

FASTER WAY

T O F A T L O S S [®]



PERIMENOPAUSE
MEAL GUIDE

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THE FASTER WAY LIFESTYLE

The FASTER Way to Fat Loss is a comprehensive program to help you burn fat efficiently while increasing your energy, building lean muscle, and learning to control your food choices.

The FASTER Way combines carb cycling, Intermittent Fasting, macro counting, strength training, and speed burst training to help your body become a pro fat burner! If you are new around here, that might sound a bit intimidating, but it's truly simpler than it sounds! Let's break a few things down before we dive into our recipes.



OVERVIEW OF THE FASTER WAY CORE COMPONENTS

INTERMITTENT FASTING

Intermittent Fasting is not a type of diet, but an eating schedule. There are several ways to implement this strategy, but in the FASTER Way to Fat Loss we use a daily 16/8 protocol. This means that every day we fast for 16 hours and eat during an 8-hour window. You'll eat your normal amount of macros according to the daily nutrition cycle. This is not a deprivation-based program—you need those calories!

HOW DOES IT WORK?

Your body is always in one of two states: fed or fasted. In the fed state (any time your body is digesting food), your body's insulin levels make it hard to burn fat. However, in the fasted state (8–12 hours after you finish digesting), your insulin levels are lower, so your body is better able to reach into your fat stores.

People rarely go into a fasted state throughout the day. In fact, the traditional theory of several small meals per day keeps us from ever reaching the fasted state! Plus, eating that way regularly spikes insulin levels, which we now know hinders fat loss.

Eating several small meals per day can lead to weight loss (calorie deficits always do—at least at first), but you will likely be losing both muscle and fat. When you lose calorie-burning muscle, you actually lower your metabolism and make it harder for your body to burn fat. You won't ever feel toned and fit even though you're working out and eating clean.

At-a-glance benefits of Intermittent Fasting:

- Increased insulin sensitivity
- Reduced insulin resistance
- Induction of cellular repair
- Increased human growth hormone
- Enhanced hormone function
- Increased metabolism
- Weight loss
- Fat loss
- Reduced inflammation
- May prevent disease
-

CARB CYCLING

Carb cycling is the intentional variation of carbohydrate intake each week. Most carb cycling plans consist of high carb days and low carb days. We don't cut carbs out completely, we simply vary our intake throughout the week to get the most out of our workouts and build the very best body composition.

WHY CARB CYCLE?

Long-term restriction of carbohydrates and calories can lower your metabolic rate and negatively affect your hormone levels. This is a big reason you might find yourself at a weight loss plateau. Restricting your calories will bring short-term results, but over time it will cause your metabolic rate to plummet. Once that happens you will see your weight loss stop and you'll have to further restrict your calories to continue losing weight, which lowers your metabolic rate even more. This is an extremely unhealthy way to live, not to mention incredibly frustrating!

Cutting out carbs altogether typically leads to a lower intake of calories overall, but it also deprives your body of vital nutrients, while leaving your energy levels low and your cravings high.

WHAT DOES IT DO?

Carb cycling allows you to deplete your body's glycogen (our primary source of fuel). When the glycogen is gone, the body must use its next-favorite energy source—fat! When you pair carb cycling with Intermittent Fasting and effective exercise, your body will turn into a literal fat-burning machine! If you've hit a plateau, this is key to breaking through and hitting your goals again!

HOW DOES IT WORK?

Carb cycling allows for planned high carb days that increase your thyroid output and help you control hunger. Because you are cycling your carbs, you will also have low-carb days (to offset the high-carb days).

At-a-glance benefits of Carb Cycling:

- Increased fat loss
- Higher energy levels
- Better body composition
- Improved insulin levels

MACROS

Macros, or macronutrients, are made up of carbohydrates, proteins, and fats. These are the basic building blocks of our diet, and we benefit from eating them in certain amounts. As a general guideline, most people need to consume approximately 45% carbs, 25% protein, and 30% fat. Each gram of protein and carbs has 4 calories, while each gram of fat has 9.

