

# Fuel your best results.

2025 TRANSFORMATION  
CHALLENGE MEAL GUIDE



STRONGER  NUTRITION

x

 **Orangetheory**<sup>®</sup>  
FITNESS

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# Go all out on you with Stronger U.

At Stronger U Nutrition, we believe the key to maximizing your Orangetheory workouts and Transformation Challenge results goes beyond what happens in the studio. The right nutrition strategy is essential to fuel the results you want to achieve. That's why we've got expert-led resources and tips to help you every step of the way, starting with this meal guide.

Whether you aim to lose weight, build muscle, or simply improve your overall eating habits, the coach-crafted recipes in this guide don't just taste delicious; they're also designed to support your performance and body composition.

And if you're looking for ongoing personalized guidance, we offer exclusive coaching plans to meet every need and put a dedicated expert at your fingertips.

Bridging the gap between your studio and kitchen, we're here to give you the tools to optimize your workouts and go all out on your goals!

# Nutrition support for every rep, row, and run.

## FREE VIRTUAL NUTRITION WORKSHOPS

Join our monthly workshops hosted by Stronger U Registered Dietitians to boost your nutrition knowledge and optimize your results.

## FREE WEEKLY EMAILS

Orangetheory Transformation Challenge participants get weekly emails with tips, recipes, workshop replays, and resources to stay on track and motivated throughout the Challenge.

Looking for personalized guidance? Sign up for an exclusive plan at [otf.strongeru.com](https://otf.strongeru.com)

# Fuel your transformation with personalized nutrition coaching from Stronger U.

**NUTRITION  
WORKSHOPS**

**\$0**

- Free virtual nutrition workshops hosted by registered dietitians to optimize your results.

**BASE  
NUTRITION**

**\$79**

- 1:1 nutrition consultation
- Weekly Challenge group calls
- Stronger U App access

**PUSH  
NUTRITION**

**\$119**

- Goal setting call with your coach
- 4 bi-weekly accountability check-ins
- Unlimited coach messaging
- Weekly Challenge group calls
- Stronger U App access

**ALL OUT  
NUTRITION**

**\$159**

- Goal setting call with your coach
- 8 weekly accountability check-ins
- Unlimited coach messaging
- Weekly Challenge group calls
- Stronger U App access

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# Build a balanced foundation.

Follow these **four nutrition principles** to create a balanced routine that is sustainable long-term.

## ENERGY BALANCE

Energy balance is the equation or “relationship” between the number of calories you take in through food and drink versus the number of calories you burn through your daily energy requirements.

Finding the right energy balance for you is based on your goals and activity level. It is the most important factor in changing body weight and body composition.

## MACRONUTRIENTS

Macronutrients, commonly referred to as “macros,” are the main sources of energy (calories) from the foods and drinks you consume. They fall into three categories: protein, carbohydrates (carbs), and fat. Beyond providing energy, each macronutrient plays a key role in overall health, longevity, and fitness ensuring the body is effectively nourished for peak performance.

## **MACRONUTRIENTS – CONTINUED**

The recipes in this guide are generally high in protein to support muscle repair and growth but also include a healthy balance of carbs to keep you energized and fats to help you absorb vitamins and minerals (micronutrients).

Each recipe displays the macro counts per serving and what percentage of calories comes from protein, carbs, and fat.

## **STRUCTURED FLEXIBILITY**

At Stronger U, we follow a flexible approach to nutrition rooted in the science of energy balance. You pick the foods you eat within specific guidelines that align with your personalized macronutrient goals. Your macro goals are based on your chosen track, such as fat loss (with or without the use of GLP-1 medication) or muscle gain. From there you can establish your daily meal patterns for when you'll eat, how often, and how much.

## **PERFORMANCE NUTRITION**

Properly fueling before and after your workouts is crucial in optimizing your performance and recovery. Knowing when and what to eat can impact your ability to lift heavier, run faster, and feel better under the orange lights.

To learn more about these nutrition principles and how to apply them, join our experts during our FREE Nutrition 101 Workshop.

**Sign up now at [otf.strongeru.com](https://otf.strongeru.com)**

# Tips for **success.**

Half your effort happens in the kitchen –  
Stronger U helps you **make every meal count.**

## **KEEP IT FRESH**

Falling into a food rut can be a quick way to hit a roadblock in your nutrition plan. Fortunately, this guide has new-to-you recipes that will help infuse excitement into your menu every week.

