

# FASTER WAY

T O F A T L O S S <sup>®</sup>



NEW CLIENT  
**MEAL GUIDE**  
WEEK FIVE

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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**  
Sausage Egg Muffins, Mixed Berries with Almond Butter



**MEAL TWO**  
Cobb Salad



**MEAL THREE**  
Men's Meatloaf Muffins with Mashed Cauliflower, Grilled Vegetables



**SNACK**  
FASTer Way Chocolate Avocado Smoothie



**SNACK 2**  
Edamame, 4 Ounces Ham

## TUE - LOW CARB



**MEAL ONE**  
Sausage Egg Muffins, Mixed Berries with Almond Butter



**MEAL TWO**  
Cobb Salad



**MEAL THREE**  
Men's Meatloaf Muffins with Mashed Cauliflower, Grilled Vegetables



**SNACK**  
FASTer Way Chocolate Avocado Smoothie



**SNACK 2**  
Edamame, 4 Ounces Ham

## WED - REG MACRO



**MEAL ONE**  
Raspberry Protein Overnight Oats, Scrambled Egg Whites



**MEAL TWO**  
High Protein Chicken BLT Wrap, Fruit Salad



**MEAL THREE**  
Turkey, Kale & Avocado Bowl, Steamed White Rice (Larger Serving)



**SNACK**  
FASTer Way Snickerdoodle Smoothie



**SNACK 2**  
Edamame, Sliced Turkey

## THU - REG MACRO



**MEAL ONE**  
Raspberry Protein Overnight Oats, Scrambled Egg Whites



**MEAL TWO**  
Turkey, Kale & Avocado Bowl, Steamed White Rice (Larger Serving)



**MEAL THREE**  
Chicken with Sweet Potatoes & Brussels Sprouts



**SNACK**  
FASTer Way Strawberry Banana Almond Smoothie



**SNACK 2**  
Edamame, Sliced Turkey

## FRI - LOW MACRO



**MEAL ONE**  
Raspberry Protein Overnight Oats, Scrambled Egg Whites



**MEAL TWO**  
Chicken with Sweet Potatoes & Brussels Sprouts



**MEAL THREE**  
Men's Pizza Stuffed Zucchini Boats, Steamed Broccoli



**SNACK**  
FASTer Way Cinnamon Roll Smoothie



**SNACK 2**  
Blackberries, Almond Butter

## SAT - REG MACRO



**MEAL ONE**  
Eggs your Way with Turkey Bacon, Mixed Berries with Almond Butter



**MEAL TWO**  
Men's Pizza Stuffed Zucchini Boats, Steamed Broccoli



**MEAL THREE**  
Tilapia Fish Tacos, Cilantro Lime Rice



**SNACK**  
FASTer Way Cinnamon Roll Smoothie



**SNACK 2**  
Edamame, Ham

## SUN - LOW MACRO



**MEAL ONE**  
Raspberry Chia Seed Pudding, Almond Butter



**MEAL TWO**  
Tilapia Fish Tacos, Cilantro Lime Rice



**MEAL THREE**  
Men's Chicken Fajita Bowl with Black Beans



**SNACK**  
FASTer Way Snickerdoodle Smoothie



### MON - LOW CARB

**FAT 52%**    **CARBS 17%**    **PROTEIN 31%**

**Calories**2420                      Cholesterol 987mg  
**Fat** 140g                            Sodium 5012mg  
**Carbs** 102g                        Vitamin C 286mg  
**Fiber** 47g                         Vitamin D 239IU  
**Sugar** 40g                        Magnesium 528mg  
**Protein** 188g                      Zinc 25mg

### TUE - LOW CARB

**FAT 52%**    **CARBS 17%**    **PROTEIN 31%**

**Calories**2420                      Cholesterol 987mg  
**Fat** 140g                            Sodium 5012mg  
**Carbs** 102g                        Vitamin C 286mg  
**Fiber** 47g                         Vitamin D 239IU  
**Sugar** 40g                        Magnesium 528mg  
**Protein** 188g                      Zinc 25mg

