



Day 1 Recipes

Breakfast:

Protein Pancakes with Agave Nectar

In a large mixing bowl add:

- 2 cups almond meal
- 2 scoops of your favorite protein powder (I used VPX Chocolate Graham Cracker)
- 2 eggs
- 2 egg whites
- ½ cup water
- ½ cup of raw organic coconut (optional)

- 1) Mash/whisk together all ingredients.
- 2) Heat skillet using non-stick spray.
- 3) Drizzle with Agave (in place of syrup).

Note: Makes 6 pancakes.

Nutrient Breakdown (serving: 1 pancake)

Protein: 14 g

Complex carbs: 4 g

Healthy fats: 11 g

Calories: 193

Mid-Morning Snack:

Yogurt Delight

- 32 oz of Greek yogurt (I use Greek yogurt because it's high in protein)
- 3 cups Ezekiel cereal
- 2 tbsp Agave Nectar

- 1) Mix together in a Tupperware container and let sit in refrigerator to thicken.

Nutrient Breakdown (serving: 8 oz)

Protein: 35 g

Complex carbs: 74 g

Healthy fats: 5 g

Calories: 470

Lunch:

Lettuce Wraps

- 3–4 skinless, boneless chicken breasts
- 1 head romaine or red leaf lettuce (anything but iceberg; the darker green the better)
- ¼ cup almonds or walnuts
- 1 bunch of scallions OR vegetable of your choice—GET YOUR VEGGIES IN!!!
- Your favorite teriyaki or a low-sodium soy sauce

- 1) Trim fat on chicken and cut into cubes.
- 2) Panfry or steam until done.
- 3) Add in nuts (better if crushed).
- 4) Add in chopped scallions (optional to cook with chicken).
- 5) Add in about ¼ cup of your favorite sauce.
- 6) Stir everything together.

Pull apart lettuce to make wraps. (Be gentle so not to tear the lettuce; the lettuce needs to hold the chicken.) Add a large spoonful or two of chicken, mix in, wrap, and take a bite!

Note: Makes 12 lettuce wraps.

Nutrient Breakdown (Serving: 1 wrap)

Protein: 14 g

Complex carbs: 5 g

Healthy fats: 2 g

Calories: 85

Mid-Afternoon Snack:

Protein Shake

- 1 scoop protein powder (I use VPX Zero Carb—graham cracker)
- 1 cup rice milk (can also use almond milk)
- 1 cup water (optional for consistency)
- 1–2 leaves of kale
- ½ cup blueberries
- Any other fruits or veggies you desire

1) Mix it all up in a blender and ENJOY!

Nutrient Breakdown (serving: 1 shake)

Protein: 29 g

Complex carbs: 76 g
Healthy fats: 2 g
Calories: 425

Dinner:

Tex-Mex Turkey Burgers

- 1 lb lean ground turkey
- 2 tbsp salsa (choose your favorite)
- ¼ cup chopped cilantro
- 1 egg
- 2 tbsp chopped onion (optional)

1) Mix ingredients together and shape into patties.

2) Panfry or grill.

3) Bun is optional, if you must have the bread try Ezekiel buns. If you brown the turkey in a pan, you can serve as a taco with corn OR Ezekiel tortilla for another great option.

Note: Makes 4 burgers.

Nutrient Breakdown (serving: 1 burger)

Protein: 33 g

Complex carbs: 2 g

Healthy fats: 13 g

Calories: 250

Jalapeno Potatoes

- 2–3 medium-sized red potatoes (rinsed, peeled, and diced)
- 1 tbsp olive or coconut oil
- 3–4 tbsp chopped yellow onion
- 2 jalapeno peppers sliced

1) Coat pan with thin layer of olive or coconut oil.

2) Add chopped onions and sliced jalapenos.

3) Add water or more oil as necessary.

* Cook 20 minutes (or until done) on medium heat, covered. Stir occasionally.

Nutrient Breakdown (serving: 1/3 portion)

Protein: 5 g

Complex carbs: 36 g

Healthy fats: 4 g

Calories: 195