

CMC Weight Loss

RECIPES



VOL. 1

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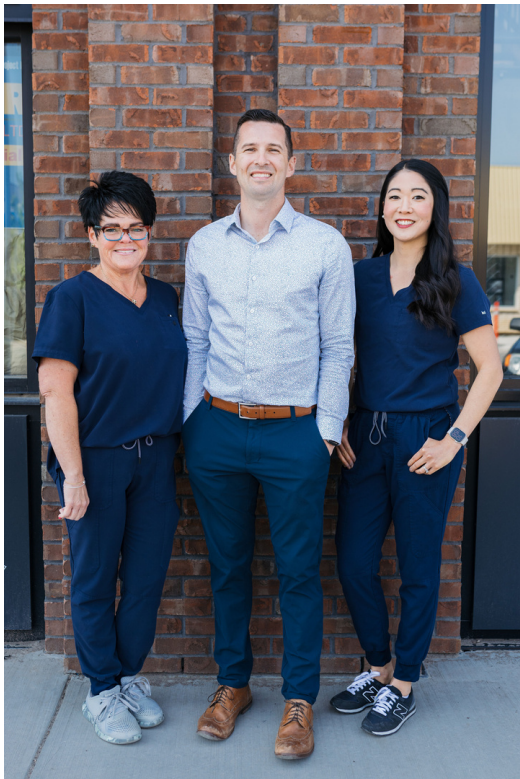
01

Who We Are



Who We Are

OUR PROGRAM IS A PHYSICIAN-LED AND RN-MANAGED PROGRAM. OUR EXPERTISE IS IN OBESITY AND WEIGHT MANAGEMENT THROUGH AN EVIDENCE BASED APPROACH, TAILORED TO ADDRESS THE INDIVIDUAL ROOT CAUSES OF OBESITY. WE SUPPORT YOU WITH BEHAVIORAL CHANGES THROUGH DEDICATED RESOURCES AND TOOLS TO HELP YOU DEVELOP HEALTHY HABITS AND REACH YOUR WEIGHT LOSS GOALS AND LONG TERM HEALTH NEEDS.



The Core 4

THE CORE 4 IS THE FOUNDATION OF OUR PROGRAM. IT ENCOMPASSES THE ASPECTS OF HEALTH THAT ARE NECESSARY FOR LONG TERM SUCCESS WITH WEIGHT LOSS AND OVERALL HEALTH.

THE CORE 4 PILLARS INCLUDE:

1. **NUTRITION & HYDRATION**
 2. **MOVEMENT**
 3. **STRESS & SLEEP**
 4. **EMOTIONAL HEALTH**
- NUTRITION & HYDRATION**

HEALTHY EATING AND NUTRITION STRATEGIES ARE FOCUSED ON IMPROVING MINDFULNESS AROUND DAILY EATING PATTERNS, PORTION SIZES, AND EATING BALANCED NUTRITIOUS MEALS. FINDING EATING HABITS THAT FIT INTO AN INDIVIDUAL'S LIFE AND THAT CAN BE ENJOYED OVER TIME IS OF UTMOST IMPORTANCE. WE HOPE THAT THIS BOOK ACTS AS A RESOURCE AND GUIDE FOR YOU TO SUPPORT THE PILLAR OF NUTRITION IN YOUR LIFE. ADDITIONALLY, WE HOPE IT INSPIRES YOUR INNER CHEF TO ADAPT AND EDIT YOUR OWN VARIATIONS OF THESE RECIPES TO ENJOY!

CHEERS!

Double & Triple Threat Eating

Eating a balanced diet that includes carbohydrates, proteins, and fats is essential for maintaining good health and providing your body with the necessary nutrients and energy it needs to function properly, promote blood sugar management, and fuel your body adequately. Each of these macronutrients plays a unique role in your overall well-being:

Carbohydrates:

Energy source: Carbohydrates are the body's primary source of energy. When you consume carbs, they are broken down into glucose, which your cells use for fuel. This is especially important for high-intensity activities and brain function.

Fiber: Carbohydrates also provide dietary fiber, which is crucial for digestive health. It helps prevent constipation, supports healthy gut bacteria, and may reduce the risk of certain diseases.

Types: There are two main types of carbohydrates: simple carbohydrates (sugars) and complex carbohydrates (starches and fibers). Complex carbohydrates are generally healthier because they provide sustained energy and are found in foods like whole grains, fruits, and vegetables.

Proteins:

Tissue repair and growth: Proteins are essential for building and repairing tissues in the body. They play a fundamental role in the development of muscles, bones, skin, and other organs.

Enzymes and hormones: Many enzymes and hormones are made up of proteins. These molecules help regulate various physiological processes in the body, including metabolism, digestion, and immune system function.

Immune function: Proteins are a crucial part of the immune system and are involved in the production of antibodies that help fight infections.

