



FASTER WAY

MUSCLE BUILDER

FAT LOSS GUIDE

+ 3-DAY SAMPLE MEAL PLAN

YOU CAN DO THIS!

We are thrilled that you've taken our FASTER Way to Fat Loss quiz to determine your unique fat loss profile. Based on your results and personal goals, we've created a custom guide to help you on your journey to better health.

We know how confusing it can be to navigate the complicated world of fitness and nutrition. That's why we've developed a 3-day sample meal plan to empower you to build muscle, increase energy, and thrive through your day once and for all.

We know that building muscle is a goal that's important to you, and we're THRILLED that you've decided to say goodbye to the cookie-cutter workout plans and restrictive diets that simply don't work!

In this guide, you'll find muscle-building tips and tricks, a checklist with simple daily strategies to help you start building lean muscle TODAY, and three days of muscle-building recipes from the FASTER Way meal guide to get you started.



Studies show that muscle tissue burns more calories than fat tissue does, both during physical activity and at rest. So by choosing to build lean muscle, you're taking a huge step towards keeping stubborn fat off long term and living your best, healthiest life!

Source: Centers for Disease Control and Prevention



CHECKLIST: TIPS AND TRICKS



Get with the Program! Having a sound, systemized, organized routine to follow will allow you to see the gains you want

- Master body-weight workouts
- Focus on form and technique
- Incorporate high-intensity interval workouts in addition to strength training (versus long-form cardio)
- Change up your workout routine (resistance training, functional fitness ... keep your body guessing!)



Catch Some Zzz's: Getting 7-9 hours of sleep per night is critical to building muscle, as during deep sleep is when crucial muscle-building growth hormone is released.

- Keep your bedroom cool
- Go screen-free at least an hour before bed (blue light blocks the production of melatonin, the hormone that makes you sleepy!)
- Avoid caffeine within 8-10 hours of bedtime



Optimize Your Meals: The right balance of whole foods will fuel your body, help you build muscle, and give you plenty of natural energy.

- Try intermittent fasting (Yes, you can still build muscle while intermittently fasting!)
- Focus on consuming whole foods that “come from the ground or have a mother”
- Watch your macros (more on the next page!)
- Limit your alcohol intake
- Cut out sugar, processed foods, trans fats

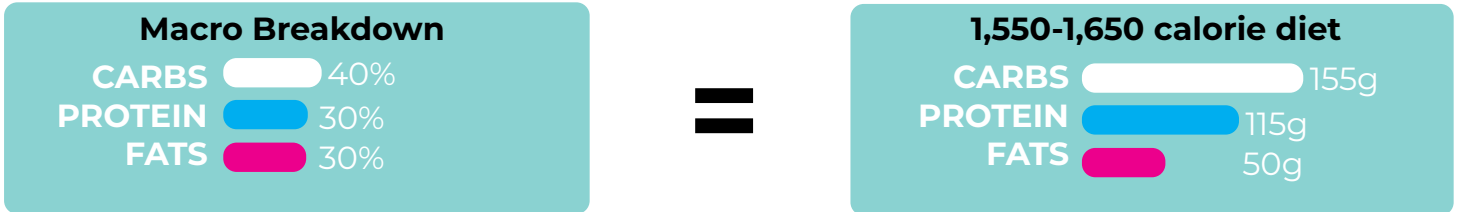


Relax! Change your mindset and your habits to optimize your body's ability to build muscle efficiently.

- Take deep breaths to keep emotions in check when dealing with stress
- Get some sun (you need that Vitamin D!)
- Express gratitude morning and night
- Surround yourself with a community that champions your goals and supports you!

PUTTING IT ALL TOGETHER

One of the core strategies of the FASTER Way to Fat Loss is tracking macros. Macros are broken down into three basic categories: carbohydrates, proteins, and fats. Here, we've included a 3-day sample meal plan based on your goal of building muscle. Your ideal macro breakdown for a regular day is:



*Remember: 1g protein or carbs = 4 calories, 1g fat = 9 calories

If you're intimidated by counting macros or unsure how to incorporate them into your overall wellness strategy, that's O.K.! We're here for you. Here at the FASTER Way, we make it simple to track your macros, and by pairing macro tracking with intermittent fasting, carb cycling, whole food nutrition, strategic workouts, and positive reinforcement, we have helped **over 210,000 people** burn fat, gain confidence, and live their best, healthiest lives.

