

# FASTER WAY

T O F A T L O S S ®



## The FASTER Way GLP-1 Nutrition and Sample Meal Guide

---

What to Eat to Support Muscle, Metabolism, and Long-Term Results on Your GLP-1 Journey

# THE BEST NUTRITION FOR YOUR GLP-1 JOURNEY: START HERE

If you're currently using a GLP-1, or you've been researching **GLP-1 nutrition**, you've probably realized something pretty quickly. There's a lot of conversation about the medication itself, but not nearly as much conversation about **what to actually eat while using it**.

That's where many people start to feel a little unsure... because when appetite changes, eating habits change, too. Meals may become smaller, hunger signals shift, and some days food just doesn't sound as appealing as it once did.

For many people, that can actually feel like a relief, but it also brings up an important question we hear all the time:

**"How do I make sure I'm still supporting my body the right way?"**

That's exactly why we created this guide. While appetite may change, your body still needs the right nutrition to support energy, muscle, metabolism, and long-term health. With a little structure, that can be simpler than you might think.

## Inside this guide we'll walk through:

- **Common nutrition mistakes** people run into when using a GLP-1
- How to structure **GLP-1 nutrition** in a supportive way
- A **sample meal guide** specifically designed for GLP-1 support

And most importantly, how the **FASTer Way approach** provides the kind of structure that's **essential** for anyone on a GLP-1 weight loss journey.

This guide is intended for educational purposes only. FASTer Way Coaches provide education and lifestyle support within their coaching scope and do not prescribe medications or peptides. Always consult with your licensed healthcare provider regarding medical decisions, including the use of GLP-1 medications.

# THE 5 MOST COMMON GLP-1 NUTRITION MISTAKES

As appetite changes, many people naturally adjust how and what they eat. Without a clear plan, this can lead to a few patterns that make it harder to stay energized and support your metabolism.

**Here are some of the most common mistakes we see:**

## **1. Not Eating Enough Protein**

When meals become smaller, protein is often the first nutrient that gets pushed aside. Protein plays a critical role in supporting lean muscle, metabolism, and daily energy. Prioritizing protein at each meal helps ensure your body has the building blocks it needs.

## **2. Snacking Instead of Eating Balanced Meals**

When appetite is lower, it's easy to grab a few bites here and there instead of sitting down for a full meal. While snacks can have their place, they often don't provide the balanced nutrition your body needs. Balanced meals with protein, carbohydrates, and healthy fats help support steady energy throughout the day.

## **3. Eliminating Carbohydrates Completely**

Some people assume that cutting carbs as low as possible will accelerate results. But carbohydrates actually play an important role in energy levels, brain function, hormone function, and workout performance. The key is choosing the right carbs and balancing them well.

## **4. Overlooking Hydration**

When food intake decreases, hydration often decreases, too. Staying hydrated helps support digestion, gut motility, energy levels, and overall well-being. Small habits like sipping water consistently throughout the day can make a noticeable difference.

## **5. Skipping Strength Training**

When the focus is weight loss, strength training sometimes gets overlooked. However, progressive overload strength training is one of the most important ways to support lean muscle and metabolic health.

This guide is intended for educational purposes only. FASTER Way Coaches provide education and lifestyle support within their coaching scope and do not prescribe medications or peptides. Always consult with your licensed healthcare provider regarding medical decisions, including the use of GLP-1 medications.

# COMMON GLP-1 CHALLENGES AND HOW TO NAVIGATE THEM

Along with changes in appetite, many people experience a few common side effects when starting or adjusting to a GLP-1. The good news is that simple adjustments can make a big difference.

## **If you feel nauseous:**

- Try smaller, more frequent meals
- Stick with simple, easy-to-digest protein options like eggs, yogurt, or smoothies

## **If digestion feels slower:**

- Increase hydration throughout the day
- Include fiber-rich whole foods to support regularity

## **If food just doesn't sound appealing:**

- Focus on nutrient-dense meals, even if portions are smaller
- Prioritize protein first, then build around it

These small adjustments help you stay consistent and support your body, even when things feel a little different. And they highlight something important. What you eat during this process matters, because weight loss doesn't only affect body fat.

This guide is intended for educational purposes only. FASTER Way Coaches provide education and lifestyle support within their coaching scope and do not prescribe medications or peptides. Always consult with your licensed healthcare provider regarding medical decisions, including the use of GLP-1 medications.

# THE HIDDEN RISK OF RAPID WEIGHT LOSS

When most people think about weight loss, they focus on the number on the scale. But something even more important is happening behind the scenes. Your body doesn't just lose fat during weight loss; it can also lose lean muscle.

## **Over time, this can contribute to:**

- Slower metabolism
- Reduced strength
- Lower daily energy
- Difficulty maintaining results long-term

The goal isn't just losing weight. The goal is improving body composition: losing fat while maintaining lean muscle. That's where a strategic fitness and nutrition plan becomes incredibly important.