Protein: 1g of protein = 4 calories

Carbs: 1g of carbs = 4 calories

Fat: 1g of fat = 9 calories

While it's important to consider caloric intake (meaning you are eating enough!), it's important to move past counting calories alone. Not all calories are created equal because they are not metabolized by the body in the same way. A diet high in simple sugars (carbs) may help you lose weight if you are living in a calorie deficit, but it won't help you build lean muscle—the key to burning fat!

Traditional diets focus on significantly restricting caloric intake, but they don't account for the quality of the calories you consume. This leads to a lot of "skinny-fat" people who may not look unhealthy, but are lacking in the macro and micronutrients their bodies need to be truly healthy. In the FASTER Way To Fat Loss we focus on eating the right foods at the right time for maximum results in fueling your workouts and your life!

Each recipe contained in this book will give you the macro breakdown. You can track your macros using the free MyFitnessPal app.

WHAT DOES IIFYM MEAN?

IIFYM is an acronym for "If It Fits Your Macros." This is a popular concept because it allows for flexibility in your diet without derailing all your efforts. In the FASTER Way, we have a weekly treat (hello, donuts!), but we fit them into our macros so we can stay tight on our goals.

MEAL PLAN

DAY
01

- Meal 1 BLT Salad Bowls
- Meal 2 Turkey Taco Lettuce Wraps
- Meal 3 Zucchini Noodles with Salmon

DAY
02

- Meal 1 Bell Pepper Egg Cups
- Meal 2 Grilled Shrimp Salad
- Meal 3 Steak with Chimichurri Sauce
Steamed Green Beans

DAY
03

- Meal 1 Blackened Fish Taco Bowls
- Meal 2 Grilled Mediterranean Chicken Kabobs
Brown Rice
- Meal 3 One Pan Chicken Thighs, Green Beans
& Sweet Potato

DAY
04

- Meal 1 Overnight Vanilla Oats
- Meal 2 Juicy Baked Chicken Breast
Pressure Cooker Whole Sweet Potato
- Meal 3 White Bean Chicken Chili

DAY
05

- Meal 1 Raspberry Açaí Bowl
- Meal 2 Greek Chicken Bowl
- Meal 3 Baked Salmon with Broccoli & Quinoa



SHOPPING LIST

FRUITS

- | | | |
|---|---|---|
| <input type="checkbox"/> 3 Avocados
<input type="checkbox"/> 1 Banana
<input type="checkbox"/> 2 Tbsp Blueberries | <input type="checkbox"/> 2 Lemons
<input type="checkbox"/> 1/4 cup Lemon Juice
<input type="checkbox"/> 2 Limes | <input type="checkbox"/> 1 1/8 cups Raspberries
<input type="checkbox"/> 1 Unsweetened Açai Packet |
|---|---|---|

VEGETABLES

- | | | |
|--|--|--|
| <input type="checkbox"/> 6 cups Arugula
<input type="checkbox"/> 2 cups Basil Leaves
<input type="checkbox"/> 8 cups Broccoli
<input type="checkbox"/> 1/4 head Cauliflower
<input type="checkbox"/> 3 1/4 cups Cherry Tomatoes
<input type="checkbox"/> 3/4 cup Cilantro
<input type="checkbox"/> 1 cup Coleslaw Mix
<input type="checkbox"/> 1/4 Cucumber | <input type="checkbox"/> 1/3 cup Frozen Corn
<input type="checkbox"/> 5 1/3 Garlic Cloves
<input type="checkbox"/> 8 cups Green Beans
<input type="checkbox"/> 1/8 Green Bell Pepper
<input type="checkbox"/> 1/4 head Iceberg Lettuce
<input type="checkbox"/> 1 Jalapeño Pepper
<input type="checkbox"/> 1 1/8 cups Parsley
<input type="checkbox"/> 2 Red Bell Peppers | <input type="checkbox"/> 1 1/8 cups Red Onion
<input type="checkbox"/> 2/3 Sweet Onion
<input type="checkbox"/> 3 Sweet Potatoes
<input type="checkbox"/> 1 Tomato
<input type="checkbox"/> 1 Yellow Bell Pepper
<input type="checkbox"/> 1/4 Yellow Onion
<input type="checkbox"/> 3 Zucchini |
|--|--|--|

