

# The Beginner Fitness System

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PDF 3 of 6: Nutrition & Meal Plan

Simple Nutrition + 7-Day Meal Plan + 26 Recipes

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# The Simple Nutrition Guide

No Diets. No Extremes. Just Basics That Work.



Whole Foods

✓ Simple Meals



Easy to Follow

## The 3 Simple Rules

Follow these and you're 80% of the way there

1

### Eat Protein at Every Meal

Protein helps you stay full, build muscle, and recover from workouts.

Examples:

Eggs, chicken, fish, yogurt, tofu, beans

2

### Mostly Whole Foods

You don't need perfect — just aim for simple, minimally processed foods most of the time.

Examples:

Vegetables, fruits, whole grains, lean proteins, healthy fats

3

## Portion Awareness

Use your hand as a guide. No weighing or measuring required.

Examples:

Palm = Protein, Fist = Vegetables, Cupped Hand = Carbs, Thumb = Fats

# Visual Portion Guide

Use your hand to measure portions — simple and portable!



## Palm = Protein

3-4 oz

Chicken, fish, tofu



## Fist = Vegetables

1 cup

Broccoli, spinach, salad



## Cupped Hand = Carbs

½ cup

Rice, pasta, oats



## **Thumb = Healthy Fats**

1 tbsp

Olive oil, nuts, avocado

# Daily Meal Structure



## Breakfast

7-9 AM

Protein + Carbs + Fruit



## Lunch

12-2 PM

Protein + Veggies + Carbs



## Dinner

6-8 PM

Protein + Veggies



## Snacks

As needed

Fruit, yogurt, nuts, protein bar



## Hydration

Drink 1.5–2.5 liters (50–85 oz) of water daily

Tip: Start your day with a glass of water, and keep a bottle with you throughout the day.

# 7-Day Meal Plan

Simple, balanced meals you can easily prepare

## Day 1



### Breakfast

Oatmeal + yogurt + fruit



### Lunch

Chicken wrap + veggies





## Dinner

Rice, vegetables, protein



## Snacks (Optional)

Fruit or yogurt

## Day 2



### Breakfast

Scrambled eggs + toast + berries



### Lunch

Tuna salad + whole grain crackers



### Dinner

Grilled chicken + sweet potato + broccoli



### Snacks (Optional)

Nuts or protein bar

## Day 3



### Breakfast

Greek yogurt + granola + banana



### Lunch

Turkey sandwich + side salad



### Dinner

Fish + quinoa + mixed vegetables



### Snacks (Optional)

Apple with peanut butter

## Day 4



### Breakfast

Protein smoothie + oats



### Lunch

Chicken bowl + rice + veggies



### Dinner

Lean beef + pasta + tomato sauce



### Snacks (Optional)

Cottage cheese + berries

## Day 5



### Breakfast

Whole grain toast + avocado + eggs



### Lunch

Salmon salad + olive oil dressing



### Dinner

Chicken stir-fry + brown rice



### Snacks (Optional)

Trail mix

## Day 6



### Breakfast

Pancakes + Greek yogurt + fruit



### Lunch

Veggie wrap + hummus



### Dinner

Pork chops + roasted vegetables



### Snacks (Optional)

Protein shake

## Day 7



### Breakfast

Omelet + whole wheat toast



### Lunch

Chicken caesar salad



### Dinner

Shrimp + pasta + garlic bread



### Snacks (Optional)


Dark chocolate + almonds

# Quick Recipe Pack

26 simple recipes included — here are 3 favorites

## Protein Oatmeal

 Breakfast

 5 min

 1 serving

### Ingredients:

- ✓ ½ cup (40g) oats
- ✓ 1 cup (240ml) water
- ✓ ½ cup (120g) Greek yogurt
- ✓ 1 cup (150g) mixed berries
- ✓ 1 tsp (7g) honey (optional)

### Instructions:

- 1 Cook oats according to package
- 2 Let cool slightly
- 3 Stir in Greek yogurt
- 4 Top with berries and honey
- 5 Enjoy!



# Chicken & Veggie Bowl

 Lunch/Dinner

 20 min

 2 servings

## Ingredients:

- ✓ 2 (6 oz / 170g each) chicken breasts
- ✓ 2 cups (370g) cooked brown rice (or quick-cooking rice)
- ✓ 2 cups (300g) mixed vegetables
- ✓ 2 tbsp (30ml) olive oil
- ✓ Salt & pepper

## Instructions:

- 1 Heat rice if using pre-cooked (or cook quick rice per package)
- 2 Season and grill chicken
- 3 Steam or roast vegetables
- 4 Drizzle with olive oil
- 5 Combine in bowl

## Easy Protein Smoothie



Snack



3 min



1 serving

### Ingredients:

- ✓ 1 scoop (30g) protein powder
- ✓ 1 (120g) banana
- ✓ 1 cup (30g) spinach
- ✓ 1 cup (240ml) almond milk
- ✓ ½ cup (120g) ice

### Instructions:

- 1 Add all ingredients to blender
- 2 Blend on high for 30-60 seconds
- 3 Pour into glass
- 4 Serve immediately



## Complete Recipe Library

26 detailed recipes with complete instructions, nutrition info, and pro tips



### Your Complete Recipe Collection

Below you'll find 26 complete recipes covering breakfast, lunch, dinner, and snacks. Each recipe includes detailed ingredients with measurements, step-by-step instructions, preparation and cooking times, nutritional information, and helpful tips. All recipes are designed to be simple,

budget-friendly, and perfect for beginners.

