

# FASTER WAY

T O F A T L O S S <sup>®</sup>



NEW CLIENT  
**MEAL GUIDE**  
WEEK THREE

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

## MON - LOW CARB



**MEAL ONE**  
Fluffy Kale & Mushroom Egg White Omelette, Avocado



**MEAL TWO**  
Greek Salmon Salad, Almond Snack



**MEAL THREE**  
One Pan Beef & Broccoli, Brown Rice



**SNACK**  
4 Ounces Ham, Macadamia Nuts with Raspberries



**SNACK 2**  
FASTer Way Chocolate Avocado Smoothie, Protein Powder

## TUE - LOW CARB



**MEAL ONE**  
Fluffy Kale & Mushroom Egg White Omelette, Avocado



**MEAL TWO**  
Greek Salmon Salad, Almond Snack



**MEAL THREE**  
One Pan Beef & Broccoli, Brown Rice



**SNACK**  
4 Ounces Ham, Macadamia Nuts with Raspberries



**SNACK 2**  
FASTer Way Chocolate Avocado Smoothie, Protein Powder

## WED - REG MACRO



**MEAL ONE**  
Apple Cinnamon Overnight Oats, Scrambled Egg Whites



**MEAL TWO**  
Simple Tuna Salad with Edamame and Apples, Fresh Strawberries, Blueberry...



**MEAL THREE**  
Chicken Fajita Bowl with Black Beans, Cilantro Lime Rice



**SNACK**  
Edamame, Dates



**SNACK 2**  
FASTer Way Almond Butter Smoothie

## THU - REG MACRO



**MEAL ONE**  
Apple Cinnamon Overnight Oats, Scrambled Egg Whites



**MEAL TWO**  
Simple Tuna Salad with Edamame and Apples, Fresh Strawberries, Blueberry...



**MEAL THREE**  
Chicken Fajita Bowl with Black Beans, Cilantro Lime Rice



**SNACK**  
Edamame, Dates



**SNACK 2**  
FASTer Way Almond Butter Smoothie

## FRI - LOW MACRO



**MEAL ONE**  
Apple Cinnamon Overnight Oats



**MEAL TWO**  
Simple Tuna Salad with Edamame and Apples, Fresh Strawberries, Blueberry...



**MEAL THREE**  
Roasted Red Pepper & Tomato Pasta, Men's Zucchini Meatballs



**SNACK**  
Mixed Berries with Almond Butter

## SAT - REG MACRO



**MEAL ONE**  
FASTer Way Chocolate Baked Oats, 3 Slices Turkey Bacon



**MEAL TWO**  
Roasted Red Pepper & Tomato Pasta, Men's Zucchini Meatballs



**MEAL THREE**  
Men's Pesto Chicken & Tomatoes with Quinoa, Steamed Green Beans



**SNACK**  
Mixed Berries with Almond Butter



**SNACK 2**  
FASTer Way Cinnamon Roll Smoothie

## SUN - LOW MACRO



**MEAL ONE**  
Men's Scrambled Eggs with Spinach, 3 Slices Turkey Bacon



**MEAL TWO**  
Men's Pesto Chicken & Tomatoes with Quinoa, Steamed Green Beans



**MEAL THREE**  
Ginger Chicken Stir Fry, Steamed White Rice (Larger Serving)



**SNACK**  
Mixed Berries with Almond Butter



**SNACK 2**  
Banana with Cinnamon & Almond Butter



### MON - LOW CARB

**FAT 52%**    **CARBS 18%**    **PROTEIN 30%**

**Calories**2423                      Cholesterol 253mg  
**Fat** 139g                              Sodium 4552mg  
**Carbs** 110g                            Vitamin C 155mg  
**Fiber** 38g                              Vitamin D 1333IU  
**Sugar** 21g                              Magnesium 522mg  
**Protein** 183g                          Zinc 16mg

### TUE - LOW CARB

**FAT 52%**    **CARBS 18%**    **PROTEIN 30%**

**Calories**2423                      Cholesterol 253mg  
**Fat** 139g                              Sodium 4552mg  
**Carbs** 110g                            Vitamin C 155mg  
**Fiber** 38g                              Vitamin D 1333IU  
**Sugar** 21g                              Magnesium 522mg  
**Protein** 183g                          Zinc 16mg

### WED - REG MACRO

**FAT 29%**    **CARBS 41%**    **PROTEIN 30%**

**Calories**2315                      Cholesterol 153mg  
**Fat** 75g                                Sodium 1884mg  
**Carbs** 237g                            Vitamin C 260mg  
**Fiber** 46g                              Vitamin D 215IU  
**Sugar** 107g                            Magnesium 525mg  
**Protein** 173g                          Zinc 9mg

