



Day 2 Recipes

Breakfast:

Egg White Oatmeal Bars

- 6–8 egg whites
- 1 cup gluten-free old-fashioned rolled oats, oatmeal, or barley flakes
- 2 packets Stevia, Truvia or Xylitol (your choice of sweetener)
- Cinnamon
- ½ cup blueberries or 1 banana (optional)

1) Blend egg whites, fruit (if desired), sweetener, and oats.

2) Pour into 9-inch pan already sprayed with Pam nonstick spray, making sure it spreads evenly (use a knife).

3) Bake for 13–15 minutes at 350 degrees. Sprinkle cinnamon on top.

Nutrient Breakdown (serving: entire batch)

Protein: 30 g

Complex carbs: 52 g

Healthy fats: 2.5 g

Calories: 140

Mid-Morning Snack:

Healthy Pudding

- 2 scoops favorite protein powder (I use VPX Zero Carb SRO, Chocolate)
- 10–12 oz water OR coconut milk (you can also use rice or almond milk; base the ounces on the amount your protein powder label states to mix per scoop)
- 1 tbsp of guar gum (this is a gluten free thickening agent)

1) Blend and then divide among 2 or 4 bowls, depending on preference.

2) Allow to set for at least 4 hours, so it congeals to a pudding-like consistency.

Nutrient Breakdown (serving: 1 bowl)

Protein: 11 g

Complex carbs: 3 g

Healthy fats: 6 g

Calories: 108

Lunch:

Teriyaki Turkey Meatloaf

- 1 lb ground turkey
- 1 egg white
- 2 tbsp chopped green onion
- 2 tbsp chopped celery (optional)
- 2 tbsp chopped carrot (optional)
- 1 tsp dried ground ginger
- 1 tbsp garlic
- ¼ chopped nuts (your preference)
- 3–4 tbsp of your favorite teriyaki sauce OR Bragg's Liquid Amino's (preferably low sodium)

1) In a large mixing bowl, combine all ingredients and stir until blended.

2) Put mixture into a 9-by-5 loaf pan; sprinkle with sesame seeds and bake at 350 degrees for 50 minutes. Let stand for 5 minutes and serve. Makes 6–8 servings.

Nutrient Breakdown (serving: 1 piece)

Protein: 23 g

Complex carbs: 3 g

Healthy fats: 11 g

Calories: 201

Mid-Afternoon Snack:

Almond Butter Balls

- 2 cups rolled oats (I use gluten-free because I'm gluten intolerant)
- ¾ cup almond meal
- ¾ cup unsweetened coconut
- ½ cup coconut milk (can also use rice or almond milk)
- ½ cup dark chocolate almond spread
- 1 tbsp Chia seeds
- 4 eggs
- 1–2 scoops favorite protein powder (optional if you want higher protein content)

- 1) Use cupcake papers; cook in cupcake cooking pan.
- 2) Cook in oven at 350 for 10–12 minutes.
- 3) Makes 12 balls.

Nutrient Breakdown (serving: 1 ball)

Protein: 8 g

Complex carbs: 18 g

Healthy fats: 21 g

Calories: 282

Dinner:

Red Hot Chicken and Broccoli

- 4 boneless, skinless chicken breasts
- ½ cup cashews, crushed
- 1 red pepper
- ¾ cup dried red chilies
- 2 cups long-grain brown rice
- 1 cup broccoli
- 4 slices pepper jack cheese (optional)
- 2 tbsp crushed red pepper (**if you like it HOT!**)

1) In a 2½-quart saucepan, add 6 cups water and cook/steam chicken for 10 minutes.

2) In a 2½-quart saucepan, add water and rice and broccoli (cook broccoli separately or with rice)

* Preheat oven to 350.

3) While the chicken and rice are cooking, slice your red pepper. Chop the nuts or leave them as is. 4) After 10 minutes, remove chicken from water and place in casserole dish. Top chicken with cheese, throw in red pepper slices, dried red chilies and lastly sprinkle with cashews.

5) Place in oven for 20–25 minutes.

Note: Makes 4 servings.

Serve chicken with brown rice broccoli combo and top off with crushed red pepper if you like your food EXTRA HOT!

Nutrient Breakdown (serving: ¼ of dish)

Protein – 42g

Complex Carbohydrates – 33g

Healthy Fats – 9g

Calories – 381