## **MOVE AT YOUR OWN PACE**

If you start a marathon at full throttle, not only do you risk not making it to the finish line, but you may not even get to mile two. The same goes for switching up your nutrition habits. Start with what you know you can accomplish and build on your successes.



# Tips for success.

## PREP & SHOP

Do as much ahead of time as you can to set yourself up for success. A few tips:

- Use the grocery list on page 9 to plan your stress-free shopping trip.
- Buy pre-cooked protein for certain recipes if it saves you time.
- It may help to buy ready-to-eat fruits and veggies from bulk grocery stores.

## MAKE MEALS AHEAD OF TIME

Cook and freeze some of your meals ahead of time so all you need is a quick reheat in the oven. These Meal Guide recipes are freezer-friendly options:

- Mini Burger Bites
- Easy Sloppy Joes
- Taco-Stuffed Sweet Potatoes (w/o toppings)
- Freezer Friendly Chicken Burritos
- No-Bake S'mores Protein Bites

# Hit the grocery store with a plan!

### PRODUCE

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### MEAT/DAIRY

- \_\_\_\_\_
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### GRAINS/BAKERY

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### CONDIMENTS/NUTS

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### CANNED GOODS

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### SPICES

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### EXTRA NEEDS

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# WEEKLY HABIT TRACKER

Use the tracker below to track water, workouts and other habits you'd like to continue or avoid throughout the week.

WEEK OF: \_\_\_\_\_

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## WEEKLY MEAL PLANNER

### BREAKFAST

### LUNCH

### DINNER

|                  |  |  |  |
|------------------|--|--|--|
| <b>MONDAY</b>    |  |  |  |
| <b>TUESDAY</b>   |  |  |  |
| <b>WEDNESDAY</b> |  |  |  |
| <b>THURSDAY</b>  |  |  |  |
| <b>FRIDAY</b>    |  |  |  |
| <b>SATURDAY</b>  |  |  |  |
| <b>SUNDAY</b>    |  |  |  |

## VEGGIE EGG Casserole



### INGREDIENTS

1 lb ground turkey, 93% lean  
1 tbsp olive oil  
1 bell pepper (any color), diced  
¼ cup sliced mushrooms  
1 small yellow onion, diced  
3 cups fresh spinach or kale  
7 whole large eggs  
2 cups egg whites (~12–14 egg whites)  
¼ cup low-fat plain kefir  
Salt and pepper, to taste  
½ cup low-fat shredded cheddar cheese,  
plus ¼ cup for topping

### NOTES

Store in an air-tight container for up to 5 days. We do not recommend freezing, but is a great option for meal prepping to enjoy throughout the week. Enjoy on it's own or pair it with an English muffin or tortilla for an easy-to-eat handheld. Pair with fresh fruit to complete the meal.

**Makes 12 servings,  
Serving Size: 1 piece**

### NUTRITION

140 calories per serving

### MACROS

grams per serving

20P ■ 4C ■ 9F ■



### INSTRUCTIONS

1. Preheat oven to 375°F. Prepare 9x13 baking dish by spraying with nonstick spray.
2. Brown sausage over medium heat in a large saucepan. Crumble in the pan as it cooks.
3. Pour olive oil into pan and add pepper, mushrooms, and onion. Saute 5–6 minutes until veggies are tender.
4. Add spinach and cook until soft, ~2 minutes.
5. In a large bowl, whisk eggs and egg whites. Add salt and pepper to taste. Whisk in kefir.
6. Pour ½ of sausage and veggie mixture into prepared baking dish. Sprinkle ⅓ cup cheese.
7. Pour egg and kefir mixture on top of sausage, veggies, and cheese.
8. Top with remaining sausage and veggies, then the remaining ¼ cup of cheese.
9. Bake for 40–45 minutes, or until top and edges are golden brown.
10. Let cool for 10 minutes and serve warm.

# Tropical Proats



## INGREDIENTS

- ¼ cup quick oats
- ¼ cup unsweetened cashew milk (or any lower calorie liquid)
- 1 tbsp sweetened coconut flakes
- ¼ cup canned pineapple tidbits, no sugar added
- 1 scoop vanilla protein powder

## INSTRUCTIONS

1. Add the oats, milk, coconut flakes, and pineapple to a bowl.
2. Microwave for 90–120 seconds, until very little liquid remains.
3. Add the protein powder to the cooked oats. Stir well.
4. Top with additional coconut flakes if you'd like. (Not included in macros.)

