

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
MEAL GUIDE
WEEK TWO

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, Turkey Bacon



MEAL TWO
Sonoma Chicken Salad



MEAL THREE
Egg Roll in a Bowl



SNACK
Mixed Berries with Almond Butter

TUE - LOW CARB



MEAL ONE
Sausage Egg Muffins, Turkey Bacon



MEAL TWO
Sonoma Chicken Salad



MEAL THREE
Egg Roll in a Bowl



SNACK
Mixed Berries with Almond Butter

WED - REG MACRO



MEAL ONE
Cookie Dough Overnight Oats



MEAL TWO
Air Fryer Chicken Tenders, Veggie & Fruit Plate



MEAL THREE
Thai Basil Beef Stir Fry, Steamed White Rice



SNACK
3 Hard Boiled Eggs, Mixed Berries

THU - REG MACRO



MEAL ONE
Cookie Dough Overnight Oats



MEAL TWO
Air Fryer Chicken Tenders, Veggie & Fruit Plate



MEAL THREE
Thai Basil Beef Stir Fry, Steamed White Rice



SNACK
3 Hard Boiled Eggs, Mixed Berries

FRI - LOW MACRO



MEAL ONE
Cookie Dough Overnight Oats, Grapes



MEAL TWO
Air Fryer Chicken Tenders, Veggie & Fruit Plate



MEAL THREE
Teriyaki Chicken & Edamame Quinoa Bowl

SAT - REG MACRO



MEAL ONE
Apple Pie Protein Pancakes, Turkey Bacon



MEAL TWO
Teriyaki Chicken & Edamame Quinoa Bowl



MEAL THREE
Beef Bolognese and Spaghetti Squash, Steamed Green Beans



SNACK
FASTER Way Strawberry Banana Smoothie

SUN - LOW MACRO



MEAL ONE
Apple Pie Protein Pancakes, Strawberries



MEAL TWO
Beef Bolognese and Spaghetti Squash, Steamed Green Beans



MEAL THREE
Roasted Chicken, Veggies & Quinoa with Tahini Sauce



FRUITS

- 1 Banana
- 2 cups Blackberries
- 1 1/2 tsps Lemon Juice
- 1/2 tsp Lime Juice
- 2 1/2 cups Raspberries
- 1 1/2 cups Seedless Grapes
- 6 cups Strawberries

SEEDS, NUTS & SPICES

- 2 tbsps Almond Butter (no Added Sugar Or Oil)
- 3/4 tsp Black Pepper
- 3 tbsps Chia Seeds
- 1 1/4 tsps Chili Flakes
- 1 tsp Dried Basil
- 1 1/2 tsps Dried Parsley
- 1 1/3 tsps Garlic Powder
- 2 1/4 tsps Ground Cinnamon
- 3/4 tsp Italian Seasoning
- 1/3 tsp Nutmeg
- 1 1/3 tbsps Onion Powder
- 1 tsp Oregano
- 3/4 tsp Paprika
- 1/4 cup Pecans
- 1 tsp Poppy Seeds
- 1 1/2 tsps Sea Salt

FROZEN

- 1 cup Frozen Edamame (shelled)
- 1 cup Frozen Strawberries

VEGETABLES

- 1 1/2 cups Baby Carrots
- 1/2 cup Bean Sprouts
- 1 1/2 cups Broccoli
- 2 Carrot
- 5 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1 1/2 tsps Cilantro
- 4 cups Coleslaw Mix
- 3/4 Cucumber
- 2 tsps Fresh Ginger
- 2 Garlic Clove
- 3 1/16 cups Green Beans
- 1/2 Green Bell Pepper
- 4 stalks Green Onion
- 4 cups Mixed Greens
- 1/2 Orange Bell Pepper
- 2 Red Bell Pepper
- 1/2 Spaghetti Squash
- 1/4 cup Thai Basil
- 3/4 Yellow Onion

BOXED & CANNED

- 1/2 cup Jasmine Rice
- 3/4 cup Quinoa

BAKING

- 1/2 cup Almond Flour
- 1 tsp Baking Powder
- 1 tsp Honey
- 2/3 cup Oat Flour
- 1 1/2 cups Rolled Oats
- 1/3 cup Unsweetened Applesauce
- 1 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 2 slices Bacon
- 14 1/2 ozs Chicken Breast (boneless, Skinless)
- 6 ozs Chicken Sausage
- 8 ozs Chicken Thighs (boneless, Skinless)
- 8 ozs Flank Steak
- 8 ozs Lean Ground Beef (93/7)
- 14 ozs Lean Ground Turkey (93/7)
- 8 ozs Rotisserie Chicken Breast
- 6 slices Turkey Bacon

CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 1 1/4 tbsps Avocado Oil
- 2 tbsps Dijon Mustard
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1/4 cup Maple Syrup
- 2 tbsps Mayonnaise (made With Avocado Or Olive Oil)
- 1 tbsp Tahini
- 1/3 cup Tamari
- 1 tbsp Teriyaki Sauce
- 1 cup Tomato Sauce

COLD

- 10 3/4 Egg(s)
- 3 3/4 cups Unsweetened Almond Milk

OTHER

- 1 scoop Faster Way Unflavored Collagen
- 6 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 |

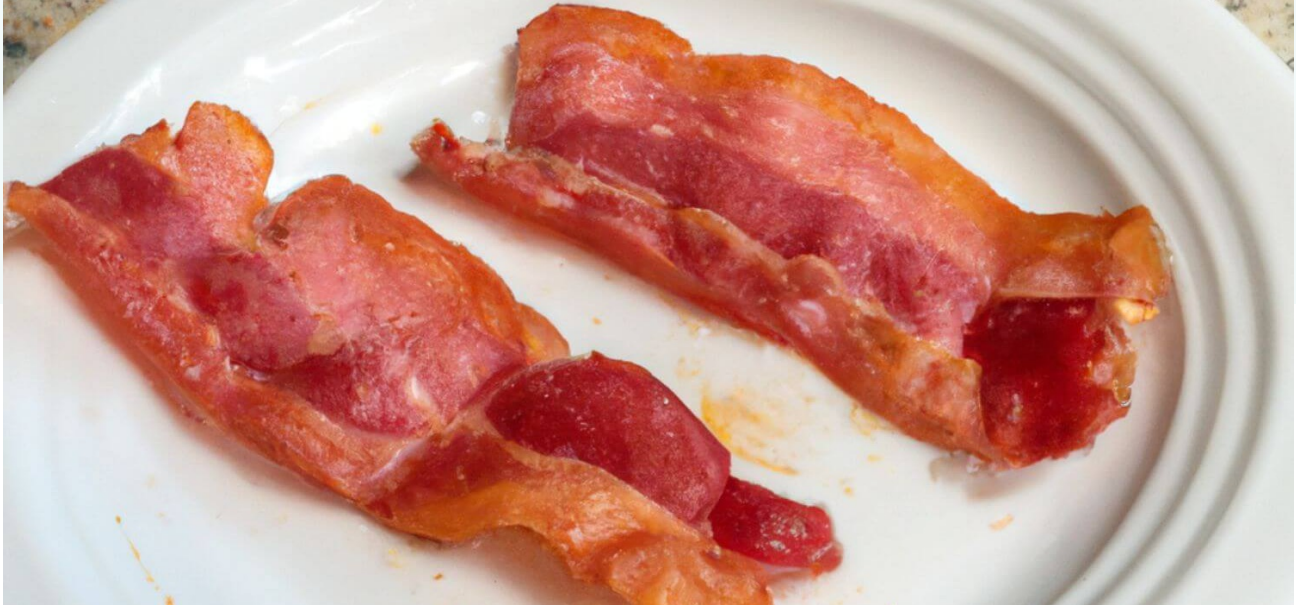
DIRECTIONS

- 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.



Turkey Bacon

1 SERVING 5 MINUTES



INGREDIENTS

2 slices Turkey Bacon

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 90 | Cholesterol | 20mg |
| Fat | 4g | Sodium | 270mg |
| Carbs | 0g | Vitamin C | 0mg |
| Fiber | 0g | Vitamin D | 0IU |
| Sugar | 0g | Magnesium | 0mg |
| Protein | 12g | Zinc | 0mg |

DIRECTIONS

- 01 Add turkey bacon to skillet.
- 02 Cook on medium to high heat for 2-3 minutes each side.
- 03 Let cool and enjoy!
- 04 **TIME SAVING TIP** - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Monday, 1/3 on Tuesday, and 1/3 on Saturday.



