

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
MEAL GUIDE
WEEK ONE

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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
3 Eggs your Way with Bacon, Sliced Avocado



MEAL TWO
Cobb Salad



MEAL THREE
Burger in a Bowl



SNACK
Mixed Berries with Almond Butter

TUES - LOW CARB



MEAL ONE
3 Eggs your Way with Bacon, Sliced Avocado



MEAL TWO
Cobb Salad



MEAL THREE
Burger in a Bowl



SNACK
Mixed Berries with Almond Butter

WED - REG MACRO



MEAL ONE
Vanilla & Berry Overnight Oats



MEAL TWO
Ground Beef, Asparagus & Mashed Sweet Potatoes, Apple



MEAL THREE
Bourbon Chicken, Brown Rice



SNACK
Hummus & Veggies Snack Box

THU - REG MACRO



MEAL ONE
Vanilla & Berry Overnight Oats



MEAL TWO
Ground Beef, Asparagus & Mashed Sweet Potatoes, Apple



MEAL THREE
Bourbon Chicken, Brown Rice



SNACK
Hummus & Veggies Snack Box

FRI - LOW MACRO



MEAL ONE
Vanilla & Berry Overnight Oats



MEAL TWO
Ground Beef, Asparagus & Mashed Sweet Potatoes, Apple



MEAL THREE
Turkey & Quinoa Zucchini Boats, Steamed Broccoli

SAT - REG MACRO



MEAL ONE
Blueberry Banana Protein Pancakes, 3 Slices Turkey Bacon



MEAL TWO
High Protein Chicken BLT Wrap, Almond Snack



MEAL THREE
One Pan Teriyaki Chicken with Edamame, Steamed White Rice

SUN - LOW MACRO



MEAL ONE
Blueberry Banana Protein Pancakes, 3 Slices Turkey Bacon



MEAL TWO
High Protein Chicken BLT Wrap, Blackberries



MEAL THREE
Turkey Tacos



FRUITS

- 3 Apple
- 2/3 Avocado
- 1 Banana
- 2 cups Blackberries
- 1 2/3 cups Blueberries
- 1/4 cup Lemon Juice
- 1/4 Navel Orange
- 2 1/4 cups Raspberries

SEEDS, NUTS & SPICES

- 1/3 cup Almond Butter (no Added Sugar Or Oil)
- 2 tbsps Almonds
- 1/2 tsp Black Pepper
- 1/4 tsp Garlic Powder
- 2 1/8 tsps Ground Cinnamon
- 1/4 tsp Ground Cumin
- 2 tsps Ground Flax Seed
- 1/4 tsp Onion Powder
- 1 2/3 tsps Sea Salt
- 1 1/2 tsps Sesame Seeds

FROZEN

- 2 Brown Rice Tortilla
- 2 tbsps Frozen Corn
- 1/2 cup Frozen Edamame (shelled)

VEGETABLES

- 24 Asparagus Spears
- 5 cups Broccoli
- 1 Carrot
- 4 stalks Celery
- 1 cup Cherry Tomatoes
- 1 Cucumber
- 2 tsps Fresh Ginger
- 3 Garlic Clove
- 1/4 head Green Lettuce
- 6 stalks Green Onion
- 1/8 head Lettuce
- 1 1/4 Red Bell Pepper
- 1/3 cup Red Onion
- 10 cups Romaine
- 1 cup Snap Peas
- 2 1/4 Sweet Potato
- 1 Tomato
- 1/4 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1/2 cup Brown Rice
- 2 tbsps Chicken Broth
- 1/4 cup Jasmine Rice
- 2 tbsps Quinoa

BAKING

- 1 1/2 tsps Almond Flour
- 2 tbsps Coconut Sugar
- 1 tbsp Honey
- 1/3 tsp Nutritional Yeast
- 1 3/4 cups Rolled Oats
- 1 1/2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 6 slices Bacon
- 2 lbs Chicken Breast (boneless, Skinless)
- 1 1/2 lbs Lean Ground Beef (93/7)
- 10 ozs Lean Ground Turkey (93/7)
- 2 Soft Corn Tortillas
- 10 slices Turkey Bacon