Source: Good sources of protein include lean meats, poultry, fish, eggs, dairy products, legumes, and nuts.

Fats:

Energy storage: Fats serve as an efficient energy storage system in the body. They provide a source of energy when carbohydrate stores are depleted, and they can supply more energy per gram compared to carbohydrates or proteins.

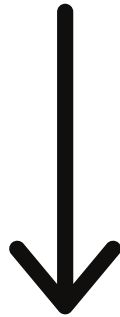
Essential fatty acids: Some fats, known as essential fatty acids, cannot be synthesized by the body and must be obtained from the diet. These fatty acids are important for various bodily functions, including cell membrane structure and the production of hormones.

Fat-soluble vitamins: Fats help the body absorb fat-soluble vitamins (A, D, E, and K), which are essential for overall health.

Source: Healthy sources of fats include avocados, nuts, seeds, olive oil, fatty fish (like salmon), and unsaturated fats found in vegetable oils.

A balanced diet that includes an appropriate proportion of carbohydrates, proteins, and fats can help you maintain a healthy body weight, support proper growth and development, regulate your metabolism, and provide the necessary nutrients for optimal health. It's important to remember that the specific dietary requirements can vary from person to person based on factors like age, sex, activity level, and overall health goals.

**So... What is double
and triple threat
eating?**



Simply put, eating a balanced diet that includes a combination of protein, fats, and carbohydrates can play a crucial role in managing blood sugar levels. Eating carbohydrates alone can cause a rapid spike in blood sugar levels due to the way carbohydrates are digested and absorbed in the body.

Here's a simplified explanation of the process:

Digestion: When you consume carbohydrates, your digestive system breaks them down into glucose, a form of sugar. This process begins in the mouth with enzymes like amylase and continues in the stomach and small intestine.

Absorption: Glucose is absorbed into the bloodstream primarily in the small intestine. Once in the bloodstream, glucose can quickly raise blood sugar levels.

Insulin response: To regulate blood sugar levels, the pancreas releases the hormone insulin. Insulin's primary role is to help glucose enter cells, where it can be used for energy or stored for later use. It acts as a key that unlocks cells, allowing glucose to enter.

When you eat carbohydrates alone, especially simple carbohydrates like sugar and refined grains, they are rapidly digested and absorbed, leading to a quick and significant increase in blood sugar. This spike in blood sugar can be problematic for several reasons:

Hyperglycemia: Elevated blood sugar levels can lead to hyperglycemia, which, if sustained over time, can have negative health effects.

Energy fluctuations: While you may experience a quick burst of energy after consuming simple carbohydrates, it's often followed by a crash as blood sugar levels drop, leading to feelings of tiredness and hunger.

Insulin resistance: Repeatedly spiking blood sugar levels can contribute to insulin resistance over time, which is a risk factor for type 2 diabetes.

To mitigate blood sugar spikes and promote stable blood sugar levels, it's recommended to consume carbohydrates in combination with fats or proteins (**DOUBLE THREAT**) or a combination of all three (carbohydrates, fats, proteins) in your meals and snacks (**TRIPLE THREAT**).



CHAPTER

02

Breakfast

Peanut Butter Banana Overnight Oats

INGREDIENTS

- 1 Banana
 - 1/2 Cup Greek Yogurt
 - 1 Cup Oats
 - 1 Tbsp Chia Seeds
 - 1/2 Cup milk of choice
 - 3 Tbsp Peanut Butter
 - *optional ¼ fresh fruit and 1 Tbsp nut butter for toppings
-
- Mash banana and stir in other ingredients. Separate into 4 containers with lids & refrigerate overnight. *Optional - when ready to eat top with fresh fruit and nut butter.
 - 4 servings

INGREDIENTS

- 3 Cups Oats
 - 1/2 Cup Peanut Butter
 - 4 Bananas
 - Pink salt
 - *mix ins of choice: chopped nuts, dried fruit, coconut etc.
-
- Mash banana and mix in other ingredients. Spray 8x8 baking dish with cooking spray and pour mixture into dish.
 - Bake 350 for 35 min
 - Once cool and ready to serve - top each serving with Greek Yogurt/toppings of choice right before you eat
 - Makes 6 Servings

Baked Oats Breakfast Bars

INGREDIENTS

- 2 cups Almond Milk
 - ½ cup Maple Syrup
 - ½ cup Peanut Butter
 - 1 tsp Vanilla
 - 2 Cups Oats
 - ¼ Cup Cocoa Powder
 - 1 Tbsp Ground Flax
 - 1 tsp baking powder
 - Pinch salt
 - ¼ cup chocolate chips
-
- Mix all ingredients except chocolate chips. Spray 8x8 baking dish with cooking spray and pour mixture into dish. Sprinkle top with chocolate chips
 - Bake 350 for 50 min
 - 4 Servings