Breakfast

## High-Protein Oatmeal Bowl

🕒 7 min

👤 1 serving

🏠 Easy

CALORIES

440

per serving

PROTEIN

34g

per serving

CARBS

49g

per serving

FAT

12g

per serving

### Ingredients:

- ✓ ½ cup (40g) rolled oats
- ✓ 1 cup (240ml) water or milk
- ✓ 1 scoop (30g) vanilla protein powder
- ✓ ½ cup (75g) mixed berries (fresh or frozen)
- ✓ 1 tbsp (16g) almond butter
- ✓ 1 tsp (7g) honey (optional)
- ✓ pinch cinnamon

### Instructions:

- 1 Combine oats and water/milk in microwave-safe bowl
- 2 Microwave on high for 2-3 minutes, stirring halfway
- 3 Let cool for 1-2 minutes
- 4 Stir in protein powder until smooth and creamy
- 5 Top with berries, almond butter, and cinnamon
- 6 Drizzle with honey if desired
- 7 Enjoy immediately while warm



### Pro Tips:

- Use frozen berries to cool down hot oatmeal quickly
- Add protein powder after cooking to preserve nutrients
- Prep dry oats in portions for grab-and-go mornings
- Can be made overnight: mix all ingredients cold and refrigerate



### Nutrition Highlight:

Balanced breakfast with complex carbs for energy and protein for satiety

Breakfast

## Veggie-Loaded Egg Scramble

🕒 13 min

👤 2 servings

🏠 Easy

CALORIES

302

per serving

PROTEIN

18g

per serving

CARBS

8g

per serving

FAT

22g

per serving

### Ingredients:

- ✓ 4 (50g each) eggs
- ✓ 2 tbsp (30ml) milk
- ✓ 1 tbsp (15ml) olive oil or butter
- ✓ ½ cup (75g) bell peppers, diced
- ✓ ½ cup (30g) spinach, chopped
- ✓ ¼ cup (40g) onions, diced
- ✓ ¼ cup (40g) cherry tomatoes, halved
- ✓ ¼ cup (30g) shredded cheese (optional)
- ✓ to taste salt and pepper

### Instructions:

- 1 Whisk eggs and milk together in a bowl with salt and pepper
- 2 Heat oil in non-stick pan over medium heat
- 3 Add onions and bell peppers, sauté for 3 minutes until softened
- 4 Add spinach and tomatoes, cook for 1 minute
- 5 Pour in egg mixture
- 6 Gently scramble with spatula, stirring occasionally
- 7 When eggs are almost set, add cheese if using
- 8 Remove from heat while still slightly creamy
- 9 Serve immediately with whole grain toast



### Pro Tips:

- Don't overcook - eggs continue cooking after removing from heat
- Prep vegetables the night before to save time
- Use non-stick pan to reduce oil needed
- Add herbs like basil or cilantro for extra flavor



### Nutrition Highlight:

High protein, vitamin-rich breakfast that keeps you full for hours

Breakfast

## Greek Yogurt Power Parfait

🕒 5 min

👤 1 serving

🏠 Very Easy

CALORIES

768

per serving

PROTEIN

37g

per serving

CARBS

101g

per serving

FAT

24g

per serving

### Ingredients:

- ✓ 1 cup (240g) plain Greek yogurt
- ✓ ½ cup (60g) granola
- ✓ 1 cup (150g) mixed berries
- ✓ 1 tbsp (21g) honey
- ✓ 1 tbsp (12g) chia seeds
- ✓ 2 tbsp (15g) sliced almonds
- ✓ ½ (60g) banana, sliced

### Instructions:

- 1 Layer ⅓ of yogurt in bottom of glass or bowl
- 2 Add half the granola
- 3 Layer half the berries and banana
- 4 Repeat layers
- 5 Top with remaining yogurt
- 6 Sprinkle with chia seeds and almonds
- 7 Drizzle honey over top
- 8 Serve immediately or refrigerate for up to 2 hours





### Pro Tips:

- Use full-fat Greek yogurt for more satiety
- Make granola ahead in bulk to save money
- Layer in mason jar for portable breakfast
- Can prep night before, but add granola in morning to keep crunchy



### Nutrition Highlight:

Protein-packed, probiotic-rich breakfast with healthy fats and fiber

Lunch

## Grilled Chicken & Veggie Bowl

🕒 30 min

👤 2 servings

🍳 Medium

CALORIES

811

per serving

PROTEIN

65g

per serving

CARBS

86g

per serving

FAT

23g

per serving

### Ingredients:

- ✓ 2 (6 oz / 170g each) chicken breasts
- ✓ 1 cup (190g) quick-cooking brown rice, uncooked
- ✓ 2 cups (300g) broccoli florets
- ✓ 1 cup (130g) carrots, sliced
- ✓ 2 tbsp (30ml) olive oil
- ✓ 2 cloves (6g) garlic, minced
- ✓ 1 tsp (2g) paprika
- ✓ ½ tsp (1g) cumin
- ✓ to taste salt and pepper
- ✓ 2 tbsp (30ml) lemon juice

## Instructions:

- 1 Cook quick-cooking brown rice according to package directions (10-15 min)
- 2 Season chicken with paprika, cumin, salt, and pepper
- 3 Heat 1 tbsp olive oil in pan over medium-high heat
- 4 Cook chicken 6-7 minutes per side until internal temp reaches 165°F
- 5 Remove chicken and let rest 5 minutes, then slice
- 6 In same pan, add remaining oil and garlic
- 7 Add broccoli and carrots, sauté 5-7 minutes until tender-crisp
- 8 Season vegetables with salt, pepper, and lemon juice
- 9 Divide rice between bowls
- 10 Top with vegetables and sliced chicken
- 11 Garnish with lemon wedge



### Pro Tips:

- Meal prep: Cook rice and chicken in bulk on Sunday
- Use pre-cooked rotisserie chicken to save time
- Swap vegetables based on what's in season
- Add tahini or Greek yogurt sauce for extra flavor



### Nutrition Highlight:

Complete balanced meal with lean protein, complex carbs, and fiber-rich vegetables

Lunch

## Tuna Avocado Protein Wrap

🕒 8 min

👤 2 servings

🏠 Easy

CALORIES

447

per serving

PROTEIN

41g

per serving

CARBS

37g

per serving

FAT

15g

per serving

### Ingredients:

- ✓ 2 cans (5 oz / 140g each) tuna in water, drained
- ✓ 1 (150g) ripe avocado
- ✓ 2 tbsp (30g) plain Greek yogurt
- ✓ 1 tbsp (15ml) lemon juice
- ✓ ¼ cup (40g) red onion, finely diced
- ✓ ¼ cup (30g) celery, diced
- ✓ 2 large (70g each) whole wheat tortillas
- ✓ 1 cup (30g) mixed greens
- ✓ ½ cup (75g) cherry tomatoes, halved
- ✓ to taste salt, pepper, and garlic powder

