat and add red chili flakes, salt, pepper and oregano + a squeeze of lemon (optional)
5. Heat up 6 tortillas and assemble burritos. Finish each burrito with a pinch of chopped basil

STANDARD RE-HEATING INSTRUCTIONS:

- Microwave to defrost (1-2 minutes) or place in fridge overnight
- Bake at 375, 10-12 minutes

ADDITIONAL NOTES

- Lemon in the chicken is optional but recommended!

Pepperoni Pizza Burrito



NUTRITION FACTS

Per burrito

472 Calories

37g Protein

46g Carbs

19g Fat

INGREDIENTS

1 Burrito tortilla

30g turkey pepperoni

50g smoked ham

30g roasted red bell peppers

30g Pepperoncini

80g tomato sauce

25g mozzarella +10g parmigiano Reggiano (mixed)

Sprinkle of Oregano

INSTRUCTIONS

1. Take a burrito tortilla, warm up in a pan or microwave
2. In the following order: Add 1/2 your cheese mixture, all the red bell peppers, 1/2 the smoked ham, 1/2 the turkey pepperoni, 1/2 the marinara sauce, all the pepperoncini, 1/2 the smoked ham, 1/2 the turkey pepperoni, 1/2 the marinara sauce, 1/2 the cheese mixture, and a sprinkle of oregano
3. Lightly spray with oil and sprinkle garlic powder on the exterior
4. Bake at 400, 12-15 minutes

ADDITIONAL NOTES

- You can substitute any deli meat you like for this one!

Bacon Cheese Frittata Frozen Burrito



NUTRITION FACTS

Per burrito

410 Calories

32g Protein

34g Carbs

16g Fat

INGREDIENTS

8 large eggs

100g egg whites

200g blended cottage cheese

4 slices of normal bacon

4 slices turkey bacon

1/2 tsp salt, adjust to taste

Pepper, garlic + any seasonings you like

4 laughing cow cheese wedges

2 bell peppers

1 onion

6 burrito tortillas

ADDITIONAL NOTES

- Cream cheese can be used in place of laughing cow wedges
- Use your preferred bacon! I like using a combo of turkey and pork bacon

INSTRUCTIONS

1. Add eggs, egg whites, blended cottage cheese, turkey bacon, salt, pepper, garlic, bell peppers and chopped onion
2. Lightly spray an oven safe pan or baking dish and pour in the egg mixture. Break up 4 laughing cow wedges in to small pieces and sprinkle over the top
3. Bake at 400 for 20-25 minutes or until firm
4. Cook your bacon in the oven at the same time as the egg mixture - remove halfway to drain grease and flip
5. Prep sauce: add light sour cream or greek yogurt, hot sauce, smoked paprika, garlic and onion
6. Once done, chop bacon and sprinkle over the top of the frittata. Slice in to 6 evenly sized pieces
7. Add sauce to tortilla, add slice of frittata, a slice of cooked turkey bacon, and roll into a burrito. Repeat process 6 times, wrap in foil or parchment paper and store in freezer or fridge






PIZZA & FLATBREADS

Flatbread Pepperoni Pizza



NUTRITION FACTS

Whole pizza

420 Calories

30g Protein

30g Carbs

18g Fat

INGREDIENTS

1 Lavash bread (I used Atoria brand)

80g tomato sauce

40g 2% cottage cheese

1 roasted red pepper

5g habenero sauce

15g pecorino Romano

15g parmigiano reggiano

12 turkey pepperonis

Oregano, basil

INSTRUCTIONS

1. Pre-heat oven to broil at 500
2. While pre-heating, prep sauce. Add tomato sauce, roasted red pepper, hot sauce, and cottage cheese to a small bowl or blender and blend (I use a hand blender)
3. Add flatbread to the oven for 3-4 mins to let lightly crisp up, remove
4. Add sauce, pecorino romano and parmesan, turkey pepperoni
5. Add to oven (broil at 500) and let cook for 6-8 mins
6. Remove, slice, and enjoy!

ADDITIONAL NOTES

- I recommend using pecorino and parmesan cheese - but you could also sub in mozzarella to keep it simple
- All ovens vary, so check every few minutes when cooking the pizza to be sure it doesn't overcook!

"Lazy" Personal Pizzas



NUTRITION FACTS

Per pizza (6)

135 Calories

9g Protein

15g Carbs

4g Fat

INGREDIENTS

3 English muffins

150g Tomato sauce

80g 2% cottage cheese

20g Parmigiano Reggiano

80g Part-Skim Mozzarella

INSTRUCTIONS

1. Split English muffins, add to oven with a light oil spray and broil at 525 for 5 mins or until lightly toasted (inside facing up)
2. Add tomato sauce, cottage cheese, Parmesan and a few pinches of salt to a blender and blend until completely smooth
3. Add sauce to toasted English muffins, top with shredded mozzarella (grated fresh from a full block will yield best results)
4. Add to oven on top rack, broil for 4 mins at 525 or until cheese begins to lightly brown
5. Remove, top with Italian seasoning (and sea salt if needed) and enjoy!!

ADDITIONAL NOTES

- Cottage cheese is optional, but it adds a nice creaminess + extra protein
- Highly recommend using fresh parmesan and mozzarella for best flavor/results

Extra Cheesy Cheese Pizza



NUTRITION FACTS

Whole pizza

820 Calories

55g Protein

88g Carbs

27g Fat

INGREDIENTS

Dough:

100g Flour

1.5 tspns baking powder

1 tspn salt

Dash of Garlic powder and basil

120g plain 2% Greek yogurt

Toppings:

100g of Tomato Sauce

100g Part Skim Mozzarella

10g parmesan

Homemade Tomato Sauce:

28oz San marzano tomato can

30g tomato paste

5g olive oil

1 tspn garlic, 1.5 tspn Italian seasoning, 1 tspn onion powder, 1/2 tspn crushed red pepper, 1 tspn salt

ADDITIONAL NOTES

- For lower calories, reduce mozzarella content!

INSTRUCTIONS

1. Pre-heat oven to 450 degrees
2. Add dry dough ingredients to a bowl, mix, then add the Greek yogurt and mix again. Finish it off with your hands by pressing together/lightly kneading. Roll into a ball and place on parchment paper. Start spreading the dough into a pizza shape with your hands. If overly sticky, add a sprinkle of flour. Once you get the dough spread as far as you can with your hands, grab a rolling pin – start from the middle and roll all the way past the outside edges (don't roll back and forth) until the dough is ~12-13 inches wide. Grab the very outer edge and roll it over ~1mm to form a second layer around the entire outside of the dough – this helps form a crispy crust.
3. Place dough/parchment paper on a baking tray. Grab ~1.5 tsps. of water, and spread over the top of the dough - this will help keep it moisturized. Add to oven for 10 minutes
4. Combine sauce ingredients and blend
5. Remove dough from oven and change the setting to broil at 525 degrees
6. Add sauce to cooked dough, add Parmesan, and layer on mozzarella cheese
7. Add to the top rack for 5-6 minutes, or until the cheese has started lightly browning
8. Remove, slice, and enjoy!!

Buffalo Chicken & Ranch Flatbread



NUTRITION FACTS

Entire flatbread

560 Calories

66g Protein

23g Carbs

23g Fat

INGREDIENTS

8oz Boneless Skinless Chicken Thighs

Seasonings: salt (lightly), garlic, onion, paprika, cayenne

20g Buffalo sauce

5g Honey

1 Lavash flatbread, toasted

Green onions

Bolthouse farms ranch dressing

Sauce:

50g Blended Cottage Cheese*

50g 1/3 fat cream cheese

20g Buffalo sauce

15g Milk

Couple splashes Worcestershire

Garlic, onion, smoked paprika

INSTRUCTIONS

1. Season and air fry chicken thighs at 375 for 10 mins
2. In a small bowl, mix honey and buffalo sauce. Remove chicken thighs from air fryer, toss in Buffalo/honey mixture, add back to air fryer for 2 more mins. Chop in to small pieces
3. Prep sauce by mixing blended cottage cheese (or greek yogurt), cream cheese, buffalo sauce, milk, Worcestershire, and seasonings - microwave for ~30 seconds to slightly warm, then mix until combined
4. Lightly spray flatbread with oil, add to oven at 450 for ~3-4 minutes or until lightly browned and crispy
5. Top flatbread with sauce, chopped chicken, green onions, and ranch dressing - slice, and enjoy!

ADDITIONAL NOTES

- *Plain greek yogurt also works in place of cottage cheese

White Truffle Chicken & Bacon Pizza



NUTRITION FACTS

ENTIRE PIZZA

900 Calories

91g Protein

81g Carbs

24g Fat

INGREDIENTS

100g Flour

1.5 tspns baking powder

1 tspn salt

Dash of Garlic powder and basil

120g plain 2% Greek yogurt

White sauce:

100g 2% Cottage cheese

20g Milk

20g Gruyere (or Swiss)

15g Parmigiano Reggiano

1/2 tspn of garlic powder

Toppings:

6oz boneless skinless chicken thighs

Seasoning: salt, garlic, onion, paprika

2 slices Turkey bacon

5g White Truffle Oil

ADDITIONAL NOTES

- This would also be fantastic without the truffle oil! Just would be a white chicken & bacon pizza

INSTRUCTIONS

1. Pre-heat oven to 450 degrees
2. Add dry dough ingredients to a bowl, mix, then add the Greek yogurt and mix again. Finish it off with your hands by pressing together/lightly kneading. Roll into a ball and place on parchment paper. Start spreading the dough into a pizza shape with your hands. If overly sticky, add a sprinkle of flour. Once you get the dough spread as far as you can with your hands, grab a rolling pin – start from the middle and roll all the way past the outside edges (don't roll back and forth) until the dough is ~12-13 inches wide. Grab the very outer edge and roll it over ~1mm to form a second layer around the entire outside of the dough – this helps form a crispy crust.
3. Add to baking tray, place in oven for 10 mins
4. Add sauce ingredients to a bowl, mix, microwave 45 seconds, and then blend until smooth. Cook chicken and bacon (I air fry at 375, 10 mins)
5. Remove pizza dough from oven and change the setting to broil at 525 degrees
6. Add sauce to cooked dough, place chopped chicken and bacon on top. Add back to the oven for ~6-7 minutes, Remove & drizzle with truffle oil

Buffalo Ranch Mini Pizzas



NUTRITION FACTS

Per pizza (4)

180 Calories

18g Protein

15g Carbs

6g Fat

INGREDIENTS

8oz boneless skinless chicken thighs

Salt, garlic, onion, smoked paprika

50g buffalo sauce

50g bolthouse farms ranch

4 pickles

60g 2% mozzarella

2 english muffins

INSTRUCTIONS

1. Chop chicken thighs and coat with seasonings
2. Bring a pan to medium-high heat, add chicken thighs. Cook 2-3 mins each side. Once almost done cooking, I like to add a splash of buffalo sauce and pickle juice to infuse some extra flavor
3. In a small bowl, mix together buffalo sauce and low calorie ranch
4. Split open your english muffins, and assemble pizzas. Add sauce on each bun, top with chopped pickles (optional), then layer on the chopped chicken thighs, and top with mozzarella
5. Add to air fryer at 400 for 4-5 mins or until cheese has started lightly browning
6. Remove, let set 5-10 mins, then enjoy!

ADDITIONAL NOTES

- Sub in shredded chicken breast for lower fat! Either one works for this recipe
- If you don't have access to bolthouse ranch, use 50g of low fat plain greek yogurt and add in ranch seasoning!

Avocado Cream Flatbread w/ Chicken & Bacon



NUTRITION FACTS

Entire flatbread

525 Calories

53g Protein

35g Carbs

20g Fat

INGREDIENTS

5oz boneless skinless chicken thighs, seasoned with salt, garlic, onion, paprika, Chile powder

2 slices turkey bacon

1/2 tomato, sliced

1 Lavash flatbread

60g Avocado (1 small avocado)

50g 2% Plain Greek yogurt

5g Parmigiano Reggiano

1-2 tbspn of Milk

Lemon juice

Balsamic glaze

INSTRUCTIONS

1. Season chicken thighs and turkey bacon, add to air fryer or oven at 375 for 12 minutes (can also cook turkey bacon seperately, I prefer to keep it simple)
2. Prep avocado cream sauce - mix avocado, Greek yogurt, parmesan, lemon juice, milk and salt/pepper until smooth
3. Toast lavash bread by lightly spraying with oil and adding to oven until crispy (I broil at 450 for 3-4 mins usually)
4. Spread avocado cream sauce on toasted lavash, add sliced tomatoes, then layer on chopped chicken thighs and bacon
5. Finish with a drizzle of balsamic glaze and enjoy!

