



ALL ABOUT PROTEIN + COOKBOOK

Eat More to Lose More!



PROTEIN TIPS AND TRICKS

In this e-book you will have every possible resource to increase your protein intake. Your goal is to eat approximately your GOAL BODYWEIGHT in protein in grams. For example, if you weigh 180lbs. but are aiming for 140lbs. you should aim to get 140 grams of protein in PER DAY. This can be done even if you are a VEGAN but your skill in prepping your foods will need to be practiced because eliminating meat is not the way to be vegan.

Included are:

- Tips and Tricks
- 4 Protein Recipe Books which also include grab and go ideas
- Protein Chart for foods
- Additional recipes at the end of this e-book

Today, there are so many products on the market that can help boost your protein intake easily so you don't have to feel like you are eating meat all day long. Take a look at all that is below and keep this guide handy so you can always refer back to it.

1. Protein Powders - Whey vs. Casein vs. Isolate vs. Eggwhite vs. Pea vs. Vegan

Whey Protein – easy to digest, absorbs quickly, high in amino acids, great for post workout and for meal replacement shakes.

Casein – slow absorbing, can cause bloating, not as high in amino acid content

Isolate – similar to whey in effectiveness but they remove the lactose so it's great for those who suffer from digestive/bloating issues from protein. Also great for those looking to lean out/lose weight.

Eggwhite – great alternative to whey if you are sensitive/allergic to dairy

Pea and Vegan – can be a bit gritty. Vega is a decent brand. Whey protein is superior in terms of amino acid content and effectiveness but for those who are vegetarians the aminos received from these protein powders is better than none at all.

2. **PROTEIN BARS** – Be sure the sugar content is low because otherwise it is like a candy bar. I like Fit Joy, Built Bars, BSN Protein Crisps (tastes like Rice Crispy Treats) protein bars – they tend to use cleaner ingredients. I also like Power Crunch Bars. Many of these are available on Amazon.
3. **Make protein coffee or tea!** 4oz. of 1 or 2% milk + 1/2 scoop of your favorite Vanilla Protein Powder. Blend the milk in a Nutribullet or blender and add it to coffee (or tea)!
4. **GREEK YOGURT** – Brands like Siggi's, Oikos, Fage are good. Keep sugar content low or just choose plain yogurt and add your own fruit.
5. **Three Ingredient Protein Pancakes** – see recipe [here](#) and [here](#). These are AMAZING and they seem like GUILTY TREAT!
6. **Kodiak Protein Waffles** - this is a pre-made boxed waffle mix. I make it as directed and add a scoop of Genepro for an added boost.

7. Hard Boiled Eggs
8. Edamame
9. Cottage Cheese
10. Premade protein shakes such as Core Power, Fairlife or GNC Lean Shakes or Iconic Protein Shakes. These are available in most grocery stores, Target, Walmart or GNC nutrition stores.
Have these handy in your bag to have in between lunch and dinner or if you are out and about without access to a healthy protein source.
11. Rotisserie Chickens
12. Quest Protein Chips – available on Amazon or Target. Tastes like Doritos.

4 BONUS PROTEIN RECIPE BOOKS

HIGH PROTEIN GRAB AND GO IDEAS

HIGH PROTEIN RECIPE BOOK

VEGAN CAN MEAN PROTEIN

WHEN THE SH-T HITS THE FAN MEAL PLAN

**SEE CHART ON THE NEXT PAGE
FOR THE PROTEIN CONTECT OF FOODS –
MOST AMOUNTS ARE FOR COOKED FOODS.**

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
1	T.H.I.N.K. Food List														
2	Lean Proteins														
3	Food Item	Quantity				Weight (g)		Calories	Protein	Carbs	Fat	Fiber			
4	Beef, ground, 90% lean	4 oz uncooked				113		199	22.7	0	11.3	0.0			
5	Beef, ground, 95% lean	4 oz uncooked				113		155	24.3	0	6.0	0.0			
6	Beef, round, top, lean (select)	4 oz uncooked				113		146	26.1	0	3.8	0.0			
7	Beef, round tip, lean (select)	4 oz uncooked				113		138	24.2	0	3.8	0.0			
8	Beef, round, eye of, lean (select)	4 oz uncooked				113		134	25.2	0	3.0	0.0			
9	Beef, flank steak, lean (select)	4 oz uncooked				113		155	24.2	0	5.6	0.0			
10	Beef, sirloin, top, lean (select)	4 oz uncooked				113		144	25	0	4.0	0.0			
11	Beef, tenderloin (filet)	4 oz uncooked				113		167	25	0	6.7	0.0			
12	Buffalo (bison) steak, top round	4 oz uncooked				113		138	26.3	0	2.7	0.0			
13	Buffalo (bison) steak, top sirloin	4 oz uncooked				113		128	24.2	0	2.7	0.0			
14	Chicken breast, light meat, skinless, 99% lean	4 oz uncooked				113		110	26	0	1.0	0.0			
15	Chicken breast, canned	4 oz				113		100	18	0	2.0	0.0			
16	Chicken breast, ground, lean	4 oz uncooked				113		100	24	0	0.5	0.0			
17	Clams, raw	1/2 cup (4 oz)				113		84	14.5	2.9	1.1	0.0			
18	Crab, fresh, raw (Dungeness, U.S. King or Stone)	4 oz uncooked				113		95	20.8	0	0.7	0.0			
19	Crawfish	4 oz raw meat only				113		87	18.1	0	1.1	0.0			
20	Egg whites, liquid	1 cup (8.6 oz)				244		120	26	1	0.0	0.0			
21	Egg whites, large	6				198		102	21	1.8	0.0	0.0			
22	Egg, whole, large	1				50		75	6.3	0.6	5.0	0.0			
23	Elk (game meat)	4 oz uncooked				113		125	25.9	0	1.6	0.0			
24	Fish, Bass, Striped	4 oz uncooked				113		110	20.1	0	2.7	0.0			
25	Fish, Catfish	4 oz uncooked				113		108	18.6	0	3.3	0.0			
26	Fish, Cod, Pacific	4 oz uncooked				113		93	20.2	0	0.8	0.0			
27	Fish, Flounder (flatfish)	4 oz uncooked				113		104	21.4	0	1.4	0.0			
28	Fish, Halibut, Pacific	4 oz uncooked				113		124	23.6	0	2.6	0.0			
29	Fish, Mackerel, Atlantic	4 oz uncooked				113		230	21	0	15.8	0.0			
30	Fish, Mackerel, Pacific (Jack)	4 oz uncooked				113		179	22.8	0	9.0	0.0			
31	Fish, Mackerel, canned in olive oil	1 can (3.9 oz)				110		290	24	0	22.0	0.0			
32	Fish, Mahi-mahi, U.S.	4 oz uncooked				113		97	21	0	0.8	0.0			
33	Fish, Pollack	4 oz uncooked				113		104	22.1	0	1.1	0.0			