Sonoma Chicken Salad

1 SERVING 20 MINUTES



INGREDIENTS

4 ozs Rotisserie Chicken Breast
1 stalk Celery
1/4 cup Seedless Grapes
2 tbsps Pecans
1 tbsp Dijon Mustard
1 tbsp Mayonnaise (made With Avocado Or Olive Oil)
1 tsp Onion Powder
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
1/2 tsp Poppy Seeds
1/2 tsp Honey
1 tbsp Apple Cider Vinegar
2 cups Mixed Greens

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 486 | Cholesterol | 119mg |
| Fat | 35g | Sodium | 1116mg |
| Carbs | 14g | Vitamin C | 10mg |
| Fiber | 4g | Vitamin D | 1IU |
| Sugar | 8g | Magnesium | 30mg |
| Protein | 28g | Zinc | 1mg |

DIRECTIONS

- 01 Prep note: Shred the chicken. Dice the celery. Cut the grapes in half. Chop the pecans and toast them in the oven for additional flavor if you wish.
- 02 In a medium bowl, whisk together Dijon mustard, mayo, onion powder, a pinch of salt, cracked black pepper, poppy seeds, apple cider vinegar and honey.
- 03 Add shredded rotisserie chicken breast (skin removed), pecans, grapes, and celery. Stir mixture until all ingredients are evenly coated with the dressing.
- 04 Taste and season with additional salt or pepper if desired. Plate on mixed greens and enjoy! Tip: season mixed greens with a pinch of Himalayan sea salt for extra minerals and flavor!
- 05 Notes: If you don't have rotisserie chicken breasts, cooked chicken breasts can be used in its place. Weight for recipe is after cooking. Chicken salad can be kept refrigerated up to 4 days separate from mixed greens.
- 06 Note: For four servings follow these measurements - 1 lb Rotisserie Chicken, 4 stalks Celery, 1 cup Seedless Grapes, 1/2 cup Pecans, 1/4 cup Dijon Mustard, 1/4 cup Avocado Oil Mayo, 1 1/3 tbsps Onion Powder, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 2 tpsps Poppy Seeds, 2 tpsps Honey, 1/4 cup Apple Cider Vinegar, 8 cups Mixed Greens
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Egg Roll in a Bowl

1 SERVING 30 MINUTES



INGREDIENTS

1 1/2 tsps Avocado Oil
1/4 Yellow Onion (37 grams)
2 stalks Green Onion
1 Garlic Clove
1 tsp Fresh Ginger
7 ozs Lean Ground Turkey (93/7)
2 cups Coleslaw Mix
1/4 cup Bean Sprouts
2 tbsps Tamari
1 Carrot (61 grams)
1/4 cup Frozen Edamame (shelled) (44 grams)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|---------|
| Calories | 535 | Cholesterol | 146mg |
| Fat | 26g | Sodium | 2392m.. |
| Carbs | 31g | Vitamin C | 83mg |
| Fiber | 10g | Vitamin D | 28IU |
| Sugar | 14g | Magnesium | 93mg |
| Protein | 50g | Zinc | 6mg |

DIRECTIONS

- 01 Prep note: Dice the yellow onion and green onion. Mince the garlic. Peel and grate the ginger. Peel and grate the carrots or save time and buy pre-shredded carrots. Thaw the edamame.
- 02 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 03 Add the turkey and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 04 Stir in the coleslaw mix, carrots, bean sprouts, edamame and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to a bowl and enjoy!
- 05 Note: For four servings follow these measurements - 2 tbsps Avocado Oil, 1 Yellow Onion (148 grams), 8 stalks Green Onion, 4 Garlic Clove, 1 1/3 tbsp Fresh Ginger, 1 3/4 lbs Lean Ground Turkey (93/7), 8 cups Coleslaw Mix, 1 cup Bean Sprouts, 1/2 cup Tamari, 4 Carrots, 1 cup Frozen Edamame (shelled)
- 06 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Mixed Berries with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

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

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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



Cookie Dough Overnight Oats

1 SERVING 3 HOURS



INGREDIENTS

3/4 cup Unsweetened Almond Milk
1/2 cup Rolled Oats (40 grams)
1 tbsp Maple Syrup
1 tbsp Chia Seeds
1 tsp Vanilla Extract
1/2 tsp Ground Cinnamon
1/8 tsp Nutmeg
1 scoop Faster Way Vanilla Protein Powder