NUTS, SEEDS, SPICES

- | | | |
|--|--|--|
| <input type="checkbox"/> Almond Butter
<input type="checkbox"/> Black Pepper
<input type="checkbox"/> Cayenne Pepper
<input type="checkbox"/> Chia Seeds
<input type="checkbox"/> Chili Powder | <input type="checkbox"/> Cumin
<input type="checkbox"/> Garlic Powder
<input type="checkbox"/> Greek Seasoning
<input type="checkbox"/> Italian Seasoning
<input type="checkbox"/> Oregano | <input type="checkbox"/> Paprika
<input type="checkbox"/> Red Pepper Flakes
<input type="checkbox"/> Sea Salt
<input type="checkbox"/> Smoked Paprika |
|--|--|--|

PANTRY / CONDIMENTS

- | | | |
|---|--|--|
| <input type="checkbox"/> Apple Cider Vinegar
<input type="checkbox"/> Avocado Oil
<input type="checkbox"/> 2 oz can Anchovies
<input type="checkbox"/> 2 cans Black Beans
<input type="checkbox"/> Bourbon
<input type="checkbox"/> Brown Rice
<input type="checkbox"/> Coconut Oil
<input type="checkbox"/> Coconut Sugar | <input type="checkbox"/> ExtraVirgin Olive Oil
<input type="checkbox"/> Gluten-Free Oats
<input type="checkbox"/> Gluten-Free Soy Sauce
<input type="checkbox"/> Honey
<input type="checkbox"/> Hot Sauce
<input type="checkbox"/> 3 cups Organic Chicken Broth
<input type="checkbox"/> Quinoa
<input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> Rice Vinegar
<input type="checkbox"/> Salsa
<input type="checkbox"/> Unsweetened Almond Milk
<input type="checkbox"/> White Rice
<input type="checkbox"/> 2 cans White Navy Beans |
|---|--|--|

PROTEIN

- | | | |
|--|---|--|
| <input type="checkbox"/> 1 1/2 lbs Chicken Breast
<input type="checkbox"/> 10 2/3 oz Chicken Thighs
<input type="checkbox"/> 8 oz Chicken Thighs With Skin | <input type="checkbox"/> 2 lbs Salmon Fillets
<input type="checkbox"/> 4 oz Extra Lean Ground Turkey
<input type="checkbox"/> 1 lb NY Striploin Steak | <input type="checkbox"/> 2 slices Organic Bacon
<input type="checkbox"/> 8 oz Shrimp
<input type="checkbox"/> 1 Tilapia Fillet |
|--|---|--|

BLT SALAD BOWLS

1 SERVING | 15 MINUTES

MACROS

carbs - **9g** | fiber - **5g** | fat - **33g** | protein - **15g**

INGREDIENTS

1 egg
2 slices organic bacon
2 cups arugula
½ cup cherry tomatoes (halved)
¼ avocado (sliced)
1 Tbsp extra virgin olive oil
sea salt and black pepper (to taste)

INSTRUCTIONS

Hard Boil eggs by placing them in a small pot and fill with enough cold water to cover them by 1 inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.

Cook bacon in a pan over medium heat until crispy. Remove from pan and pat excess grease away with paper towel. Once cool, chop them up.

Assemble the salad: add arugula to a bowl and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper.

ENJOY!



TURKEY TACO LETTUCE

1 SERVING | 25 MINUTES

MACROS

carbs - **23g** | fiber - **12g** | fat - **29g** | protein - **27g**

INGREDIENTS

$\frac{3}{4}$ tsp avocado oil

$\frac{1}{4}$ yellow onion (diced)

4 ounces extra lean ground turkey

$1\frac{1}{2}$ tsp chili powder

$\frac{3}{4}$ tsp cumin

$\frac{1}{2}$ tsp smoked paprika

$\frac{1}{4}$ tsp garlic powder

$\frac{1}{4}$ tsp sea salt

$\frac{1}{8}$ tsp red pepper flakes

$\frac{1}{4}$ lime (juiced) $\frac{3}{4}$ tomato
(finely chopped
and divided)

$\frac{1}{4}$ jalapeño pepper (seeds
removed and chopped)

$\frac{1}{4}$ head iceberg lettuce
(leaves pulled apart and
washed)

$\frac{1}{2}$ avocado (diced)

INSTRUCTIONS

Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.

Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.

Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeño. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.

Assemble the tacos: divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado.

ENJOY!



ZUCCHINI NOODLES WITH SALMON

4 SERVINGS | 20 MINUTES

MACROS

carbs - **5g** | fiber - **2g** | fat - **33g** | protein - **20g**

INGREDIENTS

12-ounce salmon fillet

2 cups basil leaves

½ cup extra virgin olive oil

2 garlic cloves (minced)

2 anchovies

1 tsp lemon juice

¼ tsp sea salt

4 cups arugula

2 large zucchini (spiralized into noodles)

INSTRUCTIONS

Place the salmon fillet on a baking sheet. Broil on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.

Add the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt to a blender or food processor. Blend until smooth.

Add the arugula to a pan over medium heat and cook until just wilted. Remove and set aside. Add the zucchini noodles and cook for 3 to 4 minutes. Plate the noodles with the arugula and salmon and drizzle the sauce on top.

ENJOY!



BELL PEPPER EGG CUPS

1 SERVING | 20 MINUTES

MACROS

carbs - **8g** | fiber - **3g** | fat - **10g** | protein - **14g**

INGREDIENTS

1 redbellpepper

2 eggs

sea salt and black pepper (to taste)

INSTRUCTIONS

Preheat oven to 425°F (218°C).

Slice pepper in half and carve out the seeds.

Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper.

ENJOY!



GRILLED SHRIMP SALAD

1 SERVING | 25 MINUTES

MACROS

carbs - **16g** | fiber - **7g** | fat - **22g** | protein - **30g**

INGREDIENTS

2 Tbsp parsley (chopped and packed)
3/4 lime (juiced)
1 Tbsp extra virgin olive oil
1/3 tsp chili powder
8 ounces shrimp (raw, peeled and deveined)
1 cup coleslaw mix
1/4 cup cherry tomatoes (halved)
1/4 avocado (peeled and diced)
sea salt & black pepper

INSTRUCTIONS

Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.

Place shrimp in a large zip-top bag. Add half of the dressing and shake well to coat. Set the remaining dressing aside.

Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side, depending on size of shrimp.

Place coleslaw mix on a plate and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top.

ENJOY!



STEAK WITH CHIMICHURRI SAUCE

4 SERVINGS | 20 MINUTES

MACROS

carbs - **7g** | fiber - **4g** | fat - **35g** | protein - **34g**

INGREDIENTS

1 avocado
1 cup parsley
½ cup cilantro
¼ cup lemon juice
2 garlic cloves
1 tsp sea salt (divided)
¼ cup extra virgin olive oil
1 tsp avocado oil
1 lb New York striploin steak

INSTRUCTIONS

Add the avocado flesh, parsley, cilantro, lemon juice, garlic and half of the sea salt to a blender. Blend together while slowly adding the extra virgin olive oil.

Blend until smooth and creamy. Set aside.

Heat a cast iron pan over medium heat and add the avocado oil. Meanwhile, season the steak with the remaining sea salt.

Add the steak to the pan once it is hot. Cook for 3 to 4 minutes per side. Let the steak rest for about 10 minutes on a plate. Serve with chimichurri sauce on top.

ENJOY!



STEAMED GREEN BEANS

4 SERVINGS | 10 MINUTES

MACROS

carbs - **10g** | fiber - **4g** | fat - **0g** | protein - **3g**

INGREDIENTS

6 cups green beans (trimmed, fresh or frozen)

INSTRUCTIONS

Bring ½ 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.

Remove green beans with a slotted spoon and serve.

ENJOY!