34	Fish, Tuna, canned in water, chunk light	4 oz	113	120	26	0	1.0	0.0
35	Fish, Tuna, canned in water, albacore	4 oz	113	140	26	0	2.0	0.0
36	Fish, Tuna, Yellowfin (tuna steak)	4 oz uncooked	113	123	26.5	0	1.1	0.0
37	Fish, Rainbow trout	4 oz uncooked	113	135	23.2	0	3.9	0.0
38	Fish, Salmon (wild)	4 oz uncooked	113	206	28.8	0	9.2	0.0
39	Fish, Tilapia	4 oz uncooked	113	110	23	0	2.0	0.0
40	Lamb, loin	4 oz roasted	113	217	32.1	0	8.8	0.0
41	Lobster	4 oz uncooked	113	102	21.3	0.6	1.0	0.0
42	Mussels	4 oz raw	113	98	13.5	4.2	2.5	0.0
43	Pork tenderloin	4 oz uncooked	113	123	23.6	0	2.6	0.0
44	Prawns	4 oz raw	113	119	22.7	1	1.9	0.0
45	Ostrich steak	4 oz uncooked	113	135	28	0	3.5	0.0
46	Oysters, Pacific	4 oz raw	113	92	10.7	5.6	2.6	0.0
47	Protein powder, casein (a milk protein)	1 scoop	31	110	23	3	0.5	1.0
48	Protein powder, hemp (vegetarian)	1 scoop	31	110	23	3	0.5	1.0
49	Protein powder, soy (vegetarian)	1 scoop	31	120	25	2	1.5	0.0
50	Protein powder, whey (a milk protein)	1 scoop	24	90	18	2	2.0	0.0
51	Scallops	4 oz raw	113	100	19	2.7	0.9	0.0
52	Sardines (herring), canned in water	1 can (3.2 oz)	91	150	19	0	8.0	0.0
53	Sardines (herring), canned in olive oil	1 can (3.2 oz)	91	191	22.7	0	10.5	0.0
54	Salmon, wild Alaskan	4 oz uncooked	113	206	28.8	0	9.2	0.0
55	Salmon burgers	1 burger (3.2 oz)	91	80	18	1	0.1	1.0
56	Salmon, canned, pink	4 oz	113	158	16.8	0	6.9	0.0
57	Shrimp	4 oz	113	120	23	1	2.0	0.0
58	Squid	4 oz raw	113	104	17.7	3.5	1.6	0.0
59	Tempeh (vegetarian protein)	1/2 cup (2.9 oz)	82	160	15.4	7.8	9.0	3.3
60	Tofu, firm, raw (vegetarian protein)	2.9 oz raw	117	117	12.8	3.5	7.1	0.0
61	Turkey Breast, skinless	4 oz uncooked	113	178	33.9	0	3.7	0.0
62	Turkey, ground 99% lean	4 oz uncooked	113	120	28	0	1.0	0.0
63	Venison steak (deer meat)	4 oz uncooked	113	136	25.9	0	2.7	0.0

Complete Meals/Entrees

Cheeseburger Lettuce Wraps

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30 MINUTES.

Cook ground turkey and diced onions in a large non-stick pan over medium-high heat. Stir and break up the turkey while it's cooking. When turkey is almost completely cooked through, (about 5-10 minutes), add the sauce and seasonings to the pan. (Add mayonnaise and stevia here if desired. The mayo will make the meat a bit more moist, and the stevia will give it a slightly sweet/salty taste!) Stir and continue to cook until the ground turkey is completely cooked (when it is no longer pink, about 10-15 minutes total). Remove from heat. Sprinkle grated cheddar over meat evenly while meat is still warm. Stir cheese into meat if desired.

To make the lettuce wraps, Cut off the stem (or base) of the lettuce head, and cut in half long ways. Peel off individual leaves, and wash and pat dry. Scoop 1/2 cup meat into lettuce wraps and serve with tomatoes, pickles, and ketchup and mustard if desired! Enjoy!

Ingredients

For the Cheeseburger Meat Filling:

- 1.2 lb. Extra lean ground turkey, or extra lean ground beef
- 1 Medium white onion, diced
- 3 tbsp. Ketchup (I used no sugar added ketchup)
- 2 tbsp. Mustard
- 1/2 tsp. Seasoned salt
- 1/4 tsp. Pepper
- 1/2 tsp. Garlic powder

Wraps/Toppings:

- 1 Head of lettuce
 - 1/2 cup Shredded 2% cheddar cheese
 - 1 Medium tomato, diced
 - 2 Dill Pickles, diced (optional)
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Breakdown

- 6** Lettuce Wraps (with 1/2 cup filling)
- 120** Calories per Serving (2 lettuce wraps with 1/2 cup filling each)
- 4 g** Fat per Serving
- 3 g** Carbohydrate per Serving
- 0.6 g** Fiber per Serving
- 0.5 g** Sugar per Serving
- 16 g** Protein per Serving

*All calories are per serving

Honey Soy Parmesan Grilled Chicken

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30 MINUTES.