CONDIMENTS & OILS

- 3/4 tsp Avocado Oil
- 2 tbsps Coconut Aminos
- 1 1/2 tbsps Coconut Oil
- 1 tsp Dijon Mustard
- 1 tbsp Dill Pickle Juice
- 1/2 cup Dill Pickles
- 2 1/4 tbsps Extra Virgin Olive Oil
- 1 tbsp Ketchup (no Corn Syrup Or Artificial Sugar)
- 2 tbsps Maple Syrup
- 1/4 cup Mayonnaise (made With Avocado Or Olive Oil)
- 2 tbsps Rice Vinegar
- 1 tbsp Sesame Oil
- 1 1/4 tbsps Tamari

COLD

- 1/2 cup Egg Whites
- 8 Egg(s)
- 1/2 cup Hummus
- 3 1/16 cups Unsweetened Almond Milk

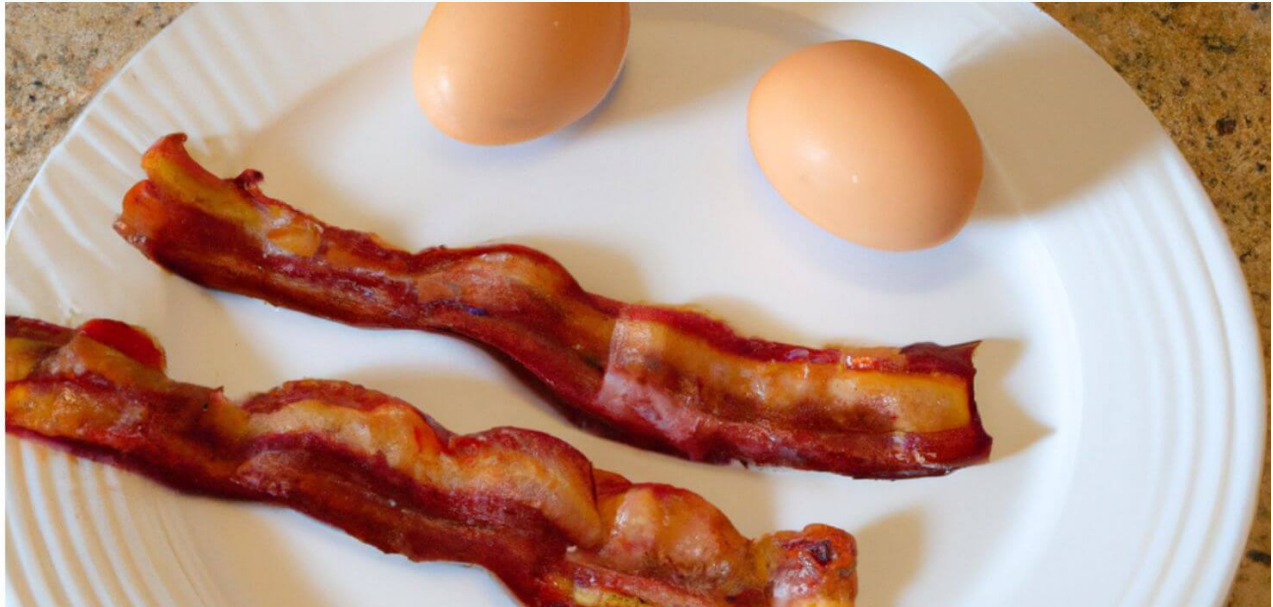
OTHER

- 2 tbsps Bourbon (or Apple Cider Vinegar)
- 4 scoops Faster Way Vanilla Protein Powder



3 Eggs your Way with Bacon

1 SERVING 5 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 Cook eggs to your desire.
- 02 Cook bacon per directions on package or to liking.
- 03 Serve and enjoy!



Sliced Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/3 Avocado (50 grams)

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	107	Cholesterol	0mg
Fat	10g	Sodium	5mg
Carbs	6g	Vitamin C	7mg
Fiber	4g	Vitamin D	0IU
Sugar	0g	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.