BLACKENED FISH TACO BOWL

1 SERVING | 30 MINUTES

MACROS

carbs - **36g** | fiber - **14g** | fat - **20g** | protein - **24g**

INGREDIENTS

¼ head cauliflower	⅛ tsp sea salt
⅛ avocado (pit removed and peeled)	⅛ tsp black pepper
1 Tbsp extra virgin olive oil	1 tilapia fillet
¼ lemon (juiced)	1 Tbsp red onion (finely diced)
1 Tbsp water	⅛ green bell pepper (finely diced)
¾ tsp chili powder	½ cup black beans (drained and rinsed)
¾ tsp cumin	lime wedge
⅛ tsp cayenne pepper	
¼ tsp paprika	

INSTRUCTIONS

Make cauliflower rice: chop cauliflower into florets and add to a food processor. Process until it reaches a rice-like consistency. (Note: if you don't have a food processor, you can grate the cauliflower with a box grater to create rice.) Transfer to a bowl and set aside.

Make avocado dressing by combining avocado, olive oil, lemon juice and water together in a food processor or blender and blend until smooth. Transfer to a jar and set aside.

Combine chili powder, cumin, cayenne, paprika, sea salt, and black pepper in a bowl and mix well. Sprinkle over both sides of the tilapia fillet.

Grease a large cast iron skillet with a bit of olive oil and place it over medium-high heat. Add tilapia fillet. Sear for 3 to 4 minutes per side, or until fish is completely cooked through. (Note: fish is done when it flakes with a fork.) Remove from heat and chop into pieces. Set aside.

Add cauliflower rice to a bowl and top with red onion, green pepper, and black beans. Add blackened tilapia, drizzle with desired amount of avocado dressing and serve with lime wedges.

ENJOY!

BROWN RICE

4 SERVINGS | 45 MINUTES

MACROS

carbs - **35g** | fiber - **2g** | fat - **1g** | protein - **3g**

INGREDIENTS

1 cup brownrice(uncooked)

2 cups water

INSTRUCTIONS

Combine the brown rice and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid.

Simmer for 40 minutes or until water is absorbed.

Remove lid and fluff with a fork.

ENJOY!



GRILLED MEDITERRANEAN CHICKEN KABOBS

4 SERVINGS | 30 MINUTES

MACROS

carbs - **12g** | fiber - **3g** | fat - **11g** | protein - **37g**

INGREDIENTS

1 lemon (juiced)	1 zucchini (large)
1 Tbsp red wine vinegar	1 yellow bell pepper
1 Tbsp oregano (dried)	1 cup red onion
2 Tbsp extra virgin olive oil (divided)	2 cups cherry tomatoes
1 pound chicken breast (boneless, skinless)8 barbecue skewers diced into cubes)	

INSTRUCTIONS

Combine the lemon juice, red wine vinegar, oregano and half of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.

Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.

Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.

Preheat the grill to medium heat.

Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.

Remove the kabobs from the grill and divide onto plates.

ENJOY!



ONE PAN CHICKEN THIGHS, GREEN BEANS AND SWEET POTATO

2 SERVINGS | 45 MINUTES

MACROS

carbs - **33g** | fiber - **7g** | fat - **19g** | protein - **30g**

INGREDIENTS

8 ounces chicken thighswithskin
2 sweet potatoes (medium, cut into wedges)
1 tsp avocado oil
sea salt and black pepper (to taste)
½ tsp paprika
½ tsp thyme (dried)
2 cups green beans (trimmed)

INSTRUCTIONS

Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.

Place the chicken thighs and sweet potatoes on the baking sheet and drizzle with avocado oil. Season with salt, pepper, paprika, and thyme. Bake for 30 minutes.

Remove from the oven and add the green beans to the baking sheet. Place back in the oven for 10 to 15 minutes, or until everything is cooked through.

ENJOY!



OVERNIGHT VANILLA OATS

1 SERVING | 8 HOURS

MACROS

carbs - **37g** | fiber - **8g** | fat - **11g** | protein - **18g**

INGREDIENTS

½ cup oats (quick or traditional)
1½ tsp chia seeds
2/3 cup unsweetened almond milk
½ serving collagen peptides
2 Tbsp raspberries
2 Tbsp blueberries
1½ tsp almond butter

INSTRUCTIONS

Combine the oats, chia seeds, and milk in a large bowl or container. Stir to combine. Place in the fridge for 8 hours, or overnight.

Remove from the fridge after the oats have set, and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.

Pour the oats into a bowl or container and top with raspberries, blueberries, and almond butter.

ENJOY!