Makes 1 bowl

## NUTRITION

240 calories per serving

## MACROS

grams per serving  
27P ■ 15C ■ 8F ■



## BREAKFAST

# Egg Muffins



### INGREDIENTS

1 tbsp avocado oil  
6 eggs  
4 egg whites  
1 cup lightly packed chopped spinach  
 $\frac{3}{4}$  cup diced yellow onion  
 $\frac{3}{4}$  cup quartered cherry tomatoes  
 $\frac{3}{4}$  cup quartered chicken sausage  
 $\frac{1}{4}$  cup crumbled feta  
 $\frac{1}{4}$  tsp dried oregano  
 $\frac{1}{4}$  tsp dried basil  
Pinch of salt and pepper  
*Optional, not included in macros:  
extra crumbled feta, salsa, avocado*

### NOTES

Using a silicone muffin pan is highly recommended to prevent eggs from sticking

If using an aluminum muffin pan, be sure to generously spray with nonstick spray

**Makes 12 servings**

### NUTRITION

73 calories per serving

**MACROS**  
grams per serving

5.9P ■ 1.7C ■ 4.6F ■



### INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Cook the onions and chicken sausage in a hot skillet with avocado oil over medium heat for 5 minutes, mixing frequently until slightly browned.
3. Remove the onion and chicken sausage from the skillet and place them in a mixing bowl with the spinach and cherry tomatoes. Lightly mix until everything is well combined.
4. In a separate mixing bowl, whisk the eggs, egg whites, basil, oregano, salt, and pepper.
5. Lightly spray a 12-count silicone muffin pan with non-stick spray.
6. Evenly distribute the veggie and chicken sausage mix into each muffin cavity, filling about  $\frac{1}{4}$  of the way full. Carefully pour the egg mixture on top, filling about  $\frac{1}{4}$  of the way full. Sprinkle the feta crumbles evenly over the tops.
7. Place the muffin tray in the oven and bake for 20-25 minutes. Let it cool for a few minutes, then run a butter knife around the edges to pull out each egg muffin. Enjoy immediately or save in the fridge for up to three days!

LOW-CARB, SPICY

# Chicken Biscuits



## INGREDIENTS

### Biscuits

- 2 cups of biscuit mix (such as Carbquick)
- $\frac{2}{3}$  cup water
- 1 lb boneless skinless chicken breast
- $\frac{3}{4}$  cup plain fat-free Greek yogurt
- 6 spicy pork rinds

### Seasoning mixture

- $\frac{1}{4}$  tsp garlic powder
- $\frac{1}{4}$  tsp onion powder
- $\frac{1}{8}$  tsp chili powder
- $\frac{1}{4}$  tsp cayenne pepper to taste

## INSTRUCTIONS

1. Preheat oven to 400°F and prep 2 baking sheets by lightly spraying with a nonstick oil.
2. Combine the seasoning mixture ingredients in a medium bowl.
3. Wash chicken before cutting it into 12 pieces.
4. Pat dry and toss the chicken pieces in the seasoning mixture.
5. Crush or blend the pork rinds and add to a shallow bowl. Add the Greek yogurt to a separate bowl.
6. Dip the seasoned chicken pieces in the Greek yogurt before covering in the crushed pork rinds.
7. Place the coated chicken pieces on a baking sheet or baking rack with a drip tray.
8. Bake for 10 minutes.
9. Mix the biscuit mix and water until a dough forms. Divide the dough into 12 biscuits on a baking sheet.
10. After 10 minutes, add the biscuits to the oven. (Optional: flip the chicken if on a baking sheet.)
11. Bake both for an additional 10 minutes and serve.

Makes 12 servings

### NUTRITION

129 calories per serving

### MACROS

grams per serving

17P ■ 9C ■ 6F ■



FREEZER-FRIENDLY

# Chicken Burritos



## INGREDIENTS

1 tbsp olive oil  
1 lb lean ground chicken  
3 cloves garlic, minced  
½ cup finely diced yellow onion  
1 red bell pepper, finely diced  
1 (4.5) oz can green chilies  
2 tsp chili powder  
½ tsp salt  
8 burrito-sized whole wheat tortillas  
*Optional, not included in macros:*  
*Salsa, cheese, avocado*

## INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the diced onion, red bell pepper, green chilies, garlic and sauté for 5 minutes.
2. Add the ground chicken and break apart the meat. Add the chili powder and salt and mix. Cook until the chicken is fully cooked through and no longer pink. Set aside in a large bowl.
3. Warm the tortillas in the microwave for 20 seconds to make them pliable. Evenly distribute the chicken mixture onto each tortilla with desired additions (cheese, avocados). Tuck in burrito ends and roll.
4. Place the tortillas (fold side down) on a hot skillet with oil to make them slightly crisp on each side (optional)
5. To re-heat, bake in the oven at 350°F for 5-10 minutes or microwave for a minute or two. Serve with your favorite salsa and enjoy!