ADDITIONAL NOTES

- Normal bacon is also a great option if you have the calories! If using normal bacon, I'd recommend cooking in the oven at 400 for 20 mins, flip halfway and drain grease

Taco Pizza



NUTRITION FACTS

Whole pizza

570 Calories

51g Protein

47g Carbs

22g Fat

INGREDIENTS

1 Mission jalapeño cheddar wrap tortilla

5oz 96% beef

Half packet of taco seasoning

1oz of water

60g red enchilada sauce

25g Greek yogurt

30g 2% cheddar

Handful of Pico de Gallo

Hot sauce drizzle of choice

20g Bolthouse cilantro avocado dressing

INSTRUCTIONS

1. Pre heat oven to 450, add tortilla wrap for 7-8 mins to crisp up
2. Add beef to a pan and brown, add in half packet of taco seasoning and 1oz of water, mix until combined
3. Prep sauce - mix red enchilada sauce and greek yogurt in a small bowl
4. Once tortilla is crispy, remove from oven. Add prepped sauce, taco meat, cheddar cheese and pico
5. Add to the oven at 450 for 3 mins
6. Remove, slice like a pizza, drizzle hot sauce and cilantro avocado dressing, and enjoy!

ADDITIONAL NOTES

- You can use any type of burrito tortilla or wrap for this one! The Jalapeno Cheddar flavor paired nicely with the sauce + taco meat
- Chicken would also work great in place of beef

"Lazy" Pepperoni Pizzas



NUTRITION FACTS

Per pizza (6)

130 Calories

9g Protein

16g Carbs

4g Fat

INGREDIENTS

3 English muffins

120g Marinara sauce

15g Truff hot sauce (optional)

60g 2% Mozzarella

18 slices turkey pepperoni

10g hot honey

10g parmigiano reggiano

Oregano + basil

INSTRUCTIONS

1. Lightly spray each English muffin half, and toss in the oven on broil at 525 for 3-4 mins, or until crispy (inside facing up)
2. Once done, add marinara, mozzarella, pepperonis and hot honey to each English muffin - then toss back in the oven for ~5 mins.
3. Top with fresh grated parmesan and oregano/basil

ADDITIONAL NOTES

- I highly recommend the Whole Foods brand English muffins!
- You can omit adding the honey, but the sweetness pairs very well with the pepperoni and caramelizes the exterior
- Use full-block parmesan for best results

Flatbread Creamy Chicken Enchilada



NUTRITION FACTS

Entire recipe

475 Calories

58g Protein

25g Carbs

13g Fat

INGREDIENTS

1 chicken breast

Marinade: 5g olive oil, salt, garlic, onion, smoked paprika, chili powder, 10g habenero hot sauce

60g blended cottage cheese

20g 2% cheddar

5g habenero hot sauce

1 Lavash flatbread

30g Siete red enchilada sauce

20g Bolthouse cilantro avocado dressing

ADDITIONAL NOTES

- You could also make normal enchiladas with this recipe - but the giant flatbread enchilada is more fun
- Cilantro avocado dressing is optional

INSTRUCTIONS

1. Pre-heat oven to 450
2. Start by tenderizing and flattening one chicken breast, then toss in marinade and let sit for ~30 mins
3. Heat pan over medium heat, add chicken. Cook ~2-3 mins on each side or until it reaches an internal temp of 165
4. Once chicken is done cooking, remove from pan and shred
5. To a bowl, add shredded chicken, blended cottage cheese, 2% cheddar & habenero hot sauce and mix to combine. This is your enchilada filling
6. Grab your lavash flatbread, add your filling along the LONG side, then roll to form your flatbread enchilada
7. Add to an oven safe baking sheet. Cover the top with red enchilada sauce until completely coated. Add to oven for ~8-10 mins
8. Remove, drizzle more enchilada sauce on top, and finish with bolthouse cilantro avocado dressing, and enjoy!

Hot Honey Pepperoni Pizza



NUTRITION FACTS

Whole pizza

850 Calories

60g Protein

105g Carbs

20g Fat

INGREDIENTS

Dough:

100g Flour

1.5 tspns baking powder

1 tspn salt

Dash of Garlic powder and basil

120g plain 2% Greek yogurt

Toppings:

100g of Tomato Sauce

60g Part Skim Mozzarella

75g 2% blended cottage cheese

15 Turkey pepperonis

20g Mike's Hot Honey

ADDITIONAL NOTES

- Cottage cheese is optional, I use it for extra creaminess + protein
- Homeade tomato sauce is included in the "Extra Cheesy Cheese Pizza" recipe!

INSTRUCTIONS

1. Pre-heat oven to 450 degrees
2. Add dry dough ingredients to a bowl, mix, then add the Greek yogurt and mix again. Finish it off with your hands by pressing together/lightly kneading. Roll into a ball and place on parchment paper. Start spreading the dough into a pizza shape with your hands. If overly sticky, add a sprinkle of flour. Once you get the dough spread as far as you can with your hands, grab a rolling pin – start from the middle and roll all the way past the outside edges (don't roll back and forth) until the dough is ~12-13 inches wide. Grab the very outer edge and roll it over ~1mm to form a second layer around the entire outside of the dough – this helps form a crispy crust.
3. Add to baking tray, place in oven for 10 mins
4. Remove dough, change setting to broil at 525
5. Add toppings to the cooked dough. I usually add the sauce first, then layer on the cottage cheese, followed by the mozzarella then pepperoni. Then put the honey on top of each pepperoni and drizzle over the whole pizza
6. Add back to the top rack for ~5-6 minutes, or until the cheese has started lightly browning all over
7. Remove, slice and enjoy!!

The Ultimate Flatbread



NUTRITION FACTS

Per flatbread

485 Calories

40g Protein

46g Carbs

19g Fat

INGREDIENTS

1 Lavash flatbread

100g tomato sauce

30g Pepperoncini

30g roasted red bell peppers

50g smoked ham

30g Mozzarella

28g turkey pepperoni

20g Honey goat cheese

15g mikes hot honey

INSTRUCTIONS

1. Add lavash flatbread to oven and toast (I broil at 475 for 2-3 mins)
2. Add each ingredient listed in the order listed in the ingredient section
3. Broil at 475 for 6-7 minutes
4. Remove from oven, slice, and enjoy!

ADDITIONAL NOTES

- Honey is optional but highly recommended! The sweetness pairs perfectly with the spices






PASTA & RICE DISHES

Classic Mac n Cheese



NUTRITION FACTS

Per serving (2)

340 Calories

20g Protein

45g Carbs

10g Fat

INGREDIENTS

112g Elbow Pasta

120g Cottage cheese

20g Sharp cheddar

5g Parmigianno Reggiano

15g Light butter

7g Cheddar powder

20g Pasta water

Salt/Pepper to taste

ADDITIONAL NOTES

- I used normal pasta here - you can easily increase protein content by using a high protein pasta instead!
- For cheddar powder - I use a product from Hoosier Hill called “Big Daddy Mac” - I found it on Amazon!
- Recipe makes 2 servings!

INSTRUCTIONS

1. Boil pot of water with a few pinches of salt, begin cooking pasta
2. In a microwave safe bowl, add cottage cheese, light butter, parmesan, cheddar and cheddar powder. Mix, then microwave for 30 seconds.
3. Scoop 20g (~2 tablespoons) of water from pasta (once it is nearly done cooking), add to cheese sauce bowl. Mix, then either a.) grab handheld immersion blender (this is what I use) or b.) add to blender. Blend until completely smooth and creamy
4. Strain pasta, and let cool for a minute. I also recommend cooling off the pot with cold water before adding pasta + cheese sauce
5. Pour cheese over cooked pasta, and mix until pasta is fully coated with cheese sauce.
6. Enjoy!

Buffalo Chicken Mac n Cheese



NUTRITION FACTS

Per serving (2)

450 Calories

36g Protein

47g Carbs

12g Fat

INGREDIENTS

Mac n cheese:

112g pasta

120g 2% cottage cheese

50g 1/3 fat cream cheese

5g Cheddar powder

5g Ranch seasoning

2 laughing cow cheese wedges

30g Buffalo sauce

Chicken:

6oz Boneless skinless chicken thighs

Seasonings - Smoked paprika, Ancho Chili powder, Onion powder, Garlic powder, Salt and Pepper

ADDITIONAL NOTES

- Cheddar powder and ranch powder are "optional", but I highly recommend using them!
- I used normal pasta for this one, but use protein pasta for better macros!

INSTRUCTIONS

1. Season chicken thighs and add to air fryer at 375 degrees for 12 minutes, flipping halfway
2. Boil pot of water with a few pinches of salt, begin cooking pasta
3. In a microwave safe bowl, add cottage cheese, cream cheese, cheese wedges, cheddar powder, ranch seasoning and buffalo sauce. Mix, microwave for 30-45 seconds
4. Remove, and blend until smooth and creamy. I use an immersion blender, but a normal blender should work as well!
5. Once pasta is done, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this**
6. Pour sauce over cooked pasta, and mix until pasta is fully coated with cheese sauce.
7. Remove cooked chicken thighs from air fryer, and chop in to small pieces. Add to mac n' cheese and mix until fully combined

Buffalo Chicken Mac N Cheese V2



NUTRITION FACTS

Per Serving (5)

505 Calories

39g Protein

59g Carbs

14g Fat

INGREDIENTS

Buffalo Chicken:
18oz boneless skinless chicken thighs
40g buffalo sauce
20g soy sauce
Old bay seasoning, garlic powder, and smoked paprika

Mac n Cheese:
325g pasta
300g 2% cottage cheese
150g 1/3 fat cream cheese
75g buffalo sauce
30g soy sauce
30g honey

INSTRUCTIONS

1. Slice chicken thighs into strips and marinate in buffalo sauce, soy sauce, old bay, garlic powder, and smoked paprika
2. In a separate bowl, combine cottage cheese, 1/3 fat cream cheese, cheddar powder, buffalo sauce, soy sauce, and honey
3. Microwave for ~60-90 seconds and BLEND until completely smooth
4. Grill the chicken for 2 minutes on each side, until fully cooked, or air fry at 400 degrees for 12 minutes (I recommend working in batches if the air fryer gets too crowded)
5. Cook the pasta in boiling salted water
6. Dice up the cooked buffalo chicken
7. Mix the cooked pasta and the buffalo cheese sauce in a large bowl until fully combined (don't add the sauce to a hot pan! It may separate if there is too much heat - BUT if it does separate, remove from heat, and stir and it should come back together in ~10 minutes)
8. Add in the buffalo chicken, and enjoy!

ADDITIONAL NOTES

- This recipe is part of my 500 calorie meal prep series (on socials) and will be featured in my upcoming meal prep/family style cookbook!

Creamy Bacon Avocado Pasta



NUTRITION FACTS

Per serving (2)

335 Calories

27g Protein

35g Carbs

13g Fat

INGREDIENTS

112g Protein pasta

75g Avocado (~1/2 medium avocado)

50g blended 2% cottage cheese or Greek yogurt

0.5 tsp Lemon juice

8g Parmigianno Reggiano

0.5 tsp minced garlic (can sub powder)

A few dashes of onion powder

Salt & pepper to taste

20g milk of choice

0.5 slice of pork bacon, crumbled

2 slices turkey bacon, chopped

INSTRUCTIONS

1. Boil water with salt, add pasta
2. Using your preferred method, cook bacon. I use the air fryer for ease/efficiency
3. While pasta and bacon cook, add avocado, lemon juice, garlic, and seasonings to a bowl and mix. Then add blended cottage cheese or Greek yogurt, 20g of milk, and blend until smooth (I use an immersion blender)
4. Remove bacon once cooked, chop up the turkey bacon and crumble the pork bacon
5. Mix your turkey bacon and parmesan in to the avocado sauce
6. Mix sauce with pasta, place on a serving dish, and top with crumbled pork bacon and chili powder

ADDITIONAL NOTES

- I use normal bacon for the topping because I think it's worth it for the flavor, but using turkey bacon for the sauce and topping will work great!
- I prefer blended cottage cheese for this one but greek yogurt is also a great option, just slightly more tart

Hatch Chile White Mac n' Cheese



NUTRITION FACTS

Per serving (3)

470 Calories

29g Protein

59g Carbs

13g Fat

INGREDIENTS

224g Pasta

240g cottage cheese

40g white cheddar

2 laughing cow Swiss wedges

1 tablespoon green enchilada sauce

3 tablespoons hatch green chiles

Salt, pepper, garlic

Topping:

15g cheddar

1 bag chili lime quest chips

Green chilis

ADDITIONAL NOTES

- This recipe is also great without the topping/baking! Just skip the last few steps and serve after mixing in the sauce!
- If you can't find chili lime quest chips, you can just use normal bread crumbs!

