

# STEALTH HEALTH MEAL PREP COOKBOOK

HIGH-PROTEIN MEAL PREPS  
THAT TASTE LIKE CHEAT MEALS



# Who is "STEALTH HEALTH" ?

My name is Tom Walsh, and I'm the man behind @Stealth\_Health\_Life !

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 was inherently “bad for you”, and it felt necessary to sacrifice the foods I loved 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.

Diet culture tells us that there are two options when it comes to food: Great tasting, indulgent food that is “bad” for you; and “Health” food that is “diet-friendly”, but doesn't taste good. 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 best diet is one you enjoy - the less you feel like you're "dieting", the better.

# INTRODUCTION

Over the last year - I've dedicated all my efforts to solving one of the biggest challenges with dieting - the problem of time.

We've solved many of the challenges of dieting already. The first question many people ask is, "What do I need to cut out to lose weight"? The answer is quite simply - nothing at all. There isn't any one thing preventing you from reaching your goals. Any food, any meal composition, any macronutrient split, can and will lead to weight loss - given you're in a calorie deficit. The straightforward answer is to count, or simply become more aware, of your caloric intake, without actually "removing" any specific macro-nutrient or food group. One way to reduce caloric intake, without "eating less", is to mostly eat lower calorie foods - which leads us to the next common problem with dieting:

"Low calorie foods don't taste good" or "Diet food is boring"

Take a scroll through my account, or my cookbooks, and you'll realize very quickly that this isn't true. It's not uncommon for people to try my low calorie recipes and tell me that it's better than any full calorie version they've had in the past. Diet food can, and should be, something you look forward to eating. I've dedicated my life to finding the best diet "hacks" and tricks to make low calorie foods taste as good, if not better, than the full calorie foods we're used to. Following these recipes consistently is the answer to many people's struggles with dieting.

*However, as nice as that all sounds, many of us just quite simply don't have the time to track our calories meticulously, and we don't have the time to cook 3 times a day to ensure we are getting macro-friendly meals in.*

# INTRODUCTION

There is a solution - and it's quite simply, "meal prepping"

And I know - I obviously didn't invent meal prepping - but I just feel like most people have been doing it wrong. The image that pops into most of our minds when we think of "meal preps" is plain chicken, rice, and broccoli. It makes us think of dry, unappealing food that we sacrifice our "fun" lunch for in order to try and reach our goals. We plan out cheat days for every Friday because of what we suffered through Monday-Thursday.

For meal prepping to be effective, it has to be something you genuinely look forward to eating. If you can bring something to the office that looks better, tastes better, and makes you feel better than anything you could get at the food court - there is nothing stopping you from succeeding. You have to want it more than you want to go grab a burger for lunch. Otherwise those good intentions you had at the beginning of the week, will slowly rot away in the back of the fridge.

I started meal prepping for the same reason many of you do - I was extremely busy. I didn't have the time to meticulously track my calories - and I wanted a system that made it effortless.

But I wasn't willing to give up the foods I loved for the sake of a weight loss goal. So over the past 12 months, I set out to change the way we meal prep, forever.

I've put all my energy into creating the most indulgent, exciting, high protein meal preps possible. Whether you've been doing it for years or have never meal prepped a meal in your life - everything you need to succeed, and love the process of meal prepping, is in this book. I hope it changes your life as much as it changed mine.

-Tom

# THE DREADED MEAL PREP DAY

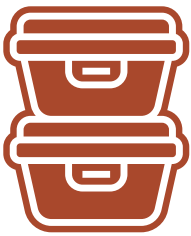
## "THE LEFTOVER APPROACH"

When most of us think about meal prepping - it looks something like this:

Sunday rolls around - we have to devote the morning to grocery shopping, and devote the entirety of our afternoon, our free time, to cooking meals for the week in mass. Sometimes this means cooking 4-5 different things and it can be highly taxing.



Obviously, if you enjoy this, keep doing you.



If not - let me introduce you to ***"The Leftover Approach to Meal Prepping"***. 2-3 times a week, or whenever you have energy, cook dinner. This can be on the weekend, or during the week. Just instead of simply making a dinner that makes 1-2 servings, make a meal prep recipe that makes 10 servings (most of mine make 5-6, so after trying once, double them when you know it's a recipe you enjoy).

## THINK ABOUT THE FIXED VS VARIABLE COSTS OF COOKING

The fixed costs of cooking are grocery shopping, setting up your cooking stations, getting everything out and ready to go, boiling water/cooking rice or pasta, roasting veggies, cleaning up afterwards, doing dishes, etc - ***all these things take essentially the same amount of time regardless of the quantity that you are cooking.***

And the variable components - maybe you are juicing 4 limes instead of 1, slicing 6 chicken breasts instead of 2, but these add minimal time to the process compared to those "fixed costs". ***Just now, instead of getting one meal from your efforts, you get 10.***

Right when you finish cooking - portion it into 10 equal serving sizes, and put 9 of them in the freezer as your meal prep. Eat your one serving for dinner - and if you still are hungry, you can always go and take out a second serving if needed.

Repeat this process every time you make a weeknight dinner - and before you know it, you'll have an entire freezer full of a variety of meals, ready to go whenever you are. Meal prepping doesn't have to take away from your free time. ***Leverage the time you are already spending cooking, to benefit yourself later on during the week.***

# MEAL PREPS NEVER GO BAD...

IF YOU FREEZE THEM (AND THEY TASTE BETTER, TOO)

The most important piece of advice I can give on meal prepping, by far, is to **always store your meal preps frozen**. There is not a single recipe in this book that I would recommend storing in the fridge vs the freezer.



## FREEZING MEAL PREPS HAS A FEW MAJOR ADVANTAGES

1

***It makes a MASSIVE difference in the flavor over time.*** I don't think I would even be meal prepping if I hadn't started freezing them.

The moment food is placed in the fridge, the food will begin the process of degradation. Does this mean it isn't safe to eat after a few days? Absolutely not. But it does mean it will become unsafe to eat much quicker, and well before it is "unsafe" to eat, it will have dramatically lost flavor and quality. Placing food in the freezer, however, completely stops this process - essentially locking it in time.

Here's an excerpt from the U.S. Department of Agriculture, on food safety and storage:

*"Freezing keeps food safe by slowing the movement of molecules, causing microbes to enter a dormant stage. Freezing preserves food for extended periods because it prevents the growth of microorganisms that cause both food spoilage and food borne illness. Freezing to 0 °F inactivates any microbes - bacteria, yeasts and molds - present in food."*

I have also tested this subjectively - by placing a meal prepped meal in the freezer, leaving it in the freezer for a FULL MONTH, and testing it against the same meal cooked one day earlier, but stored in the fridge.

The results?

Shockingly, ***the food stored in the freezer for a full month was the clear winner.***

# MEAL PREPS NEVER GO BAD...

## IF YOU FREEZE THEM (AND THEY TASTE BETTER, TOO)

2

Which brings me to the second major advantage to storing frozen... they will never go bad.

This is very important to me, because ***I don't like having the pressure to finish every single meal I prepped in one week, or risk them going bad before I could get to them.*** This is an especially large issue when you cook a batch with 10+ servings. Freezing them means you can store it indefinitely, until you're ready to eat. You can easily build an entire "frozen food aisle" in your freezer, accumulating meals over time. If done right, you could have a month's worth of food prepared ahead of time. ***It's a major quality of life boost knowing you always have the food you need ready to go, whenever you want it, with almost no effort needed.***

### QUICK PRO TIPS



Let food cool before covering and freezing. Or, if you have space, place in the freezer uncovered for ~30 minutes then cover and return.



The more "air-tight" you seal, the longer it'll last. I simply use plastic meal prep containers with tight fitting lids, and have had no issues storing for 2-3 months.



Reheating. I give instructions for all the "handheld" items on the recipe pages, so I'll simply give my advice on the 500 calorie meal prep meals. I've found that loosening the lid, or covering with a paper towel, microwaving 2 minutes, mixing, then microwaving another 2.5-3 minutes does the trick. If it's too dry, try adding 1-2 tablespoons of milk or water to reconstitute any sauces that were frozen.

# INGREDIENTS / APPLIANCES

## COMMON INGREDIENTS

- Chicken breast and boneless skinless chicken thighs
- Lean ground beef (93%)
- 2% or fat free cottage cheese (I use goodculture brand)
- 2% or fat free plain greek yogurt (I use FAGE brand)
- Center cut bacon (leaner than standard bacon, better tasting than turkey bacon)
- Parmigiano Reggiano (Full block)
- Reduced fat cheddar cheese
- Standard pasta (I rarely use "protein pasta", but do in a few. It's optional)
- Basmati or Jasmine rice
- Soy sauce
- Acids: lemon, lime, white wine vinegar
- Cheddar powder (Buy in bulk on Amazon, or use packets that come in boxed Mac n cheese. This is simply dehydrated cheddar)
- Hot sauce (generally recommend a vinegar-based hot sauce)
- Burrito tortillas (In most recipes I use standard Mission burrito tortillas, in a few I use my high protein Counter burrito tortillas)
- Avocado or olive oil (you can use interchangeably in my recipes)
- Reduced fat milk (1%)
- Common garnishes: Cilantro, Chives, Green onions
- Low fat mayo
- Eggs
- Egg whites (Egg beaters, which are colored yellow)
- Corn starch

## APPLIANCES

### AIR FRYER



I use the instant vortex 7-in-1

### BLENDER



I have a Vitamix, a Ninja "bullet", and a handheld immersion blender. I tend to use the bullet the most, and the Vitamix the second most

### OVEN



### MEAT THERMOMETER



### MICROWAVE



# TABLE OF CONTENTS

## 500 CALORIE MEAL PREP

---

Chicken Fried Rice	15
Garlic Parmesan Chicken Alfredo	16
Cajun Chicken Mac n Cheese	17
Orzo Burrito Bowls	18
Lemon Parmesan Chicken & Rice	19
Orange Chicken	20
Spicy Peanut Sauce Noodles	21
Chipotle Chicken & Bacon Alfredo	22
Queso Chicken & Rice	23
Loaded Cheddar Fries	24
Chicken Burrito Bowls	25
Taco Mac n Cheese	26
Honey Garlic Chicken & Rice	27
Korean Beef Rice Bowls	28
Green Chile Queso Mac n Cheese	29
Creamy Chicken Pesto Pasta	30
Pepperoni Pizza Bagel Bites	31
Honey Garlic Chili Crisp Noodles	32
Buffalo Chicken Mac n Cheese	33
Italian Meatball Pasta	34
Pepperoni Pizza Mac n Cheese	35
Butter Chicken Rice Bowls	36
Everything Bagel Chicken Alfredo	37
Pollo Asado Burrito Bowl	38
Chicken Bulgogi Rice Bowls	39
Halal Cart-Style Chicken & Rice	40
Jalapeno Popper Mac n Cheese	41

# TABLE OF CONTENTS

## 500 CALORIE MEAL PREP (CONT.)

---

White Cheddar Truffle Mac	42
Cajun Chicken Alfredo	43
Southwest Chicken & Veggie Orzo	44
Cheesy Butternut Orzo	45
Spicy Tomato Chicken Pasta	46
Breakfast Mac n Cheese	47
Chimichurri Pasta w/ BBQ Chicken	48
Spicy Sausage Pasta	49
Honey Habanero Chicken & Rice	50
Honey BBQ Chicken Mac n Cheese	51
Korean Beef & Gochujang Pasta	52
Creamy Roasted Red Pepper Pasta	53
Southwestern Chicken & Rice	54
Spicy Taco Bowls	55
Creamy Chipotle Chicken Pasta	56
Creamy Fajita Chicken Orzo	57

## BURRITOS AND SUCH

---

The Original Beefy Cheesy Burrito	59
Cajun Mac n Cheese Burrito	60
Meat Lovers Breakfast Burrito	61
Butter Chicken Burrito	62
Creamy Chicken Fajita Burrito	63
Buffalo Chicken Burrito	64
Creamy Chicken & Rice Burrito	65
Green Chile Queso Burrito	66
Cheesy Egg Breakfast Burrito	67

# TABLE OF CONTENTS

## BURRITOS AND SUCH (CONT.)

---

Chicken Parm Burrito	68
Chicken Cali Burrito	69
Creamy Chicken & Cheese Burritos	70
Jalapeno Cheddar Chicken Burrito	71
Frittata Breakfast Burrito	72
Mini Creamy Beef & Cheese Burritos	73
Street Taco Breakfast Burrito	74
Street Taco Taquitos	75
Sausage Egg & Cheese Sandwiches	76
Ham Egg & Cheese Sandwiches	77
Frozen Cheeseburgers	78

## PROTEINS

---

Pollo Asado	80
Garlic Parmesan Chicken	81
Sweet & Spicy Korean Beef	82
Street Taco Chicken	83
Italian Meatballs (And Marinara)	84
Carne Asada	85
Chimichurri Chicken Bites	86
Chipotle-Style Chicken	87
Chipotle-Style Steak	88
Butter Chicken	89
Lemon Pepper Chicken	90
Cilantro Lime Chicken	91
Chicken Bulgogi	92
Chipotle Chicken Meatballs	93

# TABLE OF CONTENTS

## PROTEINS (CONT.)

---

Grilled Buffalo Chicken Strips	94
Italian Style Chicken Nuggets	95
Honey Garlic Chicken	96
Halal Cart-Style Chicken	97

## BONUS SECTION: COUNTER<sup>TM</sup> RECIPES

THE 5 SECRET RECIPES I'VE CREATED FOR MASS SCALE PRODUCTION, VIA THE MACRO-BALANCED FROZEN FOOD STARTUP COUNTER. THESE WILL SOON BE IN GROCERY STORES NATIONWIDE. TRY THEM BEFORE ANYONE ELSE.

---

TACO MAC & CHEESE	99
BEEFY QUESO BURRITOS	100
CHICKEN QUESO BURRITOS	101
BREAKFAST BURRITOS	102
BREAKFAST BOWLS	103



# **500 CALORIE MEAL PREP**

# THE 500 CALORIE MEAL PREP INTRO

## THE ULTIMATE HYBRID APPROACH TO INTUITIVELY TRACK CALORIES

If you're trying to lose weight, precisely counting calories for every meal is absolutely the most effective and efficient way to do it. But the major problem with trying to precisely count calories is... life.

We constantly get thrown off schedule and have events or just simply want to eat out for fun. Even though it is a sure-fire way to succeed, I truly don't think that counting calories for every meal is realistic for most people.

In the perfect world - we could all "intuitively" track calories and stay on plan. But the big issue with trying to eat "intuitively", is that we tend to make dramatically large errors when estimating calorie intake if we aren't actively logging our meals. We need additional tools and strategies to make intuitive eating possible.

When I was trying to figure out a solution to this problem, I had the idea for the "500 Calorie Meal Prep". I launched an entire series and dedicated nearly a full year to developing recipes for it. This series is the reason this cookbook exists.

The concept is simple. Set a baseline of "tracked" calorie intake with 500 calorie meal preps, and intuitively track the remainder. Whether you eat 1, 2, or 3 "500 calorie meal preps" a day - you're setting a baseline of calorie intake that dramatically reduces the margin of error that prevents people from succeeding with intuitively tracked calories

### **Let's break it down:**

Research shows that people who self-report or intuitively track calories, on average, underreport calorie intake by >20%

Let's simply assume your goal is to eat 2,000 calories a day

Group A.) Intuitively eats all 2K calories a day

Group B.) Eats just 2, 500 calorie preps a day, intuitively tracks the remaining 1K

Apply a conservative 20% error rate on intuitively tracked estimates

Group A.) Underreports (overeats) calories by 400 calories/day

Group B.) Underreports (overeats) calories by 200 calories/day

A 200 calorie delta between groups, per day. Which may seem small, but that's a 1,400 calorie delta per week... and a 72,800 calorie delta per year.

There are 3,500 calories per pound of fat, 72,800 divided by 3,500 = ~21 pound difference in hypothetical body fat loss over the course of a year.

And if I had to estimate, I think the delta would actually be much larger than 200 calories a day. Creating a "tracked" baseline of calories can give you the freedom to intuitively track the rest of your calories, without worrying about tracking every little thing you eat. It's the ultimate middle ground, A hybrid approach to tracking calories and intuitive, eating that has been a life changing approach for many.