JUICY BAKED CHICKEN BREAST

1 SERVING | 35 MINUTES

MACROS

carbs - **0g** | fiber - **0g** | fat - **11g** | protein - **43g**

INGREDIENTS

5 ounces chicken breast (boneless, skinless)

1½ tsp extra virgin olive oil

⅛ tsp sea salt

¼ tsp Italian seasoning

INSTRUCTIONS

Preheat oven to 400°F (204°C). Line a baking dish with parchment paper.

Place chicken breast in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.

Remove the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.

Remove the foil carefully and slice the chicken before serving.

ENJOY!



PRESSURE COOKER WHOLE SWEET POTATO

1 SERVING | 35 MINUTES

MACROS

carbs - **34g** | fiber - **11g** | fat - **0g** | protein - **2g**

INGREDIENTS

1 sweet potato (medium)

½ cup water

INSTRUCTIONS

Place the metal rack in your pressure cooker along with the water. Place the sweet potatoes on top of the rack and cook for 30 minutes on high pressure. For smaller potatoes, set for 15 minutes. For larger potatoes, set for 45 minutes.

Allow the pressure to release naturally. Carefully remove the lid and remove the sweet potatoes.

ENJOY!



WHITE BEAN CHICKEN CHILI

4 SERVINGS | 40 MINUTES

MACROS

carbs - **26g** | fiber - **4g** | fat - **10g** | protein - **28g**

INGREDIENTS

2 tsp extravirginoliveoil	2 cups organic chicken broth (divided)
2/3 sweet onion (medium, chopped)	2 cups white navy beans (cooked and divided)
2/3 jalapeño pepper (seeded and chopped)	102/3 ounces chicken thighs (boneless, skinless)
2/3 red bell pepper (chopped)	1/3 cup frozen corn
11/3 cloves garlic (minced)	1/3 cup cilantro (chopped)
1 tsp cumin	1 lime sliced into wedges
2 tsp chili powder	
1/3 tsp sea salt	

INSTRUCTIONS

Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeño and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.

Add a third of the stock and half of the beans to a food processor or blender and purée the beans.

Add the remaining stock and puréed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.

Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels, and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.

Divide the chili into bowls and serve with a lime wedge.

ENJOY!



RASPBERRY AÇAÍ BOWL

1 SERVING | 5 MINUTES

MACROS

carbs - **48g** | fiber - **14g** | fat - **7g** | protein - **4g**

INGREDIENTS

- 1 banana (frozen)
- 1 unsweetened açai packet
- 1 cup raspberries (frozen)
- ¼ cup unsweetened almond milk (or other nut milk)

INSTRUCTIONS

Add the banana, açai packet, raspberries, and milk to a high-powered blender.

Blend until completely smooth (if necessary, add up to ¼ cup more milk to blend smooth).

Pour into a bowl and top with raspberries, cacao nibs, strawberries, and shredded coconut.

ENJOY!



GREEK CHICKEN BOWL

1 SERVING | 50 MINUTES

MACROS

carbs - **43g** | fiber - **3g** | fat - **12g** | protein - **39g**

INGREDIENTS

½ cup water

¼ cup brown rice (dry)

4 ounces chicken breast (skinless, boneless)

1½ tsp Greek seasoning

¼ cucumber (diced)

2 Tbsp diced red onion ½ cup

cherry tomatoes 1½ tsp extra virgin

olive oil 1½ tsp red wine vinegar sea

salt and black pepper (to taste)

INSTRUCTIONS

Preheat the oven to 350oF (177oC) and line a baking sheet with parchment paper.

Bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.

Lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.

Dice the cucumber and red onion and add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt, and pepper. Mix well.

ENJOY!



BAKED SALMON WITH BROCCOLI AND QUINOA

4 SERVINGS | 20 MINUTES

MACROS

carbs - **40g** | fiber - **8g** | fat - **19g** | protein - **39g**

INGREDIENTS

1¼ pounds salmon fillets

sea salt and black pepper (to taste)

8 cups broccoli (sliced into small florets)

2 Tbsp extra virgin olive oil

1 cup quinoa (uncooked)

1½ cups water

½ lemon (sliced into wedges)

INSTRUCTIONS

Preheat the oven to 450oF (232oC) and line a baking sheet with parchment paper.

