

THE
RENAISSANCE
KITCHEN

THE FIRST
100
RECIPES

by **Lori Shaw**



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FOREWORD

From Dr. Mike Israetel, Head Science Consultant, *Renaissance Periodization*

At RP, we're known for what we do best; deliver to you, our awesome clients and customers, the very best of scientific diet and training practices. We're always striving to stay at the cutting edge of scientific advances (that may have something to do with why half of our staff are college researchers and professors), all so that you can have the absolute most effective products and services. We HATE guesswork, so we've channeled that emotion into creating plans that are both scientifically congruent and simple to understand and execute. If you follow our advice and you follow it diligently, you'll get results, period.

But let's take a step back and ask why we do all of this to begin with. Why do YOU do all of this to begin with? Why do you train so hard, diet so hard, and plan so many details of your life so meticulously to get the best performance and results that you can? Because, fundamentally, YOU LOVE THIS STUFF and so do we! The fitness lifestyle takes a lot of work, but it gives us all back so much more. We feel great, we look great, our health improves by leaps and bounds, and to so many of us, the fitness hobby feels like anything but... it's a beautiful part of our lives!

So while we're eating the right way to support our goals, it helps to remember that it's all for the fun and the passion of it. But we all know that the eating isn't always so much fun. For those of us trying to lose weight, oftentimes it's not so much the hunger that gets in our way and bogs us down, but it's the monotony and boredom of our food choices! There's only so much plain brown rice and chicken someone can eat until dieting is no longer very fun! On the other hand, those of us looking to gain weight face an even more direct problem. There's only so much bland food we can choke down before enough is enough, and sometimes that amount isn't even high enough to meet our calorie needs for muscle growth! If only we could eat the kinds of foods that support performance and body composition results, but also taste great. Well, an RP'er can dream, right?

Well, while myself and others have been dreaming about a world in which scientific diet food was delicious and diverse, RP's Lori Shaw woke up, got to work, and created this amazing

book of recipes that DO JUST THAT! No more dreaming; delicious, diet-friendly food is now a reality. I've contributed a huge part of my knowledge to every book RP has published so far, and I'm very proud of that. My expertise is exactly in those areas. But for this book, this foreword is the last you'll hear from me. Why? Cause I don't know the first thing about making delicious foods and I couldn't cook my way out of a plastic bag! But luckily, Lori Shaw has that covered and then some.

Lori not only helps run the business and customer service side of RP, she's also a lifelong cook / chef / baker / all-around passionate foodie! Lori's also a mother of two, a hard-training competitive Figure athlete, and a super-busy business professional. The recipes she shares in this book are not the kind that require you to quit your day job and training program so you can stay home all day to cook. Rather they are the kind of recipes that are designed to be realistic for the busiest among us, delicious, and calibrated to fit right into your RP diet plan.

Move over, brown rice and boiled chicken breast, Lori Shaw's RP Cookbook is here, and it means business! Enjoy the recipes within and have fun cooking and eating them! Cause if we're not having fun, why are we doing this stuff anyway?

From Nick Shaw, CEO, *Renaissance Periodization*:

My wife and I want to personally thank you for picking up a copy of "The Renaissance Kitchen." Like our other ebooks, we put a lot of time and effort into this book so all of our clients could enjoy a plethora of variety for their own cooking. We know a lot of our clients love to cook and try out different flavors/combinations. We think this ebook does just that in delivering 100 recipes covering a wide range of food choices, all of which are RP approved! :) I even had the distinct pleasure of helping taste most of these recipes myself (man, work is rough sometimes!). If you like to cook for yourself, this ebook will be right up your alley. Thanks again for ordering this ebook! Enjoy!

INTRODUCTION

From Lori Shaw, Author

Hey everyone, I'm Lori Shaw, proud RP team member, wife, mom and figure competitor, and I've spent many months working on this cookbook for RP clients. I've been cooking my whole life and writing a cookbook has been a dream come true for me. I really hope you find some favorites in here.

I tried to cover a broad spectrum – everything from easy to make, few ingredient recipes to more labor intensive, complex combinations, all with a goal of giving you lots of variety and good flavor while dieting.

Although most cookbooks don't need instructions, I thought it couldn't hurt to include them here since this one is a bit different from the norm. Here are some things I thought would be helpful to point out at the start:

- I only listed protein, carbs and fat amounts for the ingredients and amounts in the recipe.
- Although I, of course, listed every ingredient, I only listed protein, carbs and fats for items that are “count-worthy” (i.e. if I used chopped cilantro in a recipe, I didn't list the associated macros, because we don't need to count them).
- I used low sodium wheat free Tamari sauce in lots of recipes. Most of the time, I did not list the associated macros because by the time you look at it on a per serving basis, it was an inconsequential amount of carbs and protein.
- For all-veggie-based (i.e. no oils or non-veggie carbs) ingredients (like a marinara sauce or salsa), if we didn't hit our 1 Cup of veggies per portion requirement, I didn't count the macros in that item (up to 1 cup veggie equivalent per portion). If the dish already had 1 Cup per portion of veggies, then I would count the macros in the salsa or marinara-type item.
- We thought long and hard about trying to offer an Excel based cookbook where you could type in your per meal macro amounts, and it would alter the recipe to fit your needs. For

many complicated reasons, this was not a practical concept for us to work with at this time (maybe in the future!). So, I took a bit of an old school approach: For every recipe, I've included a section to the right where you can adjust ingredients types or amounts to suit your preferences and your required amounts. This way, if you need 20 grams of carbs instead of 30 grams of carbs, you can adjust the ingredient amount(s) to get you there. If your whole grain bread has a different amount of net carbs than the bread I used in the recipe, you can sub in your numbers so that the recipe macros will be 100% accurate for your version of the recipe. Here's how you can use this space:

potato for more carbs: this is comfort food at its best.

INGREDIENTS				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
2.5 4 Tbsp EVOO, divided			60	2.5 Tbsp EVOO			38
5 Cups greens*							
1 Cup chopped parsley							
1 med onion, chopped							
1.5 lb bonless skinless chicken breasts	144			1.5 lb chicken	144		
1/4 tsp salt							
1/4 tsp mild curry powder							
1/4 tsp cinnamon							
2 Tbsp tomato paste							
2 Cups no salt added chicken broth							
8 4 Cups sweet potato cubes		81		8 Cups sweet pot		182	
3 Tbsp lemon juice							
Total recipe	144	81	60				
If divided into 8 equal portions	18	11	8				
If divided into 5 equal portions	19	18	12	5 servings	29	36	8
				over 1.5 Cups rice		60	
					29	96	8

INSTRUCTIONS

Heat 2 Tbsp EVOO in a stockpot over medium heat.

Let's say you are a 200lb male and you want a recipe for your post workout meal. Here are some of the adjustments you could make to reduce the fat down to half a serving and increase carbs to 100 grams.

- EVOO means extra virgin olive oil, S&P means salt and pepper, SF means sugar free.
- I love salt. If I included the salt amounts that I prefer for each of the dishes, no doubt I would get complaints from all the salt-sensitive folks out there. For this reason, you will typically see "S&P, to taste" in the recipes – that just means use the amount of salt and pepper that hits the right flavor notes for your taste buds!

- When I use cheese in the recipes, I always use a 2% or a part skim variety. I tried to indicate that in each recipe, but at times, we were tight on space, so I wanted to state it here in case it's not indicated for all recipes, where relevant.
- The spice aisle in the grocery store is a great place for an RP'er. I don't think I used anything too crazy in here – if I can find garam masala, sriracha powder and Chinese Five Spice powder at my neighborhood grocery store, I'm hoping you can too.
- I sometimes use paste versions of herbs for a more concentrated flavor (and if I'm short on time, it eliminates the need for washing and chopping!). At my grocery store, these are in the refrigerator case right next to the small packages of fresh herbs.
- An ingredient many of you may not be familiar with that I used in a few of the dessert recipes is flavor emulsions. A flavor emulsion is sort of like vanilla extract, but it's thicker, and it's designed to add sweetness to a cold dish – like ice cream, drinks, etc.. You can buy them online in tiny bottles, and a little goes a long way. When I first discovered them, I was so excited, I ordered about 6 different exotic flavors, and I have to say the very basic butter vanilla is all I ended up using. I'm sure with some experimentation, I could make the stronger flavors work, but I haven't gotten that far with them. Maybe for the next book!
- More than 20 cuts of beef qualify as lean or extra lean. The extra lean cuts of meats may not be ones you're familiar with, but I wanted to list them here – if you poke around in the meat section, you'll find them (and many are very inexpensive!):
 - Eye of round roast or steak
 - Sirloin tip side steak
 - Top round roast and steak
 - Bottom round roast and steak
 - Top sirloin steak

Hopefully, I've covered everything, and you find some great new recipes in here that make living the RP lifestyle even easier!

Thanks so much for your purchase of the book, and Happy Meal Prepping!



Our friends at Devotion Nutrition have graciously created a limited time discount code for use on their website (devotionnutrition.com) specifically for our cookbook buyers! Just use code RP10 for 10% off your Devotion Nutrition order from now until 12/31/16!

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PROTEINS

ANY FISH



Lemon Pepper Halibut

It's so nice to work some fish into your diet when you can, and this flavorful, super quick and easy one-pan-wonder knocks out your veggie requirement while you're at it. If you want to include fats, just sauté the fish in some EVOO. Serve this dish with some steamed brown rice if you need carbs. Don't like 'shrooms? Sub in your favorite veggie. So adaptable!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
16 oz halibut	96						
1 tsp minced garlic							
1 Tbsp lemon pepper							
1/2 tsp salt							
pepper, to taste							
1/4 Cup low sodium chicken broth							
4 Cups any type fresh mushrooms							
Total recipe	96						
If divided into 5 equal portions	19						
If divided into 3 equal portions	32						

INSTRUCTIONS

- Season fish with garlic, lemon pepper and S&P.
- Place in a large pan over medium heat, and pour chicken broth around the fish.
- Add in mushrooms.
- Cover and cook 15 min, or until fish flakes easily with a fork.

Nut Crusted Tilapia

This is definitely one of my favorite fish dishes. Because of the walnuts in the coating, you've got to be able to have some fats when you make this dish. To use less, just skip the pan frying in EVOO step and put it straight into the oven to bake – maybe just lower the temp to 425 to keep from burning it over a longer cooking time.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1/2 Cup walnuts			38
1 Tbsp cracked peppercorns			
1/2 tsp ground cumin			
1 tsp coarse sea salt			
1/2 Tbsp canola oil			8
16 oz tilapia (or your favorite fish)	96		
Total recipe	96		46
If divided into 5 equal portions	19		9
If divided into 3 equal portions	32		15

INSTRUCTIONS

- 450 oven
- Toss your walnuts in while you're preheating your oven - on a baking sheet to toast - careful not to burn!
- Combine toasted walnuts, peppercorns, cumin and salt in a mini food processor, pulse until it forms a crust-like texture.
- Dump crust mix onto a plate and press both sides of fish into the crust mix.
- Heat skillet with oil over med high heat. When very hot, add fish and sear 2 min per side until brown and crusty.
- Finish in a 450 oven for 5 minutes.

Sweet Glazed Salmon

Think dieting means missing out on flavorful foods? No way! That's not sustainable. This saucy dish is proof that you can have big flavor without blowing your macros. Try it!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
2 Tbsp low sodium wheat free Tamari sauce			
4 Tbsp brown sugar cinnamon SF syrup			
1 tsp Chinese Five Spice powder			
16 oz salmon	96		
1/2 Tbsp EVOO			8
S&P to taste			
Total recipe	96		8
If divided into 5 equal portions	19		2
If divided into 3 equal portions	32		3

INSTRUCTIONS

- 425 oven
- Combine sauce ingredients (Tamari through Chinese Five Spice powder) in a small saucepan.
- Cook over low heat until reduced and slightly thickened.
- Place salmon on a rimmed baking sheet. Drizzle with oil, and rub in. Sprinkle with S&P.
- Bake 6-8 minutes - brush with sauce and bake another 2 minutes or until done.
- Pour remaining warm syrup over fish.

Avocado Tuna Salad

*Such a simple combo, but I love this spread on brown rice cakes and topped with some coarse sea salt!
It's great to make ahead and pack for lunch – yes, the avocado may turn a little brown if you make it ahead (sprinkling it with a little lemon or lime juice might help), but it will still taste fine!*

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
5 oz canned water packed tuna	30						
1 avocado			30				
S&P to taste + your favorite spices							
Total recipe	30		30				
If divided into 2 equal portions	15		15				

INSTRUCTIONS

- Drain tuna well.
- Add tuna to a bowl large enough to give yourself some smashing room.
- Add the avocado on top - in large chunks or slices.
- Using a fork, smash the avocado into the tuna until it melds to the desired consistency.
- Season with S&P and your favorite spices.

Salmon with Tomato Cream Sauce

I love using Greek yogurt to add a velvety richness to foods, without adding a wallop of fat. If I'm not using very much, I always choose the full fat option because it will lend the most richness. But, if you're trying to get as close as you can to a fat free version of this dish, by all means sub in nonfat Greek yogurt. Cook it in a sprayed nonstick skillet if you don't want to use the EVOO.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1 Tbsp EVOO			15				
2 lb salmon, skin on	192						
S&P							
26 oz box chopped tomatoes, divided							
4 Tbsp basil paste							
1 tsp garlic powder							
1 tsp onion powder							
1 tsp dried ground rosemary							
1 tsp dried parsley flakes							
1 tsp lemon juice							
1/4 Cup full fat Greek yogurt	5	2	3				
Total recipe	197	2	18				
If divided into 11 equal portions	18		2				
If divided into 7 equal portions	28		3				

INSTRUCTIONS

- Heat EVOO in a large sauté pan over medium heat.
- Season salmon with S&P and cook in EVOO 2-3 minutes, starting skin side down.
- Flip and separate skin with spatula and discard.
- S&P on newly skin-free side.
- Cook another couple of minutes.
- Add 1/2 the box of chopped tomatoes along with herbs and spices.
- Flip fish again, stir and cook until juices are reduced slightly.
- Add remaining tomatoes.
- Lower heat to medium low or low and cover.
- Cook another 5-10 minutes until salmon is completely cooked through.
- Remove fish to a plate, leaving veggies in the pan.
- Stir in lemon juice and Greek yogurt and heat through.
- Serve cream sauce with fish.

Tomato Basil Tilapia

Another quick and simple one pan fish dish, big on flavor. Sub in your favorite fish if tilapia isn't on your shopping list. Classic tomato, basil and garlic flavors, plus you've got your veggies right in the pan... What's not to like! As with all of the recipes, adjust the oil based on your fat requirements and portion size, add more or fewer veggies depending on the number of portions you're going for. If it's a carb meal, this is awesome served over or alongside steamed brown rice or whole grain pasta.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1 lb tilapia	96		
1/2 Tbsp EVOO			8
1 Cup torn basil leaves			
1/4 tsp crushed red pepper			
6 minced garlic cloves			
4 Cups halved cherry tomatoes			
1 Cup fresh mushrooms			
splash chicken stock			
1 lime, halved			
S&P to taste			
Total recipe	96		8
If divided into 5 equal portions	19		2
If divided into 3 equal portions	32		3

INSTRUCTIONS

- Heat EVOO in a large sauté pan over med-high heat.
- Add fish and cook about 3 minutes per side.
- Transfer fish out of the pan.
- Add basil, crushed red pepper, and garlic to the pan and sauté about a minute.
- Add in cherry tomatoes and mushrooms with a splash of chicken stock and the juice of the lime.
Cook an additional 2 minutes.
- Season with S&P.
- Add the fish back to the pan. Turn burner down to low, cover and simmer until fish is cooked to desired doneness.

Asian Fish Packets

I love Asian flavors, and this dish is very simple and flavorful. The very-little-cleanup is nice, and you could serve this to company (yes, RP'ers can have dinner parties too!). Place the fish packet on a plate and slice open with a knife; you and your guests can eat right out of the steaming packet at the table – and the smell of it is amazing!

INGREDIENTS	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
1.5 Tbsp wheat free Tamari							
juice of 1 lime							
1.5 tsp rice wine vinegar							
1 Tbsp EVOO			15				
1.5 tsp minced fresh ginger							
1/4 C thinly sliced shiitake mushrooms							
orange and lime slices							
9 oz cod, or other firm whitefish, cut into equal portions	54						
S&P							
1 green onion, cut into long matchsticks							
1 Tbsp toasted black sesame seeds (optional)			5				
fresh chopped cilantro and green onion, for garnish							
Total recipe	54		20				
Per serving, 3 servings	18		7				
Per serving, if divided into 2 servings	27		10				

INSTRUCTIONS

- 450 oven
- Combine Tamari through ginger, then mix with sliced mushrooms.
- Lay down a large parchment heart. You'll be working just to the right of the center.
- For the bottom, make a layer of orange and lime slices to form a bed for your piece of fish.
- S&P both sides of the fish. Place the fish on top of the citrus slices.
- Spoon mushrooms over fish, pour remaining sauce over top.
- Top with green onions and sesame seeds.
- Fold over parchment and start crimping and rolling in the parchment, working your way from the top of the heart to the bottom.
- Seal packet very well and place on a baking sheet.
- Bake 10-15 min.
- Remove the wilted green onion from the top and top with cilantro and fresh green onion.
- Can be made as separate packets, or as one.

Salmon Cakes

This one is another one bowl recipe, and I'm sure we can agree - portable protein is always good! Make it into a sandwich by eating it on a whole grain sandwich round if you've got the carb allotment. If you want to lower carbs, play around with subbing the crackers with a lower carb cracker option if you can find it, or by replacing them altogether with lightly toasted low carb sandwich bread. You can also play around with eliminating the milk powder (it's there as a binder), and subbing in a bit of liquid egg whites.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
14.75 oz can salmon	87						
1/2 small red onion, grated							
10 whole grain crackers, crushed		20	5				
1/4 Cup parmesan cheese	12		9				
1/2 Cup milk powder	12	18					
1 garlic clove, minced							
2 Tbsp chopped cilantro							
1 Tbsp chopped scallions							
1 Tbsp worcestershire sauce		1					
juice of 1/2 a lime							
1 tsp lime zest							
1/2 tsp salt							
1/4 tsp pepper							
2 Tbsp grated parmesan cheese	6		5				
Total recipe, 7 cakes	117	39	19				
Per cake	17	6	3				
For 2 cakes	33	11	5				

INSTRUCTIONS

- 375 oven
- Drain salmon well, remove any skin and use a fork to flake into chunks.
- Combine salmon through pepper and mix lightly, but well.
- Shape into 7 flat patties - dust with parm.
- Chill 20 minutes.
- Bake 20 -30 min, (depending on thickness) flipping cakes halfway through.