**ON TO THE RECIPES** 

# CHICKEN FRIED RICE

## Nutrition Facts

PER SERVING (MAKES 5)

500 CALORIES

41G PROTEIN

47G CARBS

17G FAT



## INGREDIENTS

25oz chicken breast,  
thin sliced and diced  
1 tablespoon garlic  
powder  
2 tablespoons soy  
sauce  
1 tablespoon avocado  
oil (or any neutral oil)  
1 tablespoon sriracha

300g mixed frozen veggies of  
choice (I used carrots, peas,  
mushrooms and onions)  
200g egg whites  
3 eggs  
700g day-old cooked rice  
(300g dry weight)  
3 tablespoons soy sauce  
3 tablespoons sesame oil

## INSTRUCTIONS

1. Slice the chicken breast thin and dice the chicken into cubes, and then marinate in a bowl with garlic powder, soy sauce, avocado oil, and sriracha
2. Whisk together egg whites and 3 eggs in a bowl until they are fully combined
3. Cook the chicken in a pan on high heat in two/three batches for about 2-3 minutes until fully cooked through
4. Once chicken is cooked through, remove the chicken and place mixed veggies in the pan until fully softened. When the veggies are done, push them to the side of the pan and pour in the egg mixture
5. Cook the eggs until they are scrambled, then mix all of the ingredients together, pour over the rice, top off with soy sauce and sesame oil, and mix. Mix in cooked chicken, and enjoy

# GARLIC PARMESAN CHICKEN ALFREDO

## Nutrition Facts

PER SERVING (MAKES 5)

505 CALORIES

44G PROTEIN

52G CARBS

15G FAT



## INGREDIENTS

16oz skinless chicken thighs  
10g olive oil (2 tspns)  
2 tblspn white wine vinegar  
1 tsp garlic powder  
1/2 tsp dried oregano  
1/4 tsp onion powder  
1/4 tsp chili flakes  
1/4 tsp salt  
1/4 tsp pepper  
10g Honey (2 tspns)  
20g Parmigiano Reggiano

ALFREDO SAUCE:  
350g 2% cottage cheese  
80g 1% milk  
85g fresh Parmigiano Reggiano  
Pinch of salt, pepper and garlic powder  
320g linguine (dry weight)

## INSTRUCTIONS

1. In a bowl, mix together the ingredients for the Garlic Parm chicken marinade. Add the chicken to the marinade. Let marinade up to overnight - if you're in a time crunch, at least 30 mins.
2. In a blender, combine low-fat cottage cheese, milk, freshly grated Parmigiano Reggiano cheese, salt, pepper, and garlic. Blend for 1-2 minutes until the sauce is completely smooth
3. Place the marinated chicken in an air fryer at 375 for 12-15 minutes or until the chicken is cooked through
4. Once the chicken is cooked, remove it from the air fryer and slice it into strips to prepare it for serving with the pasta
5. Cook the pasta according to the package instructions. Drain the pasta, reserving some pasta water. Toss the cooked pasta with the prepared cheese sauce, adding pasta water as needed to thin out the sauce. Finally, top the pasta with the sliced Garlic Parmesan chicken and enjoy!

# CAJUN CHICKEN MAC N CHEESE

## Nutrition Facts

PER SERVING (MAKES 5)

505 CALORIES

45G PROTEIN

54G CARBS

13G FAT



## INGREDIENTS

325g pasta

18oz chicken breast

Juice of 1 lemon

1 tablespoon olive oil

1 tablespoon Cajun seasoning

1 teaspoon coarse salt

1 teaspoon pepper

1 tspn garlic powder

300g 2% cottage cheese

60g mozzarella

60g cheddar cheese

25g Cheddar powder

3g Nutritional yeast

1 tablesooon Cajun seasoning

100g milk

1 tablespoon of Louisiana hot sauce

## INSTRUCTIONS

1. Marinate your chicken breast with lemon juice, olive oil, cajun seasoning, salt, pepper and garlic powder. Marinate for at least 30 minutes.
2. Cook chicken in a pan over medium high heat - flip every 1-2 mins until cooked through.
3. Place all cheese sauce ingredients in a blender and blend until completely smooth. Once chicken is done cooking, remove from pan, turn off the heat, and pour over your sauce (make sure the pan isn't too hot) to collect all the flavor left behind by the chicken.
4. Cook pasta according to the instructions on the box.
5. Mix your sauce with the pasta until completely coated.
6. Top with your sliced cajun chicken and garnish with chives & hot sauce

# ORZO BURRITO BOWLS

## Nutrition Facts

PER SERVING (MAKES 6)

520 CALORIES

41G PROTEIN

61G CARBS

12G FAT



## INGREDIENTS

380g orzo

24oz skinless chicken thighs

Seasoned with: salt, garlic, onion, smoked paprika, chili powder

120g guacamole

250g greek yogurt

Chipotle hot sauce

Cilantro

1 lime

## INSTRUCTIONS

1. Preheat your air fryer to 375°F
2. Season boneless, skinless chicken thighs with each seasoning listed (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken). Air fry the chicken thighs for 12-15 minutes
3. While the chicken cooks, cook your orzo according to packaging instructions
4. Once the chicken is cooked, let rest for 5 minutes, then dice into small pieces
5. In a large pan or bowl, mix together the cooked chicken, orzo, guacamole, greek yogurt, hot sauce, and the juice of one lime. Garnish with cilantro, and enjoy

# LEMON PARMESAN CHICKEN & RICE

## Nutrition Facts

PER SERVING (MAKES 5)

495 CALORIES

40G PROTEIN

52G CARBS

15G FAT



## INGREDIENTS

24oz chicken breast  
Juice of 1 lemon  
1 tablespoon olive oil  
1 tablespoon salt  
1/2 tablespoon pepper  
1 tspn garlic powder

320g basmati rice  
30g butter  
480g water

Sauce:  
180g fat free  
evaporated milk\*  
80g Parmigiano  
reggiano  
Juice of 1/2 lemon  
Pepper to taste  
(Reserve other half of  
lemon for deglazing  
pan after cooking  
chicken)

\*NOT CONDENSED  
MILK

## INSTRUCTIONS

1. Mix together lemon juice, olive oil, salt, pepper and garlic powder to make your lemon pepper marinade. Add in your chicken breast (flatten/tenderize first) and let marinate for 30 minutes
2. Rinse rice in a mesh strainer under cold water for 2 minutes, then combine with 480g of water and 30g of butter and bring to a boil. Once boiling, reduce heat to low, cover, and let cook for 15 minutes. Remove from heat, keep covered, and let sit another 10 minutes to cook rice.
3. Cook chicken in a pan over medium high heat - flip every 1-2 mins until cooked through
4. Place all sauce ingredients in a blender and blend until completely smooth. Once chicken is done cooking, remove from pan, turn heat to lowest setting, and juice half a lemon to deglaze. Pour over your sauce (make sure the pan isn't too hot) and simmer for a few minutes until slightly thickened
5. Separate your rice in to 5 equal servings, top with sliced chicken and pour over your sauce.

# ORANGE CHICKEN

## Nutrition Facts

PER SERVING (MAKES 5)

510 CALORIES

40G PROTEIN

58G CARBS

13G FAT



## INGREDIENTS

32oz skinless chicken thighs  
5 tbspsn corn starch  
1/2 tspn onion powder  
1/2 tspn garlic powder  
1/2 tspn ginger powder  
1/2 tspn salt  
1 tspn black pepper  
  
280g basmati rice  
(Uncooked weight)

Sauce:  
3/4 cup orange juice  
2 tbspsn avocado oil (or any neutral oil)  
3 tbspsn soy sauce  
1.5 tbspsn rice vinegar  
2 tbspsn zero calorie brown sugar  
~1/2 tbspsn grated ginger  
3 cloves fresh minced garlic  
1/4 tspn black pepper  
1 tbspsn sugar free orange marmalade  
1.5 tbspsn corn starch

## INSTRUCTIONS

1. Mix together corn starch, onion powder, garlic powder, ginger powder, salt, and black pepper and combine to create the coating for the chicken
2. Dice the chicken thighs into small 1 inch cubes and mix into the coating until all pieces are fully coated
3. Lightly spray with oil and air fry the coated chicken at 400 for 15 minutes until fully cooked
4. Rinse rice in a mesh strainer under cold water for 2 minutes, then combine with 420g of water and bring to a boil. Once boiling, reduce heat to low, cover, and let cook for 15 minutes. Remove from heat, keep covered, and let sit another 10 minutes to cook rice.
5. Place all sauce ingredients in a pan over medium heat until it begins to bubble, simmer until it is slightly thickened, but still is fluid enough to move around the pan
6. Mix the chicken into the pan, toss to coat, and serve over steamed rice or on its own and enjoy!

# SPICY PEANUT SAUCE NOODLES

## Nutrition Facts

PER SERVING (MAKES 5)

510 CALORIES

42G PROTEIN

60G CARBS

13G FAT



## INGREDIENTS

20oz chicken breast

35g soy sauce

25g sriracha

10g lime juice

1/4 Tspn of each:

Garlic powder, onion powder, red chili flakes

10 cloves minced garlic

5 green onions

(separate "whites" and "greens" of the onion)

Sauce:

100g creamy peanut butter

40g soy sauce

20g sriracha

75g honey

40g chopped sundried tomatoes

2-3 tablespoons of lime juice

300g noodles of choice (I used linguine, but any asian noodle works as well)

## INSTRUCTIONS

1. Begin by dicing chicken breast in to cubes. Marinating in soy sauce, sriracha, lime juice, and 1/4 teaspoon of each seasoning (add more chili flakes if you prefer spicier)
2. While the chicken is marinating, make the peanut sauce by combining peanut butter, soy sauce, sriracha, honey, finely chopped sun-dried tomatoes and lime juice in a small bowl, and whisk
3. Cook noodles or pasta according to package instructions. While noodles are cooking, begin cooking the chicken on a pan over medium-high heat for 4-5 minutes. Add minced garlic and the whites of green onions, cooking for another 2-3 minutes. Remove from pan and set to the side.
4. Reduce the heat to low and add the peanut sauce to the same pan, along with a third of a cup of water. Add the pasta and simmer for a few minutes.
5. Add the cooked chicken to the pasta mixture and mix. Garnish with "greens" of the green onions

# CHIPOTLE CHICKEN & BACON ALFREDO

## Nutrition Facts

PER SERVING (MAKES 4)

535 CALORIES

51G PROTEIN

62G CARBS

12G FAT



## INGREDIENTS

12oz skinless chicken thighs  
Seasoned with salt, garlic, onion, paprika, chili powder

4 slices of center cut bacon  
Dice, cook in pan until crispy

Garnish with chives and red chili flakes

Alfredo Sauce:  
168g evaporated fat free milk (half a 12oz can)  
300g 2% cottage cheese  
50g Parmigiano Reggiano  
1-2 chipotle peppers  
1 tablespoon adobo sauce  
Salt, pepper to taste  
  
320g Protein penne

## INSTRUCTIONS

1. Season your chicken (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken) and air fry at 375 for 12-15 minutes.
2. Begin to cook the pasta according to the instructions on the box
3. Blend all of the Alfredo sauce ingredients in a blender and blend until completely smooth
4. Dice bacon into small pieces and cook them in a pan until golden brown. Once cooked, remove them from the pan (drain excess grease), turn off heat and add in your diced chicken and pour over the creamy Alfredo sauce and cooked pasta. Mix until combined
5. Top the meal off with chives, red chili flakes, and the chopped bacon and enjoy!

# QUESO CHICKEN & RICE

## Nutrition Facts

PER SERVING (MAKES 5)

515 CALORIES

48G PROTEIN

51G CARBS

13G FAT



## INGREDIENTS

24oz chicken breast  
1.5 tsp avocado oil  
1.5 packets of taco seasoning of choice

300g basmati rice

### QUESO SAUCE:

250g 2% Plain Greek yogurt  
85g red enchilada sauce  
85g pico de gallo  
85g cheddar cheese  
100g 1/3 fat cream cheese  
65g diced green chiles  
20g nutritional yeast  
10g brown sugar  
1/2 tsp garlic powder  
1/2 tsp onion powder  
Pinch of salt  
Chopped Cilantro

## INSTRUCTIONS

1. Rinse rice in a mesh strainer under cold water for 2 minutes, then combine with 450g of water and bring to a boil. Once boiling, reduce heat to low, cover, and let cook for 15 minutes. Remove from heat, keep covered, and let sit another 10 minutes to cook rice.
2. Tenderize chicken breasts (flatten out to an even thickness), rub with avocado oil, then cover with taco seasoning. It should be entirely covered. Place to the side and dry brine for 45-60 mins
3. Cook chicken in the air fryer at 375 for 12 minutes, let rest 5, then slice or dice
4. With heat on the lowest setting, add Greek yogurt, red enchilada sauce, pico, cheddar cheese, cream cheese, green chiles, nutritional yeast, brown sugar, garlic powder, onion powder and salt. Mix until everything is melted and combined (if it's still too thick, add a splash of milk until your desired consistency). Mix in a handful of chopped cilantro
5. Place chicken on top of rice and pour over your Queso sauce and garnish with more cilantro

# LOADED CHEDDAR FRIES

## Nutrition Facts

PER SERVING (MAKES 6)

500 CALORIES

41G PROTEIN

42G CARBS

19G FAT



## INGREDIENTS

1 bag of frozen fries (I used Ore-Ida extra crispy crinkle fries). Either buy pre-seasoned, or season generously with salt, garlic, onion, paprika and cumin

2 diced sweet onions

26oz 93% beef  
2 packets taco seasoning  
1/3 cup water

80g fat free cheddar  
150g 2% or low fat cheddar  
Season top layer with garlic + cumin

## INSTRUCTIONS

1. Add your frozen fries to a baking sheet (season if you buy the unseasoned variety) and bake according to packaging instructions.
2. Place diced onions in a pan over medium-low heat - cook until caramelized. Since we aren't adding oil, make sure to use non-stick, and add a splash of water if onions begin sticking. It usually takes, minimum, 30 minutes to fully caramelize onions - but you can cook to your desired level
3. Remove onions, and add in your beef. Cook over medium high heat, then season with taco seasoning and add 1/3 cup of water. Simmer until thickened and cooked through.
4. Once fries are done, remove sheet pan from oven. Top your fries with fat free cheddar, onions, your beef mixture, then low fat cheddar for the top layer along with garlic + cumin. Broil on high for 2-4 minutes or until cheese is fully melted. Separate in to 6 even servings, and enjoy!

# CHICKEN BURRITO BOWLS

## Nutrition Facts

PER BOWL (MAKES 5)

505 CALORIES

45G PROTEIN

44G CARBS

16G FAT



## INGREDIENTS

24oz skinless chicken thighs  
Season with salt, garlic, onion, smoked paprika, chili powder

300g Spanish RightRice

200g Avocado  
Salt, pepper, garlic powder to taste  
50g green enchilada sauce

Pico:  
5 Roma tomatoes, diced  
1 small white onion, diced  
Dash of salt, pepper & garlic powder  
Juice of 2 limes  
~1/2 cup fresh chopped cilantro  
1-2 small jalapeño peppers, diced  
  
Other toppings:  
200g Greek yogurt (40g each)  
Hot sauce of choice

## INSTRUCTIONS

1. Preheat your air fryer to 375°F
2. Season boneless, skinless chicken thighs with each seasoning listed (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken). Air fry the chicken thighs for 12-15 minutes
3. While the chicken is cooking, cook your Spanish RightRice (or use any rice of choice). Make the homemade Pico de Gallo by combining diced Roma tomatoes, diced white onion, salt, pepper, garlic powder, juice of two limes, a handful of cilantro, and diced jalapenos in a bowl. In a separate bowl, mash an avocado with salt, pepper, garlic powder and green enchilada sauce until it reaches a guacamole-like consistency.
4. Once the chicken is cooked, let rest for 5 minutes, then dice into small pieces. Divide the rice, chicken, Pico de Gallo, and avocado evenly into five meal prep containers.
5. Top each bowl with a dollop of Greek yogurt and hot sauce.

# TACO MAC N CHEESE

## Nutrition Facts

PER SERVING (MAKES 5)

510 CALORIES

41G PROTEIN

62G CARBS

12G FAT



## INGREDIENTS

Mac n cheese:

330g pasta

350g 2% cottage  
cheese

25g cheddar powder

50g Velveeta cheddar  
shreds

10g nutritional yeast

50g 1% milk

Taco mixture:

2 yellow bell peppers

2 red bell peppers

1 onion

16oz 93% beef

1 taco seasoning packet (I  
used Lawry's)

Splash of water

50g red enchilada sauce

## INSTRUCTIONS

1. Begin by dicing bell peppers and onions, and cooking on a pan over medium heat until they are softened, usually takes ~10 minutes. Start boiling salted water.
2. When the veggies are almost finished cooking, add pasta to boiling water.
3. Remove veggies from pan and start cooking beef over medium-high heat. Once nearly fully cooked, add taco seasoning, chili powder, garlic powder, a splash of water, and red enchilada sauce. Mix in the pepper and onion mixture.
4. Mix the cooked pasta and beef mixture together.
5. In a blender, add add cottage cheese, cheddar powder, velveeta shreds OR low-fat cheddar cheese, nutritional yeast, and a splash of milk. Blend for 60-90 seconds to create a creamy cheese sauce. Optional: add hot sauce for extra spice.
6. Mix cheese sauce with pasta and beef mixture, and enjoy!