Want to experience this for yourself? Learn how to implement these strategies with a certified professional in the cutting-edge FASTER Way to Fat Loss® program. You'll also get incredible support and accountability through our online community. You won't be alone on this journey!

[Click here](#) to join us for our next round today!



MON



MEAL ONE
Tahini Honey Chicken Salad with Mandarins, Fresh Strawberries



SNACK 1
Dates with Peanut Butter



MEAL TWO
One Pan Halibut & Green Beans, Steamed White Rice



SNACK 2
Summer Berry Smoothie



MEAL THREE
Balsamic Chicken with Baby Potatoes & Tomatoes

TUE



MEAL ONE
Peanut Butter Overnight Oats, Banana



SNACK 1
Hard Boiled Eggs



MEAL TWO
Tuna Salad Veggie Plate, Grapes



SNACK 2
Fruit & Egg Snack Plate



MEAL THREE
Steak, Butternut Squash & Broccoli, Baked Potato with Ghee

WED



MEAL ONE
Egg Whites with Spinach & Mushrooms, Roasted Sweet Potato Rounds



SNACK 1
Almond Butter Protein Shake



MEAL TWO
One Pan Chicken Thighs with Cherry Tomatoes & Asparagus, Baked Sweet...



SNACK 2
Edamame, Mixed Berries



MEAL THREE
Sausage & Sauerkraut Bowl, Roasted Potatoes



FRUITS

- 1/2 Apple
- 1 3/4 ozs Avocado
- 1 Banana
- 1 1/2 cups Blackberries
- 3/4 cup Blueberries
- 1 Clementine
- 1 cup Grapes
- 2/3 Lemon
- 1/2 tsp Lime Juice
- 2 Medjool Dates
- 1/2 cup Pineapple
- 1/2 cup Raspberries
- 3 1/2 ozs Seedless Watermelon
- 2 1/2 cups Strawberries

BREAKFAST

- 3 tbsps All Natural Peanut Butter
- 1 2/3 tbsps Almond Butter
- 2 tpsps Maple Syrup

SEEDS, NUTS & SPICES

- 1 tsp Chia Seeds
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 1 1/16 tpsps Sea Salt
- 1 1/4 pinches Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 1/2 cup Frozen Edamame

VEGETABLES

- 1 cup Asparagus
- 1 cup Baby Spinach
- 1 cup Broccoli
- 1 cup Butternut Squash
- 2 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 1 tbsp Cilantro
- 1/2 Cucumber
- 1 tsp Fresh Dill
- 2 1/2 Garlic
- 1 2/3 cups Green Beans
- 1 1/2 cups Green Cabbage
- 2 1/2 cups Mini Potatoes
- 3/4 cup Mushrooms
- 1/2 Red Bell Pepper
- 6 ozs Russet Potato
- 1 1/2 Sweet Potato
- 1 cup Swiss Chard
- 1 tsp Thyme
- 1 tbsp White Onion
- 1 Yellow Bell Peppers
- 1/4 Yellow Onion

BOXED & CANNED

- 1/4 cup Jasmine Rice
- 1 can Tuna

BAKING

- 1 tsp Cocoa Powder
- 1 1/2 tpsps Nutritional Yeast
- 1/2 cup Oats
- 1 tsp Raw Honey
- 1/2 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 4 ozs Chicken Breast
- 4 ozs Chicken Sausage
- 9 ozs Chicken Thighs
- 5 1/3 ozs Halibut Fillet
- 4 ozs Ny Striploin Steak

CONDIMENTS & OILS

- 1 tsp Avocado Oil
- 2 tbsps Balsamic Vinegar
- 1 1/2 tpsps Coconut Aminos
- 1/3 tsp Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Sauerkraut
- 1 1/2 tpsps Sesame Oil
- 1 1/2 tpsps Tahini
- 1 tsp Whole Grain Mustard

COLD

- 1 1/2 Egg
- 1/4 cup Egg Whites
- 2 Eggs
- 1 tbsp Ghee
- 1 cup Plain Coconut Milk
- 1 1/2 cups Unsweetened Almond Milk

