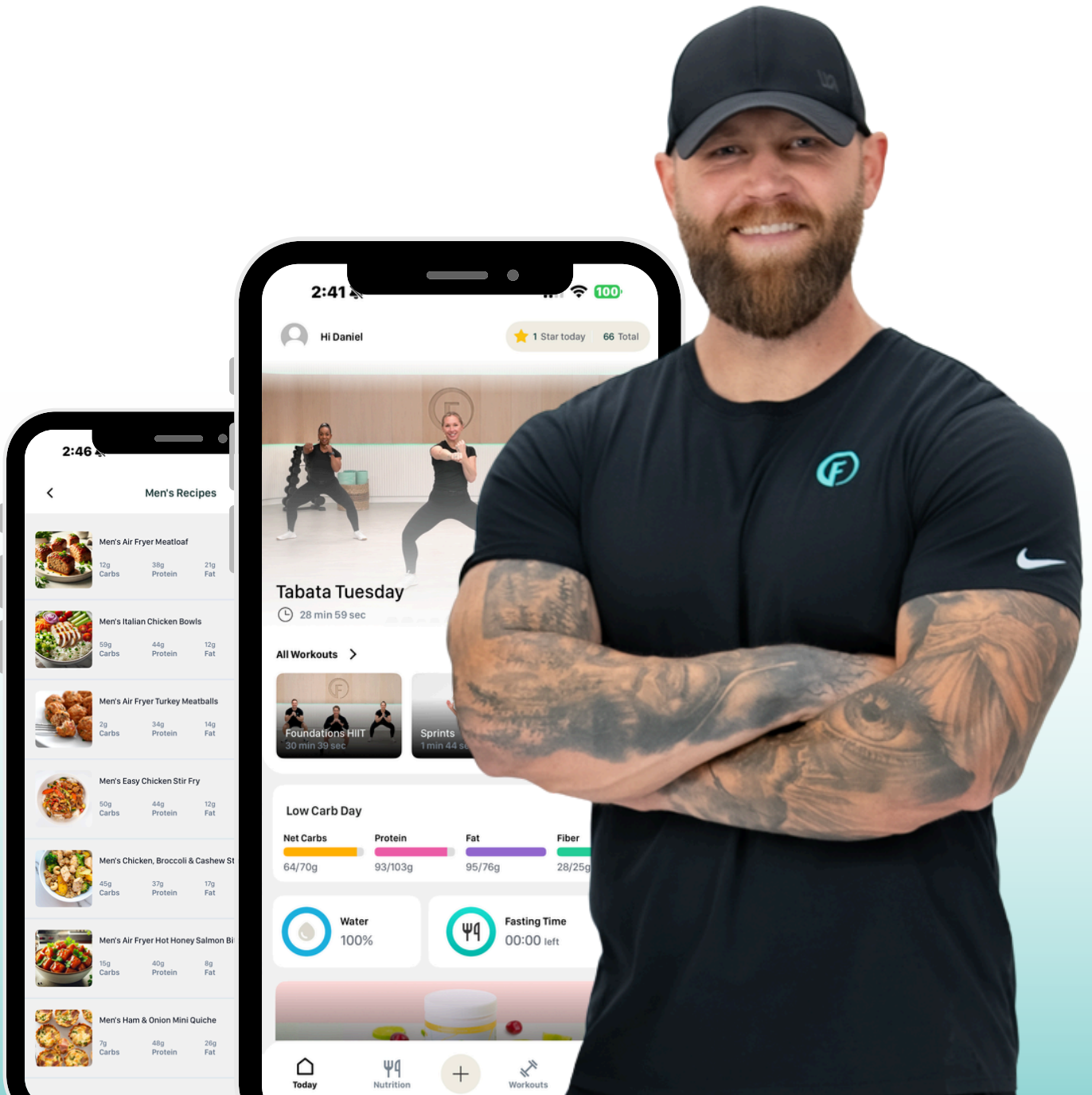


FASTER WAY

T O F A T L O S S ®

NEW CLIENT PROGRAM GUIDE



2:46

Men's Recipes

	Men's Air Fryer Meatloaf	12g Carbs	38g Protein	21g Fat
	Men's Italian Chicken Bowls	59g Carbs	44g Protein	12g Fat
	Men's Air Fryer Turkey Meatballs	2g Carbs	34g Protein	14g Fat
	Men's Easy Chicken Stir Fry	55g Carbs	44g Protein	12g Fat
	Men's Chicken, Broccoli & Cashew St	45g Carbs	37g Protein	17g Fat
	Men's Air Fryer Hot Honey Salmon B	15g Carbs	40g Protein	8g Fat
	Men's Ham & Onion Mini Quiche	7g Carbs	48g Protein	26g Fat

2:41

Hi Daniel

1 Star today 66 Total

Tabata Tuesday

28 min 59 sec

All Workouts

Foundations HIIT 30 min 39 sec

Sprints 1 min 44 sec

Low Carb Day

Net Carbs	Protein	Fat	Fiber
64/70g	93/103g	95/76g	28/25g

Water 100%

Fasting Time 00:00 left

Today Nutrition + Workouts



FASTER WAY

T O F A T L O S S [®]

Hello,

Congratulations on making a strong investment in your health! We are THRILLED to have you in the FASTER Way to Fat Loss Program.

This New Client Program Guide contains everything you need to succeed, including the FASTER Way Fundamentals — five proven nutrition and fitness strategies that make the FASTER Way the most effective fat-loss program available. You'll also find tips to thrive and your first two weeks of meal plans. This guide is designed to equip you with the knowledge and tools to hit the ground running and achieve results.

Here's what you'll get with the FASTER Way to Fat Loss:

- Access to our FASTER Way App to help keep you accountable and focused
- Daily workouts led by our Pro Trainers
- Weekly meal guides with healthy, satisfying meals designed by our Registered Dietitians
- All the tools and support you need to hit your goals

...and much more.

Through the FASTER Way to Fat Loss, you'll master a sustainable lifestyle that fuels your energy, sharpens your focus, and helps you show up at your best — every day.

Welcome to the FASTER Way. Let's get to work!

In health,

Amanda Tress

Founder and CEO

YOUR FASTER WAY PREP CHECKLIST



To set yourself up for success, complete these steps **before midnight on Wednesday** of Prep Week. Each one will help you start strong and stay consistent once we begin.

1. DOWNLOAD THE FASTER WAY APP

This is your hub for workouts, meal guides, and habit tracking.

2. TAKE YOUR BEFORE PHOTOS + MEASUREMENTS (AND THROW AWAY THE SCALE)

This is your official starting line. Capture full-length, well-lit photos and/or videos from the front, side, and back. Then, log measurements for your biceps, chest, waist, hips, thigh, and calf. You'll be glad you did—nothing shows progress more clearly than comparing your before/after photos. (The number on the scale only tells part of the story.)

3. PREVIEW THE NEW CLIENT PROGRAM GUIDE

No need to memorize—just glance through it to get familiar. We'll revisit this guide together during the New Client Program. This guide and all other FASTER program resources can be found on the clipboard icon in the app.

4. CHECK OUT THE WEEKLY MEAL PLAN + GROCERY SHOP

Having healthy food on hand makes sticking to the plan much easier. Take a few minutes to stock your kitchen, so you're ready to hit the ground running. You can find the meal plan in the New Client Guide.

5. (OPTIONAL BUT POWERFUL): BRING A FRIEND

Invite a friend or family member to join you. Accountability and encouragement multiply your results.

**Once Week 1 begins, don't worry about mastering everything.
Just focus on the "3 Ws"—3 simple things each day.
And the best part? You'll rack up stars
in the app just for completing these items.**



WORKOUT

Do the workout on the today tab (home icon) in your app.
Be sure to click "done" to earn your star.



WATER

Drink half your body weight in ounces
of water and track via the Water Tracker.



WHOLE FOODS

Follow the FASTer Way New Client Program and focus on
eating whole foods. Log at least 3 items to earn a star.

That's it. Small wins stack up fast and you'll be amazed
at how much better you feel when you keep it simple.

You've got this—and we'll be with you every step of the way.



Program Communication and Delivery

As a FASTER Way client, you can look forward to weekly education, daily support, and community connection.

EDUCATION

You'll be equipped to make healthy lifestyle changes through our world-class fat loss curriculum. Find priceless information on the WHY behind our strategies, priority action items, and top tips for success in the following three ways:

1. Weekly Sunday emails detailing priorities for the upcoming week.
2. Regular texts and emails from our team and your coach to keep you accountable and engaged.
3. Comprehensive training content for convenient learning categorized by week (found in the “resources” section of the mobile or desktop app).

CONNECTION

When you join the FASTER Way, you're welcomed into our family. You now have a built-in support system to champion your goals!

1. Community forum where you can interact with fellow group members for an additional layer of accountability and encouragement each day. We elevate by uplifting others!
2. Your coach will also be available via email, text and video meetings. There's no question too small — your coach's mission is to help you thrive!

CLINICALLY
PROVEN



Unlock Real Results with Clinical Proof!

At FASTER Way, we take your fitness journey to the next level by providing you with a program that's not only effective, but also backed by clinical evidence.

We're proud to share that our fitness app is the **only** one in the market that has undergone rigorous clinical trials.

This means that our program is clinically proven to burn fat and build muscle. Our commitment to your success goes beyond words — it's supported by real data and validated by experts. When you choose FASTER Way, you're choosing a program that's been put to the test and emerged as the top choice for those seeking genuine transformations. **So, get ready to experience the difference that clinical proof can make on your fitness journey!**

FASTER WAY
TO FAT LOSS

APPLIED
SCIENCE

PERFORMANCE
INSTITUTE

SCIENTIFICALLY
PROVEN THIS
APP WORKS!

ASPI
LABS

EARN STARS IN THE APP!

EARN YOUR STARS: DAILY PERFORMANCE TRACKING

Hit these daily targets to track your progress:

Training: Complete the scheduled workout

Fasting: Log fasting window

Hydration: Hit 75 oz

Nutrition: Log 3+ meals using AI tracking

Movement: Get moving and add a 20-minute walk

Each achievement earns a star. Stack them daily. Watch your consistency build. Let's get after it.

Track. Perform. Progress.

AI NUTRITION TRACKING: BUILT FOR EFFICIENCY



AI MEAL TRACKING

Fuel your results with smarter, faster tracking. Hitting your macros has never been easier with the latest feature in the FASTer Way app.

Two ways to track, zero excuses:

- **Snap a photo:** AI analyzes your meal and logs your macros in seconds.
- **Voice dictation:** Speak your meals and portions to track instantly.

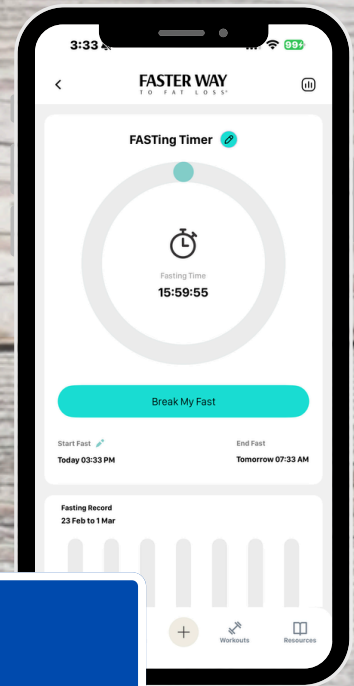
How it works:

- Open the app and tap “Add Food.”
- Choose Photo Logging or Voice Logging.
- Review and confirm your entries.

Pro Tip: For meals with multiple ingredients — like a smoothie or salad — snap individual photos of each ingredient before mixing for the most accurate tracking.

***Stars feature available on mobile app only**

FASTER Way to Fat Loss Fundamental #1: Intermittent Fasting



One of the core components of the FASTER Way to Fat Loss is intermittent fasting.

What Is Intermittent Fasting?

Intermittent fasting is not a diet. It's simply an eating schedule. Your body is always in one of two states: fed or fasted. In the fed state (any time your body is digesting food), your body's insulin levels make it difficult to burn fat. However, in the fasted state (8-12 hours after your body finishes digesting), your insulin levels are lower and your body is better able to reach into fat stores for energy.

While eating several small meals per day can lead to weight loss (calorie deficits always do — at least initially), you will likely lose both muscle and fat. When you lose calorie-burning muscle, you lower your metabolic rate and make it harder for your body to burn fat and lose weight. That's why intermittent fasting is such an effective fat loss strategy.



In the FASTER Way to Fat Loss App, you will utilize the intermittent Fasting Timer on a daily basis!

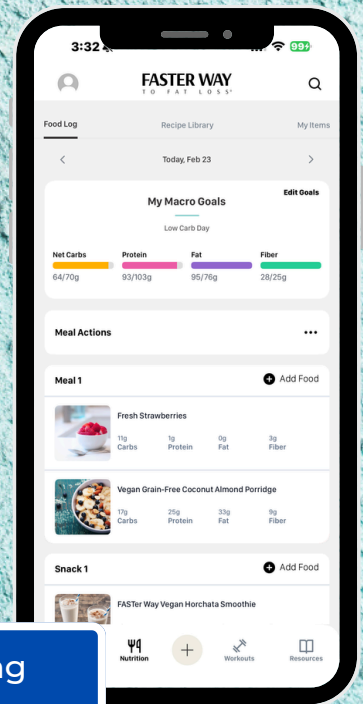
How to Get Started

Choose one day this week to skip breakfast — don't eat anything until lunchtime. When you break your fast, be sure to eat a balanced meal full of whole foods (more on whole food nutrition on the next page!). Continue by eating dinner as you normally would, and stop eating by 8 p.m.