Breaded Sea Bass

Ah, one of my favorites! I've been making this sea bass dish for years. It was the first dish I ever cooked for my in-laws (not the best time to learn my mother-in-law doesn't like fish!) The garlicky crumb coating is to die for. I'm telling you, you're going to be looking for reasons to coat everything in this stuff. And, I swear that you can't taste the mustard (though my mustard-hating-husband imagines he can). The mustard is just the "glue" that helps the crumbs adhere and stay put during cooking, which is great because it would be a crime to lose any of it! If sea bass is priced too high at your local market, just sub in your favorite fish – I can't imagine a variety that wouldn't taste amazing coated in this breading.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1 slice (about 1.5 oz) whole grain bread		14					
1 tsp dried rosemary							
2 garlic cloves							
1/2 tsp salt							
1/4 tsp pepper							
1 Tbsp EVOO			15				
1.5 lb sea bass	144						
yellow or Dijon mustard							
Total recipe	144	14	15				
If divided into 8 equal portions	18	2	2				
If divided into 5 equal portions	29	3	3				

INSTRUCTIONS

- 400 oven
- Remove skin from fish, if needed, and trim to even thickness.
- Lightly toast bread, then cool slightly and break into pieces.
- Add toasted bread chunks and spices to a food processor with EVOO.
- Pulse until moist crumbs form.
- Brush on just enough mustard to thinly coat all surfaces of the fish.
- Press crumb mixture to cover top and sides of the fish.
- Bake on a parchment lined baking sheet for 20-25 minutes until cooked through.

Coconut Curry Marinated Tuna Steaks

This is a great fish marinade. You can whip it up quickly the night before, and let the fish hang out in it, refrigerated overnight, or up to 2 days. If you need for it to be fat free, you can eliminate the stovetop part and bake it completely in the oven – you'll sacrifice the crust, but do what you need to do! If tuna is not your thing, sub in another fish of your choosing – just ask at the seafood counter for a fish that will stand up well to a curry marinade.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1 Cup nonfat Greek yogurt	23	8					
1 Cup canned unsweetened coconut milk	3	9	42				
3 cloves garlic, minced							
juice and zest of 1 lime							
2 Tbsp mild curry powder							
2 lb tuna steaks (or any firm whitefish)	192						
S&P							
2 Tbsp EVOO			30				
2 limes, halved							
	218	17	72				
<i>Reduced by 1/2*</i>	-13	-8.5	-21				
Total recipe	205	8.5	51				
If divided into 12 equal portions	17	1	4				
If divided into 7 equal portions	29	1	7				

INSTRUCTIONS

- 425 oven
- Whisk together yogurt through curry powder.
- Add fish and marinate in a glass dish at least 4 hours and up to 2 days.
- Bring fish to room temp by setting out on your counter for about 30 min prior to cooking.
- Wipe off excess marinade with paper towels. Discard any remaining marinade.
- Heat EVOO in a large sauté pan on the stovetop over medium to med-high heat.
- Add fish, season with S&P and cook about 4 minutes per side until golden brown with a crust.
- Transfer fish to a baking sheet and bake 6-8 minutes, until cooked through.
- Squeeze limes over top just before serving.

** as you will not consume all of the marinade*

PROTEINS

ANY SEAFOOD



Salt Roasted Shrimp over Quick Gazpacho

I love a fresh cold gazpacho in summer. And when you top it with chilled shrimp, you're really speaking my language. This is a soup that will continue to improve in flavor as it hangs out in your fridge. So if you like gazpacho, make a huge batch – it's a great way to get those veggies in!

As you can see, the fat is high because of the EVOO and avocado. I typically don't include two fats in a dish because I'm guessing most of you are cutting – but this would be a great dish for you lucky massing clients. If you need to cut fat, play around with reducing the EVOO and/or eliminating the chopped avocado. As for the shrimp method, I wanted to include it because it's just fun to do, but could you just boil shrimp or use already cooked shrimp? Absolutely. The unusual shrimp prep is just a fun fact for my fellow RP foodies out there!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
3 Tbsp EVOO			45
juice of 1/2 a lime			
3-4 Roma tomatoes, chopped, with juices			
1/2 red onion, chopped			
1 small cucumber, chopped			
1 clove of garlic, minced			
S&P			
handful of cilantro, chopped			
kosher salt			
12 oz large shrimp, unpeeled	72		
1/2 an avocado, finely diced			15
Total recipe	72		60
If divided into 4 equal portions	18		15
If divided into 2 equal portions	36		30

INSTRUCTIONS

- Add EVOO and lime juice to a blender or food processor. Add in tomatoes with juice, red onion, cucumber, garlic, S&P & cilantro (reserve some cilantro to garnish).
- Use the chop setting to make a soupy mixture, but with some chunks. Refrigerate for as long as possible to allow the flavors to meld - up to overnight.
- Pour enough salt into a medium skillet to cover the bottom of the pan; heat until hot.
- Add shrimp and cook over moderately high heat, turning once, until pink - about 4 minutes. Remove and let sit until cool enough to handle.
- Peel shrimp and devein; chop into 1/2 inch pieces. Chill if you prefer/have time.
- Serve the cold soup in chilled bowls, mound shrimp in the center and top with avocado and more cilantro, if desired.
If you can have additional fats, you can drizzle more EVOO over the soup.

Crab Omelet

Mmmm..... My mouth is watering just thinking about this crabmeat egg white omelet. What a decadent, but light and fresh start to the day. If you're lucky enough to be looking for more fats in this meal, you can always add EVOO to the initial green onion and chili sauté step – or you can add more to the pan before you add the egg whites (or both, but we kind of hate you if you need that much fat).

By the way, I'm sure foodie snobs would frown on this, but if you'd like the crabmeat to be warmed through, you could always nuke the crab/green onion/chili pepper mix for a few seconds after you've combined it – just to heat through before you add it to the omelet in the pan – otherwise, the filling may not be in the pan long enough to reach a really warm temp.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1.5 Tbsp EVOO, divided			23
1 green onion, chopped			
1 red chili pepper, seeded and chopped			
2 tsp fresh lemon juice			
1/2 tsp finely grated lemon zest			
S&P to taste			
1/2 lb lump crabmeat, fresh or canned	44		
2 Cups liquid egg whites	53		
1 Tbsp chopped dill			
S&P to taste			
1 Tbsp chopped mint			
Total recipe	97		23
If divided into 5 equal portions	19		5
If divided into 3 equal portions	32		8

INSTRUCTIONS

- Warm 1/2 Tbsp EVOO over medium heat. Add green onion and red chili pepper and sauté until softened, 4-5 minutes.
- Add lemon juice, zest and a bit of S&P to taste. Transfer to a small bowl and gently fold in the crabmeat.
- Pour liquid egg whites into a 2 C measuring cup. Stir in dill and slightly more S&P to taste.
- Warm remaining 1 Tbsp EVOO in a large skillet or omelet pan, making sure the entire surface is coated.
- Add egg white and herb mix to the oiled pan.
- Cook using the omelet technique of tilting the pan, lifting edges to let uncooked whites run under, etc - for about 5 min.
- Spoon crab filling over half the omelet. Fold omelet over, and when everything is cooked to your liking, transfer to a plate.
- Sprinkle with fresh mint.

Curried Scallops with Zucchini

I know, I know, most people are not meal prepping tons of scallops – BUT, we still wanted to try and include a bit of variety in the offerings, so here you go. I love scallops as an occasional treat, so when you happen to see them at your seafood counter looking plump and juicy, throw some zucchini in your cart, pick up some herbs and get ready for a special meal (I love when veggies are already included in a dish so you don't have to think about how you're going to get them in for that meal.)

I know I'm repeating myself, but obviously play with fats as needed to hit your numbers, adjust zucchini up or down depending on number of portions you're going for and serve with any healthy carb if it's a carb meal for you. Yes, you can sub in other veggies, but there is something special about zucchini and scallops, so give it a shot unless the idea really offends you on some level.

INGREDIENTS

	YOUR CHANGES			YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
12 oz scallops	72						
curry powder							
S&P to taste							
4 tsp EVOO, divided			20				
1 tsp finely chopped ginger							
1 garlic clove, minced							
4 Cups zucchini, chopped							
S&P							
juice of half a lime							
handful of cilantro, chopped							
Total recipe	72		20				
If divided into 4 equal portions	18		5				
If divided into 2 equal portions	36		10				

INSTRUCTIONS

- Rinse, then pat scallops dry (important!) with paper towels. Season both sides with curry powder and S&P.
- Heat half of the EVOO in a sauté pan over moderately high heat.
- Sear scallops 1-2 minutes per side, then remove to a plate (and don't lose those juices!)
- Add remaining EVOO to the pan. Add the ginger and garlic and cook for about 30 seconds.
- Add zucchini and a bit more S&P, and cook, stirring frequently until softened.
- Return scallops and their juices back to the pan and stir into zucchini mix.
- Add lime juice; heat through 1 minute.
- Transfer to plate or serving dish and top with cilantro.

Breaded Baked Shrimp

If you're a shrimp lover, rejoice! You have other options besides boiling, steaming or sautéing! This crumb coating is along the lines of the sea bass recipe, but I've added in some parmesan here for an extra boost of flavor. You can see that there's a bit of fat in this, but not quite to the level of a half serving. This would be nice with a green salad on the side as your veggies, drizzled with some fraction of a Tbsp of EVOO to complete your fat requirement. Serve it over steamed rice, cooked quinoa or whole grain pasta to hit your carbs, if applicable.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
16 oz jumbo shrimp, peeled and deveined	96						
1 slice whole grain bread, lightly toasted		14					
2 Tbsp grated parmesan cheese	6		5				
1 tsp garlic powder							
1 tsp dried parsley							
1/4 tsp fine sea salt							
1/8 tsp black pepper							
1 tsp grated lime zest							
1 Tbsp EVOO			15				
1/4 Cup liquid egg whites	7						
coconut oil spray							
Total recipe	109	14	20				
If divided into 6 equal portions	18	2	3				
If divided into 4 equal portions	27	4	5				

INSTRUCTIONS

- 450 oven
- Rinse and dry shrimp, blotting well with paper towels.
- Line a baking sheet with parchment paper and spray with coconut oil spray.
- Break lightly toasted bread into small chunks and add to mini food processor along with cheese through EVOO.
- Process until moist crumbs form.
- Add liquid egg whites to one shallow dish, and bread crumb mix to a second small dish.
- Working with 3 or 4 shrimp at a time, add first to egg whites to coat, then to crumb mix.
- Place coated shrimp on prepared baking sheet.
- Press any leftover crumb mix onto any uncoated spots on your shrimp.
- Spray coated shrimp very well with coconut oil spray.
- Bake in the middle of your oven for 6-7 minutes.
- Remove pan, flip each shrimp.
- Return to the oven for about 3 more minutes, until shrimp are cooked through.

Tomato Marinated Grilled Shrimp

This is a quick and flavorful marinade for shrimp. You've got some veggies in the marinade, but not really enough to count towards your veggies requirement. Reducing the macros for the marinade ingredients by half is really being conservative – you're probably not consuming half of that EVOO, but it's really impossible to know, and if we use 50%, that's a safe number. You could either round out your fat requirements with a few nuts, or a drizzle of additional EVOO. This would be awesome served with steamed rice.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1 14.5 oz can diced tomatoes			
1/4 Cup EVOO			60
1/4 Cup chopped fresh basil			
6 cloves garlic			
1 Tbsp white balsamic vinegar			
1/2 tsp salt			
1/4 tsp cayenne pepper			
2 lb shrimp, peeled & deveined	192		
	192		60
<i>Reduced by 1/2*</i>			-30
Total recipe	192		30
If divided into 10 equal portions	19		3
If divided into 6 equal portions	32		5

INSTRUCTIONS

- Combine marinade ingredients (tomatoes through cayenne) in a food processor and process until smooth.
- Add shrimp and marinade to a glass dish, cover and refrigerate for 30 min to 1 hour.
- Preheat a sprayed grill or lightly oiled grill pan over medium heat.
- Discard excess marinade. Cook shrimp 2-3 min per side.

** as you will not consume all of the marinade*

PROTEINS

CHICKEN



Slow Cooker Taco Chicken

This is one of those – throw it in and forget about it – recipes to make a lot of protein with very little effort. The taco taste really sticks with the chicken, so it’s just something different from the norm. Eat it with a whole grain wrap or over rice or quinoa for carbs, with or over greens to get your veggies in and since the recipe has no fat, you can add in EVOO or a portion of avocado to complete your meal, if applicable.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
3 lb boneless skinless chicken breasts	288						
1 packet taco seasoning mix		54					
2 Cups low sodium chicken broth							
Total recipe	288	54					
If divided into 16 equal portions	18	3					
If divided into 9 equal portions	32	6					

INSTRUCTIONS

- Toss chicken with taco seasoning mix to coat.
- Add coated chicken to slow cooker, and pour broth over.
- Cover and cook on low 6-8 hours.
- Remove chicken and shred with forks.
- Toss with cooking liquid as desired.

Indian Spiced Yogurt Marinated Chicken

This is definitely a dish with a kick. You can see I've used half full fat, half nonfat Greek yogurt in the marinade – yogurt does wonderful things to keep chicken moist. If you want to lower the fat in the dish, by all means use all nonfat Greek yogurt, and lower the EVOO. Conversely, if you can afford more fat, use all full fat Greek yogurt. Wonderful served over steamed rice.

INGREDIENTS	YOUR CHANGES		
	protein	net carbs	fat
2 lb boneless skinless chicken breasts	192		
1 Cup nonfat Greek yogurt	23	9	
1 Cup full fat Greek yogurt	20	9	11
1/3 Cup EVOO			80
1 Tbsp cilantro paste			
1 Tbsp lemongrass paste			
1 Tbsp garam masala (dry spice)			
1 tsp lemon juice			
2 tsp ginger			
2 tsp fine salt			
1 tsp ground black pepper			
	235	18	91
<i>Reduced by 1/2*</i>	-22	-9	-46
Total recipe	214	9	45
If divided into 11 equal portions	19	1	4
If divided into 7 equal portions	31	1	6

INSTRUCTIONS

- Combine yogurt through pepper in a large bowl - whisk or stir until thoroughly mixed.
- Add chicken breasts to a freezer bag (divide into 2 bags if it's easier to manage).
- Pour marinade over chicken and manipulate until each piece is coated.
- Seal bag(s) and lay flat on a plate (to catch any unfortunate spills or leaks).
- Allow to marinate several hours or overnight in the fridge, turning when you think of it.
- Remove chicken from bags and wipe away excess marinade.
- Let chicken sit at room temp for about 30 minutes prior to grilling.
- Add to a hot grill and grill over med or med high heat until cooked through.

** as you will not consume all of the marinade*

Parchment Covered Oven Baked Chicken

This is more of a technique than an actual recipe, but it's a good one to try if you're tired of dry chicken breasts. The reason why skinless chicken breasts tend to dry out when cooked is because they lack a skin to hold in the moisture. This technique is about creating a "skin" that it doesn't have. Give it a try, and experiment with it – adding the seasonings, citrus and herbs that you like best!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
2 lb boneless skinless chicken breasts	192						
1 Tbsp EVOO			15				
dry seasonings of your choice							
1 lemon cut into slices, optional							
1 lime cut into slices, optional							
sprigs of your favorite fresh herbs							
Total recipe	192		15				
If divided into 10 equal portions	19		2				
If divided into 6 equal portions	32		3				

INSTRUCTIONS

- 400 degree oven
- Rub a glass 13x9x2 pan and 1 side of parchment or foil with EVOO.
- Pat chicken dry, sprinkle with preferred dry seasonings.
- Space breasts slightly separated in the pan.
- Tuck in herbs or citrus wedges around chicken for extra flavor.
- Cover with the parchment or foil (greased side down), tucking edges in the pan and pressing down so the paper or foil is snug around the chicken.
- Breasts should be completely covered. (Remember, you're creating the skin it doesn't have.)
- Bake 30-40 min until cooked through.
- Cool well before storing leftovers in the fridge.

Grill Pan Lemon Pepper Chicken

Super innovative or exciting? Nope, but this quick and easy recipe is a staple in our house. We tried grill-pan grilling whole chicken breasts for so long before we discovered the thinly sliced option, which has changed our lives! Ok, that may be a bit dramatic, but this chicken cooks really quick over medium high heat so it's a cinch for several days of meal prep. And if you can't find the thinly sliced chicken, halve those huge chicken breasts horizontally so that you can cook them quickly in a grill pan – that's what makes this a quick cooking exercise. Those huge chicken breasts are better for the slow cooker!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
2 lb thin sliced skinless boneless chicken breasts	192						
lemon pepper seasoning							
cooking spray							
Total recipe	192						
If divided into 10 equal portions	19						
If divided into 6 equal portions	32						

INSTRUCTIONS

- Spray a 2-burner grill pan with cooking spray.
- Heat grill pan over medium high heat.
- Once hot, add thin-sliced chicken breasts and sprinkle liberally with lemon pepper seasoning.
- Don't mess with them. Let them cook, uninterrupted.
- Once bottom side is cooked with grill marks, flip and season the other side liberally with lemon pepper seasoning.
- Again, leave them alone.
- Once cooked through, remove to plates to cool completely before storing in the fridge.

Breaded Baked Chicken

By the time you read through all of the recipes, you'll know that I'm big on breading proteins with various versions of homemade whole grain bread crumbs – they pack a ton of flavor with very little carbs. This recipe is a great example. The crumbs tend to help keep this chicken really moist and flavorful. You could use the breadcrumbs on anything really, even veggies! Play around with it. And, of course, you could halve the recipe – this one makes a ton of servings, so it's great if, like us, you have more than one RP'er in the family!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
4.5 lb boneless skinless chicken breasts	432		
5 slices whole grain bread		70	
1/4 Cup EVOO			60
2 cloves garlic, finely chopped			
1/2 tsp fine sea salt			
1/4 tsp black pepper			
1/2 Cup shredded Parm/Romano/Asiago cheese blend	18	2	16
Total recipe	450	72	76
If divided into 25 equal portions	18	3	3
If divided into 15 equal portions	30	5	5

INSTRUCTIONS

- 400 oven
- If your chicken breasts are huge (like the ones we get in bulk, which tend to weigh in at over 12 oz each!):
- After trimming any fat with a very sharp knife, halve your chicken breasts horizontally. Ideally, you want about 6 oz per breast.
- Spray 2 glass 13x9x2 pans with cooking spray, and arrange chicken breasts between the 2 pans.
- Lightly toast the bread (or leave out overnight). Tear the bread into chunks, add to your food processor and pulse until coarse crumbs form.
- Divide 1/4 C EVOO between 2 large sauté pans; heat over medium heat.
- Divide breadcrumbs between the 2 pans. Stir with a wooden spoon to try and evenly distribute the EVOO.
- Once the crumbs are starting to brown, add half the garlic to each pan.
- Continue cooking and stirring until crumbs brown more and garlic is very fragrant.
- Dump crumbs into a large bowl to stall the browning process. Let cool slightly (you don't want cheese to melt when you add it).
- Stir in S&P and grated cheese blend. Thoroughly cover the chicken breasts with the crumb coating.
- Cover both pans with foil and bake 15-20 minutes.
- Remove foil and continue baking 3-5 minutes for that last bit of crust browning.