Makes 8 servings

## NUTRITION

237 calories per serving

## MACROS

grams per serving

14P ■ 22C ■ 10F ■





# SPICY Veggie Pizza



## INGREDIENTS

- 2 Joseph's pita breads
- 2 tbsp light alfredo sauce
- 2 tbsp marinara
- ½ tsp crushed red pepper
- ¼ cup shredded parmesan
- ¼ cup fat-free shredded mozzarella
- Veggies to taste (broccoli, zucchini, green bell pepper, and jalapeño)

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix the alfredo, marinara and crushed red pepper in a small bowl before adding to the pitas.
3. Mix the shredded parmesan and mozzarella before adding ½ to each pita.
4. Top with sliced veggies and sprinkle with more crushed red pepper (optional). If you're using frozen veggies, fully thaw beforehand or microwave with 1–2 tbsp water for 3–4 minutes and squeeze dry with paper towels before adding.
5. Bake for 16–18 minutes or until the veggies are cooked as desired.

## NOTES

To add a little more protein to this pizza, consider adding ham or turkey pepperoni! You can also blend cottage cheese into the alfredo sauce.

Makes 2 pizzas

## NUTRITION

231 calories per serving

## MACROS

grams per serving

18P ■ 22C ■ 10F ■



# MINI Burger Bites



## INGREDIENTS

- 1 lb ground beef, 93% lean
- 6 slices center cut bacon
- 1 cup shredded cheddar cheese
- ¼ cup reduced-sugar ketchup
- 3 tbsp mustard
- ¼ – ½ cup pickles, diced
- ½ cup breadcrumbs
- ½ cup liquid egg whites

## INSTRUCTIONS

1. Preheat oven to 400°F and spray a 24-muffin tin with nonstick cooking spray. Set aside.
2. Pan fry bacon until crispy. Set aside.
3. Add ground beef to your pan with remaining bacon grease. Cook until the beef is nearly cooked through. Drain the meat (rinsing optional) and add crumbled bacon. Remove from heat to cool.
4. In a large bowl, mix remaining ingredients before adding cooled beef/bacon mixture. Stir.
5. Transfer the mixture to the muffin tin. Bake for 23–25 minutes or until the tops of the burger bites are crispy, and the centers have very little moisture.

## NOTES

Use fat-free or reduced fat cheddar to save calories.

Macros w/ fat-free cheese: 54kCal, 7g protein, 2g carb, 2g fat

Makes 24 bites,  
1 bite per serving

## NUTRITION

67 calories per serving

## MACROS

grams per serving  
7P ■ 2C ■ 3.5F ■



## ROASTED FALL Vegetable & Quinoa Salad



### INGREDIENTS

#### Salad

- 2 cups of chicken or vegetable broth
- 1 cup quinoa
- 2 large sweet potatoes, peeled and diced
- 2 large apples, cored and diced
- 1 large onion, chopped and diced
- 2 cloves garlic, minced
- ½ tsp ground cinnamon
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp olive oil
- ½ cup dried cranberries
- ½ cup toasted walnuts, chopped

#### Dressing

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 1 tbsp spicy brown mustard
- Salt and pepper, to taste

### INSTRUCTIONS

1. Preheat oven to 375°F and line a baking sheet with parchment paper. Set aside.
2. Bring broth to a boil over medium-high heat in a saucepan. Add in the quinoa, reduce heat and simmer until quinoa is tender and has absorbed all the liquid, about 10 minutes. Set aside.
3. Toss together the sweet potatoes, apples, onions, and garlic. In a small bowl, whisk together the cinnamon, salt, pepper, and olive oil. Pour over sweet potato mixture and toss to coat. Spread out mixture in an even layer on prepared baking sheet. Roast in preheated oven for 15–20 minutes, or until all veggies are tender.
4. To prepare the dressing, whisk together all ingredients until well-combined.
5. To assemble the salad, toss together the quinoa, roasted veggies, cranberries, walnuts, and dressing until well-combined. Serve immediately or refrigerate and serve cold or heat up and serve warm for a more intense flavor.