# HONEY GARLIC CHICKEN & RICE

## Nutrition Facts

PER SERVING (MAKES 5)

495 CALORIES

37G PROTEIN

59G CARBS

13G FAT



## INGREDIENTS

28oz chicken breast	2 tblspns soy sauce
1 tblspn chili crisp	1 teaspoon minced garlic
1 tblspn garlic powder	1 tblspn chili crisp
1/2 tblspn pepper	1 tblspn sesame oil
1/2 tblspn gochugaru	4 tblspns honey
2 tblspns soy sauce	1 tblspn mirin
1 tblspn avocado oil	1/2 tblspn gochugaru
	280g basmati rice
	1 white onion
	Green onions (for garnish)

## INSTRUCTIONS

1. Tenderize the chicken breast and dice the chicken into cubes. Once diced, marinate the chicken in a bowl with a combination of chili crisp, garlic powder, pepper, gochugaru, soy sauce, and avocado oil and let sit for at least 30 minutes
2. In a different bowl, combine soy sauce, minced garlic, chili crisp, sesame oil, honey, mirin, and gochugaru to make the honey garlic sauce
3. Rinse rice in a mesh strainer under cold water for 2 minutes, then combine with 420g of water and bring to a boil. Once boiling, reduce heat to low, cover, and let cook for 15 minutes. Remove from heat, keep covered, and let sit another 10 minutes to cook rice.
4. Place the chicken in a pan in two batches on high heat until the chicken is fully cooked through
5. Once cooked, remove the chicken and saute onions until fully cooked and then combine with the cooked rice, top with cooked chicken and the honey garlic sauce, mix.
6. Top the meal off with green onions and enjoy

# KOREAN BEEF RICE BOWLS

## Nutrition Facts

PER SERVING (MAKES 5)

500 CALORIES

34G PROTEIN

53G CARBS

16G FAT



## INGREDIENTS

Korean beef:

24oz 96% ground  
beef

2 tspn sesame oil

1.5 tablespoon

minced garlic

30g brown sugar

80g soy sauce

20g gochujang

3 green onions

300g basmati rice

Creamy Sriracha Mayo:

90g light Mayo

50g Sriracha

Juice from ½ a lemon (about 1  
tablespoon)

1/2 tspn garlic powder

2 tblspn milk or water

Salt to taste

## INSTRUCTIONS

1. Make the sriracha mayo by mixing up all the ingredients for the sauce.
2. Rinse rice in a mesh strainer under cold water for 2 minutes, then combine with 450g of water and bring to a boil. Once boiling, reduce heat to low, cover, and let cook for 15 minutes. Remove from heat, keep covered, and let sit another 10 minutes to cook rice.
3. Make the beef marinade by combining sesame oil, minced garlic, brown sugar, soy sauce and gochujang. Cook the lean beef and add in the marinade once it's 50% cooked through. Toss in chopped green onions and let it simmer for ~5 minutes or until the beef is fully cooked.
4. Assemble 5 bowls with rice, beef, and top with the homemade sriracha mayo and sesame seeds.

# GREEN CHILI QUESO MAC N CHEESE

## Nutrition Facts

PER SERVING (MAKES 5)

510 CALORIES

47G PROTEIN

60G CARBS

12G FAT



## INGREDIENTS

Green Chile queso:

400g 2% cottage cheese

45g white cheddar

1 tspn minced garlic

25g white cheddar

powder (you can use cheddar powder from boxed Mac)

65g fat free milk

Pinch of cilantro

1 small can of hatch green chiles

Chicken:

16oz skinless Chicken thighs  
Season equally with salt, pepper, garlic, onion, paprika, chili powder

1 box Barilla protein pasta (14.5oz) or pasta of choice

## INSTRUCTIONS

1. Begin by seasoning boneless, skinless chicken thighs (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken). Cook in air fryer at 375 for 12-15 minutes. Once cooked, dice the chicken into small pieces.
2. Cook your choice of pasta according to the instructions on the package.
3. Prepare the green chili queso sauce by mixing all the listed ingredients, microwave for 30 seconds, and blending until smooth.
4. Add the cooked pasta to a bowl and mix it with the green chili queso sauce.
5. Assemble the bowls by adding the diced chicken, a little hot sauce, pico de gallo, and cilantro on top of the mac and cheese. Enjoy!

# CREAMY CHICKEN PESTO PASTA

## Nutrition Facts

PER SERVING (MAKES 5)

505 CALORIES

51G PROTEIN

42G CARBS

18G FAT



## INGREDIENTS

20oz skinless chicken thighs  
Garlic, salt + pepper, Italian seasoning

280g Protein Penne pasta

Creamy Pesto Sauce:  
10 cloves minced garlic  
25g of basil  
125g 1% milk  
50g 1/3 fat cream cheese  
250g 2% cottage cheese  
125g Parmigiano-Reggiano  
25g store bought pesto

## INSTRUCTIONS

1. Season two boneless, skinless chicken thighs with salt, pepper, garlic, and Italian seasoning (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken). Give them a quick sear on each side and finish them off in an air fryer at 375 for 10 minutes
2. While the chicken is cooking, start cooking your high protein pasta in a separate pot.
3. In the same pan used to sear the chicken, cook the minced garlic over medium heat for about 2-3 minutes, reduce heat to the lowest setting and add basil and the rest of the pesto sauce ingredients. The goal is to lightly warm up the sauce ingredients here. Transfer to a blender and blend until completely smooth.
4. Chop cooked chicken into small pieces. Add the cooked pasta to a mixing bowl, pour over the pesto sauce, and toss in the chopped chicken thighs, and mix

# PEPPERONI PIZZA BAGEL BITES

## Nutrition Facts

PER SERVING (MAKES 5)

515 CALORIES

30G PROTEIN

65G CARBS

17G FAT



## INGREDIENTS

- 10 English muffins
- 400g Marinara
- 50g "umami" black garlic sauce (found at Whole Foods) or low sodium soy sauce
- 33g parmigiano reggiano
- 60g chopped hot peppers
- 200g 2% Mozzarella
- 60 slices turkey pepperoni
- 33g hot honey

## INSTRUCTIONS

1. Preheat your oven to 450°F
2. Split and lightly spray each half of the English muffins with oil spray, and place them on a baking sheet. Bake in the oven for approximately 5 minutes, or until crispy.
3. Once the English muffins are done, remove them from the oven and add marinara sauce, diced peppers, shredded mozzarella cheese, and pepperoni slices to each half.
4. Drizzle some hot honey over the top of each muffin half, and then place them back in the oven for another 5 minutes, or until the cheese is melted and bubbly.
5. Remove them from the oven and top with freshly grated parmesan cheese, oregano, and basil. Each "serving" is 4 pizzas - separate in to your containers of choice, and store frozen.

# HONEY GARLIC CHILI CRISP NOODLES

## Nutrition Facts

PER SERVING (MAKES 5)

505 CALORIES

40G PROTEIN

63G CARBS

11G FAT



## INGREDIENTS

25oz chicken breast  
1 tablespoon garlic  
2 tspn salt (adjust to taste)  
1 teaspoon paprika  
1 teaspoon pepper  
1 tablespoon soy sauce  
1 tablespoon chili crisp (jarred condiment found in most asian aisles)  
1 tablespoon honey  
1 tablespoon sriracha

5 dried ramen packets (400g of noodle)

Sauce:

1 tspn corn starch  
75g Soy Sauce  
25g Miso  
25g Chili Crisp or Chili Oil  
10g Sesame Oil  
10g Honey

Garnish with chili crisp, sesame seeds, and green onions

## INSTRUCTIONS

1. Place the chicken breast in a large bowl and create a marinade with garlic, coarse salt, paprika, pepper, soy sauce, chili crisp, honey, and sriracha, mix it until combined and let marinate for at least 30-60 minutes
2. Add the marinated chicken to the air fryer for 12 minutes at 400
3. Combine all sauce ingredients, beginning with the corn starch, and mix until fully combined. Note: I typically use the "Momofuku Spicy Soy" noodle packages, which come with a sauce packet, so you could also use this instead of making a sauce - I just wanted to make the recipe accessible for people who didn't have access to that specific product!
4. Fully cook the noodles using the instructions on the packet
5. Once cooked, combined the noodles with the sauce and then cut the cooked chicken into slices and place on top of the noodle mixture and top the meal with chili crisp, sesame seeds, and green onions

# BUFFALO CHICKEN MAC N CHEESE

## Nutrition Facts

PER SERVING (MAKES 5)

505 CALORIES

39G PROTEIN

59G CARBS

14G FAT



## INGREDIENTS

Chicken:	325g pasta
18oz skinless chicken thighs	300g 2% cottage cheese
40g Buffalo sauce	150g 1/3 fat cream cheese
20g soy sauce	25g Cheddar powder
1/2 teaspoon each:	75g Buffalo sauce
Old bay seasoning,	30g soy sauce
garlic powder & smoked paprika	30g honey

## INSTRUCTIONS

1. Slice chicken thighs in to strips, and marinate in buffalo sauce, soy sauce, Old Bay, garlic powder, and smoked paprika for at least 30 minutes. On a grill, cook chicken over high heat for 2 minutes on each side until it's cooked through. Dice up the chicken into bite-sized pieces. (You can also air fry at 375 for 12 minutes, or pan fry)
2. Start cooking your pasta according to package instructions.
3. In a blender, blend cottage cheese, cream cheese, cheddar powder, buffalo sauce, soy sauce, and honey until smooth.
4. Drain the pasta and add it to a large mixing bowl. Pour the cheese sauce over the pasta and stir well. Add the diced buffalo chicken and mix again. Separate in to 5 servings, and enjoy.

# ITALIAN MEATBALL PASTA

## Nutrition Facts

PER SERVING (MAKES 5)

510 CALORIES

45G PROTEIN

60G CARBS

11G FAT



## INGREDIENTS

### Meatballs:

24oz 96% beef  
1/4 cup breadcrumbs  
80g milk  
30g fresh parmigiano reggiano  
1.5 tsp salt  
1.5 tablespoon minced garlic  
1 tspn red chili flakes  
2 tspn fresh basil  
Black pepper  
1 tspn soy sauce

### Sauce:

1 medium white onion  
1 stalk of celery  
1 medium carrot, peeled and chopped  
4 cloves garlic  
1 can San Marzano tomatoes  
1 tblspn gochujang  
Couple leaves of fresh basil  
30g Parmigiano reggiano  
300g pasta

## INSTRUCTIONS

1. Make the meatball mixture by combining bread crumbs, Parmesan Reggiano, seasonings, minced garlic, fresh basil, milk and soy sauce with 96% lean ground beef. Form the mixture into 20 equally sized meatballs.
2. Bake the meatballs in the oven at 400°F for 8 minutes.
3. In a separate pot, prep sauce: Add chopped onion/celery/carrot to a non-stick pot or pan over medium low heat. Simmer until translucent. Add minced garlic & gochujang, simmer for 1-2 mins, then add in your canned tomatoes. Add salt and pepper to taste, then blend. Add in chopped basil, place on lowest heat setting
4. Add the meatballs to the sauce, cover and let simmer for about 20 minutes to infuse the meatballs with the marinara flavor.
5. Cook pasta of choice, add all excess marinara sauce from meatballs to the pasta and mix. Separate in to 5 servings, top with meatballs and parmigiano, and enjoy!

# PEPPERONI PIZZA MAC N CHEESE

## Nutrition Facts

PER SERVING (MAKES 5)

505 CALORIES

35G PROTEIN

59G CARBS

18G FAT



## INGREDIENTS

336g Protein penne  
600g 1% milk  
360g 2% cottage  
cheese  
40g Parmigiano  
Reggiano  
70g Cheddar cheese  
120g Marinara sauce  
55g Chopped  
pepperoni  
25g All Purpose Flour

## INSTRUCTIONS

1. This one is very simple - add every ingredient to a large pot and turn the heat to medium-high. I like to slice the pepperoni's in to fourths, and make sure to finely shred fresh parmigiano reggiano for best results.
2. Once the mixture begins to bubble, reduce the heat to 3/10, place a lid on top of the pot, and set a timer for 20 minutes. Remove the lid every ~3 minutes to stir the mixture.
3. Remove the lid and let the mixture sit for approximately 5-10 minutes until fully thickened.

\*Alternatively, you can also cook the pasta in water, blend all the sauce ingredients separately and lightly sautee the pepperonis. You'll likely need to reduce the milk quantity to ~100g if you do this, however, and it will lower the calories/macros a bit! I used normal pepperoni's - but turkey pepperoni could also be used for lower calories/fat

# BUTTER CHICKEN RICE BOWLS

## Nutrition Facts

PER SERVING (MAKES 5)

510 CALORIES

44G PROTEIN

54G CARBS

13G FAT



## INGREDIENTS

24oz chicken breast

180g 0% greek yogurt

1 tbsp garam masala

1 tbsp Kashmiri red

chilli powder

1 tsp salt

3 cloves garlic,  
minced

300g basmati rice

White Sauce:

100g Greek yogurt

50g milk

1 tspn garlic powder

Pinch of salt

Sauce:

30g light butter

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 milk

Pinch of salt

## INSTRUCTIONS

1. Tenderize chicken breast and cut into cubes. Marinate in yogurt, spices, and minced garlic for 45-60 minutes. Longer = better.
2. Rinse rice in a mesh strainer under cold water for 2 minutes, then combine with 450g of water and bring to a boil. Once boiling, reduce heat to low, cover, and let cook for 15 minutes. Remove from heat, keep covered, and let sit another 10 minutes to cook rice.
3. Cook chicken over high heat for 3-4 minutes on each side, then place in a bowl on the side
4. Add half the light butter to the same pan and cook the onions for about 5 minutes. Add garlic, cumin, kashmiri chili powder, coriander and garam masala and mix. Next, add 2 cans of diced tomatoes and cashews and let it simmer for 15 minutes. Blend the sauce with the rest of the light butter and milk.
5. Combine the chicken and sauce, let it simmer, then separate the rice in to 5 servings and top with the butter chicken, a drizzle of the white sauce, red onions and cilantro.

# EVERYTHING BAGEL CHICKEN ALFREDO

## Nutrition Facts

PER SERVING (MAKES 5)

510 CALORIES

51G PROTEIN

54G CARBS

12G FAT



## INGREDIENTS

320g Protein penne

12oz evaporated fat

free milk

350g 2% cottage

cheese

100g Parmigiano

Reggiano

Salt, pepper to taste

1.5 tablespoon

everything bagel

seasoning

16oz skinless chicken thighs

Season with salt, garlic, onion,  
pepper

## INSTRUCTIONS

1. Season your chicken thighs (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken) and air fry at 375 for 12-15 minutes or until cooked through. Let rest for 5 minutes, then chop into small pieces and set aside.
2. In a blender, combine low-fat cottage cheese, fat-free or 2% evaporated milk, and high-quality Parmigiano Reggiano. Microwave the mixture for a minute, then blend until smooth.
3. Cook any pasta of your choice and toss it in a pan with the alfredo sauce. Let it simmer on low heat to let the sauce absorb into the pasta.
4. Once the pasta is coated in the sauce, add the chopped chicken and mix it in. Sprinkle everything bagel seasoning on top of the dish and enjoy!

# POLLO ASADO BURRITO BOWLS

## Nutrition Facts

PER SERVING (MAKES 5)

500 CALORIES

50G PROTEIN

52G CARBS

10G FAT



## INGREDIENTS

- |                              |   |
|------------------------------|---|
| 28oz skinless chicken thighs | 5 Bell peppers  |
| 1/2 cup orange juice         | 2 onions  |
| 4 tbsps soy sauce            | 1 packet of taco seasoning                                |
| 2 tbsps lime juice           | 300g Spanish RightRice                                    |
| 8 cloves garlic              | 100g plain Greek yogurt                                   |
| 2 tspn cumin                 | 50g hot sauce   |
| 1 tspn salt                  | Pinch of salt   |
| 1 tspn black pepper          | Add milk/water 1 tspn at a time until desired consistency |
| 1 tspn onion                 | Top with Pico, hot sauce, and red onions                  |
| 3 dried ancho chiles         |   |
| 3 chipotle peppers           |   |
| 20g honey                    |   |
| 1 Handful cilantro           |   |

## INSTRUCTIONS

1. Start by prepping the marinade by blending together orange juice, soy sauce, lime juice, garlic, cumin, salt, black pepper, onion, chipotle peppers, honey, and cilantro. Place dried ancho chiles on a plate, cover with a damp paper towel, and microwave for 45-60 seconds to rehydrate, then blend in to marinade. Combine with boneless skinless chicken thighs and let it marinate for at least an hour.
2. Preheat your oven to 450°F. Dice your veggies (bell peppers and onions) and toss them with taco seasoning. Spread them out on a baking sheet and bake for about 30 minutes until soft.
3. While the veggies are cooking, cook your rice according to the package instructions.
4. When the veggies are nearly done, toss the marinated chicken in the air fryer at 400 for 12-15 minutes
5. Assemble your bowl by layering rice, fajita veggies, diced chicken, red onions, hot sauce, and cilantro. Enjoy!

# CHICKEN BULGOGI RICE BOWLS

## Nutrition Facts

PER SERVING (MAKES 5)

495 CALORIES

41G PROTEIN

53G CARBS

13G FAT



## INGREDIENTS

32 oz skinless chicken thighs, tenderized and sliced into strips

Marinade:

4 tbsp gochujang

2 tbsp soy sauce

3 tbsp brown sugar

2 tbsp minced garlic

1 tsp ginger paste

1.5 tbsp mirin

1 tbsp sesame oil

1/2 tsp black pepper

Cucumber Salad:

400g diced cucumbers

400g diced tomatoes

Juice of half a lemon

Salt + pepper to taste

280g basmati rice

1 bag salad mix of choice (optional)

Leftover marinade (simmered)

3 tablespoons black garlic

Umami sauce (found at Whole Foods) or soy sauce

Splash of Sriracha

Splash of water

## INSTRUCTIONS

1. Make the marinade by mixing up all the ingredients and marinate the chicken for at least 30 minutes to an hour. If you can do longer, that will yield better results - overnight is best.
2. Prepare the cucumber salad by combining all ingredients
3. Rinse rice in a mesh strainer under cold water for 2 minutes, then combine with 420g of water and bring to a boil. Once boiling, reduce heat to low, cover, and let cook for 15 minutes. Remove from heat, keep covered, and let sit another 10 minutes to cook rice.
4. Air fry the marinated chicken at 400 for 12 minutes until fully cooked, work in 2-3 batches if needed.
5. Take any excess marinade and simmer until bubbling, add in Umami sauce or Soy sauce with a little bit of sriracha. Mix in cooked rice and salad pack (optional)
6. Combine all finished ingredients together and enjoy!