Combine all of the ingredients for the marinade in a small bowl, and stir to mix. Pour marinade into a heavy resealable bag. Add chicken breasts to the Ziploc bag, and zip shut. Move chicken around in bag until all of the chicken breasts are evenly coated in the marinade. Refrigerate chicken in Ziploc bag for at least 1-2 hours, or overnight for best results. *(Don't marinate for longer than 24 hours).*

When ready to grill chicken, remove chicken from Ziploc bag, and discard leftover marinade. Cook chicken on an outdoor grill (or on a grill pan or non-stick skillet) over medium high heat until chicken is fully cooked and no longer pink in the middle (takes about 10-15 minutes). Immediately after removing the chicken from the grill, sprinkle parmesan cheese evenly over cooked chicken breasts, (it will melt onto the chicken, making for a slightly sweet, slightly salty sauce coating the grilled chicken! YUM!) Enjoy warm!

Ingredients

1 lb.	Boneless skinless chicken breasts (about 3-4 breasts)
1/4 cup	Parmesan cheese, grated
For Honey-Soy Marinade:	
Juice	Of one large orange
2 tbsp.	Soy Sauce (I like low sodium)
1/4 cup	Honey
2 tsp.	Garlic, chopped (or 1 tsp. garlic powder)
2 tsp.	Dried minced onion (or 1 tsp. onion powder)
2 pkts	Stevia (or sweetener of choice)

Breakdown

4	Servings
191	Calories per Chicken Breast
3 g	Fat per Chicken Breast
10 g	Carbohydrate per Chicken Breast
0.2 g	Fiber per Chicken Breast
9 g	Sugar per Chicken Breast
30 g	Protein per Chicken Breast

*All calories are per serving

Cheesy Summer Squash & Chicken Bake

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 45-60 MINUTES.

Preheat oven to 425 degrees. Spray a 9×13 casserole dish with non-stick cooking spray.

Wash squash and cut into 1/4 inch thick slices. Cut each slice in half, (to resemble a half circle), and in half again, (so each circle is cut into four pieces).

Spray a large non-stick skillet over medium high heat. Sauté the squash for about 2-3 minutes, or until slightly softened. (This will help dry up the squash a bit, preventing a watery casserole!)

In a large bowl, combine the squash with the rest of the ingredients until well combined.

Spread squash mixture evenly in prepared baking pan.

Place in oven and cook for about 40-45 minutes until cheese is lightly golden brown. Enjoy warm!

Ingredients

3	Medium-large summer squash
1	Egg white
1	Cup chicken breast, cooked and diced into small pieces
1 1/4 cup	Plain low fat Greek yogurt
1/2 tsp.	Chopped garlic or 1/4 tsp. garlic powder
1/2 tsp.	Onion powder
1/8 tsp.	Pepper
1/2 tsp.	Salt
1 pkt	Stevia or sweetener of choice (optional)
1/2	Small onion (I used a Vidalia sweet onion)
1/4 cup	Grated parmesan cheese

Cheese Topping:

1/4 cup	Shredded mozzarella (or any other light cheese of choice)
1/8 cup	Grated parmesan cheese
Optional:	Sprinkle of dried parsley

Breakdown

6	1 Cup Servings
120	Calories per Serving
3 g	Fat per Serving
5 g	Carbohydrate per Serving
1 g	Fiber per Serving
3 g	Sugar per Serving
18 g	Protein per Serving

*All calories are per serving

Low Calorie Cauliflower Pizza Crust

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 50-60 MINUTES.

Preheat oven to 425 degrees. Line a baking sheet with parchment paper or foil. Spray with non-stick cooking spray.

Wash cauliflower, and cut in half, (you could save the rest for another recipe, or double this recipe and use the entire cauliflower!) Break cauliflower into segments, and place in food processor. Pulse until it reaches a rice-like texture. Place cauliflower in microwave safe bowl and microwave for 8 minutes. (Don't add water or cover).

Remove cauliflower from microwave and add the cheese and seasoning. Once cauliflower has cooled down, add egg, and stir until everything is well combined.

Scoop 1/3 of cauliflower mixture up (I used a measuring cup, which came out to about 1/2 cup per crust). Scoop cauliflower onto prepared baking sheet, using a spatula to help form crust into a small circle on the pan, (it should look like the size of a thin burger, about 1/4 in thick). Repeat the process for the other two pizza crusts.

Place crusts in the oven and bake for 30 minutes. Remove from the oven, top with sauce and toppings of choice, and return pan to the oven for another 5-10 minutes, or until cheese is melted. Remove from the oven and serve warm! Enjoy!

Ingredients

2 cups	Cauliflower (about 1/2 head of cauliflower)
1/8 cup	Egg whites
1/4 cup	Shredded mozzarella cheese (or other low fat shredded cheese)
1/4 cup	Parmesan cheese
1/2 tsp.	Dried oregano seasoning ¹
1/2 tsp.	Dried basil seasoning ¹
1/4 tsp.	Garlic powder
1/8 tsp.	Salt
Optional Toppings: Additional sauce, low fat cheese, and veggies for topping	

¹ Instead of adding the basil and oregano seasonings separately, you could also use 1 tsp. Italian seasoning.