OTHER

- 1 serving Chocolate Protein Powder
- 1 serving Protein Powder
- 1 serving Vanilla Protein Powder
- 2/3 cup Water



Tahini Honey Chicken Salad with Mandarins

1 SERVING 25 MINUTES



INGREDIENTS

- 1 1/2 tsps Tahini
- 1 tsp Raw Honey (divided)
- 5 ozs Chicken Thighs (boneless, skinless)
- 3/4 tsp Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 1 1/2 tsps Sesame Oil
- 1 1/2 tsps Coconut Aminos
- 1/2 tsp Lime Juice
- 1 1/2 cups Green Cabbage (chopped)
- 1/2 Red Bell Pepper (thinly sliced)
- 1 tbsp Cilantro (optional, chopped)
- 1 Clementine (segmented)

DIRECTIONS

- 01 Mix the tahini with half of the honey in a small bowl.
- 02 Rub the chicken thighs with olive oil and sea salt and heat a skillet over medium heat. Cook the chicken for 5 to 6 minutes per side or until cooked through (165 degrees F). Brush the tahini mixture on both sides of the chicken and cook for an additional 1 minute per side. Remove and set aside. Once cool, chop into cubes.
- 03 Mix the sesame oil, coconut aminos, lime juice and the remaining honey together.
- 04 Add the cabbage and bell pepper to a large bowl and toss with the sesame oil dressing. Top with the chicken, clementine segments, and cilantro, if using. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	417	Protein	32g
Fat	20g	Cholesterol	133mg
Carbs	29g	Sodium	453mg
Fiber	7g	Calcium	123mg
Sugar	20g	Iron	3mg



Fresh Strawberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Strawberries

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	46	Protein	1g
Fat	0g	Cholesterol	0mg
Carbs	11g	Sodium	1mg
Fiber	3g	Calcium	23mg
Sugar	7g	Iron	1mg



Peanut Butter Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/2 cup Oats (quick or rolled)
1/2 cup Unsweetened Almond Milk
1 tbsp All Natural Peanut Butter
1 tsp Chia Seeds
2 tsps Maple Syrup
1 tsp Cocoa Powder
2 2/3 tsps Water
1 serving Chocolate Protein Powder (20 grams of protein)

DIRECTIONS

- 01 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder, protein powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from the refrigerator. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	422	Protein	30g
Fat	14g	Cholesterol	0mg
Carbs	47g	Sodium	88mg
Fiber	9g	Calcium	297mg
Sugar	10g	Iron	3mg



Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Protein	1g
Fat	0g	Cholesterol	0mg
Carbs	27g	Sodium	1mg
Fiber	3g	Calcium	6mg
Sugar	14g	Iron	0mg



Egg Whites with Spinach & Mushrooms

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Egg Whites
1 cup Baby Spinach
3/4 cup Mushrooms
1 tbsp White Onion
1 Egg

DIRECTIONS

- 01 Sauté mushrooms, onion, and spinach in a non stick pan until tender.
- 02 In a separate bowl, beat egg and egg whites until blended and pour over the veggie mixture in the pan.
- 03 When the mixture is slightly firm, fold over and plate. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	126	Protein	16g
Fat	5g	Cholesterol	186mg
Carbs	4g	Sodium	199mg
Fiber	1g	Calcium	64mg
Sugar	2g	Iron	2mg



Roasted Sweet Potato Rounds

1 SERVING 35 MINUTES



INGREDIENTS

1/2 Sweet Potato (3 oz raw, washed and scrubbed)

1/3 tsp Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	69	Protein	1g
Fat	2g	Cholesterol	0mg
Carbs	13g	Sodium	36mg
Fiber	2g	Calcium	20mg
Sugar	3g	Iron	0mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 03 Brush the slices with melted coconut oil, then flip them over and repeat.
- 04 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 05 Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!



Dates with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

2 Medjool Dates (42 grams, pitted)
2 tbsps All Natural Peanut Butter

DIRECTIONS

01 Spoon an even amount of nut butter into the center of each date. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	324	Protein	8g
Fat	16g	Cholesterol	0mg
Carbs	43g	Sodium	5mg
Fiber	5g	Calcium	16mg
Sugar	35g	Iron	1mg



Hard Boiled Eggs

1 SERVING 15 MINUTES



INGREDIENTS

2 Eggs

NUTRITION

AMOUNT PER SERVING

Calories	143	Protein	13g
Fat	10g	Cholesterol	372mg
Carbs	1g	Sodium	142mg
Fiber	0g	Calcium	56mg
Sugar	0g	Iron	2mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!