# HALAL CART-STYLE CHICKEN & RICE

## Nutrition Facts

PER SERVING (MAKES 5)

505 CALORIES

43G PROTEIN

50G CARBS

15G FAT



## INGREDIENTS

25oz chicken breast	1 small onion
226g 0% greek yogurt	1 tblspn butter
40g olive oil	1 tspn turmeric
2 tblspn shawarma seasoning or 7 spice	1/2 tspn cumin
2 tspn smoked paprika	1 tspn sea salt
1 tblspn minced garlic	300g basmati rice, rinsed
1 tspn salt	2.75 cups of chicken broth
Diced Roma tomatoes & cilantro or parsley	226g 0% greek yogurt
	Juice of 0.5-1 lemon
	1 tblspn honey
	1 tspn garlic powder
	1/2 tspn Salt
	60g milk (~4 tblspns)

## INSTRUCTIONS

1. Slice the chicken breast thin and dice into cubes, and then marinate in a bowl with Greek yogurt, olive oil, shawarma seasoning, smoked paprika, minced garlic, salt and marinate for at least 1 hour - longer = better.
2. Dice up an onion and place in a pot until they are fully translucent and most water has been cooked off, and then toss in a spice mix of turmeric, cumin, and sea salt. Mix in rinsed uncooked rice and chicken broth. Bring the combination to a boil, cover, and reduce heat to low and cook for 15 minutes. Remove from heat, keep covered, and let sit for another 10 minutes.
3. Place the marinated chicken in the air fryer for 12 minutes at 400 (cook in batches if needed)
4. Combine all the ingredients for the white sauce, mix thoroughly, then assemble your rice bowls and garnish with diced roma tomatoes and cilantro.

# JALAPEÑO POPPER MAC N CHEESE

## Nutrition Facts

PER SERVING (MAKES 5)

510 CALORIES

40G PROTEIN

65G CARBS

12G FAT



## INGREDIENTS

14oz chicken breast	300g 2% cottage cheese
Seasoned with salt, garlic, onion, pepper, paprika	80g light cream cheese
	60g 1% milk
	10 diced pickled jalapeño pieces
10 slices of center cut bacon	2 tablespoons pickled jalapeño juice
	25g honey
380g elbow pasta	Salt, pepper to taste
	Garnish with chives

## INSTRUCTIONS

1. Tenderize the chicken breast and season generously with salt, garlic, onion, pepper, and paprika (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken)
2. Once seasoned, cook the chicken in the air fryer for 12 minutes at 375
3. In a blender, add cottage cheese, cream cheese, 1% milk, jalapeno pieces, pickled jalapeño juice, honey, salt and pepper to taste and blend until smooth
4. Cook the pasta according to the instructions on the box. Dice 10 pieces of bacon into small cubes and cook on a pan on medium-high heat until it reaches your desired level of crispiness
5. Once the bacon is cooked, remove from the pan, drain excess grease and turn off the heat. Once the heat is off, pour the jalapeño sauce in the pan and combine it with the cooked pasta and cooked chicken. Top the meal off with the crispy bacon and chives and enjoy!

# WHITE CHEDDAR TRUFFLE MAC

## Nutrition Facts

PER SERVING (MAKES 6)

500 CALORIES | 38G PROTEIN | 61G CARBS | 10G FAT



## INGREDIENTS

- 3 boxes of Mac N Cheese
- 600g cottage cheese
- 6g truffle oil (1 tspn)
- 12oz thin sliced chicken breast
- Seasoned with salt, garlic & pepper
- 1 tsp White Wine Vinegar (or Lemon Juice)

## INSTRUCTIONS

1. Season chicken breast evenly with salt, garlic, pepper, and splash it with white wine vinegar (or lemon juice)
2. Place the chicken in the air fryer at 375 for 8 minutes until fully cooked through. A secondary option would be to just use shredded rotisserie chicken instead of cooking your own.
3. Blend cheese packets from Mac N Cheese boxes with cottage cheese and truffle oil in a blender for about 60-90 seconds until smooth
4. Cook pasta from the Mac N Cheese box according to the instructions on the box
5. Dice up the chicken and stir it in a separate pan with the cooked pasta and the sauce and enjoy!

# CAJUN CHICKEN ALFREDO

## Nutrition Facts

PER SERVING (MAKES 5)

515 CALORIES

46G PROTEIN

45G CARBS

18G FAT



## INGREDIENTS

15oz chicken breast	280g Protein Penne pasta
2.5 tspn Cajun seasoning + salt (if Cajun seasoning has no sodium)	110g 1/3 fat cream cheese
10g olive oil, splash of Lemon juice	50g Parmigiano-Reggiano
2 links Andouille Chicken sausage (I used Good & Gather brand)	80g mozzarella
	2.5 tspn Cajun seasoning
	350ml 1% milk
	Salt to taste
	2.5 tablespoon chopped parsley
	2.5 tablespoon chopped chives

## INSTRUCTIONS

1. Dice the chicken breast into cubes and marinate in olive oil, lemon juice, and Cajun season + salt
2. Chop the Andouille sausage into small pieces and set aside for later
3. Cook the pasta according to the instructions on the box
4. Place the chicken on a pan on medium-high heat and cook it on both sides until fully cooked and then add in the chopped sausage. Cook for 2-3 more minutes.
5. Remove the chicken and sausage from the pan and create the sauce by melting down cream cheese and adding in milk, mozzarella, Parmigiano-Reggiano and cajun seasoning over low heat
6. Once combined, add back in the chicken, sausage, cooked pasta and top it off with chopped parsley and chives and enjoy!

# SOUTHWEST CHICKEN & VEGGIE ORZO

## Nutrition Facts

PER SERVING (MAKES 6)

510 CALORIES

41G PROTEIN

59G CARBS

13G FAT



## INGREDIENTS

24oz boneless skinless chicken thighs  
Seasoned with salt, garlic, onion, smoked paprika, cumin, dash of cinnamon

336g orzo

3 cans Amy's southwestern vegetable soup  
12oz vegetable or chicken broth  
Hot sauce of choice  
120g 2% cheddar  
240g 2% plain Greek yogurt

## INSTRUCTIONS

1. Add soup, vegetable broth and seasonings to a pot and bring to a boil. Add as much of any seasonings you like, be generous with the seasoning quantity!
2. Add in Orzo, cover and cook for ~10 minutes
3. While the orzo is cooking, season chicken thighs (even amounts of each seasoning except for cinnamon, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken) and add to air fryer at 375 for 12 minutes and chop into small pieces when fully cooked
4. Reduce heat on orzo to low, remove lid, and stir and simmer until pasta has absorbed all the liquid thickened
5. Add in chicken, cheddar and Greek yogurt, mix, and enjoy!

# CHEESY BUTTERNUT ORZO

## Nutrition Facts

PER SERVING (MAKES 5)

510 CALORIES

39G PROTEIN

68G CARBS

11G FAT



## INGREDIENTS

16oz boneless skinless  
chicken thighs

Season with: Salt,  
garlic, onion, pepper,  
paprika, chipotle chili  
powder

364g orzo

500g cubed  
butternut squash

10g olive oil

150g cottage cheese

50g parmigiano  
reggiano

100ml 1% milk

Salt, garlic, pepper (to  
taste)

## INSTRUCTIONS

1. Cube one butternut squash, weigh out 500g
2. Add 10g of olive oil, roast at 400 for 30 minutes or until fork tender. Blend with cheese ingredients to make sauce. Make sure to blend to ~2 minutes so sauce gets completely smooth
3. While the orzo is cooking, season chicken thighs (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken) and add to air fryer at 375 for 12 minutes and chop into small pieces when fully cooked
4. Drain pasta, toss with the butternut cheese sauce, then top with your chipotle chicken and enjoy!

# SPICY TOMATO CHICKEN PASTA

## Nutrition Facts

PER SERVING (MAKES 5)

500 CALORIES

36G PROTEIN

56G CARBS

16G FAT



## INGREDIENTS

28oz diced chicken breast

336g Pasta

Marinade:

180g chopped

sundried tomatoes

30g tomato paste

30g low sodium soy sauce

15g olive oil

1/2 tsp each:

Salt, pepper, garlic, red chili flakes

200g Arrabiata (or any marinara)

80g 1% milk

100g 1/3 fat cream cheese

30g honey

## INSTRUCTIONS

1. Flatten and dice up chicken breast into cubes. Add chopped sundried tomatoes, tomato paste, soy sauce, olive oil, and seasonings to marinade the chicken
2. Cook the pasta according to the instructions on the box
3. Brown chicken over medium high heat on both sides until fully cooked through
4. Once cooked through, reduce heat, and add in store bought marinara, 1% milk, 1/3 fat cream cheese, honey, the cooked pasta and combine

# BREAKFAST MAC N CHEESE

## Nutrition Facts

PER SERVING (MAKES 6)

500 CALORIES

51G PROTEIN

37G CARBS

20G FAT



## INGREDIENTS

336g Protein pasta

360g 2% cottage

cheese

45g 2% cheddar

30g Parmigiano

Reggiano

21g powdered

cheddar

90g milk

1.5 tspn garlic powder

1.5 tspn smoked

paprika

1 tspn rubbed sage

9 slices bacon, diced

15oz turkey sausage

## INSTRUCTIONS

1. Dice bacon and cook in a pan over medium heat along with your turkey sausage of choice
2. Cook pasta according to packaging instructions
3. Add cottage cheese, cheddar, parmigiano, cheddar powder, milk, garlic powder, smoked paprika, and rubbed sage to a blender and blend until completely smooth.
4. In the same pan you cooked your turkey bacon and sausage, pour over your cheese sauce (turn off heat), mix with bacon and sausage, and pour over your cooked pasta to combine. Split in to 6 even servings, and enjoy!

# CHIMICHURRI PASTA W/ BBQ CHICKEN

## Nutrition Facts

PER SERVING (MAKES 6)

510 CALORIES

38G PROTEIN

53G CARBS

17G FAT



## INGREDIENTS

32oz boneless skinless chicken thighs  
30g soy sauce  
15g Worcestershire  
90g sugar free bbq sauce  
1 tsp each: Garlic powder, chili powder, smoked paprika  
384g Linguine or pasta of choice

3/4 cup fresh cilantro  
12 cloves garlic  
60g olive oil  
120g lemon juice (or red wine vinegar)  
1.5 teaspoon red chili flakes  
2 1/4 teaspoon dried oregano  
3 level teaspoon coarse salt  
3/4 tspn pepper  
30g honey  
1 cup of pasta water

## INSTRUCTIONS

1. In a bowl, mix together the ingredients for the barbecue marinade. Add chicken thighs to the marinade and let them sit while you prepare the chimichurri sauce
2. Finely chop cilantro or parsley and mix with other chimichurri ingredients, using minimal olive oil to keep the calorie count low.
3. Preheat your grill to high heat. Place the marinated chicken on the grill, cook until nicely charred and the internal temperature reaches 165°F
4. Bring a pot of salted water to a boil and cook the pasta according to the package instructions. In a pan over low heat, heat the chimichurri sauce, adding 1/3 cup of pasta water (pull from the pasta pot once the pasta is ~1 minute away from being done cooking). Once the pasta is cooked and drained, toss it with the chimichurri sauce
5. Top the chimichurri pasta with grilled barbecue chicken and enjoy!

# SPICY SAUSAGE PASTA

## Nutrition Facts

PER SERVING (MAKES 5)

505 CALORIES

40G PROTEIN

61G CARBS

15G FAT



## INGREDIENTS

14oz Turkey sausage

1 box Barilla protein pasta (14.5oz) or pasta of choice

200g 2% cottage cheese

200g Arrabiata

50g parmigiano reggiano

Red chili flakes

Garlic, black pepper

10g honey

## INSTRUCTIONS

1. In a blender, combine low-fat cottage cheese, store bought arrabiata (or any marinara sauce), freshly grated Parmigiano Reggiano cheese, red chili flakes, a dash of garlic powder and black pepper, and honey. Blend until completely smooth
2. Using turkey sausage of choice, cook over high heat and crumble in to small pieces.
3. Once the sausage is cooked, turn off heat (make sure to allow time for pan to cool), then pour over the sauce and mix
4. Cook the pasta according to the package instructions. Drain the pasta, reserving some pasta water. Toss the cooked pasta with the sausage and cheese sauce, and add pasta water if it's too thick.

# HONEY HABANERO CHICKEN AND RICE

## Nutrition Facts

PER SERVING (MAKES 5)

500 CALORIES

39G PROTEIN

54G CARBS

15G FAT



## INGREDIENTS

32oz skinless chicken thighs  
60g habanero hot sauce  
60g honey  
Drops of lime  
40g Mayo  
Pinch of salt

280g basmati rice  
2 tablespoons olive oil  
2 tablespoons lime  
1 tspn salt  
Cilantro

## INSTRUCTIONS

1. Mix together habanero hot sauce, honey, lime juice, mayo, and a pinch of salt to create coating for the chicken thighs. Cover chicken using 90% of the sauce and let marinate for at least 30 minutes, longer = better. Reserve leftover sauce to brush on chicken during cooking
2. Place chicken in the air fryer at 375 for 12 minutes. Remove, brush with leftover sauce, then add back to the air fryer for 2-3 more minutes.
3. Rinse rice in a mesh strainer under cold water for 2 minutes, then combine with 420g of water and bring to a boil. Once boiling, reduce heat to low, cover, and let cook for 15 minutes. Remove from heat, keep covered, and let sit another 10 minutes to cook rice.
4. Once rice is done cooking, mix in olive oil, lime juice, salt, and a handful of finely chopped cilantro.
5. Separate rice into 5 equal servings, top with chicken, and enjoy!

# HONEY BBQ CHICKEN MAC N CHEESE

## Nutrition Facts

PER SERVING (MAKES 5)

510 CALORIES

43G PROTEIN

59G CARBS

12G FAT



## INGREDIENTS

325g pasta

300g 2% cottage  
cheese

120g 2% cheddar  
cheese

25g Cheddar powder

60g BBQ sauce

3g Nutritional yeast

Garlic, onion, pepper

& salt to taste

18oz skinless chicken  
thighs

BBQ dry rub of choice

## INSTRUCTIONS

1. Season your chicken thighs generously with any BBQ dry rub of choice - I use the Salt Lick brand, but any works. Let marinate for 45-60 minutes
2. Place chicken in the air fryer at 400 degrees for 12 minutes. Chop in to cubes once done.
3. Cook pasta according to the instructions on the box, reserve 1/3 cup of pasta water, and mix your sauce with the pasta until completely coated.
4. Combine cottage cheese, cheddar cheese, cheddar powder, BBQ sauce, nutritional yeast, 1/3 cup of pasta water, and a pinch of garlic powder, onion powder, pepper and salt. Blend until completely smooth. Pour over your cooked pasta and mix to combine.
5. Mix in your BBQ chicken, and enjoy!

# KOREAN BEEF & CHEESY GOCHUJANG PASTA

## Nutrition Facts

PER SERVING (MAKES 5)

515 CALORIES

38G PROTEIN

62G CARBS

13G FAT



## INGREDIENTS

16oz 96% ground beef

2 tspn sesame oil

20g cup brown sugar

60g cup soy sauce

10g gochujang

2 green onions, only greens

1 tablespoon garlic, minced

375 Protein Penne pasta

75g 2% cheddar

50g cream cheese

10g nutritional yeast

1 tablespoons

gochujang

200ml 1% milk

Salt to taste

## INSTRUCTIONS

1. In a bowl, combine sesame oil, brown sugar, soy sauce and gochujang
2. In a large pan, add 1 tablespoon of minced garlic and cook until fragrant. Add 96% lean beef to the pan and cook until it's about 50% done. Pour the marinade over the beef and continue to cook, simmering until it's cooked through. Stir in finely chopped green onions and mix well
3. In a blender, combine low-fat cheddar, cream cheese, nutritional yeast, gochujang, milk and salt and blend until completely smooth.
4. Cook the pasta according to the package instructions. Drain the pasta, reserving some pasta water. Toss the cooked pasta with the prepared cheese sauce, simmer over low heat until thickened and add pasta water if needed. Finally, top the pasta with the korean beef and enjoy!