### THU - REG MACRO

**FAT 29%**    **CARBS 41%**    **PROTEIN 30%**

**Calories**2315                      Cholesterol 153mg  
**Fat** 75g                                Sodium 1884mg  
**Carbs** 237g                            Vitamin C 260mg  
**Fiber** 46g                              Vitamin D 215IU  
**Sugar** 107g                            Magnesium 525mg  
**Protein** 173g                          Zinc 9mg

### FRI - LOW MACRO

**FAT 32%**    **CARBS 38%**    **PROTEIN 30%**

**Calories**1805                      Cholesterol 178mg  
**Fat** 65g                                Sodium 1732mg  
**Carbs** 171g                            Vitamin C 234mg  
**Fiber** 45g                              Vitamin D 118IU  
**Sugar** 67g                              Magnesium 359mg  
**Protein** 134g                          Zinc 15mg

### SAT - REG MACRO

**FAT 29%**    **CARBS 40%**    **PROTEIN 31%**

**Calories**2448                      Cholesterol 305mg  
**Fat** 80g                                Sodium 2433mg  
**Carbs** 244g                            Vitamin C 218mg  
**Fiber** 51g                              Vitamin D 41IU  
**Sugar** 72g                              Magnesium 561mg  
**Protein** 188g                          Zinc 19mg

### SUN - LOW MACRO

**FAT 28%**    **CARBS 41%**    **PROTEIN 31%**

**Calories**1817                      Cholesterol 664mg  
**Fat** 57g                                Sodium 3366mg  
**Carbs** 184g                            Vitamin C 273mg  
**Fiber** 32g                              Vitamin D 85IU  
**Sugar** 35g                              Magnesium 468mg  
**Protein** 142g                          Zinc 9mg



## FRUITS

- 3/4 Apple
- 2 1/8 Avocado
- 2 1/2 Banana
- 1 1/2 cups Blackberries
- 1 1/2 cups Blueberries
- 1 1/2 Green Apple
- 2 1/2 tbsps Lemon Juice
- 2 tbsps Lime Juice
- 3 1/4 cups Raspberries
- 1 1/2 cups Strawberries

## SEEDS, NUTS & SPICES

- 1/2 cup Almond Butter (no Added Sugar Or Oil)
- 1/4 cup Almonds
- 2/3 tsp Black Pepper
- 1 1/2 tbsps Chia Seeds
- 1 1/2 tps Chili Powder
- 1/3 tsp Garlic Powder
- 2 1/16 tps Ground Cinnamon
- 2 1/8 tps Ground Cumin
- 2/3 cup Macadamia Nuts
- 1/8 tsp Nutmeg
- 2 tbsps Peanut Butter (no Added Sugar Or Oil)
- 1/2 tsp Red Pepper Flakes
- 1 2/3 tps Sea Salt
- 1/3 cup Walnuts

## FROZEN

- 3 1/2 cups Frozen Edamame (shelled)

## VEGETABLES

- 2 cups Broccoli
- 3/4 stalk Celery
- 1/2 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 13 Cremini Mushrooms
- 1 Cucumber
- 1/2 tsp Fresh Ginger
- 6 1/3 Garlic Clove
- 3/4 tsp Ginger
- 3 1/16 cups Green Beans
- 1/2 Green Bell Pepper
- 1/2 head Green Lettuce
- 3 stalks Green Onion
- 2 cups Kale
- 1 cup Kale Leaves
- 1/2 Orange Bell Pepper
- 1/3 cup Parsley
- 2 1/4 Red Bell Pepper
- 1/4 cup Red Onion
- 4 1/4 cups Spinach
- 4 1/4 Tomato
- 1/4 Yellow Bell Pepper
- 1/8 Yellow Onion
- 1 Zucchini

## BOXED & CANNED

- 1/2 cup Brown Rice
- 1 cup Canned Black Beans
- 10 ozs Canned Wild Salmon
- 6 ozs Chickpea Pasta
- 1 cup Jasmine Rice
- 1/2 cup Quinoa
- 3 cans Tuna

## BREAD, FISH, MEAT & CHEESE

- 13 ozs Chicken Breast (boneless, Skinless)
- 12 ozs Chicken Thighs
- 8 ozs Flank Steak
- 12 ozs Lean Ground Beef (93/7)
- 8 ozs Sliced Ham (no Nitrite/nitrates Or Added Sugar)
- 6 slices Turkey Bacon