Banana Split Chia Pudding

INGREDIENTS

- 1 Cup milk
 - ½ cup Greek yogurt
 - ½ scoop vanilla protein
 - ¼ cup chia seeds
 - ½ tbsp maple syrup
 - ¼ cup blueberries
 - Splash vanilla
-
- Mix all ingredients and refrigerate overnight in a container with a lid.
 - When ready to eat, top with 1/4 cup strawberries, ½ banana and 1 tbsp of coconut/mini chocolate chips
 - 1 serving



Protein Packed Breakfast Muffins

INGREDIENTS

- 3 mashed bananas
- 1 ½ cup Kodiak-Cakes Pancake Mix
- ½ Cup water
- 3 eggs
- 1 tsp vanilla
- 1 Tbsp sweetener
- 1 tsp vanilla
- Optional - 1 scoop protein powder
- Optional - ½ cup Stevia-sweetened chocolate chips/nuts/seeds

- Mash banana and mix in other ingredients. Spray muffin liners with cooking spray and pour mixture evenly into molds.
- Bake at 350 for 18 min
- Makes 12

High Protein Pancakes/Waffles Batter

INGREDIENTS

- 1 ½ cups oats
 - 1 ½ cups cottage cheese
 - 3 eggs
 - 1 Banana
 - 2 scoops protein powder
 - Optional: handful of spinach
-
- Blend all ingredients in a blender until smooth. Cook on griddle/waffle iron as normal pancakes (¼ cup servings).
 - Makes about 12 servings



3-ish Ingredient Breakfast Cookies

INGREDIENTS

- 1 Cup oats
 - 2 mashed ripe bananas
 - ¼ cup nut butter
 - Pinch salt, dash of cinnamon and vanilla
 - *optional ¼ cup chocolate chips
 - *optional 1 scoop protein powder
-
- Mash banana and mix in other ingredients until smooth. Scoop out 10-12 large spoonfuls onto parchment paper lined baking sheet
 - Bake at 350 for 15-18 min
 - 10-12 Servings



INGREDIENTS

- 6 large eggs
 - 1/4 cup milk or cream
 - Salt and pepper, to taste
 - 1 cup shredded cheese (such as cheddar, mozzarella, or feta)
 - 1/2 cup diced vegetables (bell peppers, onions, spinach, mushrooms, etc.)
 - 1/4 cup diced cooked ham, bacon, or sausage (optional)
-
- Cooking spray or butter for greasing the muffin tin
 - Preheat your oven to 350°F (175°C). Grease a 6-cup muffin tin with cooking spray or butter.
 - In a mixing bowl, crack the eggs and add the milk or cream. Whisk them together until well combined. Season with salt and pepper to taste.
 - Divide the diced vegetables, cooked meat (if using), and shredded cheese evenly among the muffin cups. You can mix and match your preferred ingredients in each cup or keep them separate.
 - Pour the egg mixture over the ingredients in each muffin cup, filling them about 3/4 full. Be careful not to overfill, as the eggs will puff up as they bake.
 - Bake for 20-25 minutes or until the egg cups are set and slightly golden on top.
 - 6 Servings

Basic Protein Oatmeal

INGREDIENTS

- ½ Cup Oats (cook as you normally would cook)
 - 1 scoop protein powder
 - 1 Tbsp ground flax
 - ½ cup berries of choice
 - *optional toppings: 1 Tbsp chopped nuts/peanut butter, cinnamon, berries
-
- Cook oats as you prefer (microwave, stovetop). Mix cooked oats, protein, and flax and top with berries of choice and other toppings.
 - Serves 1



INGREDIENTS

- ½ cup almond milk/milk
- ½ cup greek yogurt
- ⅓ cup rolled oats
- ½ cup frozen fruit of choice
(berries/peaches/pineapple etc)
- ½ frozen banana
- 1 tsp vanilla
- ½ cup ice
- *optional 1 scoop protein powder for
extra protein

- Blend until smooth. Add additional liquid
to achieve desired consistency.
- Serves 1

Peanut Butter & Jam Smoothie

INGREDIENTS

- ½-1 cup almond milk/milk
 - ½ cup greek yogurt
 - ½ banana
 - ½ cup berries
 - 1 Tbsp ground flax or chia
 - 2 Tbsp peanut butter
 - ½ cup ice
 - *optional 1 scoop protein powder for extra protein
-
- Blend until smooth. Add additional liquid to achieve desired consistency
 - Serves 1

Green Monster Smoothie

INGREDIENTS

- ½-1 cup almond milk/milk
 - 1 banana
 - ½ cup frozen pineapple or fruit of choice
 - 1 Tbsp ground flax or chia
 - Handful baby spinach
 - 1/3-1/2 avocado
 - 1 scoop protein powder
 - ½ cup ice
-
- Blend until smooth. Add additional liquid to achieve desired consistency
 - Serves 1