# CREAMY ROASTED RED PEPPER PASTA

## Nutrition Facts

PER SERVING (MAKES 5)

500 CALORIES

40G PROTEIN

63G CARBS

11G FAT



## INGREDIENTS

18oz skinless chicken  
thighs  
1 tspn onion  
1.5 tspn garlic  
1.5 tspn salt  
1.5 tspn paprika

100g cottage cheese  
150ml 1% milk  
120g Roasted red  
peppers  
80g Parmesan  
Salt, pepper, garlic

392g pasta

## INSTRUCTIONS

1. In a blender, combine low-fat cottage cheese, milk, roasted red peppers, fresh parmigiana reggiano, and salt/pepper/garlic powder to taste. Blend until completely smooth
2. Season your chicken thighs evenly with the seasoning blend, marinate for 30 minutes, then pan fry over medium high heat until cooked through.
3. Remove chicken from the pan and remove pan from heat, then pour over your cheese sauce, making sure to mix thoroughly and pick up any flavor left behind by the chicken.
4. Cook the pasta according to the package instructions. Drain the pasta, reserving some pasta water. Toss the cooked pasta with the cheese sauce until combined.
5. Dice your chicken then mix with your pasta, and enjoy!

# CREAMY SOUTHWESTERN CHICKEN & RICE

## Nutrition Facts

PER SERVING (MAKES 5)

505 CALORIES

41G PROTEIN

58G CARBS

13G FAT



## INGREDIENTS

28oz skinless chicken thighs  
Seasoned with salt, garlic, onion, smoked paprika, chili powder

80ml Mexican crema  
60g Greek yogurt  
35g 1% milk  
5g honey  
Pinch of salt

2 tspns diced chipotle peppers in adobo  
1/4 tspn lime juice

280g basmati rice  
2 cans Amy's southwestern vegetable soup (or veggie soup of choice)  
240ml chicken bone broth  
1 tablespoon soy sauce  
Seasonings of choice

Cilantro

## INSTRUCTIONS

1. Season chicken thighs (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken) and add to air fryer at 375 for 12 minutes and chop into small pieces when fully cooked
2. Rinse rice in a mesh strainer under cold water for 2 minutes, then combine with 2 cans of veggie soup, bone broth, soy sauce and any other seasonings of choice, and bring to a boil. Once boiling, reduce heat to low, cover, and let cook for 15 minutes. Remove from heat, keep covered, and let sit another 10 minutes to cook rice.
3. Combine sauce ingredients in a blender and blend until completely smooth.
4. Separate rice in to 5 equal servings, top with sliced chicken, and pour over your chipotle sauce, garnish with chopped cilantro and enjoy!

# SPICY TACO BOWLS

## Nutrition Facts

PER SERVING (MAKES 5)

515 CALORIES

44G PROTEIN

53G CARBS

14G FAT



## INGREDIENTS

28oz 93% beef

2 diced onions

2 packets taco seasoning

320g basmati rice

15g butter

300g Greek yogurt

75g jalapeño

10g honey

Handful of cilantro

Salt, pepper, garlic

onion to taste

Pico de Gallo

## INSTRUCTIONS

1. Rinse rice in a mesh strainer under cold water for 2 minutes, then combine with 480g of water and butter and bring to a boil. Once boiling, reduce heat to low, cover, and let cook for 15 minutes. Remove from heat, keep covered, and let sit another 10 minutes to cook rice.
2. Add two diced onions to a pan over medium heat, cook until translucent. Remove from pan, and cook beef until brown and cooked through. Add in taco seasoning packets and onions and mix to combine. (add a splash of water if needed)
3. Combine sauce ingredients in a blender and blend until completely smooth.
4. Mix rice with your beef mixture, mix in your sauce, garnish with more cilantro and Pico, and enjoy!

# CREAMY CHIPOTLE CHICKEN PASTA

## Nutrition Facts

PER SERVING (MAKES 8)

495 CALORIES

44G PROTEIN

56G CARBS

14G FAT



## INGREDIENTS

32oz chicken thighs	Chipotle cream sauce
1 tablespoon olive oil	4 chipotle peppers
6 cloves minced garlic	200g Greek yogurt
1 tspn salt	60g light Mayo
2 Tspn cumin	2 limes
2 Tspn smoked paprika	4 tablespoons adobo sauce
2 Tspn chili powder	1 tablespoon honey
4 tablespoons adobo sauce	2 tspn smoked paprika
2 chipotle peppers	2 tspn garlic powder
2 tablespoons honey	~3/4 cup of milk
Juice of 2 limes	Fresh cilantro
1 white onion	24oz Banza (or pasta of choice)

## INSTRUCTIONS

1. Marinate boneless skinless chicken thighs in olive oil, minced garlic, salt, cumin, smoked paprika, chili powder, adobo sauce, minced chipotle peppers honey and the juice of two limes. Let sit for at least 30-60 minutes.
2. Start cooking chicken over medium high heat - once 50% cooked, add in your onions and cook until onions are soft and the chicken is cooked through.
3. Cook pasta according to packaging instructions - and mix all the ingredients for the chipotle sauce in a blender and blend until smooth.
4. Combine chicken, pasta, and chipotle cream sauce in a pot, mix. then split in to 8 even servings and enjoy!

# CREAMY FAJITA CHICKEN ORZO

## Nutrition Facts

PER SERVING (MAKES 6)

500 CALORIES

48G PROTEIN

58G CARBS

11G FAT



## INGREDIENTS

32oz thin sliced

chicken breast

Handful of cilantro

2 tblspn lime juice

1.5 tblspns honey

1 tblspn olive oil

1 tblspn garlic

1 tsp chili powder

1 tsp paprika

1 tsp cumin

2 tsp kosher salt

½ tsp black pepper

1/3 cup water

4 bell peppers

1 sweet onion

220g 0% Greek yogurt

1 tablespoon chipotle  
hot sauce

100g mozzarella

380g orzo

## INSTRUCTIONS

1. Marinate thin sliced chicken breast in cilantro, lime juice, honey, olive oil, garlic, chili powder, paprika, cumin, salt, blacker pepper, and water. Marinate at least 30 minutes.
2. Chop 4 bell peppers (any color), 1 sweet onion, add a generous amount of salt and add to the oven at 450 degrees for 40 minutes, mixing 2-3 times.
3. Once veggies are nearly done, add your chicken to the air fryer at 375 for 9 minutes (work in two batches if needed). Once done, chop in to small pieces.
4. Mix chopped chicken, pepper/onion mix, greek yogurt, chipotle hot sauce and mozzarella in a large bowl and mix
5. Cook orzo according to packaging instructions. Reserve ~1/3 cup of pasta water in case it is needed. Mix orzo with creamy fajita chicken mix - add pasta water if needed to thin out the sauce. Enjoy!



# BURRITOS AND SUCH

# THE ORIGINAL BEEFY CHEESY BURRITO

## Nutrition Facts

PER BURRITO (MAKES 6)

365 CALORIES

28G PROTEIN

35G CARBS

13G FAT



## INGREDIENTS

- 1 pound 93% beef
- 1 packet of taco seasoning
- 200g 2% Greek yogurt
- 100g red enchilada sauce
- 2 laughing cow cheese wedges
- 2 tablespoons chopped cilantro
- 60g 2% cheddar
- 6 burrito tortillas

## INSTRUCTIONS

1. Brown the ground beef on medium-high heat until fully cooked through and add in a packet of taco seasoning and about 1 TBSP of water. Optionally, add a dash of garlic powder, onion powder, and smoked paprika
2. Once fully combined, pour beef mixture into a bowl, and mix in greek yogurt, red enchilada sauce, laughing cow cheese wedges, chopped cilantro, and 2% cheddar cheese
3. Evenly distribute the mixture across 6 burrito sized tortillas, and wrap the burrito into aluminum foil or parchment paper, then store in the freezer
4. **REHEAT INSTRUCTIONS:** Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# CAJUN CHICKEN MAC N CHEESE BURRITO

## Nutrition Facts

PER BURRITO (MAKES 11)

465 CALORIES

36G PROTEIN

48G CARBS

13G FAT



## INGREDIENTS

325g pasta	18oz chicken breast
300g 2% cottage cheese	Juice of 1 lemon
60g mozzarella cheese	1 tablespoon olive oil
60g cheddar cheese	1 tablespoon Cajun seasoning
25g Cheddar powder	1 tablespoon salt
3g Nutritional yeast	1/2 tablespoon pepper
1 tablesooon Cajun seasoning	1 tspn garlic powder
100g milk	300g Greek yogurt
1 tablespoon of Louisiana hot sauce or buffalo sauce	100g mozzarella
	Hot sauce
	11 burrito tortillas (I used the new Counter Protein Tortillas)

## INSTRUCTIONS

1. Marinate your chicken breast with lemon juice, olive oil, cajun seasoning, salt, pepper and garlic powder. Marinate for at least 30 minutes.
2. Cook chicken in a pan over medium high heat - flip every 1-2 mins until cooked through.
3. Place all cheese sauce ingredients in a blender and blend until completely smooth. Once chicken is done cooking, remove from pan, turn off the heat, and pour over your sauce (make sure the pan isn't too hot) to collect all the flavor left behind by the chicken. Dice chicken
4. Cook pasta according to the instructions on the box. Once cooked, mix in sauce & diced chicken until completely combined. Evenly distribute across 11 tortillas, and store frozen
5. **REHEAT INSTRUCTIONS:** Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

\*NOTE: This recipe can be replicated using ANY Mac n cheese recipe from the 500 calorie section. I use ~150g of filling per burrito, # of burritos will vary depending on the recipe.

# MEAT LOVERS BREAKFAST BURRITO

## Nutrition Facts

PER BURRITO (MAKES 6)

435 CALORIES

44G PROTEIN

30G CARBS

17G FAT



## INGREDIENTS

6 andouille chicken sausages (these were from Target)

6 slices center cut bacon

360g egg whites

3 tspn corn starch

90g low fat cheddar

Salt & pepper

Spoonful of fat free Greek yogurt

Hot sauce of choice

6 burrito tortillas (I used the new Counter Protein Tortillas)

## INSTRUCTIONS

1. In a bowl, combine egg whites, low fat cheddar, salt, pepper and corn starch. Start by adding a small amount of egg whites, then mixing in corn starch to create a "slurry", then mix in everything else to ensure it mixes smoothly. The corn starch is specifically added so that these can be frozen/reheated.
2. Steam cook the eggs. Microwave in 45 second increments. After each microwave - scrape the edges, mix thoroughly, then add back to microwave. The eggs are done cooking when they're 80-90% firmed up - they'll continue cooking after removing. If they're slightly runny but seem close, let them sit for a few minutes and they will likely finish cooking with the residual heat.
3. Finely chop center cut bacon, cook over medium heat. Once close to desired crispiness level, add in chopped chicken sausage. Mix and drain excess grease.
4. Assemble burritos. Add a spoonful of greek yogurt, hot sauce, sausage/bacon, and cheesy eggs. Fold burrito, then wrap with foil or parchment paper, and store frozen
5. **REHEAT INSTRUCTIONS:** Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# BUTTER CHICKEN BURRITO

## Nutrition Facts

PER BURRITO (MAKES 10)

390 CALORIES

31G PROTEIN

45G CARBS

8G FAT

## INGREDIENTS

32oz chicken breast	30g light butter
180g 0% greek yogurt	1 onion chopped
1 tblspn garam masala	6 cloves garlic minced
1 tblspn Kashmiri red chili powder	2 tsp Ground cumin
1 tsp salt	1.5 tsp Kashmiri red chili powder
3 cloves garlic minced	1.5 tsp Coriander
10 burrito tortillas	3/4 tsp Garam masala
200g basmati rice	2 cans 14 oz crushed tomatoes
Cilantro	30g cashews
100g Greek yogurt	80g fat free evaporated milk
40g milk	3/4 tspn corn starch
1 tspn garlic	Add salt to taste if needed
Pinch of salt	



## INSTRUCTIONS

1. Cut chicken breast into cubes. Combine with plain Greek yogurt, garam masala, chili powder, salt, and minced garlic. Mix well, and marinate for at least 1 hour
2. In a small bowl, mix cumin, kashmiri chili powder, coriander and garam masala
3. In a pan over high heat, cook the marinated chicken for 7-8 minutes. Remove chicken and add diced onions & light butter. Cook until softened. Add the spice blend and minced garlic, simmer for 2 minutes. Stir in crushed tomatoes, cashews, and evaporated fat-free milk. Transfer to a blender, add corn starch, and blend for 1-2 mins. Add sauce back to pan and mix with chicken
4. Mix Greek yogurt, milk, garlic, and salt to make the low calorie garlic sauce
5. Lay out the tortillas, spread low-calorie garlic yogurt sauce on each, and then add an equal amount of the butter chicken mixture to each tortilla. Fold tightly to create the burritos.
6. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# CREAMY CHICKEN FAJITA BURRITO

## Nutrition Facts

PER BURRITO (MAKES 10)

390 CALORIES

36G PROTEIN

34G CARBS

12G FAT



## INGREDIENTS

32oz thin sliced chicken breast	4 bell peppers
1/2 bunch of cilantro, finely chopped	1 sweet onion
Juice of 1 lime	Salt to taste
1 tblspn avocado oil	220g 0% Greek yogurt
1 tblspn honey	1 tblspn chipotle hot sauce
1 tblspn garlic powder	100g mozzarella
1 tsp chili powder	300g refried ranchero beans (30g per burrito)
1 tsp paprika	10 burrito tortillas (I used the new Counter Protein Tortillas)
1 tsp cumin	
2 tsp coarse salt	
1/3 cup water	

## INSTRUCTIONS

1. Mix 1/2 bunch finely chopped cilantro, juice of 1 lime, avocado oil, honey, garlic powder, chili powder, paprika, cumin, coarse salt, black pepper and water to a bowl and mix. Add chicken and marinate for at least 30 minutes
2. Dice bell peppers and a sweet onion, salt to taste. Add to a baking sheet, bake at 400 for 40 mins
3. Add chicken to an air fryer at 385 for 9 minutes, work in batches if needed
4. Chop cooked chicken, add roasted veggies, greek yogurt, chipotle hot sauce, mozzarella and mix
5. Grab 10 tortillas, spread 30g of refried beans on each (optional) - then evenly distribute the chicken fajita mixture across each tortilla and wrap the burrito into aluminum foil or parchment paper, then store in the freezer
6. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# BUFFALO CHICKEN BURRITO

## Nutrition Facts

PER BURRITO (MAKES 10)

470 CALORIES

32G PROTEIN

56G CARBS

12G FAT



## INGREDIENTS

24oz skinless chicken thighs	300g Spanish RightRice
Season with salt, pepper, garlic, onion, smoked paprika, chili powder	300g plain Greek yogurt
	100g 2% cheddar
	100g 1/3 fat cream cheese
	75g Buffalo sauce
	20g honey
10 burrito size tortillas	Chopped green onions

## INSTRUCTIONS

1. Cook spanish RightRice according to packaging instructions, or use rice of choice
2. Season boneless, skinless chicken thighs with each seasoning listed (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken). Air fry the chicken thighs for 12-15 minutes
3. In a bowl, combine Greek yogurt, light cream cheese, buffalo sauce, and honey for a touch of sweetness
4. Add the diced chicken, reduced-fat cheddar cheese, and green onions to the buffalo sauce mixture. Mix well to create the burrito filling
5. Lay out the tortillas, add three spoonfuls of the burrito filling to each tortilla, and roll tightly.
6. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# CREAMY CHICKEN & RICE BURRITOS

## Nutrition Facts

PER BURRITO (MAKES 12)

440 CALORIES

30G PROTEIN

53G CARBS

12G FAT



## INGREDIENTS

24oz skinless chicken thighs	<u>Pico de Gallo:</u>
Seasoned evenly with salt, garlic, onion, smoked paprika, chili powder	5 Roma tomatoes , diced
	1 white onion , diced
	1 jalapeño pepper, diced
	~1/2 cup fresh chopped cilantro
	Juice of 2 limes
300g Greek yogurt	Dash of salt, pepper & garlic powder
50g green enchilada sauce	
200g 2% cheddar cheese	300g Spanish RightRice
	12 burrito tortillas

## INSTRUCTIONS

1. Season boneless, skinless chicken thighs with each seasoning listed (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken). Air fry the chicken thighs for 12-15 minutes at 375
2. Dice 5 Roma tomatoes, 1 white onion, and 1 jalapeno pepper. Combine these ingredients in a bowl with a handful of chopped cilantro, juice of 2 limes, and season with salt, pepper, and garlic
3. Cook Spanish RightRice according to packaging instructions, or use rice of choice
4. Dice the chicken and mix with rice, greek yogurt, green enchilada sauce, 2% cheddar, & pico
5. Evenly distribute the mixture across 12 burrito sized tortillas, and wrap the burrito into aluminum foil or parchment paper, then store in the freezer
6. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# GREEN CHILE QUESO BURRITO

## Nutrition Facts

PER BURRITO (MAKES 9)

445 CALORIES

32G PROTEIN

54G CARBS

11G FAT



## INGREDIENTS

24oz skinless chicken thighs  
Seasoned with salt, garlic,  
onion, chili powder

200g Basmati rice  
9 burrito tortillas

300g cottage cheese  
35g white cheddar  
5g roasted garlic paste  
20g cheddar powder (I used  
the "White Cheddar" Annie's  
Mac n Cheese packet)  
1 tablespoon jalapeño hot  
sauce  
1, 4oz container of green  
chiles