## CONDIMENTS & OILS

- 1 2/3 tbsps Avocado Oil
- 1 tsp Coconut Oil
- 2 1/2 tps Dairy Free Pesto
- 3 tbsps Dijon Mustard
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tps Fish Sauce
- 2 3/4 tps Maple Syrup
- 3 tbsps Mayonnaise (made With Avocado Or Olive Oil)
- 3 1/2 tps Tamari

## COLD

- 4 1/8 cups Egg Whites
- 2 Egg(s)
- 5 1/3 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Milk Yogurt

## OTHER

- 3 scoops Faster Way Chocolate Protein Powder
- 5 scoops Faster Way Unflavored Collagen
- 8 scoops Faster Way Vanilla Protein Powder



## BAKING

- 1/2 tsp Arrowroot Powder
- 1/8 tsp Baking Powder
- 1 tsp Cocoa Powder
- 1 1/2 tps Coconut Sugar
- 3 tbsps Honey
- 2 tps Nutritional Yeast
- 6 Pitted Medjool Date
- 1 3/4 cups Rolled Oats
- 1 1/4 tps Vanilla Extract



# Fluffy Kale & Mushroom Egg White Omelette

1 SERVING 10 MINUTES



## INGREDIENTS

2/3 cup Water (divided)  
1 cup Kale (21 grams)  
4 Cremini Mushrooms (40 grams)  
1 tsp Nutritional Yeast  
1/8 tsp Garlic Powder  
1/8 tsp Sea Salt  
1 cup Egg Whites

## NUTRITION

### AMOUNT PER SERVING

Calories	162	Cholesterol	0mg
Fat	1g	Sodium	725mg
Carbs	6g	Vitamin C	21mg
Fiber	2g	Vitamin D	5IU
Sugar	3g	Magnesium	44mg
Protein	31g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Chop the kale. Dice the mushrooms.
- 02 In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the kale, mushrooms, nutritional yeast, garlic powder, and salt until soft, about two minutes. Set aside.
- 03 Add a splash of the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate.
- 04 Arrange the kale and mushrooms down the middle of each omelette. Fold the sides of the omelette towards the center and enjoy!
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# 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	162	Cholesterol	0mg
Fat	15g	Sodium	7mg
Carbs	9g	Vitamin C	10mg
Fiber	7g	Vitamin D	0IU
Sugar	1g	Magnesium	29mg
Protein	2g	Zinc	1mg



# Greek Salmon Salad

1 SERVING 10 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1 tbsp Lemon Juice  
1/16 tsp Sea Salt (to taste)  
1/16 tsp Black Pepper (to taste)  
5 ozs Canned Wild Salmon (drained)  
1/4 head Green Lettuce  
1/2 Tomato (66 grams)  
1/2 Cucumber (150 grams)  
1/2 Avocado (75 grams)  
2 tbsps Red Onion

## NUTRITION

### AMOUNT PER SERVING

Calories	548	Cholesterol	94mg
Fat	37g	Sodium	731mg
Carbs	19g	Vitamin C	31mg
Fiber	8g	Vitamin D	1217IU
Sugar	4g	Magnesium	91mg
Protein	41g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Wash the lettuce and pull the leaves apart. Drain the salmon. Chop the tomato. Thinly slice the cucumber. Slice the avocado and red onion.
- 02 In a small bowl, whisk together the oil, lemon juice, salt, and pepper.
- 03 Arrange the remaining ingredients on a serving platter. Drizzle with the dressing and enjoy!
- 04 Note - For four serving follow these measurements - 1/4 cup Extra Virgin Olive Oil, 2 Lemon, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 1/4 lbs Canned Wild Salmon, 1 head Green Lettuce, 2 Tomato (246 grams), 2 Cucumber (600 grams), 2 Avocado (300 grams), 1/2 cup Red Onion
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Almond Snack

1 SERVING 1 MINUTE



## INGREDIENTS

2 tbsps Almonds

## DIRECTIONS

01 Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	103	Cholesterol	0mg
Fat	9g	Sodium	0mg
Carbs	4g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	48mg
Protein	4g	Zinc	1mg



# One Pan Beef & Broccoli

1 SERVING 15 MINUTES



## INGREDIENTS

4 ozs Flank Steak  
1 tbsp Tamari (divided)  
3/4 tsp Coconut Sugar (divided)  
3/4 tsp Avocado Oil (divided)  
1 1/2 tsps Water  
3/4 tsp Fish Sauce  
1/4 tsp Arrowroot Powder  
3/4 cup Broccoli (53 grams)  
2 1/2 Cremini Mushrooms (50 grams)  
3/4 Garlic Clove  
1/4 tsp Fresh Ginger