This guide is intended for educational purposes only. FASTER Way Coaches provide education and lifestyle support within their coaching scope and do not prescribe medications or peptides. Always consult with your licensed healthcare provider regarding medical decisions, including the use of GLP-1 medications.

# WHY THE FASTER WAY PROGRAM IS AN ESSENTIAL GLP-1 COMPANION

At FASTER Way, we believe fat loss should support **strength, metabolism, and long-term health**. That's why the program focuses on building sustainable habits instead of restrictive dieting.

## The FASTER Way approach brings together several powerful strategies:

- Whole-food macro nutrition
- Prioritizing protein intake
- Progressive overload strength training to support lean muscle
- Strategic intermittent fasting
- Hydration and electrolyte balance
- Daily movement like walking

Together, these habits create a framework that helps your body stay supported both **during and after weight loss**.

Instead of guessing what to eat or how to structure workouts, FASTER Way provides a clear system designed to help you feel **strong, energized, and confident**. Let's break down how to apply the FASTER Way foundations to your GLP-1 journey.

## Protein-Focused GLP-1 Nutrition

Inside the FASTER Way program, we create **custom macronutrient targets for each client** based on their goals, lifestyle, and activity level. These macros focus on whole-food sources of **protein, carbohydrates, and healthy fats** to support metabolism, energy, and overall health.

When appetite decreases while using a GLP-1 medication, **protein becomes especially important**. Protein helps support lean muscle, metabolic health, and long-term weight maintenance during weight loss.

In the FASTER Way, we emphasize **whole-food nutrition**, meaning meals built around nutrient-dense foods that provide important vitamins, minerals, fiber, and other micronutrients that support metabolism and gut health.

This guide is intended for educational purposes only. FASTER Way Coaches provide education and lifestyle support within their coaching scope and do not prescribe medications or peptides. Always consult with your licensed healthcare provider regarding medical decisions, including the use of GLP-1 medications.

A helpful guideline for many individuals using a GLP-1 medication is to aim for:

**Women:**

- 25–35 grams of protein per meal
- 90–120 grams of protein per day

**Men:**

- 35–45 grams of protein per meal
- 120–150 grams of protein per day

**This approach helps support:**

- Lean muscle preservation
- Steady energy throughout the day
- Stable blood sugar
- Comfortable digestion

By prioritizing protein and whole-food nutrition, you help support **muscle, metabolism, and sustainable results throughout your GLP-1 journey.**

## What About Carb Cycling?

Inside the FASTer Way program, clients use additional strategies such as carb cycling depending on their goals and activity level. However, the most important starting point is prioritizing protein and balanced whole-food meals.

## Structuring Meals When Appetite Is Lower

When appetite changes while using a GLP-1 medication, larger meals may not feel appealing.

Many people find that smaller meals spaced throughout the day feel much more comfortable.

A common structure includes **three balanced meals plus one or two snacks.** The goal is simply making sure your body receives consistent nutrients throughout the day.

**Helpful strategies include:**

- **Starting meals with protein** to support lean muscle and metabolic health.
- **Eating smaller meals if needed.** If larger meals feel uncomfortable, smaller balanced meals may work better.
- **Using smoothies** when solid foods are less appealing. This can be an easy way to include protein and nutrients.
- **Splitting meals into two portions.** If you feel full quickly, eat half and return to the rest later.

**Each meal or snack should ideally include:**

- Protein
- Balanced carbohydrates
- Healthy fats

Even small meals can be powerful when they contain the right nutrients.

This guide is intended for educational purposes only. FASTer Way Coaches provide education and lifestyle support within their coaching scope and do not prescribe medications or peptides. Always consult with your licensed healthcare provider regarding medical decisions, including the use of GLP-1 medications.

## Intermittent Fasting Considerations

Intermittent fasting is one of the strategies used within the FASTER Way program to support metabolic health, digestive rest, and longevity. However, when using a GLP-1 medication, appetite is already reduced, so longer fasting windows are not always necessary.

For many individuals, a **simple 12-hour overnight fasting window** works well.

**For example:** Stop eating after dinner around 7pm. Break your fast with a protein-forward meal around 7am the next day.

Longer fasting windows may make it difficult to consume enough **protein and nutrients**, especially when appetite is lower. A shorter overnight fast often creates a more sustainable rhythm and allows plenty of time during the day to comfortably meet your nutrition needs.

The priority during a GLP-1 journey is **supporting your body with adequate protein and balanced nutrition**, rather than extending fasting windows.