Garnish:  
1, 4oz can of green  
chiles (for garnish on  
each burrito)  
Handful chopped  
cilantro

## INSTRUCTIONS

1. Pre-heat air-fryer to 375. Tenderize/flatten chicken thighs (even out the thickness), and season (lightly coat each side with each seasoning, if you prefer you can mix them in even amounts in bulk, then add enough over chicken to completely cover both sides), add to air fryer for 12 mins.
2. Cook rice according to packaging instructions
3. Add cottage cheese, white cheddar, roasted garlic paste, cheddar powder, jalapeno hot sauce, and green chiles to a blender and blend until completely smooth.
4. Remove chicken from the air fryer, let rest for 5 mins, then dice in to small pieces. Mix chicken, green chile queso sauce, and rice until combined. Evenly distribute across 9 burrito sized tortillas, and wrap the burrito into aluminum foil or parchment paper, then store in the freezer
5. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# CHEESY EGG BREAKFAST BURRITO

## Nutrition Facts

PER BURRITO (MAKES 4)

420 CALORIES

40G PROTEIN

28G CARBS

15G FAT



## INGREDIENTS

4 eggs	30g fat free cheddar each
150g egg whites	1/2 laughing cow cheese wedge each (2 total)
100g blended cottage cheese	
40g 2% cheddar	4 burrito tortillas (I used the new Counter Protein Tortillas)
15g Parmigiano Reggiano	
1 tspn corn starch	
Salt, pepper, garlic	

## INSTRUCTIONS

1. In a bowl, combine eggs, egg whites, blended cottage cheese, low fat cheddar, parmigiano, salt, pepper, garlic and corn starch. Start by adding a small amount of egg whites, then mixing in corn starch to create a "slurry", then mix in everything else to ensure it mixes smoothly. The corn starch is specifically added so that these can be frozen/reheated.
2. Steam cook the eggs. Microwave in 45 second increments. After each microwave - scrape the edges, mix thoroughly, then add back to microwave. The eggs are done cooking when they're 80-90% firmed up - they'll continue cooking after removing.
3. Assemble burritos. Spread 1/2 a laughing cow cheese wedge, add fat free cheddar, and cheesy eggs. Fold burrito, then wrap with foil or parchment paper, and store frozen
4. **REHEAT INSTRUCTIONS:** Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# CHICKEN PARM BURRITO

## Nutrition Facts

PER BURRITO (MAKES 6)

470 CALORIES

44G PROTEIN

39G CARBS

16G FAT



## INGREDIENTS

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 Parmigiano Reggiano

~2 roasted red peppers

Fresh basil

6 burrito tortillas

## INSTRUCTIONS

1. Season boneless, skinless chicken thighs with each seasoning listed (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken) and the juice of 1 lemon. Let marinate for 30 minutes. Air fry the chicken thighs for 12-15 minutes at 375
2. In a pan, simmer 1 tablespoon of minced garlic for ~2 minutes, then pour over tomato sauce, cream cheese, parmigiano reggiano and diced roasted red peppers. Remove from heat once melted and combined. Dice cooked chicken, and add to the mixture. Let cool for ~10 minutes
3. Evenly distribute the mixture across 6 burrito sized tortillas, and wrap the burrito into aluminum foil or parchment paper, then store in the freezer
4. **REHEAT INSTRUCTIONS:** Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# CHICKEN CALI BURRITO

## Nutrition Facts

PER BURRITO (MAKES 5)

510 CALORIES

47G PROTEIN

48G CARBS

15G FAT



## INGREDIENTS

28oz skinless chicken thighs	5 burrito size tortillas of choice
1/2 cup orange juice	
4 tblspns soy sauce	
Juice of 1 lime	160g frozen fries
8 cloves garlic	75g Guac (15g each)
2 tspn cumin	125g Greek yogurt (25g each)
1 tspn salt	100g fat free cheddar (20g each)
1 tspn black pepper	Spoonful of Pico
1 tspn onion	Hot sauces of choice
3 dried ancho chiles	
3 chipotle peppers in adobo	
20g honey	
1 Handful cilantro	

## INSTRUCTIONS

1. Combine orange juice, soy sauce, lime juice, garlic, cumin, salt, black pepper, onion, chipotle peppers, honey, and cilantro in a blender. De-stem and de-seed your ancho chiles and microwave for 60 seconds to toast, then add to blender. Blend until smooth. Marinate chicken for at least 1 hour, then air fry at 385 for 12 minutes
2. Cook store bought frozen fries in the oven according to the package instructions or until crispy
3. Lay out five burrito-sized tortillas. Add greek yogurt and guac and spread across the tortilla. Then, place an equal amount of cooked chicken and fries onto each tortilla. Top with cheddar cheese, pico, and hot sauce and wrap the burrito, and wrap with aluminum foil or parchment paper, then store in the freezer
4. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# CREAMY CHICKEN & CHEESE BURRITOS

## Nutrition Facts

PER BURRITO (MAKES 6)

350 CALORIES

27G PROTEIN

35G CARBS

12G FAT



## INGREDIENTS

- 1 pound skinless chicken thighs
- 1 packet taco seasoning
- 200g 2% Plain Greek yogurt
- 80g tomato puree OR crushed tomatoes
- 50g pepperjack cheese
- 2 laughing cow cheese wedges
- 2 tablespoons chopped cilantro
- 2-3 tablespoons corn
- 2-3 tablespoons black beans
- 6 burrito tortillas

## INSTRUCTIONS

1. Season 1 lb of boneless, skinless chicken thighs a packet of taco seasoning, using only half of the packet. Cook the seasoned chicken in an air fryer at 375 for 12-15 minutes
2. In a saucepan, combine Greek yogurt, tomato puree or crushed tomatoes, laughing cow cheese wedges, beans & corn. Heat over low. Add second half of the taco seasoning packet and mix well
3. Once the chicken is cooked, chop into small pieces. Add the cooked chicken to the saucepan with the sauce and mix well. Add pepper jack cheese, mix, and transfer the mixture to a bowl.
4. To make the burrito filling easier to handle, chill it in the refrigerator for 30 to 40 minutes
5. Evenly distribute the mixture across 6 burrito sized tortillas, and wrap the burrito into aluminum foil or parchment paper, then store in the freezer
6. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# JALAPENO CHEDDAR CHICKEN BURRITO

## Nutrition Facts

PER BURRITO (MAKES 10)

440 CALORIES

38G PROTEIN

44G CARBS

12G FAT



## INGREDIENTS

24oz skinless chicken thighs

Season with salt, pepper, garlic, onion, smoked paprika, chili powder

300g Greek yogurt

75g pickled jalapeños

30g jalapeño brine (from pickled jalapeno jar)

10g honey

80g fat free cheddar

80g 2% cheddar

300g Spanish RightRice

10 burrito tortillas (I used Counter Protein Tortillas)

## INSTRUCTIONS

1. Cook spanish RightRice according to packaging instructions, or use rice of choice
2. Season boneless, skinless chicken thighs with each seasoning listed (even amounts of each seasoning, if you prefer to measure, mix each seasoning in a small bowl in bulk then use enough to completely cover each side of the chicken). Air fry the chicken thighs for 12-15 minutes
3. In a blender, combine greek yogurt, pickled jalapeños, jalapeño brine, honey, a pinch of salt and blend until completely smooth
4. Dice the cooked chicken and mix with the sauce, rice, fat free and 2% cheddar
5. Lay out the tortillas, add three spoonfuls of the burrito filling to each tortilla, and roll tightly.
6. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# FRITTATA BREAKFAST BURRITO

## Nutrition Facts

PER BURRITO (MAKES 6)

410 CALORIES

32G PROTEIN

34G CARBS

16G FAT



## INGREDIENTS

6 burrito tortillas	<u>Frittata</u>
4 slices of bacon	8 large eggs
60g light sour cream or Greek yogurt	100g egg whites
60g hot sauce	200g blended cottage cheese
Smoked paprika, garlic, onion	10 slices turkey bacon, chopped
	1/2 tsp salt, adjust to taste
	Pepper, garlic to taste
	4 laughing cow cheese wedges
	2 bell peppers
	1 onion

## INSTRUCTIONS

1. Add eggs, egg whites, blended cottage cheese, chopped turkey bacon, salt + seasonings of choice, chopped bell peppers and an onion to a bowl and mix. Add to a baking sheet, add laughing cow cheese wedges (broken to small pieces) and sprinkled over the top. Add to oven at 400 for 20-25 mins or until firm.
2. Dice up 4 slices of normal pork bacon, and cook in a pan over medium heat until crisp
3. Remove frittata from oven, let rest for 10 minutes. Slice in to 6 even pieces
4. Mix greek yogurt or sour cream, hot sauce, and a dash of smoked paprika/garlic/onion in a bowl
5. Even distribute across 6 burrito tortillas. Add sauce, 1 slice of the frittata, sprinkle over bacon, wrap the burrito into aluminum foil or parchment paper, then store in the freezer
6. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# MINI CREAMY BEEF & CHEESE BURRITOS

## Nutrition Facts

PER BURRITO (MAKES 16)

170 CALORIES

15G PROTEIN

13G CARBS

7G FAT



## INGREDIENTS

- 1 pound 93% beef
- 1 packet taco seasoning
- 150g 2% Greek yogurt
- 60g red enchilada sauce
- 80g Pico
- 10g nutritional yeast
- 100g 2% cheddar
- 80g fat free mozzarella
- 3 tablespoons chopped cilantro
- 16 Mission Almond Flour tortillas

## INSTRUCTIONS

1. Brown the beef in a skillet over medium heat, then add taco seasoning along with ~1 tablespoon of water
2. Remove pan from heat, and add in greek yogurt, red enchilada sauce, pico, nutritional yeast, 2% cheddar, fat free mozzarella, and chopped cilantro to create the burrito filling
3. Lightly moisten each tortilla with a little water on both sides in groups of four or five and microwave them for 20 seconds to make them more pliable (otherwise they may rip when rolling)
4. Add 1/16th of the filling to each tortilla and roll in to a burrito. Repeat this process 15 more times to create a total of 16 mini burritos.
5. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 2 minutes, flip halfway.

# STREET TACO CHICKEN BREAKFAST BURRITO

## Nutrition Facts

PER BURRITO (MAKES 5)

575 CALORIES

48G PROTEIN

54G CARBS

18G FAT



## INGREDIENTS

80g orange juice	1 onion
Juice of 2 limes	1 bunch of cilantro
4 tblspns soy sauce	Add juice of 1 lime
1 tblspn fresh garlic	
2 tsp cumin	240g diced hash browns
2 tsp onion	8 Eggs
1 tsp paprika	100g Egg whites
2 tsp coarse salt	80g sour cream
1 tsp black pepper	
1 tblspn adobo sauce	5 burrito tortillas (I use Mission tortillas)
20g brown sugar	
16oz skinless chicken thighs	
16oz diced chicken breast	

## INSTRUCTIONS

1. Prepare the street taco chicken marinade and let the chicken marinate for at least 30 minutes
2. In a skillet over high heat, cook the marinated chicken, work in batches if needed. Once done, remove chicken and add chopped onion. Cook for about two minutes to slightly soften the onion. Add back chicken, stir in chopped cilantro and the juice of one lime
3. Use frozen hash brown cubes and cook in an air fryer according to the packaging instructions
4. In a separate bowl, whisk eggs, egg whites, and sour cream. Cook the mixture over low heat until the eggs are fully cooked. Season with salt, pepper, and garlic powder
5. Lay out the tortillas and evenly distribute the cooked chicken, hash browns, and egg mixture onto each one. Roll each burrito, and wrap in foil or parchment paper
6. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# STREET TACO TAQUITOS

## Nutrition Facts

PER TAQUITO (MAKES 27)

90 CALORIES

9G PROTEIN

10G CARBS

1G FAT



## INGREDIENTS

80g orange juice	1 onion
Juice of 2 limes	1 bunch of cilantro
4 tblspns soy sauce	Juice of 1 lime
1 tblspn fresh garlic	
2 tsp cumin	40g fat free cheddar
2 tsp onion	40g 2% cheddar
1 tsp paprika	
2 tsp coarse salt	Extra thin corn tortillas
1 tsp black pepper	
1 tblspn adobo sauce	
20g brown sugar	
16oz skinless chicken thighs	
16oz diced chicken breast	

## INSTRUCTIONS

1. Marinate chicken with orange juice, lime juice, soy sauce, minced garlic, cumin, onion, paprika, coarse salt, black pepper, adobo sauce & brown sugar. Marinate for 45-60 minutes. Cook in a pan over medium-high heat. Once cooked, let rest 5 minutes, then chop in to very small pieces
2. In the same pan, cook onions for 2-3 mins, then add cooked chicken back. Stir in chopped cilantro, the juice of 1 lime, fat-free and 2% cheddar cheese. Remove from heat and mix well
3. For the taquito shells, use extra thin corn tortillas. Steam the tortillas before attempting to roll them to avoid tearing (cover in moist paper towel in groups of 5-6, microwave 20-30 seconds)
4. Add 1-2 spoonful of the chicken mixture to each steamed tortilla, be careful not to overfill. Roll the tortilla tightly around the filling and place it seam-side down on a baking sheet. Repeat this process for all taquitos. Lightly spray with oil, bake at 420 degrees for ~20 minutes until crispy.
5. Store frozen. Reheat times will differ based on number of taquitos you are heating at once, but I recommend a short microwave defrost, followed by air frying to crisp up

# SAUSAGE EGG AND CHEESE SANDWICHES

## Nutrition Facts

PER SANDWICH (MAKES 6)

385 CALORIES

33G PROTEIN

29G CARBS

15G FAT



## INGREDIENTS

8oz Turkey sausage	90g light Mayo
8oz 93% beef	15g Gochujang
Salt, garlic, onion, smoked paprika, black pepper, rubbed sage	15g sriracha Small splash of white wine vinegar Pinch of salt + pepper
200g egg whites	6 english muffins
2 eggs	6 slices low fat cheese
100g blended cottage cheese	
5g nutritional yeast (adds cheesy flavor)	
1tspn corn starch	

## INSTRUCTIONS

1. Combine turkey sausage and lean beef (or any lean meat, or just use turkey sausage). Season with an equal amount of salt, garlic, onion, smoked paprika, black pepper and rubbed sage. Just sprinkle each over the mixture in equal amounts until the exterior is covered, then mix in to meat. If just using store bought turkey sausage, no need to season. Form in to 6 patties
2. Whisk together egg whites, eggs, blended cottage cheese, nutritional yeast and corn starch. Add to a baking sheet lined with parchment paper, and bake at 400 for 8-10 minutes
3. Over high heat, cook the sausage patties until cooked through. Top each with low-fat cheese
4. In a bowl, mix mayo, gochujang, sriracha, white wine vinegar and a pinch of salt and pepper
5. Create six sandwiches using the cooked sausage patties, sheet pan eggs, and a generous dollop of spicy mayo on each half of the muffin. Wrap in foil or parchment paper and store in freezer
6. REHEAT INSTRUCTIONS: Cover with damp paper towel - microwave for ~1 minute. Remove and split in half, microwave uncovered for 45 seconds to ensure interior is defrosted. Place the sandwich back together and air fry or bake at 375 (air fry) or 425 (oven) for 5-7 minutes.