Balsamic Chicken with Veggies

This is a great chicken recipe, and with the bonus that you'll end up with some tasty cooked veggies in the pan. The balsamic and the lemon juice combine to bring a refreshing tang to the dish. A carb free meal with very low fat amounts from the oil – you could certainly try it in a non-stick skillet sprayed with cooking spray if you need it to be fat free.

Once you have all of your ingredients together for this, eyeball it to see if you're going to need to divide everything among 2 pans on the stove. (It really depends on the thickness of your chicken breasts).

INGREDIENTS	YOUR CHANGES		
	protein	net carbs	fat
2 lb boneless skinless chicken breasts*	192		
2 tsp garlic salt			
ground pepper to taste			
2 Tbsp EVOO			30
1 Cup cubed yellow squash			
1 Cup cubed zucchini			
1 Cup thinly sliced onion			
1 Cup your favorite mushrooms			
1/4 Cup balsamic vinegar			
1/4 Cup low sodium chicken broth			
1 tsp dried basil			
1 tsp dried oregano			
1 tsp dried rosemary			
1/2 tsp dried thyme			
1.5 tsp lemon juice			
Total recipe	192		30
If divided into 11 equal portions	17		3
If divided into 6 equal portions	32		5

INSTRUCTIONS

- Season chicken breasts with garlic salt and pepper.
- Heat EVOO in a *large sauté pan over medium heat. Cook chicken 3-4 minutes per side until browned.
- Add squash, zucchini, onion and mushrooms and cook another 3-4 minutes.
- Add vinegar and broth to the pan, sprinkle herbs over top. Simmer about 10 minutes.
- Add lemon juice, stir to combine, cover and cook an additional 5 minutes, or until chicken is cooked through.

**If your chicken breasts are huge, halve them horizontally, which may require using two pans.*

Shake and Bake Almond Chicken

This is a nutty, slightly crunchy baked chicken recipe that you might even be able to get your kids to eat! Especially, if you have them help with the shaking. This does have about half a serving of fat, as you can see. No way around that because of the nuts, so it's a dish to prepare for your meals with allowance for at least half a serving of fat.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
cooking spray of your choice							
1 Cup almond meal			56				
2 tsp paprika							
2 tsp fine sea salt							
1.5 tsp black pepper							
2 lb thinly sliced chicken breasts	192						
Total recipe	192		56				
If divided into 10 equal portions	19		6				
If divided into 6 equal portions	32		9				

INSTRUCTIONS

- 350 oven
- Spray a 13x9x2 glass baking dish with cooking spray.
- Combine almond meal with seasonings in a freezer bag.
- Working with one breast at a time, add to bag and toss to coat
- Place chicken in the prepared dish and bake 25-30 minutes.

Slow Cooker Chicken Tikka

Low and slow, baby! Another recipe where we take full advantage of the magic of the slow cooker to retain moisture in chicken breasts. We don't subtract anything here with the numbers (as we do with marinades) because you're going to want all of this super flavorful sauce. Stirring in the yogurt at the end makes for a creamy finish to this aromatic dish. With almost no fat, you have lots of possibilities for making it into a complete meal. In terms of carbs, this chicken would be delicious in a wrap or over rice or quinoa.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1.5 lb boneless skinless chicken breasts	144						
15 oz can crushed tomatoes							
1 onion, finely chopped							
2 Tbsp tomato paste							
5 minced garlic cloves							
1.5 Tbsp garam masala (dry spice)							
1/2 Tbsp dried ground ginger							
3/4 tsp coarse sea salt							
1/2 tsp Chinese Five Spice powder							
1/2 tsp cinnamon							
1/2 Cup full fat Greek yogurt	10	5	6				
Total recipe	154	5	6				
If divided into 8 equal portions	19	1	1				
If divided into 5 equal portions	31	1	1				

INSTRUCTIONS

- Combine tomatoes through cinnamon in a slow cooker.
- Place chicken breasts on top.
- Cover and cook on low for 6 hours.
- Remove chicken and slowly incorporate yogurt into slow cooker mixture.
- Shred chicken, if desired. Add chicken back to the pot to coat with sauce.

Citrus Mustard Marinated Chicken

Our second of three chicken marinade recipes, this is a winner, especially if you are a mustard lover. The coarse mustard really coats the chicken and remains even after grilling. After you try the puncture method for marinating chicken, you'll never go back – it really allows the flavors to infuse and makes for a very moist grilled chicken. You could certainly sub in steak in this recipe if you choose – or do half and half to give yourself some protein variety, from a single recipe!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1.5 lb boneless skinless **chicken breasts	144		
1/4 Cup apple cider vinegar			
3 Tbsp coarse ground mustard			
juice of 1 lime			
juice of 1/2 lemon			
1/4 Cup SF syrup - I used Cinnamon Brown Sugar			
1.5 tsp sea salt			
1/4 tsp pepper			
4 Tbsp EVOO			60
	144		60
<i>Reduced by 1/2*</i>			-30
Total recipe	144		30
If divided into 8 equal portions	18		4
If divided into 5 equal portions	29		6

INSTRUCTIONS

***Use thinly sliced chicken breasts if you can find them.*

- Combine all marinade ingredients, except EVOO (apple cider vinegar through pepper) in a 2 Cup glass measuring cup.
- Whisk to combine.
- Whisk in the EVOO.
- Use a knife to make random punctures in the chicken breasts.
- Place chicken in a freezer bag. Pour marinade over. Seal bag and place flat on a plate.
- Refrigerate several hours or overnight, flipping the bag when you think of it.
- Discard excess marinade. Grill chicken over med high heat.

** as you will not consume all of the marinade*

Sweet and Soy Marinated Chicken

Our final of three very different chicken marinades, we just may have saved the best for last! The finished chicken will have a slightly sweet, slightly spicy kick to it, and will beat plain old boiled or grilled chicken breasts any day! If you're fat constrained, reduce the oil to hit your numbers. Obviously, sub in steak if you choose.

INGREDIENTS

	YOUR CHANGES			YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1.5 lb boneless skinless **chicken breasts	144						
1/4 Cup wheat free, low sodium Tamari sauce							
3 Tbsp SF syrup - I used Cinnamon Brown Sugar							
2 Tbsp vinegar							
1/2 tsp garlic powder							
1/2 tsp Chinese Five Spice powder							
1/2 Cup canola oil			120				
	144		120				
<i>Reduced by 1/2*</i>			-60				
Total recipe	144		60				
If divided into 8 equal portions	18		8				
If divided into 5 equal portions	29		12				

INSTRUCTIONS

***Use thinly sliced chicken breasts if you can find them.*

- Mix marinade ingredients - Tamari through canola oil - in a 2 Cup glass measuring cup.
- Whisk to thoroughly combine.
- Stab the chicken breasts randomly with a sharp knife.
- Add chicken to a freezer bag and pour marinade over.
- Press air out of the bag before sealing and place flat on a plate in your fridge.
- Marinate for as long as you can, up to overnight, flipping when you think of it.
- Discard excess marinade, and grill to desired doneness.

** as you will not consume all of the marinade*

PROTEINS

GROUND TURKEY/
TURKEY BREAST



Turkey Smash Burgers with Mozzarella

Our only burger recipe in the book, this one is special. I read about this burger cooking technique right before we went to press with the cookbook; after trying it, I threw out my (traditional) technique because this one is so much better – and faster! These burgers are not good cooked ahead, but they’re so quick to make, it’s easy to cook to order!

The gooey cheese center takes this burger over the top, and for added protein and minimal fat. Serve it on a whole grain bun to get your carbs in and top with a portion of creamy avocado to round out your fat requirement. Use ground beef instead of turkey if you prefer, and serve it with your favorite veg or a simple green salad.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
4 oz lean ground turkey	24						
1/2 tsp garlic powder							
1/2 tsp Worcestershire sauce							
1/4 tsp lemon pepper							
pinch dried oregano							
S&P, to taste							
1 oz fresh part skim mozzarella	5	1	5				
Total recipe, 1 burger	29	1	5				
If divided in half	15		2				

INSTRUCTIONS

- Combine all ingredients except cheese, but don’t overmix. Divide meat into 2 equal sized balls.
- Preheat a large stainless steel sauté pan (on your stovetop or grill) over high heat for a couple of minutes.
- Place both balls of beef in the pan and immediately smash down with a heavy duty metal spatula or burger press.
- Allow burgers to cook until well browned, less than a minute (top should be turning pale pink/gray in spots).
- Carefully scrape burger patties - and all the browned bits - from the pan.
- Flip and immediately place your cheese over one patty and stack the second patty on top. Remove from pan.

Slow Cooker Adobo Turkey Breast

Another fat free slow cooker wonder, this turkey is amazingly flavorful with a kick. All this flavor with no fat or carbs, and plenty of portions. Adding the cilantro at the end really adds a freshness you'll enjoy – add as much as you'd like!

Whenever I cook a pork tenderloin or a turkey breast in the slow cooker, I always insert slivers of garlic in 1" deep cuts in the meat before I add the meat to the slow cooker. Try it! And yes, you can absolutely scale this up if you have a larger capacity slow cooker and want more portions. Great served over rice or quinoa.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
2 lb turkey breasts fillets (or a turkey breast)	192						
1 bunch scallions, chopped							
1 Tbsp canned green chiles, chopped							
1 tsp chopped canned jalapenos							
1 canned poblano pepper in adobo sauce, chopped							
2 tsp garlic powder							
1 tsp ground coriander							
1 tsp ground cumin							
1 tsp cinnamon							
1.25 Cups low sodium chicken broth							
S&P							
2 cloves of garlic, slivered, optional							
1 packed Cup fresh chopped cilantro							
Total recipe	192						
If divided into 10 equal portions	19						
If divided into 6 equal portions	32						

INSTRUCTIONS

- Mix scallions through cinnamon in a slow cooker.
- Add chicken broth.
- Season turkey on both sides with S&P and insert garlic slivers into small cuts in the meat, if using.
- Place turkey on top of slow cooker mixture.
- Cover and cook on low for 8 hours.
- Remove turkey and shred with forks.
- Stir cilantro into slow cooker mix, then add shredded turkey back and toss to combine everything.

Turkey Loaf

If you've never tried turkey loaf before, you're going to want to give this a shot. It's very quick to prep and get in the oven. (Tips to speed up prep time – use day old bread instead of toasting, and skip the veggie sauté and go with raw veggies, if you don't mind crunchier veggies in the finished loaf).

The loaf stays really moist after baking – thanks to the veggies and salsa – and it has an almost sweet flavor to it, once cooked. I'm always nervous about undercooked turkey (had a bout with food poisoning when I was pregnant with my daughter that left a mark - the source was a turkey burger!), and I've found that shaping the loaf into more of a flat rectangle shape not only provides for even cooking throughout, but also allows you to portion it much easier than the traditional meatloaf shape would. By the way, if you're like me and nervous about undercooked meat baked in the oven, try this – whenever I'm just not 100% sure if something is cooked all the way through, I'll turn off the oven and leave the dish in for another several minutes just to be safe. It's unlikely you'll burn anything this way; you might sacrifice some juiciness, but for some of us, it's a price we're willing to pay!

You can absolutely sub in ground beef here if you choose.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1/2 Cup minced green pepper							
1/4 Cup minced onion							
1 Tbsp EVOO			15				
1 slice whole grain sandwich bread		14					
1/2 lb lean ground turkey	48						
1/4 Cup minced roasted red pepper							
1/4 Cup veggies-only salsa							
1 large whole egg	6		5				
S&P to taste							
Total recipe	54	14	20				
If divided into 3 equal portions	18	5	7				
If divided into 2 equal portions	27	7	10				

INSTRUCTIONS

- 350 oven
- Sauté pepper and onions in EVOO over medium heat until softened. Cool slightly.
- Lightly toast the bread, let cool, then process to coarse crumbs in a mini food processor.
- Combine all ingredients and mix well with hands.
- Form into a flat rectangle shape, about 2 inches thick (easier to equally portion later).
- Place on a foil lined baking sheet.
- Bake 25-35 minutes, until cooked through.

Slow Cooker Rosemary Fennel Turkey Breast

Alright, so this dish is not one I'd call quick to prep, but I assure you, it's so worth the effort. The crust on the turkey is amazing. And, there's almost no better way to flavor veggies than to cook meat on top of them for hours. If you need it to be a nonfat dish, you can always sauté the veggies in a non stick pan, or with a bit of chicken broth to prevent sticking. Conversely, use more EVOO if you need it for your plan. If you're not tied to tradition, this could totally replace your holiday turkey dish – it's that good. (I'm going to push hard for that in our house this year!)

INGREDIENTS

	YOUR CHANGES			YOUR CHANGES		
	protein	net carbs	fat	protein	net carbs	fat
2.5 Cups chopped onion						
1 Cup chopped celery						
1.75 Cup chopped fennel						
2 Tbsp EVOO			30			
1 Cup low sodium chicken broth						
28 oz canned whole tomatoes						
14.5 oz can crushed tomatoes						
1/4 Cup low sodium chicken broth						
3.25 tsp Kosher salt, divided						
1.5 tsp pepper, divided						
2 Tbsp chopped rosemary						
1.5 tsp whole fennel seeds						
1 tsp orange zest						
1 tsp red pepper flakes						
6 cloves garlic, sliced						
2 lb boneless skinless turkey breast	192					
Total recipe	192		30			
If divided into 11 equal portions	17		3			
If divided into 6 equal portions	32		5			

INSTRUCTIONS

- Sauté onion, celery and fennel in EVOO in a large saucepan over medium heat for about 5 minutes.
- Increase heat to High and stir in 1 Cup of chicken broth. Boil 2-3 minutes to reduce broth by about half.
- Add in whole tomatoes (broken up with a wooden spoon), crushed tomatoes, and 1/4 Cup chicken broth and bring to a boil. Add in 1.5 tsp salt and .5 tsp pepper.
- For easiest cleanup, use a slow cooker liner bag! Transfer veggie mix to your slow cooker.
- Mix together rosemary through red pepper flakes, along with remaining S&P.
- Using a sharp knife, cut 1" slits in the pork every inch or so. Insert a garlic sliver into each slit.
- Place turkey breast on top of veggies in the slow cooker. Rub rosemary mix all over top of turkey, pressing to adhere.
- Cover and cook on low 7-8 hours, or on high 5-6 hours.

My Favorite Red Sauce with Ground Turkey

This has been my favorite red sauce for years. Yes, it's a bit time intensive, but so worth the effort – make a huge batch and freeze it – either in one container, or in individual portion sizes – with or without the meat. You'll be glad you did. Perfect over whole grain pasta - or break out your spiralizer and serve over veggies if you're having this at a no carb meal.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
3 Tbsp EVOO			45
1 med fennel bulb, trimmed and thinly sliced			
1 small onion, thinly sliced			
2 lb ripe plum tomatoes, peeled & seeded			
3 med garlic cloves, lightly smashed			
2 tsp finely chopped flat-leaf parsley			
1/2 tsp fennel seeds (optional)			
1/4 tsp dried thyme			
2.25 Cups no salt added chicken broth			
S&P, to taste			
2 lb lean ground turkey	192		
Total recipe	192		45
If divided into 10 equal portions	19		5
If divided into 6 equal portions	32		8

INSTRUCTIONS

- 450 oven
- Heat EVOO in a large ovenproof skillet.
- Add fennel and onion and cook over med high heat, stirring occasionally, until wilted and browned, about 10 minutes.
- Add tomatoes through thyme.
- Transfer pan to the oven and roast for about 45 minutes, or until tomatoes are just starting to brown.
- Transfer roasted veggies to a blender or food processor and pulse until coarsely chopped.
- Set the roasting pan (now empty) over high heat and add about 1/2 Cup chicken broth.
- Cook, scraping up any browned bits, until reduced by half.
- Add pan contents to the blender or food processor and puree until almost smooth.
- Set pan back on the stove and cook ground turkey until almost browned. Drain fat, if necessary.
- Add the sauce to the skillet with turkey, add the remaining chicken broth and cook over med heat until thickened, about 20 minutes.
- Season with S&P.

PROTEINS

BEEF/STEAK/BISON



Shredded Beef

This is a hearty slow cooker dish if you like incorporating red meat into your diet and are tired of ground beef. You can use an inexpensive lean cut of meat in this dish, and it makes a ton of portions.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1/2 small onion, sliced			
2 garlic cloves, minced			
3 lb lean beef roast (like eye of round roast)	288		
1/2 tsp salt			
1/2 tsp pepper			
8 oz no salt added tomato sauce			
1/4 Cup lime juice			
1 Tbsp chili powder			
1 tsp ground cumin			
1/4 tsp cayenne			
Total recipe	288		
If divided into 16 equal portions	18		
If divided into 9 equal portions	32		

INSTRUCTIONS

- Add the onion and garlic to the slow cooker.
- Sprinkle S&P all over the beef roast.
- Place beef roast on top of onion and garlic.
- Combine tomato sauce through cayenne.
- Pour over beef.
- Cook over low 6-8 hours.
- Remove, shred beef and return to the slow cooker to toss with remaining juices.

Java Rubbed Steaks

The first of two steak rub recipes in the book, this one is for those who like big flavors. Super easy and quick. Experiment with lean cuts of steak to find your favorite(s).

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1 Tbsp espresso powder*			
2 tsp cumin			
1 tsp Hungarian paprika			
S&P			
16 oz lean steak	96		
1/2 Tbsp EVOO			8
Total recipe	96		8
If divided into 5 equal servings	19		2
If divided into 3 equal servings	32		3

INSTRUCTIONS

- Combine dry rub ingredients - espresso powder through S&P.
- Pat to cover steak.
- Steaks can be refrigerated for a few hours or up to one day, until you're ready to grill.
- Before grilling, bring to room temp by allowing steaks to sit on your counter 30 minutes.
- Brush with a little EVOO.
- Grill over medium high heat until desired doneness.