## Hydration: The Often-Forgotten Habit

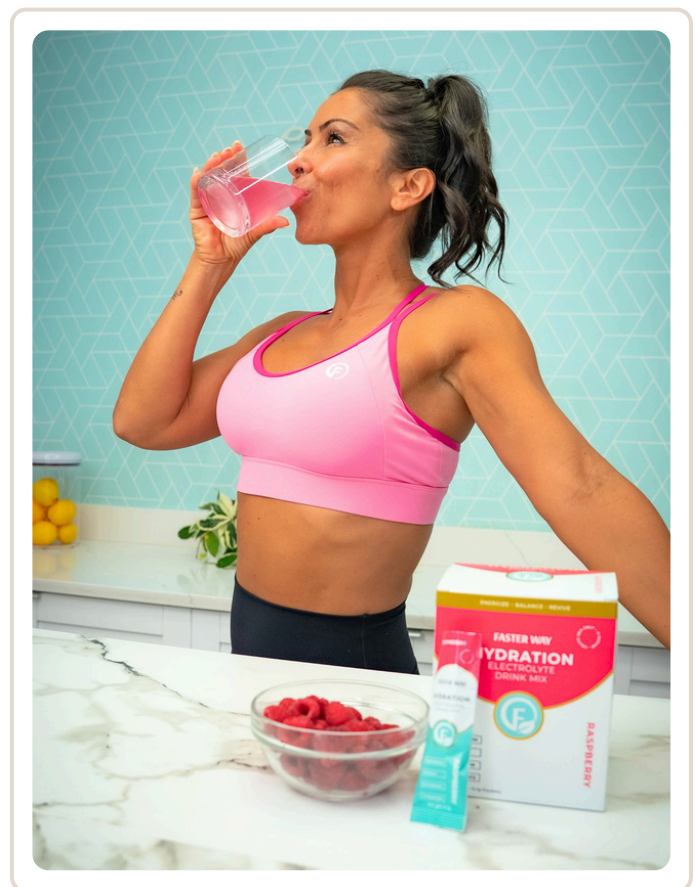
Hydration might not be the most exciting habit, but it's one of the most powerful.

When appetite decreases, people often drink less fluid without realizing it. This can contribute to fatigue, headaches, or digestive discomfort.

Hydration also supports **gut motility**, which becomes especially important when digestion slows during GLP-1 medication use.

### Helpful habits include:

- Sipping water throughout the day
- Prioritizing hydration earlier in the day
- Avoiding large amounts of fluid during meals if it increases fullness
- Using electrolytes when helpful



This guide is intended for educational purposes only. FASTER Way Coaches provide education and lifestyle support within their coaching scope and do not prescribe medications or peptides. Always consult with your licensed healthcare provider regarding medical decisions, including the use of GLP-1 medications.

# WHAT HAPPENS AFTER GLP-1?

Two of the most common questions people ask are:

**“What happens after weight loss?”**  
**“What happens when I come off my GLP-1?”**

The answer often comes down to the habits built **during** the process.

When weight loss happens without enough protein, strength training, or balanced nutrition, the body can lose **both fat and lean muscle**. And muscle plays a major role in metabolism, energy levels, and long-term weight maintenance.

That’s why the goal isn’t just losing weight. It’s building habits that support **muscle, metabolism, and long-term metabolic health**.

## Your GLP-1 Success Checklist

If you want to support energy, muscle, and metabolic health during weight loss, focus on these simple habits:

- Prioritize protein at every meal
- Eat balanced meals instead of grazing
- Stay consistently hydrated
- Strength train using progressive overload 3–4x each week
- Walk daily for low-stress movement
- Eat balanced macros for steady energy

The FASTer Way approach focuses on habits that help create a strong foundation to support lean muscle, steady energy, and results that are easier to maintain long-term. Small habits practiced consistently can make a powerful difference.

This guide is intended for educational purposes only. FASTer Way Coaches provide education and lifestyle support within their coaching scope and do not prescribe medications or peptides. Always consult with your licensed healthcare provider regarding medical decisions, including the use of GLP-1 medications.

# YOUR NEXT STEP

Over **565,000 clients** have used the FASTER Way approach to build strength, lose fat, increase energy, and create sustainable habits that support long-term metabolic health.

To help you start putting these principles into practice, the following **5-day sample meal guide** provides protein-forward, whole-food meals designed to support muscle, metabolism, and steady energy while using a GLP-1 medication.

## Inside the FASTER Way program, clients receive:

- **Personalized macro guidance** to help fuel your body and support muscle
- **Strength workouts** designed to preserve lean muscle and boost metabolism
- **Balanced meal strategies** that help support steady energy and digestion
- **Coaching and accountability** to help you stay consistent and confident
- **Tools and education** that support long-term metabolic health

Our coaches are also **specifically trained to support clients using GLP-1 medications**, helping you structure nutrition, training, and daily habits in a way that supports muscle, energy, and long-term results.