DIRECTIONS

- 01 Combine all the ingredients into a small mixing bowl.
- 02 Cover and refrigerate for at least 3 hours or up to overnight. Stir in additional almond milk to thin if needed before serving. 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 | 394 | Cholesterol | 3mg |
| Fat | 10g | Sodium | 261mg |
| Carbs | 49g | Vitamin C | 0mg |
| Fiber | 9g | Vitamin D | 76IU |
| Sugar | 13g | Magnesium | 110mg |
| Protein | 28g | Zinc | 2mg |



Air Fryer Chicken Tenders

1 SERVING 20 MINUTES



INGREDIENTS

3 tbsps Almond Flour
1/4 tsp Italian Seasoning
1/8 tsp Garlic Powder
1/8 tsp Sea Salt
1/4 Egg(s)
3 1/2 ozs Chicken Breast (boneless,
Skinless) (boneless, skinless, sliced into
strips)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 258 | Cholesterol | 119mg |
| Fat | 14g | Sodium | 357mg |
| Carbs | 5g | Vitamin C | 0mg |
| Fiber | 2g | Vitamin D | 11IU |
| Sugar | 1g | Magnesium | 90mg |
| Protein | 28g | Zinc | 1mg |

DIRECTIONS

- 01 In a medium-sized bowl, add the almond flour, Italian seasoning, garlic powder, and salt. Mix to combine. In a separate bowl, whisk the egg.
- 02 Take each chicken strip and dip in the egg first and then in the almond flour mix, coating each side well.
- 03 Set the temperature on the air fryer to 400°F (204°C). Place the chicken strips inside, ensuring they are spaced out.
- 04 Bake for 5 minutes, then remove, flip and bake for 5 minutes more, until crispy and cooked through. Repeat with remaining chicken strips. Enjoy!
- 05 NOTE: Oven Option: Preheat oven to 400°F (204°C). Place chicken strips on a parchment-lined baking sheet and bake for 18–20 minutes, flipping halfway through, until golden and cooked through.
- 06 TIME SAVING TIP - Cook Once, Eat Three Times: Triple this recipe. Use 1/3 on Wednesday, 1/3 on Thursday, 1/3 on Friday.



Veggie & Fruit Plate

1 SERVING 5 MINUTES



INGREDIENTS

- 1 stalk Celery (40 grams)
- 1/2 cup Baby Carrots
- 1/2 Red Bell Pepper (60 grams)
- 1/4 Cucumber (75 grams)
- 1 cup Strawberries (176 grams)

DIRECTIONS

- 01 Prep note: Cut the celery, carrots and red bell pepper into sticks. Slice the cucumber.
- 02 Place the vegetables and strawberries on a plate and 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 | 108 | Cholesterol | 0mg |
| Fat | 1g | Sodium | 102mg |
| Carbs | 26g | Vitamin C | 170mg |
| Fiber | 7g | Vitamin D | 0IU |
| Sugar | 15g | Magnesium | 40mg |
| Protein | 2g | Zinc | 1mg |



Thai Basil Beef Stir Fry

1 SERVING 30 MINUTES



INGREDIENTS

- 1/3 tsp Avocado Oil
- 4 ozs Flank Steak
- 2 tsps Tamari (or coconut aminos)
- 3/4 tsp Fish Sauce
- 1/4 tsp Lime Juice
- 1/8 Yellow Onion (18 grams, chopped)
- 3/4 cup Broccoli (52 grams, florets, chopped)
- 1/4 Red Bell Pepper (30 grams, sliced)
- 1/4 Green Bell Pepper (30 grams, sliced)
- 2 tbsps Thai Basil (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 254 | Cholesterol | 77mg |
| Fat | 12g | Sodium | 1068m... |
| Carbs | 10g | Vitamin C | 124mg |
| Fiber | 3g | Vitamin D | 5IU |
| Sugar | 5g | Magnesium | 62mg |
| Protein | 28g | Zinc | 5mg |