* Can sub in ground dark roast coffee

Porcini Coated Steak

If you've never tried porcini powder on a steak before, you're in for a real treat. Yes, it can be expensive, but I'm still using the same container of porcini powder that I bought when I was living in NYC, probably 10 years ago. It seriously keeps just about forever. And you don't need a ton in order to experience a richness and velvety smoothness that I can't compare to anything other than, well, butter – I kid you not. This has a kick as written, so use less or omit the crushed red pepper to suit your taste.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
2 lb lean steak	192		
5 garlic cloves, chopped fine			
3 Tbsp porcini powder			
1 Tbsp coarse sea salt			
2 tsp crushed red pepper			
1 tsp pepper			
1 Tbsp EVOO			15
Total recipe	192		15
If divided into 10 equal portions	19		2
If divided into 6 equal portions	32		3

INSTRUCTIONS

- Combine garlic through pepper.
- Rub into steaks.
- Refrigerate for up to a day.
- Brush steaks with EVOO.
- Grill over medium high or high heat until desired doneness.

Bison with Cashews

A take on takeout, this is a sharp and tangy bison dish. Adjust the amount of cashews up or down to suit your needs. If you are aiming to stick to the diet 100%, add your cashews individually to each portion, once you've portioned out the entire dish – that's really the only way to ensure exactly how much fat you're getting per portion (from the cashews). Heating nuts releases their natural oils, so adding the nuts before you reheat leftovers is the way to do it with this dish! Of course, you can sub in other RP approved ground meat if bison is not on your shopping list.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1.25 lb ground bison	120		
1/2 small onion, chopped			
1 garlic clove, minced			
1/2 green pepper, sliced into strips			
1/4 Cup low sodium wheat free Tamari sauce			
8 oz your favorite mushrooms, sliced			
1/4 Cup chopped fresh basil			
red pepper flakes, to taste			
1 Cup raw or dry toasted cashews			62
Total recipe	120		62
If divided into 7 even portions	17		9
If divided into 4 equal portions	30		16

INSTRUCTIONS

- Brown bison, onion and garlic together. Drain.
- Add green pepper and Tamari sauce. Sauté 5 minutes.
- Add in mushrooms and basil. Sauté 5-7 minutes.
- Top with red pepper flakes and cashews and heat through.

Beef and Veggie Taco Meat

The first of two beef taco recipes, this one allows you to get your veggies in at the same time. I love cilantro, so I add a handful here, but scale back if you are not a cilantro fanatic like I am. If you can't have carbs, this is phenomenal in a lettuce wrap. At the risk of repeating myself, this would be great over rice, in a whole grain wrap – or try it over whole grain pasta, Cincinnati style!

INGREDIENTS

				YOUR CHANGES		
	protein	net carbs	fat	protein	net carbs	fat
1 lb lean ground beef	96					
2 small zucchini, chopped						
2 small yellow squash, chopped						
1 Tbsp chili powder						
1.5 tsp cumin						
1 tsp fine sea salt						
8 oz can no salt added tomato sauce						
2 Tbsp lemon juice						
lots of fresh chopped cilantro!						
Total recipe	96					
If divided into 5 equal portions	19					
If divided into 3 equal portions	32					

INSTRUCTIONS

- Cook beef with zucchini and squash over medium high heat until beef is fully cooked.
- Drain.
- Stir in spices and cook an additional minute.
- Reduce heat to low and add tomato sauce.
- Cook 3-4 minutes, stirring until heated through.
- Remove from heat.
- Stir in lemon juice and cilantro.

Baked Meatballs

These baked meatballs have a zing, partially from the cheese. Would be wonderful as a sandwich or over pasta with some veggies-only pasta sauce. As an aside, there are so many ways to cook meatballs – you could cook these on the stovetop in chicken broth, or, if you like a saucier version, cook in thinned down veggies-only tomato soup. If fats are not an issue, you could brown these in a large skillet for 6-8 minutes, then finish in veggies-only tomato pasta sauce, or in the oven. Experiment to find your favorite method!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1 slice whole grain bread, toasted		14					
1 Tbsp dried parsley							
1 tsp dried Italian seasoning							
1/2 tsp garlic powder							
1/2 tsp onion powder							
1/2 tsp fine sea salt							
1/4 tsp pepper							
1.5 lb lean ground beef	144						
1/2 Cup Parm/Romano/Asiago mix shreds	18	2	16				
2 egg whites	8						
cooking spray of choice							
Total recipe	170	16	16				
Per meatball, if shaped into 30	6	1	1				
Per 3 meatballs	17	2	2				
Per 5 meatballs	28	3	3				

INSTRUCTIONS

- Process whole grain toasted bread in a mini food processor until crumbs form.
- Dump in a bowl and stir in remaining seasonings (parsley through pepper).
- Mix ground beef with breadcrumbs, cheese and egg whites.
- Form into 1.5” to 2” meatballs.
- Bake at 400 25-30 minutes on a sprayed foil lined rimmed baking pan or on sprayed racks sitting in a foil lined rimmed baking sheet.
- Halfway through cooking time, remove the pan from the oven and roll each meatball to the other side.
- Return to oven and finish cooking through.
- Alternatively, if you like meatballs in a red sauce:
- Once formed, brown meatballs 6-8 min on all sides in EVOO (obviously have to account for the fat) in a large saucepan, then stir in “clean” pasta sauce and simmer about 15 min until cooked through.

Salsa Meatloaf

Our second loaf recipe of the book, this one is a bit more labor intensive, but worth the effort (or it wouldn't be in here!) You will need to use 2 or 3 bowls, but this makes a lot, and while you're at it, maybe you'll just make two – why not? I suggest the same shaping plan as I did with the turkey loaf – a relatively flat rectangle – to provide for even cooking and easy portioning!

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
12 finely crushed whole grain crackers		22	6			
1 tsp cumin						
1/2 tsp garlic powder						
1/4 tsp black pepper						
1/2 tsp cinnamon						
1 Cup mild veggies only salsa						
3/4 tsp salt						
1.75 lb ground beef	168					
1.5 Cup shredded part skim mozz cheese	42	6	36			
3 egg whites	12					
Topping						
4 oz tomato sauce						
1.5 Tbsp tomato paste						
1 tsp worcestshire sauce						
1/2 tsp lime juice						
1/8 tsp salt						
Total recipe	222	28	42			
If divided into 12 equal portions	19	2	4			
If divided into 7 equal portions	32	4	6			

INSTRUCTIONS

- 350 oven
- Stir together crackers through salt, and let stand while you mix the beef.
- Mix beef, mozzarella cheese and egg whites. Gently combine beef mix and cracker mix, stir only until combined.
- Line a rimmed baking pan with foil (place a wire cooling rack on top, if desired). Spray rack or pan with cooking spray.
- Shape meatloaf into a large relatively flat (2-3 inches tall) *rectangle on top of the wire rack.
- *This shape cooks evenly, and is easier to portion into equal portions, once cooked.
- Bake 40 minutes.
- Stir together tomato sauce through salt to make the topping; brush over meatloaf.
- Bake another 15-20 minutes until cooked through. Let stand 10 minutes.

Cilantro Lime Marinated Steak

There really are many recipes in this book that I don't believe non-RP dinner guests would ever suspect are "diet-friendly". I definitely count this marinade as one of those recipes. I'm telling you, if you throw a bunch of this on the grill for a backyard summer barbecue (or "cookout" as we always called it growing up in the Midwest) and grill some veggies while you're at it, we'll have your guests earning their way into the RP Clients group in no time flat. And if, like me, you thought sriracha was off the table because of the carbs, then you'll be as excited as I was when I discovered sriracha powder in my grocery store spice aisle! Add or sprinkle it over any dish to give you that same coveted sriracha flavor without the carbs! Awesome!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1/4 Cup EVOO			60
1/4 Cup lime juice			
zest of 1 lime			
3 Tbsp wheat free low sodium Tamari			
2 Tbsp chopped fresh cilantro			
1/2 tsp cinnamon			
1 clove garlic, finely chopped			
1/4 tsp sriracha powder			
S&P to taste			
2 lb extra lean steak	192		60
	192		60
<i>Reduced by 1/2*</i>			-30
Total recipe	192		30
If divided into 11 equal portions	17		3
If divided into 6 equal portions	32		5

INSTRUCTIONS

- Combine all ingredients except steak in a 2 Cup glass measuring cup. Whisk to combine.
- Add steaks to a large Ziploc freezer bag. Fork the meat all over. Pour marinade over.
- Seal the bag, place flat on a plate and refrigerate (turning when you remember to) as long as you can - up to 24 hours.
- Discard excess marinade and grill until desired doneness.

** as you will not consume all of the marinade*

Beef on a Stick

This is our nod to street food at its best – beef on a stick. I love dishes that you can fully prep this far in advance. There are some carbs in here to bind it all together, so this is obviously a recipe best reserved for meals where you can eat carbs. You can round out your carb requirements by serving this in a whole grain wrap, or really with any healthy carb option.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
3 slices whole grain bread		42					
low sodium chicken broth, as needed							
1.5 lb ground beef	144						
1/2 Cup grated onion							
1/4 Cup chopped basil							
1/4 Cup chopped cilantro							
3/4 tsp salt							
1.5 tsp Chinese Five Spice powder							
Total recipe	144	42					
If divided into 8 equal portions	18	5					
If divided into 5 equal portions	29	8					

INSTRUCTIONS

- Be sure to soak skewers in water for 30 minutes if they are wooden.
- Soak bread in chicken broth to cover for 10 minutes.
- Using your hands, squeeze out excess chicken broth and transfer wet bread to a bowl.
- Add beef through spices to the bowl with the bread.
- Divide meat into 8 equal portions and flatten around skewers.
- Chill 10 minutes.
- Spray a cold grill with cooking spray.
- Heat grill to medium high.
- Grill, covered with grill lid, 7-8 minutes, until golden brown, turning once.
- Can be prepped up to 2 days ahead before grilling.

Skillet Tacos

This is a much more traditional taco recipe than the recipe for beef and veggie taco meat. One pan, quick and easy and both carb and fat free. I still finish it with tons of fresh cilantro, but if you're not obsessed with this herb like I am, you can certainly reduce, omit or sub in your favorite herb instead. Between the salsa, tomato sauce and onion, you're hitting some of your veggie requirement here, but depending on how you portion it, you may want to consume some additional veggies with the meal. You can certainly sub in other RP friendly ground meats – like turkey, bison or chicken if you prefer.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1 lb ground beef	96		
1 small onion, chopped			
1 Tbsp chili powder			
1.5 tsp ground cumin			
1 tsp salt			
8 oz canned tomato sauce			
3/4 Cup low sodium chicken broth			
1/2 Cup veggies-only salsa			
lots of fresh cilantro!			
Total recipe	96		
If divided into 5 equal portions	19		
If divided into 3 equal portions	32		

INSTRUCTIONS

- Cook beef with onion over medium high heat. Drain.
- Add spices and cook 5-7 minutes.
- Stir in tomato sauce, chicken broth and salsa.
- Bring to a boil, reduce heat and simmer, uncovered, 8-10 minutes.
- Top with cilantro.
- Cover and turn off the heat. Let sit 5 minutes.

PROTEINS

EGG WHITES



Tamari Eggs

It may surprise you how much you'll like this recipe. Adjust the ingredients up or down depending on the number of hard boiled eggs you're flavoring. One quick note here: the egg whites will take on a salty, earthy smoky flavor here, and while you could certainly use this as your sole protein source for a meal, it really shines in a small portion, perhaps in a quinoa bowl or in a salad, alongside another protein – like grilled chicken, turkey or tuna.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
4 hard boiled, peeled eggs*	12		
4 Tbsp low sodium wheat free Tamari			
4 Tbsp rice wine vinegar			
1 Tbsp Brown Sugar Cinnamon SF syrup			
Total recipe	12		
Per egg white	3		

INSTRUCTIONS

- In a small saucepan, combine all liquids.
- Bring to a simmer over medium heat.
- Add eggs and roll around until they turn a nice caramel color.
- Remove and cool slightly before eating (discarding most or all of the yolks, according to your plan).

**I only included amounts for the egg white. You will need to adjust if you plan on consuming the yolk(s).*

Sheet Pan Egg Whites

I can't even tell you how excited I was when I discovered this technique. As hectic as mornings can be, breakfast is often the toughest meal for people to get in. Mine has to be quick and easy, period. That's why I defaulted to a protein shake most mornings – UNTIL, I discovered these eggs. Now I can make up a batch, portion and freeze, and breakfast is just a quick nuke away. And the taste is fantastic. Change it up with the flavors you like best; it's the technique here that's worth noting!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
32 oz liquid egg whites	95		
1/8 Cup 2% milk	1	2	1
1 tsp garlic powder			
1/2 tsp chili powder			
chopped cilantro, to taste			
1 Cup 2% shredded cheddar cheese	28	4	24
crushed red pepper, to taste			
Total recipe	124	6	25
If divided into 7 equal portions	18	1	4
If divided into 4 equal portions	31	1	6

INSTRUCTIONS

- 300 oven
- Spray a half sheet pan very well with cooking spray.
- Combine egg whites with milk through cilantro in a large bowl and whisk to combine.
- Pour into the prepared pan and sprinkle with shredded cheese.
- Top with a smattering of crushed red pepper, if using.
- Bake until egg whites are just set, 15 - 20 minutes.
- Let cool slightly.
- You can then transfer these to a cutting board and portion as needed.
- These freeze great too!

Simple Egg White Salad

This egg (white) salad couldn't be easier to prepare, and tastes amazing. Save yourself the tedious boiling/cooling/peeling time if you'd like and use already boiled eggs that most grocery stores now sell. This would be great in a lettuce wrap or spooned into a green pepper if you can't have carbs with your meal. If you can have carbs, I love it spread on brown rice cakes, but it would also make a nice packed sandwich on whole grain bread.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
12 egg whites, diced	36						
1 avocado, diced			30				
1/4 tsp onion powder							
1/4 tsp garlic powder							
S&P, to taste							
Total recipe	36		30				
If divided into 2 equal portions	18		15				

INSTRUCTIONS

- Combine diced egg whites and avocado with seasonings.
- Mash lightly with a fork until everything sort of clumps together.
- Taste and season to your liking.

Quick Egg White and Cheese Soufflé

This is really fun to watch in the oven, and very impressive to serve to guests. You'll have a hard time waiting for it to cool before you'll want to dig in. Play around with portion sizes and ramekins you have at home to make the right sized soufflé for your plan. I like this served with a simple green salad with a hint of olive oil.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
9 Tbsp liquid egg whites	15						
2 Tbsp + 2 tsp nonfat milk	2	2					
1/4 tsp garlic salt							
dash of pepper							
1/4 Cup 2% shredded cheese	7		5				
fresh mint, chopped							
Total recipe	24	2	5				
If divided into 2 equal portions	12	1	3				

INSTRUCTIONS

- 375 oven
- In a medium bowl, mix egg whites through pepper.
- Set aside.
- Spray a ramekin with cooking spray and add cheese.
- Pour eggs over - should fill to the top.
- Place on a baking sheet and bake 30 minutes, until high and fluffy.
- Sprinkle with fresh chopped mint.
- Serve immediately!

Curry Egg White Scramble with Cheese Crisps

You do not have to be a fan of spice in order to love egg whites prepared this way. The curry provides a certain richness that is better tasted than attempted to be explained. Play with the amount of curry each time you make this until you hit that perfect note for your individual taste buds. I'll be honest, the cheese crisps are here partially because I just had to find a place to include them in the book – they're so yummy! If you can't have fat, you can certainly omit the cheese and make the eggs using nonfat Greek yogurt in a sprayed nonstick pan without EVOO. If you're having this at a carb meal, you could make a whole grain wrap sandwich or serve with or on whole grain toast. Serve with greens or any veggie that sounds good to you!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1/4 Cup shredded 2% cheese*	7		5
6 Tbsp liquid egg whites	10		
1 Tbsp full fat Greek yogurt	1	1	1
S&P to taste			
2 tsp EVOO			10
1/2 tsp mild curry powder			
Total recipe	18	1	16

INSTRUCTIONS

For Cheese Crisps:

- Spread cheese in a circle on a piece of parchment paper.
- Spread it out evenly, but thick enough that you can't see through to the parchment paper anywhere.
- Microwave 70-75 seconds until melted, and starting to brown. Remove and let cool then break into irregular chunks.
- If you're feeling really fancy, you can make a little cheese "taco shell":
- Invert a regular sized muffin tin and spray the bottom with cooking spray. Follow cheese melting instructions as above, then invert the melted cheese when it comes out of the microwave, pushing it between 2 of the muffin pockets. Allow to cool/harden.

For the Curry Scramble:

- Whisk together egg whites, yogurt and S&P. Set aside.
- Warm EVOO in a pan over med low heat, then add curry powder. Cook and stir until you can really smell the curry.
- Add egg mix and fold with spatula until cooked through.
- Break cheese crisps into pieces over top of the eggs, or serve in your little cheese crisp "taco shell."

* Any kind is fine - I like to use a colby and monterey jack blend. You don't want the finely shredded.

Italian Baked Egg Whites

This might sound unusual, but it is sooo good, and such a nice change of pace from other egg white dishes you might be eating on the diet. Super quick and easy, this is one you could throw in the oven, go and finish getting ready in the morning, come back and it's ready to eat!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1 Cup marinara sauce		3	14				
12 egg whites	36						
S&P							
fresh chopped herbs, like basil							
Total recipe	36	3	14				
If divided into 2 equal portions	18	2	7				

INSTRUCTIONS

- Spray an oven proof baking dish with cooking spray.
- Spread marinara in the bottom.
- Top with egg whites and S&P. Don't stir anything!
- Bake at 350 for 25-35 minutes (until center no longer jiggles)
- Top with your favorite chopped herbs.

Egg White Avocado Scramble

Another unique egg white dish (we wanted to give you variety!). This is creamy and decadent and has your veggies included in the pan! You can certainly use more tomatoes, but I held back here because, I don't know about you, but I hate when I finish scrambling egg whites, and there's only what appears to be a tiny amount of egg white, completely overpowered by the veggies I cooked with them. I'd rather just eat my remaining tomatoes raw on the side, or round out my veggies with a few simple greens.

INGREDIENTS

				YOUR CHANGES		
	protein	net carbs	fat	protein	net carbs	fat
12 egg whites	36					
1 avocado			30			
1 1/3 Cups grape tomatoes, halved						
S&P to taste						
fresh chopped mint						
Total recipe	36		30			
If divided into 2 equal portions	18		15			

INSTRUCTIONS

- In a bowl, smash avocado with a fork.
- Whisk in egg whites to combine with avocado.
- Spray a nonstick pan with cooking spray and sauté tomatoes until tender.
- Add in egg white and avocado mixture.
- Cook, stirring about a minute, until egg whites are fully cooked.
- Top with S&P and fresh chopped mint.