## NUTRITION

### AMOUNT PER SERVING

Calories	276	Cholesterol	77mg
Fat	13g	Sodium	1445mg
Carbs	11g	Vitamin C	63mg
Fiber	2g	Vitamin D	8IU
Sugar	5g	Magnesium	59mg
Protein	30g	Zinc	5mg

## DIRECTIONS

- 01 Add the beef, 3/4 tsp of the tamari, 3/8 tsp of the coconut sugar, and 1/4 tsp of the oil to a large bowl. Gently toss to combine and set aside.
- 02 Whisk the remaining tamari, remaining coconut sugar, water, fish sauce, and arrowroot powder in a small bowl. Set aside.
- 03 Prep note: Thinly slice the flank steak going against the grain. Chop the broccoli into florets. Slice the mushrooms. Thinly slice the garlic. Mince the ginger.
- 04 Heat a large wok or pan over medium-high heat. Add the remaining oil. Once hot, add the beef in a single layer and cook for two minutes, flipping once. Remove with a slotted spoon and set aside on a plate. If needed, repeat with any remaining beef.
- 05 Add the broccoli and cook for one minute. Add the mushrooms and cook for one to two minutes, stirring often until the mushrooms are softened. Add a splash of water if needed to avoid sticking.
- 06 Reduce the heat to medium. Add the garlic and ginger and return the beef to the pan. Add the sauce and cook for one to two minutes, until everything is well coated and the sauce has thickened. Plate and enjoy!
- 07 Note: For four servings follow these measurements - 1 lb Flank Steak, 1/4 cup Tamari (divided), 1 tbsp Coconut Sugar (divided), 1 tbsp Avocado Oil (divided), 2 tsps Water, 1 tsp Fish Sauce, 1 tsp Arrowroot Powder, 3 cup Broccoli (212 grams), 10 Cremini Mushrooms (200 grams), 3 Garlic Cloves, 1 tsp Fresh Ginger
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# 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 Monday, half on Tuesday.



# 4 Ounces Ham

1 SERVING 5 MINUTES



## INGREDIENTS

4 ozs Sliced Ham (no Nitrite/nitrates Or Added Sugar) (uncured)

## DIRECTIONS

- 01 Warm in a non-stick skillet until slightly brown or serve sliced and cold. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	152	Cholesterol	76mg
Fat	7g	Sodium	1177mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	2IU
Sugar	1g	Magnesium	23mg
Protein	22g	Zinc	3mg



# Macadamia Nuts with Raspberries

1 SERVING 2 MINUTES



## INGREDIENTS

1/3 cup Macadamia Nuts (42 grams)  
1/2 cup Raspberries (60 grams)

## DIRECTIONS

01 Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	353	Cholesterol	0mg
Fat	34g	Sodium	3mg
Carbs	14g	Vitamin C	17mg
Fiber	8g	Vitamin D	0IU
Sugar	5g	Magnesium	72mg
Protein	4g	Zinc	1mg



# FASTER Way 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) (16 grams)
- 1 cup Spinach (31 grams)
- 1 scoop Faster Way Chocolate Protein Powder
- 1 scoop Faster Way Unflavored Collagen

## DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore it is not factored into total protein of this recipe.

## NUTRITION

### AMOUNT PER SERVING

Calories	347	Cholesterol	3mg
Fat	20g	Sodium	324mg
Carbs	10g	Vitamin C	13mg
Fiber	7g	Vitamin D	101IU
Sugar	1g	Magnesium	100mg
Protein	26g	Zinc	1mg



# Protein Powder

1 SERVING 1 MINUTE



## INGREDIENTS

1 scoop Faster Way Vanilla Protein Powder

## DIRECTIONS

01 Feel free to add to your smoothie for some additional protein!

## NUTRITION

### AMOUNT PER SERVING

Calories	90	Cholesterol	3mg
Fat	1g	Sodium	135mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	20g	Zinc	0mg



# Apple Cinnamon Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/3 cup Rolled Oats (27 grams)  
1/3 cup Unsweetened Almond Milk  
1 1/2 tsp Chia Seeds  
3/4 tsp Maple Syrup  
1/4 tsp Ground Cinnamon  
1/16 tsp Nutmeg  
1/4 tsp Vanilla Extract  
2 tbsps Water  
1/4 Apple (26 grams)  
2 tbsps Walnuts (13 grams)  
1 scoop Faster Way Vanilla Protein Powder