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
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Mixed Berries with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Blackberries (80 grams)
3/4 cup Raspberries (90 grams)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)
1/16 tsp Sea Salt
1/16 tsp Ground Cinnamon

DIRECTIONS

01 Wash & dry berries. Drizzle with almond butter and sprinkle with sea salt and cinnamon. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	177	Cholesterol	0mg
Fat	10g	Sodium	140mg
Carbs	21g	Vitamin C	39mg
Fiber	12g	Vitamin D	0IU
Sugar	8g	Magnesium	79mg
Protein	5g	Zinc	1mg



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

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



Ground Beef, Asparagus & Mashed Sweet Potatoes

1 SERVING 30 MINUTES



INGREDIENTS

- 3/4 Sweet Potato (100 grams)
- 8 Asparagus Spears (96 grams)
- 1/8 tsp Sea Salt (divided)
- 4 ozs Lean Ground Beef (93/7)

NUTRITION

AMOUNT PER SERVING

Calories	309	Cholesterol	74mg
Fat	12g	Sodium	426mg
Carbs	25g	Vitamin C	10mg
Fiber	6g	Vitamin D	3IU
Sugar	6g	Magnesium	65mg
Protein	27g	Zinc	6mg

DIRECTIONS

- 01 Prep note: Peel and chop the sweet potato. Trim the woody ends of the asparagus and cut in half.
- 02 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 03 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 04 Add half the salt to the sweet potatoes and mash until creamy.
- 05 In a large pan over medium heat, cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 06 Place mashed sweet potato, asparagus and beef onto a plate or into a container. Enjoy!
- 07 Note: For four servings follow these measurements - 3 Sweet Potato (100 grams), 32 Asparagus Spears (384 grams), 1/2 tsp Sea Salt (divided), 1 lb Lean Ground Beef (93/7)
- 08 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.



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



Bourbon Chicken

1 SERVING 40 MINUTES



INGREDIENTS

- 1 tbsp Coconut Aminos
- 1 tbsp Bourbon (or Apple Cider Vinegar)
- 1 tbsp Coconut Sugar
- 1 1/2 tsps Rice Vinegar
- 1/4 tsp Fresh Ginger
- 1/2 Garlic Clove
- 1 1/2 cups Broccoli
- 6 ozs Chicken Breast (boneless, Skinless)
- 1 tbsp Chicken Broth (low-sodium)
- 1 stalk Green Onion
- 1 1/2 tsps Coconut Oil
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	427	Cholesterol	122mg
Fat	12g	Sodium	633mg
Carbs	22g	Vitamin C	133mg
Fiber	4g	Vitamin D	2IU
Sugar	15g	Magnesium	79mg
Protein	46g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Peel and grate the fresh ginger. Mince the garlic. Cut the chicken into bite size pieces. Cut the broccoli into florets. Slice the green onion.
- 02 Mix together coconut aminos, bourbon, coconut sugar (brown sugar may be used as an alternative), rice vinegar, ginger, and garlic in a sauce pot. Bring to boil and reduce to a glaze, about 15-20 minutes.
- 03 Heat coconut oil in nonstick sauté pan (with lid) over medium-high heat.
- 04 Season chicken pieces with salt and pepper. Sauté chicken until lightly browned and cooked through. Cook chicken in batches, adding oil as needed. Do not crowd the pan, otherwise the chicken will not brown. Once all chicken is cooked, remove from pan and set aside.
- 05 Add broth and broccoli florets to pan, cover and steam until tender, about 5-7 minutes. Once tender, drain excess liquid from pan.
- 06 Add cooked chicken to broccoli, heat until warmed through. Add desired amount of thickened sauce, toss to coat chicken and broccoli.
- 07 Top with sliced green onion.
- 08 Note: For four servings follow these measurements - 1/4 cup Coconut Aminos, 1/4 cup Bourbon (or apple cider vinegar), 1/4 cup Coconut Sugar, 2 tsps Rice Vinegar, 1 tsp Fresh Ginger, 2 Garlic Clove, 6 cups Broccoli, 1 1/2 lbs Chicken Breast (boneless, skinless), 1/4 cup Chicken Broth (low-sodium), 4 stalks Green Onions, 2 tbsp Coconut Oil, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 09 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Brown Rice

1 SERVING 45 MINUTES



INGREDIENTS

1/4 cup Brown Rice (49 grams, dry)
1/2 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	2g	Sodium	5mg
Carbs	35g	Vitamin C	0mg
Fiber	2g	Vitamin D	0IU
Sugar	0g	Magnesium	56mg
Protein	3g	Zinc	1mg

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!
- 02 Note: 1/4 cup brown rice is about 3/4 cup cooked rice.
- 03 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Hummus & Veggies Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

- 1/2 Red Bell Pepper (sliced)
- 2 stalks Celery (cut into small stalks)
- 1/3 cup Blueberries
- 1/4 cup Hummus

DIRECTIONS

- 01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!
- 02 **TIME SAVING TIP - Cook Once, Eat Twice:** Double this recipe. Use half on Wednesday, half on Thursday.