# HAM EGG & CHEESE SANDWICHES

## Nutrition Facts

PER SANDWICH (MAKES 10)

405 CALORIES

31G PROTEIN

27G CARBS

18G FAT



## INGREDIENTS

6 whole eggs (or ~300g egg whites)	6 English muffins
90g blended cottage cheese	12 slices Canadian bacon (2 slices each) or ham
30g reduced fat cheddar	6 slices reduced fat cheddar or American cheese
5g parmigiano reggiano	190g light Mayo
Salt, pepper, garlic, chopped chives	20g sriracha
	Squeeze of lemon juice
	Pinch of salt + pepper

## INSTRUCTIONS

1. In a bowl, combine six eggs, blended cottage cheese, cheddar cheese, parmesan, and a pinch of salt, garlic, and pepper. Mix well
2. Line a sheet pan with parchment paper, and pour the egg mixture into the pan. Top with pepper and chives, then bake at 400 for 8-10 minutes. Let rest 5-10 minutes after removing to finish
3. In a small bowl, mix light mayo, Sriracha, lemon juice, salt, and pepper until well combined
4. Once the eggs are cooked, slice them into six even squares. Spread the sauce onto each half of six English muffins. Top each with an egg square, 2 slices of canadian bacon, garlic, pepper, and a slice of reduced-fat sharp cheddar cheese
5. Wrap each sandwich in foil or parchment paper and place them in the freezer.
6. REHEAT INSTRUCTIONS: Cover with damp paper towel - microwave for ~1 minute, flip, microwave one more minute. Finish in air fryer for 4-5 mins if you want to crisp it up

# MEAL PREP FROZEN CHEESEBURGERS

## Nutrition Facts

PER BURGER (MAKES 8)

390 CALORIES

29G PROTEIN

31G CARBS

16G FAT

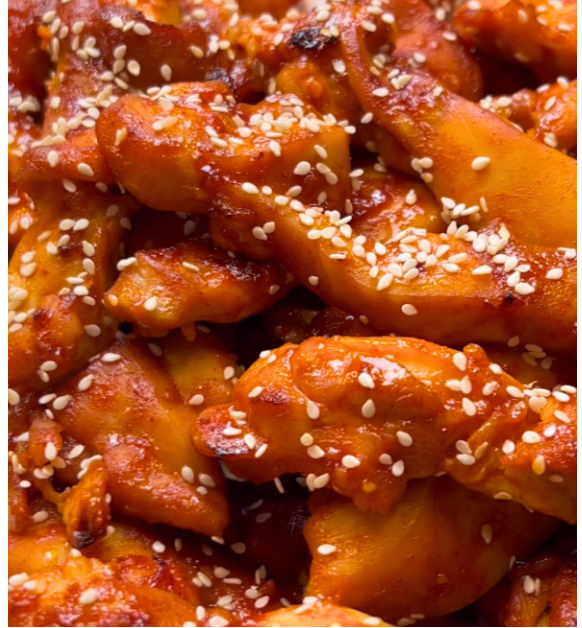


## INGREDIENTS

- |  |                         |
|--|-------------------------|
| 32oz 93% beef                          | 175g light Mayo         |
| 3 tspn salt                            | 175g sugar-free ketchup |
| 1 tspn black pepper                    | 80g relish              |
| 3 teaspoons smoked paprika             | 2 tspn white vinegar    |
| 2 teaspoons onion                      | .75 tspn soy sauce      |
| 4 teaspoons garlic                     |                         |
| 1 tspn cumin                           |                         |
| 6 slices of reduced fat cheddar cheese |                         |
| 8 English muffins                      |                         |

## INSTRUCTIONS

1. Form beef in to 8, 4oz patties. Season equally with the seasoning blend of salt, pepper, smoked paprika, onion, garlic, and cumin. Cook on grill over medium high heat (let preheat for ~10 mins), 2.5-3 mins each side, grill closed (highly recommend using a meat thermometer to cook properly). Remove from heat and add a slice of cheese on top
2. For the burger sauce, mix mayo, sugar free ketchup, sweet relish, white vinegar and soy sauce
3. Take eight English muffins and split them in half. Evenly distribute the burger sauce onto both halves of each muffin. Place a cooked burger on top of each.
4. Wrap each assembled cheeseburger in foil and place them in the freezer.
5. REHEAT INSTRUCTIONS (for 1): Preheat oven to 450. Remove burger from foil, wrap in paper towel, microwave for 45-60 seconds, flip, microwave 45-60 seconds. Remove from paper towel, add to baking sheet (or air fryer), and bake at 450 for 5-7 minutes or until center is fully warm and the English muffin buns are crispy on the exterior



# PROTEINS

# POLLO ASADO (AIR FRIED)

## Nutrition Facts

PER 4 OZ (MAKES 7)

150 CALORIES

23G PROTEIN

5G CARBS

4.5G FAT



## INGREDIENTS

- 28oz boneless skinless thighs
- 1/2 cup orange juice
- 4 tbsps 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
- 3 chipotle peppers in adobo
- 20g honey
- 1 Handful cilantro

## INSTRUCTIONS

1. Prep marinade. De-stem and de-seed dried ancho chiles, and microwave for ~45-60 seconds to toast. They will "rehydrate" as they sit in the marinade. If you want less spice, remove the seeds from chipotle peppers as well.
2. Add all marinade ingredients to a blender and blend until completely smooth (~1-2 minutes)
3. Add to a large bowl with chicken and marinate for at least an hour. I recommend marinating 8-12 hours if possible
4. After marinating - add to air fryer at 400 degrees for 14 minutes and flip halfway (work in two batches). You can also use a grill if preferred/for a more traditional preparation style
5. Let rest for 5 mins, then dice in to small pieces
6. \*Pro-tip. Reserve some of the marinade before pouring over the chicken, and once chicken is cooked/chopped, pour it over and mix.

# GARLIC PARMESAN CHICKEN

## Nutrition Facts

PER 4OZ (MAKES 4)

180 CALORIES

24G PROTEIN

2G CARBS

8G FAT



## INGREDIENTS

16oz boneless skinless chicken thighs

10g olive oil

2 tblspn white wine vinegar

1 teaspoon garlic powder

1/2 teaspoon dried oregano

1/4 teaspoon onion powder

1/4 teaspoon crushed red pepper

1/4 teaspoon salt

1/4 teaspoon pepper

10g Honey

20g finely grated Parmesan

## INSTRUCTIONS

1. In a large bowl create the marinade by combining all ingredients, then add in chicken and marinate for at least 30 minutes. The longer the better
2. Toss the chicken into the air fryer (or oven) at 375 for 12 minutes or until fully cooked through

# SWEET & SPICY KOREAN BEEF

## Nutrition Facts

PER 4 OZ (MAKES 6)

195 CALORIES

26G PROTEIN

9G CARBS

6G FAT



## INGREDIENTS

- 24oz 96% ground beef
- 2 tspn sesame oil
- 1.5 tablespoon cloves garlic, minced
- 3 green onions, only greens
- 30g brown sugar
- 80g soy sauce
- 20g gochujang
- Few dashes of red chili flakes

## INSTRUCTIONS

1. In a bowl, combine sesame oil, minced garlic, green onions, brown sugar, soy sauce, gochujang and red chili flakes
2. Add 96% lean beef to a pan and cook until it's about 50% done
3. Pour the prepared marinade into the pan and continue to cook the beef, simmering until it's cooked through and liquid is reduced

# STREET TACO CHICKEN

## Nutrition Facts

PER 4 OZ (MAKES 8)

150 CALORIES

25G PROTEIN

4G CARBS

3G FAT



## INGREDIENTS

16oz skinless chicken thighs

16oz chicken breast

80g orange juice

Juice of 2 limes

4 tblspns soy sauce

1 tablespoon minced garlic

2 tspn cumin

2 tspn onion

1 tspn paprika

2 tspn coarse salt

1 tspn black pepper

1 tablespoon adobo sauce

20g brown sugar

## INSTRUCTIONS

1. Marinate chicken with orange juice, lime juice, soy sauce, minced garlic, cumin, onion, paprika, coarse salt, black pepper, adobo sauce & brown sugar. Marinate for 45-60 minutes. Cook in a pan over medium-high heat. Once cooked, let rest 5 minutes, then chop into small pieces
2. In the same pan, cook onions for 2-3 mins, then add cooked chicken back. Stir in chopped cilantro & the juice of 1 lime

# ITALIAN MEATBALLS (AND MARINARA)

## Nutrition Facts

PER MEATBALL (MAKES 20)

55 CALORIES

8G PROTEIN

1G CARBS

2G FAT



## INGREDIENTS

- |                              |                                      |
|------------------------------|--------------------------------------|
| 24oz 96% beef                | Marinara:                            |
| 1/4 cup Italian breadcrumbs  | 1 medium onion                       |
| 80g 2% milk                  | 1 stalk of celery                    |
| 30g Parmigiano Reggiano      | 1 medium carrot, peeled and chopped  |
| 2 tsp salt                   | 4 cloves minced garlic               |
| 1.5 tablespoon minced garlic | 28oz can of San Marzano tomatoes     |
| 1 tsp red chili flakes       | 1 tablespoon Gochujang               |
| 2 tsp fresh chopped basil    | 2 tsp soy sauce                      |
| Few dashes of pepper         | Salt & pepper to taste               |
| 1 tsp soy sauce              | Couple leaves of chopped fresh basil |

## INSTRUCTIONS

1. Add finely chopped onion/celery/carrot to a non-stick large pot over medium low heat. Simmer until translucent - since I didn't use oil, I generally will add a splash of water every few mins to deglaze/stop the veggies from sticking to the pan, then cover to steam the veggies a bit. Once softened, add minced garlic & gochujang (you can sub with tomato paste + a few dashes of red chili flakes), simmer for 1-2 mins, then add in your canned tomatoes. Add soy sauce, salt and pepper, then add to a blender and blend until completely smooth. Add in chopped basil, place on lowest heat setting, and cover while you prep meatballs.

2. In a bowl, mix Italian breadcrumbs, milk, fresh finely grated parmigiano reggiano, salt, minced garlic, red chili flakes, chopped basil, pepper, and soy sauce. Mix well, let sit for 5 minutes, then mix in 96% beef and fully combine. Form in to 20 equally sized meatballs, and bake at 400 degrees for 8 mins, remove, then add to the marinara sauce and cover with sauce completely. Cover pot and place over a low simmer for ~20 mins. Store meatballs and sauce separately

# CARNE ASADA

## Nutrition Facts

PER 4 OZ (MAKES 24)

225 CALORIES

23G PROTEIN

4G CARBS

12G FAT



## INGREDIENTS

6 pounds skirt steak (96oz), trim exterior fat  
3 cara cara oranges (peeled, whole)  
12 tblspns soy sauce  
Juice of 3 limes  
24 cloves garlic  
6 tspn cumin  
3 tspn coarse salt  
3 tspn black pepper  
3 tspn onion  
9 dried ancho chiles  
6 dried guajillo chiles (optional)  
1, 7.5 ounce can chipotle's in adobo  
60g honey  
1 entire bushel of Cilantro (include stems)  
4 tablespoons avocado oil

## INSTRUCTIONS

1. First off - this recipe makes a massive amount of meat. I prefer to cook it in significant bulk because it is a good amount of prep work to make/long marinade time, and it is a very good group/"grill-out" recipe. If you want to start smaller, divide the recipe by 3.
2. Prep marinade. De-stem and de-seed dried ancho chiles and guajillo chiles, and microwave for ~45-60 seconds to toast (work in batches). They will "rehydrate" as they sit in the marinade.
3. Add all marinade ingredients to a blender and blend until completely smooth (~2 minutes)
4. Add to a large bowl with skirt steak, mix, add to air-tight gallon bags & marinate for 8-12 hours
5. After marinating, turn every burner on a grill to max heat. Close, and let pre heat for 15 minutes. Goal is to get the grill as hot as possible. Remove steak from marinade, and evenly distribute across grill directly over flames. I usually work in two batches. Close lid, cook for 1 minute, flip, close, cook another minute, and repeat until cooked through and nicely charred on the exterior. Since skirt steak is very thin, this should only take 5-6 minutes max. Remove, let rest for 10 minutes, slice against the grain and dice in to cubes if preferred

# CHIMICHURRI CHICKEN BITES

## Nutrition Facts

PER 4 OZ (MAKES 8)

184 CALORIES

26G PROTEIN

0G CARBS

8G FAT



## INGREDIENTS

32oz chicken breast

Season lightly with salt, garlic, onion, smoked paprika

1/3 cup fresh parsley

1/3 cup 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

## INSTRUCTIONS

1. Use a meat tenderizer to even out the thickness of your chicken breasts. Dice in to cubes, and lightly coat the chicken with each seasoning (mix seasonings in even quantities and cover each piece of chicken). Cook chicken either in an oven (450 degrees for 15-18 minutes), air fryer (375 for 10 minutes), or pan fry
2. In a food processor, combine parsley, cilantro, and garlic until finely chopped. Alternatively, finely chop by hand
3. To the chopped herb mixture, add olive oil, red wine vinegar, red chili flakes, oregano, and salt. Mix well to create the chimichurri. Let rest for 20 minutes to let flavors combine
4. In a bowl, mix the chicken cubes with the chimichurri sauce until well coated

# CHIPOTLE-STYLE CHICKEN

## Nutrition Facts

PER 4 OZ (MAKES 8)

130 CALORIES

22G PROTEIN

0G CARBS

5G FAT



## INGREDIENTS

32oz boneless skinless chicken thighs

Seasoning blend (to prepare in bulk, simply add an even amount of each seasoning in a bowl and mix):

Salt, garlic, onion, smoked paprika, chili powder

## INSTRUCTIONS

1. Pre heat oven on broil to 475 (or "Low" setting on broil). Broiling is essentially "upside down grilling" and the heat will come directly from above, creating a similar effect as air frying. The reason for using the oven here is simply because it is more efficient given the quantity, but you could also air fry in batches.
2. Place baking sheet in oven right when you turn oven on, add light oil spray. This will preheat the sheet so the bottom will sear chicken when added
3. Season chicken thighs by sprinkling light layer of each seasoning on each side. Mix the seasoning blend in bulk if preferred. Season the chicken enough to completely cover each side.
4. Add chicken to sheet (should sizzle when placed on) - then add to oven for ~12 mins to cook
5. Let rest for 5-10 minutes, the dice in to small pieces

# CHIPOTLE-STYLE STEAK

## Nutrition Facts

PER 4 OZ (MAKES 6)

200 CALORIES

24G PROTEIN

0G CARBS

11G FAT



## INGREDIENTS

- 24oz flank steak
- 20g avocado oil or olive oil
- Juice of 3 limes
- 1 tablespoon minced garlic
- 2 tablespoons cumin
- 1 tablespoon smoked paprika
- 2 teaspoon oregano
- 1/2 teaspoon chipotle chili powder
- 1 tablespoon Salt
- 2 tablespoons water
- Couple cracks of pepper

## INSTRUCTIONS

1. Combine flank steak with each of the marinade ingredients, and let marinate at least 1 hour
2. Pre heat oven on broil to 475 (or "Low" setting on broil). Broiling is essentially "upside down grilling" and the heat will come directly from above. You could also use a grill, if preferred
3. Place baking sheet in oven right when you turn oven on. This will preheat the sheet so the bottom will sear the steak when added
4. Remove sheet from oven, add a light oil spray, and place steak on sheet. Add to oven for 10-12 minutes. Adjust time based on preference - this time range should get it to medium-rare. Use a meat thermometer if you have one, pull at ~115 degree internal temp
5. Remove, place on a cutting board and let rest (covered with foil) for ~10 minutes
6. Once ready, slice in to strips against the grain, and then chop in to bite size pieces

# BUTTER CHICKEN

## Nutrition Facts

PER SERVING (MAKES 5)

305 CALORIES

39G PROTEIN

14G CARBS

9G FAT



## INGREDIENTS

24oz chicken breast  
180g 0% greek yogurt  
1 tbsp garam masala  
1 tbsp Kashmiri red  
chilli powder  
1 tsp salt  
3 cloves garlic,  
minced

White Sauce:  
100g Greek yogurt  
50g milk  
1 tspn garlic powder  
Pinch of salt

Sauce:  
30g light butter  
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 milk  
Pinch of salt

## INSTRUCTIONS

1. Cut chicken breast into cubes. Combine with plain Greek yogurt, garam masala, chili powder, salt, and minced garlic. Mix well, and marinate for at least 1 hour
2. In a small bowl, mix cumin, kashmiri chili powder, coriander and garam masala
3. In a pan over high heat, cook the marinated chicken for 7-8 minutes. Remove chicken and add diced onions & light butter. Cook until softened. Add the spice blend and minced garlic, simmer for 2 minutes. Stir in crushed tomatoes, cashews, and milk. Transfer to a blender and blend for 1-2 mins. Add sauce back to pan and mix with chicken
4. Mix Greek yogurt, milk, garlic, and salt to make the low calorie garlic sauce, and drizzle over the top

# LEMON PEPPER CHICKEN

## Nutrition Facts

PER 4 OZ (MAKES 6)

145 CALORIES

26G PROTEIN

0G CARBS

4G FAT



## INGREDIENTS

- 24oz chicken breast
- 1 lemon (juice half for marinade, add other half as topping after dicing chicken)
- 1 tablespoon olive oil
- 1 tablespoon salt
- 1/2 tablespoon pepper
- 1 tspn garlic powder

## INSTRUCTIONS

1. In a bowl, combine lemon juice, olive oil, salt, garlic, and pepper. Mix well
2. Place thinly sliced chicken breasts in the marinade, ensuring they are well-coated. Allow them to marinate for 30 to 45 minutes
3. Preheat a pan over medium-high heat. Add the marinated chicken breasts and sear for 2 to 3 minutes on each side, or until fully cooked
4. Remove the cooked chicken from the pan and let it rest for 5 to 10 minutes, then dice in to small pieces, juice second half of lemon over the top

# CILANTRO LIME CHICKEN

## Nutrition Facts

PER 4OZ (MAKES 8)

135 CALORIES

23G PROTEIN

2G CARBS

4G FAT



## INGREDIENTS

- 32oz thin sliced chicken breast
- 1/2 bunch of cilantro, finely chopped
- Juice of 1 lime
- 1 tablespoon avocado oil
- 1 tablespoon honey
- 1 tablespoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon cumin
- 2 teaspoon coarse salt
- Fresh black pepper to taste
- 1/3 cup water

## INSTRUCTIONS

1. In a large bowl create the marinade by combining all ingredients. Mix thinly sliced chicken breast into the marinade and let sit for at least 30 minutes
2. Toss the chicken into the air fryer (or oven) at 385 for about 9 minutes or until fully cooked through (work in two batches). Dice in to small pieces

# CHICKEN BULGOGI

## Nutrition Facts

PER 4OZ (MAKES 8)

190 CALORIES

23G PROTEIN

11G CARBS

7G FAT



## INGREDIENTS

32 oz skinless chicken thighs

Marinade:

4 tbsp gochujang

2 tbsp soy sauce

3 tbsp brown sugar

2 tbsp minced garlic

1 tsp ginger paste

1.5 tbsp mirin

1 tbsp sesame oil

1/2 tsp black pepper

## INSTRUCTIONS

1. Slice chicken thighs in to thin strips, 3-4 strips from each thigh
2. Make the marinade by mixing gochujang, soy sauce, brown sugar, minced garlic, ginger paste, mirin, sesame oil, and black pepper. Marinate the chicken for 4-8 hours, or overnight
3. Air fry the marinated chicken at 400 for 10 minutes or until fully cooked, work in 2-3 batches if needed. Top with sesame seeds, and enjoy!