### WED - REG MACRO

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

**Calories**2411                      Cholesterol 254mg  
**Fat** 79g                              Sodium 3561mg  
**Carbs** 249g                        Vitamin C 136mg  
**Fiber** 46g                         Vitamin D 208IU  
**Sugar** 68g                        Magnesium 434mg  
**Protein** 176g                      Zinc 11mg

### THU - REG MACRO

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

**Calories** 2369                      Cholesterol 255mg  
**Fat** 77g                              Sodium 3292mg  
**Carbs** 236g                        Vitamin C 301mg  
**Fiber** 50g                         Vitamin D 233IU  
**Sugar** 49g                        Magnesium 534mg  
**Protein** 183g                      Zinc 12mg

### FRI - LOW MACRO

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

**Calories** 1819                      Cholesterol 165mg  
**Fat** 59g                              Sodium 1825mg  
**Carbs** 181g                        Vitamin C 266mg  
**Fiber** 46g                         Vitamin D 97IU  
**Sugar** 55g                        Magnesium 461mg  
**Protein** 141g                      Zinc 11mg

### SAT - REG MACRO

**FAT 33%**    **CARBS 38%**    **PROTEIN 29%**

**Calories**2432                      Cholesterol 689mg  
**Fat** 88g                              Sodium 3987mg  
**Carbs** 232g                        Vitamin C 220mg  
**Fiber** 48g                         Vitamin D 105IU  
**Sugar** 51g                        Magnesium 459mg  
**Protein** 178g                      Zinc 14mg

### SUN - LOW MACRO

**FAT 29%**    **CARBS 42%**    **PROTEIN 29%**

**Calories** 1848                      Cholesterol 193mg  
**Fat** 60g                              Sodium 1313mg  
**Carbs** 193g                        Vitamin C 241mg  
**Fiber** 39g                         Vitamin D 153IU  
**Sugar** 43g                        Magnesium 381mg  
**Protein** 134g                      Zinc 5mg



## FRUITS

- 1 1/2 Avocado
- 5 1/2 Banana
- 2 1/2 cups Blackberries
- 1/4 cup Lemon Juice
- 1/4 cup Lime Juice
- 4 1/4 cups Raspberries

## SEEDS, NUTS & SPICES

- 2/3 cup Almond Butter (no Added Sugar Or Oil)
- 1/2 tsp Black Pepper
- 2 tbsps Chia Seeds
- 3/4 tsp Chili Powder
- 1/4 tsp Dried Thyme
- 1/8 tsp Garlic Powder
- 1 1/3 tbsps Ground Cinnamon
- 3/4 tsp Ground Cumin
- 1/4 cup Ground Flax Seed
- 2/3 tsp Ground Sage
- 1/2 tsp Italian Seasoning
- 1/4 tsp Onion Powder
- 1/8 tsp Oregano
- 2 1/2 tps Sea Salt
- 2 tps Taco Seasoning

## FROZEN

- 1 cup Berries
- 1 Brown Rice Tortilla
- 3 1/16 cups Frozen Cauliflower
- 5 cups Frozen Edamame (shelled)
- 1 1/2 cups Frozen Strawberries

## VEGETABLES

- 1 bunch Broccoli
- 2 cups Brussels Sprouts
- 1 cup Cilantro
- 1 Cucumber
- 1/2 Eggplant
- 1 1/2 Garlic Clove
- 1/2 Green Bell Pepper
- 1 cup Green Cabbage
- 4 stalks Green Onion
- 4 cups Kale
- 1/16 head Lettuce
- 1/4 cup Mushrooms
- 1/4 Orange Bell Pepper
- 1 1/2 Red Bell Pepper
- 1 tbsp Red Onion
- 6 cups Romaine
- 2 cups Spinach
- 2 Sweet Potato
- 1/4 Tomato
- 6 White Button Mushrooms
- 2/3 Yellow Onion
- 4 Zucchini