INSTRUCTIONS

1. Boil pot of water with a few pinches of salt, begin cooking pasta
2. In a bowl, add cottage cheese, white cheddar, laughing cow wedges, green enchilada sauce, green chiles, and seasonings. Mix, microwave for 30-45 seconds
3. Remove, and blend until smooth and creamy. I use an immersion blender, but a normal blender should work as well!
4. Once pasta is done, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this**
5. Pour sauce over cooked pasta, and mix until pasta is fully coated with cheese sauce
6. Add pasta to an oven safe baking dish
7. Crush up one bag of chili lime quest protein chips and mix with cheddar cheese. Sprinkle over the top of pasta along with green chiles
8. Broil at 475 for ~7 mins
9. Remove, let sit 5 mins, then serve!

Fettuccine Alfredo*



NUTRITION FACTS

Per serving (2)

370 Calories

20g Protein

43g Carbs

7g Fat

INGREDIENTS

112g Fettuccine pasta

120g 2% Cottage cheese

15g Parmigiano-Reggiano

15g Pecorino Romano OR Gruyere

1 Laughing Cow cheese wedge

0.5 tspn Roasted garlic/minced garlic

0.5 tspn lemon juice

0.25 tspn Parsley

20g pasta water

Salt/pepper to taste

INSTRUCTIONS

1. Boil salted water, begin cooking pasta
2. Grab a microwave safe bowl and add cottage cheese, laughing cow cheese wedge, grated Parmesan, grated Romano or Gruyere, minced garlic, lemon juice, parsley, and a pinch of salt/pepper. Mix, then microwave for 30-45 seconds.
3. Remove from microwave, mix again, then place in to blender (alternatively, if you have a handheld immersion blender, you can keep in the bowl). Add in ~20g of pasta water (either reserved when you drained pasta, or scooped from pot once pasta is almost done). Blend until completely smooth and creamy.
4. Once pasta is done, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this**
5. Pour Alfredo sauce over the pasta. Mix, let sit for ~5 minutes. Top with fresh Parmesan

ADDITIONAL NOTES

* I have a new, 3 ingredient Alfredo that I recently developed! I wanted to include the alternative option for those interested! Sauce: 350g 2% cottage cheese, 12oz can of fat free evaporated milk, 100g of Parmigiano Reggiano. Heat for 60 seconds, then blend. Add salt, pepper and garlic to taste. Combine with 320g of pasta of choice, simmer on 2/10 heat until thick. Enjoy!

Mexican-Italian Chicken & "Rice"



NUTRITION FACTS

Per serving (2)

350 Calories

28g Protein

43g Carbs

10g Fat

INGREDIENTS

5oz Boneless skinless Chicken thighs

Season with: Salt, garlic, onion, paprika, chili powder (and cumin if desired)

112g (4oz) Orzo pasta

20g Firelli or Truff Hot sauce

40g 1/3 fat Cream cheese

Lime slice

20g Bolthouse farms cilantro avocado dressing

INSTRUCTIONS

1. Boil salted water, begin cooking pasta
2. Season your chicken thigh with each seasoning, add to air fryer at 375 for 12 minutes, flipping halfway
3. Once pasta is almost done cooking, scoop out some pasta water using a measuring cup or bowl. This will be used to add to pasta if it's too thick
4. Drain pasta, add back to pan, mix in cream cheese, hot sauce, and salt/pepper to taste
5. Place pasta on a plate, top with cooked chicken thigh, squeeze some lime juice over the chicken, and drizzle with bolthouse farms cilantro avocado dressing

ADDITIONAL NOTES

- Firelli and Truff are both hot sauces available online and will add a unique flavor profile. Firelli has a more distinctive "italian" flavor, but Truff has a great flavor as well

BBQ Chicken & Bacon Mac n Cheese



NUTRITION FACTS

Per serving (2)

460 Calories

51g Protein

40g Carbs

12g Fat

INGREDIENTS

5oz boneless skinless chicken thighs lightly coated w/ salt, pepper, garlic, onion, paprika, chili powder

2 slices turkey bacon (I used Applegate)

112g protein pasta (I used Banza here)

120g 2% cottage cheese

10g cheddar powder

1 laughing cow cheese wedge

20g BBQ sauce of choice

Toppings:

30g 2% cheddar

30g fat free mozzarella

20g sugar free BBQ sauce

Chopped Green onions

INSTRUCTIONS

1. Season chicken thighs, place on air fryer rack along with bacon. Air fry at 375 for 12 mins, flip halfway
2. Prep cheese sauce. Combine cottage cheese, laughing cow wedge, cheddar powder, and BBQ sauce in microwave safe dish. Mix, then microwave 45-60 seconds. Remove and blend until smooth (I use an immersion blender and blend straight in the container)
3. Boil salted water, cook pasta
4. Once pasta is done cooking, drain, and let cool for ~1-2 mins
5. Combine pasta, chicken, bacon, and cheese sauce in an oven safe container and mix. Top with 2% cheddar, FF mozzarella and BBQ sauce
6. Broil at 500 for 8 minutes
7. Remove, mix, top with green onions and enjoy!

ADDITIONAL NOTES

- This recipe would also be great without the toppings + baking! Just serve after mixing the pasta with the chicken, bacon and cheese sauce

Chimichurri Pasta w/ BBQ Chicken



NUTRITION FACTS

Per Serving (2)*

620 Calories

44g Protein

71g Carbs

18g Fat

INGREDIENTS

BBQ Chicken:
12oz boneless skinless chicken thighs (or breast if preferred, butterfly and/or tenderize for best results)
10g soy sauce
5g worcestershire
30g bbq sauce (I used Stubbs)
Garlic powder, chili powder, and smoked paprika

Chimichurri:
1/4 cup fresh cilantro
4 cloves garlic
20g olive oil
40g red wine vinegar
1/2 teaspoon red chili flakes
3/4 teaspoon dried oregano
1 teaspoon coarse salt
1/4 teaspoon pepper
10g honey (optional)

168g linguine or pasta of choice

INSTRUCTIONS

1. Marinade 12oz chicken thighs (or chicken breast) with soy sauce, worcestershire, bbq sauce, garlic powder, chili powder, and smoked paprika
2. Chop up cilantro (or parsley) and combine with garlic cloves, olive oil, red wine vinegar, red chili flakes dried oregano, coarse salt, pepper, and honey (optional)
3. Grill chicken until internal temperature reaches 165 degrees, or air fry the chicken at 400 degrees for 12-15 minutes
4. Boil salted water and cook the pasta of your choice (I used linguine)
5. Place the chimichurri on a pan over low heat, add in 1/3 cup of pasta water, mix and then top with the cooked pasta
6. Serve with the BBQ chicken, and enjoy!

ADDITIONAL NOTES

- *Multiply recipe by 3x and it's perfect for meal prep as well!

Creamy Southwest Chicken & Veggie Orzo



NUTRITION FACTS

Per serving (2)

550 Calories

39g Protein

60g Carbs

15g Fat

INGREDIENTS

8oz boneless skinless chicken thighs
Seasoned with salt, garlic, onion, smoked paprika, cumin, dash of cinnamon
112g Orzo
1 can Amy's southwest vegetable soup
4oz vegetable or chicken broth
Hot sauce of choice
40g 2% cheddar
80g 2% plain Greek yogurt

INSTRUCTIONS

1. Add soup, vegetable broth and salt, garlic, onion, smoked paprika to a pot and bring to a boil. Add in Orzo, cover and cook for ~10 minutes
2. While orzo is cooking, season chicken thighs and add to air fryer at 375 for 12 mins
3. Chop chicken once done
4. Reduce heat on orzo to low, remove lid, and stir. Simmer until pasta has thickened
5. Add in chicken, hot sauce, cheddar and Greek yogurt, mix, and enjoy!!

ADDITIONAL NOTES

- Add any seasonings to the soup/orzo that you like! This is where a lot of the flavor will come from so don't be shy with adding as much as you like!
- Add fresh vegetables if you want more volume/flavor!

Chipotle Style Burrito Bowl*



NUTRITION FACTS

Entire recipe

665 Calories

54g Protein

67g Carbs

21g Fat

INGREDIENTS

4oz chicken thighs seasoned w/ salt, pepper, garlic, onion, paprika, chili

100g RightRice (see notes)

50g Avocado (~1/2 a medium avocado)

Lime juice

50g 2% Fage yogurt

1 Tblspn Salsa verde

20g 2% cheddar cheese

ADDITIONAL NOTES

- RightRice is a higher protein, vegetable based rice option! I generally use the Spanish or Garlic & Herb flavor - but you could also just use normal rice and it would turn out great as well!

INSTRUCTIONS

1. Boil 160g water (2/3 cup) - once boiling, remove from heat and add 100g Right Rice. Cover and let sit for 12 mins
2. Season boneless skinless chicken thigh, add to air fryer for 12 mins at 375 degrees
3. While chicken is cooking, prep toppings. Mash up 50g of avocado (usually 1/2 a medium avocado), add salt and a few drops of lime juice. Measure out 50g of plain Greek yogurt and 20g of 2% cheddar
4. Remove chicken thighs from air fryer, chop in to small pieces (let rest ~5 mins before chopping)
5. Place cooked rice on a plate or bowl, add chicken and toppings and enjoy!

Chipotle Cheddar Mac n Cheese



NUTRITION FACTS

Per serving (2)

360 Calories

25g Protein

36g Carbs

9g Fat

INGREDIENTS

112g Protein pasta

120g 2% Cottage cheese

20g Pepperjack cheese

15g Cheddar cheese

5g Cheddar Powder

20g Milk of choice

1 tspn blended chipotles in adobo

1/4 tspn garlic powder

1/4 tspn lemon

1/8 tspn Chile powder

INSTRUCTIONS

1. Salt and boil water, begin cooking pasta
2. Blend chipotles in adobo sauce until smooth
3. Add all ingredients to a microwave safe bowl. Mix and microwave for 45 seconds. Blend cheese sauce until completely smooth - I use an immersion blender
4. Once pasta is done, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this**
5. Pour cheese sauce over cooked pasta, mix, and enjoy!

ADDITIONAL NOTES

- I take an entire can of chipotles in adobo and blend, then take the amount needed (1 tspn). Use 2 tspn's if you prefer spicier. You can also use chipotle chili powder!

Sweet & Spicy Korean Chicken & Rice



NUTRITION FACTS

Per serving (2)

325 Calories

29g Protein

40g Carbs

4g Fat

INGREDIENTS

8oz chicken breast

Garlic + onion powder

1 tablespoon Gochugaru (Korean chili flakes)

1/4 tablespoon neutral oil

1 tablespoon soy sauce

1 tablespoon rice vinegar

1 tablespoon honey

Sesame seeds

Chopped green onions

90g Jasmine rice

ADDITIONAL NOTES

- You can use red chili flakes instead of Gochugaru - however, Gochugaru will give the best overall flavor
- I personally prefer using Jasmine rice - instructions for cooking will vary based on rice type, feel free to use your favorite type!

INSTRUCTIONS

1. Start by cooking rice. I use Jasmine - cooking instructions will vary by rice type. Add 140g of water and 90g of dry rice to a pot. Mix, then bring to a boil over high heat. Once it starts boiling, place a lid on top and reduce heat to the lowest setting for 12 mins. Remove from heat and keep covered for another 10 mins. Remove lid and fluff once ready to serve
2. Chop chicken breast in to cubes, lightly tenderize/flatten each piece, then season with garlic, onion and Gochugaru and mix until each piece is entirely coated
3. Prep sauce by adding honey, soy sauce and rice vinegar (you can also add sriracha for extra spice), mix until smooth
4. Add oil to a pan over medium heat (I used grapeseed), then add chicken and cook
5. Remove chicken, add sauce to pan and simmer for 2-3 mins or until thickened
6. Add chicken to the pan with sauce, toss to coat with sauce and simmer for ~2 mins
7. Add sesame seeds to chicken, mix
8. Remove chicken, serve over rice

Taco Mac n Cheese*



NUTRITION FACTS

Per serving (4)

450 Calories

31g Protein

54g Carbs

12g Fat

INGREDIENTS

Ingredients (taco mixture):

1 yellow bell pepper, 1 red bell pepper

1 onion

8oz 93% beef

1/2 taco seasoning packet

1 tblspn adobo sauce or hot sauce

50g water (~2 tablespoons)

Ingredients (Mac n cheese):

224g pasta

240g 2% cottage cheese

80g 1/3 fat cream cheese

10g Cheddar powder

4 laughing cow cheese wedges

INSTRUCTIONS

1. Chop onion and bell peppers. Add to a pan over medium heat, and cook until soft/caramelized. Add a splash of water every few minutes if they start to stick to the pan.
2. Set veggies to the side, add beef to same pan, cook until browned. Prepare taco sauce by mixing taco seasoning, adobo sauce, and 50g water. Add to beef, then mix in onion/peppers, and set to the side
3. Add pasta to boiling salted water
4. Add cottage cheese, cream cheese, laughing cow wedges and cheddar powder to microwave safe bowl. Microwave for 30-45 seconds, and then blend until smooth
5. Once pasta is done, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to separate. Letting it cool will prevent this**
6. Pour cheese sauce over pasta and then mix in the taco beef mixture until combined

ADDITIONAL NOTES

- *The "500 Calorie Meal Prep" version of this recipe will be included in my meal prep book! Both are incredible - just a few ingredient adjustments here and there!