## Instructions:

- 1 In bowl, mash avocado with lemon juice
- 2 Mix in Greek yogurt until creamy
- 3 Add drained tuna, onion, and celery
- 4 Season with salt, pepper, and garlic powder
- 5 Mix until well combined
- 6 Warm tortillas for 10 seconds in microwave
- 7 Spread tuna mixture on tortillas
- 8 Top with mixed greens and tomatoes
- 9 Roll tightly, tucking in sides
- 10 Cut in half diagonally and serve



### Pro Tips:

- Use mashed avocado instead of mayo for healthy fats
- Can make tuna salad ahead and store for 2 days
- Add cucumber for extra crunch
- Use lettuce wraps for low-carb option



### Nutrition Highlight:

High-protein, omega-3 rich meal with healthy fats from avocado

Lunch

## Mediterranean Turkey Quinoa Salad

🕒 30 min

👤 2 servings

🍳 Medium

CALORIES

665

per serving

PROTEIN

38g

per serving

CARBS

63g

per serving

FAT

29g

per serving

### Ingredients:

- ✓ 1 cup (170g) quinoa, uncooked
- ✓ 8 oz (225g) ground turkey (93% lean)
- ✓ 2 cups (60g) spinach
- ✓ 1 cup (150g) cherry tomatoes, halved
- ✓ ½ cup (75g) cucumber, diced
- ✓ ¼ cup (40g) red onion, thinly sliced
- ✓ ¼ cup (40g) feta cheese, crumbled
- ✓ 2 tbsp (30ml) olive oil
- ✓ 1 tbsp (15ml) lemon juice
- ✓ 1 tsp (2g) oregano
- ✓ 2 cloves (6g) garlic, minced

## Instructions:

- 1 Cook quinoa according to package (usually 15 min), then fluff and cool
- 2 Heat 1 tbsp oil in pan over medium heat
- 3 Add garlic and ground turkey, breaking up with spatula
- 4 Season with oregano, salt, and pepper
- 5 Cook 7-8 minutes until turkey is browned and cooked through
- 6 In large bowl, combine cooked quinoa, spinach, tomatoes, cucumber, and onion
- 7 Add cooked turkey
- 8 Drizzle with olive oil and lemon juice
- 9 Toss everything together
- 10 Top with feta cheese
- 11 Serve warm or chilled



### Pro Tips:

- Cook quinoa in chicken broth for extra flavor
- Can substitute ground chicken or beef
- Add olives and artichokes for more Mediterranean flair
- Keeps well in fridge for 3-4 days - perfect meal prep



### Nutrition Highlight:

Nutrient-dense complete meal with lean protein, whole grains, and vegetables

Dinner

## Herb-Crusted Baked Salmon

🕒 35 min

👤 2 servings

🏠 Easy

CALORIES

715

per serving

PROTEIN

43g

per serving

CARBS

39g

per serving

FAT

43g

per serving

### Ingredients:

- ✓ 2 (6 oz / 170g each) salmon fillets
- ✓ 1 lb (450g) asparagus, trimmed
- ✓ 2 cups (300g) sweet potato, cubed
- ✓ 3 tbsp (45ml) olive oil
- ✓ 2 cloves (6g) garlic, minced
- ✓ 1 tbsp (3g) fresh dill (or 1 tsp dried)
- ✓ 1 tbsp (15ml) lemon juice
- ✓ 1 tsp (2g) paprika
- ✓ to taste salt and pepper
- ✓ 1 lemon, sliced for garnish



## Instructions:

- 1 Preheat oven to 400°F (200°C)
- 2 Line baking sheet with parchment paper
- 3 Toss sweet potato cubes with 1 tbsp olive oil, salt, and pepper
- 4 Spread on baking sheet and bake for 10 minutes
- 5 Meanwhile, mix 1 tbsp olive oil, garlic, dill, paprika, and lemon juice
- 6 Pat salmon dry and season with salt and pepper
- 7 Brush herb mixture over salmon
- 8 After 10 min, remove baking sheet and add salmon
- 9 Toss asparagus with remaining oil and place on sheet
- 10 Return to oven for 12-15 minutes until salmon flakes easily
- 11 Salmon should reach 145°F internal temperature
- 12 Serve with lemon slices



### Pro Tips:

- Don't overcook salmon - it should be slightly translucent in center
- Can substitute asparagus with green beans or broccoli
- Line pan with foil for easy cleanup
- Let fish sit at room temp 10 min before cooking for even cooking



### Nutrition Highlight:

Omega-3 rich protein with complex carbs and nutrient-dense vegetables

Dinner

## Quick Chicken & Veggie Stir-Fry

🕒 27 min

👤 2 servings

🍳 Medium

CALORIES

756

per serving

PROTEIN

65g

per serving

CARBS

88g

per serving

FAT

16g

per serving

### Ingredients:

- ✓ 12 oz (340g) chicken breast, cut into strips
- ✓ 1 cup (190g) quick-cooking brown rice, uncooked
- ✓ 1 cup (150g) broccoli florets
- ✓ 1 (150g) bell pepper, sliced
- ✓ 1 cup (100g) snap peas
- ✓ 1 (80g) carrot, julienned
- ✓ 2 tbsp (30ml) low-sodium soy sauce
- ✓ 1 tbsp (15ml) sesame oil
- ✓ 2 cloves (6g) garlic, minced
- ✓ 1 tsp (5g) fresh ginger, grated
- ✓ 1 tsp (3g) cornstarch
- ✓ 2 tbsp (30ml) water
- ✓ 1 tsp (3g) sesame seeds

## Instructions:

- 1 Cook quick-cooking brown rice according to package directions (10-15 min)
- 2 Mix soy sauce, cornstarch, and water to make sauce
- 3 Heat sesame oil in large wok or pan over high heat
- 4 Add chicken strips, cook 5-6 minutes until golden
- 5 Remove chicken and set aside
- 6 Add garlic and ginger to pan, cook 30 seconds
- 7 Add all vegetables, stir-fry 4-5 minutes until tender-crisp
- 8 Return chicken to pan
- 9 Pour sauce over everything
- 10 Toss for 1-2 minutes until sauce thickens
- 11 Serve over brown rice
- 12 Garnish with sesame seeds



