

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
MEAL GUIDE
WEEK SIX

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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
Egg Bacon Cups, Mixed Berries



MEAL TWO
Sonoma Chicken Salad



MEAL THREE
Burger in a Bowl



SNACK
FASTER Way Strawberry Vanilla Smoothie

TUE - LOW CARB



MEAL ONE
Egg Bacon Cups, Mixed Berries



MEAL TWO
Sonoma Chicken Salad



MEAL THREE
Salmon Kabobs and Asparagus



SNACK
Coconut Chia Pudding with Berries

WED - REG MACRO



MEAL ONE
Vanilla & Berry Overnight Oats, Sliced Almonds



MEAL TWO
Tuna Salad Veggie Plate



MEAL THREE
Ginger Chicken Stir Fry, Steamed White Rice



SNACK
Edamame, Apple

THU - REG MACRO



MEAL ONE
Vanilla & Berry Overnight Oats, Sliced Almonds



MEAL TWO
Ginger Chicken Stir Fry, Steamed White Rice



MEAL THREE
Classic Tacos



SNACK
Edamame, Apple

FRI - LOW MACRO



MEAL ONE
Scrambled Eggs with Spinach, Turkey Bacon



MEAL TWO
Classic Tacos



MEAL THREE
Grilled Hawaiian Bowl



SNACK
Edamame Snack, Mixed Berries

SAT - REG MACRO



MEAL ONE
Blueberry Vanilla Protein Baked Oatmeal, Turkey Bacon



MEAL TWO
Grilled Hawaiian Bowl



MEAL THREE
Sweet Potato Nachos



SNACK
Hard Boiled Eggs, Raspberries

SUN - LOW MACRO



MEAL ONE
Scrambled Eggs with Spinach, Turkey Bacon



MEAL TWO
Sweet Potato Nachos



MEAL THREE
Roasted Veggie Pasta



MON - LOW CARB

FAT 57% **CARBS 15%** **PROTEIN 28%**

Calories1665 Cholesterol 819mg
Fat 105g Sodium 2816mg
Carbs 64g Vitamin C 192mg
Fiber 24g Vitamin D 232IU
Sugar 32g Magnesium 222mg
Protein 116g Zinc 14mg

TUE - LOW CARB

FAT 56% **CARBS 16%** **PROTEIN 28%**

Calories1603 Cholesterol 775mg
Fat 99g Sodium 2062mg
Carbs 65g Vitamin C 172mg
Fiber 29g Vitamin D 124IU
Sugar 29g Magnesium 179mg
Protein 113g Zinc 6mg

WED - REG MACRO

FAT 29% **CARBS 39%** **PROTEIN 32%**

Calories1616 Cholesterol 165mg
Fat 52g Sodium 3014mg
Carbs 158g Vitamin C 487mg
Fiber 37g Vitamin D 180IU
Sugar 37g Magnesium 420mg
Protein 129g Zinc 7mg

THU - REG MACRO

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

Calories1624 Cholesterol 179mg
Fat 56g Sodium 2312mg
Carbs 163g Vitamin C 138mg
Fiber 32g Vitamin D 105IU
Sugar 33g Magnesium 340mg
Protein 117g Zinc 11mg

FRI - LOW MACRO

FAT 31% **CARBS 39%** **PROTEIN 30%**

Calories1239 Cholesterol 353mg
Fat 43g Sodium 1158mg
Carbs 121g Vitamin C 355mg
Fiber 24g Vitamin D 53IU
Sugar 29g Magnesium 272mg
Protein 92g Zinc 13mg

SAT - REG MACRO

FAT 30% **CARBS 39%** **PROTEIN 31%**

Calories1599 Cholesterol 593mg
Fat 55g Sodium 1280mg
Carbs 160g Vitamin C 239mg
Fiber 29g Vitamin D 127IU
Sugar 57g Magnesium 323mg
Protein 124g Zinc 8mg

SUN - LOW MACRO

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

Calories1240 Cholesterol 330mg
Fat 40g Sodium 1244mg
Carbs 129g Vitamin C 205mg
Fiber 32g Vitamin D 43IU
Sugar 49g Magnesium 203mg
Protein 91g Zinc 4mg



FRUITS

- 2 Apple
- 1 1/3 Avocado
- 1/3 Banana
- 1 3/4 cups Blackberries
- 3/4 cup Blueberries
- 2 2/3 tsps Lemon Juice
- 1/4 cup Lime Juice
- 1 Mango
- 1 cup Pineapple
- 2 1/2 cups Raspberries
- 1/2 cup Seedless Grapes
- 3 1/4 cups Strawberries

SEEDS, NUTS & SPICES

- 2 3/4 tbsps Almond Butter (no Added Sugar Or Oil)
- 1/2 tsp Black Pepper
- 2 1/3 tbsps Chia Seeds
- 1/2 tsp Garlic Powder
- 1/4 tsp Ground Cinnamon
- 1/4 tsp Ground Cumin
- 2 1/2 tsps Onion Powder
- 1/4 cup Pecans
- 1 tsp Poppy Seeds
- 1/16 tsp Red Pepper Flakes
- 1 1/4 tsps Sea Salt
- 1/8 tsp Sesame Seeds
- 1/4 cup Sliced Almonds

FROZEN

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

VEGETABLES

- 1 1/2 Asparagus Spears
- 1 cup Broccoli
- 1/2 Carrot
- 5 1/2 stalks Celery
- 1 cup Cherry Tomatoes
- 1/2 Cucumber
- 1/4 Eggplant
- 1 1/2 tsps Fresh Ginger
- 2 tsps Fresh Thyme
- 1 3/4 Garlic Clove
- 1/4 head Green Lettuce
- 2 cups Kale
- 4 cups Mixed Greens
- 1/3 tsp Parsley
- 1 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 2 cups Romaine
- 1/2 cup Spinach
- 2 Sweet Potato
- 1 1/2 Tomato
- 1 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion
- 1 1/4 Zucchini

BOXED & CANNED

- 1/2 cup Brown Rice
- 1/3 cup Canned Coconut Milk
- 2 1/2 ozs Chickpea Pasta
- 1/2 cup Jasmine Rice
- 1 can Tuna

BAKING

- 1 tsp Honey
- 1 1/3 cups Rolled Oats
- 1 tbsps Unsweetened Applesauce
- 1 3/4 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 4 slices Bacon
- 1 1/3 lbs Chicken Breast (boneless, Skinless)
- 14 ozs Lean Ground Beef (93/7)
- 8 ozs Pork Tenderloin
- 8 ozs Rotisserie Chicken Breast
- 1 1/4 ozs Salmon Fillet
- 4 Soft Corn Tortilla
- 6 slices Turkey Bacon

CONDIMENTS & OILS

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

COLD

- 1/2 cup Egg Whites
- 10 Egg(s)
- 3 1/3 cups Unsweetened Almond Milk

OTHER

- 1/2 Barbecue Skewers
- 5 scoops Faster Way Vanilla Protein Powder



Egg Bacon Cups

1 SERVING 20 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 Whisk eggs in a bowl and add seasonings as desired (salt, pepper, Italian seasoning or chives). Set aside.
- 02 Cook bacon per directions on package or to liking. Crumble into pieces.
- 03 In muffin tins lined with parchment paper, add the crumbled bacon pieces evenly between cups. Pour the eggs over top. Bake at 350 degrees until the center is set, about 15-20 minutes. Let cool completely. Serving size is approximately 2 egg cups.
- 04 Note: Feel free to use these measurements to make a full batch to save for later in the week or freeze for later use. (Full batch = 12 egg cups/6 servings) - 18 Eggs, 12 slices Bacon
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Mixed Berries

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Blackberries (72 grams)
1 cup Strawberries (176 grams)
1/2 cup Raspberries (60 grams)

DIRECTIONS

01 Wash berries and serve as a side dish.

NUTRITION

AMOUNT PER SERVING

Calories	109	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	25g	Vitamin C	116mg
Fiber	11g	Vitamin D	0IU
Sugar	13g	Magnesium	47mg
Protein	3g	Zinc	1mg



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 tps Poppy Seeds, 2 tps 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.



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 tsps Ketchup (no Corn Syrup Or Artificial Sugar)
2 tbsps Mayonnaise (made With Avocado Or Olive Oil)
1 1/2 tsps Dill Pickle Juice
1 1/2 tsps 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



FASTER Way Strawberry Vanilla Smoothie

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/3 Banana (40 grams peeled)
1 scoop Faster Way Vanilla Protein Powder
5 Ice Cubes
2 1/4 tsps Almond Butter (no Added Sugar Or Oil) (12 grams)
1/2 cup Frozen Strawberries (100 grams)

DIRECTIONS

01 Combine all ingredients in a high speed blender until smooth. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	231	Cholesterol	3mg
Fat	10g	Sodium	299mg
Carbs	14g	Vitamin C	46mg
Fiber	5g	Vitamin D	101IU
Sugar	6g	Magnesium	62mg
Protein	24g	Zinc	1mg



Salmon Kabobs and Asparagus

1 SERVING 20 MINUTES



INGREDIENTS

- 1 1/2 tps Parsley
- 3/4 tsp Sesame Seeds
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1/8 tsp Red Pepper Flakes
- 2 tps Extra Virgin Olive Oil
- 5 ozs Salmon Fillet
- 1 1/2 tbsps Lemon Juice
- 2 Barbecue Skewers
- 6 Asparagus Spears

NUTRITION

AMOUNT PER SERVING

Calories	320	Cholesterol	78mg
Fat	19g	Sodium	214mg
Carbs	6g	Vitamin C	17mg
Fiber	3g	Vitamin D	0IU
Sugar	2g	Magnesium	65mg
Protein	31g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Chop parsley. Slice salmon into 1 inch cubes. Slice lemon into thin rounds. Trim ends off asparagus.
- 02 Preheat grill to medium heat.
- 03 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, and 3/4 of the olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 04 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used.
- 05 Toss asparagus in remaining olive oil and season with sea salt and black pepper to taste.
- 06 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and enjoy!
- 07 Note: For four servings follow these measurements - 2 tbsps Parsley, 1 tbsp Sesame Seeds, 1/2 tsp Black Pepper, 1/2 tsp Sea Salt, 1/2 tsp Red Pepper Flakes, 2 1/2 tps Extra Virgin Olive Oil, 1 1/4 lbs Salmon Fillet, 2 Lemon, 8 Barbecue Skewers, 24 Asparagus Spears (384 grams), 1/16 tsp Black Pepper (to taste), 1/16 tsp Sea Salt (to taste)



Coconut Chia Pudding with Berries

1 SERVING 1 HOUR



INGREDIENTS

1/3 cup Canned Coconut Milk (full fat)
1/3 cup Water
2 tbsps Chia Seeds
1/2 tsp Vanilla Extract
1/4 cup Blackberries (38 grams)
1/4 cup Strawberries (42 grams)
1 scoop Faster Way Vanilla Protein Powder

DIRECTIONS

- 01 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 02 Stir well and place into a cup or bowl. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	378	Cholesterol	3mg
Fat	23g	Sodium	161mg
Carbs	19g	Vitamin C	29mg
Fiber	11g	Vitamin D	0IU
Sugar	5g	Magnesium	14mg
Protein	26g	Zinc	0mg



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 Twice: Double this recipe. Use half on Wednesday, half on Thursday.

NUTRITION

AMOUNT PER SERVING

Calories	414	Cholesterol	3mg
Fat	15g	Sodium	300mg
Carbs	41g	Vitamin C	12mg
Fiber	10g	Vitamin D	101IU
Sugar	6g	Magnesium	127mg
Protein	30g	Zinc	2mg



Sliced Almonds

1 SERVING 1 MINUTE



INGREDIENTS

2 tbsps Sliced Almonds (8.7 grams)

DIRECTIONS

01 Add on top of your dish and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	9g	Sodium	0mg
Carbs	4g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	1g	Magnesium	0mg
Protein	4g	Zinc	0mg



Tuna Salad Veggie Plate

1 SERVING 5 MINUTES



INGREDIENTS

- 1 can Tuna (drained, 32 grams protein)
- 1/3 Avocado (50 grams)
- 1/2 Cucumber (150 grams)
- 1 tsp Whole Grain Mustard
- 1/4 tsp Sea Salt
- 1 1/2 tsps Lemon Juice
- 2 stalks Celery (64 grams)
- 1 Yellow Bell Pepper (120 grams)

DIRECTIONS

- 01 Prep note: Slice the avocado and cucumber. Cut the celery into sticks for dipping. Slice the bell pepper.
- 02 Assemble all the ingredients onto a plate or into a container if on-the-go. Alternately, mash the avocado, season with salt and stir in the whole grain mustard. Combine the avocado mixture with the tuna until uniform in consistency. Drizzle with lemon juice and use the cucumber, celery & pepper to dip. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	337	Cholesterol	59mg
Fat	12g	Sodium	1097mg
Carbs	26g	Vitamin C	358mg
Fiber	8g	Vitamin D	78IU
Sugar	4g	Magnesium	109mg
Protein	37g	Zinc	2mg



Ginger Chicken Stir Fry

1 SERVING 30 MINUTES



INGREDIENTS

- 1 1/3 tbsps Tamari
- 1/2 Garlic Clove
- 3/4 tsp Fresh Ginger
- 3/4 tsp Coconut Oil
- 5 ozs Chicken Breast (boneless, Skinless)
- 1/8 Yellow Onion (18 grams)
- 3/4 stalk Celery
- 1/4 Red Bell Pepper (30 grams)
- 1/2 cup Broccoli (35 grams)
- 1 cup Kale (67 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	259	Cholesterol	103mg
Fat	8g	Sodium	1604mg
Carbs	10g	Vitamin C	100mg
Fiber	4g	Vitamin D	1IU
Sugar	4g	Magnesium	74mg
Protein	37g	Zinc	1mg

DIRECTIONS

- 01 Prep note: Mince the garlic. Peel and grate the ginger. Slice the chicken into cubes. Dice the onion. Slice the celery. Dice the red bell pepper. Chop the broccoli into florets. Chop the kale.
- 02 Mix together tamari, 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, yellow onion, salt and pepper. Saute 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. Garnish with sesame seeds and hot sauce if you like. Enjoy!
- 05 Note: For four servings follow these measurements - 1/3 cup Tamari, 2 Garlic Cloves, 1 tbsp Fresh Ginger, 1 tbsp Coconut Oil, 1 1/4 lbs Chicken Breast, 1/2 Yellow Onion (74 grams), 3 stalk Celery, 1 Red Bell Pepper (120 grams), 2 cup Broccoli (140 grams), 4 cup Kale (268 grams), 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 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.



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



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



Classic Tacos

1 SERVING 25 MINUTES



INGREDIENTS

2 Soft Corn Tortilla
3/4 tsp Avocado Oil
4 ozs Lean Ground Beef (93/7)
1/4 tsp Onion Powder
1/8 tsp Garlic Powder
1/8 tsp Sea Salt
1/8 tsp Ground Cumin
1/8 head Green Lettuce (20 grams)
1/2 Tomato (61 grams)

NUTRITION

AMOUNT PER SERVING

Calories	382	Cholesterol	73mg
Fat	16g	Sodium	395mg
Carbs	31g	Vitamin C	9mg
Fiber	3g	Vitamin D	3IU
Sugar	0g	Magnesium	29mg
Protein	25g	Zinc	6mg

DIRECTIONS

- 01 Prep note: Finely chop the green lettuce. Dice the tomato.
- 02 Prepare tortillas according to instructions on the package.
- 03 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 04 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.
- 05 Note: Feel free to top your taco with sliced avocado, guacamole, salsa or hot sauce as your macros allow.
- 06 Note: For four servings follow these measurements - 8 Soft Corn Tortillas, 1 tbsp Avocado Oil, 1 lb Lean Ground Beef (93/7), 1 tsp Onion Powder, 1/2 tsp Garlic Powder, 1/2 tsp Sea Salt, 1/2 tsp Cumin, 1/2 head Green Lettuce (20 grams), 2 Tomato (61 grams)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Thursday, half on Friday.



Scrambled Eggs with Spinach

1 SERVING 15 MINUTES



INGREDIENTS

- 1 Egg(s)
- 1/4 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 egg 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

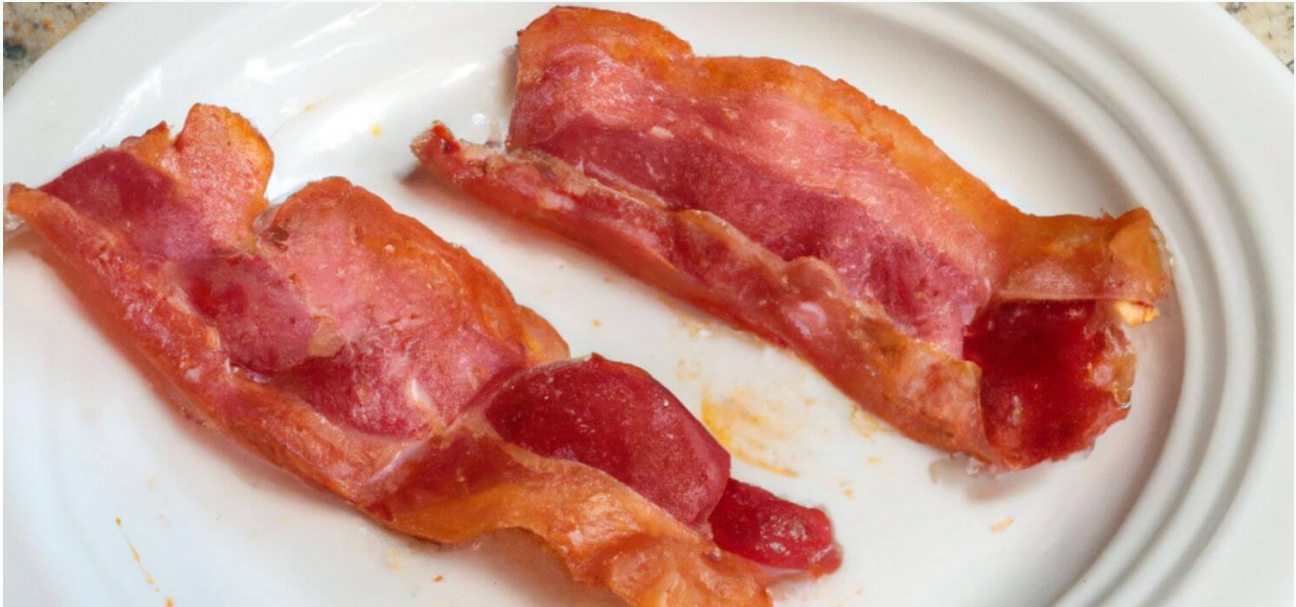
AMOUNT PER SERVING

Calories	143	Cholesterol	186mg
Fat	7g	Sodium	264mg
Carbs	5g	Vitamin C	92mg
Fiber	1g	Vitamin D	41IU
Sugar	1g	Magnesium	27mg
Protein	14g	Zinc	1mg



Turkey Bacon

1 SERVING 5 MINUTES



INGREDIENTS

2 slices Turkey Bacon

NUTRITION

AMOUNT PER SERVING

Calories	90	Cholesterol	20mg
Fat	4g	Sodium	270mg
Carbs	0g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	12g	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 Three Times: Triple this recipe. Use 1/3 on Friday, 1/3 on Saturday, 1/3 on Sunday.



Grilled Hawaiian Bowl

1 SERVING 30 MINUTES



INGREDIENTS

- 1/2 Red Bell Pepper (60 grams)
- 1/2 Zucchini (98 grams)
- 1 1/2 tpsps Extra Virgin Olive Oil (divided)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1/4 cup Brown Rice (49 grams)
- 4 ozs Pork Tenderloin
- 1/2 cup Pineapple (83 grams)

NUTRITION

AMOUNT PER SERVING

Calories	427	Cholesterol	74mg
Fat	11g	Sodium	221mg
Carbs	53g	Vitamin C	133mg
Fiber	5g	Vitamin D	9IU
Sugar	13g	Magnesium	119mg
Protein	29g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Slice the zucchini, bell pepper and pineapple.
- 02 Preheat oven to 400°F. Heat half the olive oil in a large skillet over medium-high heat. Sear the pork tenderloin for about 2 to 3 minutes per side, or until golden brown. Transfer the skillet to the oven and continue baking for 15 to 20 minutes. Remove from the oven, cover with foil and let it sit for 5 to 10 minutes.
- 03 While the pork tenderloin rests decrease oven temp to 375°F (191°C) and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with the remain half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in the oven for 20 minutes.
- 04 Cook brown rice according to package directions. Set aside.
- 05 Pour brown rice into a bowl and top with roasted veggies, pineapple and pork tenderloin. Enjoy!
- 06 Note: For four servings follow these measurements - 2 Red Bell Pepper (240 grams), 2 Zucchini (392 grams), 2 tpsps Extra Virgin Olive Oil (divided), 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 cup Brown Rice (196 grams), 1 lb Pork Tenderloin, 2 cups Pineapple (332 grams)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



Edamame Snack

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Frozen Edamame (shelled) (80 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	94	Cholesterol	0mg
Fat	4g	Sodium	5mg
Carbs	7g	Vitamin C	5mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	50mg
Protein	9g	Zinc	1mg



Blueberry Vanilla Protein Baked Oatmeal

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 Unsweetened Applesauce
1 tsp Maple Syrup
1/4 tsp Ground Cinnamon
1 tsp Chia Seeds
1/4 tsp Vanilla Extract
1/3 cup Blueberries (63 grams)
1 scoop Faster Way Vanilla Protein Powder

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Grease the ramekin with the oil.
- 02 Add all remaining ingredients to a mixing bowl and stir until thoroughly combined.
- 03 Pour mixture into a ramekin and bake for 30 minutes or until a toothpick comes out clean. Enjoy!
- 04 Note: For four serving follow these measurements - 1 tsp Coconut Oil, 1 1/3 cup Oats (108 grams, dry), 1 1/3 cup Unsweetened Almond Milk, 1/4 cup Unsweetened Applesauce, 1 1/3 tbsp Maple Syrup, 1 tsp Cinnamon, 1 1/3 tbsp Chia Seeds, 1 tsp Vanilla Extract, 1 1/3 cup Blueberries (252 grams), 4 scoop Faster Way Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	3mg
Fat	6g	Sodium	193mg
Carbs	35g	Vitamin C	5mg
Fiber	6g	Vitamin D	34IU
Sugar	11g	Magnesium	48mg
Protein	25g	Zinc	1mg



Sweet Potato Nachos

1 SERVING 45 MINUTES



INGREDIENTS

- 1 Sweet Potato (130 grams)
- 1 tsp Extra Virgin Olive Oil
- 6 ozs Chicken Breast (boneless, Skinless)
- 1/2 Avocado (75 grams)
- 1/2 Mango (84 grams)
- 2 tbsps Red Onion (13 grams)
- 2 tbsps Lime Juice
- 1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	632	Cholesterol	124mg
Fat	24g	Sodium	453mg
Carbs	64g	Vitamin C	85mg
Fiber	14g	Vitamin D	2IU
Sugar	30g	Magnesium	130mg
Protein	44g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Mash the avocado. Peel and dice mango. Finely dice the red onion. Juice the lime.
- 02 Preheat oven to 375°F (191°C) and line 2 to 3 baking sheets with parchment paper.
- 03 Season your chicken breast with sea salt and black pepper to taste.
- 04 Cut sweet potato into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
- 05 In a mixing bowl, toss the sweet potato rounds with olive oil and sea salt.
- 06 Place the chicken and sweet potato rounds across the baking sheets in a single layer and bake for approximately 30 minutes in the oven. Flip the sweet potato rounds about halfway through, depending on the thickness or until golden brown. Remove from oven.
- 07 While your chicken and sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, lime juice and sea salt. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
- 08 Assemble a layer of baked sweet potato chips and top with shredded chicken and guacamole. Enjoy!
- 09 Note: For four servings follow these measurements - 4 Sweet Potato (520 grams), 1 1/3 tbsps Extra Virgin Olive Oil, 1 1/2 lbs Chicken Breast (boneless, skinless), 2 Avocado (300 grams), 2 Mango (336 grams), 1/2 cup Red Onion (13 grams), 1/2 cup Lime Juice, 1/2 tsp Sea Salt
- 10 TIME SAVING TIP - Cook Once, Eat Twice. Double this recipe. Use half on Saturday, half on Sunday.



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!



Raspberries

1 SERVING 3 MINUTES



INGREDIENTS

1/2 cup Raspberries (60 grams)

DIRECTIONS

01 Wash berries and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	32	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	7g	Vitamin C	16mg
Fiber	4g	Vitamin D	0IU
Sugar	3g	Magnesium	14mg
Protein	1g	Zinc	0mg



Roasted Veggie Pasta

1 SERVING 25 MINUTES



INGREDIENTS

1/4 Eggplant (114 grams)
1/4 Zucchini (49 grams)
1/2 cup Cherry Tomatoes (74 grams)
1/2 Carrot (30 grams)
2 tbsps Red Onion (13 grams)
3/4 Garlic Clove
2 tsp Fresh Thyme
1/16 tsp Sea Salt (to taste)
2 1/2 ozs Chickpea Pasta (dry)
1 1/2 tsps Balsamic Vinegar (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	324	Cholesterol	0mg
Fat	5g	Sodium	257mg
Carbs	60g	Vitamin C	28mg
Fiber	17g	Vitamin D	0IU
Sugar	18g	Magnesium	46mg
Protein	21g	Zinc	1mg

DIRECTIONS

- 01 Prep note: Dice the eggplant into half-inch pieces. Slice zucchini, carrot and red onion. Mince the garlic.
- 02 Preheat the oven to 425°F (220°C). Line your baking sheets with parchment paper.
- 03 In a large bowl, toss together everything except the pasta and balsamic vinegar. Transfer to the baking sheets and spread the veggies in an even layer. Roast for 20 minutes.
- 04 Meanwhile, cook the pasta according to the package directions. Drain the water and return the pasta to the pot.
- 05 Add the roasted veggies to the cooked pasta and stir in the balsamic vinegar. Taste and adjust the salt, thyme, or balsamic vinegar as needed. Enjoy!
- 06 Note: For four servings follow these measurements - 1 Eggplant (458 grams), 1 Zucchini (196 grams), 2 cup Cherry Tomatoes (296 grams), 2 Carrot (122 grams), 1/2 cup Red Onion (52 grams), 3 Garlic Clove, 2 1/2 tbsps Fresh Thyme, 1/4 tsp Sea Salt (to taste), 10 ozs Chickpea Pasta (dry), 2 tbsps Balsamic Vinegar (to taste)