Almond Butter Protein Shake

1 SERVING 5 MINUTES



INGREDIENTS

1 serving Protein Powder (25 grams of protein)
1 tbsp Almond Butter
1 cup Plain Coconut Milk (refrigerated, 5g fat per cup)

DIRECTIONS

01 Add all ingredients to blender until mixed and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	290	Protein	28g
Fat	14g	Cholesterol	0mg
Carbs	12g	Sodium	37mg
Fiber	3g	Calcium	507mg
Sugar	8g	Iron	1mg



One Pan Halibut & Green Beans

1 SERVING 20 MINUTES



INGREDIENTS

- 1/3 Lemon (zested and juiced)
- 2 tsps Extra Virgin Olive Oil
- 1 tsp Fresh Dill (stems removed, chopped)
- 1/16 tsp Sea Salt
- 1 2/3 cups Green Beans (trimmed)
- 5 1/3 ozs Halibut Fillet (sliced into thin, long pieces)

NUTRITION

AMOUNT PER SERVING

Calories	272	Protein	31g
Fat	11g	Cholesterol	74mg
Carbs	13g	Sodium	212mg
Fiber	5g	Calcium	74mg
Sugar	6g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 02 In a large bowl, whisk together the lemon zest and juice, oil, dill, and salt.
- 03 Add the green beans to the marinade and gently toss until well coated. Transfer to the baking sheet.
- 04 Add the halibut to the marinade and coat evenly. Transfer to the baking sheet alongside the green beans.
- 05 Cook for 10 to 12 minutes or until the halibut flakes easily and the green beans are fork tender. Plate & enjoy!



Steamed White Rice

1 SERVING 20 MINUTES



INGREDIENTS

- 1/2 cup Water
- 1/4 cup Jasmine Rice (dry, rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	160	Protein	3g
Fat	0g	Cholesterol	0mg
Carbs	38g	Sodium	2mg
Fiber	1g	Calcium	12mg
Sugar	0g	Iron	0mg

DIRECTIONS

- 01 Bring water to a boil in a medium saucepan.
- 02 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 03 Enjoy!



Tuna Salad Veggie Plate

1 SERVING 5 MINUTES



INGREDIENTS

- 1 can Tuna (albacore, drained, cut into chunks)
- 1 3/4 ozs Avocado (pit removed, sliced, 50g weighed)
- 1/2 Cucumber (sliced)
- 1 tsp Whole Grain Mustard
- 1/4 tsp Sea Salt
- 1/4 Lemon (sliced)
- 2 stalks Celery (cut into pieces for dipping)
- 1 Yellow Bell Peppers (sliced)

DIRECTIONS

- 01 Assemble all the ingredients onto a plate or into a container if on-the-go. Alternately, mash the avocado, season with salt and stir in the whole grain mustard. Combine the avocado mixture with the tuna until uniform in consistency. Squeeze with fresh lemon juice and use the cucumber, celery & pepper to dip. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	311	Protein	37g
Fat	10g	Cholesterol	59mg
Carbs	25g	Sodium	1092m...
Fiber	7g	Calcium	105mg
Sugar	4g	Iron	4mg



Grapes

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Grapes

DIRECTIONS

01 Wash grapes, and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Protein	1g
Fat	0g	Cholesterol	0mg
Carbs	16g	Sodium	2mg
Fiber	1g	Calcium	13mg
Sugar	15g	Iron	0mg



One Pan Chicken Thighs with Cherry Tomatoes & Asparagus

1 SERVING 35 MINUTES



INGREDIENTS

4 ozs Chicken Thighs
1/2 tsp Oregano (dried)
1/2 tsp Thyme (dried)
1/8 tsp Sea Salt (divided)
1 cup Cherry Tomatoes
1 cup Asparagus (trimmed)

NUTRITION

AMOUNT PER SERVING

Calories	192	Protein	27g
Fat	5g	Cholesterol	106mg
Carbs	11g	Sodium	413mg
Fiber	5g	Calcium	65mg
Sugar	6g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Season the chicken thighs with oregano, thyme and half of the sea salt. Bake for 12 minutes.
- 03 Remove the baking sheet from the oven and scatter trimmed asparagus and cherry tomatoes around the chicken thighs and season with the remaining salt. Bake for 15 to 20 minutes or until the chicken is cooked through (165 degrees F). Plate & enjoy!