## BOXED & CANNED

- 1/2 cup Canned Black Beans
- 1/3 cup Canned Coconut Milk (full Fat)
- 1 1/2 cups Jasmine Rice

## BAKING

- 2 Pitted Medjool Date
- 2 cups Rolled Oats
- 1 tbsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 2 slices Bacon
- 1 1/2 lbs Chicken Breast (boneless, Skinless)
- 6 ozs Chicken Sausage
- 6 Corn Tortilla
- 1 lb Lean Ground Beef (93/7)
- 8 ozs Lean Ground Pork
- 8 ozs Lean Ground Turkey (93/7)
- 14 ozs Sliced Ham (no Nitrite/nitrates Or Added Sugar)
- 12 ozs Sliced Turkey Breast (no Nitrates/nitrites Or Added Sugar)
- 9 ozs Tilapia Fillet
- 5 slices Turkey Bacon

## CONDIMENTS & OILS

- 1 2/3 tbsps Avocado Oil
- 1 2/3 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 1/8 tbsps Maple Syrup
- 1 tsp Mayonnaise (made With Avocado Or Olive Oil)
- 1/2 cup Tomato Sauce

## COLD

- 2 1/4 cups Egg Whites
- 8 Egg(s)
- 1/4 cup Guacamole
- 8 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Milk Yogurt
- 1 1/2 ozs Vegan Cheese Shreds

## OTHER

- 2 scoops Faster Way Chocolate Protein Powder
- 6 scoops Faster Way Unflavored Collagen
- 9 scoops Faster Way Vanilla Protein Powder



# Sausage Egg Muffins

1 SERVING 30 MINUTES



## INGREDIENTS

1/4 tsp Extra Virgin Olive Oil  
3 ozs Chicken Sausage (casing removed)  
2 Egg(s)  
1/16 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	337	Cholesterol	474mg
Fat	23g	Sodium	1169mg
Carbs	8g	Vitamin C	0mg
Fiber	0g	Vitamin D	82IU
Sugar	2g	Magnesium	24mg
Protein	24g	Zinc	4mg

## 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 = 2 muffins): 1 1/2 tsp Extra Virgin Olive Oil, 1 1/8 lbs 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.



# 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



# 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
- 4 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	498	Cholesterol	287mg
Fat	32g	Sodium	522mg
Carbs	14g	Vitamin C	25mg
Fiber	4g	Vitamin D	47IU
Sugar	6g	Magnesium	67mg
Protein	38g	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 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.



# Men's Meatloaf Muffins with Mashed Cauliflower

1 SERVING 30 MINUTES



## INGREDIENTS

8 ozs Lean Ground Beef (93/7)  
1/3 Yellow Onion (18 grams)  
2 tsps Dijon Mustard  
1/3 tsp Ground Sage  
1/2 tsp Sea Salt (divided)  
1 1/2 cups Frozen Cauliflower (33 grams)  
2 2/3 tbsps Canned Coconut Milk (full Fat)  
1 1/3 tbsps Tomato Sauce (no added sugar)

## NUTRITION

### AMOUNT PER SERVING

Calories	550	Cholesterol	147mg
Fat	30g	Sodium	1502m...
Carbs	16g	Vitamin C	86mg
Fiber	9g	Vitamin D	7IU
Sugar	7g	Magnesium	74mg
Protein	51g	Zinc	11mg

## DIRECTIONS

- 01 Prep note: Chop yellow onion. Shake the canned coconut milk before using.
- 02 Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
- 03 In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups (1 serving is approximately 4 muffins) and bake for 20 minutes or until an internal temperature of 155 degrees F.
- 04 Meanwhile, cook cauliflower according to package instructions.
- 05 Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth. This can be done in a food processor, a high speed blender or an immersion blender.
- 06 When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!
- 07 Note: For four servings follow these measurements - 2 lb Lean Ground Beef (93/7), 1/2 Yellow Onion (74 grams), 2 tbsp Dijon Mustard, 1/2 tsp Ground Sage, 1 tsp Sea Salt (divided), 3 cups Frozen Cauliflower (132 grams), 1/3 cup Canned Coconut Milk (full fat), 2 2/3 tbsps Tomato Sauce (no added sugar)
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



# Grilled Vegetables

1 SERVING 10 MINUTES



## INGREDIENTS

- 1 Zucchini (196 grams)
- 1/2 Red Bell Pepper (60 grams)
- 1/4 Eggplant (137 grams)
- 2 tsps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	163	Cholesterol	0mg
Fat	10g	Sodium	169mg
Carbs	18g	Vitamin C	114mg
Fiber	7g	Vitamin D	0IU
Sugar	12g	Magnesium	62mg
Protein	4g	Zinc	1mg

## DIRECTIONS

- 01 Slice zucchini and eggplant about 1/4-1/2" thick in rounds.
- 02 Cut pepper in half and remove stem and seeds. Reserve half for another use. Slice half into 2 pieces.
- 03 Gently rub vegetables with olive oil. Sprinkle with salt and pepper.
- 04 Grill over medium heat or saute in a pan over medium heat until tender.
- 05 Serve as a side. Enjoy!
- 06 Note: For four servings follow these measurements - 4 Zucchini (784 grams, sliced), 2 Red Bell Pepper (200 grams), 1 Eggplant (548 grams), 1/2 cup Extra Virgin Olive Oil, 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 Monday, half on Tuesday.



# 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



# 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



# 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



# Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



## INGREDIENTS

1/3 cup Rolled Oats (27 grams)  
3/4 cup Unsweetened Almond Milk  
1 tbsp Ground Flax Seed (7 grams)  
1/4 tsp Ground Cinnamon  
1/2 cup Raspberries (60 grams, fresh or frozen, thawed)  
1 scoop Faster Way Vanilla Protein Powder

## DIRECTIONS

- 01 Add the oats, almond milk, flax seed, protein powder and cinnamon together in a large, glass jar or bowl. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Top with raspberries & 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	282	Cholesterol	3mg
Fat	7g	Sodium	258mg
Carbs	29g	Vitamin C	16mg
Fiber	9g	Vitamin D	76IU
Sugar	3g	Magnesium	64mg
Protein	27g	Zinc	1mg



# 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 Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.



# 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!



# Fruit Salad

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Berries (144 grams)  
1/2 Banana (50 grams peeled)

## DIRECTIONS

01 Add fruits to bowl and enjoy! Feel free to squeeze lemon on top or even cinnamon!

## NUTRITION

### AMOUNT PER SERVING

Calories	133	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	33g	Vitamin C	45mg
Fiber	7g	Vitamin D	0IU
Sugar	22g	Magnesium	16mg
Protein	2g	Zinc	0mg



# Turkey, Kale & Avocado Bowl

1 SERVING 20 MINUTES



## INGREDIENTS

- 1/4 tsp Avocado Oil
- 3 White Button Mushrooms
- 2 cups Kale (134 grams)
- 1/16 tsp Sea Salt (divided)
- 4 ozs Lean Ground Turkey (93/7)
- 1/8 tsp Dried Thyme
- 1/8 tsp Onion Powder
- 1/16 tsp Oregano
- 1/16 tsp Garlic Powder
- 1/2 Avocado (75 grams)

## NUTRITION

### AMOUNT PER SERVING

Calories	369	Cholesterol	84mg
Fat	26g	Sodium	258mg
Carbs	13g	Vitamin C	51mg
Fiber	9g	Vitamin D	20IU
Sugar	2g	Magnesium	73mg
Protein	26g	Zinc	4mg

## DIRECTIONS

- 01 Prep note: Slice mushrooms and avocado. Chop kale leaves.
- 02 Heat a large skillet over medium heat and add the avocado oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 03 In the same skillet, over medium heat, add the turkey, thyme, onion powder, oregano, garlic and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 04 Add the mushrooms, kale and turkey to a bowl and top with sliced avocado. Serve and enjoy!
- 05 Note: For four servings follow these measurements - 1 tsp Avocado Oil, 12 White Button Mushrooms, 8 cups Kale Leaves (536 grams), 1/4 tsp Sea Salt (divided), 1 lb Lean Ground Turkey (93/7), 1/2 tsp Dried Thyme, 1/2 tsp Onion Powder, 1/4 tsp Oregano, 1/4 tsp Garlic Powder, 2 Avocados (300 grams)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



# 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!
- 04 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday



# FASTer Way Snickerdoodle Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

- 1 scoop Faster Way Vanilla Protein Powder
- 1 Pitted Medjool Date (24 grams)
- 1 tsp Vanilla Extract
- 1 Banana (100 grams peeled, frozen)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter (no Added Sugar Or Oil)
- 1/2 tsp Ground Cinnamon
- 1 scoop Faster Way Unflavored Collagen

## DIRECTIONS

- 01 Add all ingredients to 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 is not factored into the total protein of this recipe.

## NUTRITION

### AMOUNT PER SERVING

Calories	447	Cholesterol	3mg
Fat	13g	Sodium	299mg
Carbs	51g	Vitamin C	10mg
Fiber	8g	Vitamin D	101IU
Sugar	32g	Magnesium	95mg
Protein	26g	Zinc	1mg



# Sliced Turkey

1 SERVING 5 MINUTES



## INGREDIENTS

6 ozs Sliced Turkey Breast (no Nitrates/nitrites Or Added Sugar)

## DIRECTIONS

01 Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	180	Cholesterol	83mg
Fat	6g	Sodium	1527mg
Carbs	4g	Vitamin C	0mg
Fiber	0g	Vitamin D	10IU
Sugar	2g	Magnesium	32mg
Protein	25g	Zinc	2mg



# Chicken with Sweet Potatoes & Brussels Sprouts

1 SERVING 15 MINUTES



## INGREDIENTS

- 4 ozs Chicken Breast (boneless, Skinless)
- 1 Sweet Potato (133 grams)
- 1 cup Brussels Sprouts (88 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	286	Cholesterol	82mg
Fat	3g	Sodium	292mg
Carbs	34g	Vitamin C	78mg
Fiber	7g	Vitamin D	1IU
Sugar	7g	Magnesium	85mg
Protein	30g	Zinc	2mg

## DIRECTIONS

- 01 Season chicken with salt and pepper. Grill, bake or air fry chicken until internal temperature reaches at least 165 degrees. (Feel free to season your chicken with additional seasonings such as Italian seasoning, smoked paprika, lemon pepper or garlic and herbs prior to cooking.)
- 02 Wash sweet potato thoroughly, pat dry, and pierce 3-4 times with a fork. Place potato on microwave-safe plate and microwave 5 minutes, turning halfway through. (If your potato isn't fork tender after 5 minutes, continue microwaving in 30 second increments.)
- 03 Steam Brussels sprouts and season to your liking.
- 04 Plate all ingredients and enjoy!
- 05 Note: For four servings follow these measurements - 1 lb Chicken Breast (boneless, skinless), 4 Sweet Potatoes (133 grams each), 4 cups Brussels Sprouts (352 grams)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half Thursday, half Friday.



# FASTer Way Strawberry Banana Almond Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

- 1 1/2 cups Frozen Strawberries (264 grams)
- 1 Banana (100g, peeled and weighed, frozen)
- 1 1/2 tbsps Almond Butter (no Added Sugar Or Oil)
- 1 tbsp Ground Flax Seed
- 1 scoop Faster Way Vanilla Protein Powder
- 1 1/4 cups Unsweetened Almond Milk

## DIRECTIONS

- 01 Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	529	Cholesterol	3mg
Fat	20g	Sodium	345mg
Carbs	65g	Vitamin C	147mg
Fiber	15g	Vitamin D	126IU
Sugar	31g	Magnesium	156mg
Protein	31g	Zinc	1mg