Triple Threat Granola

INGREDIENTS

- 2 cups old fashioned oats
 - 1 cup unsweetened coconut
 - 1 cup chopped nuts and seeds of choice (almonds, pecans, walnuts, sesame/pumpkin/sunflower seeds etc)
 - ½ cup dried fruit of choice
 - 2 Tbsp maple syrup or melted honey
 - 1 Tbsp melted coconut oil
 - ¼ tsp salt
 - Spices and flavorings of choice (cinnamon, vanilla/almond extract, etc)
 - *optional 1 scoop of protein powder
 - *optional ¼ cup ground flax
-
- Mix dry and wet ingredients. Bake at 325 for about 20-30 min until it's golden and brown. Stir the mixture every 10 min to ensure baking evenly
 - Cool and store in an air-tight container.
 - About 8-10 ¼ cup portions.
-
- Use as toppings on your greek yogurt/cottage cheese or straight up as a snack!

Smoked Salmon & Avocado Toast

INGREDIENTS

- 1 piece toast
 - 2-3 strips of smoked salmon
 - ½ avocado
 - Lemon juice
 - Salt and pepper
 - *optional 1 tbsp cream cheese
-
- Mash avocado and add lemon juice and salt and pepper
 - Layer avocado on toast (if doing cream cheese add this first). Add smoked salmon and garnish with dill
 - Serves 1



The image shows two glass meal prep containers on a light grey textured surface. The larger container in the top left holds sliced salmon with a browned, seared exterior, resting on a bed of green leafy salad. It is garnished with several whole pecans and a half of a hard-boiled egg with a bright orange yolk. To the right of the salmon are florets of steamed broccoli. The smaller container in the bottom right contains more steamed broccoli, a whole green bean, and another half of a hard-boiled egg. A single fresh basil leaf is placed on the surface between the two containers. In the bottom right corner, there are a few more pecans scattered on the surface.

CHAPTER

03

Lunch & Dinner

Edamame/Mango Salad

INGREDIENTS

- Salad Base
 - 2 Cups Edamame
 - 1 Cucumber diced
 - 3 Mangos diced
 - 1 Red Onion finely diced
 - 1 19 oz Can Black Bean rinsed
 - 350 mL Can Corn
 - 2 Tbsp Basil finely chopped
 - Dressing
 - 3 Cloves Garlic finely minced
 - 1 Tbsp Olive Oil
 - 1 Tbsp Red Wine Vinegar
 - Salt and Pepper to taste
 - 1-2 Tbsp Lemon Juice
 - Toppings
 - Avocado chopped
-
- Mix all ingredients for salad base. Mix Dressing ingredients (if eating right away dress salad). Top with avocado once ready to serve.
 - 6 Servings

Super Salmon Salad

INGREDIENTS

- ½ Yellow Pepper diced
 - ½ cucumber diced
 - 8 cherry tomatoes cut in half or quarters
 - ½ grated carrot
 - 1 avocado cubed
 - ¾ Cup cooked quinoa
 - Chopped green onion
 - Lemon juice
 - Salt and pepper to taste
 - 2 Filets Baked Salmon
-
- Mix Salad ingredients and top with salmon.
 - 2 Servings



Sweet Potato Burgers

INGREDIENTS

- 3 sweet potatoes (cubed, boiled, then mashed)
- 1 can lentils or black beans (rinsed, then mashed)
- 1 egg
- ½ cup flour
- Spices of choice
- Salt and Pepper to taste

- Mix everything together and form 6 patties.
- Air-fry 20-25 min until crisp at 375-400 OR Bake 375 for 20-30 min or Pan fry
- 6 Servings

Crunchy Chickpea Bowl

INGREDIENTS

- Bowl Base
- 1 cup cooked rice
- 2 cups steamed broccoli
- Crunchy chickpeas
- 1 can chickpeas
- 2 Tbsp Olive Oil
- ½ tsp garlic powder, paprika or chilli powder
- Toss together and airfry until crispy about 15 min OR bake at 400 for 10-12 min
- Lemon Garlic Tahini Dressing
- ¼ Cup tahini
- 2 Tbsp Lemon juice
- 2 cloves garlic minced
- 2 tsp honey
- Splash of water
- Blend all Ingredients in a blender
- Layer rice, broccoli, and chickpeas and top the dressing once ready to serve.
- 4 Servings

INGREDIENTS

- 1 can canned tuna/salmon
 - 1 egg
 - 1 Tbsp finely diced onion
 - 1 Tbsp grated carrot
 - 1 Tbsp flour/bread crumb
 - Spices of choice
 - Salt and pepper to taste
-
- Mix and form into patties. Pan-fry.
 - 2 Servings