Breakdown

3	Personal Pizza Crusts
88	Calories per Crust
4 g	Carbohydrate per Pizza
2 g	Fiber per Pizza
10 g	Protein per Pizza
5 g	Fat per Pizza

Chicken Parmesan Meatballs

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30-40 MINUTES.

Preheat the oven to 400 degrees. Line a baking sheet with foil, (for easy clean up), and spray with cooking spray.

In a medium bowl, combine ground meat, egg whites, breadcrumbs (or oats), spices, and Parmesan cheese. Mix ingredients together using hands or a large spoon, (be careful not to over-mix, or meatballs will become tough.) Form golf-ball size meatballs, and place on pan.

Place baking sheet in the preheated oven for 20 minutes (or until meatballs are starting to become lightly golden brown.) Remove the pan from the oven and top each meatball with about 1 tbsp. of spaghetti sauce. Sprinkle mozzarella cheese over meatballs. Place the baking sheet back in the oven and bake an additional 5-10 minutes, or until cheese is melted.

Remove the meatballs from the oven and allow to rest for 5-10 minutes before serving. Serve with high fiber pasta, or spaghetti squash if desired!

Ingredients

- 1 lb. Lean ground chicken (or lean ground turkey)
- 1/4 cup Egg whites (or 1 large egg)
- 1/4 cup Whole wheat Italian breadcrumbs or old fashioned oats ¹
- 1/2 cup Parmesan cheese, grated
- 1 tsp. Dried basil
- 1 tsp. Dried oregano
- 1/2 tsp. Garlic powder
- 1 tsp. Dried onion flakes (or 1/2 tsp. onion powder)
- 1/2 tsp. Salt
- 1/4 tsp. Pepper
- 1/2 cup Spaghetti sauce ²
- Optional: 1/2 cup shredded mozzarella cheese, 1/2 tsp. red pepper flakes (will add a bit of spice)

¹ Use gluten free oats if gluten sensitive.

² I used a tomato basil sauce with 60 calories per 1/2 cup

Breakdown

- 15** Meatballs (nutritional values based on 1 meatball)
- 63** Calories each (75 calories with mozzarella)
- 3 g** Fat
- 2 g** Carbohydrates
- 0.5 g** Fiber
- 0.5 g** Sugar
- 6 g** Protein

Teriyaki Chicken Lettuce Wraps

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 25-30 MINUTES.

Heat a large skillet or wok with a generous amount of cooking spray. Chop chicken breasts into thin strips (or cubes depending on what you prefer), and place in warm pan along with the onions. Pour 2 tbsp.

Teriyaki sauce, 1 tbsp. soy sauce, and garlic powder onto the chicken. If you like, add additional seasonings to the chopped chicken (I added some pepper, and 1 packet of stevia). Stir until chicken is evenly coated with sauce.

Cook the chicken for about 4-6 minutes or so, turning it frequently for even cooking. *(Note: During this step I usually add about 1/4 to 1/2 cup water a little at a time to the pan to help the chicken cook through, and keep it moist...Also the time will vary on how long to cook the chicken, but I suggest 'eyeballing it' and cooking it until the chicken is lightly browned on the outside, and there is no pink on the inside, onions should start to get translucent at this point).* Take chicken and onions out of the pan when it is fully cooked, and set it aside. Add the frozen vegetables, water chestnuts, and the rest of the Teriyaki sauce to the pan, (you may add a bit more seasoning here too if desired!) Cook veggies for about 3 to 5 minutes, or until completely de-thawed and cooked through. Turn off the heat.

Put the chicken back in the pan with the veggies, mixing until everything is well combined. Divide mixture into four even servings. Scoop the hot chicken and veggie stir fry onto lettuce wraps and garnish with sesame seeds if desired. Enjoy!

Ingredients

1 lb.	Chicken breasts, cut into thin strips or cubes
1/2	Medium white onion, cut into thin strips
1	Can sliced water chestnuts, drained
1	Large bag frozen Asian style vegetable mix
1/4 tsp.	Garlic powder
1/4 cup	Teriyaki sauce (low sugar variety)
1 tbsp.	Soy sauce (low sodium variety)
1	Head of lettuce, cored, quartered, and peeled into individual leaves

Optional: Sesame seeds for garnishing

Breakdown

4	Servings
160	Calories per Serving

Greek-Style Feta Burgers

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 20-25 MINUTES.

Preheat grill or broiler. Coat grill or broiler pan with cooking spray.

In a medium bowl, mix together ground chicken, oregano, garlic powder, feta, and spinach until well combined; divide mixture into four balls and then press them gently into 4 patties.

Grill or broil patties until burgers are no longer pink inside (or they reach an internal temperature of 165 degrees) about 7 to 8 minutes per side. Serve each burger on a bun with choice of toppings!

Ingredients

- 1 lb. Lean ground chicken OR lean ground turkey breast
- 1/2 cup Crumbled feta cheese
- 1/2 cup Frozen chopped spinach, thawed and squeezed dry
- 1 tsp. Dried oregano (or dried Italian seasoning)
- 1/4 tsp. Garlic powder
- 4 Light hamburger buns OR 4 Large pieces of lettuce for lettuce wraps

Optional: Roasted red peppers, red onion rings, tomato slices

Breakdown

4 Servings

170 Calories (For 1 Burger with Lettuce Wrap)

*All calories are per serving

Succulent Spaghetti Squash

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 15-20 MINUTES.

Prepare spaghetti squash by microwaving for 5-10 minutes, or until soft, (be sure to pierce with a knife before microwaving to release steam). Or bake in the oven at 350 degrees for 30-45 minutes, or until squash is soft. This allows the skin to soften, which makes it easier to cut in half lengthwise!

Split the spaghetti squash into two even halves. Be careful, it's hot!