Try it again the following day. If waiting until lunch is too difficult, that's fine! Start eating at 10 a.m., then keep moving it back until you've reached a 16-hour fasting window.

Implementing this strategy (which will become a habit over time) is a key aspect of your success in the FASTER Way lifestyle. We make it as simple as possible by providing a fasting timer within the FASTER Way to Fat Loss App.

FASTER Way to Fat Loss Fundamental #2: Whole Food Nutrition



Another important element of the FASTER Way to Fat Loss is focusing on whole food nutrition and therefore eliminating processed foods.

What Are Whole Foods?

In the FASTER Way, we define whole foods as foods that either come from the ground or have a mother. Meat, vegetables, fish, fruits, and plant-based proteins are all whole foods. Focusing on whole food nutrition eliminates processed foods including those with gluten, dairy, and added sugars (things that cause inflammation and zap you of all your energy) from your diet.

Why Whole Foods Matter

Inflammation causes things like brain fog, headaches, lethargy, achy joints and muscles, bloating, digestive and gut issues, and so much more. When you focus on whole foods and rid your body of inflammation, you allow it to function as it was intended. You'll be more focused and have more energy to work out, burn fat, play with your kids, knock out your to-do list, run your business... whatever your thing is, starting with a whole food diet as a foundation will position you to THRIVE.

As part of this program, you will receive a Regular or Vegan Meal Guide each week with healthy, delicious meals designed by our Registered Dietitians. You'll find the first week of sample meal plans at the end of this guide. Enjoy them! We know you'll find new favorites quickly.



In the FASTER Way to Fat Loss App, you will utilize the meal guide daily!

FASTER Way to Fat Loss Fundamental #3: Macronutrients



In the FASTER Way to Fat Loss App, you will log your FASTER Way meals and track your macros on a daily basis!

A third element of your success in the FASTER Way to Fat Loss will be tracking macronutrients. In the FASTER Way, we track macros versus counting calories.



You may not be sure what “macros” are or why they should matter to you. Eating the proper macros for you is a powerful strategy to help you leverage better nutrition for better results, and it’s a key component of the FASTER Way lifestyle.

So, What Are Macros?

Macronutrients (macros) are the molecules our bodies need to function. They are broken down into three basic categories: carbohydrates, protein and fats. We use these as energy to help us break down nutrients, repair damaged cells, grow new cells, and more.

How Do Macros Work?

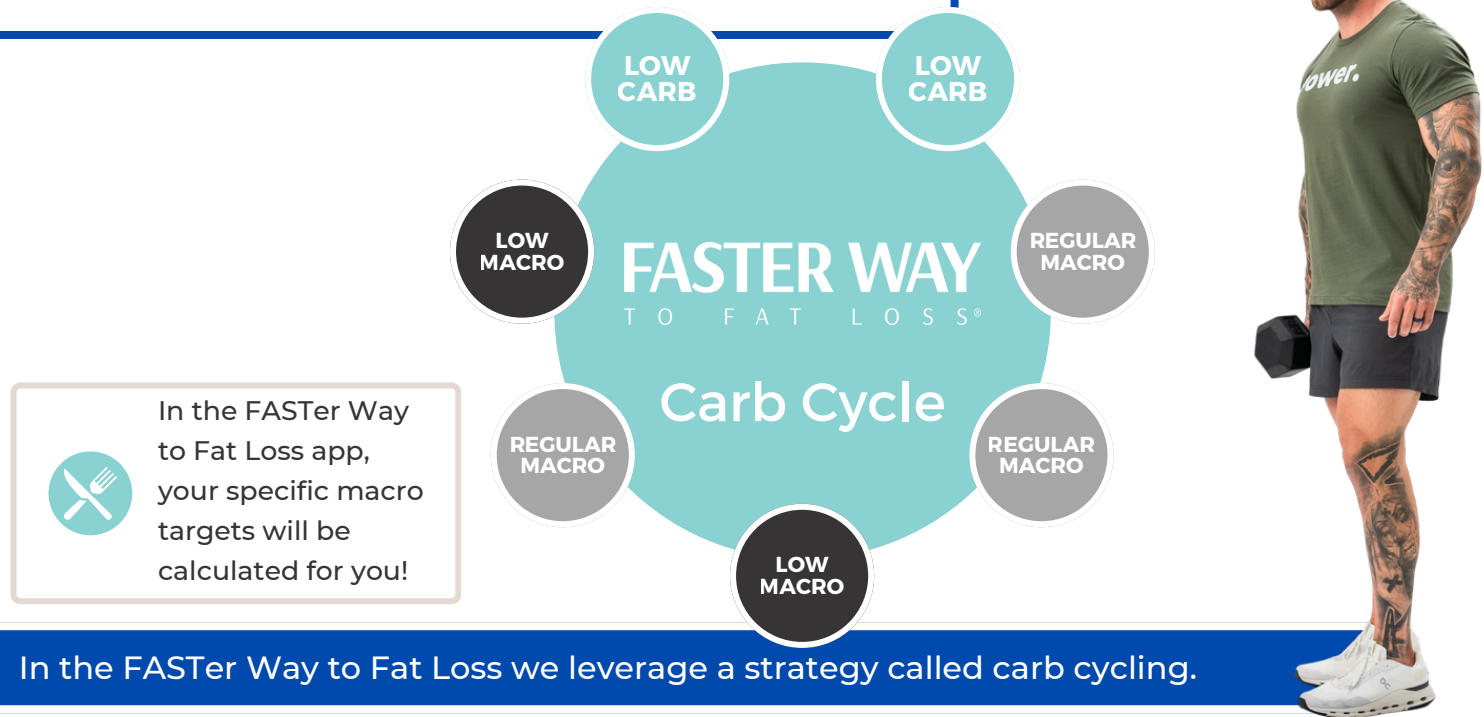
The carbs, fats, and proteins we eat on a daily basis have a huge impact on our bodies. For optimal health, your body needs the correct ratio of these fuel types.

We’ve all been taught to count calories. And while it is important to consider your caloric intake (to make sure that you are eating enough), it is incredibly important that you move past counting calories alone, because not all calories are created equal. That’s where macros come in. Each gram of protein and carbohydrates is equivalent to 4 calories. Each gram of fat is equivalent to 9 calories.

If you’ve been counting calories, shifting to a macros-based approach is a major nutritional upgrade that results in a leaner, fitter, healthier body — and FOOD FREEDOM!

For more information on macros, download our macro cheat sheets to help you identify the different macros in your favorite foods.

FASTER Way to Fat Loss Fundamental #4: Carb Cycling



In the FASTER Way to Fat Loss we leverage a strategy called carb cycling.

Carb cycling is a winning strategy because it's simple to do and gives big results WITHOUT depressing metabolism or compromising nutrient intake. In other words, carb cycling is an easy, healthy way to burn fat and lose weight!

Here's How It Works

When carbs are present in the body, they turn to sugar. Sugar, or glucose, is then stored as glycogen in the muscles. Glycogen is used for fuel because it's quick energy. But when there's no glycogen in the body to use for fuel, it has to use something else, and that something is FAT!

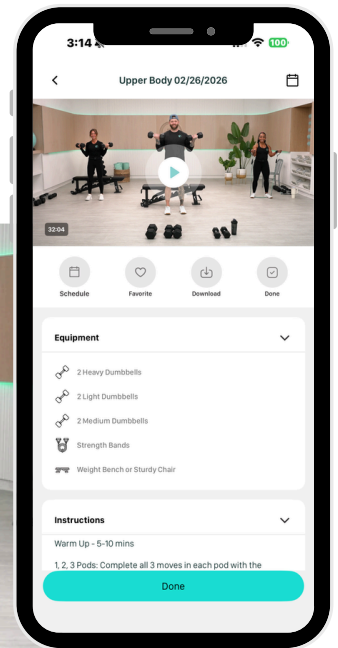
When you eat low-carb, you eliminate the constant supply of carbs (the ones you eat) and the body is forced to use its limited carbohydrate stores (glycogen). Once the glycogen is depleted, it will start using stored fat to fuel your body.

Pretty simple, right?

When you practice carb cycling, you leverage carb depletion strategies to burn fat in the most effective way possible.

The final element that makes the FASTER Way to Fat Loss the most effective program on the market is our daily workouts.

FASTer Way to Fat Loss Fundamental #5: Strategic Workouts



By strategically pairing our workouts with carb cycling, intermittent fasting, whole food nutrition, and macro tracking, the FASTer Way will turn your body into a fat-burning machine!

At FASTer Way, we strategically pair our science-backed food cycle with effective and efficient workouts. We provide new workouts to our community every day, 365 days a year.

On Low Carb days, we focus on HIIT workouts. HIIT stands for High-Intensity Interval Training. It's a type of exercise performed in short bursts, or intervals, at high intensity to increase your heart rate. HIIT is an anaerobic type of exercise that, on its own, has several benefits, including increased fat metabolism, increased muscle strength, cellular repair, and much more. By pairing HIIT workouts with Low Carb days, we deplete your glycogen (stored carbs that have been turned to glucose to be used as energy). By depleting your glycogen stores, your body is forced to burn fat for fuel.

We also implement strength training to help you build muscle (which also helps burn fat). We pair these workouts with Regular Macro days to make sure you're giving your body the fuel it needs to crush your strength training workouts! We also include active recovery days because REST is critical, too! Rest in the right dosage propels results and enhances your overall wellness.



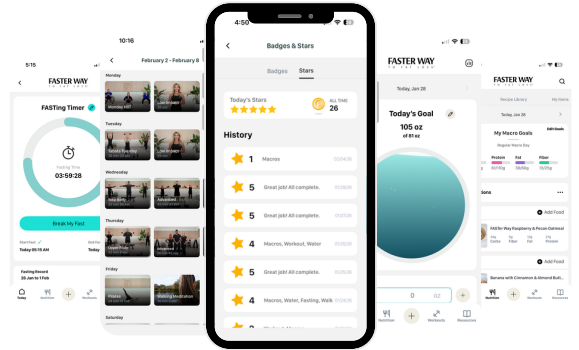
In the FASTer Way to Fat Loss App, you will access the daily workouts easily and conveniently!

TIPS TO THRIVE THROUGH YOUR PROGRAM

Now that you have a better understanding of the program, here are a few tips to get you started:

Download the FASTER Way App. With this app, we make it easy for you to record your fasts, access your workouts and meal guides, and so much more. The FASTER Way App has everything you need to thrive through the program!

When you first open the app, you'll be asked to enter your information. Follow the prompts to set up your baselines. We'll share tutorial videos in the coming days and weeks to show you how to get the most out of the app and make it work for you.



Initial Stats: Take your measurements and before photos — biceps, chest, waist, hips, thighs, calves. Document your starting point so you can track real progress over time.



Scale Protocol: Weigh yourself today, then lock the scale away and don't step on it again until after six weeks. The FASTER Way is about fat loss and performance, not just numbers on a scale. The scale can't show the full picture — it won't reflect fat loss, muscle gains, or the energy and strength you're building. Trust the process and focus on the progress that truly matters.



Daily Check-Ins:

- Report to your FASTER Way Certified Coach daily. Keep them updated on your workouts, nutrition, and progress.
- Engage with the FASTER Way community for added accountability and support.
- Share your wins, questions, and challenges — it's all part of the process.



Trust the System: Over 565,000 clients have transformed with The FASTER Way. By following the program — training, nutrition, and fasting — you'll build sustainable habits that deliver results. Stay consistent, trust the process, and focus on becoming the strongest, healthiest version of yourself.

NEW CLIENT Q&A

FREQUENTLY ASKED QUESTIONS

Q What equipment do I need for the workouts?

A Our at-home workouts can be done with minimal equipment like dumbbells, resistance bands, and stability balls. Our FASTer Way shop has equipment options that you will see our trainers using in workouts, along with apparel and other items to support you on your journey. The gym workouts include equipment often found at most gyms.

Q What supplements do I need and how and when do I use them?

A At FASTer Way, we prioritize real food for fuel, requiring only dedication, effort, and a positive mindset. While our program centers on this principle, we recognize the benefits of supplements like probiotics, FASTer Way protein, collagen, creatine, and BCAAs to optimize results. Explore our top-tier supplement line to fill nutritional gaps or boost your progress.

Q When/how do I get my custom macros?

A Your custom macros are established once you input your individual details into the app. Rest assured, your personalized journey begins right there. Additionally, your coach is available to review your macros with you, ensuring they align with your goals and preferences.

Q What foods aren't allowed?

A On our program, we focus on abundance rather than restriction. While we enjoy a wide variety of whole foods, there are a few exclusions. To promote optimal health and well-being, we steer clear of dairy, gluten, processed food, and processed sugar.

Q What can I have during a fast?

A Feel free to enjoy anything under 50 calories without fiber or sugar, sweetened with stevia or monk fruit. This includes beverages like black coffee, herbal tea, and water. For an added boost, consider incorporating FASTer Way BCAAs, which can support your goals while keeping your fast intact.

Q Is the meal guide specific to my macro goals?

A The meal guide is designed to support you in reaching your macro goals, but may require adjustments to align perfectly with your targets. You'll learn to use it as a base, modifying serving sizes or incorporating snacks as necessary to match your unique macros.