INGREDIENTS

- 1 package firm tofu
- 1 cup chopped veggies of choice (bell peppers, onions, spinach, etc)
- ¼ cup nutritional yeast or cheese
- Salt and pepper to taste
- Herbs/seasonings of choice

- Saute vegetables in a pan until soft. Add crumbled tofu and add spices/seasonings. Add nutritional yeast/cheese.
- 4 Servings

High-Protein Mac and Cheese

INGREDIENTS

- 2 Cup boiled pasta (chickpea or lentil pasta for extra protein)
 - 3 Tbsp Butter
 - 3 Tbsp flour
 - 1 cup grated cheese
 - 1 cup cottage cheese (blended until smooth)
 - Salt and pepper
 - *optional ½ cup extra grated cheese
-
- Melt butter and add flour and stir constantly for 1 min until flour is cooked. Season with salt and pepper.
 - Stir in grated cheese and blended cottage cheese. Keep stirring until cheese is melted.
 - Add cooked pasta and stir until pasta is coated. Pour into 9x9 baking pan and
*optional: top with extra cheese.
 - Bake at 350 degrees until bubbly.

INGREDIENTS

- 1 cup sweet chili sauce
 - 4 boneless skinless chicken breasts cubed
 - 1 Tbsp olive oil
 - Salt and pepper
 - 1 cup cooked rice
 - 6-8 cups shredded cabbage
 - 3 stalks green onion finely chopped
 - 1 cucumber diced
 - ¼ cup tortilla strips
 - 4 tbsp sriracha mayonnaise (for dressing)
-
- Heat oil in a pan and cook cubed chicken breast. Season with salt and pepper. Once cooked, add sweet chili sauce.
-
- On each plate/container put ¼ cup of cooked rice at bottom. Layer in ¼ of cabbage, green onion, cucumber and tortilla strips. Top each portion with 1 Tbsp sriracha mayo.
 - 4 portions

INGREDIENTS

- 2 Hard boiled eggs
 - 1 Tbsp mayonnaise
 - 1 green onion finely chopped
 - 1 tsp dried dill
 - 1 tsp grainy mustard
 - Salt and pepper to taste
-
- Mash eggs and mix other ingredients in.
Enjoy on rice cakes, with crackers, or in a sandwich.
 - 1 serving.



Strawberry Spinach Salad

INGREDIENTS

- 2-4 cups spinach
- 4-5 sliced strawberries
- 2 Tbsp sliced almonds
- 2 Tbsp crumbled feta cheese
- 1 stalk green onion finely diced
- *optional add cooked protein of choice: chicken, shrimp, salmon, hard boiled eggs, even some shredded deli meat or canned tuna
- Poppyseed Dressing
- 1 tsp dijon mustard
- ¼ cup apple cider vinegar or other vinegar
- 2 Tbsp honey or maple syrup
- 1 Tbsp poppy seeds
- ½ tsp salt
- 1 tsp grated onion
- 2 servings

CHAPTER

04

Dessert



INGREDIENTS

- 750g container (large container) cottage cheese
- 1 cup Greek yogurt
- 1 box sugar free pudding mix (add more to taste) OR 1/2 sugar free jello flavor or choice and 2 tbs vanilla pudding powder
- *add Splenda/stevia if wanting sweeter
- BLEND all ingredients until smooth

- Add 2 tbsp graham cracker crumbs or ground up press to bottom of container
- Add 1/3-1/2 cup of cottage cheese blended mix on top
- Top with toppings or choice (berries/choc chips/coconut/etc)

- Makes about 6-8 servings

Protein-Packed Chocolate Chip Cookies

INGREDIENTS

- 1 cup rolled oats
 - 1 cup protein powder (vanilla or chocolate flavor)
 - 1/2 cup almond flour
 - 1/4 cup unsweetened cocoa powder
 - 1/2 teaspoon baking powder
 - 1/4 teaspoon salt
 - 1/2 cup almond butter (or any nut butter of your choice)
 - 1/4 cup honey or maple syrup
 - 1/4 cup Greek yogurt
 - 1 large egg
 - 1 teaspoon vanilla extract
 - 1/2 cup dark chocolate chips (or sugar-free chocolate chips)
-
- Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper or a silicone baking mat.
 - In a blender or food processor, grind the rolled oats into a fine flour-like consistency.
 - In a mixing bowl, combine the oat flour, protein powder, almond flour, cocoa powder, baking powder, and salt. Mix well to ensure the dry ingredients are evenly combined.