Remove the seeds first, and throw them into a 'trash bowl', (or you could clean them up and cook them just like you would pumpkin seeds!). Using a fork, loosen the 'spaghetti' strands from the inside of the squash, scraping them into a bowl or plate.

Pick out your favorite seasonings you would use to flavor any traditional pasta dish. Spray a non-stick skillet with cooking spray. Add spaghetti squash "noodles" to the sautéed pan, along with the seasonings of your choice.

Let squash cook for about 2-3 minutes over medium high heat, stirring constantly until the squash has become more tender and the excess moisture has cooked out of the squash. *(You could eat it just like this, or move on to the next step to make the meat sauce).*

To make my meat sauce I used 'boca' meat crumbles, but lean ground beef or turkey would work just as well! I also used a low calorie spaghetti sauce, (50 calories per 1/2 cup) and parmesan cheese to sprinkle on top.

Sautee the ground meat crumbles and sauce over high heat until the 'meat' is cooked through.

Place 1/2 of the spaghetti squash onto a plate, and top with 1/2 of the meat sauce. Sprinkle parmesan cheese over the top if desired.

Serve warm and enjoy!

Ingredients

1	Large spaghetti squash (about 4 cups) cooked and prepared
1 tsp.	Garlic powder or seasoning of choice
1/2 tsp.	Pepper
1/2 tsp.	Salt (or to taste)
2 cups	Boca Crumble Meat or 1 and 1/2 cups lean ground meat
2 tbsp.	Grated parmesan cheese
1 Cup	Tomato sauce of choice ¹

¹ Just be sure to check the label! I would look for one with 50-80 calories per 1/2 cup serving

Breakdown

2	Servings
260	Calories Per Serving

*All calories are per serving

No Noodles About It—The Best Low-Carb Lasagna!

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30 - 45 MINUTES.

For the noodle layer: Preheat oven to 425 degrees. Spray a cookie sheet with non-stick cooking spray, arrange zucchini slices and season with salt and pepper. Bake zucchini slices for 5 minutes on each side, then remove from oven. Set zucchini slices aside and lower oven temperature to 375 degrees.

For the meat sauce layer: In a large non-stick skillet, cook meat until it's browned. To the skillet, add the veggies, seasonings, and the entire jar of spaghetti sauce. Simmer for about 10 minutes, (or until veggies are de-thawed/begin to soften), stirring occasionally.

For the cheesy layer: Mix the cottage cheese and parmesan cheese together, (this can be done right in the cottage cheese container!)

Put it all together: Spray a 9×13 baking dish with non-stick cooking spray. Begin by spreading 1/3 of the meat sauce in the bottom of the pan.

Follow meat sauce with a layer of zucchini slices, followed by a layer of cottage cheese. Repeat the layers until casserole dish is full.

Finish it off: Sprinkle the mozzarella evenly over the top. Cover with foil and bake at 375 degrees for 1 hour.

Remove foil and bake or broil another 5-10 minutes until cheese is browned. Remove from oven and let rest for about 10 minutes before slicing, and serve warm!

Ingredients

For the Noodles:

6 large Zucchini, cut lengthwise into 1/8 inch strips

For the Meat Sauce:

1.25 lb. Lean ground turkey meat
1 large Onion, diced
2 cups Fresh or frozen broccoli
2 cups Fresh or frozen cauliflower
2 cups Fresh or frozen chopped spinach
1 25oz jar of spaghetti sauce
1 tbsp. Garlic powder or 1 clove garlic, minced
Pinch Salt and pepper, or to taste
Optional Seasoning: 2 tbsp. of Italian Seasoning

For the Cheese Layer:

1 16oz container light cottage cheese or light ricotta cheese
1/2 cup Grated parmesan cheese
3/4 cup Shredded mozzarella cheese

Note: If you don't want to use zucchini for the 'noodles', you could also use a large eggplant, cut lengthwise into 1/8 inch strips, or 1 box no-boil lasagna noodles!

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¹ (should resemble thick lasagna type "noodles")

Breakdown

8 Servings (slices)
285 Calories Per Serving

*All calories are per serving

Honey-Soy Glazed Salmon

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 15-20 MINUTES.

Preheat the broiler to high heat. Line baking sheet with foil and spray with non-stick cooking spray, (or cover with parchment paper).

Whisk the honey, soy sauce, stevia, garlic, (and ginger if desired) together in a small bowl. Place the salmon on the baking sheet, and brush both sides of the salmon with the glaze. Season with salt and pepper.

Broil for 4 to 5 minutes on one side, then flip and cook an additional 4 to 5 minutes, (or until cooked through). Serve Honey-Glazed Salmon along with side of choice and enjoy!

Ingredients

4 (4-6-ounce) salmon fillets
2 tbsp. Honey
2 tbsp. Soy Sauce (I use low sodium)
1 tsp. Garlic powder (or 1 garlic clove, minced)
1 pkt Stevia (or sweetener of choice)
Pinch Salt and pepper (or to taste)
Optional: 1 tbsp. freshly grated ginger

Breakdown

4 Fillets
250 Calories per Fillet (based on 6 oz. fillets)

*All calories are per serving

Asian Chicken Salad w/ a Crunch

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 10-15 MINUTES.

In a large bowl, place salad greens, chopped chicken, cabbage mix, snow peas, red pepper, and red onion and toss gently.

Sprinkle almonds and cilantro over salad, and toss gently with dressing if serving immediately. *(If you are not serving the salad immediately, or if you plan to save some for leftovers, then pour dressing over individual servings so the lettuce will not get soggy.)*

Ingredients

1/3 cup	Light Asian salad dressing of choice
3 cups	Cabbage/Slaw mix OR lettuce of choice
3 cups	Shredded lettuce OR lettuce of choice
2 cups	Chicken, cooked and chopped
1 cup	Snow peas, washed and trimmed
1	Red bell pepper, washed and cut into thin slices
1/4 cup	Red onion, finely sliced
2 tbsp.	Sliced Roasted Almonds
1/4 cup	Cilantro, chopped

Breakdown

4 Servings

175 Calories

*All calories are per serving

Taco-Stuffed Pepper Cups

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 25-30 MINUTES.