### NOTES

To increase the protein content of this dish, consider pairing with 4 oz of grilled chicken, or 8 oz of air-fried tofu for a vegan dish!

Makes 12 servings, ½ cup each

#### NUTRITION

184 calories per serving

#### MACROS

grams per serving

4P ■ 30C ■ 7F ■



# JALAPEÑO Popper Dip



## INGREDIENTS

10 slices center cut bacon  
10 jalapeño peppers, seeded and diced  
1 tbsp minced garlic  
16 oz fat-free cream cheese  
3 tbsp cheddar powder or ½ cup shredded cheddar cheese

## INSTRUCTIONS

1. Pan fry bacon with nonstick cooking spray.
2. While bacon cooks, seed and dice jalapenos (or buy pre-diced).
3. Remove crispy bacon and set aside. Sauté jalapenos in the bacon grease. Add garlic during the last 30-60 seconds. Reduce heat to low.
4. If your cream cheese is solid, microwave for 30–60 sec.
5. Whisk cheddar powder, cream cheese and protein powder (optional) in a large bowl.
6. Add cheese mixture to the jalapenos and garlic. Stir.
7. Using a knife or your hands, crumble bacon before adding it to the pan. Mix until even. Serve warm.

## NOTES

Pay attention to bacon macros.  
2 slices of bacon = 70 kCal | 7P | 4F  
Macros are for recipe as-is without protein powder.  
Optional: add 1 scoop unflavored protein powder or shredded chicken breast.

Makes ~8 Servings, ¼ cup each

## NUTRITION

150 calories per serving

## MACROS

grams per serving

15P ■ 7C ■ 6F ■



# SHRIMP Air-Fried Rice



## INGREDIENTS

- 1 cup instant rice, cooked and cooled
- 1 1/3 cup frozen stir-fry vegetables
- 2 large eggs, whisked
- 6 oz cooked shrimp, thawed
- 2 tsp soy sauce
- 2 tbsp sweet & tangy sauce (or your choice of sauce)

## INSTRUCTIONS

1. Add rice to 1 cup of water and microwave for 6 minutes. Add the soy sauce and stir well.
2. Place in the freezer or refrigerator to cool.
3. Once the rice has cooled, place in an air fryer with frozen stir-fry vegetables at 400°F for 10 minutes.
4. Remove the rice from the air fryer and add the shrimp, sauce, and whisked eggs. Cook for an additional 5 minutes at 400°F.
5. Remove from the air fryer one final time, stir well, and cook for an additional 3 minutes at 400°F.

## NOTES

No air fryer? Use these pan-fry directions: Follow step 1 before adding rice and veggies to a large skillet. Pan fry until crisp. Fry eggs in a separate pan and add shrimp, sauce, and fried eggs to the rice. Heat until the shrimp is warm throughout.

Makes 2 servings

## NUTRITION

432 calories per serving

## MACROS

grams per serving

31P ■ 51C ■ 11F ■



# EASY Sloppy Joes



## INGREDIENTS

### Meat

- 2 lbs ground beef, 93% lean
- 2 tbsp minced garlic
- ¼ cup white onion, diced (optional)
- ½ tsp salt and pepper

### Sauce

- ¾ cup reduced-sugar ketchup
- ¼ cup mustard
- 2 tbsp apple cider vinegar
- ¼ cup maple syrup
- 4 tsp chili powder
- 1–2 tsp cayenne pepper to taste

## INSTRUCTIONS

1. Combine the meat, garlic, optional onion, and salt & pepper. Cook in a large skillet until brown.
2. While your meat is cooking, mix the sauce ingredients together in a bowl.
3. Reduce heat to low, stir in sauce and cover.
4. Let simmer for 8–10 minutes, stirring often until thick.