- In a separate microwave-safe bowl, warm the almond butter and honey (or maple syrup) together until they become easy to mix, about 20-30 seconds in the microwave. Stir until smooth.
- Add the Greek yogurt, egg, and vanilla extract to the almond butter and honey mixture. Stir until well combined.
- Pour the wet ingredients into the dry ingredients and mix until you have a thick cookie dough.
- Gently fold in the dark chocolate chips.
- Using a cookie scoop or a spoon, drop rounded tablespoons of dough onto the prepared baking sheet, spacing them about 2 inches apart. Flatten each cookie slightly with the back of a spoon.
- Bake in the preheated oven for 10-12 minutes, or until the edges are set but the centers are still soft. Be careful not to overbake, as protein cookies can become dry if cooked too long.
- Remove from the oven and allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.
- Once the cookies are completely cooled, store them in an airtight container. Enjoy your protein-packed chocolate chip cookies as a healthy snack or post-workout treat!

Black Bean Brownies

INGREDIENTS

- 1 Can Black Beans
 - 1/4 tsp salt
 - 1/4 cup nut butter or oil
 - 1/2 cup maple syrup/honey
 - 3 Tbsp Coco
 - 2/3 Cup Oat Flour
 - 1/2 Cup Chocolate Chips
-
- Blend all ingredients except for chocolate chips.
 - Press blended mixture into 8x8 pan sprayed with cooking spray or lined with parchment paper.
 - Top with chocolate chips.
 - Freeze to set at least 4 hours. Store in fridge or freezer in an air-tight container



INGREDIENTS

- Base
- 1 cup protein powder
- 1 cup self-rising flour
- 1 1/2 Cups Greek Yogurt
- Sprinkle
- Vanilla

- Glaze:
- -icing sugar
- -almond milk

- Mix all ingredients and Roll into about 16-18 balls.
Roll in glaze and place on parchment lined baking sheet or plate to set.

Pumpkin-Pie Protein Truffles

INGREDIENTS

- 1/4 Cup Pumpkin Puree
 - 1/2 Cup Nut/Seed Butter
 - 1 Tbsp Coconut Oil
 - 1 tsp pumpkin pie spice
 - 1 tsp cinnamon
 - 1/4 tsp vanilla
 - Pinch salt
 - 2 Tbsp Maple Syrup
 - 1/2 Cup rolled oats
 - 1/4 Cup Ground Flaxseed
 - 2 Scoops Protein Powder
-
- Blend all ingredients in a blender. Roll into balls and store in an airtight container in the fridge.
 - Makes 10-12 balls depending on size.



Chocolate-Covered Berry Bites

INGREDIENTS

- Berry layer
- 1 Cup berries of choice (strawberries/raspberries etc)
- 2 Tbsp Chia Seeds
-
- Chocolate layer
- 1 cup chocolate chips
- 1 tbsp coconut oil
- In a small pot over med-high heat, cook down berries and chia seeds until smooth and thick.
- Meanwhile, microwave chocolate and coconut oil in 30 sec increments until smooth
- Use silicone muffin tin and layer: chocolate, berry mixture, chocolate
- Freeze at least 2 hours until firm and pop out of molds and store in freezer in an air-tight container
- Makes 8-12

INGREDIENTS

- ½ Cup Vanilla Protein
- ¼ Cup coconut flour
- 3 Tbsp sweetener/sugar
- 6 Tbsp Cream Cheese softened
- 4 Oreo cookies crushed
-
- Drizzle
- 3-4 Tbsp White Chocolate
-
- Mix ingredients and roll into about 10-12 balls and place on parchment lined plate or cookie sheet.
- Melt white chocolate in the microwave in 30 sec increments, stirring in between.
- Drizzle balls with white chocolate. Put in fridge to set at least 1 hour.
-



Sweet-Potato Brownies

INGREDIENTS

- 1.5 Cups cooked and mashed sweet potato or pumpkin
- ½ Cup nut butter
- ¼ cup almond flour
- ¼ cup cocoa
- ½ cup maple syrup
- 1 Tbsp coconut oil melted
- 1 tsp vanilla
- ¼ tsp baking soda
- ¼ tsp baking powder
- Pinch of salt
- *optional 1 scoop vanilla or chocolate protein powder
- Mix all ingredients well and pour into a greased 9x9 baking pan.
- Bake at 250 for 20-25 min
- 9 servings

INGREDIENTS

- 12 rice cakes
- 2 bananas
- 5 dates blended (add dates to 1 cup boiling water for 10 min to soften and blend in food processor or blender)
- ½ cup nut butter
- 2 Tbsp Chia Seeds
- Chocolate drizzle
- 1 cup melted chocolate (melt chocolate in 30 sec increments and stirring in between)
- Mash bananas in a bowl.
- Crumble into small pieces rice cakes in the same bowl and add other ingredients and mix well until smooth consistency.
- Drizzle with chocolate.

INGREDIENTS

- 2 scoops protein powder
 - 2 Tbsp coconut flour
 - 2 Tbsp oat flour
 - ¼ cup milk
 - 1 Tbsp sweetener of choice
 - ¼ Cup sugar free chocolate chips
-
- Mix all ingredients except for chocolate chips well until smooth consistency.
 - Fold in chocolate chips.