Green Frittata

This is a wonderful baked egg white option. If you need more or less protein per portion, just adjust liquid egg whites accordingly; the dish is very forgiving. Same with the amount of veggies you use – the spinach cooks down so much; that’s the perfect place to add or subtract to hit your per serving veggie requirement. There is more fat than I typically include in a base recipe, so just adjust EVOO and cheese accordingly (but it is amazing as is if you can afford the fats (yeh, I’m talking to you, RP massers)).

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
2 Tbsp EVOO			30				
1/2 shallot, grated							
2 cloves garlic, minced							
1/2 Cup steamed asparagus, cut into 1” pieces							
1/2 Cup steamed broccoli florets, chopped							
2 Cups baby spinach							
1/2 tsp salt							
1/2 tsp pepper							
1 1/3 Cups liquid egg whites	36						
1/4 Cup part skim shredded mozzarella	7	1	6				
1/4 Cup grated parmesan cheese	12		9				
handful of chopped fresh mint							
Total recipe	55	1	45				
If divided into 3 equal portions	18		15				
If divided into 2 equal portions	28	1	23				

INSTRUCTIONS

- 350 oven
- Heat oil over medium heat in a large oven-safe pan.
- Add shallot, garlic and asparagus and sauté until softened, about 2 minutes.
- Add broccoli, then spinach and cook an additional minute.
- Mix S&P into liquid egg whites and pour over veggies in the pan.
- Don’t stir for 3 minutes, until egg whites are beginning to set.
- Top with cheeses.
- Bake 10 minutes, until set (center shouldn’t jiggle).
- Sprinkle with mint as soon as you take it out of the oven.
- Let sit for about 10 minutes before cutting.

Baked Tomatoes with Egg Whites

Such a different way to get your egg whites and veggies together! You'll obviously need to adjust this depending on the size of tomato cavity you have to work with. You can tell if the egg white is cooked by jiggling it, or by sticking a knife in to see if it comes out clean.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
4 large firm Beefsteak tomatoes							
S&P, to taste							
12 Tbsp liquid egg whites	20						
chopped fresh herbs of your choice							
1/2 Cup fine shredded part skim mozzarella	14	2	12				
Total recipe	34	2	12				
If divided into 2 equal portions	17	1	6				

INSTRUCTIONS

- 400 oven
- Cut off the tops of the tomatoes and scoop out the pulp.
- Sprinkle insides with S&P.
- Divide egg whites evenly - 3 Tbsp per tomato.
- Sprinkle with herbs.
- Bake uncovered about 30 minutes.
- Remove from oven, top with cheese and return to the oven.
- Bake for an additional 5-10 minutes, or until cheese is melted and egg white is cooked through.

Poached Egg Whites

If you're missing poached eggs for breakfast, you have to try this recipe – yes, there's no yoke, but it really does get you closer to the real thing. I suggest wiping off the poached egg white with a damp paper towel after it's cooked - to remove as much of the lingering vinegar taste as possible. As a complete meal, this is awesome on whole grain toast drizzled with Basil Oil (recipe #65) and served alongside oven roasted tomatoes. Yum!

INGREDIENTS

				YOUR CHANGES		
	protein	net carbs	fat	protein	net carbs	fat
1 Cup white distilled vinegar						
1 tsp salt						
6 egg whites	18					
Total recipe	18					
Per egg white	3					

INSTRUCTIONS

- Combine vinegar and salt in a small saucepan and bring to a simmer.
- Slide one egg white into vinegar mix very slowly.
- Let cook 30 seconds before adding the next egg white.
- Repeat with remaining egg whites.
- Poach until opaque, 2-3 minutes each.
- Use a slotted spoon to move to a paper toweled lined plate to drain.
- Wipe with a damp paper towel after cooling slightly.

VEGGIES



Pan Sautéed Mushrooms

I know this doesn't look like much of a "recipe", but this one is all about technique. You can really coax a lot of flavor out of mushrooms by letting them brown and almost caramelize naturally, giving them only enough moisture to prevent sticking or burning. It's a bit of a labor of love and requires some patience, but I promise it's worth it in the end.

And, no, I didn't forget to include the macros for this dish – this is a strictly "free" veggie recipe; you can certainly make as many portions as you'd like - you'll just want to measure your mushrooms raw, and use the number of cups to determine the number of portions of cooked mushrooms.

INGREDIENTS

	YOUR CHANGES			YOUR CHANGES		
	protein	net carbs	fat	protein	net carbs	fat
4 Cups fresh mushrooms, any variety						
low sodium chicken broth, as needed						
1/2 tsp garlic powder						
S&P to taste						
Total recipe: 4 portions						

INSTRUCTIONS

- Heat an empty unsprayed, ungreased sauté pan over medium heat.
- Once hot, add the mushrooms to the dry skillet, and just let them sit and cook.
- Resist the urge to push them around in the pan!
- This will allow for browning and some carmelization.
- Only after they have started to brown, move them around just a bit with a wooden spoon.
- Once all liquid has evaporated and you see that mushrooms are starting to stick,
- Add a splash of low sodium chicken broth and stir, scraping up any of the browned bits stuck to your pan.
- Season with plenty of salt, pepper, garlic powder and any other of your favorite seasonings.
- Give it a good stir, and put a lid on it - reduce heat to low to cook mushrooms to desired tenderness.
- Add more chicken broth, only as needed to prevent sticking/burning, but you shouldn't need much.

Oven Baked Crispy Green Beans

These green beans are a truly crave-worthy veggie recipe. Completely clean eating – perfect if you’re really deep into the diet. If you decide to scale the recipe, just remember that the number of portions is determined by the number of cups of raw beans that you start with.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
6 Cups raw green beans, trimmed							
EVOO cooking spray							
fine sea salt, to taste							
Chinese Five Spice powder, to taste (optional)							
carb/fat free popcorn seasoning, optional							
Total recipe: 6 portions							

INSTRUCTIONS

- 400 oven
- Place a cooling rack inside one of your rimmed baking sheets. Spray rack lightly with cooking spray.
- Wash and dry (very well) the green beans.
- Once dry, spread beans out on the sprayed rack - don't overlap.
- Spray beans with cooking spray and sprinkle with spices.
- Bake 20-25 minutes, until they shrivel and darken in color. As long as they aren't burning, leave them in.
- The flavor just gets better and better the longer they bake.
- Can also sprinkle with a little popcorn seasoning as soon as you pull them from the oven.

Cabbage Chips

These chips are so addicting. They stink to high heaven while they're baking, but you seriously won't be able to stop eating them once they're cool enough to eat. Be patient and leave them in until they're crispy – they're pretty sad if you try and eat them before they've crisped up. Play around with the EVOO to suit your needs.

INGREDIENTS	YOUR CHANGES		
	protein	net carbs	fat
4 Cups cabbage leaves*			
EVOO cooking spray			
2 Tbsp EVOO			30
fine sea salt			
seasoning of your choice, optional			
pepper, optional			
Total recipe			30
If divided into 4 equal portions			8

INSTRUCTIONS

- 200 oven
- Place cooling racks in rimmed baking sheets and spray racks with olive oil spray.
- You'll need at least two large sheet pans.
- Wash cabbage leaves thoroughly, and blot with paper towels to dry really well.
- Tear or cut your leaves into “chip” sized pieces - aim for uniformity in size so that you end up with consistency in the way they crisp up.
- Place clean and dry cabbage leaves in a bowl and drizzle with EVOO.
- Really work the oil in with your hands until all leaves are coated.
- Spread leaves on racks in pans in a single layer, trying not to overlap.
- Sprinkle with salt (and pepper if you choose).
- Bake 2-3 hours, until desired crispness.
- You could always sprinkle these with carb/fat free popcorn seasoning of your choice when you take them out of the oven.

* You can use red or green cabbage, and you want the inner leaves.

Kale Chips

Another chip recipe, you ask? Who doesn't want a salty snack while dieting? And if you can manage to have that salty crispy snack and also call it a veggie, well that's a win-win in my book!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
EVOO cooking spray			
4 Cups *kale leaves			
fine sea salt			
Total recipe: 4 portions			

INSTRUCTIONS

**Kale prep, if you're working with a head of kale:*

- Wash the kale very well, discard the woody center stems, and break leaves into med sized pieces (they shrink a lot in the oven heat).
- Use a salad spinner, or with paper towels, blot the leaves to remove all of the water (otherwise, the leaves will “steam” in the oven, which will result in soggy chips).
- Line a baking pan with parchment paper and spray parchment lightly with cooking spray.
- Place leaves on the pan - close together, but not on top of one another. Overcrowding also leads to soggy chips.
- Spray kale leaves lightly with cooking spray and sprinkle with fine sea salt.
- Bake at 300 for 10 min, then rotate the pan and cook for 10 or 11 more minutes (your oven can be different). Watch closely to avoid burning.
- Remove from oven, sprinkle generously with popcorn seasoning - I like cheddar cheese flavor.
- Leave on the pan to continue crisping. You can't burn them now!
- Allow to cool completely before storing in an airtight container.

Leeks in Chicken Broth

If you've never had leeks, you're about to add a new veggie to your RP friendly veggie repertoire! Leeks are a member of the onion family, and have a mild, sweet flavor. You can use leeks in any recipe that calls for onion. You'll cook these until they're soft and tender. I sometimes put this down on the plate as a bed for a nice piece of fish.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
8 Cups raw leeks*			
1 Cup low sodium chicken broth			
S&P to taste			
Total recipe: 8 portions			

INSTRUCTIONS

- Add leeks and chicken broth to a sauté pan and bring to a simmer.
- Cover pan and simmer 20 minutes.
- Uncover and continue to simmer 5 minutes.
- Add S&P to taste.

**white and pale green parts only, thinly sliced*

Cucumber Salad

Cucumbers are a wonderfully fresh, crunchy veggie option. This salad is very quick to pull together and takes plain 'cukes to another level.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
4 Tbsp chopped cilantro							
2 Tbsp lemon juice							
1 Tbsp EVOO			15				
S&P to taste							
3 Cups thinly sliced cucumber							
Total recipe			15				
If divided into 3 equal portions			5				

INSTRUCTIONS

- Stir or whisk together fresh cilantro, lemon juice, EVOO and S&P.
- Add cucumbers to a bowl, pour dressing over top and combine well.
- Place in the fridge for a few hours to allow flavors to meld.

Sesame Broccoli and Cauliflower

O.M.G. This is soooo good – especially if you are a soy sauce / Tamari sauce fan. It's sort of like a warm version of cold sesame noodle sauce meets otherwise boring veggies. Think salty, rich, nutty and crunchy. My bet is you'll be reaching for your spatula – to make sure you don't miss out on a DROP of this sauce. There is half a serving of fat per portion as written, but you can play around with reducing the EVOO if that's not in the cards for you.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
5 Cups raw broccoli florets							
5 Cups raw cauliflower florets							
3 Tbsp EVOO			45				
S&P to taste							
3 Tbsp natural almond butter			23				
3 Tbsp wheat free low sodium Tamari	6	3					
2 Tbsp rice wine vinegar							
1 Tbsp coconut flour	1	3	2				
1.5 Tbsp water (more as needed)							
2 scallions, sliced							
1 Tbsp toasted black sesame seeds	2	1	5				
Total recipe	9	7	74				
If divided into 10 equal portions	1	1	7				

INSTRUCTIONS

- 425 oven
- Combine broccoli, cauliflower and EVOO and toss to coat.
- Spread on a rimmed baking sheet lined with parchment and sprinkle with S&P.
- Bake 20-25 minutes, stirring and rotating the pan halfway through.
- 5-10 minutes before cooking time is up, start the sauce:
- Combine next 5 ingredients (almond butter through water) in a small saucepan.
- Heat over low, stirring often and adding add'l water as needed to thin the sauce, then remove to cool slightly.
- Remove roasted veggies from the oven and carefully transfer to a serving bowl.
- Toss with warm sauce.
- Sprinkle with scallions and sesame seeds.

Oven Roasted Tomatoes

Another very straightforward dish, but make a big batch of these – you’ll love having them around – as your veggie side, on sandwiches, even pureed into a sauce for whole grain pasta.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
4 Cups plum tomatoes, quartered lengthwise			
2 Tbsp EVOO			30
coarse sea salt			
fresh cracked black pepper			
Total recipe			30
If divided into 4 equal portions			8

INSTRUCTIONS

- 325 oven
- Line a rimmed baking sheet with parchment paper.
- Add tomatoes to the pan, drizzle with EVOO and sprinkle with S&P.
- Roast for about 90 minutes.

Asparagus (Soup!)

This soup is amazing – fresh and flavorful with a certain richness that is so satisfying. If you’re a fan of consuming your veggie requirement from soup, you could experiment with lots of different types of veggies using this technique, adjusting flavorings to suit your taste. Note that I show it as 7 servings because you’re going to start with about 7 cups of raw veggies.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1.5 Tbsp EVOO			23
1/2 large onion, chopped			
1.5 Tbsp lemongrass paste			
1 Tbsp finely chopped ginger			
1.5 lb raw asparagus*			
1/4 tsp black pepper			
fine sea salt, to taste			
3/4 Cup lite canned coconut milk		1	10
2 Cups low sodium chicken broth			
1/4 tsp lime juice			
handful of chopped cilantro, for garnish			
Total recipe		1	10
If divided into 7 equal portions			1

INSTRUCTIONS

- Cook onion in EVOO over moderately low heat in a stockpot for about 5 min, until softened and browned.
- Add lemongrass paste and ginger and cook at the same temp about 3 minutes more.
- Crank heat to high; Add asparagus and S&P and cook 5 minutes.
- Add coconut milk and chicken broth, and bring to a simmer.
- Reduce heat to low or med low and simmer, covered, for 15 minutes.
- Use an immersion blender or carefully transfer mixture to a blender.
- Blend, adding more broth or water, as needed to reach desired soup consistency.
- Stir in lime juice and lots of cilantro.
- Makes 4 - 4.5 Cups of soup

**trimmed and cut into 1/2 pieces (should be about 6 Cups)*

Zucchini Chips

Another chip recipe....yes! This does have a full serving of fat per portion, and that is the way to make them come together really well and taste amazing...but by all means, play around with less oil or cooking spray if you want to try and reduce fat. So addicting!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
coconut oil spray							
1/2 Cup grated parmesan cheese	24		18				
1/4 Cup almond meal			14				
1/4 Cup coconut flour	4	6	4				
2 lb raw zucchini*							
1 Tbsp plus 2 tsp EVOO			25				
S&P to taste							
Chinese Five Spice powder, optional							
Total recipe	28	6	61				
If divided into 4 equal portions	7	2	15				

INSTRUCTIONS

- 450 oven
- Spray a baking sheet with coconut oil spray.
- Combine cheese, almond meal and coconut flour in a small bowl.
- Add zucchini chips to a large Ziploc (freezer bag size).
- Drizzle olive oil over top and shake the chips.
- Add mozzarella coating mix and shake again.
- Pour out onto the sprayed sheet and sprinkle with S&P and Chinese Five Spice powder, if using.
- Bake 25-30 minutes, until browned and crisp.
- Watch carefully for burning!

** cut into 1/4 inch thick "chips" - use a slicer if you have one - uniform thickness will ensure the same crispiness for every chip!*

HEALTHY FATS



Flavored Nut Butter

Yes, this is a very basic recipe, but the possibilities are endless using different SF syrups and different nut butters. This bonus recipe “cookie” was my go-to item for my last meal of the day carbs and fat during my most recent cut. It’s amazing how RP’ers think RP friendly foods “taste like” something decadent when we’re cutting! (A “regular” person would probably disagree!) As we know, it’s all relative...

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
2 Tbsp natural nut butter			15
SF salted caramel syrup			
Total recipe			15
If divided into 2 equal portions			8

INSTRUCTIONS

- Combine ahead of time, or in real time, using as much syrup as it takes to reach the desired consistency.
- Use a little if you just want to flavor your nut butter.
- Use more if you want to make more of a “sauce” for something.

Bonus! For a warm “cookie” (carb meal) using this recipe:

- Toast a whole grain sandwich thin in a toaster until crisp.
- Immediately spread the flavored nut butter on the toasted bread.
- Sprinkle lightly with coarse sea salt.
- Bring both halves together and dig in!

Oven Roasted Nuts

This is seriously a game changer if you've been eating raw almonds for your fats. Use any nuts you'd like (just make sure to account for fat variations), and experiment with different seasonings or popcorn seasonings and SF syrups - try SF vanilla syrup with salt and cinnamon or SF brown sugar cinnamon syrup and kettle corn popcorn seasoning, just to name a couple!

INGREDIENTS

				YOUR CHANGES		
	protein	net carbs	fat	protein	net carbs	fat
1 Cup whole almonds, raw			71			
1 Cup pecan halves, raw			71			
1 tsp fine sea salt						
1 tsp Chinese Five Spice powder						
1/4 Cup SF brown sugar cinnamon syrup						
Total recipe			142			
If divided into 19 equal portions			7			
If divided into 9 equal portions			16			

INSTRUCTIONS

- 325 oven
- Spread nuts on a parchment lined baking sheet.
- Bake 10 minutes to release natural oils in the nuts.
- Remove the pan from the oven and dump the nuts into a heatproof bowl.
- Pour syrup over nuts (they will sizzle).
- Sprinkle with spices, and toss to coat.
- Pour nuts back on the baking sheet and spread into a single layer.
- Bake an additional 10 minutes.
- Store in an airtight container.

Guac Spread

This is essentially a guacamole that you can adjust based on your desired macros – eliminate the EVOO and it will be more of a mashed spread (great in wraps and on sandwiches), adding the EVOO will make more of a creamy guacamole. Best eaten the day it's made, but you can carry it over for a day in the fridge if need be. Would be great with some homemade tortilla chips! (See tortilla chips recipe in #90 Hot Crab Dip with Homemade Tortilla Chips).

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1 clove garlic			
coarse sea salt, to taste			
1 whole avocado			30
fresh chopped cilantro			
squeeze of fresh lime juice			
1/2 Tbsp EVOO			8
Total recipe			38
If divided into 5 equal portions			8
If divided into 2.5 equal portions			15

INSTRUCTIONS

- Rough chop the garlic.
- Sprinkle coarse salt on top of the rough chopped garlic and run your knife through.
- Then turn the knife on its side and sort of press and smear the salt and garlic together.
- You're going to alternate chopping and pressing/smearing until a paste forms.
- Smash avocado and mix in the garlic/salt paste along with the remaining ingredients.
- Store in the fridge with plastic wrap pressed against the surface.
- It may turn brown on top (you can leave the avocado seed in the bowl, which may lessen browning) but will still be ok to eat for a couple of days.