Q When do I eat my first meal?

A You'll typically delay your first meal until your fasting window of around 16 hours has closed. But remember, flexibility is key. Adjust your meal timing based on what feels best for your body, your specific situation, and what fits with your schedule.

Q Will I have to do my workout during my fast?

A The best time to work out is the time that works best for you! You can do your workouts anytime as they are all conveniently located in the client app.

Q What counts towards my water goal?

A Simply put, when we talk about water intake, we mean plain water — no additives or flavorings. Use the water tracker in the app to meet your daily water goal with ease and make proper hydration a habit!

Q Can I have alcohol?

A For optimal results, we suggest avoiding alcohol as it can disrupt your body's fat-burning process by diverting focus towards processing alcohol instead. Minimizing alcohol intake helps maximize fat-burning potential and boosts overall progress on the program.

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
MEAL GUIDE
WEEK ONE

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MEAL PREP AND SERVING SIZES

This meal guide is designed to make healthy eating effortless and sustainable. Weekday meals repeat so you can eliminate decision fatigue, save time, and reduce food waste. Weekend meals offer greater flexibility and variety, often using ingredients you can prepare in advance.

Here are some ways to help simplify meal prep:

COOK ONCE, EAT TWICE

Double recipes so you can enjoy them on two different days. (To help make it easy, we've included a "Cook Once, Eat Twice" note in the directions where applicable.)

- Portion immediately after cooking.
- Refrigerate within 90 minutes of cooling.
- Store in airtight container for up to 4 days.
- Reheat in the oven or microwave until hot throughout (165°F internal temperature).

PREP SMART

- **Batch-cook proteins**
 - Brown all ground meat at once, then season and portion per recipe.
 - Bake, grill, or air fry chicken to be used in meals during the week (salads, wraps, etc.).
 - Cook bacon on one sheet pan.
- **Use smart shortcuts**
 - Buy pre-cooked items that will save time (hard boiled eggs).
 - Use frozen veggies to skip washing and trimming.
 - Choose pre-chopped vegetables when possible.
 - Grab microwavable packets instead of cooking from scratch (rice, quinoa, grain blends, beans).
- **Assemble, portion, and mix in advance**
 - Prepare overnight oats, chia puddings, or smoothie packs for the week.
 - Divide fruit into containers for snacks and smoothies.
 - For easy snacking, pre-portion nuts and portion hummus or dips with cut vegetables.
 - Pre-mix dressings, sauces, or marinades to save time later.
- **Keep storage easy**
 - Store proteins in airtight containers for up to 4 days.
 - Freeze extra portions if you won't use them right away.
- **Clean as you go**
 - For easier cleaning, line sheet pans with parchment paper.
 - Use one skillet for all ground meats (wipe clean between).

SERVING SIZES

All meal guide recipes are for a single serving. When applicable, instructions may include ingredients for 4 servings or a full batch. (REMEMBER: Since the recipes are calculated for 1 serving, that means your grocery list only includes ingredients for 1 serving.)

HOW TO ADJUST MEALS TO SUPPORT YOUR MACROS AND GOALS

To help you stay on track, you can make small tweaks to your ingredient amounts, like increasing protein, dialing back fats, or swapping in a different carb source. The tips below let you fine-tune your meals using whole foods — without needing to start from scratch or monitor every bite.

- **If you need more protein:**
 - Add 2–3 oz grilled chicken, turkey, or lean ground beef to bowls or salads
 - Mix a scoop of protein powder into smoothies, chia pudding, or oats
 - Stir egg whites into scrambles, pancakes, or even cooked oatmeal
- **If you need more carbs:**
 - Add ½–1 cup cooked rice, sweet potatoes, or quinoa to meals
 - Include fruit like bananas, apples, dates, or berries with a meal or snack
 - Add beans or lentils to soups, bowls, or salads
- **If you need more fat:**
 - Drizzle 1 tbsp olive oil, avocado oil, or tahini on meals
 - Enjoy 1–2 tbsp almond or seed butter with snacks or smoothies
 - Top meals with chopped nuts or seeds (chia, hemp, sunflower, etc.)
- **If you're going over on macros:**
 - Slightly reduce portions — like ½ cup instead of 1 cup cooked carbs
 - Use leaner proteins (egg whites, chicken breast) or reduce added oils
 - Skip extras like avocado or nut butters when they aren't essential to the meal

These little shifts can make a big difference over the course of the week — helping you stay consistent and confident. And if you ever want to switch up an ingredient, be sure to check out our [Whole Food Swap Guide](#).

WHOLE FOOD SWAP GUIDE

CATEGORY	SWAP OPTIONS	PURPOSE
Higher Fat Protein Sources	Salmon, chicken thighs, ground beef (80–85%), pork, whole eggs, lamb, sardines	Adds both protein and healthy fats—great for low carb days
Leaner Protein Sources	Chicken breast, turkey breast, egg whites, ground turkey (93–99%), tuna, cod, shrimp, protein powder	Higher protein with lower fat—great for regular carb days
Plant-Based Protein + Fiber Sources	Lentils, black beans, chickpeas, white beans, pinto beans, edamame, or swap for animal protein	Offers protein, fiber, and slow-digesting carbs
Higher Carb Fruits	Bananas, mangos, grapes, pineapples, apples, pears, dates	Useful when increasing carbs or energy
Lower Carb Fruits	Berries (strawberries, raspberries, blueberries), kiwis, grapefruit, cantaloupes	Keeps carbs lower while still adding fiber
Carbohydrate Sources	Quinoa, brown rice, white rice, sweet potatoes, white potatoes, oats, cassava or corn tortillas	Great carbohydrate options for regular macro day
Healthy Fats	Olive oil, avocados, tahini, almonds, walnuts, sunflower seeds, flaxseed oil	Healthy fat alternatives
Nut-Free Fat Sources	Tahini, seed butters (sunflower, pumpkin), coconut butter, olive oil drizzle	Provides healthy fats without nuts
Non-Starchy Vegetables	Zucchini, spinach, kale, broccoli, cauliflower, bell peppers, cucumbers, green beans, asparagus	Adds fiber, volume, and key micronutrients without significantly increasing carbs
Starchy Vegetables	Sweet potatoes, white potatoes, butternut squash, beets, corn, parsnips, green peas	Adds fiber, volume, and key micronutrients

MON - LOW CARB



- MEAL ONE**
3 Eggs your Way with Bacon, Sliced Avocado
- MEAL TWO**
Men's Cobb Salad, Mixed Berries with Almond Butter
- MEAL THREE**
Burger in a Bowl, Roasted Sweet Potato Rounds
- SNACK**
Banana with Cinnamon & Almond Butter
- DINNER**
FASTer Way High Protein Chocolate Avocado Smoothie

TUES - LOW CARB



- MEAL ONE**
3 Eggs your Way with Bacon, Sliced Avocado
- MEAL TWO**
Men's Cobb Salad, Mixed Berries with Almond Butter
- MEAL THREE**
Burger in a Bowl, Roasted Sweet Potato Rounds
- SNACK**
Banana with Cinnamon & Almond Butter
- DINNER**
FASTer Way High Protein Chocolate Avocado Smoothie

WED - REG MACRO



- MEAL ONE**
Vanilla & Berry Overnight Oats, Turkey Breakfast Sausage
- MEAL TWO**
Men's Ground Beef, Asparagus & Mashed Sweet Potatoes, Apple
- MEAL THREE**
Men's Bourbon(less) Chicken, Brown Rice
- SNACK**
Hummus & Veggies Snack Box, 3 Hard Boiled Eggs
- DINNER**
FASTer Way Cinnamon Roll Smoothie

THU - REG MACRO



- MEAL ONE**
Vanilla & Berry Overnight Oats, Turkey Breakfast Sausage
- MEAL TWO**
Men's Ground Beef, Asparagus & Mashed Sweet Potatoes, Apple
- MEAL THREE**
Men's Bourbon(less) Chicken, Brown Rice
- SNACK**
Hummus & Veggies Snack Box, 3 Hard Boiled Eggs
- DINNER**
FASTer Way Cinnamon Roll Smoothie

FRI - LOW MACRO



- MEAL ONE**
Vanilla & Berry Overnight Oats, Turkey Breakfast Sausage
- MEAL TWO**
Men's Ground Beef, Asparagus & Mashed Sweet Potatoes, Apple
- MEAL THREE**
Turkey & Quinoa Zucchini Boats, Steamed Broccoli
- SNACK**
FASTer Way Blackberry & Pear Oat Smoothie

SAT - REG MACRO



- MEAL ONE**
Blueberry Banana Protein Pancakes, 3 Slices Turkey Bacon
- MEAL TWO**
High Protein Chicken BLT Wrap, Blackberries
- MEAL THREE**
Men's One Pan Teriyaki Chicken, Steamed White Rice
- SNACK**
Turkey, Hummus & Veggie Snack Box, Blueberries
- DINNER**
FASTer Way High Protein Peanut Butter Smoothie

SUN - LOW MACRO



- MEAL ONE**
Blueberry Banana Protein Pancakes, 3 Slices Turkey Bacon
- MEAL TWO**
High Protein Chicken BLT Wrap, Blackberries
- MEAL THREE**
Men's Turkey Tacos, Sliced Avocado
- SNACK**
FASTer Way Blackberry & Pear Oat Smoothie



FRUITS

- 3 Apple
- 1 1/2 Avocado
- 6 Banana
- 4 cups Blackberries
- 2 2/3 cups Blueberries
- 1/4 cup Lemon Juice
- 1/4 Navel Orange
- 2 Pear
- 2 1/4 cups Raspberries

SEEDS, NUTS & SPICES

- 1/2 cup Almond Butter (no Added Sugar Or Oil)
- 1/2 tsp Black Pepper
- 3/4 tsp Dried Thyme
- 1/3 tsp Garlic Powder
- 1 1/2 tbsps Ground Cinnamon
- 1/4 tsp Ground Cumin
- 2 tpsps Ground Flax Seed
- 3/4 tsp Ground Sage
- 1/4 tsp Onion Powder
- 1/16 tsp Paprika
- 2 tbsps Peanut Butter (no Added Sugar Or Oil)
- 2 1/16 tpsps Sea Salt
- 1 1/2 tpsps Sesame Seeds

FROZEN

- 2 Brown Rice Tortilla
- 2 tbsps Frozen Corn

OTHER

- 4 scoops Faster Way Chocolate Protein Powder
- 2 scoops Faster Way Unflavored Collagen
- 9 1/2 scoops Faster Way Vanilla Protein Powder

VEGETABLES

- 24 Asparagus Spears
- 2 cups Baby Spinach
- 6 cups Broccoli
- 2 Carrot
- 4 stalks Celery
- 1 1/4 cups Cherry Tomatoes
- 1 1/4 Cucumber
- 2 tpsps Fresh Ginger
- 3 Garlic Clove
- 1/4 head Green Lettuce
- 4 stalks Green Onion
- 1/8 head Lettuce
- 1 1/4 Red Bell Pepper
- 1/3 cup Red Onion
- 10 cups Romaine
- 2 stalks Scallions
- 1 cup Snap Peas
- 3 1/4 Sweet Potato
- 1 Tomato
- 1/4 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1/2 cup Brown Rice
- 1/4 cup Jasmine Rice
- 2 tbsps Organic Chicken Broth
- 2 tbsps Quinoa

BAKING

- 1 1/2 tpsps Almond Flour
- 1 tbsp Honey
- 1/3 tsp Nutritional Yeast
- 3 1/4 cups Rolled Oats
- 2 1/2 tpsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 6 slices Bacon
- 2 1/4 lbs Chicken Breast (boneless, Skinless)
- 2 lbs Lean Ground Beef (93/7)
- 1 1/3 lbs Lean Ground Turkey (93/7)
- 2 1/2 ozs Sliced Turkey Breast (no Nitrates/nitrites Or Added Sugar)
- 3 Soft Corn Tortillas
- 10 slices Turkey Bacon

CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 3/4 tsp Avocado Oil
- 2 tbsps Coconut Aminos
- 1 1/8 tbsps Coconut Oil
- 1 tsp Dijon Mustard
- 1 tbsp Dill Pickle Juice
- 1/2 cup Dill Pickles
- 2 1/4 tbsps Extra Virgin Olive Oil
- 1 tbsp Ketchup (no Corn Syrup Or Artificial Sugar)
- 1/4 cup Maple Syrup
- 1/4 cup Mayonnaise (made With Avocado Or Olive Oil)
- 2 tbsps Rice Vinegar
- 1 tbsp Sesame Oil
- 1 1/4 tbsps Tamari