Baked Cottage Cheese Cheesecake

INGREDIENTS

- 2 ½ cups cottage cheese
 - 1 cup Greek Yogurt
 - 1 Tbsp Flour
 - 1 Tbsp Sweetener
 - 2 Eggs
 - *optional: graham cracker crust
-
- Blend all ingredients and pour into a greased springform pan.
 - Bake at 350 for 1 hour
 - Optional: top with toppings of choice (fresh fruit/chocolate or caramel drizzle)

Protein Peanut Butter Cups

INGREDIENTS

- Base
- 1 cup oats
- ¼ cup honey
- ½ cup peanut butter
- ¼ cup protein powder
- 1 Tbsp chia seeds
- Pinch salt
-
- Chocolate layer
- 1 cup chocolate chips (any kind, or stevia sweetened/sugar free)
- 3 Tbsp coconut oil
- 2 Tbsp powdered peanut butter/PB2
- Mix base layer ingredients and fill silicone or paper muffin liners until each liner is ½ filled. Freeze for 1 hour
- Melt chocolate layer ingredients in the microwave until smooth in 30 second increments. Once base is frozen, cover each cup with a layer of chocolate.
- 8 Servings



CHAPTER

05

Snacks

High Protein Spread/Fruit Dip

INGREDIENTS

- ½ Cup Light Cream Cheese 1/2 cup
- ½ Cup Greek Yogurt
- 1 scoop Protein
- 2 Tbsp Peanut Butter
- Sweetener to taste - stevia/splenda etc.
- Cinnamon to taste
-
- Blend all ingredients until smooth and serve with fruit/spread on toast or crackers. You can also use this as frosting!



INGREDIENTS

- 16 oz greek yogurt
 - 2 scoops protein
 - 1 tbsp honey/sweetener
 - 1 cup fruit
 - 1/2 cup chopped nuts/coconut
 - 1/2 cup chopped chocolate
 - Pinch of salt
-
- Combine yogurt and protein thoroughly
 - Add honey/sweetener
 - Line a baking sheet w parchment and spread into a square until about 1/2 inch thick
 - Sprinkle with chocolate and fruit and salt
 - Freeze for an hour
 - Break into pieces and enjoy!
 - Store in tupperware in freezer

High Protein Veggie/Chip Dip

INGREDIENTS

- 2 cloves garlic
 - 2 cups cottage cheese
 - ½ cup high protein Greek yogurt
 - 1 teaspoon dried dill
 - 1 teaspoon dried basil
 - ½ teaspoon dried thyme
 - 1 Tablespoon dried parsley
 - ½ teaspoon ground garlic
 - ½ teaspoon ground black pepper or to taste
 - ¼ teaspoon salt or to taste
-
- Blend & whip in food processor until smooth!
 - Use as a dip for veggies or chips or sandwich spread.



Apple Dip #1

INGREDIENTS

- 1/2 Cup Plain Greek Yogurt
 - 1 Tbsp Honey
 - 1 Tbsp Peanut Butter
 - Cinnamon
 - Vanilla
-
- Mix all ingredients until smooth.

Apple Dip #2

- 1 8 oz Brick Cream Cheese
 - Splenda Brown Sugar
 - 1 Scoop Protein Powder
 - Cinnamon
 - Vanilla
 - *optional: sprinkle score bits on top
-
- Mix all ingredients until smooth.

INGREDIENTS

- 1/2 Cup Pumpkin Puree
- 12/ Cup Peanut Butter
- 4 Tbsp Maple Syrup
- 1.5 Tbsp Pumpkin Pie Spice
- 3/4 Cup Protein Powder
- 1 Cup Oat flour
- 2 Tbsp coconut oil - melted
- Optional Chocolate top
- 1/2 cup chocolate chips
- 1 Tbsp coconut oil
- Mix all ingredients and press into a greased pan.
- If doing chocolate top - melt chocolate and coconut oil in the microwave in 30 sec increments until smooth.
- Spread on bar base.
- Freeze to set at least 1 hour and cut into pieces. Store in air-tight container in the fridge.