**Tip: If (like me) you hate the punch of raw garlic in guacamole and spreads or oils like this, combining the salt and garlic in this way to make a paste will really soften the intensity of the raw garlic.*

Ranch Dressing

*RP'ers are proof of the saying “skinny girls don’t just eat salads!”, but every now and then, it might help with variety. This dressing can *almost* pass for the real thing – ok, I guess it depends on how deep into a cut you are! But it’s flavorful and RP approved, so give it a shot when you want to mix up your healthy fat rotation!*

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
6 Tbsp nonfat Greek yogurt	9	3					
zest and juice from 1/2 a lemon							
1 garlic clove, finely chopped							
1/2 Cup EVOO			120				
S&P to taste							
2 Tbsp red onion, finely chopped							
ranch flavored popcorn seasoning							
Total recipe	9	3	120				
If divided into 16 equal portions	1		8				
If divided into 8 equal portions	1		15				

INSTRUCTIONS

- Combine yogurt through S&P in a blender and blend until smooth.
- Stir in finely chopped red onion.
- Pour the serving amount over your salad, then sprinkle with ranch seasoning.
- Store remainder in the fridge for up to 3 days.
- It will separate after being refrigerated, but let it warm up, then whisk really well to recombine.

Basil Oil

This oil packs a punch – great on sandwiches, even drizzled on prepared proteins for a change of pace. For a complete meal with carbs, I love to drizzle this over poached egg whites on whole grain toast, with a side of oven roasted tomatoes. Talk about a gorgeous, and mouthwatering plate!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1/2 small garlic clove							
coarse sea salt, to taste – if desired							
1/4 Cup packed basil leaves							
2 Tbsp EVOO			30				
Total recipe			30				
If divided into 2 equal portions			15				
If divided into 4 equal portions			7.5				

INSTRUCTIONS

- Rough chop the garlic.
- Sprinkle coarse salt on top of the rough chopped garlic and run your knife through.
- Then turn the knife on its side and sort of press and smear the salt and garlic together.
- You're going to alternate chopping and pressing/smearing until a paste forms.
- Add the basil leaves, garlic/sea salt paste and EVOO to a mini food processor.
- Process until very smooth. Add pepper if desired.

**Tip: If (like me) you hate the punch of raw garlic in guacamole and spreads or oils like this, combining the salt and garlic in this way to make a paste will really soften the intensity of the raw garlic.*

Chocolate Avocado Pudding

There's a reason why we chose to feature this pudding recipe on the cover – it is unbelievably awesome! Velvety smooth, creamy, rich, chocolatey....everything you want in a dessert. (Or for breakfast – we're not judging!) Enjoy!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1.5 just-ripe avocados			45				
6 Tbsp unsweetened cocoa powder	6	6	9				
6 Tbsp SF syrup of your choice							
1/4 Cup evaporated goat milk	3	4	1				
1 tsp vanilla extract							
1 tsp instant coffee granules or espresso powder							
coarse sea salt, optional							
Total recipe	9	10	55				
If divided into 8 equal portions	1	1	7				
If divided into 4 equal portions	2	2	14				

INSTRUCTIONS

- Process all ingredients together in a food processor until velvety smooth.
- Separate into individual portions, sprinkle with your favorite coarse salt, if using, cover and refrigerate overnight.
- Resist the urge to eat this right away - the flavor really comes together in the fridge overnight.
- Makes about 2 Cups

Kale Spinach Pesto

This pesto is very versatile – makes a great sandwich spread. You can also thin it with some pasta water and toss with whole grain pasta – or with no carb noodles, or with whatever veggie you most recently attacked with your spiralizer!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
2 cloves garlic, rough chopped*							
3/4 tsp coarse sea salt							
1/3 Cup walnuts, toasted			25				
1.5 Cups baby kale, washed well and dried							
1.5 Cups baby spinach, washed well and dried							
2/3 Cups grated parmesan cheese	32	3	24				
1/4 Cup EVOO			60				
1 Tbsp lemon juice							
pepper, to taste							
Total recipe - about 1 Cup	32	3	109				
If divided into 16 equal portions	2		7				
if divided into 8 equal portions	4		14				

INSTRUCTIONS

- Rough chop the garlic.
- Sprinkle coarse salt on top of the rough chopped garlic and run your knife through.
- Then turn the knife on its side and sort of press and smear the salt and garlic together.
- You're going to alternate chopping and pressing/smearing until a paste forms.
- Combine garlic/salt paste with walnuts through EVOO, and puree in a food processor.
- Add in lemon juice and pepper to taste.

**Totally fine to use 1 tsp garlic powder instead of fresh garlic if you prefer.*

Cold Sesame Noodles

Cold sesame noodles used to be one of my favorite Chinese takeout dishes.....back in the day. Before I knew what an enormous wallop of macros – carb-and-fatalicious, baby! - that tasty little “starter” packed. Good news! I swear this dish is every bit as creamy and rich and salty and satisfying. Use any carb free noodle – whether you’ve joined the spiralizer craze and are making your own veggie noodles, or maybe you can stomach those slightly odd, slightly dirt-tasting no carb “noodles” that you can find in the refrigerator section at the grocery store (read the label for preparation tips to help with the unusual texture and taste...). Of course better yet would be to have this with a carb meal and use whole grain spaghetti.

I have not shown this with protein here because it is intended as a fat source recipe, but certainly add in the protein of your choice - grilled chicken strips or shrimp would be great.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
2 Tbsp natural peanut butter			15				
1-2 Tbsp SF peanut butter syrup							
1 Tbsp wheat free low sodium tamari sauce							
2 Tbsp chopped green onion							
1/2 tsp sesame seeds							
1/4 tsp garlic powder							
coarse sea salt, optional							
no carb pasta noodles or veggie noodles							
Total recipe			15				
If divided into 2 equal portions			8				

INSTRUCTIONS

- Combine sauce ingredients - PB through garlic powder.
- Toss noodles with sauce.
- Sprinkle with coarse sea salt if you like.
- Refrigerate until chilled.

Romesco Sauce

When I first moved to the East Village in NYC many years ago, there was an amazing always-packed little tapas restaurant on a corner near me that served a Romesco sauce spooned atop slices of tender grilled steak – for me, it was love at first bite. I’ve been able to make an RP friendly romesco here – yes, it has a few carbs (from the bread), so certainly be mindful of that in your meal planning, but you can’t make a true Romesco sauce without it. This is great spooned over steak, fish or chicken, or tossed as a sauce for pasta or carb free veggies or noodles.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1/2 tomato			
2 garlic cloves			
1/4 Cup raw almonds			18
2 slices toasted whole grain bread		28	
1 whole roasted red pepper*		7	
2 Tbsp white balsamic			
1/4 Cup EVOO			60
1 tsp salt			
1/2 tsp Hungarian paprika			
Total recipe		35	78
If divided into 10 equal portions		4	8
If divided into 5 equal portions		7	16

INSTRUCTIONS

- 450 oven
- Place tomato, garlic cloves and almonds together on a rimmed baking sheet.
- Roast in the oven for 5-7 minutes.
- Transfer to a blender, add toasted bread and blend.
- Add remaining ingredients to the blender.
- Pulse until combined and smooth.

* You’ve got some options when it comes to DIY pepper roasting. You can roast, whole on a sheet pan in a 500 oven for 30-40 minutes. When the pan comes out of the oven, cover with aluminum foil and let sit for 30 minutes before removing stem, peel and seeds. Or you can go NYC-tiny-apartment kitchen-style, and just use tongs to hold the pepper over the flame of a gas stove until it blisters!

Chia Java Breakfast Pudding

You don't have to believe that Chia seeds are good for you to enjoy this. Bottom line is that this pudding is yummy. It absolutely has to sleep in the fridge overnight in order to set up and for the flavors to develop. Try it!

INGREDIENTS

				YOUR CHANGES		
	protein	net carbs	fat	protein	net carbs	fat
1 Cup unsweetened coconut milk*	3	9	42			
1/2 Cup brewed coffee						
1/2 Cup black Chia Seeds	12	4	22			
2 Tbsp SF syrup (I used salted caramel)						
1/2 tsp vanilla						
1/2 tsp pumpkin pie spice						
1/2 tsp kettle corn popcorn seasoning		2				
Total recipe	15	15	64			
If divided into 8 equal portions	2	2	8			
If divided into 4 equal portions	4	4	16			

INSTRUCTIONS

- Add everything to a 2 Cup glass measuring cup. Stir well.
- Divide mixture evenly among the appropriate number of containers (depending on how much fat you want per portion).
- Refrigerate overnight to thicken.
- Keeps for 2 or 3 days refrigerated.

**the kind you buy refrigerated, not the canned product*

HEALTHY CARBS



Sweet Potato Fries

We absolutely love these sweet potato fries in our house – toddlers included! When we moved out of Manhattan and I had access to a REAL grocery store for a change, I discovered the packages of already peeled and cubed sweet potatoes – LIFE CHANGING. Now, I just open the package, dump the cubes in a large bowl and literally 5 minutes later, they're in the oven. If you can have some fat, you can of course toss with EVOO, sprinkle with parmesan cheese, etc. A very versatile recipe.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
4 Cups sweet potatoes, peeled and cubed		92					
cooking spray							
1 Tbsp cornstarch, optional*		7					
Onion powder, to taste							
Garlic powder, to taste							
Dried rosemary, to taste							
Popcorn seasoning, to taste							
Total recipe		99					
If divided into 5 equal portions		20					
If divided into 4 equal portions		25					
If divided into 3 equal portions		33					
If divided into 2 equal portions		50					

INSTRUCTIONS

- 425 oven
- Add sweet potato cubes to a large bowl.
- Spray cubes with cooking spray of your choice.
- If using cornstarch, toss potatoes with cornstarch, then spray lightly with cooking spray again.
- Sprinkle with onion powder, garlic powder and dried rosemary.
- Spread in an even layer on a sprayed baking sheet.
- Bake 30 minutes, rotating pans halfway through.
- Turn off oven and leave sweet potatoes on pans in the oven while it slowly cools.
- Toss finished sweet potato cubes with popcorn seasoning, if desired.

**Can add in 1 Tbsp cornstarch for slightly crispier potatoes if you don't mind the extra carbs*

Fruit Cream

Another super easy alternative to satisfy your ice cream craving. It's a cool (no pun intended) technique: instead of mixing up ingredients, then freezing, this recipe is working primarily with already frozen ingredients, so you're much closer to payoff time. Just plan ahead by freezing your own fruits ahead of time, or save time by buying frozen sliced fruits. Just mix and eat. This is another one that's fun for the kids to help with (of course they get toppings on theirs!), so it's a bonus! And, of course, experiment with different fruits to find your favorite combos!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
2 Cups frozen banana slices*		60	
1/2 Cup frozen strawberry chunks*		5	
1/4 Cup full fat Greek yogurt	5	2	3
2 tsp butter vanilla emulsion, optional**			
Total recipe	5	67	3
If divided into 4 equal portions	1	17	1
If divided into 3 equal portions	2	22	1
If divided into 2 equal portions	3	33	1

INSTRUCTIONS

- Pulse frozen bananas in a food processor until broken into small pieces.
- Scrape sides of processor bowl, add strawberries, yogurt and vanilla butter emulsion, if using.
- Pulse/scrape/pulse/scrape until it becomes ice cream consistency.

**You can make your own by placing 1" slices of fresh banana and chunks of fresh strawberries on a parchment lined plate until frozen.*

*** You can find this online.*

Basic Crepes

This is one of those master recipes where the possibilities for flavoring and filling are just endless. On the sweet side: It's nearly fat free, so filling it with PB and a sprinkle of course salt would be awesome. If you have more carbs in your allotment, by all means, fill it with a bunch of raspberries, blueberries or strawberries. Adding Greek yogurt would be yummy and provide a protein bonus. You could add SF syrup or a flavor packet as I've done here. On the savory side: yeh, savory crepes are a 'thing'! Fill it with anything RP-friendly that you'd put on a sandwich or pizza. And good news for those of you who have a hard time getting your carbs in – these are so light, it would be a perfect food to address that “problem.”

INGREDIENTS

				YOUR CHANGES		
	protein	net carbs	fat	protein	net carbs	fat
coconut oil spray						
1/4 Cup sprouted wheat flour		24				
3 Tbsp liquid egg white	5					
1/4 Cup light coconut milk*			1			
1/4 tsp vanilla extract						
1 packet Coconut Biscotti Flex Flavors**						
dash salt						
Total recipe	5	24	1			
If divided into 2 pieces	3	12	1			

INSTRUCTIONS

- Combine flour through salt to form your crepe batter.
- Spray a skillet with coconut oil and heat over medium heat.
- Add batter to pan, and tilt pan to cover the entire surface.
- Cook for 2-3 minutes on the first side, then flip and cook 1-2 min more until heated through.
- Remove from pan - ready to fill!

* the kind you buy refrigerated, not the canned product

** You can find these at www.devotionnutrition.com, where code RP10 is worth 10% off through 12/31/16!

Apple Chips

Our 2 year-old daughter wanted to eat all of these “chips” once they cooled. They are so good. Yes, they take some time to make, but not really that much in the way of prep, and I have to agree with our daughter – they are so crunchy and yummy! What a fun way to eat a healthy carb!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
2 medium apples		50	
SF vanilla syrup			
coconut oil spray			
cinnamon			
fine sea salt			
Total recipe		50	
If divided into 2 equal portions		25	

INSTRUCTIONS

- 250 oven
- Use a mandolin to uniformly thinly slice your apples. Add slices to a bowl.
- Drizzle apple slices with SF vanilla syrup and toss to coat.
- Place cooling racks inside rimmed baking sheets and spray racks with coconut oil spray.
- Place apple slices in a single layer on the oiled racks.
- Sprinkle with cinnamon and sea salt.
- Bake about 1 hour, or longer if your slices are thicker.
- Watch carefully to avoid burning.
- Slices will crisp up after removing from the oven!

Baked Strawberry Mint Applesauce

I've made a million batches of applesauce over the years for my toddlers, almost always on the stovetop. But, experimenting with roasting strawberries in the oven for my fro-yo recipe (yummy #92), made me think about roasting fruits for applesauce. Give this a try – flavors here are much deeper than what I ever got on the stovetop, and let's face it, when you're on a cut, deep flavors can be immensely satisfying! You really want to make every carb count. Final note: this tastes very different after a day in the fridge, so make it ahead and don't judge by first taste!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
2 medium apples		50	
1 Cup halved fresh strawberries		9	
1 whole vanilla bean			
nutmeg or cinnamon			
1/8 Cup fresh torn mint or basil leaves			
Total recipe		59	
If divided into 3 equal portions		20	
If divided into 2 equal portions		30	

INSTRUCTIONS

- 425 oven.
- Peel apples and cut into 1 inch chunks. Spread chunks in a rimmed baking sheet lined with parchment.
- Split and scrape the vanilla bean into the apples and toss to combine. Slide the vanilla bean pod under the apples.
- Bake 10 min.
- Remove pan from oven and add strawberries and a dash of cinnamon or nutmeg.
- Return to the oven for about 20 minutes, until berries have burst and apples are fork tender.
- Discard the vanilla bean pod. Sprinkle the torn mint or basil and stir.
- Dump everything from the pan, including juices, into a bowl.
- Use an immersion blender to blend all of the ingredients to form applesauce.
- Cool and refrigerate.
- Let the flavors develop for a full day to reach best flavor.

Pineapple Banana Granola

Store bought granola can be difficult to incorporate into the RP diet. Not this granola! It is relatively high in fat, so play with the nut and EVOO amounts if you need this lower in that category. If you portion it when it cools – either into small containers or sandwich baggies, (and stick a label on with the macros so you don't have to think too much later), it's a great grab-and-go item to knock out carbs and fats quickly for an on-the-go meal. Occasionally, I'll add this to nonfat Greek yogurt to round out a complete meal (with veggies on the side, of course!)

INGREDIENTS

	YOUR CHANGES					
	protein	net carbs	fat	protein	net carbs	fat
3 Cups old fashioned oats		138				
1 Cup chopped pecans			78			
1 Tbsp cinnamon						
1 tsp nutmeg						
1 tsp fine sea salt						
3/4 Cup unsweetened applesauce		30				
1/4 Cup EVOO			60			
1 tsp vanilla						
2 egg whites	6					
coarse sea salt						
1 Cup chopped *dried banana (no sugar added)		92				
1 Cup chopped *dried pineapple (no sugar added)		124				
Total recipe	6	384	138			
If divided into 18 equal portions		21	8			
If divided into 13 equal portions		30	11			

INSTRUCTIONS

- 300 oven
- Line a rimmed baking sheet with parchment paper.
- Combine oats through fine sea salt in one bowl - applesauce, EVOO and vanilla in another.
- Gently combine wet and dry ingredients.
- Beat egg whites with a fork in a small bowl until frothy. Gently fold into granola mixture.
- Transfer mixture to prepared baking pan and sprinkle with coarse sea salt.
- Bake for about 40 minutes, rotating pan halfway through, but no need to stir.
- Turn off oven and remove granola; transfer to a large bowl and gently mix in the dried chopped fruit.
- Pour granola back on to the baking sheet and place pan back in the (turned off) oven.
- Leave pan in until oven and granola are completely cool - this will ensure the granola is completely dried out and will stay crunchy!
- Store at room temp in an airtight container.

Quinoa Tabbouleh

Not only is this a beautiful dish (enough so that we chose to feature it on the cover), but it is fresh and flavorful and satisfying. If you want to hit your fat requirement here as well, just stir in EVOO or some chopped walnuts – or a little of both!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1.75 Cups chicken broth or water							
1 Cup uncooked quinoa		112					
1/2 Cup chopped tomatoes							
1/2 Cup chopped cucumber							
1 Tbsp chopped chives							
1/4 Cup lemon juice							
1/4 Cup lime juice							
S&P to taste							
Total recipe		112					
If divided into 6 equal portions		19					
If divided into 4 equal portions		28					

INSTRUCTIONS

- Combine uncooked quinoa and water or broth.
- Bring to a boil, then reduce to simmer for 15-20 min, or until liquid is absorbed - stir regularly.
- Remove from heat, fluff with a fork and let rest.
- Add all other ingredients and stir.
- Refrigerate - flavors continue to develop over time.