Makes about 9 servings

### NUTRITION

258 calories per serving

### MACROS

grams per serving

30P ■ 9C ■ 10F ■



LOW-CARB

# Cheeseburger Skillet



## INGREDIENTS

- 2–3 large zucchini
- 1 lb ground beef, 93% lean
- ½ cup shredded cheddar cheese
- 1 large onion, finely chopped (optional)
- 1 tbsp onion powder
- 1 tbsp garlic powder
- Salt and pepper to taste

*Optional toppings: pickles, tomatoes, mustard, lettuce, onions (not reflected in macros).*

## INSTRUCTIONS

1. Cube and cook the zucchini.  
**Air fryer:** 400°F for 20–25 minutes  
**Oven:** 450°F for 15–20 minutes  
**Stove top:** Skillet over medium-high heat for 12–15 minutes
2. Season and brown the ground beef in a large skillet.
3. Add the cooked zucchini, ground beef and cheese to an oven-safe skillet. Broil or heat on the stove top with a cover until the cheese is fully melted.
4. Serve with your favorite burger condiments and toppings.

Makes about 4 servings

## NUTRITION

342 calories per serving

**MACROS**  
grams per serving

39P ■ 10C ■ 17F ■



## NOTES

Macros are for 93/7 beef and full-fat cheddar cheese.

ONE-PAN, CRISPY LEMON-HERB

# Chicken & Roasted Green Beans



## INGREDIENTS

- 8–10 chicken thighs, bone-in and skin-on
- ¼ cup olive oil
- 5 garlic cloves, minced
- 2 tbsp fresh thyme leaves
- 2 tbsp fresh Italian parsley, chopped
- 2 lemons, zest and juice (roughly 4–5 tbsp juice)
- 2 tbsp olive oil
- 4 tsp salt
- ½ tsp black pepper
- 4 red onions, sliced into wedges with root end intact
- 24 oz green beans

## NOTES

This cooking method is very versatile, depending on what herbs and vegetables you prefer. You can swap green beans for asparagus using the same method. If you substitute hardier vegetables like potatoes, sweet potatoes, radishes or carrots, cut them into ~1.5-inch pieces and add them to the pan at the beginning with the onions.

**Makes 8 servings**

## NUTRITION

306 calories per serving

**MACROS**  
grams per serving

29P ■ 12C ■ 19F ■



## INSTRUCTIONS

1. Preheat oven to 400°F.
2. Zest the lemons and set aside for garnish.
3. In a bowl, combine the garlic, thyme, parsley, lemon juice, olive oil, salt and pepper.
4. In a 13x9 baking dish, arrange the red onion in a single layer.
5. Pat the chicken dry with paper towels and then smother it with the herb-garlic mixture. Make sure to pull up the chicken skin slightly to get the herbs and garlic underneath.
6. Place the chicken on top of the veggies, stretching the skin out over each piece.
7. Roast for 30 minutes, then remove it from the oven.
8. Quickly add the green beans to the pan, stirring them into the onions to coat with oil. Return the pan to the oven.
9. Roast for another 20–30 minutes until the chicken is cooked through and the skin is crispy (165°F internal temperature).
10. Let the chicken rest for 5–10 minutes before topping with the lemon zest and remaining parsley and thyme.



# SLOW COOKER Chicken Fajitas



## INGREDIENTS

3 lbs boneless skinless chicken breasts  
1 15 oz can black beans  
1 15 oz can pinto beans  
1 can Rotel diced tomatoes and green chilies  
4 cups fresh (12 oz frozen) onions & peppers, sliced  
1 packet fajita seasoning  
*Optional (not included in macros): cilantro, avocado, and/or lime to taste*

## NOTES

If you're adding peppers and onions straight from the freezer, you may want to drain the beans and Rotel to reduce the amount of water in the finished product.

Chicken fajita soup option: Add one 15 oz can stewed tomatoes.

If you're using an Instant Pot, cook for 20 minutes on manual and quick-release pressure.

## INSTRUCTIONS

1. Add all ingredients to a slow cooker.
2. Cook on low for 7–8 hours.
3. When the chicken is cooked through, turn off heat and shred chicken with a fork.
4. If there's more liquid than desired, use a perforated spoon or strainer to transfer the fajita mixture out of the liquid.
5. Serve over rice, in quesadillas, tacos, or burrito bowls or by itself (just be sure to track add-ons).

**Makes ~10 Servings**  
(Divide total cooked weight by 10 to find the exact serving size in grams)

## NUTRITION

263 calories per serving

## MACROS

grams per serving

35P ■ 19C ■ 4F ■



TACO-STUFFED

# Sweet Potatoes



## INGREDIENTS

- 4 large sweet potatoes
- 1 lb ground beef, 90% lean
- ¾ tsp salt
- 2 tsp cumin
- 1 tsp chili powder
- ½ tsp paprika
- ½ tsp oregano
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 Roma tomato, diced
- 1 tsp tomato paste
- 1 cup shredded sharp cheddar cheese
- Toppings as desired: (not included in macros/calories): salsa, sour cream, cilantro, lime, shredded lettuce, onion, guacamole, etc.