If you're ready for that kind of structure and support, **the FASTER Way Program** can help you get there.

This guide is intended for educational purposes only. FASTER Way Coaches provide education and lifestyle support within their coaching scope and do not prescribe medications or peptides. Always consult with your licensed healthcare provider regarding medical decisions, including the use of GLP-1 medications.

# FASTER WAY

T O F A T L O S S <sup>®</sup>



GLP-1  
**MEAL GUIDE**



# MEAL SCHEDULE

## MON

- Breakfast** High Protein Turkey Sausage Scramble, Blueberries
  - Lunch** Deconstructed Beef Fajita Bowls
  - Snack** FASTER Way Strawberry Blueberry Smoothie
  - Dinner** One Pan Chicken Thighs with Cherry Tomatoes and Asparagus, Quinoa
- 

## TUE

- Breakfast** High Protein Turkey Sausage Scramble, Blueberries
  - Lunch** Deconstructed Beef Fajita Bowls
  - Snack** FASTER Way Strawberry Blueberry Smoothie
  - Dinner** One Pan Chicken Thighs With Cherry Tomatoes and Asparagus, Quinoa
- 

## WED

- Breakfast** Raspberry Protein Overnight Oats
  - Lunch** Grilled Chicken and Quinoa Bowls
  - Snack** FASTER Way Chocolate Cherry Smoothie
  - Dinner** Turkey, Bacon and Spinach Meatballs, Roasted Sweet Potatoes and Broccoli
- 

## THU

- Breakfast** Raspberry Protein Overnight Oats, Strawberries
  - Lunch** Grilled Chicken and Quinoa Bowls
  - Snack** FASTER Way Chocolate Cherry Smoothie
  - Dinner** High Protein Enchilada Bowl
- 

## FRI

- Breakfast** Raspberry Protein Overnight Oats, Blueberries
- Lunch** High Protein Enchilada Bowl
- Snack** FASTER Way Strawberry Blueberry Smoothie
- Dinner** Air Fryer Chicken Tenders, Baked Sweet Potato



# SHOPPING LIST

## FRUITS

- ¼ apple
- ½ avocado
- 3 cups blueberries
- 2 cups cherries
- 2 tsp lemon juice
- 1 ½ tbsp lime juice
- 1 ½ cups raspberries
- 2 ½ cups strawberries

## SEEDS, NUTS & SPICES

- ⅛ tsp black pepper
- 3 tbsp chia seeds
- 1 tsp dried oregano
- ⅔ tsp garlic powder
- ¾ tsp ground cinnamon
- 3 tbsp ground flax seed
- 1 ½ tsp Italian seasoning
- ¾ tsp sea salt
- 2 tbsp taco seasoning

## FROZEN

- 1 ½ cups frozen blueberries
- 1 ½ cups frozen cauliflower rice

## VEGETABLES

- 12 asparagus spears
- 1 ½ cups broccoli
- 3 ½ cups cherry tomatoes
- 3 tbsp cilantro
- ¼ cucumber
- 1 tsp dried thyme
- ½ tsp fresh rosemary
- 1 ½ stalks green onion
- ½ red bell pepper
- 2 ⅔ tbsp red onion
- 2 cups romaine lettuce
- 3 ⅛ cups spinach
- 1 ¾ sweet potato
- ½ yellow bell pepper
- ½ yellow onion

## BOXED & CANNED

- ⅔ cup enchilada sauce
- 1 cup quinoa

## BAKING

- 3 tbsp almond flour
- 2 tbsp cocoa powder
- 1 ½ tsp coconut flour
- 1 cup rolled oats

## BREAD, FISH, MEAT & CHEESE

- ¾ slice bacon
- 11 ½ oz chicken breast (boneless, skinless)
- 8 oz chicken thighs (boneless, skinless)
- 8 oz flank steak
- 12 oz lean ground beef (93/7)
- 4 oz lean ground turkey (93/7)
- 12 oz turkey sausage

## CONDIMENTS & OILS

- 3 tbsp extra virgin olive oil
- ⅓ cup pitted kalamata olives
- 1 tbsp tamari

## COLD

- 4 ¼ eggs
- 8 cups unsweetened almond milk
- ¼ cup unsweetened coconut milk yogurt

## OTHER

- 2 scoops FASTer Way Chocolate Protein Powder
- 6 scoops FASTer Way Vanilla Protein Powder

# HIGH PROTEIN TURKEY SAUSAGE SCRAMBLE



1 serving



10 minutes



## INGREDIENTS

- 6 oz turkey sausage (casing removed)
- 1 cup spinach (31 grams)
- 2 eggs
- $\frac{1}{16}$  tsp sea salt (to taste)
- $\frac{1}{16}$  tsp black pepper (to taste)