### Pro Tips:

- Have all ingredients prepped before cooking - it moves fast!
- Don't overcrowd pan or vegetables will steam instead of stir-fry
- Can use pre-cooked rice and add directly to pan
- Swap protein with shrimp, tofu, or beef



### Nutrition Highlight:

Complete meal with lean protein, whole grains, and colorful antioxidant-rich vegetables

Dinner

## Italian Turkey Meatballs with Zucchini Noodles

🕒 40 min

👤 2 servings

🍳 Medium

CALORIES

625

per serving

PROTEIN

58g

per serving

CARBS

33g

per serving

FAT

29g

per serving

### Ingredients:

- ✓ 1 lb (450g) ground turkey (93% lean)
- ✓ ¼ cup (30g) breadcrumbs (whole wheat)
- ✓ 1 (50g) egg
- ✓ 2 cloves (6g) garlic, minced
- ✓ ¼ cup (25g) Parmesan cheese, grated
- ✓ 1 tsp (2g) Italian seasoning
- ✓ 2 medium (200g each) zucchini, spiralized
- ✓ 2 cups (500ml) marinara sauce
- ✓ 1 tbsp (15ml) olive oil
- ✓ to taste salt and pepper
- ✓ 2 tbsp (6g) fresh basil, chopped

## Instructions:

- 1 Preheat oven to 400°F (200°C)
- 2 In bowl, mix turkey, breadcrumbs, egg, garlic, Parmesan, Italian seasoning, salt, and pepper
- 3 Form into 12-14 meatballs (about 2 tbsp each)
- 4 Place on greased baking sheet
- 5 Bake 20-22 minutes until internal temp reaches 165°F
- 6 Meanwhile, heat marinara sauce in pan
- 7 Add cooked meatballs to sauce, simmer 5 minutes
- 8 Heat olive oil in separate pan
- 9 Add zucchini noodles, sauté 3-4 minutes until tender
- 10 Season with salt and pepper
- 11 Serve meatballs and sauce over zucchini noodles
- 12 Garnish with fresh basil and Parmesan



### Pro Tips:

- Don't overwork meat mixture - keeps meatballs tender
- Can bake meatballs in bulk and freeze for quick meals
- Use spiralizer, julienne peeler, or buy pre-made zoodles
- Don't overcook zucchini noodles - they should have a bite



### Nutrition Highlight:

High-protein, lower-carb option with lean turkey and vegetable noodles

Snack

## No-Bake Protein Energy Bites

🕒 40 min

👥 12 servings

🏠 Very Easy

CALORIES

203

per serving

PROTEIN

5g

per serving

CARBS

21g

per serving

FAT

11g

per serving

### Ingredients:

- ✓ 1 cup (80g) rolled oats
- ✓ ½ cup (130g) natural peanut butter
- ✓ ⅓ cup (110g) honey
- ✓ ½ cup (65g) ground flaxseed
- ✓ ½ cup (85g) mini chocolate chips
- ✓ 1 tsp (5ml) vanilla extract
- ✓ 2 tbsp (24g) chia seeds
- ✓ pinch salt

### Instructions:

- 1 Mix all ingredients in large bowl
- 2 Stir until well combined and sticky
- 3 If too dry, add 1 tbsp water or more honey
- 4 If too wet, add more oats
- 5 Refrigerate mixture for 15 minutes
- 6 Roll into 12 balls (about 1.5 tbsp each)
- 7 Store in airtight container in fridge
- 8 Keeps for up to 1 week
- 9 Enjoy 1-2 as a snack



### Pro Tips:

- Make double batch - they freeze well for 3 months
- Substitute almond butter or sunflower butter
- Add protein powder for extra protein boost
- Roll in coconut flakes for variation



### Nutrition Highlight:

Perfect pre or post-workout snack with healthy fats, protein, and sustained energy

Snack

## Apple Slices with Peanut Butter

🕒 3 min

👤 1 serving

🏠 Very Easy

CALORIES

304

per serving

PROTEIN

8g

per serving

CARBS

32g

per serving

FAT

16g

per serving

### Ingredients:

- ✓ 1 medium (180g) apple (any variety)
- ✓ 2 tbsp (32g) natural peanut butter
- ✓ 1 tsp (7g) honey (optional)
- ✓ 1 tbsp (10g) granola (optional)
- ✓ sprinkle cinnamon

### Instructions:

- 1 Wash and core apple
- 2 Cut into 8-10 slices
- 3 Arrange on plate
- 4 Spread peanut butter on each slice
- 5 Drizzle with honey if using
- 6 Sprinkle with cinnamon
- 7 Top with granola if desired
- 8 Enjoy immediately





### Pro Tips:

- Prep apples ahead and store in lemon water to prevent browning
- Substitute almond or cashew butter
- Add a few dark chocolate chips for a treat
- Pairs great with a glass of milk for more protein



### Nutrition Highlight:

Simple, satisfying snack with fiber, protein, and healthy fats

Snack

## Cottage Cheese Power Bowl

🕒 5 min

👤 1 serving

🏠 Very Easy

CALORIES

430

per serving

PROTEIN

34g

per serving

CARBS

42g

per serving

FAT

14g

per serving

### Ingredients:

- ✓ 1 cup (225g) low-fat cottage cheese
- ✓ ½ cup (75g) fresh berries
- ✓ 2 tbsp (15g) sliced almonds
- ✓ 1 tbsp (21g) honey
- ✓ 1 tbsp (12g) chia seeds
- ✓ sprinkle cinnamon

### Instructions:

- 1 Scoop cottage cheese into bowl
- 2 Top with fresh berries
- 3 Sprinkle with almonds and chia seeds
- 4 Drizzle honey over everything
- 5 Add a dash of cinnamon
- 6 Mix together or eat layered
- 7 Enjoy immediately



### Pro Tips:

- Try savory version with cucumber, tomatoes, and pepper
- Add a scoop of protein powder for extra protein
- Use full-fat cottage cheese for more satiety
- Prep in mason jar for portable snack