Pre-heat oven to 450 degrees. Line baking sheet with foil, (for easy clean up), coat with non-stick cooking spray. Wash peppers, and cut around the stem to remove. Cut peppers in half length-wise, and remove the seeds and ribs inside the peppers. Set peppers on baking pan.

Meanwhile, spray a large frying pan with cooking spray, and turn the heat up to medium high. Add the ground turkey and chopped onion to the pan. Cook until the meat is no longer pink.

Add the beans, corn, salsa and taco seasoning to the skillet (with the turkey) and bring sauce to a boil. Reduce the heat, and simmer, uncovered in pan for 5-6 minutes, or until everything is heated through, then turn off the heat.

Spoon the turkey mixture evenly into the 4 peppers and sprinkle 1 tbsp. cheese on top of each one. Bake, uncovered, for 10-12 minutes, or until peppers are tender. and remove from the oven.

Top each pepper with 1 tablespoon of sour cream, and tomatoes, (and black olives and lettuce if desired). Serve warm!

Ingredients

4	Medium bell peppers (any color pepper will work!)
1 lb.	Lean ground turkey (or lean ground beef)
1/4 cup	Chopped onion
1/2 cup	Black beans, (if using canned, rinse and drain)
1/2 cup	Corn, (if using canned, rinse and drain)
1 cup	(8oz) Salsa of choice
2 tbsp.	Taco seasoning

Toppings:

1/4 cup	Shredded reduced-fat cheddar cheese (or shredded mozzarella)
1/4 cup	Fat-free sour cream (or low fat ranch)
1/4 cup	Tomato, chopped
Optional	1/4 cup pitted black olives, chopped, 1 cup shredded lettuce

Breakdown

4	Servings
260	Calories Per Serving

*All calories are per serving

Grilled Chicken Kabobs

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 1 HOUR.

Cut meat into small bite size cubes and place in a large Ziploc bag.

Cut vegetables into small bite-size pieces and place in a large Ziploc bag(s). (Be sure to put veggies in a separate bag from the chicken!).

Put all of the ingredients for the marinade in water bottle (or any bottle with lid) and shake it up until everything is well combined.

Pour the dressing into the bags, distributing evenly between bag of vegetables and chicken. Seal bags shut, and refrigerate overnight. (For best results, I usually marinate everything overnight, but this can be done up to 2 hours prior to grilling).

After marinating, place meat and vegetables onto skewers. I usually use 3-4 pieces of meat per skewer and lots of veggies, alternating colors to make them look pretty.

Grill kabobs directly over heat source (I use outdoor grill on medium heat, but you could also broil them in the oven) for about 10 to 15 minutes, turning 1/4 rotation every 2 to 3 minutes, or until the meat is cooked thoroughly.

Ingredients

Kabobs:

- 1 lb. Boneless, skinless chicken breasts, cut into 1-inch cubes
- 1 Yellow/or orange pepper
- 1 Red pepper
- 1 Medium red onion
- 1 Zucchini
- 1 Yellow squash
- Optional Any other veggie you like! Some other good ideas would be mushrooms, cherry tomatoes, or even pineapple!

Marinade

- 1pkt Italian dressing dry seasoning mix (I use Good Seasons Italian Dressing-Dry Packet)
- 3 tbsp. Oil ¹
- 1/4 cup Vinegar
- 1/2 cup Water
- 1 tsp. Freshly ground black pepper
- 1 tsp. Minced garlic
- 1 tbsp. Honey (Stevia™ or other sweetener)

¹ Or you could use a light balsamic dressing in place of oil

Breakdown

4-6 Skewers

175 Calories Per Serving

*All calories are per serving

Mini Frittatas

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 50-60 MINUTES.

Preheat oven to 350°F and spray muffin tin with non-stick cooking spray. Heat a skillet over medium-high heat, add bacon and onion, and cook until bacon begins to brown.

Add in chopped spinach, and cook until just wilted. Remove from heat and set aside.

In a bowl, beat eggs with milk and add feta cheese. Once spinach mixture has cooled, stir into beaten eggs.

Pour into individual cups in a muffin pan, filling 2/3 of the way full. Bake 25-30 minutes until center is firm. Enjoy!

Ingredients

7	Whole Omega-3 eggs
1/3 cup	Milk
1/2	Medium onion, diced
5	Slices turkey bacon, chopped
1/3 cup	Feta cheese
1 cup	Spinach, chopped
Pinch	Salt
To taste	Fresh cracked pepper

Side Dishes

Low Carb “White Rice”

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 20-25 MINUTES.

Wash cauliflower, and cut in half, (you could save the rest for another recipe, or double this recipe and use the entire cauliflower!) Break cauliflower into segments, and place in food processor. Pulse until it reaches a rice-like texture.

Place cauliflower in microwave safe bowl and microwave for 8 minutes. (Don't add water or cover).

Season with seasonings and/or sauces of choice, or mix into your favorite stir-fry dish! Enjoy!

Ingredients

1 Medium to large head of cauliflower

Optional: Seasonings, and low calorie/low sugar sauces of choice

Breakdown

4-6 Servings
30 Calories per 1 Cup Serving
0 g Fat per Serving
6 g Carbohydrates per Serving
3 g Fiber per Serving
0 g Sugar per Serving
2 g Protein per Serving

*All calories are per serving

Whipped Cauliflower

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 15-20 MINUTES.