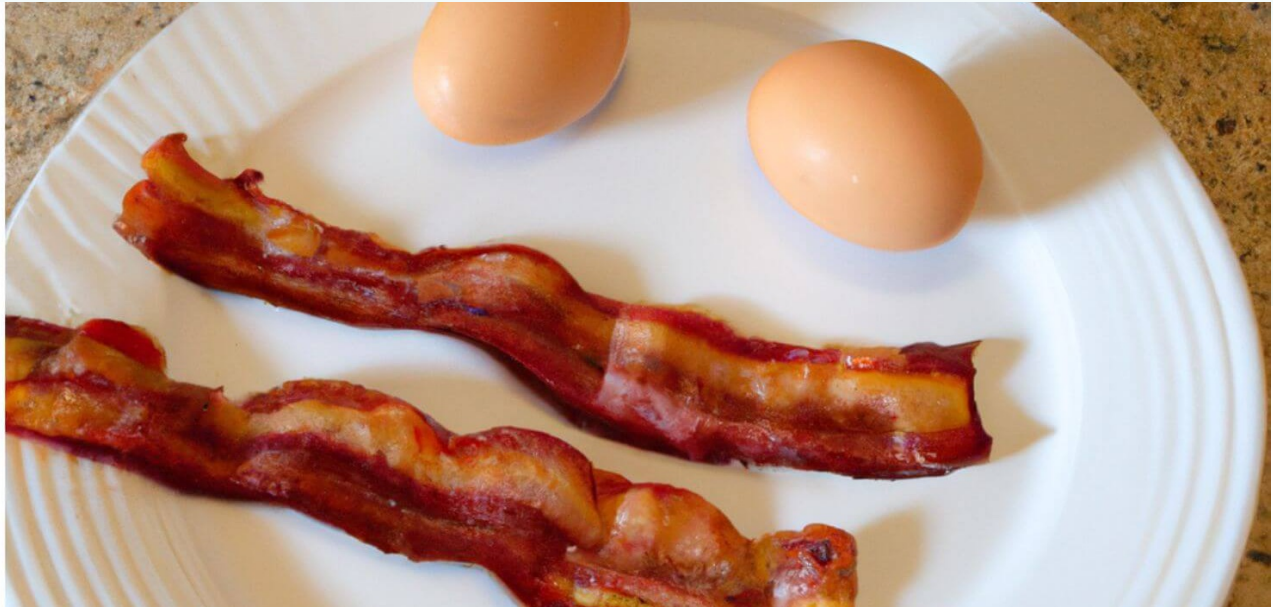
COLD

- 1/2 cup Egg Whites
- 14 Egg(s)
- 3/4 cup Hummus
- 7 1/2 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Milk Yogurt



3 Eggs your Way with Bacon

1 SERVING 5 MINUTES



INGREDIENTS

3 Egg(s)
2 slices Bacon

NUTRITION

AMOUNT PER SERVING

Calories	303	Cholesterol	575mg
Fat	21g	Sodium	568mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	123IU
Sugar	1g	Magnesium	23mg
Protein	25g	Zinc	2mg

DIRECTIONS

- 01 Cook eggs to your desire.
- 02 Cook bacon per directions on package or to liking.
- 03 Serve and enjoy!



Sliced Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/3 Avocado (50 grams)

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	107	Cholesterol	0mg
Fat	10g	Sodium	5mg
Carbs	6g	Vitamin C	7mg
Fiber	4g	Vitamin D	0IU
Sugar	0g	Magnesium	19mg
Protein	1g	Zinc	0mg



Men's Cobb Salad

1 SERVING 25 MINUTES



INGREDIENTS

- 1 Egg(s)
- 1 slice Bacon
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/2 tsp Dijon Mustard
- 3 cups Romaine
- 6 ozs Chicken Breast (boneless, Skinless)
- 1/2 Cucumber (150 grams)
- 2 stalks Green Onion
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	566	Cholesterol	328mg
Fat	33g	Sodium	547mg
Carbs	14g	Vitamin C	25mg
Fiber	4g	Vitamin D	47IU
Sugar	6g	Magnesium	83mg
Protein	51g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Chop the romaine lettuce. Slice the cucumber. Chop the green onion and use the green parts only.
- 02 Season chicken with salt and pepper. Bake or grill until internal temperature reaches 165 degrees. Once cooled, chop the chicken breast.
- 03 Place the 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 eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- 04 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 05 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 06 To serve, lay down the Romaine Lettuce top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!
- 07 Note: For four servings follow these measurements - 4 Eggs, 4 slices Bacon, 1/4 cup Extra Virgin Olive Oil, 1/2 cup Lemon Juice, 2 tbsps Dijon Mustard, 12 cups Romaine, 1 1/2 lb Chicken Breast, 2 Cucumber (600 grams), 8 stalks Green Onion, 1/4 tsp Sea Salt, 1/4 tsp Black Pepper
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Mixed Berries with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Blackberries (80 grams)
3/4 cup Raspberries (90 grams)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/16 tsp Sea Salt
1/16 tsp Ground Cinnamon

DIRECTIONS

01 Wash & dry berries. Drizzle with almond butter and sprinkle with sea salt and cinnamon. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	177	Cholesterol	0mg
Fat	10g	Sodium	140mg
Carbs	21g	Vitamin C	39mg
Fiber	12g	Vitamin D	0IU
Sugar	8g	Magnesium	79mg
Protein	5g	Zinc	1mg



Burger in a Bowl

1 SERVING 20 MINUTES



INGREDIENTS

6 ozs Lean Ground Beef (93/7)
2 cups Romaine
1/2 cup Cherry Tomatoes
1/4 cup Dill Pickles
2 tbsps Red Onion
1 1/2 tps Ketchup (no Corn Syrup Or Artificial Sugar)
2 tbsps Mayonnaise (made With Avocado Or Olive Oil)
1 1/2 tps Dill Pickle Juice
1 1/2 tps Red Onion

NUTRITION

AMOUNT PER SERVING

Calories	530	Cholesterol	122mg
Fat	38g	Sodium	830mg
Carbs	10g	Vitamin C	20mg
Fiber	4g	Vitamin D	7IU
Sugar	4g	Magnesium	60mg
Protein	36g	Zinc	9mg

DIRECTIONS

- 01 Prep note: Chop the romaine lettuce and pickles. Dice the red onion.
- 02 In a medium skillet, cook ground beef until cooked throughout over medium to high heat.
- 03 Chop romaine lettuce and add to bowl. Top with pickles, 2 tbsps diced red onion, cherry tomatoes.
- 04 In a small bowl, whisk together mayo, ketchup, pickle juice and 1 1/2 tsp diced red onions until smooth.
- 05 Add cooked ground beef to bowl. Top with sauce and serve.
- 06 Note: For four servings follow these measurements - 1 1/2 lbs Lean Ground Beef (93/7), 8 cups Romaine, 2 cups Cherry Tomatoes, 1 cup Dill Pickles, 1/2 cup Red Onion, 1/2 cup Mayonnaise (Made with olive or avocado oil), 2 tbsps Ketchup (No corn syrup or artificial sugar), 2 tbsps Dill Pickle Juice, 2 tbsps Red Onion
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



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	Cholesterol	0mg
Fat	2g	Sodium	36mg
Carbs	13g	Vitamin C	2mg
Fiber	2g	Vitamin D	0IU
Sugar	3g	Magnesium	16mg
Protein	1g	Zinc	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!
- 06 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

1 Banana (100 grams peeled)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/8 tsp Sea Salt
1/8 tsp Ground Cinnamon

DIRECTIONS

- 01 Slice banana.
- 02 Spread some almond butter on top of each banana slice.
- 03 Sprinkle with cinnamon and sea salt.

NUTRITION

AMOUNT PER SERVING

Calories	204	Cholesterol	0mg
Fat	9g	Sodium	297mg
Carbs	30g	Vitamin C	10mg
Fiber	5g	Vitamin D	0IU
Sugar	15g	Magnesium	77mg
Protein	5g	Zinc	1mg



FASTER Way High Protein Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1/4 Avocado (38 grams)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter (no Added Sugar Or Oil)
- 1 cup Baby Spinach
- 2 scoops Faster Way Chocolate Protein Powder (25 grams of protein)

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Vanilla & Berry Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/2 cup Rolled Oats (40 grams)
1 cup Unsweetened Almond Milk
1/2 tsp Vanilla Extract
1 scoop Faster Way Vanilla Protein Powder
1/4 cup Raspberries (30 grams)
1/4 cup Blueberries (48 grams)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)

DIRECTIONS

- 01 Mix the oats, vanilla extract, protein powder and milk in a container. Place in the fridge for 8 hours, or overnight.
- 02 Before eating, top with raspberries, blueberries and almond butter. Enjoy!
- 03 **TIME SAVING TIP** - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.

NUTRITION

AMOUNT PER SERVING

Calories	414	Cholesterol	3mg
Fat	15g	Sodium	300mg
Carbs	41g	Vitamin C	12mg
Fiber	10g	Vitamin D	10IU
Sugar	6g	Magnesium	127mg
Protein	30g	Zinc	2mg



Turkey Breakfast Sausage

1 SERVING 15 MINUTES



INGREDIENTS

3 ozs Lean Ground Turkey (93/7)
1/4 tsp Ground Sage
1/4 tsp Dried Thyme
1/16 tsp Garlic Powder
1/16 tsp Paprika
1/16 tsp Sea Salt
1/3 tsp Coconut Oil

DIRECTIONS

- 01 In a small bowl, combine all ingredients with a spatula. Form the mixture into a small patty.
- 02 Melt the coconut oil in a large skillet over medium-high heat. Cook the patty about 1 to 2 minutes per side, or until cooked through (165 degrees F). Let cool before serving. Enjoy!
- 03 **TIME SAVING TIP - Cook Once, Eat Three Times:** Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.

NUTRITION

AMOUNT PER SERVING

Calories	144	Cholesterol	63mg
Fat	9g	Sodium	206mg
Carbs	0g	Vitamin C	0mg
Fiber	0g	Vitamin D	12IU
Sugar	0g	Magnesium	19mg
Protein	16g	Zinc	2mg



Men's Ground Beef, Asparagus & Mashed Sweet Potatoes

1 SERVING 30 MINUTES



INGREDIENTS

3/4 Sweet Potato (100 grams)
8 Asparagus Spears (96 grams)
1/8 tsp Sea Salt (divided)
6 ozs Lean Ground Beef (93/7)

NUTRITION

AMOUNT PER SERVING

Calories	408	Cholesterol	110mg
Fat	17g	Sodium	463mg
Carbs	25g	Vitamin C	10mg
Fiber	6g	Vitamin D	5IU
Sugar	6g	Magnesium	76mg
Protein	38g	Zinc	9mg

DIRECTIONS

- 01 Prep note: Peel and chop the sweet potato. Trim the woody ends of the asparagus and cut in half.
- 02 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 03 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 04 Add half the salt to the sweet potatoes and mash until creamy.
- 05 In a large pan over medium heat, cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 06 Place mashed sweet potato, asparagus and beef onto a plate or into a container. Enjoy!
- 07 Note: For four servings follow these measurements - 3 Sweet Potato (100 grams), 32 Asparagus Spears (384 grams), 1/2 tsp Sea Salt (divided), 1 1/2 lb Lean Ground Beef (93/7)
- 08 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.



Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple (105 grams)

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin C	8mg
Fiber	4g	Vitamin D	0IU
Sugar	19g	Magnesium	9mg
Protein	0g	Zinc	0mg



Men's Bourbon(less) Chicken

1 SERVING 40 MINUTES



INGREDIENTS

1 tbsp Coconut Aminos
1 tbsp Apple Cider Vinegar
1 1/2 tsps Rice Vinegar
1/4 tsp Fresh Ginger
1/2 Garlic Clove
6 ozs Chicken Breast (boneless, Skinless)
1 tbsp Organic Chicken Broth (low-sodium)
2 cups Broccoli (140 grams)
1 stalk Scallions

NUTRITION

AMOUNT PER SERVING

Calories	286	Cholesterol	124mg
Fat	5g	Sodium	499mg
Carbs	16g	Vitamin C	162mg
Fiber	5g	Vitamin D	2IU
Sugar	6g	Magnesium	87mg
Protein	43g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Cut the chicken into bite sized pieces. Cut broccoli into florets.
- 02 Mix together coconut aminos, apple cider vinegar, rice vinegar, ginger, and garlic in a sauce pot. Bring to boil and reduce to a glaze, about 15-20 minutes.
- 03 Heat coconut oil in nonstick sauté pan (with lid) over medium-high heat.
- 04 Season chicken pieces with salt and pepper. Sauté chicken until lightly browned and cooked through. Cook chicken in batches, adding oil as needed. Do not crowd the pan, otherwise the chicken will not brown. Once all chicken is cooked, remove from pan and set aside.
- 05 Add broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender, drain excess liquid from pan.
- 06 Add cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce, toss to coat chicken and broccoli.
- 07 Top with sliced scallions.
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Brown Rice

1 SERVING 45 MINUTES



INGREDIENTS

1/4 cup Brown Rice (49 grams, dry)
1/2 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	2g	Sodium	5mg
Carbs	35g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	0g	Magnesium	56mg
Protein	3g	Zinc	1mg

DIRECTIONS

- 01 Combine the brown rice 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 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!
- 02 Note: 1/4 cup brown rice is about 3/4 cup cooked rice.
- 03 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Hummus & Veggies Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

- 1/2 Red Bell Pepper (sliced)
- 2 stalks Celery (cut into small stalks)
- 1/3 cup Blueberries
- 1/4 cup Hummus

DIRECTIONS

- 01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!
- 02 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.