Peppery Lemon Pasta

Pasta – on a diet!?! YES, PLEASE! This is obviously one of those recipes you’ll be looking to for a post-workout meal. It is rich and creamy and satisfying and delicious. Mangia!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
2 cloves garlic, halved							
1 13.25 oz box whole grain thin pasta		231					
1/2 Tbsp fresh cracked pepper							
5 Tbsp EVOO			75				
zest and juice of 2 lemons							
1/2 Cup grated parmesan cheese, divided	24		18				
more pepper and lemon zest, optional							
Total recipe	24	231	93				
If divided into 12 equal portions	2	19	8				
If divided into 10 equal portions	2	23	9				
If divided into 8 equal portions	3	29	12				

INSTRUCTIONS

- Rub cut garlic halves all over the inside of the bowl you plan to serve the pasta in. Discard garlic or reserve for another use.
- Cook the pasta in salted water*. Scoop out 1-2 Cups of the pasta water before you strain it.
- Put the empty pasta pot back on the same hot burner (turned off) - it should dry the pot pretty quickly.
- Once the pot is dry, add your 1/2 Tbsp fresh cracked pepper and turn heat back on to medium.
- Toast the pepper for about 30 seconds until fragrant, then add the EVOO and stir with a wooden spoon.
- Remove the pot from the heat. Add in the lemon zest and lemon juice.
- Use a whisk to combine everything well. Add 1/4 Cup of cheese and whisk in.
- Add the pasta back to the pot with the sauce and use tongs to twist large amounts of the pasta through the sauce to coat every strand.
- Dump the pasta into your serving bowl, add the remaining 1/4 Cup of cheese and mix again, adding as much of the reserved pasta water as needed to keep the pasta loose and the sauce creamy.
- Serve warm. Top with warm cracked pepper and/or more lemon zest to taste.

*No need to use tons of cooking water for the pasta. It’s not necessary, and if you use just what you need, the remaining pasta water will be nice and starchy to help bind your sauce later!

Banana Pecan Crisps

Dr. Israel told me I had to make sure to include desserts in this book. Many of the recipes in here hit that mark, including this one. These are tiny, but there's something about the crunchy and sweet and warm notes here that really make you feel like you're cheating – but you're not! (That's also why the recipe is only 1 or 2 portions – I didn't want to tempt you too much!)

INGREDIENTS	YOUR CHANGES						
	protein	net carbs	fat		protein	net carbs	fat
cooking spray							
5 small square wonton wrappers		19					
vanilla bean paste							
1/4 Cup fine diced banana		8					
1.5 Tbsp toasted, finely chopped pecans			8				
cinnamon, optional							
Total recipe		26	8				
If divided into 2 equal portions		13	4				

INSTRUCTIONS

- 350 oven
- Spray mini muffin tins with cooking spray
- Cut each wonton wrappers into fourths.
- Press 1/4 wonton wrapper into the bottom of each mini muffin tin.
- Spread a tiny smear of vanilla bean paste* on top of each wonton wrapper.
- Bake 4-5 minutes to crisp.
- Remove and let sit until cool enough to handle. Reduce oven temp to 300.
- Move wonton crisps to a parchment lined pizza pan or baking sheet.
- Divide banana and pecans evenly among wonton crisps.
- Sprinkle with cinnamon, if desired.
- Bake another 5-10 minutes to warm the topping.

**Yes, this stuff has sugar in it, so use your finger to just smear a hint of it on each wrapper - it's all you need.*

Quinoa Pudding with Strawberries and Pistachios

A colorful dessert-like dish that tastes great, especially when you're craving something sweet. Leave off the pistachios if you need it to be lower in fat.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
3 Cups unsweetened coconut milk*			12
2 tsp vanilla			
1/4 Cup SF applesauce		6	
pinch salt			
1/4 tsp cinnamon			
3/4 Cup uncooked quinoa**		84	
butter vanilla emulsion ‡			
1 Cup sliced strawberries		10	
1 oz pistachios, chopped			13
Total recipe		100	25
If divided into 5 equal portions		20	5
If divided into 4 equal portions		25	6
If divided into 3 equal portions		33	8

INSTRUCTIONS

- Combine milk through cinnamon; bring to simmer in a medium saucepan.
- Add quinoa, stir.
- Reduce heat to low, partially cover pan (3/4) and cook about 30 minutes, stirring occasionally to prevent sticking.
- Stir in 1/2 tsp butter vanilla emulsion per serving, just before eating.
- Sprinkle with more cinnamon and top with berries and pistachios.
- Best served warm.

**the kind you buy refrigerated, not the canned product*

***soaked in water overnight, then rinsed and drained*

‡ You can find this online.

SECTION 5

COMPLETE MEALS



Breakfast Pizza

Life without pizza? No way! I know a lot of you RP'ers out there have crafted your own pizza creations that are RP friendly. Here's our breakfast version. A recipe like this is great because it's so easily adapted to the macros you need right now. Obviously, the veggie, protein and fat topping possibilities are just about endless, so have fun creating!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
cooking spray							
1 large whole grain wrap		19					
1/2 Cup liquid egg whites	13						
garlic powder, to taste							
S&P, to taste							
1/4 Cup fine shredded mozzarella	7	1	6				
1 Cup fresh spinach leaves							
red pepper flakes							
Total recipe, 1 pizza	20	20	6				

INSTRUCTIONS

- 375 oven
- Spray a baking sheet or pizza pan lightly with cooking spray.
- Bake tortilla on sheet or pan 5 minutes, flip then bake 5 more minutes - until the tortilla crisps up.
- Meanwhile, pan-scramble egg whites with garlic powder, sea salt and pepper (or your favorite spices)
- After the tortilla is crisped, remove it from the oven.
- Sprinkle cheese over crust.
- Top with spinach leaves, then scrambled egg whites.
- Bake about 5 minutes until heated through.
- Sprinkle with red pepper flakes.

Peanut Butter Strawberry Banana Pancakes

IHOP has nothing on us here! We all know these protein pancake mixes are all the rage and have been for a couple of years now. Use your favorite mix and write in the nutritional info to make sure you're hitting the right numbers. This is hot and gooey and messy and gluttonous – it's perfect for post workout, and especially when you really, really, really want to cheat, (but would never actually do it)!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
For Strawberry Banana topping:							
1 Cup sliced strawberries, divided		9					
1/2 medium banana, sliced, divided		12					
2 Tbsp unsweetened applesauce		3					
Total topping recipe		24					
For Pancakes							
2 tsp natural nut butter			5				
SF salted caramel syrup							
1/2 Cup + 1/8 Cup protein pancake mix	18	31	3				
1/2 fresh banana, thinly sliced		12					
1/4 of the strawberry banana topping		6					
Total recipe	18	49	8				

INSTRUCTIONS

To make topping and filling:

- Combine 1/2 Cup sliced strawberries, 1/4 of a banana and the applesauce in a food processor.
- Process until smooth. Fold in remaining 1/2 Cup sliced strawberries and remaining banana slices.
- In a separate bowl, stir SF syrup into nut butter to form an easily spreadable filling.

Make your pancakes:

- Heat a sprayed griddle as per box directions.
- Mix pancake mix with equal parts water. Add to a hot griddle and form 5 - 7 pancakes.
- Lay sliced bananas on top of the uncooked side as soon as you drop the batter. Sprinkle with cinnamon.
- Cook until bubbles form and pop and cooked side is golden brown. Flip and cook until second side is golden brown.
- Remove pancakes to a plate. Spread with filling and topping, and stack.

Quinoa Protein Bowl

This is another great packed meal idea, and very adaptable – use brown rice or whole grain pasta instead of quinoa, your favorite veg instead of spinach, replace some or all of the egg whites with turkey, replace some or all of the avocado with EVOO, spritz with lemon or lime juice, etc. The use of fresh herbs will really add important flavor to this one bowl meal. This can be served warm, at room temp or cold.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
handful of raw spinach							
1/3 Cup cooked quinoa*		38					
low sodium chicken broth							
6 hard boiled egg whites	18						
1/2 avocado			15				
your favorite chopped herbs							
S&P							
Total recipe	18	38	15				

INSTRUCTIONS

- Place spinach in a bowl.
- Top with quinoa, sliced egg whites and sliced avocado.
- Sprinkle with S&P and your favorite chopped fresh herbs (mint, basil, cilantro, etc..)

**Soak quinoa overnight, then drain, rinse and cook as per box directions in chicken broth, not water.*

Turkey Provolone Rosemary Spiedini

I personally love sandwiches. I wanted to include a sandwich, but didn't want to go crazy with another sandwich spread recipe (since you already have the Guac Spread (recipe #63), the Kale & Spinach pesto (recipe #67) and the Romesco sauce (recipe #69), all of which are AWESOME on a sandwich). And then I remembered an appetizer I used to make years ago for holiday parties. I RP'd it, and here you go. This one is easily adaptable to hit your macros, and you'll be amazed at how the rosemary infuses the cheese... "Free" flavor? We'll take it!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
1/2 tsp EVOO			3
2 slices whole grain bread		28	
3 slices ultra thin provolone cheese	8	1	9
2 oz sliced turkey breast	10		
2 4-inch long rosemary sprigs			
Total recipe, 1 sandwich	18	29	12

INSTRUCTIONS

- 425 oven
- Brush both sides of the bread with the EVOO.
- Make a sandwich with the bread, cheese and turkey; cut into quarters.
- Stack 2 quarters together to make little sandwich stacks (you'll have 2 stacks)
- Pull the leaves off the bottom 1 inch of each rosemary sprig.
- Push this end of the sprig into the sandwich stacks to hold them together.
- Place stacks on their sides on a foil lined cookie sheet.
- Can be made a day ahead to allow flavors to meld. Bring to room temp before baking.
- Bake 4-5 minutes until golden brown.

Eat Your Greens Chicken Stew

I love soups, and just because you won't find them in a column on the RP diet template doesn't mean you can't easily enjoy them while sticking to the plan! This is such a versatile recipe. Use different chicken amounts, different oil amounts, change up the veggie amounts and varieties, serve over brown rice or add more sweet potato for more carbs. This is comfort food at its best.

INGREDIENTS	YOUR CHANGES		
	protein	net carbs	fat
4 Tbsp EVOO, divided			60
5 Cups greens*			
1 Cup chopped parsley			
1 med onion, chopped			
1.5 lb bonless skinless chicken breasts	144		
1/4 tsp salt			
1/4 tsp mild curry powder			
1/4 tsp cinnamon			
2 Tbsp tomato paste			
2 Cups no salt added chicken broth			
4 Cups sweet potato cubes		91	
3 Tbsp lemon juice			
Total recipe	144	91	60
If divided into 8 equal portions	18	11	8
If divided into 5 equal portions	29	18	12

INSTRUCTIONS

- Heat 2 Tbsp EVOO in a stockpot over medium heat.
- Add greens and parsley and stir until wilted; Remove to a plate or bowl.
- Add remaining 2 Tbsp EVOO to pot and add onion; sauté until tender.
- Add chicken breasts and brown on both sides.
- Add to the pot: salt and spices with greens and parsley, tomato paste and chicken broth.
- Bring everything to a boil and boil for 10 minutes.
- Add sweet potatoes. Cover and cook over low for 1-2 hours.
- Add lemon juice and bring back to a boil.
- Boil for 10 more minutes.

*Kale, spinach or a blend would all do nicely.

Pasta Nests

If you love classic Italian flavors, these could end up being a favorite. I like to let mine cool, then portion into sandwich baggies labeled with the macros per portion. Easy to grab and throw in your lunch, or reheat for dinner. And this is a good dish for those of us living the RP life while juggling family dinner demands with the kiddos!

On the macro front, these are pretty flexible – you could use less pasta per nest to get to your numbers, ramp up the beef if you need more protein per, and use less or no cheese if it suits you!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
cooking spray			
7 oz thin whole grain spaghetti		116	
16 oz lean ground beef	96		
1/2 Cup chopped green pepper			
1/4 Cup chopped onion			
1 14 oz jar veggies only pasta sauce			25
3 Tbsp liquid egg white	5		
1/3 Cup grated parmesan cheese	16		12
1/2 Cup shredded mozzarella cheese	14	2	12
Total recipe, 24 “nests”	131	118	49
Per nest	6	5	2
For 3 nests	16	15	6
For 5 nests	27	25	10

INSTRUCTIONS

- 350 oven
- Spray 2 12-Cup muffin tins with cooking spray.
- Cook pasta until still slightly firm, about 12 minutes.
- While the pasta is cooking, cook ground beef with green pepper and onion until beef is cooked through. Drain.
- Add pasta sauce to beef and veggie mix and combine.
- Drain pasta well. Mix egg white and parmesan and toss with pasta to coat.
- Divide pasta among the 24 muffin tins.
- Use a large spoon to press and sort of hollow out the pasta to make your nests, keeping in mind that any exposed pasta tends to get crunchy in the oven.
- Divide meat mixture among the 24 nests, then top with an equal amount of cheese.
- Bake until heated through, 25 - 30 minutes. Once cool enough to handle, remove to wire racks.

Stuffed Peppers

This is another superb post workout complete meal that tastes great the next day. Substitute ground beef for ground turkey, use tomatoes and spices instead of salsa, use quinoa or even small whole grain pasta instead of brown rice, add in more EVOO, etc.. And, since all of your ingredients are cooked, the oven time is really just to soften the pepper and meld flavors.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
10 oz lean ground beef	60						
S&P, other seasonings as you like							
1 Tbsp EVOO			15				
4 Green peppers - as big as you can find!							
3 Cups cooked brown rice		120					
1 Cup mild chunky veggies-only salsa		24					
1/2 Cup shredded 2% cheese*	14		10				
Total recipe	74	144	25				
Per pepper	19	36	6				
For 1.5 peppers	28	54	9				

INSTRUCTIONS

- 350 oven
- Season beef and cook until done; drain. Mix in the Tbsp of EVOO.
- Cut the tops off of each pepper; scoop out and discard the insides, but save the tops.
- Drop the green peppers into boiling water for 2 minutes, then plunge into ice water (stops the cooking process).
- You can skip this step if you want to - you'll just have crunchier peppers after cooking.
- Slice a tiny bit off bottoms of peppers as needed (but don't make a hole!) so that they will stand up in the baking dish.
- Add about 1/2 inch of water to a glass baking dish.
- For each pepper, mix together 3/4 Cup of cooked brown rice, 1/4 of the ground beef and 4 Tbsp salsa.
- Place peppers in the dish and fill with filling - stopping to pack down at the halfway point and once it looks full. Top with pepper top.
- Cover pan with foil and bake for 30 to 40 minutes.
- For the last 5 minutes, remove foil and pepper top and mound 1/8 Cup cheese on top.

**I like to use a Mexican blend here.*

Wonton Egg White Cups

These little wonton egg white “muffins” are another great handheld food. And, it would be very easy to adjust the ingredients to fit your desired macros. If you need to carb up, these can easily be made with 2 wontons per muffin tin (just tuck in any edges as they tend to get overly crunchy). Sub in your favorite veggies, or use 2 or 3 different kinds. Add your favorite fresh herbs or dried seasonings. I see frequent posts in the RP Clients group asking for breakfast options/ideas for getting veggies in in the morning - Hope this recipe adds a little variety to your breakfast rotation!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
4 Cups fresh mushrooms			
3 garlic cloves, chopped fine			
S&P			
cooking spray			
12 small square wonton wrappers		45	
3/4 Cup shredded part skim mozz	18	3	18
2.25 Cups liquid egg whites	60		
Total recipe, 12 wonton egg white cups	78	48	18
For 3 wonton egg white cups	20	12	5
For 5 wonton egg white cups	33	20	8

INSTRUCTIONS

- 350 oven
- Sweat the mushrooms with garlic in a pan with a lid until soft.
- Season with S&P.
- Spray a muffin pan with cooking spray.
- Press a wonton wrapper into each tin.
- Spoon cooled mushrooms into muffin tins, then an equal portion of cheese.
- Spoon 3 Tbsp of liquid egg whites into each cup of the muffin tin.
- Bake 18-20 minutes until eggs are puffed and fully cooked and tops are lightly browned.
- Leave to cool slightly in muffin tins before moving to wire racks to cool.

Turkey Enchiladas

Depending on where I am in a diet, and whether or not I'm cutting or massing, I sometimes love hitting all of my macros for a meal in one dish – and this one has it all – with your modifications, you should be able to knock out protein, fats, carbs and your handful of veggies here. Find a whole grain wrap that gives you the carbs you need - there are so many options out there. The dish as shown is aimed at an 18g protein portion, but if you have a higher protein requirement, just cut back on the veggies so that you're getting the 1 Cup per meal. A great recipe that the kids can help assemble!

INGREDIENTS	YOUR CHANGES		
	protein	net carbs	fat
1 lb lean ground turkey	96		
1 Cup chopped onion			
1 Cup chopped green bell pepper			
3 Cups fresh spinach			
8 large whole grain wraps		152	
1 12 oz. can enchilada sauce		24	
2 Cups shredded 2% Mexican cheese, divided	56	8	48
1 Cup veggies-only chunky salsa			
1 Cup chopped tomatoes			
1 Cup shredded lettuce			
handful of cilantro			
Total recipe, 8 enchiladas	152	184	48
Per Enchilada	19	23	6
For 1 1/2 enchiladas	29	35	9

INSTRUCTIONS

- Cook the ground turkey with chopped onion and green pepper, adding in spinach in the last minute of cooking.
- Pour the whole can of enchilada sauce into a wide shallow bowl.
- Dip each wrap in the enchilada sauce – you want to reserve as much sauce as possible in the dipping bowl, so use your fingers to scrape off excess after dipping.
- Lay wrap down on a plate, and spoon in 1/8 the cooked turkey with veggies.
- Sprinkle with 1/8 Cup cheese.
- Roll up and place seam side down in a greased 13x9x2 pan. (You'll need to pack them in tight, but in a single layer!)
- Pour any remaining enchilada sauce over and sprinkle with remaining 1 Cup cheese.
- Bake 375 20-30 min. Cool slightly.
- Top with salsa, chopped tomatoes, shredded lettuce and cilantro.