### Nutrition Highlight:

High-protein, probiotic-rich snack that keeps you full between meals

Breakfast

## Protein Banana Pancakes

🕒 15 min

👤 2 servings

🏠 Easy

CALORIES

459

per serving

PROTEIN

29g

per serving

CARBS

43g

per serving

FAT

19g

per serving

### Ingredients:

- ✓ 2 (120g each) ripe bananas, mashed
- ✓ 4 (50g each) eggs
- ✓ ½ cup (40g) oats (ground into flour)
- ✓ 1 scoop (30g) vanilla protein powder
- ✓ 1 tsp (5g) baking powder
- ✓ 1 tsp (5ml) vanilla extract
- ✓ ½ tsp (1g) cinnamon
- ✓ 1 tbsp (15ml) coconut oil for cooking
- ✓ for topping Greek yogurt and berries

### Instructions:

- 1 Blend bananas, eggs, oat flour, protein powder, baking powder, vanilla, and cinnamon until smooth
- 2 Let batter rest for 2-3 minutes to thicken
- 3 Heat coconut oil in non-stick pan over medium heat
- 4 Pour ¼ cup batter per pancake
- 5 Cook 2-3 minutes until bubbles form on surface
- 6 Flip and cook another 2 minutes until golden
- 7 Repeat with remaining batter (makes about 8 pancakes)
- 8 Serve warm with Greek yogurt and fresh berries



### Pro Tips:

- Don't flip too early - wait for bubbles to appear
- Keep finished pancakes warm in oven at 200°F
- Freeze extras for quick breakfast - just reheat in toaster
- Add chocolate chips or blueberries to batter for variety



### Nutrition Highlight:

Naturally sweet, high-protein breakfast with no refined sugar

Breakfast

## Southwest Breakfast Burrito

🕒 20 min

👤 2 servings

🏠 Easy

CALORIES

567

per serving

PROTEIN

27g

per serving

CARBS

45g

per serving

FAT

31g

per serving

### Ingredients:

- ✓ 4 (50g each) eggs
- ✓ 2 large (70g each) whole wheat tortillas
- ✓ ½ cup (85g) black beans, drained and rinsed
- ✓ ¼ cup (30g) shredded cheese
- ✓ ½ (75g) avocado, sliced
- ✓ ¼ cup (65g) salsa
- ✓ 2 tbsp (30g) plain Greek yogurt (instead of sour cream)
- ✓ 1 (150g) bell pepper, diced
- ✓ 1 tbsp (15ml) olive oil
- ✓ to taste salt, pepper, cumin

## Instructions:

- 1 Heat oil in pan over medium heat
- 2 Sauté bell pepper for 3 minutes
- 3 Add black beans and cumin, warm through
- 4 Push to side, scramble eggs in same pan
- 5 Warm tortillas in microwave for 15 seconds
- 6 Divide egg mixture between tortillas
- 7 Add beans, peppers, cheese, avocado
- 8 Top with salsa and Greek yogurt
- 9 Roll tightly, tucking in sides
- 10 Optional: toast burrito seam-side down for 1 minute



### Pro Tips:

- Prep ingredients night before for quick morning assembly
- Wrap in foil and freeze for grab-and-go breakfasts
- Add hot sauce or jalapeños for extra kick
- Use egg whites only for lower calorie version



### Nutrition Highlight:

Satisfying, protein-packed breakfast with fiber from beans and healthy fats from avocado

Breakfast

## Overnight Oats 3 Ways

🕒 8 hours

👤 1 serving

🏠 Very Easy

CALORIES

355

per serving

PROTEIN

24g

per serving

CARBS

49g

per serving

FAT

7g

per serving

### Ingredients:

- ✓ ½ cup (40g) rolled oats
- ✓ ½ cup (120g) Greek yogurt
- ✓ ½ cup (120ml) milk of choice
- ✓ 1 tbsp (12g) chia seeds
- ✓ 1 tsp (7g) honey or maple syrup
- ✓ pinch salt
- ✓ varies toppings (see flavor options)

### Instructions:

- 1 In mason jar or container, combine oats, yogurt, milk, chia seeds, sweetener, and salt
- 2 Stir well to combine
- 3 Add flavor variations (see tips)
- 4 Cover and refrigerate overnight (or minimum 4 hours)
- 5 In morning, stir and add fresh toppings
- 6 Eat cold or microwave for 1 minute if you prefer warm
- 7 Can be stored in fridge for up to 3 days





### Pro Tips:

- 🍓 BERRY BLAST: Add ½ cup mixed berries, 1 tbsp almond butter, splash of vanilla
- 🍫 CHOCOLATE PB: Add 1 tbsp cocoa powder, 1 tbsp peanut butter, sliced banana
- 🍏 APPLE CINNAMON: Add ½ apple diced, 1 tsp cinnamon, 2 tbsp walnuts, raisins
- Make 5 jars on Sunday for the whole work week



### Nutrition Highlight:

No-cook, meal-prep friendly breakfast with probiotics and sustained energy

Lunch

## Layered Mason Jar Salad

🕒 15 min

👤 1 serving

🏠 Easy

CALORIES

774

per serving

PROTEIN

62g

per serving

CARBS

46g

per serving

FAT

38g

per serving

### Ingredients:

- ✓ 3 tbsp (45ml) balsamic vinaigrette
- ✓ ½ cup (80g) chickpeas, drained
- ✓ ½ cup (75g) cucumber, diced
- ✓ ½ cup (75g) cherry tomatoes, halved
- ✓ ¼ cup (40g) red onion, diced
- ✓ 1 cup (140g) cooked chicken breast, diced
- ✓ ¼ cup (40g) feta cheese, crumbled
- ✓ 2 cups (60g) mixed greens
- ✓ 2 tbsp (18g) sunflower seeds

## Instructions:

- 1 Start with dressing at bottom of wide-mouth mason jar (32 oz)
- 2 Layer 1: Add chickpeas (sturdy, won't get soggy)
- 3 Layer 2: Add cucumber and tomatoes
- 4 Layer 3: Add red onion
- 5 Layer 4: Add diced chicken
- 6 Layer 5: Add feta cheese
- 7 Layer 6: Pack in mixed greens firmly
- 8 Top with sunflower seeds
- 9 Seal jar and refrigerate up to 5 days
- 10 When ready to eat, shake jar or pour into bowl