Stovetop Cooking Directions:

Cut the cauliflower into florets and place into a large pot. Add the onion and garlic to the pot. Add enough water to the pot to cover the florets. Bring the water to a boil, then reduce the heat and simmer, covered, for about 10-15 minutes, or until a fork can easily pierce cauliflower. Once ready, strain cauliflower and onions in a colander, and transfer to a food processor or blender. *(If using a blender, be careful it will need 'steam' room, so I use a towel to cover the top of the blender).* Add the Parmesan cheese, and seasonings. Pulse until you get the consistency you like. If you like a creamier consistency, considering adding milk, and continue to process until smooth.

Microwave Directions (Quick Cook Method):

Cut the cauliflower into florets and place into a covered casserole dish with onion, garlic, and 2 tbsp. water. (You could also use a microwave safe bowl, covered with saran wrap, pierced with a fork). Microwave on high for 5 minutes. Stir, then microwave another 5 minutes or until cauliflower is tender, (a fork should easily pierce it). Let stand covered 5 minutes then drain any excess water. Put the cauliflower in a food processor or blender. *(If using a blender, be careful it will need 'steam' room, so I use a towel to cover the top of the blender).* Add the Parmesan and seasonings. Pulse until you get the consistency you like. If you like a creamier consistency, considering adding milk, and continue to process until smooth.

Ingredients

- 1 Large head of cauliflower
- 1 Small Vidalia onion
- 1 Clove of garlic, smashed (or 1/2 tsp. garlic powder)
- 1/4 cup Parmesan cheese
- Pinch Salt and pepper (or to taste)
- Optional: 1 tsp. dried parsley

Breakdown

- 4 1 Cup Servings
- 70 Calories per Serving

*All calories are per serving

** OPTIONAL: CAN ADD 1 SCOOP OF GENEPRO

Roasted Cauliflower Poppers

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 30 MINUTES.

Preheat the oven to 425 degrees.

Microwave frozen cauliflower for 2 minutes to begin de-thawing process.

Line a rimmed baking sheet with aluminum foil. Spray foil with nonstick cooking spray. Spread the cauliflower florets evenly on the tray and sprinkle over the Parmesan, salt, garlic and pepper.

Bake for 20-25 minutes until veggies are roasted and Parmesan is crispy.

Ingredients

1 bag	Frozen cauliflower ¹
1 tsp.	Salt
1/2 tsp.	Pepper
1 tsp.	Garlic herb seasoning or garlic powder
4 tbsp.	Grated parmesan cheese

¹ *Or about 4 cups of vegetable of choice*

Breakdown

4 Serving
40 Calories Per Serving

*All calories are per serving

Skinny Guacamole

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 10-15 MINUTES.

Gather and prepare ingredients.

Cut avocados in half, remove pits, and place one and a half of the avocados in a blender (or food processor). Note: save the other 1/2 of the avocado for a later step.

Pour 1/2 cup of the salsa, the edamame, and the sour cream in the blender.

Squeeze the juice of one lime in the blender, followed by a dash of salt and pepper. Blend until everything is smooth, (or to desired consistency).

Scoop guacamole into a medium sized bowl. Cut the other half of the avocado into small chunks and add to the bowl. *Note: This gives the guacamole a heartier 'texture'. However, if you like a smoother dip, you could add all of the avocado to the blender and skip this step!*

Add additional 1/4 cup salsa to the dip, and mix until everything is well combined.

*Ingredients*²

3/4 cup 1/2 cup 1

2 tbsp. Pinch

Optional

Ripe avocados¹

Salsa (I used sweet onion salsa) Frozen shelled

edamame, de-thawed Lime, juiced

Light sour cream

Salt and pepper (or to taste)

1 bunch of cilantro, chopped, to garnish

¹ *You can tell they are ripe by lightly pressing your finger into them. They should be soft enough to make a slight indent when pressed.*

Shakes and Snacks

Cheesecake Frozen Yogurt Pops

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 4 HOURS OR OVERNIGHT.

Combine everything, except for berries into a blender. Blend until everything is well combined. Pour frozen yogurt mixture into popsicle molds, stopping when 1/2 full, and add berries. Continue to fill the rest of the mold until almost full, (leaving a bit of room at the top to insert stick so they don't overflow). Insert sticks.

Freeze 4 hours or more, until popsicles are firm. To remove, run popsicle mold under hot water for about 10-15 seconds, or until popsicle becomes loose enough to remove from mold. Enjoy!

Ingredients

1/2 cup Plain low fat Greek yogurt
1/2 cup Low fat cottage cheese ¹
1 cup Non Fat/Non Sweetened Almond/Coconut Milk ²
3-5 pkts Stevia or sweetener of choice to taste
1 cup Strawberries, finely chopped
1/2 cup Blueberries, (fresh or frozen and de-thawed)
Optional: 1 tbsp. sugar free cheesecake instant pudding mix

¹ Or additional 1/2 cup plain low fat Greek yogurt.

² I personally used low fat almond/coconut milk for this recipe.

Breakdown

6 Frozen Yogurt Pops (may vary based on size of popsicle molds)
43 Calories per Pop
1 g Fat
5 g Carbohydrate
4 g Sugar
1 g Fiber
5 g Protein
103 mg Sodium

*All calories are per serving

Protein Cheesecake Mousse

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 5-10 MINUTES.

Place everything in a food processor and blend/mix for about 2-3 minutes, or until cottage cheese reaches an airy mousse-like consistency. Serve immediately, or chill in the fridge in a covered container!

Ingredients

1/2 cup Low fat cottage cheese
1/2 scoop Protein powder of choice ¹
1 tbsp. Unsweetened cocoa powder
2-4 pkts Stevia (or sweetener of choice to taste)
Optional: 1 tbsp. Instant sugar free chocolate pudding mix

¹ 1/2 scoop of protein powder is 1/8th cup. I like chocolate flavored Designer Whey protein powder for this recipe, but you could use whatever kind you like.