DIRECTIONS

- 01 Heat a cast-iron skillet over medium-high heat. Add the oil. Place the steak in the pan and cook for about 9-12 minutes, turning about 1 minute before the halfway point for the perfect medium-rare flank steak. A meat thermometer should read 130°F. If you desire a more "well done" steak, cook for 2-3 minutes longer on each side. Rest your flank steak for 10 minutes before serving, covering lightly with foil. The temperature of the meat will continue to rise about 5°F during this time (this is called "carryover cooking"). The final temperature will read 135°F. Once rested, slice against the grain and set aside.
- 02 While the beef cooks, in a small bowl, add the tamari (or coconut aminos), fish sauce, and lime juice. Stir to combine.
- 03 In the same skillet, add the onion, broccoli, and peppers. Cook until slightly softened, about four to five minutes.
- 04 Add the sauce to the skillet and toss to combine. Add the steak back into the skillet and cook for an additional minute or two to heat through and coat the steak with the sauce. Overcooking will result in chewy meat. Remove from the heat and add the Thai basil. Plate & enjoy!
- 05 **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.



3 Hard Boiled Eggs

1 SERVING 15 MINUTES



INGREDIENTS

3 Egg(s)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 215 | Cholesterol | 558mg |
| Fat | 14g | Sodium | 213mg |
| Carbs | 1g | Vitamin C | 0mg |
| Fiber | 0g | Vitamin D | 123IU |
| Sugar | 1g | Magnesium | 18mg |
| Protein | 19g | Zinc | 2mg |

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!
- 04 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Mixed Berries

1 SERVING 5 MINUTES



INGREDIENTS

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

DIRECTIONS

01 Wash berries and serve as a side dish.

NUTRITION

AMOUNT PER SERVING

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



Grapes

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Seedless Grapes (151 grams)

DIRECTIONS

01 Wash grapes, and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-----|
| Calories | 62 | Cholesterol | 0mg |
| Fat | 0g | Sodium | 2mg |
| Carbs | 16g | Vitamin C | 4mg |
| Fiber | 1g | Vitamin D | 0IU |
| Sugar | 15g | Magnesium | 5mg |
| Protein | 1g | Zinc | 0mg |



Teriyaki Chicken & Edamame Quinoa Bowl

1 SERVING 25 MINUTES



INGREDIENTS

- 1/4 cup Quinoa (42 grams, dry)
- 1/2 tsp Extra Virgin Olive Oil
- 4 ozs Chicken Thighs (boneless, Skinless)
- 1/4 cup Frozen Edamame (shelled) (42 grams)
- 1 1/2 tsps Teriyaki Sauce
- 1 tbsp Water
- 3/4 tsp Cilantro
- 1/8 tsp Chili Flakes
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 369 | Cholesterol | 107mg |
| Fat | 12g | Sodium | 494mg |
| Carbs | 32g | Vitamin C | 2mg |
| Fiber | 5g | Vitamin D | 1IU |
| Sugar | 2g | Magnesium | 141mg |
| Protein | 33g | Zinc | 4mg |

DIRECTIONS

- 01 Prep note: Mince the cilantro. Thaw the edamame.
- 02 Cook the quinoa according to package directions. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 03 In a large pan over medium heat, add the oil. Once the oil is hot, add the chicken, salt and pepper. Cook for three to five minutes on each side.
- 04 Add the edamame and teriyaki sauce. Toss and coat everything well with the sauce. Add the water to deglaze as needed, and scrape up the fond (brown caramel bits) from the pan. Cook an additional three to five minutes until the edamame is warmed and the chicken has reached an internal temp of 165 degrees.
- 05 Place the quinoa, chicken, and edamame in a bowl. Garnish with the cilantro and chili flakes. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 2 tsp Extra Virgin Olive Oil, 1 lb Chicken Thighs (boneless, skinless), 1 cup Frozen Edamame (170 grams, shelled), 2 tsps Teriyaki Sauce, 1/4 cup Water, 1 tbsp Cilantro, 1/2 tsp Chili Flakes, 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 Friday, half on Saturday.



Apple Pie Protein Pancakes

1 SERVING 25 MINUTES



INGREDIENTS

1/3 cup Oat Flour
1 scoop Faster Way Vanilla Protein Powder
1/2 tsp Ground Cinnamon
1/2 tsp Baking Powder
3 tbsps Unsweetened Applesauce
1/4 cup Unsweetened Almond Milk
2 tsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 316 | Cholesterol | 3mg |
| Fat | 5g | Sodium | 422mg |
| Carbs | 42g | