

FASTER WAY

T O F A T L O S S [®]



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
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
Sausage Egg Muffins, Strawberries

MEAL TWO
Cobb Salad

MEAL THREE
Meatloaf Muffins with Mashed Cauliflower, Grilled Vegetables

SNACK
FASTer Way Chocolate Avocado Smoothie

TUE - LOW CARB



MEAL ONE
Sausage Egg Muffins, Strawberries

MEAL TWO
Cobb Salad

MEAL THREE
Meatloaf Muffins with Mashed Cauliflower, Grilled Vegetables

SNACK
FASTer Way Chocolate Avocado Smoothie

WED - REG MACRO



MEAL ONE
Raspberry Protein Overnight Oats, Oil-Free Scrambled Egg Whites

MEAL TWO
Chicken BLT Wrap, Strawberries

MEAL THREE
Turkey, Kale & Avocado Bowl, Steamed White Rice

SNACK
Edamame, Clementines

THU - REG MACRO



MEAL ONE
Raspberry Protein Overnight Oats, Oil-Free Scrambled Egg Whites

MEAL TWO
Turkey, Kale & Avocado Bowl, Steamed White Rice

MEAL THREE
Chicken with Sweet Potatoes & Brussels Sprouts

SNACK
Dates with Peanut Butter

FRI - LOW MACRO



MEAL ONE
Raspberry Protein Overnight Oats, 1/2 Cup Oil-Free Scrambled Egg Whites

MEAL TWO
Chicken with Sweet Potatoes & Brussels Sprouts

MEAL THREE
Pizza Stuffed Zucchini Boats, Steamed Broccoli

SNACK
Banana with Cinnamon & Almond Butter

SAT - REG MACRO



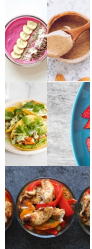
MEAL ONE
High Protein Scrambled Eggs (Eggs & Egg Whites), Raspberries

MEAL TWO
Pizza Stuffed Zucchini Boats, Steamed Broccoli

MEAL THREE
Tilapia Fish Tacos

SNACK
FASTer Way Cinnamon Roll Smoothie

SUN - LOW MACRO



MEAL ONE
Raspberry Chia Seed Pudding, Almond Butter

MEAL TWO
Tilapia Fish Tacos, Strawberries

MEAL THREE
Chicken Fajita Bowl with Black Beans



MON - LOW CARB

FAT 54% **CARBS 17%** **PROTEIN 29%**

Calories 1648 Cholesterol 837mg
Fat 100g Sodium 2936mg
Carbs 69g Vitamin C 280mg
Fiber 25g Vitamin D 233IU
Sugar 32g Magnesium 309mg
Protein 118g Zinc 14mg

TUE - LOW CARB

FAT 54% **CARBS 17%** **PROTEIN 29%**

Calories 1648 Cholesterol 837mg
Fat 100g Sodium 2936mg
Carbs 69g Vitamin C 280mg
Fiber 25g Vitamin D 233IU
Sugar 32g Magnesium 309mg
Protein 118g Zinc 14mg

WED - REG MACRO

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

Calories 1582 Cholesterol 139mg
Fat 50g Sodium 1422mg
Carbs 162g Vitamin C 274mg
Fiber 37g Vitamin D 97IU
Sugar 40g Magnesium 326mg
Protein 121g Zinc 8mg

THU - REG MACRO

FAT 30% **CARBS 40%** **PROTEIN 30%**

Calories 1593 Cholesterol 169mg
Fat 53g Sodium 1219mg
Carbs 159g Vitamin C 145mg
Fiber 31g Vitamin D 97IU
Sugar 49g Magnesium 305mg
Protein 120g Zinc 8mg

FRI - LOW MACRO

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

Calories 1227 Cholesterol 143mg
Fat 39g Sodium 1538mg
Carbs 117g Vitamin C 236mg
Fiber 31g Vitamin D 92IU
Sugar 34g Magnesium 358mg
Protein 102g Zinc 7mg

SAT - REG MACRO

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

Calories 1580 Cholesterol 496mg
Fat 52g Sodium 2355mg
Carbs 161g Vitamin C 183mg
Fiber 31g Vitamin D 103IU
Sugar 44g Magnesium 276mg
Protein 117g Zinc 6mg

SUN - LOW MACRO

FAT 33% **CARBS 37%** **PROTEIN 30%**

Calories 1233 Cholesterol 148mg
Fat 45g Sodium 989mg
Carbs 114g Vitamin C 311mg
Fiber 33g Vitamin D 51IU
Sugar 18g Magnesium 288mg
Protein 93g Zinc 3mg



FRUITS

- 1 1/2 Avocado
- 2 Banana
- 3 Clementines
- 1/4 cup Lemon Juice
- 2 tbsps Lime Juice
- 2 1/2 cups Raspberries
- 4 cups Strawberries

SEEDS, NUTS & SPICES

- 1/4 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
- 2 tps Ground Cinnamon
- 3/4 tsp Ground Cumin
- 3 tbsps Ground Flax Seed
- 1/3 tsp Ground Sage
- 1/2 tsp Italian Seasoning
- 1/4 tsp Onion Powder
- 1/8 tsp Oregano
- 2 tbsps Peanut Butter (no Added Sugar Or Oil)
- 2 tps Sea Salt
- 2 tps Taco Seasoning

FROZEN

- 1 Brown Rice Tortilla
- 1 1/2 cups Frozen Cauliflower
- 1 cup Frozen Edamame (shelled)

VEGETABLES

- 1 bunch Broccoli
- 2 cups Brussels Sprouts
- 3/4 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
- 1/3 Yellow Onion
- 4 Zucchini

BOXED & CANNED

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

BAKING

- 2 Pitted Medjool Date
- 1 1/2 cups Rolled Oats
- 1/2 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 2 slices Bacon
- 1 1/3 lbs Chicken Breast (boneless, Skinless)
- 6 ozs Chicken Sausage
- 6 Corn Tortilla
- 8 ozs Lean Ground Beef (93/7)
- 6 ozs Lean Ground Pork
- 8 ozs Lean Ground Turkey (93/7)
- 9 ozs Tilapia Fillet
- 1 slice Turkey Bacon

CONDIMENTS & OILS

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

COLD

- 3 1/4 cups Egg Whites
- 8 Egg(s)
- 1/4 cup Guacamole
- 4 3/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Milk Yogurt
- 1 1/2 ozs Vegan Cheese Shreds

OTHER

- 2 scoops Faster Way Chocolate Protein Powder
- 3 scoops Faster Way Unflavored Collagen
- 5 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.



Strawberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Strawberries (176 grams)

DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	46	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	11g	Vitamin C	85mg
Fiber	3g	Vitamin D	0IU
Sugar	7g	Magnesium	19mg
Protein	1g	Zinc	0mg



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.



Meatloaf Muffins with Mashed Cauliflower

1 SERVING 30 MINUTES



INGREDIENTS

4 ozs Lean Ground Beef (93/7)
1/8 Yellow Onion (18 grams)
1 tsp Dijon Mustard
1/8 tsp Ground Sage
1/4 tsp Sea Salt (divided)
3/4 cup Frozen Cauliflower (33 grams)
1 1/3 tbsps Canned Coconut Milk (full Fat)
2 tsps Tomato Sauce (no added sugar)

NUTRITION

AMOUNT PER SERVING

Calories	275	Cholesterol	73mg
Fat	15g	Sodium	751mg
Carbs	8g	Vitamin C	43mg
Fiber	4g	Vitamin D	3IU
Sugar	4g	Magnesium	37mg
Protein	25g	Zinc	6mg

DIRECTIONS

- 01 Prep note: Chop yellow onion. Shake the can of 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 2 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 - 1 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 tsp 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



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



Oil-Free Scrambled Egg Whites

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Egg Whites

NUTRITION

AMOUNT PER SERVING

Calories	126	Cholesterol	0mg
Fat	0g	Sodium	403mg
Carbs	2g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	2g	Magnesium	27mg
Protein	26g	Zinc	0mg

DIRECTIONS

- 01 Spray a saucepan with cooking spray.
- 02 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 03 Transfer to a plate and enjoy!
- 04 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Chicken BLT Wrap

1 SERVING 25 MINUTES



INGREDIENTS

- 1 slice 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)
- 2 ozs Chicken Breast (boneless, Skinless)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

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!

NUTRITION

AMOUNT PER SERVING

Calories	276	Cholesterol	52mg
Fat	9g	Sodium	489mg
Carbs	28g	Vitamin C	5mg
Fiber	3g	Vitamin D	1IU
Sugar	3g	Magnesium	20mg
Protein	18g	Zinc	1mg



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

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



Clementines

1 SERVING 2 MINUTES



INGREDIENTS

3 Clementines (74 grams each)

DIRECTIONS

01 Peel, section and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	104	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	27g	Vitamin C	108mg
Fiber	4g	Vitamin D	0IU
Sugar	20g	Magnesium	22mg
Protein	2g	Zinc	0mg



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.



Dates with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

2 Pitted Medjool Date (48 grams)
2 tbsps Peanut Butter (no Added Sugar
Or Oil) (32 grams)

DIRECTIONS

01 Spoon an even amount of nut butter into the center of each date. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	324	Cholesterol	0mg
Fat	17g	Sodium	6mg
Carbs	43g	Vitamin C	0mg
Fiber	5g	Vitamin D	0IU
Sugar	35g	Magnesium	54mg
Protein	8g	Zinc	1mg



1/2 Cup Oil-Free Scrambled Egg Whites

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Egg Whites

NUTRITION

AMOUNT PER SERVING

Calories	63	Cholesterol	0mg
Fat	0g	Sodium	202mg
Carbs	1g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	1g	Magnesium	13mg
Protein	13g	Zinc	0mg

DIRECTIONS

- 01 Spray a saucepan with cooking spray.
- 02 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 03 Transfer to a plate and enjoy!



Pizza Stuffed Zucchini Boats

1 SERVING 45 MINUTES



INGREDIENTS

- 1 Zucchini (196 grams)
- 3 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 tps Red Onion

NUTRITION

AMOUNT PER SERVING

Calories	300	Cholesterol	58mg
Fat	19g	Sodium	292mg
Carbs	16g	Vitamin C	51mg
Fiber	4g	Vitamin D	15IU
Sugar	7g	Magnesium	59mg
Protein	19g	Zinc	2mg

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), 12 ozs 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 Friday, half 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.



Banana with Cinnamon & Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



High Protein Scrambled Eggs (Eggs & Egg Whites)

1 SERVING 5 MINUTES



INGREDIENTS

2 Egg(s)
3/4 cup Egg Whites
1 tbsps Unsweetened Almond Milk
Avocado Oil Spray
1/4 tsp Sea Salt
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	240	Cholesterol	372mg
Fat	10g	Sodium	1045mg
Carbs	2g	Vitamin C	0mg
Fiber	0g	Vitamin D	88IU
Sugar	2g	Magnesium	33mg
Protein	33g	Zinc	1mg

DIRECTIONS

- 01 Crack the 2 whole eggs into a bowl. Add the egg whites and almond milk. Whisk thoroughly until completely combined and slightly frothy.
- 02 Heat the avocado oil in a pan over medium to low heat. Pour in the egg mixture. Let it sit undisturbed for about 20 seconds until the edges begin to set.
- 03 Gently pull the eggs from the edges toward the center using a spatula. Continue folding slowly every 10 to 15 seconds. Remove from the heat when the eggs are still slightly glossy.
- 04 Season and garnish as desired. 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



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.



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



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



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 tsps Extra Virgin Olive Oil
4 ozs Chicken Breast (boneless, Skinless)
3/4 tsp Ground Cumin
3/4 tsp Chili Powder
1/2 cup Canned Black Beans

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