## DIRECTIONS

- 01 Prep note: Core and dice the apple. Chop the walnuts.
- 02 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, protein powder, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 03 Remove from fridge. Use a single-serving size jar (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 04 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of maple syrup.
- 05 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	372	Cholesterol	3mg
Fat	16g	Sodium	192mg
Carbs	34g	Vitamin C	2mg
Fiber	7g	Vitamin D	34IU
Sugar	9g	Magnesium	89mg
Protein	27g	Zinc	2mg



# Scrambled Egg Whites

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/2 tsps Avocado Oil  
3/4 cup Egg Whites  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	154	Cholesterol	0mg
Fat	7g	Sodium	598mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	1g	Magnesium	20mg
Protein	20g	Zinc	0mg

## DIRECTIONS

- 01 Heat the oil in a pan over medium to high heat.
- 02 Add egg whites to the skillet and season with salt. Gently stir until cooked through, about 3 to 4 minutes. Adjust salt as needed.
- 03 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



# Simple Tuna Salad with Edamame and Apples

1 SERVING 10 MINUTES



## INGREDIENTS

1 can Tuna (32 grams of protein)  
1/2 Green Apple (50 grams)  
1 stalk Green Onion (10 grams)  
1 tbsp Mayonnaise (made With Avocado Or Olive Oil)  
1/2 cup Frozen Edamame (shelled) (85 grams)  
1 tbsp Dijon Mustard

## DIRECTIONS

- 01 Prep note: Drain the tuna. Chop the apple. Finely slice the green onion. Thaw the edamame.
- 02 Add all ingredients to a large bowl and mix until well combined. 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	396	Cholesterol	65mg
Fat	16g	Sodium	667mg
Carbs	19g	Vitamin C	6mg
Fiber	7g	Vitamin D	79IU
Sugar	10g	Magnesium	94mg
Protein	42g	Zinc	2mg



# Fresh Strawberries, Blueberries and Honey

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Strawberries  
1/2 cup Blueberries  
1 tbsp Honey

## DIRECTIONS

01 Place berries in a bowl and drizzle with honey. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	125	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	33g	Vitamin C	50mg
Fiber	3g	Vitamin D	0IU
Sugar	27g	Magnesium	14mg
Protein	1g	Zinc	0mg



# Chicken Fajita Bowl with Black Beans

1 SERVING 40 MINUTES



## INGREDIENTS

1/2 Red Bell Pepper (30 grams)  
1/4 Orange Bell Pepper (30 grams)  
1/4 Green Bell Pepper (30 grams)  
1 1/2 tbsps Extra Virgin Olive Oil  
4 ozs Chicken Breast (boneless, Skinless)  
3/4 tsp Ground Cumin  
3/4 tsp Chili Powder  
1/2 cup Canned Black Beans

## NUTRITION

### AMOUNT PER SERVING

Calories	354	Cholesterol	82mg
Fat	11g	Sodium	117mg
Carbs	30g	Vitamin C	185mg
Fiber	11g	Vitamin D	1IU
Sugar	4g	Magnesium	116mg
Protein	35g	Zinc	2mg

## DIRECTIONS

- 01 Prep note: Slice the bell peppers. Rinse the black beans.
- 02 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 03 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
- 04 Bake for 30 minutes, or until chicken is cooked through.
- 05 Heat the beans and layer the fajita mixture on top of them in a bowl. Enjoy!
- 06 Note: For four servings follow these measurements - 2 Red Bell Pepper (120 grams), 1 Orange Bell Pepper (120 grams), 1 Green Bell Pepper (120 grams), 2 tbsps Extra Virgin Olive Oil, 1 lb Chicken Breast (boneless, skinless), 1 tbsp Ground Cumin, 1 tbsp Chili Powder, 2 cups Canned Black Beans
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



# Cilantro Lime Rice

1 SERVING 15 MINUTES



## INGREDIENTS

1/4 cup Jasmine Rice (dry)  
1 tbsp Cilantro  
1 tbsp Lime Juice

## NUTRITION

### AMOUNT PER SERVING

Calories	164	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	39g	Vitamin C	5mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	1mg
Protein	3g	Zinc	0mg

## DIRECTIONS

- 01 Prep note: Chop the cilantro.
- 02 Cook the rice according to the package directions. Note: 1/4 cup dry rice is equal to about 3/4 cup cooked rice.
- 03 Once the rice is cooked, stir in the cilantro and lime juice. Serve and enjoy!
- 04 Note: For four servings follow these measurements - 1 cup Jasmine Rice (dry), 1/4 cup Cilantro, 4 tbsp Lime Juice
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



# Edamame

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Frozen Edamame (shelled) (170 grams)

## DIRECTIONS

- 01 Thaw the edamame. Enjoy as a snack or add as a side to a main dish, salad or soup. Add seasoning to your liking.