## NUTRITION

### Amount per serving

Calories: 414  
Carbohydrates: 3g  
Cholesterol: 500mg  
Fat: 23g  
Fiber: 1g  
Magnesium: 68mg  
Protein: 45g  
Sodium: 1322mg  
Sugar: 1g  
Vitamin C: 12mg  
Vitamin D: 82IU  
Zinc: 7mg

## DIRECTIONS

1. Prep note: Chop the spinach. Crack the eggs into a bowl and whisk.
2. Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
3. Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through.
4. Season with salt and pepper if needed and enjoy!
5. Note: For four servings follow these measurements – 1  $\frac{1}{2}$  lb turkey sausage (casing removed), 4 cups spinach (31 grams), 8 eggs,  $\frac{1}{4}$  tsp sea salt (to taste),  $\frac{1}{4}$  tsp black pepper (to taste).
6. TIME-SAVING TIP – Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.

# BLUEBERRIES



1 serving



2 minutes



## INGREDIENTS

- 1 cup blueberries (190 grams)

## DIRECTIONS

Wash the berries and enjoy!

## NUTRITION

### Amount per serving

Calories: 84  
Carbohydrates: 21g  
Cholesterol: 0mg  
Fat: 0g  
Fiber: 4g  
Magnesium: 9mg  
Protein: 1g  
Sodium: 1mg  
Sugar: 15g  
Vitamin C: 14mg  
Vitamin D: 0IU  
Zinc: 0mg

# DECONSTRUCTED BEEF FAJITA BOWLS



1 serving



35 minutes



## INGREDIENTS

- 4 oz flank steak
- 2 ¼ tsp extra virgin olive oil (divided)
- 1 ½ tsp tamari (or coconut aminos)
- 2 ¼ tsp lime juice
- 1 ½ tsp taco seasoning
- 1 ½ tsp cilantro
- ¼ yellow bell pepper (30 grams)
- ¼ red bell pepper (30 grams)
- ¼ yellow onion (37 grams)
- 1 cup romaine lettuce (47 grams)

## NUTRITION

### Amount per serving

Calories: 338

Carbohydrates: 14g

Cholesterol: 77mg

Fat: 20g

Fiber: 4g

Magnesium: 46mg

Protein: 27g

Sodium: 959mg

Sugar: 5g

Vitamin C: 131mg

Vitamin D: 5IU

Zinc: 5mg

## DIRECTIONS

1. Prep note: Finely chop cilantro. Slice each bell pepper. Slice yellow onion. Chop romaine lettuce.
2. In a large bowl, add the flank steak, ¾ of the oil, coconut aminos, lime juice, taco seasoning, and cilantro. Mix to combine and coat the flank steak. Set aside to marinate.
3. Heat the remaining oil in a large cast-iron skillet over medium heat. Add the peppers and onions. Sauté for five to six minutes or until softened and cooked to your liking. Remove from the pan and set aside.
4. To the same skillet, add the flank steak, shaking off any excess marinade. Cook for five to six minutes per side or until cooked to your desired doneness. This will depend on the thickness of the steak. Let it rest for five to ten minutes.
5. Thinly slice the flank steak against the grain. To assemble, divide the vegetables, flank steak, and lettuce into bowls. Enjoy!
6. Note: For four servings follow these measurements – 1 lb flank steak, 3 tbsp avocado oil (divided), 2 tbsp tamari (or coconut aminos), 3 tbsp lime juice, 2 tbsp taco seasoning, 2 tbsp cilantro, 1 yellow bell pepper (120 grams), 1 red bell pepper (120 grams), 1 yellow onion (148 grams), 4 cups romaine lettuce (188 grams).
7. TIME-SAVING TIP – Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.

# FASTER WAY STRAWBERRY BLUEBERRY SMOOTHIE



1 serving



5 minutes



## INGREDIENTS

- ½ cup frozen blueberries (85 grams)
- ½ cup strawberries (88 grams)
- 1 ¾ cup unsweetened almond milk
- 1 tbsp chia seeds
- 1 scoop FASTER Way Vanilla Protein Powder

## NUTRITION

### Amount per serving

Calories: 245  
Carbohydrates: 22g  
Cholesterol: 3mg  
Fat: 9g  
Fiber: 9g  
Magnesium: 34mg  
Protein: 24g  
Sodium: 339mg  
Sugar: 10g  
Vitamin C: 44mg  
Vitamin D: 126IU  
Zinc: 0mg

## DIRECTIONS

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

# ONE PAN CHICKEN THIGHS WITH CHERRY TOMATOES AND ASPARAGUS



1 serving



35 minutes



## INGREDIENTS

- 4 oz chicken thighs (boneless, Skinless)
- ½ tsp dried oregano
- ½ dried thyme
- ⅜ tsp sea salt (divided)
- 6 asparagus spears (134 grams)
- 1 cup cherry tomatoes (148 grams)