Place the salmon fillets on the baking sheet and season with sea salt and black pepper.

Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.

Combine the quinoa and water together in a saucepan while the salmon cooks. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.

Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil, if desired.

ENJOY!



FOOD SWAPS

Beans Instead of Beef: Similar to lentils, beans are a good swap for beef in many recipes. Beans deliver around 8 grams of protein and 8 grams of fiber per 1/2-cup serving, though it may vary slightly depending on the type of bean. Top your salad with beans, use them in a vegetarian chili, or in place of meat in tacos and vegetarian taco salad.

Cauliflower Instead of Chicken or Eggs: Cauliflower is a mild vegetable and has a reputation for being able to stealthily replace certain foods, such as potatoes and even pizza crust. Cauliflower also replaces the chicken in buffalo bite recipes and makes a healthy choice for "meatballs."

Jackfruit Instead of Chicken or Pork: It seems strange to think of a fruit as a substitute for meat, but the texture of jackfruit is actually quite similar to shredded chicken (and also works well in place of pulled pork). Though this tropical fruit looks intimidating from the outside, it's sold in supermarkets in cans and in the refrigerated section with other meat substitutes.

Tempeh Instead of Fish: This soy-based protein is similar to tofu (which is also a great substitute for fish), but usually has a firmer texture, a darker brown color and a nutty flavor. Tempeh contains all the essential amino acids so it's a great vegetarian protein source, and because it's fermented, it delivers probiotics (good bacteria essential for gut health). Tempeh is great grilled or pan fried!



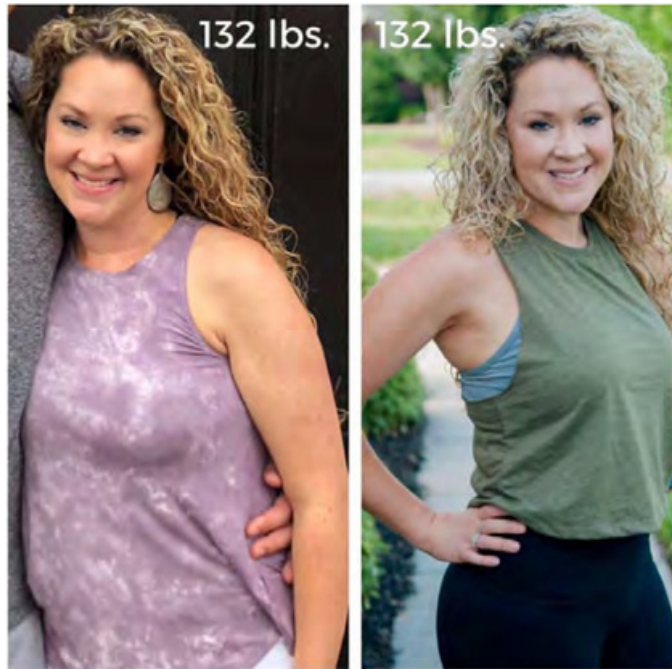
Lentils Instead of Beef

These legumes are surprisingly high in protein, with 9 grams per 1/2 cup (cooked). Their hearty texture and peppery flavor make them a good stand-in for ground beef in many recipes, such as vegetarian shepherd's pie, lentil burgers, and stew. Lentils come in a variety of colors including red, brown, black, and green and ounce for ounce cost less than meat.

Mushrooms Instead of Red Meat It's become quite popular to use portobello mushrooms as a substitute for a burger, but mushrooms can do so much more. Chopped, sliced, or ground mushrooms provide a meaty texture and earthy, smoky flavor that works well in the place of meat. Try your hand at subbing in mushrooms for meat in sandwiches, stews, main dishes, and appetizers!

Tofu Instead of Chicken or Eggs Similar to chicken, this soy-based vegetarian protein takes on the flavors of what it is seasoned and cooked with. This makes tofu an excellent canvas for introducing all types of flavors and a perfect swap in just about any chicken dish. Also a great substitute for scrambled eggs. Plus, a 3-ounce serving of tofu packs in 9 grams of protein.

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