NUTRITION

AMOUNT PER SERVING

Calories	201	Cholesterol	0mg
Fat	11g	Sodium	329mg
Carbs	22g	Vitamin C	83mg
Fiber	7g	Vitamin D	0IU
Sugar	9g	Magnesium	65mg
Protein	6g	Zinc	1mg



Turkey & Quinoa Zucchini Boats

1 SERVING 45 MINUTES



INGREDIENTS

2 tbsps Quinoa (dry)
1/4 cup Water
1 Zucchini (196 grams)
3/4 tsp Extra Virgin Olive Oil
1/4 Yellow Onion (37 grams)
4 ozs Lean Ground Turkey (93/7)
1/4 Red Bell Pepper (30 grams)
2 tbsps Frozen Corn
1/8 tsp Black Pepper
1/2 tsp Sea Salt (divided)
3/4 tsp Tamari
1 1/2 tps Almond Flour
1/3 tsp Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

Calories	374	Cholesterol	84mg
Fat	17g	Sodium	1533mg
Carbs	30g	Vitamin C	74mg
Fiber	6g	Vitamin D	16IU
Sugar	9g	Magnesium	124mg
Protein	29g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Dice the yellow onion and red bell pepper.
- 02 Preheat oven to 350°F (177°C).
- 03 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside. Note: 2 tbsp dry quinoa is about 1/3 cup cooked quinoa.
- 04 Trim the ends off zucchini. Cut zucchini in half lengthwise and scoop out pulp using a teaspoon. Finely chop the pulp.
- 05 In a large skillet, heat olive oil over medium heat. Add onion, ground turkey, zucchini pulp, red bell pepper, corn, black pepper and half of the sea salt. Stir until turkey is cooked through (8 to 10 minutes).
- 06 When turkey is cooked, drain the skillet of excess juice and stir in tamari and cooked quinoa. Remove from heat.
- 07 Make "breadcrumbs" by combining almond flour, nutritional yeast and remaining sea salt.
- 08 Spoon turkey quinoa filling into the zucchini shells and top with almond breadcrumbs. Bake in oven for 20 minutes or until zucchini is tender.
- 09 Remove from oven and let cool for 5 to 10 minutes before serving.
- 10 Note: For four servings follow these measurements - 1/2 cup Quinoa (dry), 1 cup Water, 4 Zucchini (196 grams each), 1 tbsp Extra Virgin Olive Oil, 1 Yellow Onion (148 grams), 1 lb Lean Ground Turkey (93/7), 1 Red Bell Pepper (120 grams), 1/2 cup Frozen Corn, 1/2 tsp Black Pepper, 2 tps Sea Salt (divided), 1 tbsps Tamari, 2 tbsps Almond Flour, 1 1/3 tps Nutritional Yeast



Steamed Broccoli

1 SERVING 10 MINUTES



INGREDIENTS

- 1 cup Broccoli (70 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	31	Cholesterol	0mg
Fat	0g	Sodium	178mg
Carbs	6g	Vitamin C	81mg
Fiber	2g	Vitamin D	0IU
Sugar	2g	Magnesium	19mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Prep note: Cut broccoli into florets.
- 02 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender.
- 03 Season broccoli as desired. Consider salt, pepper, garlic powder or any of your favorite spices.
- 04 Plate and enjoy!
- 05 Note: For four servings follow these measurements - 4 cups Broccoli (280 grams), 1/4 tsp Sea Salt, 1/4 tsp Black Pepper



Blueberry Banana Protein Pancakes

1 SERVING 15 MINUTES



INGREDIENTS

1/2 scoop Faster Way Vanilla Protein Powder
1 tsp Ground Flax Seed
1/2 Banana (50 grams peeled)
1 1/2 tsps Unsweetened Almond Milk
2 tbsps Rolled Oats (10 grams)
1 tsp Ground Cinnamon
2 tbsps Blueberries (24 grams)
3/4 tsp Coconut Oil
1 tbsp Maple Syrup
1/4 cup Egg Whites

NUTRITION

AMOUNT PER SERVING

Calories	279	Cholesterol	2mg
Fat	6g	Sodium	177mg
Carbs	40g	Vitamin C	7mg
Fiber	5g	Vitamin D	3IU
Sugar	22g	Magnesium	44mg
Protein	19g	Zinc	1mg