# CHIPOTLE CHICKEN MEATBALLS

## Nutrition Facts

PER MEATBALL (MAKES 15)

45 CALORIES

8G PROTEIN

2G CARBS

1G FAT



## INGREDIENTS

- 1 lb ground chicken
- 2 chipotle peppers in adobo, finely chopped
- 1 tablespoon adobo sauce
- 2 cloves garlic, minced
- 1/2 small onion, grated
- 1 teaspoon salt
- 1.5 teaspoon ground cumin
- 1 tablespoon tomato paste
- 1 egg
- 1/4 cup plain bread crumbs

## INSTRUCTIONS

1. Combine all ingredients listed in a large bowl and mix until fully combined
2. Once fully combined, use a scale to measure each meatball to ~40g, which yields 15 meatballs
3. Add to a baking tray with parchment paper and bake at 475 for 15 minutes until fully cooked through
4. Store in the fridge or freezer, and reheat when ready to eat. Use in rice bowls, tacos, or sandwiches

# GRILLED BUFFALO CHICKEN STRIPS

## Nutrition Facts

PER 4 OZ (MAKES 9)

170 CALORIES

24G PROTEIN

0G CARBS

11G FAT



## INGREDIENTS

36oz Boneless skinless chicken thighs

80g Buffalo sauce

40g soy sauce

Lightly coat with salt, garlic powder & paprika

## INSTRUCTIONS

1. Slice chicken thighs into thin even strips and season lightly with salt, garlic powder, and paprika. Use enough of each to coat the entire exterior of the chicken.
2. Marinate the chicken in a large bowl with buffalo sauce and soy sauce for at least 45 minutes up to 2 hours
3. If cooking on a grill, preheat grill on high heat for 10 mins (closed), cook chicken 2 mins on each side (close lid). If cooking in an air-fryer, preheat to 400, add strips for 10 minutes (you'll need to work in batches)
4. Enjoy!

# ITALIAN STYLE CHICKEN NUGGETS

## Nutrition Facts

PER 4 OZ (MAKES 5)

200 CALORIES

24G PROTEIN

3G CARBS

10G FAT



## INGREDIENTS

20oz boneless skinless chicken thighs

20g olive oil

4 tblspn white wine vinegar

1 teaspoon garlic powder

1 teaspoon dried oregano

1 teaspoon dried basil

1/2 teaspoon onion powder

1/2 teaspoon crushed red pepper

1/2 teaspoon truffle salt (or normal salt)

1/2 teaspoon pepper

1 teaspoon lemon juice

20g Honey

30g grated fresh Parmesan

## INSTRUCTIONS

1. Dice chicken thighs (or chicken breast) into small even sized cubes
2. In a large bowl create the marinade by combining all ingredients and placing the cubed chicken into the marinade
3. Mix the chicken into the marinade and let sit for a few hours (at least 30 minutes). The longer the better
4. Toss the chicken into the air fryer (or oven) at 400 for about 9-10 minutes or until fully cooked through

# HONEY GARLIC CHICKEN

## Nutrition Facts

PER 4OZ (MAKES 7)

155 CALORIES

23G PROTEIN

7G CARBS

5G FAT



## INGREDIENTS

- 28oz chicken breast
- 2 tablespoons soy sauce
- 1 teaspoon minced garlic
- 1 tablespoon chili crisp
- 3 tablespoons honey
- 1 tablespoon avocado oil
- 1/2 tablespoon gochugaru

## INSTRUCTIONS

1. Dice chicken thighs (or chicken breast) into small even sized cubes
2. In a large bowl create the marinade by combining all ingredients and placing the cubed chicken into the marinade
3. Mix the chicken into the marinade and let sit for a few hours (at least 30 minutes). The longer the better
4. Toss the chicken into the air fryer (or oven) at 385 for about 9-10 minutes or until fully cooked through

# HALAL CART-STYLE CHICKEN

## Nutrition Facts

PER 4OZ (MAKES 8)

170 CALORIES

26G PROTEIN

1G CARBS

8G FAT



## INGREDIENTS

32oz chicken breast

226g fat free plain Greek yogurt

40g (~3 tablespoons) olive oil

2 tablespoon shawarma seasoning or seven spice\*

2 tspn smoked paprika

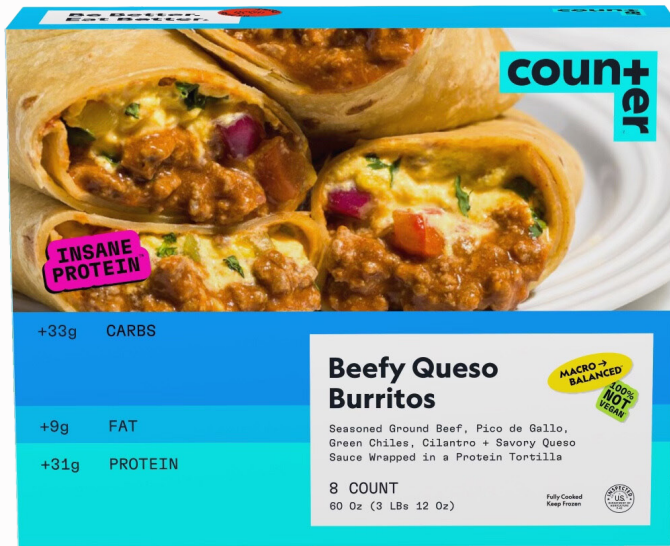
1 tablespoon minced garlic

2 tspn salt

\*if you can't find these, add cumin, coriander and a dash of cinnamon

## INSTRUCTIONS

1. Dice chicken breast (or chicken thighs) into small even sized cubes
2. Create marinade by mixing greek yogurt, olive oil, shawarma seasoning, smoked paprika, minced garlic, and salt. Mix the chicken into the marinade and let sit for 4-8 hours, or overnight. The longer the better!
3. Toss the chicken into the air fryer at 400 for about 9-10 minutes or until fully cooked through.  
Work in two batches
4. Enjoy!!



# COUNTER<sup>TM</sup> RECIPES

# COUNTER<sup>TM</sup> - TACO MAC

LAUNCHING NATIONWIDE IN SAM'S CLUB ON JUNE 6TH! THE FIRST PRODUCT TO HIT STORES, AND THE FIRST COMMERCIALIZED PRODUCT IN HISTORY TO USE BLENDED COTTAGE CHEESE!

## Nutrition Facts

PER SERVING (MAKES 5)

335 CALORIES

31G PROTEIN

35G CARBS

8G FAT

## INGREDIENTS



16oz 96% beef

200g pasta

110g diced bell peppers

180g 2% cottage cheese

75g diced onion

20g cream cheese

30g taco seasoning (1 packet)

16g cheddar powder

50g red enchilada sauce

28g low fat cheddar

6.5g nutritional yeast

28g 1% milk

Hot sauce to taste

## INSTRUCTIONS

1. Start cooking pasta according to packaging instructions, I use large elbows
2. Mix cottage cheese, cream cheese, cheddar powder, low fat cheddar (use Velveeta shreds for a more "Queso" cheese flavor), nutritional yeast, milk, and a dash of hot sauce to taste. Blend until completely smooth
3. Add diced bell peppers and onion to a pan over medium heat (I buy pre-diced, but for the sake of simplicity, you can also use 1 whole bell pepper and 1/2 an onion). Cook until softened, remove, and add your beef. Cook until browned and cooked through, then add back peppers/onions, 1 packet of taco seasoning, and red enchilada sauce. Mix to combine. Remove from heat, pour over cooked pasta, and your cheese sauce, and mix thoroughly.
4. Separate in to 5 equal servings and store frozen. To reheat, microwave 1.5 minutes, mix, then microwave 1.5-2 minutes until fully heated through

# COUNTER<sup>TM</sup> - BEEFY QUESO BURRITOS

A RE-WORKED VERSION OF MY FAMOUS CREAMY BEEF AND CHEESE BURRITOS. WE'VE PITCHED THESE BURRITOS TO SEVERAL MAJOR RETAILERS WITH EXTREMELY POSITIVE FEEDBACK.

## Nutrition Facts

PER BURRITO (MAKES 8)

330 CALORIES

31G PROTEIN

33G CARBS

9G FAT



## INGREDIENTS

454g 96% ground beef  
1.5 tspn coarse salt, 1 tspn onion, 1 tspn garlic, 0.5 tspn paprika, 0.25 tspn chili powder

200g 0% greek yogurt  
100g red enchilada sauce  
100g Pico de gallo  
60g 2% cheddar  
60g fat free cheddar  
60g green chiles  
30g nutritional yeast  
14g brown sugar  
18g shiitake mushroom powder\*  
20g chopped cilantro  
8 tortillas

\*I buy whole dried mushrooms, then blend to make a powder. Omit if you can't find this ingredient. It is included to add extra "Umami"

## INSTRUCTIONS

1. Brown ground beef in a skillet over medium heat, once mostly cooked through, add in seasoning blend and mix
2. Remove pan from heat, and mix in greek yogurt, red enchilada sauce, pico de Gallo, 2% and fat free cheddar, green chiles, nutritional yeast, brown sugar, shiitake mushroom powder, and chopped cilantro. Mix until everything is melted and combined.
3. Let mixture cool for a few minutes, then allocate equally across 8 tortillas. Roll the burritos tightly, then wrap with foil or parchment paper and store in the freezer.
4. **REHEAT INSTRUCTIONS:** Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# COUNTER<sup>TM</sup> - CHICKEN QUESO BURRITOS

A RE-WORKED VERSION OF MY FAMOUS CREAMY CHICKEN AND CHEESE BURRITOS. WE'VE PITCHED THESE BURRITOS TO SEVERAL MAJOR RETAILERS WITH EXTREMELY POSITIVE FEEDBACK.

## Nutrition Facts

PER BURRITO (MAKES 8)

320 CALORIES

32G PROTEIN

33G CARBS

8G FAT



## INGREDIENTS

454g 96% ground chicken  
1.5 tspn coarse salt, 1 tspn onion, 1 tspn garlic, 0.5 tspn paprika, 0.25 tspn chili powder

200g 0% greek yogurt  
100g red enchilada sauce  
100g Pico de gallo  
60g 2% cheddar  
60g fat free cheddar  
60g green chiles  
30g nutritional yeast  
14g brown sugar  
18g shiitake mushroom powder\*  
20g chopped cilantro  
8 tortillas

\*I buy whole dried mushrooms, then blend to make a powder. Omit if you can't find this ingredient. It is included to add extra "Umami"

## INSTRUCTIONS

1. Brown ground chicken in a skillet over medium heat, once mostly cooked through, add in seasoning blend and mix
2. Remove pan from heat, and mix in greek yogurt, red enchilada sauce, pico de Gallo, 2% and fat free cheddar, green chiles, nutritional yeast, brown sugar, shiitake mushroom powder, and chopped cilantro. Mix until everything is melted and combined.
3. Let mixture cool for a few minutes, then allocate equally across 8 tortillas. Roll the burritos tightly, then wrap with foil or parchment paper and store in the freezer.
4. **REHEAT INSTRUCTIONS:** Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior (timing may vary based on appliance). Let sit for 5 minutes before eating.

# COUNTER<sup>TM</sup> - BREAKFAST BURRITOS

A BRAND NEW RECIPE DEVELOPED SPECIFICALLY FOR RETAIL. AIMING FOR LATE 2023/EARLY 2024 RETAIL LAUNCH. THE ROASTED POBLANO SAUCE IS THE BEST LOW CALORIE SAUCE I'VE EVER HAD - THIS ONE IS ALL ABOUT THE SAUCE!

## Nutrition Facts

PER BURRITO (MAKES 11)

335 CALORIES

30G PROTEIN

34G CARBS

12G FAT



## INGREDIENTS

9 andouille chicken sausage links	450g egg whites
105g diced bell peppers	90g blended cottage cheese
105g diced onions	90g low fat cheddar
	6 tspn corn starch
	<u>Roasted Poblano Sauce*</u> :
270g diced potatoes (buy frozen from grocery store)	200g Greek yogurt
	4 poblano peppers
	2 jalapeño peppers
	4 cloves garlic
11 burrito tortillas	1 tspn lime juice
	1 tspn onion powder

\*(Full recipe makes ~475g of sauce, used 300g for 11 burritos, so there will be extra leftover)

## INSTRUCTIONS

1. Pre-heat oven to 450 degrees. Chop poblano peppers and jalapeno peppers in half, remove stems and seeds. Spray lightly with oil, and add to a baking sheet. Add a small amount of oil to 4 cloves of garlic, and wrap in foil. Place in the corner of the baking sheet. Bake for 40 minutes to roast.
2. Add diced bell peppers and diced onions (1 of each) to a pan over medium heat. Cook until soft. Crumble your andouille chicken sausages, and mix in the same pan. Cook frozen diced potatoes based on packaging instructions
3. In a bowl, combine egg whites, blended cottage cheese, cheddar and corn starch. Start by adding a small amount of egg whites, mix in corn starch to create a "slurry", then mix in everything else to ensure it mixes smoothly.
4. Steam cook the eggs. Microwave in 45 second increments. After each microwave - scrape the edges, mix thoroughly, then add back to microwave. The eggs are done cooking when they're 80-90% firmed up
5. Add roasted poblanos and jalapeños to a blender with greek yogurt, lime and onion powder. Blend until smooth.
6. Mix 300g of the poblano sauce with the sausage mixture. Assemble burritos. Add eggs, potatoes, and meat/sauce mixture to each tortilla in even amounts. Fold, wrap in foil or parchment paper, and store frozen.
7. REHEAT INSTRUCTIONS: Microwave wrapped in a damp paper towel for 1 minute, 15 seconds (flip halfway) to defrost. Air fry at 360 for 6-7 minutes to crisp up tortilla and finish cooking interior

# COUNTER<sup>TM</sup> - BREAKFAST BOWLS

A BRAND NEW RECIPE DEVELOPED SPECIFICALLY FOR RETAIL. AIMING FOR LATE 2023/EARLY 2024 RETAIL LAUNCH. THE ROASTED POBLANO SAUCE IS THE BEST LOW CALORIE SAUCE I'VE EVER HAD - THIS ONE IS ALL ABOUT THE SAUCE!

## Nutrition Facts

PER BOWL (MAKES 6)

435 CALORIES

43G PROTEIN

38G CARBS

13G FAT



## INGREDIENTS

9 andouille chicken sausage links  
105g diced bell peppers  
105g diced onions

720g diced potatoes (buy frozen from grocery store)

750g egg whites  
150g blended cottage cheese  
90g low fat cheddar  
6 tspn corn starch


### Roasted Poblano Sauce\*:

200g Greek yogurt  
4 poblano peppers  
2 jalapeño peppers  
4 cloves garlic  
1 tspn lime juice  
1 tspn onion powder

\*(Full recipe makes ~475g of sauce, used 360g for 6 bowls, so there will be extra leftover)

## INSTRUCTIONS

1. Pre-heat oven to 450 degrees. Chop poblano peppers and jalapeno peppers in half, remove stems and seeds. Spray lightly with oil, and add to a baking sheet. Add a small amount of oil to 4 cloves of garlic, and wrap in foil. Place in the corner of the baking sheet. Bake for 40 minutes to roast.
2. Add diced bell peppers and diced onions (1 of each) to a pan over medium heat. Cook until soft. Crumble your andouille chicken sausages, and mix in the same pan. Cook frozen diced potatoes based on packaging instructions
3. In a bowl, combine egg whites, blended cottage cheese, cheddar and corn starch. Start by adding a small amount of egg whites, mix in corn starch to create a "slurry", then mix in everything else to ensure it mixes smoothly.
4. Steam cook the eggs. Microwave in 45 second increments. After each microwave - scrape the edges, mix thoroughly, then add back to microwave. The eggs are done cooking when they're 80-90% firmed up
5. Add roasted poblanos and jalapeños to a blender with greek yogurt, lime and onion powder. Blend until smooth.
6. Assemble bowls. In 6 separate containers, add equal amounts of potatoes, eggs, beef and pepper mixture, and top with ~60g of sauce per bowl. There will be sauce leftover.
7. REHEAT INSTRUCTIONS: Microwave for 1.5 minutes, give a light mix, and microwave again for 1.5-2 minutes to finish



I wanted to take a moment to express my deepest gratitude to each and every one of you. Your support means the world to me and keeps my passion for cooking alive. It has been an incredible journey to create this cookbook, and your purchase not only helps me share my love for cooking with more people, but also encourages me to continue creating more.

Your feedback, comments, DM's and reviews have been invaluable in helping me improve my recipes and make them even better than before.

Thank you for being a part of my cooking journey and for making my dreams come true. I am truly humbled by your support.

- Tom

If you have any questions or feedback, email me at:

[Stealth.health.life@gmail.com](mailto:Stealth.health.life@gmail.com)