Spicy Chicken Alfredo



NUTRITION FACTS

Per serving (2)

340 Calories

28g Protein

40g Carbs

8g Fat

INGREDIENTS

112g Protein pasta

120g 2% blended cottage cheese

1 roasted red bell pepper

15g Pecorino Romano

15g Parmigiano Reggiano

10g Tomato paste

10g Siete Habenero hot sauce

Salt, pepper, garlic, onion (for sauce)

5oz Boneless Skinless Chicken Thigh

Seasoned with salt, garlic, onion, smoked paprika, crushed red pepper

INSTRUCTIONS

1. Boil salted water and pre-heat air fryer to 375
2. Season chicken thigh, and add to air fryer. I generally add the chicken to the air fryer ~5 minutes before starting to cook the pasta
3. Add pasta to boiling water
4. Prep sauce. Add blended cottage cheese, roasted red pepper, Romano and Parmesan cheese, tomato paste, hot sauce, and seasonings to a small bowl. Add to microwave for ~15-30 seconds, then blend until completely smooth and creamy. If having difficulty blending, add some milk to thin it out slightly
5. Once pasta is done cooking, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to seperate. Letting it cool will prevent this from happening**
6. Mix sauce with pasta, add to a plate, and top with chopped chicken

ADDITIONAL NOTES

- I typically blend the entire container of cottage cheese, then add the amount needed for the recipe
- If you don't want to use hot sauce, you could just add a few dashes of cayenne pepper for the spice

Breakfast Mac n Cheese



NUTRITION FACTS

Per serving (2)

500 Calories

56g Protein

37g Carbs

20g Fat

INGREDIENTS

112g Protein pasta

120g 2% cottage cheese

15g 2% cheddar

10g Parmigiano Reggiano

7g cheddar powder

10g light butter

30g milk

1/2 tspn garlic powder, 1/2 tspn smoked paprika, 1/4 tspn rubbed sage (optional)

2 slices turkey bacon

5oz turkey sausage

Toppings:

5g Parmigiano Reggiano

20g 2% cheddar

20g fat free cheddar

INSTRUCTIONS

1. Pre-heat oven to broil at 525
2. Add cottage cheese, 2% cheddar, parmesan, powdered cheddar, milk, and seasonings to a microwave safe bowl and mix. Microwave for 45 seconds, then blend until completely smooth (I use a hand blender)
3. Boil salted water, cook pasta
4. Cook sausage/bacon in a pan over medium heat
5. Once pasta is done cooking, drain, and let cool for ~1-2 mins (reserve some pasta water in case sauce is too thick)
6. Add cooked pasta to pan with sausage + bacon, then mix in the cheese sauce
7. Add mixture to an oven safe dish, top with cheese topping. Add to oven and broil at 525 for ~4 minutes or until cheese is entirely melted
8. Remove, add toppings of choice (I used bacon salt and green onions) - and enjoy!

ADDITIONAL NOTES

- This recipe would also be great without the toppings + baking! Just serve after mixing the pasta with meat and cheese sauce

Lemon Pepper Chicken & Rice



NUTRITION FACTS

Per serving (2)

370 Calories

37g Protein

37g Carbs

6g Fat

INGREDIENTS

100g RightRice (or normal rice)

8oz boneless skinless chicken thighs

Seasoned with, garlic, salt, pepper, paprika

Sauce/chicken marinade:

1 tblspn white wine vinegar

1/2 teaspoon garlic powder

1/4 teaspoon onion powder

1/4 teaspoon crushed red pepper

1/4 teaspoon pepper

1 teaspoon lemon juice

5g Honey

INSTRUCTIONS

1. Chop chicken thighs into cubes and season
2. Add to air fryer at 375 for 8-9 mins
3. Cook RightRice or rice of choice according to instructions on packaging
4. While the rice/chicken cook, add all ingredients for the chicken marinade in a small bowl and mix
5. Once chicken is done cooking, toss in the sauce until completely coated
6. Add rice to plate and top with chicken, garnish with parmesan or basil
7. Pour over any remaining sauce from your bowl, and enjoy!

ADDITIONAL NOTES

- I use RightRice because it is higher in protein and contains veggies - but feel free to use normal rice! I buy RightRice at Whole Foods generally

Jalapeno Popper Mac n Cheese



NUTRITION FACTS

Per serving (2)

350 Calories

27g Protein

46g Carbs

9g Fat

INGREDIENTS

112g protein pasta

120g 2% cottage cheese

40g 1/3 fat cream cheese

2 laughing cow cheese wedges

2 jalapeno peppers

2 slices turkey bacon

1/2 tspn garlic powder

1/2 tspn onion powder

Salt/pepper to taste

INSTRUCTIONS

1. Boil water and begin cooking pasta
2. Combine cottage cheese, cream cheese, laughing cow wedges and seasonings to a microwave safe bowl. Microwave 30-45 seconds, then blend until completely smooth
3. Cook turkey bacon, remove from pan and chop
4. Chop jalapeños in to small pieces, add to pan over medium heat, cook until softened (4-5 mins, add splashes of water if it begins sticking to pan)
5. Once pasta is done cooking, drain, and let cool for ~1-2 mins. **I generally rinse the pot with cool water as well - I've found that having the pot too hot, specifically with cottage cheese sauces, can sometimes cause it to seperate. Letting it cool will prevent this from happening**
6. Pour cheese sauce, jalapenos and bacon over the pasta and mix until combined

ADDITIONAL NOTES

- I typically blend the entire container of cottage cheese, then add the amount needed for the recipe
- Make sure you really thoroughly blend the cheese sauce - if it isn't completely blended, it can separate when added to the pasta

Spicy Chicken Tomato Pasta



NUTRITION FACTS

Per Serving (3)

435 Calories

38g Protein

49g Carbs

10g Fat

INGREDIENTS

Chicken Marinade:
12oz chicken breast
60g chopped sundried tomatoes
10g tomato paste
10g low sodium soy sauce
Salt, pepper, garlic, red chili flakes

Pasta:
168g of penne pasta
100g arrabbiata (or any marinara)
40g 1% milk
50g 1/3 fat cream cheese
15g honey

INSTRUCTIONS

1. Dice 12oz chicken breast into small cubes
2. Add chopped sundried tomatoes, tomato paste, soy sauce, salt, pepper, garlic, and red chili flakes to the chicken and mix until combined
3. Boil 168g of preferred penne pasta in ~20oz of water until fully cooked
4. Cook chicken over medium-high heat (~2 minutes per side) and reduce heat to low once cooked through
5. Add arrabbiata (or any marinara), milk, 1/3 fat cream cheese and honey to the pasta and mix until combined
6. Add in the pasta and a little bit of reserved pasta water
7. Keep pasta and chicken on a simmer until it starts bubbling, top with chives, parsley, and red chili flakes, and enjoy!

ADDITIONAL NOTES

- For extra protein, I recommend using protein penne!

Pasta with Meat Sauce



NUTRITION FACTS

Per serving (2)

350 Calories

32g Protein

38g Carbs

9g Fat

INGREDIENTS

Homemade sauce:

1 can San marzano tomatos

1/2 sweet onion

15g olive oil (to cook onions)

4 cloves garlic, minced

0.5-1 tblspn salt (adjust based on taste)

1 tspn of garlic, onion, smoked paprika

Pasta:

112g Banza pasta (or pasta of choice)

4oz lean beef (I used 96%)

1 slice turkey bacon, chopped

30g milk

10g pecorino Romano

120g homemade tomato sauce

INSTRUCTIONS

1. Add diced onions to pan on medium heat with olive oil, cook for 5 mins or until soft. Add seasoning blend, mix, then add garlic and cook for ~1 minute.
2. Blend can of tomatoes, and add to pan. Reduce heat to low and let simmer for 20 mins
3. Boil a pot of water, and begin cooking pasta
4. Add beef/chopped turkey bacon to pan to brown
5. Once meat is cooked, add in homemade tomato sauce, milk, and pecorino romano cheese and mix to combine
6. Add cooked pasta to meat sauce and mix. Once thickened and combined, add to a plate and top with a few spoonfuls of tomato sauce, basil, and fresh Parmesan

ADDITIONAL NOTES

- I'm typically not a huge fan of chickpea pasta, but I find it works particularly well with meat based sauces! You can also sub in any pasta you prefer

Queso Chicken & Rice



NUTRITION FACTS

Per serving (2)*

787 Calories

70g Protein

72g Carbs

24g Fat

INGREDIENTS

12oz boneless skinless chicken thighs
Taco seasoning of choice
1/2 diced red onion
50g corn
80g fire roasted diced tomatoes
40g diced green chiles
20g pickled jalapeños
50g red enchilada sauce
150g 2% Plain Greek yogurt
50g cheddar cheese
30g 1/3 fat cream cheese
Garlic powder & salt to taste
Chopped Cilantro (topping)
1 packet of Spanish RightRice or 200g rice of choice

INSTRUCTIONS

1. Cook RightRice (follow instructions on packaging) or cook rice of choice
2. Season chicken thighs with taco seasoning, add to air fryer at 375 for 12 minutes
3. Add half a red onion to a pan over medium heat and cook until softened. Add in corn, tomatoes, green chiles, pickled jalapenos, garlic powder, salt and red enchilada sauce and simmer for 3-4 minutes
4. Remove from heat and add greek yogurt, cream cheese and cheddar cheese and mix until combined and melted
5. Add in chopped chicken thighs and mix
6. Add queso chicken over rice, and enjoy!

ADDITIONAL NOTES

- *The macros shown are for 2 large servings. This can also be stretched out to 4 smaller plates if preferred!

Queso Steak and Rice



NUTRITION FACTS

Per serving (2)*

793 Calories

61g Protein

72g Carbs

29g Fat

INGREDIENTS

1 Packet of Spanish RightRice

Steak Ingredients:

16oz flank steak, 10g olive, oil, juice of 3 Limes, 1 tablespoon of minced garlic, 2 tablespoons cumin, 1 tablespoon smoked paprika, 2 teaspoon oregano, 1/2 teaspoon chipotle chili powder, 1 tablespoon salt

"Queso" Sauce Ingredients:

1/2 diced red onion, 50g corn, 80g fire roasted diced tomatoes, 40g diced green chiles, 20g pickled jalepeños, 50g red enchilada sauce, 150g 2% plain greek yogurt, 50g cheddar cheese, 30g 1/3 fat cream cheese, garlic powder and salt to taste, chopped cilantro

INSTRUCTIONS

1. Combine all steak ingredients and marinate the steak for one hour
2. Add the steak to the oven on a broil at 475 degrees for about 10 minutes, then let rest
3. Add half a red onion to a pan over medium heat and cook until softened. Add in corn, tomatoes, green chiles, pickled jalapenos and let it simmer. Then add in the red enchilada sauce to simmer for another 5 minutes.
4. Add light cream cheese, greek yogurt and cheddar cheese, top with garlic powder and cilantro and mix
5. Add in chopped up flank steak and mix
6. Add queso steak over rice, and enjoy!

ADDITIONAL NOTES

- *The macros shown are for 2 large servings. This can also be stretched out to 4 smaller plates if preferred!

Chicken Burrito Bowl



NUTRITION FACTS

Per bowl (makes 2*)

850 Calories

75g Protein

68g Carbs

31g Fat

INGREDIENTS

1 entire packet Spanish RightRice

1 lb boneless skinless chicken thighs seasoned with salt, garlic, onion, smoked paprika, chili powder, cumin

1 medium Avocado (~150g), 4 spoonfuls green enchilada sauce, a couple dashes of jalepeno hot sauce, pinch of salt, garlic and onion

Toppings:

50g 2% Greek yogurt

20g Pepperjack cheese

Cilantro

Siete habenero hot sauce

INSTRUCTIONS

1. Cook RightRice (follow instructions on packaging) or cook rice of choice
2. Season chicken thighs and add to air fryer at 375 for 12 minutes
3. Prep guac: add avocado, green enchilada sauce, jalapeno hot sauce, salt/garlic/onion powder, and mix until smooth
4. Assemble bowls: add rice, chicken, guac, greek yogurt, cheese and finish with chopped cilantro and hot sauce. Add any additional toppings of choice!