### Pro Tips:

- Always put dressing at bottom to prevent soggy greens
- Pack greens tightly so they don't wilt
- Make 5 jars on Sunday for meal prep
- Swap proteins: tuna, hard-boiled eggs, turkey, tofu



### Nutrition Highlight:

Perfect portable lunch with complete nutrition and stays fresh for days

Lunch

## Greek Chicken Pita Pockets

🕒 30 min

👤 2 servings

🏠 Medium

CALORIES

655

per serving

PROTEIN

64g

per serving

CARBS

39g

per serving

FAT

27g

per serving

### Ingredients:

- ✓ 12 oz (340g) chicken breast, cubed
- ✓ 2 (70g each) whole wheat pita pockets
- ✓ 1 cup (150g) cucumber, diced
- ✓ 1 cup (150g) cherry tomatoes, halved
- ✓ ¼ cup (40g) red onion, thinly sliced
- ✓ 2 tbsp (30ml) olive oil
- ✓ 2 tsp (10ml) lemon juice
- ✓ 1 tsp (2g) oregano
- ✓ 2 cloves (6g) garlic, minced
- ✓ ½ cup (120g) tzatziki sauce (Greek yogurt + cucumber)
- ✓ ¼ cup (40g) feta cheese

## Instructions:

- 1 Season chicken with oregano, garlic, salt, and pepper
- 2 Heat 1 tbsp oil in pan over medium-high heat
- 3 Cook chicken 6-8 minutes until golden and cooked through
- 4 In bowl, mix cucumber, tomatoes, onion with remaining oil and lemon juice
- 5 Warm pita pockets in microwave for 15 seconds
- 6 Cut pitas in half to create pockets
- 7 Fill each pocket with chicken
- 8 Add veggie mixture
- 9 Drizzle with tzatziki sauce
- 10 Sprinkle with feta cheese



### Pro Tips:

- Make tzatziki: mix Greek yogurt, grated cucumber, garlic, dill, lemon
- Can use rotisserie chicken to save time
- Add hummus for extra flavor and creaminess
- Prep chicken and veggies ahead, assemble when ready



### Nutrition Highlight:

Mediterranean-inspired meal with lean protein, fresh vegetables, and probiotic-rich yogurt

Lunch

## Roasted Veggie Buddha Bowl

🕒 40 min

👤 2 servings

🏠 Medium

CALORIES

982

per serving

PROTEIN

32g

per serving

CARBS

119g

per serving

FAT

42g

per serving

### Ingredients:

- ✓ 1 cup (170g) quinoa, uncooked
- ✓ 1 (200g) sweet potato, cubed
- ✓ 1 cup (160g) chickpeas, drained
- ✓ 2 cups (300g) broccoli florets
- ✓ 1 cup (70g) kale, chopped
- ✓ ¼ cup (60g) tahini
- ✓ 2 tbsp (30ml) lemon juice
- ✓ 2 tbsp (30ml) olive oil
- ✓ 1 tsp (2g) cumin
- ✓ 1 clove (3g) garlic, minced
- ✓ 2 tbsp (18g) sesame seeds

## Instructions:

- 1 Preheat oven to 400°F (200°C)
- 2 Cook quinoa according to package directions
- 3 Toss sweet potato and chickpeas with 1 tbsp oil, cumin, salt
- 4 Spread on baking sheet, roast 20 minutes
- 5 After 10 minutes, add broccoli to baking sheet
- 6 Make tahini dressing: whisk tahini, lemon juice, garlic, water until smooth
- 7 Massage kale with remaining oil for 1 minute
- 8 Divide quinoa between bowls
- 9 Top with roasted veggies, chickpeas, and kale
- 10 Drizzle with tahini dressing
- 11 Sprinkle with sesame seeds



### Pro Tips:

- Meal prep friendly - stores well for 4 days
- Add protein: grilled chicken, tofu, or hard-boiled eggs
- Swap veggies based on what's in season
- Make extra tahini dressing - it's amazing on everything



### Nutrition Highlight:

Plant-based powerhouse with complete protein from quinoa and fiber-rich vegetables

Dinner

## Sheet Pan Chicken & Vegetables

🕒 40 min

👤 2 servings

🏠 Easy

CALORIES

675

per serving

PROTEIN

61g

per serving

CARBS

47g

per serving

FAT

27g

per serving

### Ingredients:

- ✓ 2 (6 oz / 170g each) chicken breasts
- ✓ 2 cups (300g) baby potatoes, halved
- ✓ 2 cups (200g) Brussels sprouts, halved
- ✓ 1 (150g) red bell pepper, cut into chunks
- ✓ 1 (150g) red onion, cut into wedges
- ✓ 3 tbsp (45ml) olive oil
- ✓ 2 tsp (4g) Italian seasoning
- ✓ 1 tsp (3g) garlic powder
- ✓ 1 tsp (2g) paprika
- ✓ to taste salt and pepper
- ✓ 1 lemon, cut into wedges



## Instructions:

- 1 Preheat oven to 425°F (220°C)
- 2 Line large baking sheet with parchment paper
- 3 Toss potatoes, Brussels sprouts, pepper, and onion with 2 tbsp oil
- 4 Season vegetables with half the Italian seasoning, salt, pepper
- 5 Spread vegetables on baking sheet
- 6 Rub chicken with remaining oil, Italian seasoning, garlic powder, paprika
- 7 Place chicken on top of vegetables
- 8 Add lemon wedges to pan
- 9 Bake 25-30 minutes until chicken reaches 165°F
- 10 Let rest 5 minutes, then serve with roasted lemon



### Pro Tips:

- Cut all veggies similar size for even cooking
- Don't overcrowd pan or vegetables will steam instead of roast
- Line pan with foil for ultra-easy cleanup
- Double recipe for meal prep - leftovers are delicious



### Nutrition Highlight:

Complete one-pan meal with lean protein and roasted vegetables - minimal cleanup!