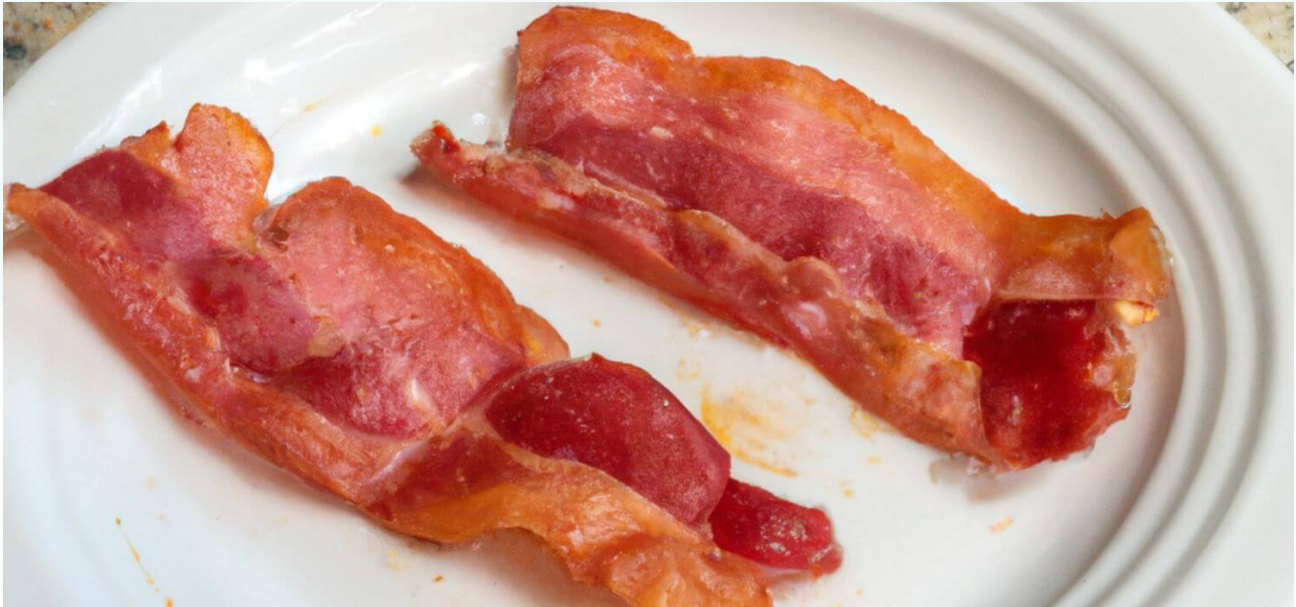
DIRECTIONS

- 01 In a mixing bowl or blender, mix the egg whites, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 02 Stir blueberries into mixture.
- 03 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
- 04 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.
- 05 Note: For four servings follow these measurements - 2 scoops Faster Way Vanilla Protein Powder, 1 1/3 tbsps Ground Flax Seed, 2 Banana (200 grams peeled), 2 tbsps Unsweetened Almond Milk, 1/2 cup Rolled Oats (40 grams), 1 1/3 tbsps Ground Cinnamon, 1/2 cup Blueberries, 1 tbsp Coconut Oil, 1 cup Egg Whites, 1/4 cup Maple Syrup
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



3 Slices Turkey Bacon

1 SERVING 5 MINUTES



INGREDIENTS

3 slices Turkey Bacon

NUTRITION

AMOUNT PER SERVING

Calories	135	Cholesterol	30mg
Fat	6g	Sodium	405mg
Carbs	0g	Vitamin C	0mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	0mg
Protein	18g	Zinc	0mg

DIRECTIONS

- 01 Add turkey bacon to skillet.
- 02 Cook on medium to high heat for 2-3 minutes each side.
- 03 Let cool and enjoy!
- 04 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



High Protein Chicken BLT Wrap

1 SERVING 25 MINUTES



INGREDIENTS

- 2 slices Turkey Bacon
- 1 tsp Mayonnaise (made With Avocado Or Olive Oil)
- 1 Brown Rice Tortilla
- 1/4 Tomato (31 grams)
- 1/16 head Lettuce (10 grams)
- 3 ozs Chicken Breast (boneless, Skinless)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	332	Cholesterol	81mg
Fat	12g	Sodium	606mg
Carbs	28g	Vitamin C	5mg
Fiber	3g	Vitamin D	1IU
Sugar	3g	Magnesium	30mg
Protein	26g	Zinc	1mg