## NUTRITION

### Amount per serving

Calories: 184  
Carbohydrates: 10g  
Cholesterol: 106mg  
Fat: 5g  
Fiber: 4g  
Magnesium: 58mg  
Protein: 26g  
Sodium: 412mg  
Sugar: 6g  
Vitamin C: 26mg  
Vitamin D: 1IU  
Zinc: 3mg

## DIRECTIONS

1. Prep note: Trim the woody ends of the asparagus.
2. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
3. Season the chicken thighs with oregano, thyme, and half of the sea salt. Bake for 12 minutes.
4. Remove the baking sheet from the oven and scatter trimmed asparagus and cherry tomatoes around the chicken thighs. Then season with the remaining salt. Bake for 15 to 20 minutes or until the chicken is cooked through (165°F). Plate and enjoy!
5. Note: For four servings follow these measurements – 1 lb chicken thighs (boneless, skinless), 2 tsp dried oregano, 2 tsp dried thyme, ½ tsp sea salt (divided), 24 asparagus spears (134 grams), 4 cups cherry tomatoes (148 grams).
6. TIME-SAVING TIP – Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.

# QUINOA



1 serving



15 minutes



## INGREDIENTS

- ¼ cup quinoa (dry)
- ½ cup water

## NUTRITION

### Amount per serving

Calories: 156

Carbohydrates: 27g

Cholesterol: 0mg

Fat: 3g

Fiber: 3g

Magnesium: 86mg

Protein: 6g

Sodium: 4mg

Sugar: 0g

Vitamin C: 0mg


Vitamin D: 0IU


Zinc: 1mg

## DIRECTIONS

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Note: ¼ cup dry quinoa is about ¾ cup of cooked quinoa if using pre-cooked quinoa.
2. Note: For four servings follow these measurements – 1 cup quinoa (dry), 2 cups water.
3. TIME-SAVING TIP – Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.

# RASPBERRY PROTEIN OVERNIGHT OATS

 1 serving

 8 hours



## INGREDIENTS

- 1/3 cup rolled oats (27 grams)
- 3/4 cup unsweetened almond milk
- 1 tbsp ground flax seed (7 grams)
- 1/4 tsp ground cinnamon
- 1/2 cup raspberries (60 grams, fresh or frozen, thawed)
- 1 scoop FASTER Way Vanilla Protein Powder

## NUTRITION

### Amount per serving

Calories: 282  
Carbohydrates: 29g  
Cholesterol: 3mg  
Fat: 7g  
Fiber: 9g  
Magnesium: 64mg  
Protein: 27g  
Sodium: 258mg  
Sugar: 3g  
Vitamin C: 16mg  
Vitamin D: 76IU  
Zinc: 1mg

## DIRECTIONS

1. Add the oats, almond milk, flax seed, protein powder, and cinnamon together in a large glass jar or bowl. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge. Top with raspberries and enjoy!
3. TIME-SAVING TIP – Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.

# GRILLED CHICKEN AND QUINOA BOWLS



1 serving



1 hour and 10 minutes



## INGREDIENTS

- 4 oz chicken breast (boneless, skinless)
- 1 tsp extra virgin olive oil (divided)
- 1 tsp lemon juice (divided)
- $\frac{2}{3}$  tsp Italian seasoning (divided)
- $\frac{1}{4}$  cup quinoa
- $\frac{1}{8}$  cucumber (37 grams)
- $\frac{2}{3}$  cup cherry tomatoes (98 grams)
- 1  $\frac{1}{3}$  tbsp red onion (9 grams)
- 2  $\frac{2}{3}$  tbsp pitted Kalamata olives

## NUTRITION

### Amount per serving

Calories: 388  
Carbohydrates: 35g  
Cholesterol: 82mg  
Fat: 13g  
Fiber: 5g  
Magnesium: 134mg  
Protein: 33g  
Sodium: 224mg  
Sugar: 4g  
Vitamin C: 18mg  
Vitamin D: 1IU  
Zinc: 2mg

## DIRECTIONS

1. Prep note: Rinse the quinoa. Dice the cucumber. Cut the cherry tomatoes in half. Finely chop the red onion. Chop the olives.
2. Marinate the chicken in the fridge for at least 30 minutes with half each of the oil, lemon juice, and Italian seasoning.
3. Cook the quinoa according to the package directions. (Note:  $\frac{1}{4}$  cup dry quinoa is about  $\frac{3}{4}$  cup cooked quinoa.)
4. Meanwhile, preheat the grill to medium-high heat. Grill the chicken for 8 to 10 minutes per side, or until cooked through. Let the chicken rest for 5 minutes before slicing into bite-sized pieces.
5. Add the cooked quinoa, chicken, cucumber, tomatoes, red onion, and olives to a bowl. Enjoy!
6. Note: For four servings follow these measurements – 1 lb chicken breast (boneless, skinless), 1  $\frac{1}{3}$  tbsp extra virgin olive oil (divided), 1  $\frac{1}{3}$  tbsp lemon juice (divided), 2  $\frac{2}{3}$  tsp Italian seasoning (divided), 1 cup quinoa,  $\frac{1}{2}$  cucumber (150 grams), 2  $\frac{2}{3}$  cups cherry tomatoes (392 grams),  $\frac{1}{3}$  cup red onion (36 grams),  $\frac{2}{3}$  cup pitted kalamata olives.
7. TIME-SAVING TIP – Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