Dinner

## Better-Than-Takeout Beef & Broccoli

🕒 30 min

👤 2 servings

🏠 Medium

CALORIES

788

per serving

PROTEIN

64g

per serving

CARBS

88g

per serving

FAT

20g

per serving

### Ingredients:

- ✓ 12 oz (340g) lean beef sirloin, thinly sliced
- ✓ 1 cup (190g) brown rice, uncooked
- ✓ 3 cups (450g) broccoli florets
- ✓ 3 tbsp (45ml) low-sodium soy sauce
- ✓ 2 tbsp (30ml) oyster sauce
- ✓ 1 tbsp (15ml) sesame oil
- ✓ 2 tsp (6g) cornstarch
- ✓ 3 cloves (9g) garlic, minced
- ✓ 1 tsp (5g) fresh ginger, grated
- ✓ ¼ cup (60ml) beef broth or water
- ✓ 1 tsp (3g) sesame seeds

## Instructions:

- 1 Start cooking brown rice according to package
- 2 Mix soy sauce, oyster sauce, cornstarch, and broth to make sauce
- 3 Heat sesame oil in large wok or pan over high heat
- 4 Add beef in single layer, cook 2-3 minutes without stirring
- 5 Flip and cook another 2 minutes until browned
- 6 Remove beef and set aside
- 7 Add broccoli to pan with 2 tbsp water, cover, steam 3 minutes
- 8 Add garlic and ginger, cook 30 seconds
- 9 Return beef to pan
- 10 Pour sauce over everything, toss 1-2 minutes until thickened
- 11 Serve over brown rice, garnish with sesame seeds



### Pro Tips:

- Freeze beef for 15 minutes before slicing for easier cutting
- Cut beef against the grain for more tender pieces
- Have all ingredients ready - cooking happens fast!
- Add red pepper flakes for spicy version



### Nutrition Highlight:

Restaurant-quality meal at home with iron-rich beef and vitamin C from broccoli

Dinner

## Turkey & Quinoa Stuffed Peppers

🕒 50 min

👥 2 servings

🏠 Medium

CALORIES

637

per serving

PROTEIN

41g

per serving

CARBS

80g

per serving

FAT

17g

per serving

### Ingredients:

- ✓ 2 large (200g each) bell peppers (any color)
- ✓ 8 oz (225g) ground turkey (93% lean)
- ✓ ½ cup (85g) quinoa, uncooked
- ✓ 2 cups (500ml) marinara sauce
- ✓ ½ cup (85g) black beans, drained
- ✓ ½ cup (80g) corn kernels
- ✓ ¼ cup (30g) shredded cheese
- ✓ 1 (110g) small onion, diced
- ✓ 2 cloves (6g) garlic, minced
- ✓ 1 tsp (2g) cumin
- ✓ 1 tsp (2g) chili powder
- ✓ to taste salt and pepper

## Instructions:

- 1 Preheat oven to 375°F (190°C)
- 2 Cook quinoa according to package directions
- 3 Cut tops off peppers, remove seeds and membranes
- 4 Place peppers in baking dish, set aside
- 5 Brown ground turkey with onion and garlic in pan
- 6 Add cumin, chili powder, salt, pepper
- 7 Mix in cooked quinoa, half the marinara, beans, and corn
- 8 Stuff mixture into peppers
- 9 Top each with remaining marinara and cheese
- 10 Cover with foil, bake 30 minutes
- 11 Remove foil, bake 5 more minutes until cheese melts



### Pro Tips:

- Make ahead and freeze unbaked for easy weeknight dinners
- Use cauliflower rice instead of quinoa for low-carb version
- Swap ground turkey for ground beef, chicken, or plant-based meat
- Top with Greek yogurt, avocado, or cilantro before serving



### Nutrition Highlight:

Colorful, nutrient-dense meal with complete protein and plenty of fiber

Dinner

## Garlic Shrimp with Whole Wheat Pasta

🕒 25 min

👤 2 servings

🏠 Easy

CALORIES

740

per serving

PROTEIN

54g

per serving

CARBS

68g

per serving

FAT

28g

per serving

### Ingredients:

- ✓ 6 oz (170g) whole wheat pasta
- ✓ 12 oz (340g) large shrimp, peeled and deveined
- ✓ 2 cups (60g) spinach
- ✓ 1 cup (150g) cherry tomatoes, halved
- ✓ 4 cloves (12g) garlic, minced
- ✓ 3 tbsp (45ml) olive oil
- ✓ ¼ cup (60ml) white wine or chicken broth
- ✓ 2 tbsp (30ml) lemon juice
- ✓ ¼ tsp (0.5g) red pepper flakes
- ✓ ¼ cup (25g) Parmesan cheese, grated
- ✓ 2 tbsp (8g) fresh parsley, chopped

## Instructions:

- 1 Cook pasta according to package, reserve ½ cup pasta water
- 2 Pat shrimp dry, season with salt and pepper
- 3 Heat 2 tbsp oil in large pan over medium-high heat
- 4 Cook shrimp 2 minutes per side until pink, remove and set aside
- 5 Add remaining oil and garlic to pan, cook 30 seconds
- 6 Add tomatoes, cook 2 minutes until softened
- 7 Add wine/broth, lemon juice, and red pepper flakes
- 8 Add spinach, cook until wilted
- 9 Return shrimp to pan
- 10 Toss in cooked pasta with splash of pasta water
- 11 Top with Parmesan and parsley



### Pro Tips:

- Don't overcook shrimp - they cook very quickly!
- Save pasta water - it helps create a silky sauce
- Swap shrimp for chicken if preferred
- Add sun-dried tomatoes for extra flavor



### Nutrition Highlight:

Quick, elegant dinner with lean protein and omega-3s from shrimp

Snack

## Homemade Hummus with Veggie Sticks

🕒 10 min

👤 4 servings

🏠 Very Easy

CALORIES

399

per serving

PROTEIN

13g

per serving

CARBS

44g

per serving

FAT

19g

per serving

### Ingredients:

- ✓ 1 can (15 oz / 425g) chickpeas, drained (save liquid)
- ✓ 3 tbsp (45g) tahini
- ✓ 2 tbsp (30ml) lemon juice
- ✓ 2 cloves (6g) garlic
- ✓ ½ tsp (1g) cumin
- ✓ 3 tbsp (45ml) olive oil
- ✓ 2-3 tbsp (30-45ml) reserved chickpea liquid (aquafaba)
- ✓ to taste salt
- ✓ 2 cups (260g) carrot sticks
- ✓ 2 cups (300g) cucumber slices
- ✓ 1 cup (150g) bell pepper strips