NUTRITION

AMOUNT PER SERVING

Calories	201	Cholesterol	0mg
Fat	11g	Sodium	329mg
Carbs	22g	Vitamin C	83mg
Fiber	7g	Vitamin D	0IU
Sugar	9g	Magnesium	65mg
Protein	6g	Zinc	1mg



3 Hard Boiled Eggs

1 SERVING 15 MINUTES



INGREDIENTS

3 Egg(s)

NUTRITION

AMOUNT PER SERVING

Calories	215	Cholesterol	558mg
Fat	14g	Sodium	213mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	123IU
Sugar	1g	Magnesium	18mg
Protein	19g	Zinc	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!
- 04 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



FASTER Way Cinnamon Roll Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1/2 cup Rolled Oats (40 grams)
- 1/2 tsp Vanilla Extract
- 1 tsp Ground Cinnamon
- 1/2 cup Unsweetened Coconut Milk
- Yogurt
- 1 tbsp Maple Syrup
- 1 scoop Faster Way Vanilla Protein Powder
- 1 Banana (100 grams peeled, frozen)
- 1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	511	Cholesterol	3mg
Fat	8g	Sodium	166mg
Carbs	77g	Vitamin C	10mg
Fiber	10g	Vitamin D	0IU
Sugar	28g	Magnesium	94mg
Protein	27g	Zinc	2mg



Turkey & Quinoa Zucchini Boats

1 SERVING 45 MINUTES



INGREDIENTS

2 tbsps Quinoa (dry)
1/4 cup Water
1 Zucchini (196 grams)
3/4 tsp Extra Virgin Olive Oil
1/4 Yellow Onion (37 grams)
4 ozs Lean Ground Turkey (93/7)
1/4 Red Bell Pepper (30 grams)
2 tbsps Frozen Corn
1/8 tsp Black Pepper
1/2 tsp Sea Salt (divided)
3/4 tsp Tamari
1 1/2 tps Almond Flour
1/3 tsp Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

Calories	374	Cholesterol	84mg
Fat	17g	Sodium	1533mg
Carbs	30g	Vitamin C	74mg
Fiber	6g	Vitamin D	16IU
Sugar	9g	Magnesium	124mg
Protein	29g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Dice the yellow onion and red bell pepper.
- 02 Preheat oven to 350°F (177°C).
- 03 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside. Note: 2 tbsp dry quinoa is about 1/3 cup cooked quinoa.
- 04 Trim the ends off zucchini. Cut zucchini in half lengthwise and scoop out pulp using a teaspoon. Finely chop the pulp.
- 05 In a large skillet, heat olive oil over medium heat. Add onion, ground turkey, zucchini pulp, red bell pepper, corn, black pepper and half of the sea salt. Stir until turkey is cooked through (8 to 10 minutes).
- 06 When turkey is cooked, drain the skillet of excess juice and stir in tamari and cooked quinoa. Remove from heat.
- 07 Make "breadcrumbs" by combining almond flour, nutritional yeast and remaining sea salt.
- 08 Spoon turkey quinoa filling into the zucchini shells and top with almond breadcrumbs. Bake in oven for 20 minutes or until zucchini is tender.
- 09 Remove from oven and let cool for 5 to 10 minutes before serving.
- 10 Note: For four servings follow these measurements - 1/2 cup Quinoa (dry), 1 cup Water, 4 Zucchini (196 grams each), 1 tbsp Extra Virgin Olive Oil, 1 Yellow Onion (148 grams), 1 lb Lean Ground Turkey (93/7), 1 Red Bell Pepper (120 grams), 1/2 cup Frozen Corn, 1/2 tsp Black Pepper, 2 tps Sea Salt (divided), 1 tbsps Tamari, 2 tbsps Almond Flour, 1 1/3 tps Nutritional Yeast



Steamed Broccoli

1 SERVING 10 MINUTES



INGREDIENTS

- 1 cup Broccoli (70 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	31	Cholesterol	0mg
Fat	0g	Sodium	178mg
Carbs	6g	Vitamin C	81mg
Fiber	2g	Vitamin D	0IU
Sugar	2g	Magnesium	19mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Prep note: Cut broccoli into florets.
- 02 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender.
- 03 Season broccoli as desired. Consider salt, pepper, garlic powder or any of your favorite spices.
- 04 Plate and enjoy!
- 05 Note: For four servings follow these measurements - 4 cups Broccoli (280 grams), 1/4 tsp Sea Salt, 1/4 tsp Black Pepper



FASTER Way Blackberry & Pear Oat Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear (178 grams)
1/2 cup Blackberries (fresh or frozen)
3/4 cup Unsweetened Almond Milk
1/4 cup Rolled Oats
1 scoop Faster Way Vanilla Protein Powder

DIRECTIONS

- 01 Core and chop pear.
- 02 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	321	Cholesterol	3mg
Fat	5g	Sodium	259mg
Carbs	49g	Vitamin C	23mg
Fiber	12g	Vitamin D	76IU
Sugar	21g	Magnesium	67mg
Protein	25g	Zinc	1mg



Blueberry Banana Protein Pancakes

1 SERVING 15 MINUTES



INGREDIENTS

1/2 scoop Faster Way Vanilla Protein Powder
1 tsp Ground Flax Seed
1/2 Banana (50 grams peeled)
1 1/2 tsps Unsweetened Almond Milk
2 tbsps Rolled Oats (10 grams)
1 tsp Ground Cinnamon
2 tbsps Blueberries (24 grams)
3/4 tsp Coconut Oil
1 tbsp Maple Syrup
1/4 cup Egg Whites

NUTRITION

AMOUNT PER SERVING

Calories	279	Cholesterol	2mg
Fat	6g	Sodium	177mg
Carbs	40g	Vitamin C	7mg
Fiber	5g	Vitamin D	3IU
Sugar	22g	Magnesium	44mg
Protein	19g	Zinc	1mg

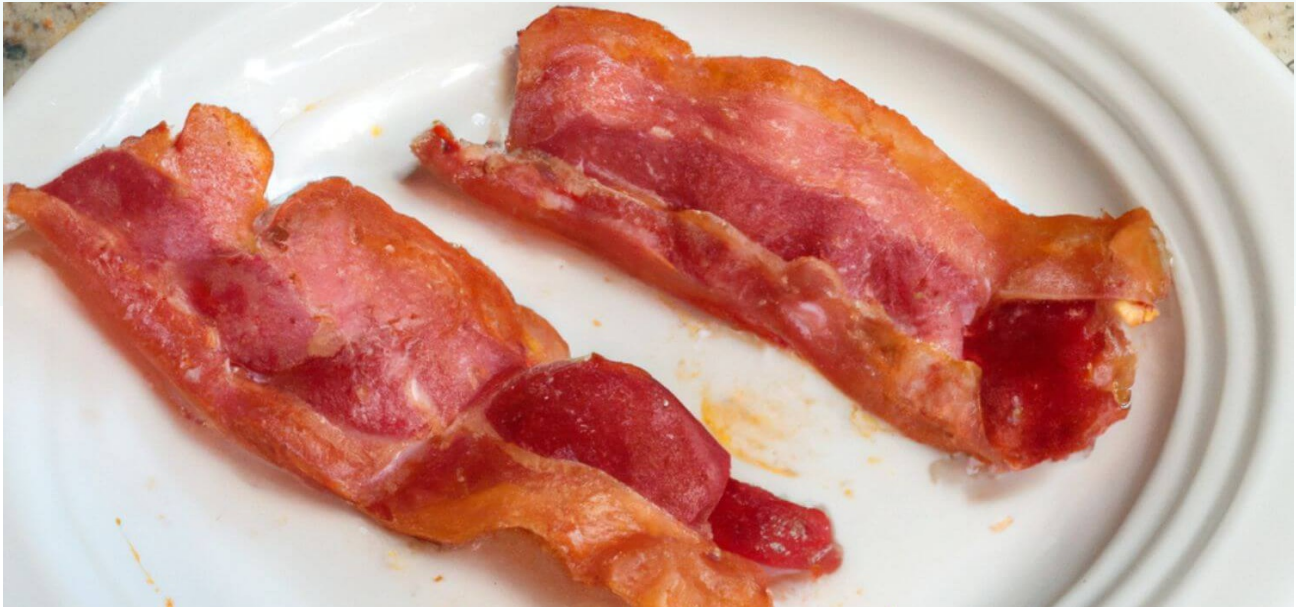
DIRECTIONS

- 01 In a mixing bowl or blender, mix the egg whites, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 02 Stir blueberries into mixture.
- 03 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
- 04 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.
- 05 Note: For four servings follow these measurements - 2 scoops Faster Way Vanilla Protein Powder, 1 1/3 tbsps Ground Flax Seed, 2 Banana (200 grams peeled), 2 tbsps Unsweetened Almond Milk, 1/2 cup Rolled Oats (40 grams), 1 1/3 tbsps Ground Cinnamon, 1/2 cup Blueberries, 1 tbsp Coconut Oil, 1 cup Egg Whites, 1/4 cup Maple Syrup
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



3 Slices Turkey Bacon

1 SERVING 5 MINUTES



INGREDIENTS

3 slices Turkey Bacon

NUTRITION

AMOUNT PER SERVING

Calories	135	Cholesterol	30mg
Fat	6g	Sodium	405mg
Carbs	0g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	18g	Zinc	0mg

DIRECTIONS

- 01 Add turkey bacon to skillet.
- 02 Cook on medium to high heat for 2-3 minutes each side.
- 03 Let cool and enjoy!
- 04 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use 1/2 on Saturday, 1/2 on Sunday.



High Protein Chicken BLT Wrap

1 SERVING 25 MINUTES



INGREDIENTS

- 2 slices Turkey Bacon
- 1 tsp Mayonnaise (made With Avocado Or Olive Oil)
- 1 Brown Rice Tortilla
- 1/4 Tomato (31 grams)
- 1/16 head Lettuce (10 grams)
- 3 ozs Chicken Breast (boneless, Skinless)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	332	Cholesterol	81mg
Fat	12g	Sodium	606mg
Carbs	28g	Vitamin C	5mg
Fiber	3g	Vitamin D	1IU
Sugar	3g	Magnesium	30mg
Protein	26g	Zinc	1mg

DIRECTIONS

- 01 Prep Note: Slice tomato. Chop green lettuce.
- 02 Heat a skillet over medium heat. Season chicken with salt and pepper. Cook the chicken for 7-8 minutes each side or until it reaches an internal temp of 165 degrees. Remove from pan and let cool. In separate pan, cook the turkey bacon for five minutes on each side or until cooked to your desired crispiness.
- 03 Once chicken has cooled, shred it.
- 04 Spread the mayonnaise onto the tortilla. Add the tomato, lettuce, chicken, and turkey bacon to the tortilla. Roll up the tortilla tightly and enjoy!



Blackberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Blackberries

DIRECTIONS

01 Wash and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Cholesterol	0mg
Fat	1g	Sodium	1mg
Carbs	14g	Vitamin C	30mg
Fiber	8g	Vitamin D	0IU
Sugar	7g	Magnesium	29mg
Protein	2g	Zinc	1mg



Men's One Pan Teriyaki Chicken

1 SERVING 40 MINUTES



INGREDIENTS

6 ozs Chicken Breast (boneless, Skinless)
1 cup Broccoli (70 grams)
1 Carrot (61 grams)
1 cup Snap Peas (98 grams)
1 tbsp Tamari
1 tbsp Sesame Oil
1/4 Navel Orange
1 tbsp Honey
1 tbsp Rice Vinegar
2 Garlic Clove
1 1/2 tsps Fresh Ginger
1 1/2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	535	Cholesterol	124mg
Fat	21g	Sodium	1162mg
Carbs	45g	Vitamin C	120mg
Fiber	8g	Vitamin D	2IU
Sugar	27g	Magnesium	129mg
Protein	47g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Chop broccoli into florets. Peel and slice the carrot on the diagonal. Juice the orange. Mince the garlic. Peel and grate the ginger.
- 02 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 03 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 04 In a small bowl, whisk together the tamari, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 05 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Plate and enjoy!
- 06 Note: For four servings follow these measurements - 1 1/2 lb Chicken Breast (boneless, Skinless), 4 cups Broccoli (280 grams), 4 Carrot (244 grams), 4 cups Snap Peas (392 grams), 1/4 cup Tamari, 1/4 cup Sesame Oil, 1 Navel Orange, 1/4 cup Raw Honey, 1/4 cup Rice Vinegar, 8 Garlic Clove, 2 tsps Fresh Ginger, 2 tsps Sesame Seeds



Steamed White Rice

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Water

1/4 cup Jasmine Rice (35 grams, dry)

NUTRITION

AMOUNT PER SERVING

Calories	160	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	38g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	2mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Rinse the rice.
- 02 Bring water to a boil in a medium saucepan.
- 03 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. Note: 1/4 cup of dry rice is equivalent to roughly 3/4 cup cooked rice.
- 04 Enjoy!
- 05 Note: For four servings follow these measurements - 2 cups Water, 1 cup Jasmine Rice (140 grams, dry)



Turkey, Hummus & Veggie Snack Box

1 SERVING 10 MINUTES



INGREDIENTS

- 2 1/2 ozs Sliced Turkey Breast (no Nitrates/nitrites Or Added Sugar)
- 1 Carrot (small, sliced)
- 1/4 Cucumber (medium, sliced)
- 1/4 cup Cherry Tomatoes
- 1/4 cup Hummus

DIRECTIONS

- 01 Arrange all of the ingredients on a plate or in a container with separate compartments. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	264	Cholesterol	35mg
Fat	14g	Sodium	944mg
Carbs	21g	Vitamin C	11mg
Fiber	6g	Vitamin D	4IU
Sugar	6g	Magnesium	81mg
Protein	17g	Zinc	2mg



Blueberries

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Blueberries (190 grams)

DIRECTIONS

01 Wash the berries and enjoy!

NUTRITION

AMOUNT PER SERVING

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



FASTER Way High Protein Peanut Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 1/2 scoops Faster Way Vanilla Protein Powder (25 grams of protein)
- 2 tbsps Peanut Butter (no Added Sugar Or Oil) (No added sugar or oil)
- 1 Banana (About 100 grams peeled and weighed)
- 1 cup Unsweetened Almond Milk (or more if needed)

DIRECTIONS

- 01 Add all ingredients to blender and mix. Add more liquid if needed.