*Optional dash of cayenne pepper to taste*

## NOTES

If you use packaged taco seasoning that contains salt to replace the spices, omit the additional salt.

The seasoning is mild but if you like your taco meat spicier, add more cayenne pepper or a shake of hot sauce to the meat.

**Makes 4 servings**

## NUTRITION

480 calories per serving

**MACROS**  
grams per serving

34P ■ 39C ■ 21F ■



## INSTRUCTIONS

1. Bake the sweet potatoes. Pierce the skin with a fork before baking. If using the oven, bake at 425°F for about 45–50 minutes. For easier prep, use the potato setting on your microwave.
2. While the potatoes are baking, brown the ground beef with the salt in a large skillet. Once browned, add the cumin, chili powder, paprika, oregano, onion powder, garlic powder, the optional cayenne pepper and mix well.
3. Add the diced tomatoes and simmer until the tomatoes melt into the mixture, about 10 minutes, stirring occasionally.
4. Once baked, slice into each sweet potato lengthwise to open and mash gently to allow for filling.
5. Spoon about ¼ cup taco filling into each potato.
6. Top with cheese and your favorite fixings.

PEANUT BUTTER CARAMEL APPLE

# Protein Dip



## INGREDIENTS

- 1 medium apple, sliced
- ½ cup plain fat-free Greek yogurt
- ⅓ scoop vanilla protein powder
- 2 tbsp PB2 or other powdered peanut butter
- 2 tbsp caramel syrup, sugar free

## INSTRUCTIONS

1. Wash and slice a medium apple.
2. Mix yogurt, protein, powdered peanut butter and caramel in a small bowl.
3. Get to dippin'!

## NOTES

For a thicker dip, simply add more protein powder.

Makes 1 serving

## NUTRITION

242 calories per serving

MACROS  
grams per serving

24P ■ 32C ■ 2F ■



# Protein Frappé



## INGREDIENTS

- ½ cup frozen cauliflower
- ¼ banana, frozen
- ½ cup strong coffee, brewed
- ½ cup skim milk
- 1 scoop sugar free protein powder, vanilla
- 1 cup ice
- 1 tbsp sugar free chocolate syrup
- Optional: ½ tsp stevia*

## INSTRUCTIONS

1. Combine the cauliflower, banana, coffee and milk (and optional stevia) in a high speed blender until smooth.
2. Drizzle chocolate syrup in a glass and pour in the frappe.
3. Enjoy immediately.

Makes 1 serving

### NUTRITION

217 calories per serving

### MACROS

grams per serving

30P ■ 24C ■ 1F ■



# NO-BAKE S'mores Protein Bites



## INGREDIENTS

- 1/3 cup quick oats
- 1/4 cup graham cracker crumbs
- 1 1/2 scoops vanilla protein powder
- 1/2 tbsp low-calorie sweetener
- 1/4 cup mini marshmallows
- 1/2 tbsp chocolate chips
- 2–3 tbsp almond milk (or other choice milk)

## NOTES

If your mixture is too crumbly during step 3, add 1 tsp. milk at a time. If it's too moist to form into balls, add more protein powder or oats.

This recipe makes 4 protein bites that are about the size of golf balls, and can easily be doubled to make 8 bites.

Marshmallow bits may be used in place of mini marshmallows, and mini chocolate chips are also a great substitution.

Makes 4 servings

## NUTRITION

136 calories per serving

## MACROS

grams per serving

11P ■ 19C ■ 3F ■



## INSTRUCTIONS

1. Line a small plate or dish with parchment paper. Set aside.
2. Mix dry ingredients together, adding marshmallows and chocolate chips last. Mix well.
3. Slowly add almond milk or liquid, stirring in gradually. You'll think you need more milk but aim for as little milk as possible. The mixture may almost look crumbly. That's ideal for forming into balls.
4. When the mixture is evenly mixed, form into balls using your hands and roll between your palms to smooth.
5. Add balls to parchment paper and place in the freezer for 10–15 minutes. Store leftover balls in the freezer and thaw for 5–10 minutes before eating.