## NUTRITION

### AMOUNT PER SERVING

Calories	188	Cholesterol	0mg
Fat	8g	Sodium	9mg
Carbs	14g	Vitamin C	9mg
Fiber	8g	Vitamin D	0IU
Sugar	3g	Magnesium	99mg
Protein	18g	Zinc	2mg



# Dates

1 SERVING 1 MINUTE



## INGREDIENTS

3 Pitted Medjool Date (72 grams total)

## DIRECTIONS

01 Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	200	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	54g	Vitamin C	0mg
Fiber	5g	Vitamin D	0IU
Sugar	48g	Magnesium	0mg
Protein	1g	Zinc	0mg



# FASTER Way Almond Butter Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

- 1 1/2 tbsps Almond Butter (no Added Sugar Or Oil) (24 grams)
- 1/4 Banana (25 grams peeled, frozen)
- 1 cup Unsweetened Almond Milk
- 1 scoop Faster Way Vanilla Protein Powder
- 1 scoop Faster Way Unflavored Collagen

## DIRECTIONS

- 01 Add all ingredients to blender until mixed. Add ice to reach desired consistency and enjoy!
- 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	335	Cholesterol	3mg
Fat	17g	Sodium	298mg
Carbs	13g	Vitamin C	3mg
Fiber	4g	Vitamin D	101IU
Sugar	5g	Magnesium	92mg
Protein	26g	Zinc	1mg



# Roasted Red Pepper & Tomato Pasta

1 SERVING 40 MINUTES



## INGREDIENTS

- 1/2 Red Bell Pepper (59 grams)
- 1 1/2 Tomato (184 grams)
- 1 1/2 Garlic Clove
- 1 1/2 tsps Water
- 3 ozs Chickpea Pasta
- 1/4 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt (to taste)
- 2 tbsps Parsley
- 1/8 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	337	Cholesterol	0mg
Fat	6g	Sodium	462mg
Carbs	59g	Vitamin C	114mg
Fiber	15g	Vitamin D	0IU
Sugar	10g	Magnesium	27mg
Protein	24g	Zinc	1mg

## DIRECTIONS

- 01 Prep note: Cook the pasta according to package directions. Prepare a rimmed baking sheet with parchment paper (optional). Chop the red bell pepper.
- 02 Preheat the oven to 400°F (205°C).
- 03 Add the red pepper, tomatoes, and garlic cloves to a baking sheet. Add water and season with salt and pepper. Toss to combine. Bake in the oven for 30 minutes.
- 04 Once the vegetables have finished baking, remove the garlic cloves from their skins and transfer everything to a blender. Add red pepper flakes and blend until smooth and creamy.
- 05 Combine the pasta with the sauce and mix until well coated. Top with parsley, serve, and enjoy!
- 06 Note: For four servings follow these measurements - 2 Red Bell Pepper (238 grams), 6 Tomato (738 grams), 6 Garlic Cloves, 2 tbsps Water, Sea Salt & Black Pepper (to taste), 12 ozs Chickpea Pasta, 1 tsp Red Pepper Flakes, 1/2 cup Parsley, 1/8 tsp Sea Salt (to taste), 1/8 tsp Black Pepper (to taste)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



# Men's Zucchini Meatballs

1 SERVING 25 MINUTES



## INGREDIENTS

- 1/2 Zucchini (98 grams)
- 6 ozs Lean Ground Beef (93/7)
- 2/3 Garlic Clove
- 1/3 tsp Ground Cumin
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 2 tsps Parsley
- 3/4 tsp Lemon Juice

## NUTRITION

### AMOUNT PER SERVING

Calories	323	Cholesterol	110mg
Fat	17g	Sodium	270mg
Carbs	5g	Vitamin C	23mg
Fiber	1g	Vitamin D	5IU
Sugar	3g	Magnesium	56mg
Protein	35g	Zinc	9mg