NUTRITION

AMOUNT PER SERVING

Calories	460	Cholesterol	5mg
Fat	21g	Sodium	370mg
Carbs	36g	Vitamin C	10mg
Fiber	6g	Vitamin D	101IU
Sugar	18g	Magnesium	102mg
Protein	39g	Zinc	1mg



Men's Turkey Tacos

1 SERVING 25 MINUTES



INGREDIENTS

- 3 Soft Corn Tortillas
- 3/4 tsp Avocado Oil
- 8 ozs Lean Ground Turkey (93/7)
- 1/4 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Ground Cumin
- 1/4 head Green Lettuce (41 grams)
- 1/2 Tomato (66 grams)

NUTRITION

AMOUNT PER SERVING

Calories	595	Cholesterol	167mg
Fat	24g	Sodium	773mg
Carbs	45g	Vitamin C	10mg
Fiber	4g	Vitamin D	32IU
Sugar	0g	Magnesium	56mg
Protein	46g	Zinc	6mg

DIRECTIONS

- 01 Prep note: Finely chop the green lettuce. Dice the tomato.
- 02 Heat a large skillet over medium heat. Add the avocado oil and the turkey, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the turkey is cooked through, remove from heat.
- 03 Heat a second skillet over low heat. Place the tortillas in the skillet and heat for a 1-2 minutes on each side.
- 04 Add the ground turkey, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.
- 05 Note: Feel free to top your tacos with guacamole, avocado, salsa or hot sauce as your macros allow.
- 06 Note: For four servings follow these measurements - 12 Soft Corn Tortillas, 1 tbsp Avocado Oil, 2 lbs Lean Ground Turkey (93/7), 1 tsp Onion Powder, 1 tsp Garlic Powder, 1 tsp Sea Salt, 1 tsp Ground Cumin, 1 head Green Lettuce (163 grams), 2 Tomato (246 grams)



FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
MEAL GUIDE
WEEK TWO

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MEAL PREP AND SERVING SIZES

This meal guide is designed to make healthy eating effortless and sustainable. Weekday meals repeat so you can eliminate decision fatigue, save time, and reduce food waste. Weekend meals offer greater flexibility and variety, often using ingredients you can prepare in advance.

Here are some ways to help simplify meal prep:

COOK ONCE, EAT TWICE

Double recipes so you can enjoy them on two different days. (To help make it easy, we've included a "Cook Once, Eat Twice" note in the directions where applicable.)

- Portion immediately after cooking.
- Refrigerate within 90 minutes of cooling.
- Store in airtight container for up to 4 days.
- Reheat in the oven or microwave until hot throughout (165°F internal temperature).

PREP SMART

- **Batch-cook proteins**
 - Brown all ground meat at once, then season and portion per recipe.
 - Bake, grill, or air fry chicken to be used in meals during the week (salads, wraps, etc.).
 - Cook bacon on one sheet pan.
- **Use smart shortcuts**
 - Buy pre-cooked items that will save time (hard boiled eggs).
 - Use frozen veggies to skip washing and trimming.
 - Choose pre-chopped vegetables when possible.
 - Grab microwavable packets instead of cooking from scratch (rice, quinoa, grain blends, beans).
- **Assemble, portion, and mix in advance**
 - Prepare overnight oats, chia puddings, or smoothie packs for the week.
 - Divide fruit into containers for snacks and smoothies.
 - For easy snacking, pre-portion nuts and portion hummus or dips with cut vegetables.
 - Pre-mix dressings, sauces, or marinades to save time later.
- **Keep storage easy**
 - Store proteins in airtight containers for up to 4 days.
 - Freeze extra portions if you won't use them right away.
- **Clean as you go**
 - For easier cleaning, line sheet pans with parchment paper.
 - Use one skillet for all ground meats (wipe clean between).

SERVING SIZES

All meal guide recipes are for a single serving. When applicable, instructions may include ingredients for 4 servings or a full batch. (REMEMBER: Since the recipes are calculated for 1 serving, that means your grocery list only includes ingredients for 1 serving.)

HOW TO ADJUST MEALS TO SUPPORT YOUR MACROS AND GOALS

To help you stay on track, you can make small tweaks to your ingredient amounts, like increasing protein, dialing back fats, or swapping in a different carb source. The tips below let you fine-tune your meals using whole foods — without needing to start from scratch or monitor every bite.

- **If you need more protein:**
 - Add 2–3 oz grilled chicken, turkey, or lean ground beef to bowls or salads
 - Mix a scoop of protein powder into smoothies, chia pudding, or oats
 - Stir egg whites into scrambles, pancakes, or even cooked oatmeal
- **If you need more carbs:**
 - Add ½–1 cup cooked rice, sweet potatoes, or quinoa to meals
 - Include fruit like bananas, apples, dates, or berries with a meal or snack
 - Add beans or lentils to soups, bowls, or salads
- **If you need more fat:**
 - Drizzle 1 tbsp olive oil, avocado oil, or tahini on meals
 - Enjoy 1–2 tbsp almond or seed butter with snacks or smoothies
 - Top meals with chopped nuts or seeds (chia, hemp, sunflower, etc.)
- **If you're going over on macros:**
 - Slightly reduce portions — like ½ cup instead of 1 cup cooked carbs
 - Use leaner proteins (egg whites, chicken breast) or reduce added oils
 - Skip extras like avocado or nut butters when they aren't essential to the meal

These little shifts can make a big difference over the course of the week — helping you stay consistent and confident. And if you ever want to switch up an ingredient, be sure to check out our [Whole Food Swap Guide](#).

WHOLE FOOD SWAP GUIDE

CATEGORY	SWAP OPTIONS	PURPOSE
Higher Fat Protein Sources	Salmon, chicken thighs, ground beef (80–85%), pork, whole eggs, lamb, sardines	Adds both protein and healthy fats—great for low carb days
Leaner Protein Sources	Chicken breast, turkey breast, egg whites, ground turkey (93–99%), tuna, cod, shrimp, protein powder	Higher protein with lower fat—great for regular carb days
Plant-Based Protein + Fiber Sources	Lentils, black beans, chickpeas, white beans, pinto beans, edamame, or swap for animal protein	Offers protein, fiber, and slow-digesting carbs
Higher Carb Fruits	Bananas, mangos, grapes, pineapples, apples, pears, dates	Useful when increasing carbs or energy
Lower Carb Fruits	Berries (strawberries, raspberries, blueberries), kiwis, grapefruit, cantaloupes	Keeps carbs lower while still adding fiber
Carbohydrate Sources	Quinoa, brown rice, white rice, sweet potatoes, white potatoes, oats, cassava or corn tortillas	Great carbohydrate options for regular macro day
Healthy Fats	Olive oil, avocados, tahini, almonds, walnuts, sunflower seeds, flaxseed oil	Healthy fat alternatives
Nut-Free Fat Sources	Tahini, seed butters (sunflower, pumpkin), coconut butter, olive oil drizzle	Provides healthy fats without nuts
Non-Starchy Vegetables	Zucchini, spinach, kale, broccoli, cauliflower, bell peppers, cucumbers, green beans, asparagus	Adds fiber, volume, and key micronutrients without significantly increasing carbs
Starchy Vegetables	Sweet potatoes, white potatoes, butternut squash, beets, corn, parsnips, green peas	Adds fiber, volume, and key micronutrients

MON - LOW CARB



MEAL ONE
Men's Sausage Egg Muffins, 3 Slices
Turkey Bacon



MEAL TWO
Sonoma Chicken Salad



MEAL THREE
Egg Roll in a Bowl



SNACK
Mixed Berries with Almond Butter



SNACK 2
FASTER Way Raspberry Avocado
Smoothie

TUE - LOW CARB



MEAL ONE
Men's Sausage Egg Muffins, 3 Slices
Turkey Bacon



MEAL TWO
Sonoma Chicken Salad



MEAL THREE
Egg Roll in a Bowl



SNACK
Mixed Berries with Almond Butter



SNACK 2
FASTER Way Raspberry Avocado
Smoothie

WED - REG MACRO



MEAL ONE
Cookie Dough Overnight Oats, Turkey
Breakfast Sausage



MEAL TWO
High Protein Air Fryer Chicken Tenders,
Veggie & Fruit Plate



MEAL THREE
High Protein Thai Basil Beef Stir Fry,
Steamed White Rice



SNACK
Hard Boiled Eggs, Banana with
Cinnamon & Almond Butter



SNACK 2
FASTER Way Cinnamon Roll Smoothie

THU - REG MACRO



MEAL ONE
Cookie Dough Overnight Oats, Turkey
Breakfast Sausage



MEAL TWO
High Protein Air Fryer Chicken Tenders,
Veggie & Fruit Plate



MEAL THREE
High Protein Thai Basil Beef Stir Fry,
Steamed White Rice



SNACK
Hard Boiled Eggs, Banana with
Cinnamon & Almond Butter



SNACK 2
FASTER Way Cinnamon Roll Smoothie

FRI - LOW MACRO



MEAL ONE
Cookie Dough Overnight Oats



MEAL TWO
High Protein Air Fryer Chicken Tenders,
Veggie & Fruit Plate



MEAL THREE
Men's Teriyaki Chicken & Edamame
Quinoa Bowl



SNACK
Mixed Berries with Almond Butter



SNACK 2
FASTER Way Strawberry Banana
Smoothie

SAT - REG MACRO



MEAL ONE
Apple Pie Protein Pancakes, 3 Slices
Turkey Bacon



MEAL TWO
Men's Teriyaki Chicken & Edamame
Quinoa Bowl, Mixed Berries with...



MEAL THREE
Beef Bolognese and Spaghetti Squash,
Steamed Green Beans



SNACK
Hard Boiled Eggs, Banana with
Cinnamon & Almond Butter



SNACK 2
FASTER Way Cinnamon Roll Smoothie

SUN - LOW MACRO



MEAL ONE
Apple Pie Protein Pancakes



MEAL TWO
Beef Bolognese and Spaghetti Squash,
Steamed Green Beans



MEAL THREE
Men's Roasted Chicken, Veggies &
Quinoa with Tahini Sauce



SNACK
Mixed Berries with Almond Butter



SNACK 2
FASTER Way Strawberry Banana
Smoothie



FRUITS

- 1 Avocado
- 8 Banana
- 2 1/2 cups Blackberries
- 1 1/2 tsps Lemon Juice
- 1/2 tsp Lime Juice
- 3 3/4 cups Raspberries
- 1/2 cup Seedless Grapes
- 3 cups Strawberries

SEEDS, NUTS & SPICES

- 2/3 cup Almond Butter (no Added Sugar Or Oil)
- 1 tsp Black Pepper
- 3 tbsps Chia Seeds
- 1 1/4 tsps Chili Flakes
- 1 tsp Dried Basil
- 1 1/2 tsps Dried Parsley
- 1/2 tsp Dried Thyme
- 1 3/4 tsps Garlic Powder
- 2 tbsps Ground Cinnamon
- 1/2 tsp Ground Sage
- 1 1/2 tsps Italian Seasoning
- 1/3 tsp Nutmeg
- 1 1/3 tbsps Onion Powder
- 1 tsp Oregano
- 3/4 tsp Paprika
- 1/4 cup Pecans
- 1 tsp Poppy Seeds
- 2 3/4 tsps Sea Salt

FROZEN

- 1 cup Frozen Edamame (shelled)
- 1 cup Frozen Raspberries
- 2 cups Frozen Strawberries

VEGETABLES

- 1 1/2 cups Baby Carrots
- 1/2 cup Bean Sprouts
- 1 1/2 cups Broccoli
- 2 Carrot
- 5 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1 1/2 tsps Cilantro
- 4 cups Coleslaw Mix
- 3/4 Cucumber
- 2 tsps Fresh Ginger
- 2 Garlic Clove
- 3 1/16 cups Green Beans
- 1/2 Green Bell Pepper
- 4 stalks Green Onion
- 4 cups Mixed Greens
- 1/2 Orange Bell Pepper
- 2 Red Bell Pepper
- 1/2 Spaghetti Squash
- 2 cups Spinach
- 1/4 cup Thai Basil
- 3/4 Yellow Onion

BOXED & CANNED

- 1/2 cup Jasmine Rice
- 3/4 cup Quinoa

BAKING

- 3/4 cup Almond Flour
- 1 tsp Baking Powder
- 1 tsp Honey
- 2/3 cup Oat Flour
- 3 cups Rolled Oats
- 1/3 cup Unsweetened Applesauce
- 1 1/2 tbsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 2 slices Bacon
- 1 1/3 lbs Chicken Breast (boneless, Skinless)
- 8 ozs Chicken Sausage
- 12 ozs Chicken Thighs (boneless, Skinless)
- 12 ozs Flank Steak
- 8 ozs Lean Ground Beef (93/7)
- 1 1/4 lbs Lean Ground Turkey (93/7)
- 8 ozs Rotisserie Chicken Breast
- 9 slices Turkey Bacon

CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 1 1/4 tbsps Avocado Oil
- 3/4 tsp Coconut Oil
- 2 tbsps Dijon Mustard
- 2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1/2 cup Maple Syrup
- 2 tbsps Mayonnaise (made With Avocado Or Olive Oil)
- 1 tbsp Tahini
- 1/3 cup Tamari
- 1 tbsp Teriyaki Sauce (no High Fructose Corn Syrup)
- 1 cup Tomato Sauce

COLD

- 15 1/2 Egg(s)
- 6 3/4 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Milk Yogurt

OTHER

- 2 scoops Faster Way Chocolate Protein Powder
- 5 scoops Faster Way Unflavored Collagen
- 10 scoops Faster Way Vanilla Protein Powder



Men's Sausage Egg Muffins

1 SERVING 30 MINUTES



INGREDIENTS

1/2 tsp Extra Virgin Olive Oil
4 ozs Chicken Sausage (casing removed)
4 Egg(s)
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	551	Cholesterol	880mg
Fat	38g	Sodium	1752mg
Carbs	11g	Vitamin C	0mg
Fiber	0g	Vitamin D	164IU
Sugar	3g	Magnesium	40mg
Protein	41g	Zinc	6mg

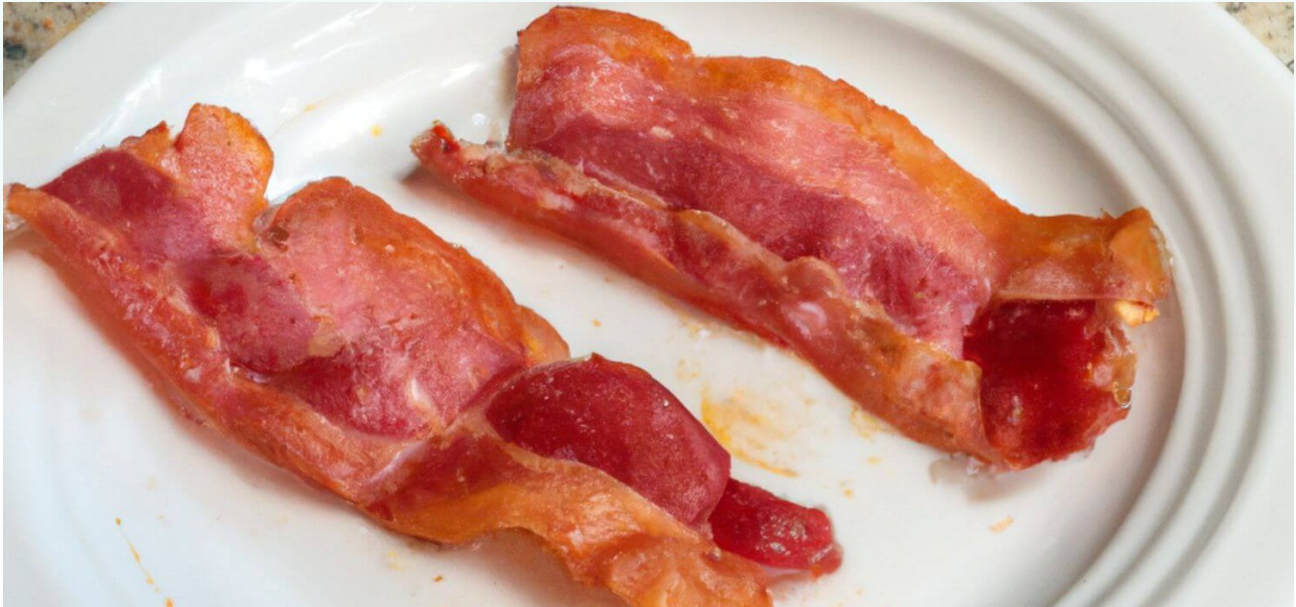
DIRECTIONS

- 01 Preheat your oven to 350°F (176°C) and grease a muffin pan with the oil.
- 02 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks.
- 03 In a mixing bowl whisk the eggs together with sea salt.
- 04 Divide the sausage mixture evenly into the muffin tins and pour the whisked eggs over. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy! 1 serving makes 2 egg muffins.
- 05 This would be a great recipe to make a full batch to save for later (12 egg cups or 1 dozen; 1 serving = 4 muffins): 1 1/2 tsp Extra Virgin Olive Oil, 12 oz Chicken Sausage (bulk, casing removed, or ground chicken), 12 Eggs, 1/3 tsp Sea Salt
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



3 Slices Turkey Bacon

1 SERVING 5 MINUTES



INGREDIENTS

3 slices Turkey Bacon

NUTRITION

AMOUNT PER SERVING

Calories	135	Cholesterol	30mg
Fat	6g	Sodium	405mg
Carbs	0g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	18g	Zinc	0mg

DIRECTIONS

- 01 Add turkey bacon to skillet.
- 02 Cook on medium to high heat for 2-3 minutes each side.
- 03 Let cool and enjoy!
- 04 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Sonoma Chicken Salad

1 SERVING 20 MINUTES



INGREDIENTS

- 4 ozs Rotisserie Chicken Breast
- 1 stalk Celery
- 1/4 cup Seedless Grapes
- 2 tbsps Pecans
- 1 tbsp Dijon Mustard
- 1 tbsp Mayonnaise (made With Avocado Or Olive Oil)
- 1 tsp Onion Powder
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1/2 tsp Poppy Seeds
- 1/2 tsp Honey
- 1 tbsp Apple Cider Vinegar
- 2 cups Mixed Greens

NUTRITION

AMOUNT PER SERVING

Calories	486	Cholesterol	119mg
Fat	35g	Sodium	1116mg
Carbs	14g	Vitamin C	10mg
Fiber	4g	Vitamin D	1IU
Sugar	8g	Magnesium	30mg
Protein	28g	Zinc	1mg

DIRECTIONS

- 01 Prep note: Shred the chicken. Dice the celery. Cut the grapes in half. Chop the pecans and toast them in the oven for additional flavor if you wish.
- 02 In a medium bowl, whisk together Dijon mustard, mayo, onion powder, a pinch of salt, cracked black pepper, poppy seeds, apple cider vinegar and honey.
- 03 Add shredded rotisserie chicken breast (skin removed), pecans, grapes, and celery. Stir mixture until all ingredients are evenly coated with the dressing.
- 04 Taste and season with additional salt or pepper if desired. Plate on mixed greens and enjoy! Tip: season mixed greens with a pinch of Himalayan sea salt for extra minerals and flavor!
- 05 Notes: If you don't have rotisserie chicken breasts, cooked chicken breasts can be used in its place. Weight for recipe is after cooking. Chicken salad can be kept refrigerated up to 4 days separate from mixed greens.
- 06 Note: For four servings follow these measurements - 1 lb Rotisserie Chicken, 4 stalks Celery, 1 cup Seedless Grapes, 1/2 cup Pecans, 1/4 cup Dijon Mustard, 1/4 cup Avocado Oil Mayo, 1 1/3 tbsps Onion Powder, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 2 tsps Poppy Seeds, 2 tsps Honey, 1/4 cup Apple Cider Vinegar, 8 cups Mixed Greens
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Egg Roll in a Bowl

1 SERVING 30 MINUTES



INGREDIENTS

1 1/2 **tsps** Avocado Oil
1/4 **Yellow Onion** (37 grams)
2 **stalks** Green Onion
1 **Garlic Clove**
1 **tsp** Fresh Ginger
7 **ozs** Lean Ground Turkey (93/7)
2 **cups** Coleslaw Mix
1/4 **cup** Bean Sprouts
2 **tbsps** Tamari
1 **Carrot** (61 grams)
1/4 **cup** Frozen Edamame (shelled) (44 grams)

NUTRITION

AMOUNT PER SERVING

Calories	535	Cholesterol	146mg
Fat	26g	Sodium	2392m..
Carbs	31g	Vitamin C	83mg
Fiber	10g	Vitamin D	28IU
Sugar	14g	Magnesium	93mg
Protein	50g	Zinc	6mg

DIRECTIONS

- 01** Prep note: Dice the yellow onion and green onion. Mince the garlic. Peel and grate the ginger. Peel and grate the carrots or save time and buy pre-shredded carrots. Thaw the edamame.
- 02** Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 03** Add the turkey and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 04** Stir in the coleslaw mix, carrots, bean sprouts, edamame and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to a bowl and enjoy!
- 05** Note: For four servings follow these measurements - 2 tbsps Avocado Oil, 1 Yellow Onion (148 grams), 8 stalks Green Onion, 4 Garlic Clove, 1 1/3 tsp Fresh Ginger, 1 3/4 lbs Lean Ground Turkey (93/7), 8 cups Coleslaw Mix, 1 cup Bean Sprouts, 1/2 cup Tamari, 4 Carrots, 1 cup Frozen Edamame (shelled)
- 06** TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Mixed Berries with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Blackberries (80 grams)
3/4 cup Raspberries (90 grams)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/16 tsp Sea Salt
1/16 tsp Ground Cinnamon

DIRECTIONS

01 Wash & dry berries. Drizzle with almond butter and sprinkle with sea salt and cinnamon. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	177	Cholesterol	0mg
Fat	10g	Sodium	140mg
Carbs	21g	Vitamin C	39mg
Fiber	12g	Vitamin D	0IU
Sugar	8g	Magnesium	79mg
Protein	5g	Zinc	1mg



FASTER Way Raspberry Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1/2 Avocado (75 grams)
- 1 cup Unsweetened Almond Milk
- 1 1/2 tbsps Almond Butter (no Added Sugar Or Oil) (24 grams)
- 1 cup Spinach (30 grams)
- 1 scoop Faster Way Chocolate Protein Powder
- 1/2 cup Frozen Raspberries (50 grams)

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	473	Cholesterol	3mg
Fat	32g	Sodium	331mg
Carbs	24g	Vitamin C	31mg
Fiber	14g	Vitamin D	10IU
Sugar	6g	Magnesium	153mg
Protein	30g	Zinc	2mg



Cookie Dough Overnight Oats

1 SERVING 3 HOURS



INGREDIENTS

3/4 cup Unsweetened Almond Milk
1/2 cup Rolled Oats (40 grams)
1 tbsp Maple Syrup
1 tbsp Chia Seeds
1 tsp Vanilla Extract
1/2 tsp Ground Cinnamon
1/8 tsp Nutmeg
1 scoop Faster Way Vanilla Protein Powder

DIRECTIONS

- 01 Combine all the ingredients into a small mixing bowl.
- 02 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. Enjoy!
- 03 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.

NUTRITION

AMOUNT PER SERVING

Calories	394	Cholesterol	3mg
Fat	10g	Sodium	261mg
Carbs	49g	Vitamin C	0mg
Fiber	9g	Vitamin D	76IU
Sugar	13g	Magnesium	110mg
Protein	28g	Zinc	2mg



Turkey Breakfast Sausage

1 SERVING 15 MINUTES



INGREDIENTS

3 ozs Lean Ground Turkey (93/7)
1/4 tsp Ground Sage
1/4 tsp Dried Thyme
1/16 tsp Garlic Powder
1/16 tsp Paprika
1/16 tsp Sea Salt
1/3 tsp Coconut Oil

DIRECTIONS

- 01 In a small bowl, combine all ingredients with a spatula. Form the mixture into a small patty.
- 02 Melt the coconut oil in a large skillet over medium-high heat. Cook the patty about 1 to 2 minutes per side, or until cooked through (165 degrees F). Let cool before serving. Enjoy!
- 03 **TIME SAVING TIP - Cook Once, Eat Twice:** Double this recipe. Use half on Wednesday, half on Thursday.

NUTRITION

AMOUNT PER SERVING

Calories	144	Cholesterol	63mg
Fat	9g	Sodium	206mg
Carbs	0g	Vitamin C	0mg
Fiber	0g	Vitamin D	12IU
Sugar	0g	Magnesium	19mg
Protein	16g	Zinc	2mg



High Protein Air Fryer Chicken Tenders

1 SERVING 20 MINUTES



INGREDIENTS

1/4 cup Almond Flour
1/2 tsp Italian Seasoning
1/4 tsp Garlic Powder
1/4 tsp Sea Salt
1/2 Egg(s)
5 1/4 ozs Chicken Breast (boneless, Skinless) (boneless, skinless, sliced into strips)

NUTRITION

AMOUNT PER SERVING

Calories	396	Cholesterol	201mg
Fat	22g	Sodium	693mg
Carbs	7g	Vitamin C	0mg
Fiber	3g	Vitamin D	22IU
Sugar	1g	Magnesium	135mg
Protein	43g	Zinc	1mg

DIRECTIONS

- 01 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.
- 02 Take each chicken strip and dip in the egg first and then in the almond flour mix, coating each side well.
- 03 Set the temperature on the air fryer to 400°F (204°C). Place the chicken strips inside, ensuring they are spaced out.
- 04 Bake for 5 minutes, then remove, flip and bake for 5 minutes more, until crispy and cooked through. Repeat with remaining chicken strips. Enjoy!
- 05 NOTE: Oven Option: Preheat oven to 400°F (204°C). Place chicken strips on a parchment-lined baking sheet and bake for 18–20 minutes, flipping halfway through, until golden and cooked through.
- 06 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.



Veggie & Fruit Plate

1 SERVING 5 MINUTES



INGREDIENTS

- 1 stalk Celery (40 grams)
- 1/2 cup Baby Carrots
- 1/2 Red Bell Pepper (60 grams)
- 1/4 Cucumber (75 grams)
- 1 cup Strawberries (176 grams)

DIRECTIONS

- 01 Prep note: Cut the celery, carrots and red bell pepper into sticks. Slice the cucumber.
- 02 Place the vegetables and strawberries on a plate and enjoy!
- 03 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.