DIRECTIONS

- 01 Prep Note: Slice tomato. Chop green lettuce.
- 02 Heat a skillet over medium heat. Season chicken with salt and pepper. Cook the chicken for 7-8 minutes each side or until it reaches an internal temp of 165 degrees. Remove from pan and let cool. In separate pan, cook the turkey bacon for five minutes on each side or until cooked to your desired crispiness.
- 03 Once chicken has cooled, shred it.
- 04 Spread the mayonnaise onto the tortilla. Add the tomato, lettuce, chicken, and turkey bacon to the tortilla. Roll up the tortilla tightly and enjoy!
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Almond Snack

1 SERVING 1 MINUTE



INGREDIENTS

2 tbsps Almonds

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

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



One Pan Teriyaki Chicken with Edamame

1 SERVING 40 MINUTES



INGREDIENTS

4 ozs Chicken Breast (boneless, Skinless)
1 cup Broccoli (70 grams)
1 Carrot (61 grams)
1 cup Snap Peas (98 grams)
1/2 cup Frozen Edamame (shelled)
1 tbsp Tamari
1 tbsp Sesame Oil
1/4 Navel Orange
1 tbsp Honey
1 tbsp Rice Vinegar
1 1/2 tsps Sesame Seeds
2 Garlic Clove
1 1/2 tsps Fresh Ginger

NUTRITION

AMOUNT PER SERVING

Calories	561	Cholesterol	82mg
Fat	24g	Sodium	1141mg
Carbs	52g	Vitamin C	124mg
Fiber	12g	Vitamin D	1IU
Sugar	29g	Magnesium	162mg
Protein	43g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Chop broccoli into florets. Peel and slice the carrot on the diagonal. Juice the orange. Mince the garlic. Peel and grate the ginger. Thaw the edamame.
- 02 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 03 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 04 In a small bowl, whisk together the tamari, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 05 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds and add edamame. Plate and enjoy!
- 06 Note: For four servings follow these measurements - 1 lb Chicken Breast (boneless, Skinless), 4 cups Broccoli (280 grams), 4 Carrot (244 grams), 4 cups Snap Peas (392 grams), 2 cups Edamame, 1/4 cup Tamari, 1/4 cup Sesame Oil, 1 Navel Orange, 1/4 cup Raw Honey, 1/4 cup Rice Vinegar, 8 Garlic Clove, 2 tbsps Fresh Ginger, 2 tbsps Sesame Seeds



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)



Blackberries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Blackberries

DIRECTIONS

01 Wash and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Cholesterol	0mg
Fat	1g	Sodium	1mg
Carbs	14g	Vitamin C	30mg
Fiber	8g	Vitamin D	0IU
Sugar	7g	Magnesium	29mg
Protein	2g	Zinc	1mg



Turkey Tacos

1 SERVING 25 MINUTES



INGREDIENTS

2 Soft Corn Tortillas
3/4 tsp Avocado Oil
6 ozs Lean Ground Turkey (93/7)
1/4 tsp Onion Powder
1/4 tsp Garlic Powder
1/4 tsp Sea Salt
1/4 tsp Ground Cumin
1/4 head Green Lettuce (41 grams)
1/2 Tomato (66 grams)

NUTRITION

AMOUNT PER SERVING

Calories	441	Cholesterol	125mg
Fat	19g	Sodium	734mg
Carbs	31g	Vitamin C	10mg
Fiber	3g	Vitamin D	24IU
Sugar	0g	Magnesium	44mg
Protein	35g	Zinc	4mg

DIRECTIONS

- 01 Prep note: Finely chop the green lettuce. Dice the tomato.
- 02 Heat a large skillet over medium heat. Add the avocado oil and the turkey, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the turkey is cooked through, remove from heat.
- 03 Heat a second skillet over low heat. Place the tortillas in the skillet and heat for a 1-2 minutes on each side.
- 04 Add the ground turkey, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.
- 05 Note: Feel free to top your tacos with guacamole, avocado, 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 1/2 lbs Lean Ground Turkey (93/7), 1 tsp Onion Powder, 1 tsp Garlic Powder, 1 tsp Sea Salt, 1 tsp Ground Cumin, 1 head Green Lettuce (163 grams), 2 Tomato (246 grams)