ADDITIONAL NOTES

- *The macros shown are for 2 large servings. This can also be stretched out to 4 smaller plates if preferred!

Chicken Burrito Bowl V2



NUTRITION FACTS

Per Serving (5)

505 Calories

45g Protein

44g Carbs

16g Fat

INGREDIENTS

24oz boneless skinless chicken thighs
Salt, garlic, onion, smoked paprika, and chili powder
300g Spanish RightRice

Pico:
5 roma tomatoes, diced
1 small white onion, diced
Salt, pepper, and garlic powder
Juice of 2 limes
~1/2 cup fresh chopped cilantro
1/2 small jalapeño peppers, diced

Avocado:
200g avocado (~1 1/2 avocados)
50g green enchilada sauce

Other toppings:
200g greek yogurt
Hot sauce (I used Siete habanero)

INSTRUCTIONS

1. Season chicken thighs with salt, garlic, onion, smoked paprika, and chili powder
2. Air fry the chicken at 375 degrees for 15 minutes
3. Cook the Spanish RightRice according to the instructions on the packet
4. Mix together diced roma tomatoes, diced white onion, salt, pepper, garlic powder, juice of two limes, chopped cilantro, and diced jalapeño peppers to make your pico
5. Combine avocado and green enchilada sauce until smooth
6. Dice chicken thighs after cooking into small pieces
7. Assemble the bowls with all of the combined ingredients (by either eyeballing the portions or weighing out 5 equal servings)
8. Enjoy immediately or place in the fridge to enjoy later!

ADDITIONAL NOTES

- This is part of my "500 Calorie Meal Prep" series and will be included in my upcoming meal prep cookbook!

Creamy Chipotle Chicken Pasta



NUTRITION FACTS

Per serving (8)

494 Calories

44g Protein

56g Carbs

14g Fat

INGREDIENTS

2 lb chicken thighs

1 tablespoon olive oil

6 cloves minced garlic

1 tspns salt, 2 Tspn cumin, 2 Tspn smoked paprika, 2 Tspn chili powder, 4 tablespoons adobo sauce

2 minced chipotle peppers

2 Tablespoon honey

Juice of 2 limes

1 white onion

Chipotle cream sauce:

4 minced chipotle peppers

200g Greek yogurt

60g light Mayo

2 limes

4 tablespoons adobo sauce

1 tablespoon honey

2 tspn smoked paprika

2 tspn garlic powder

~3/4 cup of milk

Fresh cilantro

24oz Banza (or pasta of choice)

INSTRUCTIONS

1. Prepare marinade: add olive oil, minced garlic, minced chipotle peppers, adobo sauce, lime juice, honey, salt, cumin, smoked paprika and chili powder to a bowl and mix
2. Slice or dice 1 white onion
3. Heat pan over high heat, once hot add chicken. Let cook for 1-2 mins without moving to get a slight char on the bottom
4. Reduce heat to medium and add in your onions. The onions will release a lot of water, so cook for 15-20 minutes until liquid has been released from onions and liquid is thickened in the pan. Once thickened, reduce heat to simmer
5. Add each ingredient for the chipotle cream sauce to a bowl and mix
6. Cook pasta and pour over cooked chicken and add cream sauce. Mix until combined

Chicken Fettuccine Alfredo



NUTRITION FACTS

Per serving (2)

500 Calories

56g Protein

45g Carbs

13g Fat

INGREDIENTS

112g Fettuccine pasta

30g Parmigiano-Reggiano*

50g 1% milk

80g 2% cottage cheese

1/4 tspn Garlic powder

Salt/pepper to taste

30g pasta water (optional, added at the end)

10oz chicken breast, diced

10g Olive oil, splash of lemon juice

Seasoning blend: 1 tspn garlic, 1/2 tspn Salt, couple cracks of pepper, 1/2 tspn onion, 1/2 tspn paprika, 1/4 tspn rosemary

INSTRUCTIONS

1. Grab one chicken breast and dice, add olive oil, lemon juice and the seasoning blend, mix
2. Add cottage cheese, milk, garlic powder and salt/pepper to a bowl. Set to side
3. Start cooking pasta and add chicken to a pan over medium-high heat. Cook 2-3 minutes on each side or until cooked through, then place to the side
4. Remove the pan from heat, and pour over your cheese sauce mixture. This is to slightly heat up the cheese mixture + to pick up some of the flavor left behind from the chicken (not to fully melt the cheese sauce). Add sauce to a blender and blend until completely smooth and creamy
5. Add sauce to pasta and mix
6. Add pasta to a plate, top with chicken and enjoy!

ADDITIONAL NOTES

- * I highly recommend using Parmigiano-Reggiano instead of typical parmesan!

Creamy Cajun Chicken Alfredo



NUTRITION FACTS

Per serving (2)

545 Calories

56g Protein

46g Carbs

19g Fat

INGREDIENTS

112g Protein Penne pasta

50g 1/3 fat cream cheese

20g Parmigiano-Reggiano

40g mozzarella

1 tspn Cajun seasoning

150ml 1% milk

Salt to taste

6oz chicken breast, chopped

1 tspn Cajun seasoning + salt (if Cajun seasoning has no sodium)

5g olive oil, splash of Lemon juice

1 link Andouille Chicken sausage (I got mine from target, any sausage will work)

1 tablespoon chopped parsley

1 tablespoon chopped chives

INSTRUCTIONS

1. Dice one chicken breast, coat with olive oil, a splash of lemon juice and 1 tspn of cajun seasoning
2. Start cooking protein pasta (or pasta of choice)
3. Add chicken to a pan over medium-high heat. Cook 2-3 mins each side. Add in diced chicken sausage and cook another minute. Add chicken + sausage to a plate
4. Keep pan over low heat, add in cream cheese, milk, mozzarella and parmesan and mix until melted/combined. Add back chicken and sausage, another tspn of cajun seasoning and chopped chives and parsley
5. Add in cooked pasta, and ~1 tablespoon of pasta water. Bring up to a boil until thickened
6. Let cool, and enjoy!

ADDITIONAL NOTES

- I used the target brand (Good & Gather) andouille chicken sausage!

Chicken and Cheese Grits



NUTRITION FACTS

Entire Recipe

500 Calories

48g Protein

48g Carbs

14g Fat

INGREDIENTS

Chicken:
6oz boneless skinless chicken thighs
Season with salt, pepper, garlic, onion, chili powder, 1/2 teaspoon cajun seasoning
10g hot honey

Grits:

2 packets of instant grits (I used cheddar flavored)

5g nutritional yeast (this is for extra cheesy flavor)

30g velveeta shreds (or reduced fat cheddar)

30g 2% plain greek yogurt

Louisiana hot sauce

INSTRUCTIONS

1. Dice 6oz of boneless skinless chicken thighs into small cubes
2. Season chicken with salt, pepper, garlic, onion, chili powder, 1/2 teaspoon of cajun seasoning, and 10g of hot honey and mix until combined
3. Air fry the chicken at 375 degrees for 10 minutes
4. Mix instant grits, nutritional yeast (optional), and 1/2 teaspoon of cajun seasoning in a bowl and add water based on the instructions for the grits
5. Microwave the grits for ~2 minutes
6. Add velveeta shreds (or low fat cheddar) and 30g 2% greek yogurt to the grits and mix
7. Add grits and the chicken to a plate, top with pepper, hot sauce, and hot honey, and enjoy!

ADDITIONAL NOTES

- While I'm not a huge seafood guy - you could easily sub in shrimp for chicken if you prefer!









MISCELLANEOUS

Loaded fries, sweets, homemade bagels, soups, and everything else that doesn't fit in the other categories

Tomato Basil Bisque



NUTRITION FACTS

Entire recipe*

550 Calories

40g Protein

47g Carbs

20g Fat

INGREDIENTS

1 28oz can San Marzano tomatoes

1 onion

2 garlic cloves

1 tspn smoked paprika

2 tspn olive oil

Salt & black pepper

12 leaves fresh Basil

200g blended cottage cheese

20g Parmigiano Reggiano

INSTRUCTIONS

1. Chop onion in to fine pieces, mince garlic cloves. Add to pan with olive oil over medium heat, cook 3-4 minutes or until translucent
2. Add full can of tomatoes and break apart with a wooden spoon
3. Add smoked paprika and salt/pepper - let simmer until liquid has reduced by half usually 15-20 minutes. If it starts boiling too heavily, reduce heat
4. Remove from heat, let cool for 5 mins, then add to a food processor or blender
5. Add in fresh basil leaves, cottage cheese, and parmigiano reggiano. Blend until completely smooth, and serve

ADDITIONAL NOTES

- *Makes 2-3 small bowls worth!
- You can use any canned tomatoes, I find that San Marzano have the best flavor (especially paired with Basil)
- Full-block Parmigiano Reggiano is essential for this one!

Easy Chipotle-Style Steak



NUTRITION FACTS

Per serving (4oz)

200 Calories

24g Protein

0g Carbs

11g Fat

INGREDIENTS

1-1.5lb flank steak

Juice of 3 limes

20g olive oil

2 tablespoons cumin

1 tablespoon smoked paprika

2 teaspoon oregano

1/2 teaspoon onion powder

1/2 teaspoon chipotle chili powder

1 tablespoon minced garlic

2 tablespoons water

1 tablespoon Salt

Couple cracks of pepper

ADDITIONAL NOTES

- You can also prep this using a grill or cast iron! I personally find the broil method to be the easiest/most convenient - but use your preferred method!

INSTRUCTIONS

1. Add juice of 3 limes, olive oil, seasonings, and 2 tablespoons of water to a large bowl and mix until combined
2. Grab 1-1.5 pounds of flank steak, lightly tenderize (I use a meat tenderizer), then add to a gallon freezer bag. Pour over marinade and let marinate for at least 1 hour (max 2-3 hours)
3. When ready to cook, remove marinating steak from fridge and sit out to bring to room temp
4. Pre-heat broiler to 475, and add in your baking sheet immediately. This will heat up the pan so the bottom of the steak will sear when added. Once the oven is pre-heated, let the sheet heat up for another 5-10 minutes
5. Remove sheet from oven, add a light oil spray, and place steak on sheet. Add to oven for 9-10 minutes
6. Remove, place on cutting board and let rest (covered with foil) for ~10 minutes. Once ready, slice in to strips against the grain, and then chop in to bite size pieces!

Everything Bagels



NUTRITION FACTS

Per bagel (2)

230 Calories

11g Protein

47g Carbs

0g Fat

INGREDIENTS

100g All-Purpose Flour

120g Plain 0% (or 2%) Greek Yogurt

2 Teaspoons Baking Powder

1/2 Teaspoon Salt

1 Egg*

20g melted honey

Everything Seasoning

ADDITIONAL NOTES

- *I weighed the amount used to cover 1 bagel, and it equaled ~1/10 of the egg. It basically adds no calories while being essential for the browning on the exterior and helps keep the seasoning stuck to the bagel
- Be very careful to not overwork the dough! If you're struggling with the dough getting too sticky, use 120g of all-purpose flour

INSTRUCTIONS

1. Combine all dry ingredients in a bowl and mix. Mix until it reaches a crumbly texture
2. Add in your melted honey (I typically microwave it for ~10 seconds) - and mix again. Finish mixing with your hands, then split in to two equal sized balls (be careful to not overwork the dough, it can get too sticky if you turn it in on itself too many times)
3. Whisk one egg, then begin forming bagels
4. Form each ball of dough in to a “rope”, I roll it in my hands, then flip to even out each side, until it's ~6 inches in length. IF it is too sticky, add a bit of flour to the exterior/your hands
5. Pinch the rope together at the ends (forming a circle with a hole in the middle, dunk in the egg mixture, then transfer to a baking sheet. Top with everything seasoning, press it in lightly, then add to the oven
6. Bake at 375 for 15 mins
7. Switch to broil at 525 for 2-4 mins (varies from oven to oven, keep an eye on it)
8. Let sit for ~10-15 mins to firm up, then enjoy!

Bacon & Chive Cream Cheese



NUTRITION FACTS

Per serving (3)

195 Calories

17g Protein

5g Carbs

13g Fat

INGREDIENTS

180g blended cottage cheese

80g 1/3 fat cream cheese

4 slices bacon*

Garlic, onion, salt

1 tablespoon chopped chives

INSTRUCTIONS

1. Pre-heat oven to 400 degrees
2. Add blended cottage cheese, cream cheese and seasonings to a bowl and mix. I pre-blend my cottage cheese in bulk, but you could also add all ingredients at this stage to a food processor and blend until smooth
3. Place foil on a baking sheet, add bacon, and place in oven for ~20 minutes. Halfway through, remove, drain ALL grease, and flip. Add back to oven to finish cooking. Once done, remove, drain grease, and place on paper towels to let cool/crisp
4. Once bacon has rested ~5 mins, finely chop in to small bits
5. Add bacon and chives to your cheese mixture. Mix, then either serve immediately on a bagel, toast, or bread of choice or store in your fridge. It will thicken up in the fridge!

ADDITIONAL NOTES

- *Bacon used was ~70 calories per 2 slices. These are the cals if you cook/drain the fat in the process
- Use turkey bacon for lower fat content
- You can easily adapt this recipe to make any flavor cream cheese you want!
- Store up to 1 week in your fridge

Low Calorie Chipotle Ranch



NUTRITION FACTS

Per serving (30g)

25 Calories

1g Protein

1g Carbs

2g Fat

INGREDIENTS

200g 1/3 Fat Mayo

200g 2% Greek yogurt

7oz can of chipotle peppers in adobo

2 tblspn lime juice

4 tspn garlic powder

2 tspn onion powder

3-4 tspn chopped fresh parsley

3-4 tspn chopped fresh dill

1.5 tspn salt (or salt to taste)

12 tablespoons milk (120g)

10g Hot Honey or normal honey

INSTRUCTIONS

1. This one is pretty simple... chop parsley and dill, then add all ingredients to a food processor and blend until smooth (usually a few minutes)
2. Remove lid, scrape the sides and lid, then blend again to be sure it is fully mixed
3. I buy empty sauce bottles off of Amazon to store! Should stay good for 7-10 days

ADDITIONAL NOTES

- If too thick, add milk 1 tablespoon at a time until smooth
- If you are sensitive to spice, use half the can of chipotle peppers
- The recipe shown is a tostada shell with chopped chicken thighs, pico and the chipotle ranch!

Meal Prep Honey Chipotle Chicken



NUTRITION FACTS

Per serving (4oz)

150 Calories

22g Protein

6g Carbs

4g Fat

INGREDIENTS

2 lb boneless skinless chicken thighs

Salt, garlic, onion, smoked paprika

7-8 chipotle peppers, minced

4 tablespoons adobo

30g Worcestershire sauce

60g hot honey

10g Dijon mustard

INSTRUCTIONS

1. Add minced chipotle peppers, adobo sauce, worcestershire, hot honey, dijon mustard, seasonings and several pinches of salt to a large bowl and mix until smooth
2. Add boneless skinless chicken thighs to the marinade, let sit for 1-2 hours (or overnight)
3. When ready to cook, pre-heat oven on broil to 475 degrees
4. Place baking sheet in oven right when you turn oven on - this will heat the tray so the bottom is hot when you add the chicken
5. Add oil spray to baking sheet, then add chicken to sheet (should sizzle when placed on) - then add to oven for ~12 mins to cook
6. Remove, let rest for 5-10 mins, then chop in to small pieces or keep whole. Store in fridge for up to a week or serve immediately

ADDITIONAL NOTES

- Normal honey will work in place of hot honey
- The longer you marinate, the better - I generally try to do at least an hour, but overnight is ideal
- If you don't have temperature settings on broil (i.e. your only options are high/low), bake at 475

Pollo Asado (Air Fried)



NUTRITION FACTS

Per serving (4oz)

150 Cals

23g Protein

5g Carbs

4.5g Fat

INGREDIENTS

28oz boneless skinless chicken thighs

1/2 cup orange juice

4 tblspns soy sauce

2 tablespoons lime juice

8 cloves garlic

2 tspn cumin

1 tspn coarse salt

1 tspn black pepper

1 tspn onion

3 dried ancho chiles (de-stemmed + de-seeded, microwave covered with moist paper towel for 1 min before adding to blender)

3 chipotle peppers in adobo (de-seed if you're sensitive to spice)

20g honey

1 Handful cilantro

INSTRUCTIONS

1. Combine all ingredients (besides the boneless skinless chicken thighs)
2. Blend mixture until completely smooth
3. Pour the marinade onto the boneless skinless chicken thighs and let the chicken marinate for at least 1 hour
4. Air fry the marinated chicken at 400 degress for 14 minutes
5. Enjoy on tacos, bowls, burritos, or by itself throughout the week!

ADDITIONAL NOTES

- This is moderately spicy - but the best way to reduce spice is to remove the chipotle peppers entirely!

Buffalo Chicken Dip



NUTRITION FACTS

ENTIRE DISH*

1220 Calories

135g Protein

41g Carbs

52g Fat

INGREDIENTS

250g blended cottage cheese

100g 1/3 fat cream cheese

4 laughing cow cheese wedges

10g Cheddar powder

10g Ranch seasoning

80g Buffalo sauce

16oz Boneless Skinless Chicken Thighs

20g Honey (optional)

Handful green onions

INSTRUCTIONS

1. Pre-heat oven to 400 degrees
2. Blend cottage cheese - I generally use a hand blender and blend directly in the container, but you can add to a normal blender as well!
3. Add all cheeses to oven safe bowl, microwave for 45 seconds, and mix thoroughly
4. Add cheddar powder/ranch seasoning and Buffalo sauce and mix again. Blend again for smoothest results
5. Grab 16oz of chicken thighs and lightly coat each side with the following seasonings: salt, garlic powder, onion powder, smoked paprika, chili powder. Air fry or bake at 375 for 12 minutes, remove, and chop in to small pieces
6. Mix chicken with the cheese sauce, top with honey
7. Bake at 400 for 15-20 minutes
8. Remove, give it a mix, top with green onions, and enjoy!

ADDITIONAL NOTES

- *This recipe feeds 4-5 people - but can easily be cut in half or 1/4 for a more personal size serving!
- I like to pair with Quest ranch chips or celery!

Green Chile Queso



NUTRITION FACTS

ENTIRE DISH

635 Calories

73g Protein

24g Carbs

32g Fat

INGREDIENTS

400g 2% cottage cheese

45g white cheddar

1 tspn minced garlic

25g white cheddar powder*

65g fat free milk

Pinch of cilantro

1 small can of hatch green chiles

INSTRUCTIONS

1. Place all ingredients in a microwavable bowl, mix, and heat up in microwave for ~90 seconds
2. Blend for ~2 minutes until completely smooth
3. Top it off with more green chilis, pico, and sour cream sauce
4. Enjoy!

ADDITIONAL NOTES

- *I used an Annie's Mac n cheese packet, but you can also buy cheddar powder in bulk off of Amazon!

Birthday Cake Frosting



NUTRITION FACTS

Entire recipe

360 Calories

43g Protein

21g Carbs

13g Fat

INGREDIENTS

200g 2% Plain Greek Yogurt

10g Salted Butter

25g vanilla whey-casein protein powder

20g milk

6g sprinkles

Topping: 6g sprinkles

INSTRUCTIONS

1. Start by melting butter (I add to the microwave for ~15 seconds)
2. Combine melted butter, greek yogurt, and milk in a bowl and mix until combined
3. Add in vanilla protein powder and sprinkles and mix
4. Add to fridge overnight, or freezer for 20-30 mins to thicken
5. When ready, add more sprinkles on top, and enjoy!

ADDITIONAL NOTES

- Alternative to melted butter - add 50g of light cool whip instead! This will give it an even fluffier, more frosting-like texture

Sweet & Spicy Chicken Avocado Soup



NUTRITION FACTS

Entire recipe*

690 Calories

52g Protein

52g Carbs

32g Fat

INGREDIENTS

1 can of Amy’s Southwestern Soup

8oz Chicken Thighs

Seasoning: Ancho Chile Powder, Smoked Paprika, Garlic Powder, Onion Powder, Salt & Pepper

1 Small Avocado

40g 2% Greek Yogurt

15g Hot Honey

INSTRUCTIONS

1. Season each side of your chicken with each seasoning. Add to air fryer at 375 for 12 mins, flip halfway
2. Cook soup over stovetop until hot (you can use any store bought soup, but I highly recommend Amy's for this one!)
3. Remove chicken from airy fryer, chop in to small pieces
4. Prep Avocado by slicing in to strips
5. Pour soup in to bowl of choice, add chopped chicken on one half, avocado on the other half, and a greek yogurt in the middle. Drizzle with hot honey, and enjoy!

ADDITIONAL NOTES

- *Macros without Avocado: 520 cals, 50g Protein, 43g Carbs, 17g Fat
- You can also reduce cals by using less chicken!

Chipotle-Style Chicken Meal Prep



NUTRITION FACTS

Per 4oz

130 Calories

22g Protein

0g Carbs

5g Fat

INGREDIENTS

2 lbs boneless skinless chicken thighs
Base seasonings (adjust based on what you prefer): Salt, garlic, onion, smoked paprika, chipotle chili powder
*Additional seasonings/flavors I use occasionally: cumin, black pepper, cayenne, lime juice

INSTRUCTIONS

1. Pre heat oven on broil to 475
2. Place baking sheet in oven right when you turn oven on - this will heat the tray so the bottom is hot when you add the chicken
3. Once preheated, let baking sheet continue to heat up for 5-10 mins
4. Season chicken thighs by sprinkling light layer of each seasoning on each side. I like to give a light oil spray on the side that will face up in the oven as well.
5. Add oil spray to baking sheet, then add chicken to sheet (should sizzle when placed on) - then add to oven for ~12 mins to cook
6. Remove, let rest for 5-10 mins, then chop in to small pieces. Store in fridge for up to a week or serve immediately

ADDITIONAL NOTES

- Actual chipotle uses "chipotles in adobo" as part of a marinade to prep their chicken - I prefer to just use chipotle chili powder here instead
- The pre-heating of the baking sheet is optional, but I find I get best results following this method (and you don't have to flip halfway)

Buffalo Chicken Strips



NUTRITION FACTS

Entire recipe

770 Calories

93g Protein

35g Carbs

28g Fat

INGREDIENTS

10oz Chicken breast

Breading/dipping stations:

1.) 1 bag Quest ranch chips (crushed up) + 15g panko

2.) 1 beaten egg + 1 tblspn franks red hot

3.) 10g flour + 1/2 tspn baking powder, salt, garlic, paprika

Buffalo sauce coating

80g Buffalo sauce

20g Reduced fat mayo

30g Light butter

10g Honey

INSTRUCTIONS

1. Tenderize/flatten chicken breast, slice in to strips (each breast should make ~4 strips)
2. Set up *dipping stations* and mix all ingredients
3. Coat each chicken strip with flour/seasoning mixture, then dip in egg, followed by chip/panko mixture
4. Place on air fryer rack, and air fry at 375 for 10 minutes
5. Prep *buffalo sauce coating* by mixing each ingredient together, and microwaving 10-15 seconds to help mix
6. Remove strips from air fryer and dip each in Buffalo sauce mixture, then place back on to air fryer rack
7. Air fry @375 for 4-5 mins
8. Enjoy! Pair with Bolthouse Farms ranch dip, place in a sandwich, or eat it however you like!

ADDITIONAL NOTES

- You can also use chicken tenderloins instead of slicing chicken breast! I prefer the texture of sliced chicken breast, but either way works
- If you can't find Quest chips, you can just replace with more Panko and add Ranch seasoning!

Italian-Style Grilled Chicken Nuggets



NUTRITION FACTS

Entire recipe

505 Calories

61g Protein

8g Carbs

26g Fat

INGREDIENTS

10oz boneless skinless chicken thighs (or chicken breast), cut in to cubes

Marinade:

10g olive oil

2 tblspn white wine vinegar

1/2 teaspoon garlic powder, 1/2 teaspoon dried oregano, 1/2 teaspoon dried basil, 1/4 teaspoon onion powder, 1/4 teaspoon crushed red pepper, 1/4 teaspoon truffle salt (or normal salt), 1/4 teaspoon pepper, 1/2 teaspoon lemon juice

10g Honey

15g finely grated Parmesan

INSTRUCTIONS

1. Place chicken thighs (or breast) on a cutting board and cut into small cubes
2. Add all marinade ingredients in a bowl and mix thoroughly
3. Add chicken to marinade and completely coat each piece. Cover, and let marinate for a few hours (or at least 30 mins). The longer, the better
4. When ready, add to air fryer at 400 degrees for ~9 minutes, then enjoy!

ADDITIONAL NOTES

- Macros w/ breast: 490 Cals, 70g Protein, 8g Carbs, 18g Fat
- This same marinade could be used with a full chicken thigh instead of nuggets!