NUTRITION

AMOUNT PER SERVING

Calories	108	Cholesterol	0mg
Fat	1g	Sodium	102mg
Carbs	26g	Vitamin C	170mg
Fiber	7g	Vitamin D	0IU
Sugar	15g	Magnesium	40mg
Protein	2g	Zinc	1mg



High Protein Thai Basil Beef Stir Fry

1 SERVING 30 MINUTES



INGREDIENTS

- 1/3 tsp Avocado Oil
- 6 ozs Flank Steak
- 2 tsps Tamari
- 3/4 tsp Fish Sauce
- 1/4 tsp Lime Juice
- 1/8 Yellow Onion (18 grams)
- 3/4 cup Broccoli (52 grams)
- 1/4 Red Bell Pepper (30 grams)
- 1/4 Green Bell Pepper (30 grams)
- 2 tbsps Thai Basil

NUTRITION

AMOUNT PER SERVING

Calories	347	Cholesterol	116mg
Fat	16g	Sodium	1141mg
Carbs	10g	Vitamin C	124mg
Fiber	3g	Vitamin D	7IU
Sugar	5g	Magnesium	74mg
Protein	40g	Zinc	7mg

DIRECTIONS

- 01 Prep note: Chop the onion, broccoli and Thai Basil. Slice the red bell pepper and green bell pepper.
- 02 Heat a cast-iron skillet over medium-high heat. Add the oil. Place the steak in the pan and cook for about 9-12 minutes, turning about 1 minute before the halfway point for the perfect medium-rare flank steak. A meat thermometer should read 130°F. If you desire a more "well done" steak, cook for 2-3 minutes longer on each side. Rest your flank steak for 10 minutes before serving, covering lightly with foil. The temperature of the meat will continue to rise about 5°F during this time (this is called "carryover cooking"). The final temperature will read 135°F. Once rested, slice against the grain and set aside.
- 03 While the beef cooks, in a small bowl, add the tamari, fish sauce, and lime juice. Stir to combine.
- 04 In the same skillet, add the onion, broccoli, and peppers. Cook until slightly softened, about four to five minutes.
- 05 Add the sauce to the skillet and toss to combine. Add the steak back into the skillet and cook for an additional minute or two to heat through and coat the steak with the sauce. Overcooking will result in chewy meat. Remove from the heat and add the Thai basil. Plate & enjoy!
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Steamed White Rice

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Water

1/4 cup Jasmine Rice (35 grams, dry)

NUTRITION

AMOUNT PER SERVING

Calories	160	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	38g	Vitamin C	0mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	2mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Rinse the rice.
- 02 Bring water to a boil in a medium saucepan.
- 03 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. Note: 1/4 cup of dry rice is equivalent to roughly 3/4 cup cooked rice.
- 04 Enjoy!
- 05 Note: For four servings follow these measurements - 2 cups Water, 1 cup Jasmine Rice (140 grams, dry)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Hard Boiled Eggs

1 SERVING 15 MINUTES



INGREDIENTS

2 Egg(s)

NUTRITION

AMOUNT PER SERVING

Calories	143	Cholesterol	372mg
Fat	10g	Sodium	142mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	82IU
Sugar	0g	Magnesium	12mg
Protein	13g	Zinc	1mg

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!
- 04 **TIME SAVING TIP** - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Saturday.



Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

1 Banana (100 grams peeled)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/8 tsp Sea Salt
1/8 tsp Ground Cinnamon

DIRECTIONS

- 01 Slice banana.
- 02 Spread some almond butter on top of each banana slice.
- 03 Sprinkle with cinnamon and sea salt.

NUTRITION

AMOUNT PER SERVING

Calories	204	Cholesterol	0mg
Fat	9g	Sodium	297mg
Carbs	30g	Vitamin C	10mg
Fiber	5g	Vitamin D	0IU
Sugar	15g	Magnesium	77mg
Protein	5g	Zinc	1mg



FASTER Way Cinnamon Roll Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1/2 cup Rolled Oats (40 grams)
- 1/2 tsp Vanilla Extract
- 1 tsp Ground Cinnamon
- 1/2 cup Unsweetened Coconut Milk
- Yogurt
- 1 tbsp Maple Syrup
- 1 scoop Faster Way Vanilla Protein Powder
- 1 Banana (100 grams peeled, frozen)
- 1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	511	Cholesterol	3mg
Fat	8g	Sodium	166mg
Carbs	77g	Vitamin C	10mg
Fiber	10g	Vitamin D	0IU
Sugar	28g	Magnesium	94mg
Protein	27g	Zinc	2mg



Men's Teriyaki Chicken & Edamame Quinoa Bowl

1 SERVING 25 MINUTES



INGREDIENTS

1/4 cup Quinoa (42 grams, dry)
1/2 tsp Extra Virgin Olive Oil
6 ozs Chicken Thighs (boneless, Skinless)
1/4 cup Frozen Edamame (shelled) (42 grams)
1 1/2 tsps Teriyaki Sauce (no High Fructose Corn Syrup)
1 tbsp Water
3/4 tsp Cilantro
1/8 tsp Chili Flakes
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	437	Cholesterol	159mg
Fat	14g	Sodium	658mg
Carbs	32g	Vitamin C	2mg
Fiber	5g	Vitamin D	2IU
Sugar	2g	Magnesium	154mg
Protein	45g	Zinc	5mg

DIRECTIONS

- 01 Prep note: Mince the cilantro. Thaw the edamame.
- 02 Cook the quinoa according to package directions. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 03 In a large pan over medium heat, add the oil. Once the oil is hot, add the chicken, salt and pepper. Cook for three to five minutes on each side.
- 04 Add the edamame and teriyaki sauce. Toss and coat everything well with the sauce. Add the water to deglaze as needed, and scrape up the fond (brown caramel bits) from the pan. Cook an additional three to five minutes until the edamame is warmed and the chicken has reached an internal temp of 165 degrees.
- 05 Place the quinoa, chicken, and edamame in a bowl. Garnish with the cilantro and chili flakes. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 2 tsp Extra Virgin Olive Oil, 1 1/2 lb Chicken Thighs (boneless, skinless), 1 cup Frozen Edamame (170 grams, shelled), 2 tsps Teriyaki Sauce, 1/4 cup Water, 1 tbsp Cilantro, 1/2 tsp Chili Flakes, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



FASTER Way Strawberry Banana Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 scoop Faster Way Vanilla Protein Powder
1 Banana (100 grams peeled, frozen)
1 cup Frozen Strawberries
1 scoop Faster Way Unflavored Collagen
1 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Add all ingredients to a blender; blend until smooth. Add ice or water (or preferred non-dairy milk) as needed to reach desired consistency.
- 02 Note: Collagen is not a complete protein therefore it is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	344	Cholesterol	3mg
Fat	4g	Sodium	301mg
Carbs	49g	Vitamin C	101mg
Fiber	9g	Vitamin D	101IU
Sugar	25g	Magnesium	73mg
Protein	23g	Zinc	0mg



Apple Pie Protein Pancakes

1 SERVING 25 MINUTES



INGREDIENTS

1/3 cup Oat Flour
1 scoop Faster Way Vanilla Protein Powder
1/2 tsp Ground Cinnamon
1/2 tsp Baking Powder
3 tbsps Unsweetened Applesauce
1/4 cup Unsweetened Almond Milk
2 tps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	316	Cholesterol	3mg
Fat	5g	Sodium	422mg
Carbs	42g	Vitamin C	0mg
Fiber	5g	Vitamin D	25IU
Sugar	12g	Magnesium	10mg
Protein	27g	Zinc	0mg

DIRECTIONS

- 01 In a mixing bowl, combine the oat flour, protein powder, cinnamon, and baking powder. Stir in the apple sauce, almond milk, and maple syrup.
- 02 Heat a nonstick pan over medium-low heat. Spray with non stick spray. Spoon the batter into the pan in 1/3 cup portions. Cook the pancakes for about four minutes per side. Repeat with the remaining batter. Serve and enjoy!
- 03 Note: For four servings follow these measurement - 1 1/3 cup Oat Flour, 4 scoop Faster Way Vanilla Protein Powder, 1 1/3 tsp Cinnamon, 2 tsp Baking Powder, 3/4 cup Unsweetened Applesauce, 1 cup Unsweetened Almond Milk, 2 2/3 tbsps Maple Syrup
- 04 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Beef Bolognese and Spaghetti Squash

1 SERVING 35 MINUTES



INGREDIENTS

- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/2 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 cup Tomato Sauce (no added sugar)
- 1/2 tsp Dried Basil
- 1/2 tsp Oregano
- 3/4 tsp Dried Parsley
- 1 slice Bacon
- 4 ozs Lean Ground Beef (93/7)
- 1/2 tsp Chili Flakes (optional garnish)
- 1/4 Spaghetti Squash (174 grams)

NUTRITION

AMOUNT PER SERVING

Calories	400	Cholesterol	92mg
Fat	22g	Sodium	896mg
Carbs	22g	Vitamin C	21mg
Fiber	5g	Vitamin D	8IU
Sugar	5g	Magnesium	90mg
Protein	30g	Zinc	6mg

DIRECTIONS

- 01 Prep note: Dice the bacon.
- 02 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in quarters as you will only need 1/4 of the squash for one serving. Remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through.
- 03 When the spaghetti squash is done, remove from the oven and let it cool slightly. *You can always cook the entire spaghetti squash and use the rest on a later date as it fits in your macros!
- 04 Meanwhile, heat a medium saute pan over medium heat. Add diced bacon and cook for 3-4 minutes or until it begins to get crispy. Add ground beef and cook until browned. Season with herbs, spices, salt and pepper.
- 05 Reduce heat to low and stir in tomato or clean marinara sauce. Simmer for 5 minutes. Note: if preparing ahead of time, skip the additional 5 minute simmer and place in a bowl to cool. Mixture can be refrigerated for 4 days or frozen for 2 weeks.
- 06 Scoop out the spaghetti squash into noodles using a fork and add it to a plate.
- 07 Remove broccoli from the oven, add on the side of the spaghetti squash. Top with bolognese sauce and optional fresh cracked pepper or chili flakes. Enjoy!
- 08 Note: For four servings follow these measurements - 1 tsp Sea Salt, 1 tsp Black Pepper, 2 tsps Garlic Powder, 1 1/3 tbsps Onion Powder, 2 cups Tomato Sauce (no added sugar), 2 tsps Dried Basil, 2 tsps Oregano, 1 tbsp Dried Parsley, 4 slices Bacon, 1 lb Lean Ground Beef (93/7), 2 tsps Chili Flakes (optional garnish), 1 Spaghetti Squash (698 grams)
- 09 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Steamed Green Beans

1 SERVING 10 MINUTES



INGREDIENTS

- 1 1/2 cups Green Beans (fresh or frozen)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	47	Cholesterol	0mg
Fat	0g	Sodium	157mg
Carbs	11g	Vitamin C	18mg
Fiber	4g	Vitamin D	0IU
Sugar	5g	Magnesium	38mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Trim the ends of the green beans.
- 02 Bring a 1/2-inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 03 Remove green beans with a slotted spoon and serve. Top with sea salt and black pepper to taste.
- 04 Note: For four servings follow these measurements - 6 cups Green Beans, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Men's Roasted Chicken, Veggies & Quinoa with Tahini Sauce

1 SERVING 30 MINUTES



INGREDIENTS

1/4 cup Quinoa (42 grams, dry)
6 ozs Chicken Breast (boneless, Skinless)
1/2 Orange Bell Pepper (60 grams)
1/2 cup Cherry Tomatoes (74 grams)
1 tbsp Tahini
1 tbsp Water
1 1/2 tsps Lemon Juice
3/4 tsp Paprika
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	495	Cholesterol	124mg
Fat	16g	Sodium	250mg
Carbs	41g	Vitamin C	184mg
Fiber	7g	Vitamin D	2IU
Sugar	2g	Magnesium	169mg
Protein	49g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Chop the orange bell pepper.
- 02 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 03 Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 04 Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 05 Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
- 06 Chop the cooked chicken. Plate the quinoa, chicken, cherry tomatoes, and bell peppers. Serve with the dressing and enjoy!
- 07 Note: For four servings follow these measurements - 1 cup Quinoa (170 grams, dry), 1 1/2 lb Chicken Breast (boneless, skinless), 2 Orange Bell Pepper (240 grams), 2 cups Cherry Tomatoes (296 grams), 1/4 cup Tahini, 1/4 cup Water, 2 tsps Lemon Juice, 1 tsp Paprika, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)



FASTER WAY

T O F A T L O S S[®]

We trust you enjoyed this New Client Program Guide.

We know this guide contains a lot of information. If you feel overwhelmed or anxious, don't worry! That's perfectly normal when starting something new. If you have any questions or concerns, feel free to reach out to your coach. We will be here for you every step of the way, and we will guide you through the program and set you up to succeed for the next six weeks and beyond!

It is truly our honor and privilege to work with you. Thank you for investing in yourself, for taking the initiative in your health and fitness journey, and for being a part of our FASTER Way family. We can't wait to help you get well, prevent disease, and fulfill your purpose with energy.

But most of all, we can't wait to watch you THRIVE!

LET'S DO THIS!!

Amanda Tress
Founder and CEO