## DIRECTIONS

- 01 Prep note: Shred the zucchini. Mince the garlic. Chop the parsley.
- 02 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 03 Use a clean kitchen towel or cheesecloth to squeeze out as much water as possible from the zucchinis.
- 04 In a bowl, add the beef, zucchini, garlic, cumin, salt, and pepper and mix well. Divide the mixture evenly into meatballs, approximately two inches (6 cm) in diameter. Place onto the baking sheet.
- 05 Cook in the oven for about 12 to 15 minutes or until cooked through.
- 06 Transfer the meatballs onto a plate. Top with parsley and squeeze lemon juice on top. Enjoy!
- 07 Note: For four servings follow these measurements - 2 Zucchini (392 grams), 1 1/2 lb Lean Ground Beef (93/7), 2 2/3 Garlic Clove, 1 1/3 tsps Ground Cumin, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 2 2/3 tbsps Parsley, 1 tbsp Lemon Juice
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



# 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 Chocolate Baked Oats

1 SERVING 30 MINUTES



## INGREDIENTS

1/4 tsp Coconut Oil  
1/3 cup Rolled Oats (27 grams)  
1/3 cup Unsweetened Almond Milk  
1 tbsp Maple Syrup  
2 tbsps Egg Whites  
1/8 tsp Sea Salt  
1/8 tsp Baking Powder  
1 tsp Cocoa Powder  
1 scoop FASTER Way Chocolate Protein Powder  
2 tbsps Peanut Butter (no Added Sugar Or Oil) (divided)

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Grease ramekin with the oil.
- 02 In a blender, combine the oats, milk, maple syrup, egg, salt, baking powder, cocoa powder, protein powder, and half the peanut butter. Blend on high until very smooth, about one minute.
- 03 Pour the mixture into a ramekin and bake for 25 to 27 minutes until cooked through and a toothpick inserted in the center comes out clean. Let cool slightly, top with additional peanut butter and enjoy!
- 04 Note: For four servings follow these measurements - 1 tsp Coconut Oil, 1 1/3 cups Rolled Oats (27 grams), 1 1/3 cups Unsweetened Almond Milk, 1/4 cup Maple Syrup, 1/2 cup Egg Whites, 1/2 tsp Sea Salt, 1/2 tsp Baking Powder, 1 1/3 tbsps Cocoa Powder, 4 scoops FASTER Way Chocolate Protein Powder, 1/2 cup Peanut Butter (no Added Sugar Or Oil) (divided)

## NUTRITION

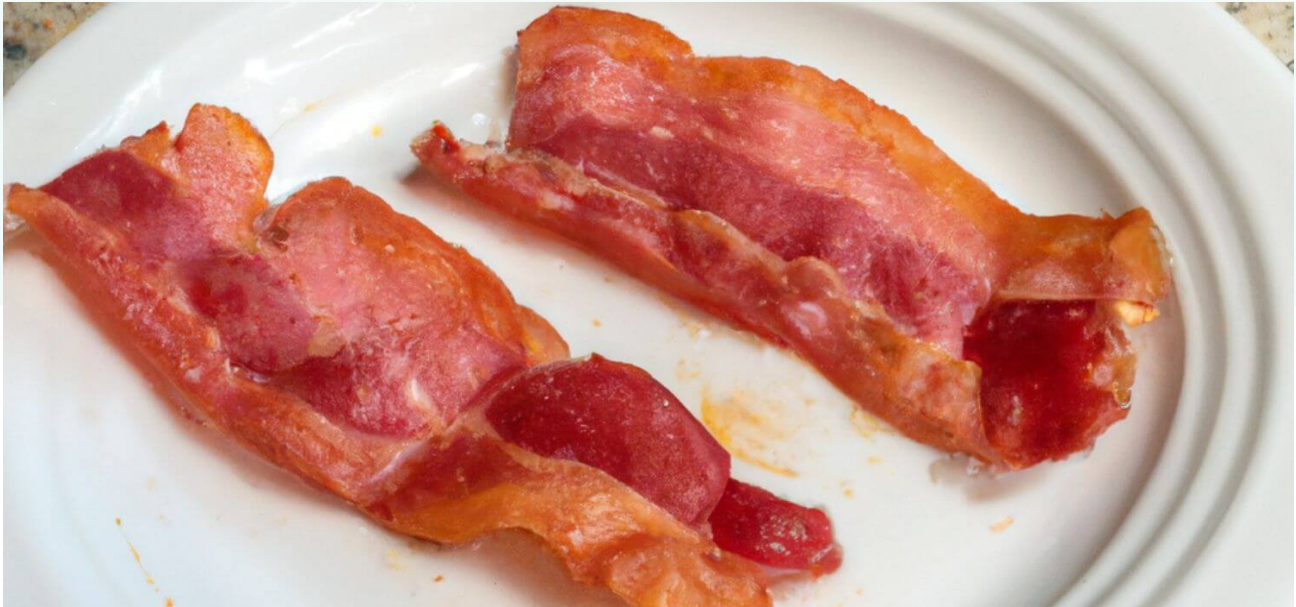
### AMOUNT PER SERVING

Calories	476	Cholesterol	3mg
Fat	21g	Sodium	605mg
Carbs	41g	Vitamin C	0mg
Fiber	5g	Vitamin D	34IU
Sugar	16g	Magnesium	113mg
Protein	35g	Zinc	2mg