Chimichurri Chicken Bites



NUTRITION FACTS

Per 4 oz

184 Calories

26g Protein

8g Fat

INGREDIENTS

1/3 cup fresh parsley
1/3 fresh cilantro
4 cloves garlic
1/4 cup olive oil
1/4 cup red wine vinegar
1/4 teaspoon red chili flakes
3/4 teaspoon dried oregano
1 teaspoon coarse salt
1/2 teaspoon pepper

2 lbs chicken breast
Seasoned with salt, garlic, onion, and smoked paprika

INSTRUCTIONS

1. Tenderize chicken breast, focus on the thick part of the chicken to even out the thickness
2. Season the chicken with salt, garlic, onion, and smoked paprika
3. Bake chicken at 450 for 15-18 minutes or until it reaches 165 degrees internal temperature
4. Place parsley, cilantro, and garlic into a food processor
5. Combine olive oil, red wine vinegar, red chili flakes, dried oregano, salt, and pepper and once combined, add in the cilantro, parsley, garlic mix
6. Chop up chicken, mix in the chimichurri, and enjoy!

ADDITIONAL NOTES

- Perfect over rice and in burritos or can also be enjoyed on its own as a snack!

Butter Chicken



NUTRITION FACTS

Per Serving (5)

305 Calories

39g Protein

14g Carbs

9g Fat

INGREDIENTS

Chicken:

24oz chicken breast, diced

180g plain nonfat greek yogurt

1 tbsp garam masala

1 tbsp Kashmiri red chilli powder

1 tsp salt

3 cloves garlic minced

Sauce:

30g light butter (half for cooking onions, half added when blending)

1 onion chopped

6 cloves garlic minced

2 tsp Ground cumin

1 1/2 tsp Kashmiri red chilli powder

1 1/2 tsp Coriander

3/4 tsp Garam masala

2 cans 14 oz crushed tomatoes

30g cashews

80g 2% milk

Salt to taste

INSTRUCTIONS

1. Tenderize chicken breast, focus on the thick part of the chicken to even out the thickness and dice the chicken into cubes
2. Marinate with yogurt, garam masala, Kashmiri red chili powder, salt, and minced garlic
3. Dice one whole onion and and mince 6 cloves of garlic
4. Place the chicken on a stove top pan and cook until browned and cooked through
5. Set aside the chicken and in the same pan, add light butter and the diced onions for about 5 minutes
6. Pour in 2 cans of crushed tomatoes and cashews then let simmer for 15 minutes
7. In a small bowl, mix ground cumin, Kashmiri red chili powder, coriander, and garam masala, and then add to the sauce
8. Pour the sauce into a blender, add 15g light butter, and 2% milk, and blend until completely smooth
9. Add the sauce to the chicken, simmer for about 5 minutes, and enjoy!

High Protein Classic PB&J



NUTRITION FACTS

Per PB&J

360 Calories

25g Protein

50g Carbs

12g Fat

INGREDIENTS

2 slices of any bread (I use white)

50g Sugar-Free Jelly (I used Polaner brand, use fruit of choice! I liked both grape and raspberry)

15g Creamy Peanut Butter

15g PBFit Powder

10g Unflavored Casein Protein (Or use vanilla / Peanut butter flavor!)

5 sweetleaf sweet drops (Optional)

INSTRUCTIONS

1. Start with making the high protein Peanut butter. Add peanut butter to microwave safe bowl, microwave for 30 seconds. Add in PBFit and protein powder. Mix until combined with peanut butter (it will be clumpy at this stage). Add milk of choice ~20g at a time until it reaches your desired consistency
2. Spread peanut butter on first slice of bread, then spread jelly on second slice - put them together and enjoy!

ADDITIONAL NOTES

- I use the sweetleaf drops for extra sweetness when using an unflavored protein - if you're using a sweetened protein powder, omit the sweet drops
- Peanut butter flavor protein will of course work very well - I generally only have vanilla/unflavored protein on hand because they are more versatile/customizable

The Perfect Cheesy Eggs



NUTRITION FACTS

Entire recipe

300 Calories

30g Protein

3g Carbs

19g Fat

INGREDIENTS

3 eggs

40g 2% Cottage cheese, blended

15g 2% or reduced fat cheddar

3g Parmigiano Reggiano

Salt/pepper to taste

Chives

ADDITIONAL NOTES

- I generally make these with Ghee butter (5g for every 3 eggs) - the flavor is much richer, but it increases the fat content. For breakfast I generally like to eat higher fat/lower carb, so it works for me - but spray oil also gets the job done!

INSTRUCTIONS

1. Blend cottage cheese using an immersion blender (or normal blender). I typically blend the entire container using an immersion blender, then take the amount needed for the recipe!
2. Crack eggs in to a bowl, whisk, then add in blended cottage cheese. Whisk until completely combined - by the time you're done mixing you shouldn't see any cottage cheese, it should be a smooth mixture
3. Heat pan over medium low heat, and add oil spray or Ghee
4. Add eggs, and constantly scrape across the middle of the pan. The goal is to prevent any portion of the egg from spending too much time on direct heat (this ensures the eggs come out smooth and creamy)
5. Once the eggs are ~80% done cooking (still slightly runny), remove from heat and add in your cheddar, parmesan, and salt/pepper
6. Mix, then place back on heat until there are no runny portions remaining in the egg. Add to a plate, top with chives, and enjoy!

Cheesy Egg Bites



NUTRITION FACTS

Per Egg Bite

112 Calories

12g Protein

2g Carbs

6g Fat

INGREDIENTS

8 whole eggs
200g egg whites
220g blended cottage cheese
30g cheddar powder (I used 1 packed of Annie's Mac n cheese powder!)
Salt, pepper, garlic

120g 2% cheddar cheese
Handful of chopped green onions

INSTRUCTIONS

1. Add whole eggs, egg whites, and blended cottage cheese to a bowl and mix until fully combined
2. Then add cheddar powder, salt, pepper, garlic and mix
3. Evenly pour the mixture into a muffin tray and top with cheddar cheese and green onions
4. Place the muffin tray in the oven at 375 degrees for 22-23 minutes, and enjoy!

ADDITIONAL NOTES

- Enjoy immediately, or store in the freeze and reheat for one minute in the microwave when you're ready to eat!
- The bites can be eaten on their own or used as the filling for a breakfast sandwich/breakfast taco!

Chicken Tostadas



NUTRITION FACTS

Per tostada

160 Calories

16g Protein

12g Carbs

4g Fat

INGREDIENTS

6oz boneless skinless chicken thigh, seasoned lightly with salt, pepper, garlic, onion, paprika, Chile powder, cumin

3 corn tortillas (or tostadas)

2 Laughing cow cheese wedges

Pico de Gallo

Hot sauce of choice

Cilantro

ADDITIONAL NOTES

- I made the tostada's homemade in this recipe - a more convenient option would be to just buy them pre-made. It will be slightly higher calorie, but the convenience makes up for it

INSTRUCTIONS

1. Prep Pico, or buy premade (for homeade: 1 chopped roma tomato, chopped onion, lime juice, salt and pepper to taste)
2. Season chicken thigh and add to air fryer at 375 for 12 minutes, flipping halfway. If you don’t have an air fryer, you can also broil in the oven using the same temp and time (place on middle rack)
3. Lightly coat tortillas with spray oil, and crisp up using preferred method. I typically add to the oven and broil at 450 degrees, flipping after a few minutes and removing once it has begun slightly browning. Just be sure it is completely crisped and not flimsy on the edges
4. Chop cooked chicken, spread cheese wedges on tostadas, and top with chopped chicken and pico. Finish with a hot sauce drizzle and cilantro

Massive Roasted Chicken Salad



NUTRITION FACTS

Entire recipe

715 Calories

78g Protein

52g Carbs

22g Fat

INGREDIENTS

100g kale & spinach mix

4 red bell peppers

1 onion

1 tsp olive oil

2 tblspn balsamic

Salt, pepper, smoked paprika

10oz chicken breast

Chicken broth

Homemade chipotle ranch

ADDITIONAL NOTES

- Use any salad base you like! I prefer using a store bought kale + spinach mix instead of lettuce
- You can sub any type of chicken and cook in a pan/oven instead of boiling and get the same results
- The homeade chipotle ranch recipe is included in this book! But feel free to use any dressing that you like

INSTRUCTIONS

1. Preheat oven to 400
2. Slice your bell peppers and onion into strips, add to an oven safe baking sheet
3. Toss with olive oil, balsamic, salt, pepper and smoked paprika - mix thoroughly
4. Add to oven to roast for ~40 minutes, remove and mix halfway
5. Bring a pot of chicken broth to a boil, add in seasonings and herbs of choice (the more the better)
6. Add chicken breast to boiling broth, cover and cook for ~12 minutes
7. Remove, shred chicken and season with salt, pepper, garlic, onion and paprika. Mix
8. Grab the largest bowl you can find, add your kale + spinach, roasted veggies, shredded chicken, then drizzle with chipotle ranch OR dressing of choice

Loaded Buffalo Ranch Fries



NUTRITION FACTS

Entire recipe

590 Calories

44g Protein

54g Carbs

22g Fat

INGREDIENTS

2 servings (~168g) of frozen fries

6oz chicken thigh seasoned with: salt, pepper, garlic, onion, smoked paprika

Optional: chili powder, cayenne

40g Buffalo sauce

20g Bolthouse farms ranch

Splash of Worcestershire

20g 2% mozzarella

8 dill pickles, chopped

Handful of chopped green onions

INSTRUCTIONS

1. Cook fries according to instructions on package (I did 20 mins at 425 in the oven)
2. Air fry chicken thigh at 375 for 12 mins, chop in to small pieces once done
3. In a small bowl, mix buffalo sauce, ranch and a splash of Worcestershire
4. Chop pickles in to small pieces, chop green onions
5. Remove fries from oven, add to a plate, top with mozzarella, chopped pickles, chicken, drizzle with buffalo ranch and finish with chopped green onions
6. Feel free to mix and match toppings however you prefer!

ADDITIONAL NOTES

- I prefer using store bought frozen fries for this one, but feel free to make homemade if you prefer (see my chili cheese fry recipe to see how I make them)
- If you don't have bolthouse ranch, you can add ranch seasoning to greek yogurt with a splash of milk

Loaded Enchilada Fries



NUTRITION FACTS

Entire recipe

620 Calories

49g Protein

53g Carbs

24g Fat

INGREDIENTS

2 servings (~168g) of frozen fries

6oz boneless skinless chicken thighs, seasoned with: salt, garlic, onion, paprika, chili powder

20g 2% cheddar

Handful of Pico

40g blended cottage cheese or plain Greek yogurt

5g hot sauce of choice

20g red enchilada sauce

20g Bolthouse cilantro avocado dressing

INSTRUCTIONS

1. Pre-heat oven to 450, add frozen fries to sheet tray and bake for 15-20 mins ((or follow instructions on french fry packaging)
2. Season each chicken thigh, and add to air fryer at 375 for 12 minutes, flip halfway
3. Once chicken is done cooking, remove and chop in to small pieces
4. Once fries are done cooking, add to a plate and top with chicken, pico, blended cottage cheese or greek yogurt, hot sauce, red enchilada sauce, cheddar cheese and finish with bolthouse cilantro avocado dressing (optional)

ADDITIONAL NOTES

- I prefer using store bought frozen fries for this one, but feel free to make homemade if you prefer (see my chili cheese fry recipe to see how I make them)

Chili Cheese Fries



NUTRITION FACTS

Entire recipe

800 Calories

59g Protein

79g Carbs

26g Fat

INGREDIENTS

1 potato (~350g)

5g olive oil

Lightly coat with salt + garlic

80g 2% cottage cheese

10g cheddar powder

30g milk

2 laughing cow wedges

1 tspn chipotle hot sauce

6oz lean beef (I used 96%)

Half packet of Taco seasoning

ADDITIONAL NOTES

- Frozen fries are a good alternative if you don't want to make homemade - just follow the instructions on the packaging!

INSTRUCTIONS

1. Skin + slice potato's in to strips. Lightly toss with olive oil, salt and garlic
2. Add fries to air fryer at 375 for 15 minutes. Mine has 2 layers - so I cook them at the same time, and flip the positioning halfway. If yours has 1 layer, you can reduce the cook time to ~12 minutes (adjust if needed) and cook in 2 batches
3. Prepare cheese sauce. Mix cheddar, cheddar powder, milk, laughing cow wedges and hot sauce in a microwave safe bowl, and then add to microwave for 45 seconds. Blend until completely smooth. I'll usually add back to the microwave right before pouring over the fries for ~20 seconds as well
4. Cook beef with taco seasoning of choice
5. Add fries to a plate, top with beef, then pour over you cheese sauce

Birthday Cake Overnight Oats



NUTRITION FACTS

Whole recipe

415 Calories

27g Protein

58g Carbs

9g Fat

INGREDIENTS

40g Oats

130g milk

15g Cake Mix (I used Duncan Hines Keto mix)

20g Vanilla whey/casein blend protein

7g Sprinkles

Topping:

20g Fat free whipped cream

3g Sprinkles

INSTRUCTIONS

1. Add oats, protein powder, cake mix and sprinkles to a bowl or mason jar and mix
2. Once combined, pour over milk and mix
3. Seal, place in fridge for at least 4 hours (prefereably overnight)
4. Remove when ready, top with whipped cream and sprinkles, and enjoy

ADDITIONAL NOTES

- You can also make this recipe traditional style - I'd recommend still using old fashioned oats and cooking over the stove top!