# 7-Layer Dip



## INGREDIENTS

### Refried Beans Layer

1 tbsp avocado oil  
1 16 oz can black beans, drained  
½ cup plain Greek yogurt  
¼ cup salsa  
2 tbsp taco seasoning  
Juice from ½ lime

### Remaining Layers

1 cup plain Greek yogurt  
1 tbsp taco seasoning  
1 cup salsa  
1 cup shredded lettuce  
1 cup cherry tomatoes, quartered  
½ cup guacamole  
½ cup shredded sharp cheddar  
2 tbsp taco seasoning  
Juice from ½ lime  
*Optional (not included in macros)*  
*baked tortilla chips*

## INSTRUCTIONS

1. To make the refried beans, heat the oil in a small saucepan. Add the strained beans with the taco seasoning and ½ cup of water. Cook covered for 5 minutes.
2. Uncover, reduce the heat to low, and mash the beans with a potato masher. Cook for another 3 minutes, then add the lime juice.
3. Add the Greek yogurt and salsa to the refried beans and mix until well combined. Lay this evenly on the bottom of an 8x8-inch dish.
4. Mix the Greek yogurt with 1 tbsp of the taco seasoning. Lay this over the refried beans layer.
5. Spread the guacamole layer, then the salsa layer. Sprinkle the shredded cheese and shredded lettuce on top. Lastly, add the tomatoes and serve with tortilla chips.

**Makes 8 servings**

### **NUTRITION**

223 calories per serving

### **MACROS**

grams per serving

12P ■ 16C ■ 9F ■



HIGH-PROTEIN

# Blueberry Muffins



## INGREDIENTS

- 1 1/3 cup oat bran
- 2 tbsp vanilla protein powder
- 2 medium very ripe bananas, mashed
- 1/2 cup applesauce
- 1/2 cup plain Greek yogurt
- 2 large egg whites
- 1/2 cup blueberries
- 2 tsp baking powder
- 1 tsp cinnamon

*Optional (not included in macros):  
honey, butter*

## INSTRUCTIONS

1. Preheat the oven to 400°F.
2. In a medium bowl whisk the oat bran, protein powder, baking powder and cinnamon.
3. In a separate bowl, mash the banana and add the egg whites, Greek yogurt, and applesauce. Whisk this until smooth.
4. Add the wet ingredients to the dry and mix until well combined. Fold in the fresh blueberries and let the batter sit for three minutes to thicken.
5. Divide the batter evenly into 12 silicone muffin cups. If using a non-silicone muffin tray, use muffin liners or give each muffin cavity a light spray with oil. Bake for 12 minutes, or until toothpick inserted in the center comes out clean. Let them cool for 10 minutes and enjoy warm.

**Makes 1 serving**

### NUTRITION

52 calories per serving

### MACROS

grams per serving

3.7P ■ 11C ■ 1F ■



# CHOCOLATE Protein Pudding



### INGREDIENTS

- 1 cup plain fat-free Greek yogurt
- 2 tbsp almond butter
- 3 tbsp cocoa powder
- 2 scoops chocolate protein powder
- 1 tsp vanilla extract
- Pinch sea salt
- 1-2 tsp stevia, as needed
- 2-3 tbsp water, as needed

### INSTRUCTIONS

1. Combine yogurt, almond butter, cocoa powder, protein powder and sea salt in a bowl. Add water, as needed to thin.
2. Add stevia, as needed
3. Enjoy!

Makes 2 servings

**NUTRITION**  
260 calories per serving

**MACROS**  
grams per serving  
38P ■ 13C ■ 7F ■





PEACH COBBLER  
**Mug Cake**



**INGREDIENTS**

- ¼ cup graham cracker crumbs
- ⅔ scoop vanilla protein powder
- ½ cup sliced peaches in juice
- 1 tbsp light butter
- ¼ cup sugar-free pancake syrup

**INSTRUCTIONS**

1. Mix the dry ingredients in a bowl or mug before stirring in the syrup and butter
2. Once evenly mixed, add the peaches, limiting the amount of liquid, and gently stir
3. Microwave for 2 minutes and 30 seconds to 3 minutes or until the center is mostly solid. Some remaining liquid toward the bottom is normal.
4. Enjoy!

**NOTES**

Better to slightly undercook than to overcook.

Option to top with vanilla ice cream.

**Makes 1 serving**

**NUTRITION**

321 calories per serving

**MACROS**  
grams per serving

20P ■ 39C ■ 10F ■