Peanut Butter Rice Cake Bars

INGREDIENTS

- 6 Rice Cakes crumbled
- ½ Cup Peanut Butter
- ½ Cup Maple Syrup
- Chocolate Drizzle
- ½ Cup chocolate chips
- 1 Tbsp coconut oil
- Mix bar ingredients and press into a greased 8x8 pan
- Melt chocolate chips and coconut oil in the microwave in 30 sec increments and drizzle on top
- 6 Servings



Protein Pumpkin Muffins

INGREDIENTS

- 1 Cup Pumpkin Puree
- 1 Cup Flour
- 1 Cup Greek Yogurt
- 1/2 Cup Vanilla Protein Powder
- 2 Eggs
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon

- Mix all ingredients until smooth and pour evenly into greased muffin tin. Bake at 350 Degrees for 25-30 min

- Optional: Marnie's Touch:
- Mix and top muffins once baked with:
- ½ cup Splenda brown sugar
- 2 tbsp butter
- ¼ cup Skor Bits
- THEN
- Mix and drizzle on top 'streusel topping'
- 8 oz cream cheese
- 1 Tbsp Premier Protein
- 2 Tbsp Splenda Brown Sugar

Chewy Oat Protein Bars

INGREDIENTS

- 1/4 Cup Maple Syrup/Honey
- 1 Cup Oats
- 1/2 Cup Peanut Butter
- 2 Scoops Protein Powder
- 1/4 Cups Milk/Non-dairy milk
- Chocolate drizzle
- ½ cup chocolate chips
- Mix all ingredients and press into 6x8 pan sprayed with cooking spray.
- Melt chocolate chips and drizzle on top
- Makes 6 servings



INGREDIENTS

- Bell pepper cut out in 4 large pieces
- 2 Tbsp Goat cheese or cream cheese ($\frac{1}{2}$ Tbsp/piece)
- $\frac{1}{2}$ Avocado
- Deli meat of choice (chicken/turkey/ham)
- Seasoning of Choice (ex. Everything bagel) or salt and pepper

- Spread each bell pepper piece with $\frac{1}{2}$ Tbsp of goat cheese or cream cheese and top with avocado, deli meat, and seasoning
- 1-2 servings

INGREDIENTS

- 2 cups oats
 - ½ cup peanut butter
 - ¼ cup honey
 - 1 scoop protein powder
 - 3 Tbsp Chia Seeds
 - ¼ cup mix-ins of choice (chocolate, dried fruit, etc)
 - ¼ tsp salt
 - *optional: couple shakes of cinnamon
-
- Mix ingredients and wet hands and form 1 inch balls. Store in refrigerator in air-tight container
 - Makes 16-20 depending on size



High-Protein Artichoke Dip

INGREDIENTS

- 6 Artichoke Hearts
- 1 Tbsp Olive Oil
- 1 Cup Cottage Cheese
- 1 Tbsp minced garlic
- ½ lemon juice
- 1 Tbsp Tahini
- ½ tsp salt
- ¼ tsp pepper
- 2 Tbsp Water
- ¼ tsp oregano, paprika, parsley
- Blend in food processor until smooth and service with veggies or crackers or chips
- ¼ cup = 6 grams protein

Chocolate Protein Muffins

INGREDIENTS

- 1-15 oz can black beans rinsed
 - 5 eggs
 - 1 Tbsp vanilla
 - ½ tsp salt
 - 1 tsp baking powder
 - ½ tsp baking soda
 - 3 Tbsp Coconut oil
 - ¼ cup maple syrup
 - ¼ cup chocolate protein powder
 - 2 Tbsp cocoa powder
 - *optional: shredded unsweetened coconut
-
- Spray muffin tins with cooking spray. Combine all ingredients in a blender and process until smooth. Pour evenly into muffin tin and top with optional coconut.
 - Bake at 350 for 20-25 min until toothpick comes out clean.
 - 12 servings



Banana Bran Muffins

INGREDIENTS

- 1 ½ cups bran cereal
 - 1 cup milk
 - ¼ cup ground flax
 - 1 Tbsp chia seeds
 - 3 ripe bananas
 - ¼ cup melted coconut oil
 - 1 egg
 - ⅔ cup honey or maple syrup
 - 2 cups flour
 - 1 tsp baking powder
 - ½ tsp salt
 - ½ tsp cinnamon
 - *optional: add 2 scoops of protein powder and reduce flour to 1 ½ cups
-
- Combine bran cereal and milk and let sit for 15-20 min. In the meantime, mash banana in bowl and add flax, chia, melted coconut oil, egg, honey/maple syrup. Mix until well combined. Add dry ingredients and mix until just combined. Add bran cereal and milk mixture. Pour evenly into greased muffin tin.
 - Bake at 375 for 20-25min.
 - 12 Servings

Double Threat Snack Ideas

- -veggies and hummus or guacamole
- -turkey or regular pepperoni or jerky and cheese cubes
- -peanut butter and celery
- -peanut butter and apple
- -1 Tbsp peanut butter in greek yogurt
- -frozen grapes and serve with greek yogurt dip
- -pretzels/chips/veggies and high protein dip recipe



Triple Threat Snack Ideas

- -greek yogurt or cottage cheese and berries and slivered almonds
- -rolled up deli meat with herb and garlic cream cheese *optional add pickle or pickled asparagus in center
- -hard boiled egg sliced on rice cakes and guacamole
- -tasty trio trailmix (popcorn/jerky/chocolate chips)