# Men's Pizza Stuffed Zucchini Boats

1 SERVING 45 MINUTES



## INGREDIENTS

1 Zucchini (196 grams)  
4 ozs Lean Ground Pork  
1/2 Garlic Clove  
1/4 tsp Italian Seasoning  
3 tbsps Tomato Sauce  
3/4 oz Vegan Cheese Shreds  
2 tbsps Mushrooms  
1/8 Green Bell Pepper (15 grams)  
1 1/2 tsps Red Onion

## NUTRITION

### AMOUNT PER SERVING

Calories	361	Cholesterol	77mg
Fat	23g	Sodium	312mg
Carbs	16g	Vitamin C	51mg
Fiber	4g	Vitamin D	20IU
Sugar	7g	Magnesium	64mg
Protein	24g	Zinc	3mg

## DIRECTIONS

- 01 Prep note: Mince the garlic. Thinly slice the mushrooms. Chop the pepper and red onion.
- 02 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 03 Scoop the seeds out of the zucchini and discard. Place the zucchini on the prepared baking sheet cut side up.
- 04 In a pan over medium-high heat brown the ground pork. Drain the excess dripping from the pan. Add the garlic and Italian seasoning and cook for another minute. Add the tomato sauce and stir to combine.
- 05 Divide the ground pork mixture between the scooped out zucchini. Top with cheese, mushrooms, bell pepper, and onions. Bake for 23 to 25 minutes or until the cheese has melted and the zucchini is tender. Plate and enjoy!
- 06 Note: For four servings follow these measurements - 4 Zucchini (784 grams), 1 lb Lean Ground Pork, 2 Garlic Clove, 1 tsp Italian Seasoning, 3/4 cup Tomato Sauce, 3 ozs Vegan Cheese Shreds, 1/2 cup Mushrooms, 1/2 Green Bell Pepper (60 grams), 2 tbsps Red Onion
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



# Steamed Broccolini

1 SERVING 10 MINUTES



## INGREDIENTS

- 1/2 bunch Broccolini
- 1/4 cup Water
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	55	Cholesterol	0mg
Fat	1g	Sodium	197mg
Carbs	7g	Vitamin C	81mg
Fiber	6g	Vitamin D	0IU
Sugar	1g	Magnesium	60mg
Protein	8g	Zinc	1mg

## DIRECTIONS

- 01 Trim and slice steams of broccolini.
- 02 In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
- 03 Remove the broccolini from the pan, plate and enjoy! Add crushed red pepper for a kick of flavor or a fresh squeeze of lemon juice.
- 04 Note: For one serving follow these measurements - 1/2 bunch Broccolini, 1/4 cup Water, Sea Salt & Black Pepper (to taste)
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



# 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



# 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



# Almond Butter

1 SERVING 1 MINUTE



## INGREDIENTS

1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)

## DIRECTIONS

01 Add to your favorite recipe!

## NUTRITION

### AMOUNT PER SERVING

Calories	98	Cholesterol	0mg
Fat	9g	Sodium	1mg
Carbs	3g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	45mg
Protein	3g	Zinc	1mg



# Eggs your Way with Turkey Bacon

1 SERVING 5 MINUTES



## INGREDIENTS

2 Egg(s)  
3 slices Turkey Bacon

## DIRECTIONS

01 Cook eggs as you desire.

## NUTRITION

### AMOUNT PER SERVING

Calories	263	Cholesterol	432mg
Fat	14g	Sodium	742mg
Carbs	4g	Vitamin C	0mg
Fiber	0g	Vitamin D	82IU
Sugar	0g	Magnesium	12mg
Protein	31g	Zinc	1mg