## Instructions:

- 1 Add chickpeas, tahini, lemon juice, garlic, cumin to food processor
- 2 Blend until smooth
- 3 While blending, slowly drizzle in olive oil
- 4 Add chickpea liquid 1 tbsp at a time until desired consistency
- 5 Taste and add salt as needed
- 6 Transfer to bowl, drizzle with olive oil
- 7 Optional: sprinkle with paprika or sesame seeds
- 8 Serve with fresh veggie sticks
- 9 Store hummus in fridge up to 7 days



### Pro Tips:

- Remove chickpea skins for ultra-smooth hummus (optional)
- Try variations: roasted red pepper, sun-dried tomato, or garlic herb
- Prep veggie sticks on Sunday for week of snacks
- Use hummus as sandwich spread or salad dressing too



### Nutrition Highlight:

Plant-based protein and fiber with vitamins from fresh vegetables

Snack

## Frozen Greek Yogurt Bark

🕒 3 hours 10 min

👥 8 servings

🏠 Very Easy

CALORIES

135

per serving

PROTEIN

6g

per serving

CARBS

12g

per serving

FAT

7g

per serving

### Ingredients:

- ✓ 2 cups (480g) plain Greek yogurt (full-fat)
- ✓ 2 tbsp (42g) honey
- ✓ ½ tsp (2.5ml) vanilla extract
- ✓ ½ cup (75g) mixed berries
- ✓ 2 tbsp (15g) granola
- ✓ 2 tbsp (30g) dark chocolate chips
- ✓ 1 tbsp (10g) sliced almonds
- ✓ 1 tbsp (12g) chia seeds

### Instructions:

- 1 Line baking sheet with parchment paper
- 2 Mix Greek yogurt, honey, and vanilla until smooth
- 3 Spread yogurt mixture evenly on baking sheet (about ¼ inch thick)
- 4 Sprinkle berries, granola, chocolate chips, almonds, and chia seeds on top
- 5 Gently press toppings into yogurt
- 6 Freeze for at least 3 hours until solid
- 7 Break into pieces like bark
- 8 Store in freezer in airtight container up to 2 months
- 9 Enjoy straight from freezer



### Pro Tips:

- Use full-fat yogurt for creamier texture
- Try different toppings: coconut flakes, different nuts, dried fruit
- Perfect healthy dessert or post-workout snack
- Make multiple batches with different flavor combinations



### Nutrition Highlight:

Protein-rich frozen treat with probiotics and antioxidants

Snack

## Perfect Hard-Boiled Eggs with Seasoning

🕒 17 min

👤 6 servings

🏠 Very Easy

CALORIES

69

per serving

PROTEIN

6g

per serving

CARBS

0g

per serving

FAT

5g

per serving

### Ingredients:

- ✓ 6 eggs
- ✓ for boiling water
- ✓ for cooling ice water
- ✓ to taste salt and pepper
- ✓ optional paprika, garlic powder, or everything bagel seasoning

### Instructions:

- 1 Place eggs in single layer in pot
- 2 Cover with cold water (1 inch above eggs)
- 3 Bring to rolling boil over high heat
- 4 Once boiling, remove from heat and cover
- 5 Let sit 10-12 minutes (10 for slightly soft yolk, 12 for fully hard)
- 6 While waiting, prepare bowl of ice water
- 7 Transfer eggs to ice bath for 5 minutes
- 8 Peel eggs under running water
- 9 Season with salt, pepper, or your favorite seasoning
- 10 Store peeled eggs in fridge up to 7 days



### Pro Tips:

- Use older eggs (1-2 weeks old) - they peel easier than fresh eggs
- Add 1 tsp baking soda to water for easier peeling
- Prep a dozen on Sunday for grab-and-go protein all week
- Make deviled eggs: mash yolks with Greek yogurt, mustard, and paprika



### Nutrition Highlight:

Perfect portable protein with all essential amino acids and healthy fats

Snack

## Banana Protein Muffins

🕒 30 min

👤 12 servings

🏠 Easy

CALORIES

163

per serving

PROTEIN

11g

per serving

CARBS

23g

per serving

FAT

3g

per serving

### Ingredients:

- ✓ 3 (360g total) ripe bananas, mashed
- ✓ 2 (100g total) eggs
- ✓ 1 cup (120g) vanilla protein powder
- ✓ 1 cup (120g) oat flour
- ✓ ¼ cup (85g) honey
- ✓ ¼ cup (60g) Greek yogurt
- ✓ 1 tsp (5g) baking soda
- ✓ 1 tsp (5ml) vanilla extract
- ✓ ½ tsp (1g) cinnamon
- ✓ ¼ cup (45g) dark chocolate chips (optional)

## Instructions:

- 1 Preheat oven to 350°F (175°C)
- 2 Line muffin tin with paper liners or spray with oil
- 3 In large bowl, mash bananas well
- 4 Add eggs, honey, yogurt, vanilla and mix
- 5 In separate bowl, combine protein powder, oat flour, baking soda, cinnamon
- 6 Add dry ingredients to wet ingredients, stir until just combined
- 7 Fold in chocolate chips if using
- 8 Divide batter among 12 muffin cups ( $\frac{3}{4}$  full)
- 9 Bake 18-20 minutes until toothpick comes out clean
- 10 Cool in pan 5 minutes, then transfer to wire rack
- 11 Store in airtight container up to 5 days or freeze up to 3 months



### Pro Tips:

- Don't overmix batter - lumps are okay
- Use very ripe bananas for natural sweetness
- Add blueberries, walnuts, or peanut butter for variety
- Perfect pre or post-workout snack



### Nutrition Highlight:

Wholesome, protein-packed muffin that tastes like a treat but fuels your body



## Mix & Match Your Meals

These recipes are designed to be flexible! Swap ingredients based on your preferences, what's on sale, or what you have at home. The nutrition principles stay the same: protein, veggies, whole grains, and healthy fats at each meal.