# FASTER WAY CHOCOLATE CHERRY SMOOTHIE



1 serving



5 minutes



## INGREDIENTS

- 1 cup cherries (140 grams, fresh and pitted, or frozen)
- 1 scoop FASTER Way Chocolate Protein Powder
- ½ cup spinach
- 1 cup unsweetened almond milk
- 1 tbsp cocoa powder
- ½ cup frozen cauliflower rice

## NUTRITION

### Amount per serving

Calories: 242

Carbohydrates: 32g

Cholesterol: 3mg

Fat: 5g

Fiber: 8g

Magnesium: 73mg

Protein: 25g

Sodium: 319mg

Sugar: 21g

Vitamin C: 15mg

Vitamin D: 101IU

Zinc: 1mg

## DIRECTIONS

Place all ingredients in your blender and blend until smooth. Add ice to desired consistency. Pour into a glass and enjoy!

# TURKEY, BACON AND SPINACH MEATBALLS



1 serving



45 minutes



## INGREDIENTS

- 4 oz lean ground turkey (93/7)
- ¼ sweet potato (33 grams)
- 2 tbsp spinach (40 grams)
- ¼ apple (26 grams)
- ¾ slice bacon
- 1 ½ tsp coconut flour
- ⅛ tsp sea salt
- ½ tsp fresh rosemary

## NUTRITION

### Amount per serving

Calories: 320  
Carbohydrates: 15g  
Cholesterol: 97mg  
Fat: 18g  
Fiber: 3g  
Magnesium: 40mg  
Protein: 25g  
Sodium: 560mg  
Sugar: 6g  
Vitamin C: 4mg  
Vitamin D: 19IU  
Zinc: 3mg

## DIRECTIONS

1. Prep note: Finely grate the sweet potato. Finely chop the spinach. Peel, core, and dice the apple. Finely chop the bacon and rosemary.
2. With the rack in the middle of the oven, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. In a large bowl, combine all the ingredients. Mix well using your hands. Roll into small balls, just over one inch (2.5 cm) in diameter and place on the baking sheet.
4. Cook in the oven for 20 to 25 minutes or until cooked through. Enjoy!
5. Note: For four servings follow these measurements – 1 lb lean ground turkey (93/7), 1 sweet potato (133 grams), ½ cup spinach (160 grams), 1 apple (105 grams), 3 slices bacon, 2 tbsp coconut flour, ½ tsp sea salt, 2 tsp fresh rosemary.

# ROASTED SWEET POTATOES AND BROCCOLI



1 serving



30 minutes



## INGREDIENTS

- ½ sweet potato (65 grams)
- 2 tsp extra virgin olive oil
- 1 ½ cups broccoli (105 grams)
- ½ tsp garlic powder
- ¼ tsp sea salt (to taste)

## NUTRITION

### Amount per serving

Calories: 187

Carbohydrates: 23g

Cholesterol: 0mg

Fat: 10g

Fiber: 6g

Magnesium: 46mg

Protein: 5g

Sodium: 82mg

Sugar: 5g

Vitamin C: 123mg

Vitamin D: 0IU

Zinc: 1mg

## DIRECTIONS

1. Prep note: Dice the sweet potato. Cut the broccoli into florets.
2. Preheat the oven to 400°F (204°C) and line your baking sheet(s) with parchment paper.
3. Place the potatoes on a baking sheet. Toss with 1 tsp of oil and salt until evenly coated.
4. In a bowl, toss the broccoli with 1 ⅛ tsp of olive oil, garlic powder, and sea salt. Add to another baking sheet.
5. Roast the broccoli and potatoes in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
6. Once the potatoes and broccoli are fork tender, remove from the oven. Enjoy!
7. Note: For four servings follow these measurements – 2 sweet potatoes (266 grams), 2 ¾ tbsp extra virgin olive oil, 6 cups broccoli (420 grams), 2 tsp garlic powder, ¼ tsp sea salt (to taste).

# STRAWBERRIES

---



1 serving



5 minutes



## INGREDIENTS

- 1 cup strawberries (176 grams)

## DIRECTIONS

Wash strawberries under cold water and remove the stems.  
Dry well. Enjoy!