Garlic Parmesan Breaded Chicken



NUTRITION FACTS

Per piece

290 Calories

40g Protein

18g Carbs

6g Fat

INGREDIENTS

1 chicken breast

Dipping stations:

20g Panko + 10g parmesan

1 egg*

10g flour + 1tsp of garlic, salt

Sauce:

3 tblspn milk

2 tblspn white wine vinegar

1 teaspoon garlic powder

1 teaspoon dried oregano

1/2 teaspoon onion powder

1/2 teaspoon salt

1/2 teaspoon pepper

15g Honey

15g finely grated Parmesan

INSTRUCTIONS

1. Place chicken breast on a cutting board and tenderize/flatten slightly. Trim the edges, and slice in to two halves
2. Set up your 3 dipping stations: mix parmesan and panko on a plate, crack/mix one egg in a bowl, mix flour + seasoning on another plate
3. Coat each half of the chicken in the flour, then dunk in the egg, then coat in the panko/parmesan mixture
4. Add each piece to your air fryer, give a light oil spray, and air fry at 375 for 12 minutes
5. While cooking, prepare your sauce. Mix each ingredient in a bowl and whisk together. It should have a creamy texture
6. Remove chicken from the air fryer, let cool for 2-3 mins, then dunk each piece in the sauce. Completely coat in the sauce, then add back to air fryer for 2-3 mins
7. Enjoy on its own or on a sandwich!

ADDITIONAL NOTES

- The parmesan needs to be very finely grated in the sauce (the powdery type)

Ultimate Avocado Toast



NUTRITION FACTS

For 2 toasts

520 Calories

28g Protein

63g Carbs

16g Fat

INGREDIENTS

2 slices sourdough

1 small avocado (~60g)

1 Roma tomato

120g 2% cottage cheese

15g Parmigiano Reggiano

15g Hot Honey

1 lemon wedge

1 garlic clove

Salt, pepper, red chili flakes

INSTRUCTIONS

1. Toast sourdough (add to toaster or oven to crisp up)
2. Slice avocado in to strips, slice tomato, cut lemon wedge
3. Mix cottage cheese with salt, pepper and Parmesan
4. Rub toasted sourdough with garlic clove (should file off about 1/2 of the clove)
5. Add sliced tomatoes to the toast and season with salt and pepper
6. Add cheese mixture, drizzle with mikes hot honey, then add half of avocado on each piece of toast.
7. Season with salt, pepper, and red chili flakes
8. Finish with more mikes hot honey and a squeeze of lemon

ADDITIONAL NOTES

- You can substitute ricotta for cottage cheese - but it will be lower in protein!
- Use full-block parmesan for best flavor

Oreo "Frosting"



NUTRITION FACTS

Entire recipe

450 Calories

42g Protein

41g Carbs

14g Fat

INGREDIENTS

200g 2% Greek Yogurt (Plain or Vanilla)

25g Vanilla whey-casein protein powder

20g Milk (I used 1%)

6 crushed Oreo thins (4 mixed in, 2 for topping)

INSTRUCTIONS

1. Mix yogurt with milk in a bowl
2. Add in protein powder and mix until fully combined
3. Crush 4 Oreo thins, and mix in
4. Add to fridge overnight (for best results), or add to freezer for 20-30 mins to help thicken
5. Once ready, top with 2 crushed Oreo thins, and enjoy!

ADDITIONAL NOTES

- For an even more "frosting" like flavor/texture, reduce greek yogurt to 170g and add in 30g of light cool whip
- Whey/casein blend is needed for proper texture

NO-BAKE Oreo Cheesecake



NUTRITION FACTS

Entire recipe

450 Calories

35g Protein

37g Carbs

17g Fat

INGREDIENTS

150g Blended Cottage Cheese

40g 1/3 fat cream cheese

5g sugar free fat free cheesecake pudding mix

15g Vanilla whey-casein protein powder

1/4-1/2 tsp vanilla extract (optional)

35g milk (~3 tablespoons)

2 crushed Oreo thins, mixed in

2 crushed Oreo thins, for topping

30g fat free whipped cream

INSTRUCTIONS

1. Blend cottage cheese (I generally use a hand blender, but you could also use a normal blender or food processor). Make sure to get it as smooth as you can!
2. Add blended cottage cheese to bowl with cream cheese, pudding mix, protein powder, vanilla, and milk
3. Mix all ingredients thoroughly - I recommend using a hand blender to get the consistency perfect, but you could also use a whisk (or normal blender)
4. Add in 2 crushed Oreo thins, cover, and freeze for ~1 hour. Remove, top with whipped cream and 2 more crushed Oreo thins and enjoy!

ADDITIONAL NOTES

- -If you can't find the "cheesecake" flavor pudding mix, vanilla will work just as well!
- You could also use this filling and add to a pie crust before freezing for an extra-indulgent dessert option

Oreo Cheesecake Bites



NUTRITION FACTS

Per Serving (12)

130 Calories

12g Protein

10g Carbs

5g Fat

INGREDIENTS

600g 2% Cottage Cheese (or greek yogurt)
150g 1/3 fat cream cheese
60g whey-casein vanilla protein powder
1.5 teaspoon vanilla extract
120g 1% milk

12 crushed oreo thins (for the mix)
6 oreo thins (for the topping)

INSTRUCTIONS

1. Blend cottage cheese, cream cheese, vanilla protein powder, vanilla extract, and milk until completely smoothed out
2. Crush up 12 oreo thins and add them to the cheesecake mix
3. Remove filling from the 6 oreo thins placed to the side and add the filling to the mixture
4. Fill muffin pan equally with the cheesecake mix and top the filling with half of an oreo
5. Freeze overnight or 2-3 hours
6. When ready to eat, defrost 30-40 minutes or microwave for 30-60 seconds, and enjoy!

ADDITIONAL NOTES

- No baking required - just throw in the freezer overnight (or 2-3 hours) and defrost when ready to enjoy!
- These freeze fairly hard - so be sure to let them defrost or microwave for 30 seconds to let them soften!

Brownie Batter Overnight Oats



NUTRITION FACTS

Entire recipe

385 Calories

27g Protein

52g Carbs

9g Fat

INGREDIENTS

40g Old Fashioned Oats

20g chocolate or vanilla whey-casein blend protein (I use PeScience)

10g dry brownie mix (I use Ghirardelli)

5g cocoa (if using vanilla protein)

150ml 1% milk

20g fat free whipped cream (Topping)

3g crushed chocolate chips (Topping)

INSTRUCTIONS

1. Add all dry ingredients to a bowl and mix
2. Add milk, and mix again
3. Cover and place in fridge overnight (or for at least 4 hours). With overnight oats, the longer the better!
4. When ready, place oats in cup or bowl of choice and top with whipped cream and crushed chocolate chips

ADDITIONAL NOTES

- I generally only have vanilla protein on hand - I prefer the taste + I haven't found a chocolate protein I enjoy (I think using vanilla + adding high quality cocoa is much better). But if you have a chocolate protein you like, use that!

Chipotle Chicken Meatballs



NUTRITION FACTS

Per meatball (15)

45 Calories

8g Protein

2g Carbs

1g Fat

INGREDIENTS

1 lb ground chicken

2 chipotle chiles in adobo

1 tablespoon adobo sauce

2 cloves garlic, minced

1/2 small onion, finely chopped

1 teaspoon salt

1.5 teaspoon ground cumin

1 tablespoon tomato paste

1 egg

1/4 cup plain bread crumbs

INSTRUCTIONS

1. Prep ingredients: remove two chipotle peppers from a can, finely chop. Mince two cloves of garlic and chop 1/2 an onion
2. Mix all ingredients to a large bowl, mix until completely combined
3. Begin forming meatballs with your hands: I use a scale to measure each meatball to ~40g, which yields 15 meatballs. I find the meatballs can start to get sticky after every 2-3 - to combat this, rinse your hands with water every couple of meatballs
4. Add to a baking tray with parchment paper and bake at 475 for 15 minutes
5. Remove, let cool for 5-10 minutes, and enjoy

ADDITIONAL NOTES

- Make sure to very finely chop your onion - excessively large chunks witll make it difficult to form meatballs
- Recipe shown is a plate of RightRice (vegetable based rice), topped with chipotle meatballs, green onions, and bolthouse cilantro avocado dressing

Bacon Cheese & Pepper Frittata



NUTRITION FACTS

Per slice (8)

146 Calories

15g Protein

2g Carbs

8g Fat

INGREDIENTS

8 large eggs

100g egg whites

200g blended cottage cheese

4 slices of normal bacon

4 slices turkey bacon

1/2 tsp salt , adjust to taste

Pepper, garlic + any seasonings you like

4 laughing cow cheese wedges

2 bell peppers

1 onion

INSTRUCTIONS

1. Add eggs, egg whites, blended cottage cheese, turkey bacon, salt, pepper, garlic, bell peppers and chopped onion
2. Lightly spray an oven safe pan or baking dish and pour in the egg mixture. Break up 4 laughing cow wedges in to small pieces and sprinkle over the top
3. Bake at 400 for 20-25 minutes or until firm
4. Cook your bacon in the oven at the same time as the egg mixture - remove halfway to drain grease and flip
5. Once done, chop bacon and sprinkle over the top of the frittata. Slice in to 8 evenly sized pieces

ADDITIONAL NOTES

- Feel free to swap in or out any additional vegetable ingredients!

Vanilla Raspberry Frosting



NUTRITION FACTS

Per frosting

414 Calories

42g Protein

47g Carbs

8g Fat

INGREDIENTS

200g Plain 2% Greek yogurt

25g vanilla whey-casein protein (I use PeScience)

5g sugar free vanilla pudding mix

1/2 tspn vanilla extract

50g milk of choice

30g raspberry preserves

Toppings:

15g raspberry preserves

5g crushed chocolate chips

INSTRUCTIONS

1. Add greek yogurt and milk to a bowl and mix until smooth
2. Mix in vanilla whey-casein protein powder, sugar free vanilla pudding mix, and vanilla extract
3. Add in raspberry preserves, mix again, and then add to freezer for 30-45 minutes OR fridge for 2-3 hours
4. Remove frosting from fridge or freezer, add to small bowl, top with more raspberry preserves and crushed chocolate chips, and enjoy!

ADDITIONAL NOTES

- You can also make this any fruit flavor you prefer!

Creamy Chicken Taco Dip



NUTRITION FACTS

Entire recipe

980 Calories

124g Protein

14g Carbs

46g Fat

INGREDIENTS

1 pound boneless skinless chicken thighs

1 packet taco seasoning

200g 2% Plain Greek yogurt

80g tomato sauce (or diced tomatoes)

50g pepperjack cheese

2 laughing cow cheese wedges

2 tablespoons chopped cilantro (1 mixed in, 1 for topping)

2 tablespoons chicken broth

Chipotle chili powder (topping)

INSTRUCTIONS

1. Season chicken thighs with HALF a packet of taco seasoning and air fry at 375 for 12 minutes
2. To a pan, add greek yogurt, tomato sauce, pepperjack cheese, laughing cow wedges, and chicken broth. Mix, then place over medium heat to melt down
3. Chop up the cooked chicken thighs and add to the pan. Add in second half of taco seasoning along with cilantro, mix until combined
4. Top with chipotle chili powder and more cilantro

ADDITIONAL NOTES

- This dip is perfect paired with tortilla chips or as a taco/quesadilla filling!

Vanilla Raspberry Oats



NUTRITION FACTS

Per bowl (makes 2)

440 Calories

27g Protein

67g Carbs

9g Fat

INGREDIENTS

340g milk

1 cup (80g) oatmeal

40g whey-casein vanilla protein

10g sugar free vanilla pudding mix

60g raspberry preserves

20g chocolate chips

INSTRUCTIONS

1. In a pot, bring milk to a slight boil
2. Add in oats and reduce heat to low - cook for about 5 minutes, stirring occasionally
3. Remove from heat, add in protein powder, pudding mix, and half of the raspberry preserves. Let sit for 3-4 minutes until thickened
4. Place in a small bowl, top with second half of raspberry preserves and chocolate chips

ADDITIONAL NOTES

- You can also make this any fruit flavor you prefer!