Breakdown

1 Serving
140 Calories
8 g Carbohydrate
2 g Fiber
26 g Protein
1 g Fat

*All calories are per serving

Protein Packed Superman Ice Cream

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 20-25 MINUTES.

Combine all of the ingredients (except for food coloring) in a blender (or food processor), and blend until smooth.

Pour mixture into ice cream maker. Let the ice cream churn for about 20-25 minutes, or until it becomes a 'frozen yogurt' texture. Stop ice cream maker, and divide ice cream among three small containers. Drop one to three drops of each food coloring color into each individual container, and stir with a spoon until ice cream reaches desired color. Scoop ice cream into one large individual container, and give a quick swirl to mix colors, (don't over-mix or colors will blend too much!) Serve immediately or return to freezer to firm up for another 20-30 minutes and enjoy!

Ingredients

1/2 cup	Cottage cheese
1/2 cup	Plain low fat Greek yogurt
1 cup	Lowfat almond milk, skim milk, or milk of choice
5 pkts	Stevia or sweetener of choice to taste
2 tbsp.	Sugar free instant pistachio pudding ¹
2-3 drops	Red, blue, and yellow food coloring ²

¹ The pistachio pudding is what gives this frozen yogurt its superman flavor!

² The food coloring is certainly optional, but it gives the frozen yogurt the superman colors!

Breakdown

2	Servings
117	Calories
2 g	Fat
10 g	Carbohydrate
1 g	Fiber
4 g	Sugar
13 g	Protein

*All calories are per serving

Pumpkin Pie Milkshake

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 5-10 MINUTES.

ONE SIMPLE STEP! Put all the base ingredients in the blender PLUS the ingredients listed under the shake of your choice, and blend away until desired consistency!

Ingredients

1/2 cup	Low fat cottage cheese
1	Scoop plain or vanilla protein powder ¹
1/2 cup	Pumpkin puree
1/2 tsp.	Pumpkin pie spice (or 1/8 tsp. of nutmeg)
1/2 tsp.	Cinnamon
2-4 pkts	Stevia (or sweetener of choice to taste)
1/2 cup	Cold water ²
5-10	Ice cubes ²

¹ Use as many scoops of protein powder you need to meet your calorie/protein needs

² Vary amount based on desired thickness of shake

Breakdown

1	Shake
250	Calories

*All calories are per serving

Giant List of Protein Shakes

THE ESTIMATED TIME TO MAKE THIS RECIPE IS 5-10 MINUTES.

ONE SIMPLE STEP! Put all the base ingredients in the blender PLUS the ingredients listed under the shake of your choice, and blend away until desired consistency!

Ingredients

Base for Shake:

1/2 cup	Cottage Cheese (or 1 Cup Reduced Fat Greek Yogurt) ¹
1 scoop	Protein powder (something that has around 100 calories per scoop - I love Designer Whey™ Protein Powder)
1-4 pkts	Stevia or low calorie sweetener of choice
5-10	Ice cubes (depending on how thick you like it, use less for a thinner consistency)
1/2-1 cup	Water (alter this according to desired consistency)

¹ Cottage cheese may sound strange, but *TRUST* me... this is what makes the 'MILKSHAKE' consistency! Also, if you are sensitive to dairy, you can use tofu to get the same consistency!

Breakdown

1	Serving
200-310	Calories Per Serving (varies based on shake add-ins)
2 g	Fat (for shake base, does not include additional add-ins)
5 g	Carbohydrates (for shake base, does not include additional add-ins)
3 g	Sugar (for shake base, does not include additional add-ins)
35 g	Protein (for shake base, does not include additional add-ins)

*All calories are per serving

Peanut Butter Maple Shake (These ingredients added to base)

A few drops maple extract

2 tbsp. peanut flour OR 1 tbsp. regular peanut butter

Optional: 2 tbsp. sugar free butterscotch pudding mix

Servings: 1

Calories: 260 (add 40 if using regular peanut butter)

Thin Mint Shake (These ingredients added to base)

2 tbsp. cocoa powder

2-3 drops of mint extract

Servings: 1

Calories: 250

Superman-Ice Cream Shake (These ingredients added to base)

2-3 tbsp. sugar free/fat free pistachio pudding mix

Servings:1

Calories: 250

Chocolate Peanut Butter Shake (These ingredients added to base)

2 tbsp. cocoa powder

1 tbsp. regular peanut butter

Servings: 1

Calories: 260 (add 40 calories if using regular peanut butter)

Key Lime Pie Shake (These ingredients added to base)

1 tbsp. key lime juice OR the juice of half a lime

Optional: 2 tbsp. sugar free vanilla pudding mix

Servings: 1

Calories: 180

Pina Colada Shake (These ingredients added to base)

1 tbsp. coconut extract (Found in the baking aisle next to the extracts)

1/2 cup pineapple (Fresh or frozen)

Servings: 1

Calories: 220

Hope you enjoy these recipes and tips! 99% of the women I have had the pleasure of coaching did not eat adequate amounts of protein when they first started and I can say it was holding them back when it came to changing the composition of their body.

Aim for 20-30 grams of protein per meal if you are eating 4 meals per day.

Another formula is to eat your goal bodyweight in protein. So if your goal is to weigh 130 lbs. then you can consume 130 grams of protein.

Or some calculate it to consume 1 gram or 0.8 grams per pound of LEAN MASS.

There are many ways to calculate your protein needs! At the very least – shoot for 20 -30 grams per meal!

GOOD LUCK!

Jennifer, Owner THINK Holistic Fitness, LLC