Baked Sweet Potato

1 SERVING 45 MINUTES



INGREDIENTS

- 1 Sweet Potato (5 oz raw per potato)
- 1/4 tsp Extra Virgin Olive Oil (optional)
- 1/4 pinch Sea Salt (optional)

NUTRITION

AMOUNT PER SERVING

Calories	122	Protein	2g
Fat	1g	Cholesterol	0mg
Carbs	26g	Sodium	72mg
Fiber	4g	Calcium	39mg
Sugar	5g	Iron	1mg

DIRECTIONS

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



Summer Berry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/2 cup Blueberries (organic, fresh or frozen)
1/2 tsp Vanilla Extract
1 cup Blackberries (frozen)
1 serving Vanilla Protein Powder (25 grams of protein per serving)
2 tsps Almond Butter (10g weighed)

DIRECTIONS

01 Combine all ingredients and blend until smooth. Add a handful of ice if you desire a colder smoothie. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	317	Protein	31g
Fat	10g	Cholesterol	0mg
Carbs	30g	Sodium	164mg
Fiber	12g	Calcium	535mg
Sugar	15g	Iron	2mg



Fruit & Egg Snack Plate

1 SERVING 20 MINUTES



INGREDIENTS

- 1/2 Egg
- 1/2 cup Strawberries (halved)
- 3 1/2 ozs Seedless Watermelon (100 grams)
- 1/2 cup Pineapple
- 1/4 cup Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	151	Protein	5g
Fat	3g	Cholesterol	93mg
Carbs	29g	Sodium	37mg
Fiber	4g	Calcium	38mg
Sugar	15g	Iron	1mg

DIRECTIONS

- 01 Place egg in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the egg to a bowl of cold water and let the eggs sit until cool enough to handle.
- 02 Peel and slice the hard boiled egg and serve with fruit. Enjoy!
- 03 Note: if the fruit listed is not available, adjust fruit to fit the macros of this recipe or to your personal carbohydrate macros.
- 04 Note: Enjoy the entire egg if it fits your macros, or save for another snack. Alternately, you can enjoy another source of protein that has some fat like an ounce of boneless skinless chicken thigh or some lean beef jerky.



Edamame

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Frozen Edamame (shelled, thawed)

DIRECTIONS

01 Enjoy with salt, crushed red pepper or even lemon pepper!

NUTRITION

AMOUNT PER SERVING

Calories	94	Protein	9g
Fat	4g	Cholesterol	0mg
Carbs	7g	Sodium	5mg
Fiber	4g	Calcium	49mg
Sugar	2g	Iron	2mg



Mixed Berries

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Blackberries
1 cup Strawberries
1/2 cup Raspberries

DIRECTIONS

01 Wash berries and serve as a side dish.

NUTRITION

AMOUNT PER SERVING

Calories	109	Protein	3g
Fat	1g	Cholesterol	0mg
Carbs	25g	Sodium	3mg
Fiber	11g	Calcium	59mg
Sugar	13g	Iron	1mg



Balsamic Chicken with Baby Potatoes & Tomatoes

1 SERVING 40 MINUTES



INGREDIENTS

4 ozs Chicken Breast (boneless, skinless)
Sea Salt & Black Pepper (to taste)
2 Garlic (cloves, minced)
1/2 tsp Garlic Powder (garlic granules)
1/2 tsp Onion Powder (granulated onion)
1 tsp Avocado Oil (divided)
2 tbsps Balsamic Vinegar
1 cup Mini Potatoes (halved)
1/2 cup Cherry Tomatoes