# 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 Saturday, half on Sunday.



# Men's Pesto Chicken & Tomatoes with Quinoa

1 SERVING 20 MINUTES



## INGREDIENTS

- 1/4 cup Quinoa (dry)
- 6 ozs Chicken Thighs (boneless, skinless)
- 1/4 cup Cherry Tomatoes (37 grams)
- 1 1/4 tsps Dairy Free Pesto
- 1 cup Spinach (31 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	403	Cholesterol	159mg
Fat	12g	Sodium	228mg
Carbs	30g	Vitamin C	14mg
Fiber	4g	Vitamin D	2IU
Sugar	2g	Magnesium	154mg
Protein	41g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Cut the cherry tomatoes in half.
- 02 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 03 Cook the quinoa according to the package directions.
- 04 Toss the chicken and cherry tomatoes with the pesto until well coated. Add the chicken and tomatoes to the baking dish and bake for 15 to 20 minutes or until the chicken is cooked through.
- 05 Serve the quinoa in a bowl and top with spinach. Place the chicken thighs and cherry tomatoes over top of the spinach. Spoon residual sauce from the baking dish on top of the dish. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 1 1/2 lb Chicken Thighs (boneless, skinless), 1 cup Cherry Tomatoes (37 grams), 1 2/3 tsps Dairy Free Pesto, 4 cups Spinach (31 grams)
- 07 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.



# 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 Scrambled Eggs with Spinach

1 SERVING 15 MINUTES



## INGREDIENTS

- 2 Egg(s)
- 1/2 cup Egg Whites
- 1/4 Tomato (61 grams)
- 1/4 Yellow Bell Pepper (60 grams)
- 1/4 cup Spinach (15 grams)
- 1/8 tsp Garlic Powder
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1/2 tsp Avocado Oil

## DIRECTIONS

- 01 Prep note: Chop the tomato and bell pepper.
- 02 Crack the eggs into a bowl and add the eggs whites. Whisk well. Note: 1/4 cup egg whites is about 4 egg whites from whole eggs.
- 03 Add the tomato, bell pepper, spinach, garlic powder, salt, and pepper and mix to combine.
- 04 Heat the oil in a pan over medium heat. Pour the egg mixture into the pan and scramble until it is cooked to your liking.
- 05 Plate and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	247	Cholesterol	372mg
Fat	12g	Sodium	510mg
Carbs	6g	Vitamin C	92mg
Fiber	1g	Vitamin D	82IU
Sugar	1g	Magnesium	40mg
Protein	27g	Zinc	2mg



# Ginger Chicken Stir Fry

1 SERVING 30 MINUTES



## INGREDIENTS

- 1 1/2 tbsps Tamari
- 1/2 Garlic Clove (minced)
- 3/4 tsp Ginger (peeled and grated)
- 3/4 tsp Coconut Oil
- 1/8 Yellow Onion (19 grams)
- 3/4 stalk Celery (30 grams)
- 1/4 Red Bell Pepper (30 grams)
- 1/2 cup Broccoli (35 grams)
- 5 ozs Chicken Breast (boneless, Skinless)
- 1 cup Kale Leaves (21 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	260	Cholesterol	103mg
Fat	8g	Sodium	1624mg
Carbs	10g	Vitamin C	100mg
Fiber	4g	Vitamin D	1IU
Sugar	4g	Magnesium	75mg
Protein	37g	Zinc	1mg

## DIRECTIONS

- 01 Prep Note: Mince garlic. Dice yellow onion and red bell pepper. Slice celery. Chop broccoli into florets. Chop kale. Chop chicken breast into bite size pieces.
- 02 Mix together tamari (or coconut aminos), garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 03 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Sauté for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 04 Plate stir fry. Enjoy!



# Steamed White Rice (Larger Serving)

1 SERVING 20 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	320	Cholesterol	0mg
Fat	0g	Sodium	5mg
Carbs	76g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	0g	Magnesium	5mg
Protein	6g	Zinc	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!



# 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