# Tilapia Fish Tacos

1 SERVING 15 MINUTES



## INGREDIENTS

- 1 tsp Extra Virgin Olive Oil
- 4 1/2 ozs Tilapia Fillet
- 1 tsp Taco Seasoning
- 2 tbsps Guacamole
- 3 Corn Tortilla
- 1/2 cup Green Cabbage
- 2 tbsps Cilantro
- 1/4 cup Cilantro (for dressing)
- 1/4 Garlic Clove
- 1 tbsp Lime Juice
- 1/4 tsp Maple Syrup
- 1/8 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil (for dressing)

## NUTRITION

### AMOUNT PER SERVING

Calories	450	Cholesterol	63mg
Fat	14g	Sodium	654mg
Carbs	52g	Vitamin C	25mg
Fiber	7g	Vitamin D	0IU
Sugar	3g	Magnesium	16mg
Protein	29g	Zinc	0mg

## DIRECTIONS

- 01 Prep note: Finely slice the cabbage.
- 02 Heat the oil in a pan over medium heat. Season the fish fillet all over with taco seasoning.
- 03 Cook the fish for three to four minutes per side or until golden brown and cooked through.
- 04 Spread the guacamole on the tortillas and top with cabbage and cilantro.
- 05 Divide the tilapia between the tacos.
- 06 To make dressing: Combine 1/4 cup cilantro with garlic, lime juice, maple syrup, sea salt and 1 tbsp extra virgin olive oil in a food processor or blender.
- 07 Top each taco with dressing and enjoy.
- 08 Note: For four serving follow these measurements - 1 1/3 tbsps Extra Virgin Olive Oil, 1 1/8 lbs Tilapia Fillets, 1 1/3 tbsps Taco Seasoning, 1/2 cup Guacamole, 12 Corn Tortillas, 2 cups Green Cabbage, 1/2 cup Cilantro, 1 cup Cilantro (for dressing), 1 Garlic Clove, 1/4 cup Lime Juice, 1 tsp Maple Syrup, 1/2 tsp Sea Salt, 1/4 cup Extra Virgin Olive Oil (for dressing)
- 09 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



# 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 Saturday, half on Sunday.



# Ham

1 SERVING 5 MINUTES



## INGREDIENTS

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

## DIRECTIONS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	228	Cholesterol	114mg
Fat	10g	Sodium	1766mg
Carbs	2g	Vitamin C	0mg
Fiber	0g	Vitamin D	3IU
Sugar	1g	Magnesium	34mg
Protein	33g	Zinc	4mg



# Raspberry Chia Seed Pudding

1 SERVING 5 MINUTES



## INGREDIENTS

2 tbsps Chia Seeds  
1/2 cup Unsweetened Almond Milk  
1 scoop Faster Way Vanilla Protein Powder  
1/2 cup Raspberries (60 grams)

## DIRECTIONS

- 01 Blend almond milk, protein powder, and raspberries.
- 02 Stir in chia seeds and cover the jar and store in fridge overnight or for at least 2 hours.
- 03 Enjoy! Top with additional fruit or nuts as it fits your macros.

## NUTRITION

### AMOUNT PER SERVING

Calories	256	Cholesterol	3mg
Fat	11g	Sodium	216mg
Carbs	18g	Vitamin C	16mg
Fiber	10g	Vitamin D	50IU
Sugar	3g	Magnesium	92mg
Protein	25g	Zinc	0mg



# Almond Butter

1 SERVING 1 MINUTE



## INGREDIENTS

1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)

## DIRECTIONS

01 Add to your favorite recipe!

## NUTRITION

### AMOUNT PER SERVING

Calories	98	Cholesterol	0mg
Fat	9g	Sodium	1mg
Carbs	3g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	45mg
Protein	3g	Zinc	1mg



# Men's 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  
6 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	422	Cholesterol	124mg
Fat	13g	Sodium	142mg
Carbs	30g	Vitamin C	185mg
Fiber	11g	Vitamin D	2IU
Sugar	4g	Magnesium	132mg
Protein	48g	Zinc	3mg

## 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 1/2 lb Chicken Breast (boneless, skinless), 1 tbsp Ground Cumin, 1 tbsp Chili Powder, 2 cups Canned Black Beans