## NUTRITION

### Amount per serving

Calories: 46  
Carbohydrates: 11g  
Cholesterol: 0mg  
Fat: 0g  
Fiber: 3g  
Magnesium: 19mg  
Protein: 1g  
Sodium: 1mg  
Sugar: 7g  
Vitamin C: 85mg  
Vitamin D: 0IU  
Zinc: 0mg

# HIGH PROTEIN ENCHILADA BOWL



1 serving



35 minutes



## INGREDIENTS

- ¼ cup frozen cauliflower rice
- 6 oz lean ground beef (93/7)
- 1 ½ tsp taco seasoning
- ⅓ cup enchilada sauce
- ¾ stalk green onion
- ¼ avocado (37 grams)
- 1 tbsp cilantro
- 2 tbsp unsweetened coconut milk yogurt

## NUTRITION

### Amount per serving

Calories: 438  
Carbohydrates: 15g  
Cholesterol: 110mg  
Fat: 26g  
Fiber: 6g  
Magnesium: 55mg  
Protein: 37g  
Sodium: 919mg  
Sugar: 3g  
Vitamin C: 7mg  
Vitamin D: 5IU  
Zinc: 9mg

## DIRECTIONS

1. Prep note: Thinly slice the green onion. Slice the avocado. Chop the cilantro.
2. Preheat the oven to 400°F (205°C). Grease a large oven-proof skillet or pan.
3. Cook the cauliflower rice according to package directions.
4. In a bowl, combine the ground meat and taco seasoning. Mix well using your hands. Roll into balls roughly the size of a golf ball and place in the prepared skillet. Bake for 20 minutes in the oven.
5. Remove from the oven and pour the enchilada sauce over the meatballs and top with green onions. Continue to bake for 10 to 15 minutes until bubbling hot.
6. Serve with cauliflower rice, sliced avocado, cilantro, and coconut milk yogurt. Enjoy!
7. Note: For four servings follow these measurements – 1 cup frozen cauliflower rice, 1 ½ lb lean ground beef (93/7), 2 tbsp taco seasoning, 1 ⅓ cups enchilada sauce, 3 stalks green onion, 1 avocado (150 grams), ¼ cup cilantro, ½ cup unsweetened coconut milk yogurt.
8. TIME-SAVING TIP – Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.

# AIR FRYER CHICKEN TENDERS



1 serving



20 minutes



## INGREDIENTS

- 3 tbsp almond flour
- ¼ tsp Italian seasoning
- ⅛ tsp garlic powder
- ⅛ tsp sea salt
- ¼ egg
- 3 ½ oz chicken breast (boneless, skinless)  
(sliced into strips)

## NUTRITION

### Amount per serving

Calories: 258

Carbohydrates: 5g

Cholesterol: 119mg

Fat: 14g

Fiber: 2g

Magnesium: 90mg

Protein: 28g

Sodium: 357mg

Sugar: 1g

Vitamin C: 0mg

Vitamin D: 11IU

Zinc: 1mg

## DIRECTIONS

1. In a medium-sized bowl, add the almond flour, Italian seasoning, garlic powder, and salt. Mix to combine. In a separate bowl, whisk the egg.
2. Take each chicken strip and dip in the egg first and then in the almond flour mix, coating each side well.
3. Set the temperature on the air fryer to 400°F (204°C). Place the chicken strips inside, ensuring they are spaced out.
4. Bake for 5 minutes, then remove, flip and bake for 5 minutes more, until crispy and cooked through. Repeat with remaining chicken strips. Enjoy!
5. Oven option: Preheat oven to 400°F (204°C). Place chicken strips on a parchment-lined baking sheet and bake for 18 to 20 minutes, flipping halfway through, until golden and cooked through.

# BAKED SWEET POTATO



1 serving



45 minutes



## INGREDIENTS

- 1 sweet potato (133 grams)
- $\frac{1}{4}$  extra virgin olive oil
- $\frac{1}{16}$  sea salt (optional)

## NUTRITION

### Amount per serving

Calories: 122  
Carbohydrates: 26g  
Cholesterol: 0mg  
Fat: 1g  
Fiber: 4g  
Magnesium: 33mg  
Protein: 2g  
Sodium: 219mg  
Sugar: 5g  
Vitamin C: 3mg  
Vitamin D: 0IU  
Zinc: 0mg

## DIRECTIONS

1. Preheat oven to 400°F (204°C). Scrub the sweet potato and pierce multiple times with a sharp knife or fork.
2. Lightly coat the potato in oil and season with salt (optional). Place potato on a pan and bake for 45 to 50 minutes or until cooked through and very tender.
3. To serve, use a sharp knife to cut down the center of the potato then carefully squeeze the ends together to open. Enjoy!