NUTRITION

AMOUNT PER SERVING

Calories	365	Protein	31g
Fat	8g	Cholesterol	85mg
Carbs	41g	Sodium	536mg
Fiber	5g	Calcium	63mg
Sugar	9g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 375 degrees F. Line a baking pan with parchment paper. Place chicken breast on 1/3 of the sheet pan and season generously with salt, pepper, garlic granules and onion powder.
- 02 On another 1/3 of the sheet pan, place mini potatoes (halved). Drizzle with olive oil and sprinkle generously with salt and pepper. Lightly cover sheet pan with foil.
- 03 Place the sheet pan in the preheated oven and bake for 15 minutes. Remove from the oven. Increase oven to 400 degrees F. Flip potatoes, drizzle the balsamic vinegar over the chicken and add halved cherry tomatoes & garlic to the last 1/3 of the sheet pan. Sprinkle with salt and pepper.
- 04 Return sheet pan to oven, uncovered and continue to bake for an additional 20 minutes at 400 degrees F or until chicken as reached an internal temperature of 165 F and the potatoes are crispy. Remove from the oven and let chicken rest for 10 minutes before plating. Enjoy!
- 05 Note: If preparing multiple batches of this recipe, leftovers can store in the refrigerator up to 4 days.



Steak, Butternut Squash & Broccoli

1 SERVING 40 MINUTES



INGREDIENTS

1 cup Butternut Squash (peeled, seeds removed, chopped)
1 1/2 tps Extra Virgin Olive Oil
1/2 tsp Sea Salt
4 ozs Ny Striploin Steak
1/2 tsp Thyme
1 cup Broccoli (chopped into florets)
1 1/2 tps Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

Calories	341	Protein	30g
Fat	15g	Cholesterol	61mg
Carbs	25g	Sodium	1282mg
Fiber	6g	Calcium	119mg
Sugar	5g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 03 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet, top with fresh thyme, and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 04 Meanwhile, add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.
- 05 Top the broccoli with nutritional yeast and enjoy!



Baked Potato with Ghee

1 SERVING 45 MINUTES



INGREDIENTS

6 ozs Russet Potato (6 oz cooked weight)
1/4 tsp Extra Virgin Olive Oil (optional)
1/16 tsp Sea Salt (optional)
1 tbsp Ghee

NUTRITION

AMOUNT PER SERVING

Calories	284	Protein	4g
Fat	14g	Cholesterol	30mg
Carbs	36g	Sodium	217mg
Fiber	4g	Calcium	0mg
Sugar	0g	Iron	0mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Scrub each potato and pierce multiple times with a sharp knife or fork.
- 02 Lightly coat each potato in oil and season with salt (optional). Place potatoes on a pan and bake for 45 to 50 minutes or until cooked through and very tender.
- 03 To serve, use a sharp knife to cut down the center of the potato then carefully squeeze the ends together to open. Top with the ghee & your favorite baked potato toppings as they fit your macros and enjoy!



Sausage & Sauerkraut Bowl

1 SERVING 40 MINUTES



INGREDIENTS

4 ozs Chicken Sausage
1/4 Yellow Onion (diced)
1/2 Apple (peeled, cored and diced)
1/2 Garlic (cloves, minced)
1 cup Swiss Chard (washed, stems removed and chopped)
1 pinch Sea Salt
1/2 cup Sauerkraut (liquid drained off)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 15 minutes. Remove from the oven.
- 02 Add yellow onion, apple, and garlic to the sheet pan. Return the sheet pan to the oven. Bake an additional 15 minutes until onion and apples are soft and golden. Remove sheet pan from the oven and add the swiss chard.
- 03 Place sheet pan back in oven and cook until chard is wilted. Remove pan from oven and let everything rest for 10 minutes. Slice sausage. Add all ingredients to a bowl and top with sauerkraut. Season with salt as desired. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	326	Protein	17g
Fat	17g	Cholesterol	136mg
Carbs	29g	Sodium	1721mg
Fiber	6g	Calcium	171mg
Sugar	16g	Iron	8mg



Roasted Potatoes

1 SERVING 30 MINUTES



INGREDIENTS

1 1/2 cups Mini Potatoes (halved)
1 tsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	213	Protein	5g
Fat	5g	Cholesterol	0mg
Carbs	39g	Sodium	14mg
Fiber	5g	Calcium	27mg
Sugar	2g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line your baking sheet(s) with parchment paper.
- 02 Place the potatoes on a baking sheet. Toss with oil and salt until evenly coated. Place the potatoes in the oven for 15 minutes. Stir and continue baking for 10 minutes.
- 03 Once the potatoes are fork tender, remove from the oven. Add as a side dish and enjoy!