Hot Crab Dip with Homemade Tortilla Chips

Trying to decide what to serve at your next RP party? Look no further! (ok, I'm only kind of kidding.) This warm crab dip is addicting. And, once you make a batch of homemade tortilla chips, you'll be obsessed with getting them just right – the right oven temp, timing, spices, etc.. Give this recipe a shot when you're really looking to mix things up!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
For the cream sauce							
2 Tbsp EVOO			30				
2 Tbsp sprouted wheat flour		12					
1 Cup 2% milk	8	12	5				
S/P, to taste							
1/4 tsp nutmeg							
For the dip							
1 Cup shredded Swiss cheese	32	8	32				
1/4 Cup parm/romano/asiago shredded blend	9	1	8				
2 Tbsp worcestshire sauce							
2 Tbsp lemon juice							
1.5 tsp seafood seasoning							
1/2 tsp dried parsley							
1 tsp hot sauce							
1 lb jumbo lump crab, drained, picked	88						
1 tsp fresh chives							
Total recipe	137	33	75				
If divided into 8 equal portions	17	4	9				
If divided into 5 equal portions	27	7	15				

INSTRUCTIONS

- Heat EVOO in a small saucepan over medium heat.
- Add flour and stir with a wire whisk constantly, for 3 minutes.
- Add milk and spices and cook 5 more min. Once mixture comes to a boil, stir constantly to prevent scorching.
- Scrape sauce into a bowl and cover surface with saran. Can be made a day ahead.
- Combine cream sauce with all other ingredients (except crab and chives). Gently fold in crab.
- Transfer to a lightly greased 2 qt baking dish.
- Bake 30-35 minutes, until golden brown and bubbly. Sprinkle with chives and serve with chips

See next page for chip recipe.

(see previous page for Hot Crab Dip recipe)

Homemade Tortilla Chips

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1 whole grain tortilla		19					
cooking spray							
fine sea salt							
chili powder, other spices as desired							
Total recipe		19					
1/8 dip plus one batch of tortilla chips	17	23	9				
1/5 dip plus one batch of tortilla chips	27	26	15				

INSTRUCTIONS

- Spray one side of tortilla(s) with cooking spray. Cut into 1/8ths, and sprinkle with coarse or fine salt (depending on how salty you like your chips!).
- Bake, spread out on a sprayed baking sheet at 350 for 8-10 minutes (rotate pan halfway through cooking time), until browned - watch carefully for burning!
- Test one - if they aren't crispy enough, turn off the oven and put the pan back in the warm oven for just a bit longer - again, watching very carefully - these like to burn quickly!
- Remove from pan to cool.

Deviled Strawberries

Here's one of those dessert recipes I had previously mentioned. I'm not big on getting an entire meal's worth of protein from yogurt, but every now and then is fine. And this is a really tasty treat if you're craving one!

INGREDIENTS

				YOUR CHANGES		
	protein	net carbs	fat	protein	net carbs	fat
3/4 Cup nonfat Greek yogurt	17	6				
2 Tbsp natural almond butter			15			
1 Tbsp SF salted caramel syrup						
1 Cup halved strawberries		9				
coarse sea salt, cinnamon						
Total recipe	17	15	15			

INSTRUCTIONS

- Fold or whip together yogurt, almond butter and SF syrup to make the almond butter mousse.
- Top halved strawberries with mousse.
- Sprinkle with coarse sea salt and/or cinnamon.
- You'll have some extra mousse - just eat it with a spoon!

Roasted Strawberry Vanilla Bean Fro-Yo

Roasting fruit really brings out a unique richness. This is a very simple but beautiful and delicious frozen treat. I've used full fat Greek yogurt here for the creaminess factor, but you could certainly play around with nonfat or lowfat versions. I included a small portion option if you're having this at a meal where fat and carb allotment is low – you'd likely need to have a protein shake on the side to complete your protein requirement.

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
2 Cups sliced strawberries		18	
1 vanilla bean			
2 Cups plain full fat Greek yogurt	40	18	22
1.5 tsp butter vanilla emulsion*			
Total recipe	40	36	22
If divided into 2 equal portions	20	18	11
If divided into 4 equal portions	10	9	6

INSTRUCTIONS

- 375 oven
- Slice open the vanilla bean, scrape seeds over strawberries on a parchment lined rimmed baking sheet. Stir.
- Tuck scraped vanilla bean under strawberries.
- Bake strawberries 15-20 minutes, stirring halfway through baking time.
- Remove and cool to room temp; discard vanilla bean and scrape pan contents into a mixing bowl.
- Using a handheld immersion blender, blend with Greek yogurt and butter vanilla emulsion.
- Divide into servings and scrape into small flat tupperware containers.
- Chill 2 hrs in the fridge. Stir and move to freezer.
- Remove and stir every hour until it reaches the consistency you're looking for.

*You can find this online.

BOPA Mini Muffins or Cookies

BOPA (banana, oats, protein powder & avocado) mini muffins or cookies are another way to knock out all of your macros (except veggies) in one fell swoop! Easy to pack and take along with you to work or for post workout. You can eat these cold, at room temp, or they're great warmed up in the microwave for 20 or 30 seconds!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
3/4 Cup quick cooking oats		36	
1.5 rounded scoops protein powder	38		
1 tsp cinnamon			
1/2 tsp salt			
1/2 Cup mashed ripe banana		23	
1/3 Cup mashed avocado			10
Total recipe, 12 cookies / minis	38	59	10
per cookie/mini	3	5	1
6 cookies or minis	19	29	5
10 cookies or minis	31	49	8

INSTRUCTIONS

- 350 oven
- Stir oats, protein powder, cinnamon and salt together.
- Mash in banana and avocado. Mixture will be wet.
- Drop by small rounded scoops onto parchment lined baking sheet.
- Or, divide between cups of a 12-mini muffin pan coated with coconut oil spray.
- Bake for 13-15 min (cookies) or 15-17 min (mini muffin tin).
- After cooling, store in an airtight container in the fridge.

Egg White in a Hole with Kale

A classic, yes, but it's easy and does the trick to hit all of your macro categories in one fell swoop. And it's another one to get the kids involved – they love helping cut out the shapes! In terms of amping up protein here, just use more liquid egg whites as needed. Use additional toast if you can have more carbs.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
2 slices whole grain bread		28					
1 Tbsp EVOO, divided			15				
3.5 Tbsp liquid egg whites	18						
S&P							
1 Cup kale leaves, chopped							
Total recipe	18	28	15				

INSTRUCTIONS

- Use a cookie cutter to cut a shape from the center of each of your bread slices.
- Cube the cutouts and set aside.
- Heat 1/2 Tbsp EVOO in a sauté pan over medium low heat.
- Add bread and fry on one side until golden brown.
- Flip bread and add half of your egg whites to each slice of bread.
- Sprinkle with S&P.
- Cover pan and cook until whites are set.

While the egg whites in a hole are working:

- Add remaining 1/2 Tbsp EVOO to a second pan and turn heat up to medium.
- Add bread cubes and stir frequently; once well toasted, remove from pan.
- Add kale to the pan with a little water and sauté about 3 minutes, until wilted.
- Toss kale with bread cubes and S&P, and voila! Your breakfast veggie side is ready!

Iced Coffee Protein Smoothie

I know this seems uber simple, but for coffee drinkers who need to have that first meal of the day in the car, why not kill two birds with one stone, especially when it's a hot summer morning. You don't have to be envious of your friends with their 590 calorie (yes, that's a real number!) frosty coffee drinks – this is tasty and gives you your first protein influx of the day. With all of the different protein powder flavors, coffee flavors and SF syrup flavors, the possibilities are endless. Could you add in a banana for carbs? Yup! PB or oil for fats? Sure! A handful of spinach for greens? Why not? Experiment!

INGREDIENTS

	YOUR CHANGES		
	protein	net carbs	fat
ice			
brewed coffee, refrigerated overnight			
1-2 Tbsp of your favorite SF syrup			
protein powder	18		
Total recipe	18		

INSTRUCTIONS

- Add ice to your blender - use the 'crush ice' setting first if you're working with cubes.
- Add in coffee, SF syrup and protein powder.
- Blend.

Protein Waffles

This is a terrific handheld on-the-go complete meal. It's a somewhat heavy, but light and airy, sweet, rich, crunchy waffle that freezes beautifully. To reheat from frozen, you can microwave for about a minute or so, or for a crispier reheat, drop them in the toaster.

This waffle can be adapted as needed to be a perfect complete RP meal, and the flavor combination possibilities are endless. Use any flavor SF syrup and protein powder; mashed bananas, applesauce or even Greek yogurt can serve as the main wet ingredient (instead of the pumpkin used here). I love the version featured here, and I've also made Chocolate Peanut Butter, Banana Pecan, Caramel Apple, Double Chocolate, Berry Banana, Gingerbread, etc. You get the idea! Tons of possibilities.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1 scoop vanilla protein powder	25						
1/4 Cup coconut flour	4	6	4				
1/4 Cup quick oats		12					
1/2 tsp baking powder							
generous dash of cinnamon							
6 Tbsp liquid egg whites	10						
3 oz pure pumpkin puree		6					
3 Tbsp brown sugar cinnamon SF syrup							
1 oz toasted vanilla pecans*, chopped			20				
Total recipe	39	24	24				
If divided into 2 equal portions	20	12	12				

INSTRUCTIONS

- Combine first 5 (dry) ingredients.
- Combine next 3 (wet) ingredients in a separate bowl, or a glass measuring cup.
- Add dry ingredients to wet ingredients and stir to combine.
- Fold in the toasted chopped nuts.
- Heat waffle iron and spray very well with coconut oil spray.
- Spoon mixture (will be thick) onto waffle iron, and spread with spatula.
- Close waffle iron and cook until done.

*See method in recipe #62 - using vanilla SF syrup with cinnamon and sea salt

Baked Raspberry Oatmeal

By now, you know how much I love handheld food. These are as good cold as they are reheated, and they freeze beautifully. The fats are high, and if that's a problem for you, just reduce or eliminate the nuts. You can always play around with the protein powder amount, but if you've baked with it at all, you know it can be tricky; use too much and the aftertaste will pack a punch, and not in a good way. Certainly try different berries, or a combination of berry varieties. Play around with this one to hit the right numbers for you – it's pretty forgiving. I store them in the fridge.

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
coconut oil spray							
1.5 Cups old fashioned oats		69					
1.5 rounded scoops vanilla whey protein powder	38						
1/3 Cup toasted vanilla pecans*, chopped			26				
1/2 tsp baking powder							
1/2 Tbsp cinnamon							
1/2 tsp fine sea salt							
1 Cup 2% milk	8	12	5				
1/2 Cup Greek yogurt	10	5	6				
2 Tbsp liquid egg white	3						
3 Tbsp SF coconut syrup							
1/2 Tbsp coconut oil (liquid form)			7				
1 tsp vanilla							
2 Cups raspberries		14					
Total recipe, 12 muffins	59	100	44				
per muffin	5	8	4				
4 muffins	20	33	15				

INSTRUCTIONS

- 350 oven
- Spray 2 12-cup muffin tins with coconut oil spray.
- In a mixing bowl, combine oats through sea salt.
- In a 2 Cup measuring cup, combine milk through vanilla.
- Stir wet ingredients into dry ingredients, stirring until combined.
- Fold in 1 Cup of raspberries.
- Divide batter among pans and top with remaining cup of raspberries.
- Bake 25-30 minutes.

**See method in recipe #62 - using vanilla SF syrup with cinnamon and sea salt*

Raspberry Olive Oil Protein Cookies

I came up with this protein powder cookie recipe while experimenting in our kitchen too late one night. They're not pretty, but all you can taste with these cookies is warm raspberry yumminess – very little of the weird protein powder aftertaste I'm always trying to bury. (Nick says these taste alot like the raspberry Quest bars!) Make them and see for yourself!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
angel food cake 80/20 whey/casein blend*	20						
1/2 tsp baking powder							
Pinch baking soda							
1 packet Coconut Biscotti Flex Flavors*		1					
1/4 tsp cinnamon							
1/2 tsp vanilla							
1 Tbsp EVOO			15				
2/3 Cup ripe raspberries		10					
Pinch salt							
Total recipe	20	11	15				

INSTRUCTIONS

- 350 oven
- Line a baking sheet with parchment paper.
- Combine dry ingredients first, then mix in wet ingredients, smashing raspberries with a fork.
- The mix is going to look like it won't come together, but trust me, it will - just keep smashing and stirring.
- Drop small scoops of batter onto a parchment lined baking sheet; don't flatten.
- Bake 7-9 minutes, until puffed and lightly browned on the bottom.
- Slide parchment with cookies off the pan and allow to cool slightly.
- Eat warm! The bitter aftertaste starts to creep in as they cool.

**You can find these products online from Devotion Nutrition. Use code RP10 for a 10% discount on their website through 12/31/16!*

Pumpkin Apple Protein Muffins

You are in for a treat with these protein muffins. They are huge and beautiful and they taste amazing. Another complete meal on the go! As you may or may not know, you can get drastically different results using different protein powders. For baking, I like to use a superfine 80/20 whey and casein blend from Devotion Nutrition (use code RP10 for 10% off on their website through 12/31/16!). You may have to experiment to find one that gives you fantastic results.

These are super moist muffins, so you may want to store them in the fridge. Great cold, reheated in the microwave, and, of course, hot out of the oven!

INGREDIENTS

				YOUR CHANGES			
	protein	net carbs	fat		protein	net carbs	fat
1 15 oz can 100% pumpkin	4	21					
1 Cup liquid egg whites	27						
6 Tbsp brown rice syrup		108					
5.5 Tbsp natural peanut butter			41				
1 tsp vanilla							
3 scoops angel food cake 80/20 whey/casein blend	75						
1/2 Cup sprouted wheat flour		48					
1/4 Cup coconut flour	4	6	4				
1.5 tsp baking powder							
1/2 tsp baking soda							
2 tsp cinnamon							
2 medium apples, peeled & diced		40					
coconut oil spray							
Total recipe, 12 muffins	109	223	45				
Per muffin	9	19	4				
For 2 muffins	18	37	8				
For 3 muffins	27	56	11				

INSTRUCTIONS

- 350 oven
- Whisk together wet ingredients - pumpkin through vanilla. Add all dry ingredients (protein powder through cinnamon) and stir to combine.
- Fold in diced apples.
- Spray muffin tins well with coconut oil spray.
- Divide mixture between muffin tins (they will be heaping - drop the tin on the counter a few times to compact the mix so that you can pile these up).
- Bake 30 - 35 minutes, until toothpick inserted in center comes out clean. Note: These are very heavy and wet so you may need to leave them in longer, based on your oven.
- Let cool in pan on a rack for a few minutes to firm up before removing to wire racks.

Casein Pudding

To close out the recipes.....Nick told me I had to include one for casein pudding in this cookbook, so here you go! You all know the drill here – use different SF syrups, different nuts and nut butters, different casein flavors, etc. Gotta make that last meal of the day something to look forward to, right!?!

INGREDIENTS

				YOUR CHANGES		
	protein	net carbs	fat	protein	net carbs	fat
chocolate casein powder	20					
1 Tbsp SF peanut butter syrup						
2 Tbsp natural peanut butter			15			
water, as needed						
Total recipe	20		15			

INSTRUCTIONS

- Combine everything with a spoon, adding water slowly and stirring after each addition.

APPENDIX

QUICK GUIDES

We've all been there. It's time to eat! You're standing in your kitchen trying to figure out how you want to spend your precious carb allotment, and you have no idea how many grapes you can have with your meal, or how much a handful of raspberries is going to set you back. For me, that's about the time I realize my phone is upstairs so I can't even google it. In defeat, I'll default to brown rice cakes. Sad, but true! I always wanted a handy reference to hang on my fridge that had the most common healthy carb amounts by portion size. I figured if I wanted it, there must be other people out there who could also use it. Hope you find it helpful.

QUICK GUIDE TO HEALTHY CARBS

*Grams of Net Carbs (all fruit measurements in the table below are raw)

	*10	*15	*20	*25	*30	*35	*40	*50
rice, cooked	1/4 Cup	1/3 Cup	1/2 Cup		3/4 Cup		1 Cup	
whole grain pasta, cooked	1/4 Cup	1/3 Cup	1/2 Cup		3/4 Cup		1 Cup	
oats, uncooked		1/3 Cup	1.25 oz	1/2 Cup	2/3 Cup		2.5 oz	1 Cup
sweet potatoes, baked	1 small (60g)	90g	1 med (114g)	150 g	1 lg (180g)	1 Cup	2 med	1.5 Cups
quinoa, cooked	1/3 Cup	3 oz	2/3 Cup	5 oz	6 oz	1 Cup	8 oz	1.5 Cups
apple	1 xsmall (2.5" dia.)	1 small (2.75" dia.)	1 med (3" dia.)	1 lg (3.25" dia.)				
banana	2 oz.	1/2 Cup, sliced	1 sm (6" - 6.9")	1 med (7" - 7.9")	1 Cup, sliced			
blackberries	5 oz	2 Cups						
blueberries				1.5 Cups		2 Cups		
cantaloupe	2 med wedges (138g)			2 Cups, cubes		1 sm melon (4.25" dia.)		
cherries, without pits	1/2 Cup		1 Cup					
grapefruit	1/2 fruit (3.75" dia.)		1 Cup sections, with juice					
grapes	2/3 Cup	1 Cup	1 1/3 Cups	1 2/3 Cups	2 Cups	2 1/3 Cups	2 2/3 Cups	3 1/3 Cups
kiwi, without skin	1 med/lg fruit		1 Cup					
mango				1 Cup, sliced	1 fruit			
orange	1 small (2.5" dia.)					2 Cups sections		
papaya	1 Cup cubes		1 Cup mashed	1 med (5" x 3")	1 large (5.75" x 3.25")			
peaches	1 small (2.5" dia.)	1 large (2.75" dia.)	1 xlarge (3" dia.)					
pears			1 Cup cubes		1 large (230 g)	2 Cups (slices)		
pineapple	1 slice (3.5" x .75")		1 Cup chunks					
raspberries		2 Cups						
watermelon	1 Cup, diced		1 wedge (1/16 of melon)					

* grams of carbs FROM healthy sources, not total weight of food - this is the number that matches your template.

CURRENT DIET GUIDE

The other helper I always have in my kitchen is an abbreviated version of my current diet. Depending on whether I'm cutting, maintaining or massing, amounts obviously change, and I can't keep track. I don't need the entire diet on my fridge, because, let's face it, I know the options by heart; I just need the per meal breakdown. That's why I've included this super simple table, which you could easily replicate by hand on a sheet of scrap paper to hang on your fridge, or stick in a kitchen drawer or stash anywhere that's handy for you. It pays to have an instant reminder, especially if you've just entered a new phase of your diet, and you're still getting used to the amounts. I usually just make one for lifting days and one for non lifting days, but if your workout intensity varies by day, you may need to do a light, moderate and hard table.

	Protein	Net Carbs	Fat	Workout Carbs
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				

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We love what we do every day at RP, and we wouldn't be able to do it without all of you.

Thank you so much – we really hope you enjoy this first RP cookbook – it is our hope that there will be many more to follow!



Pictured: Nick and Lori Shaw, Renaissance Periodization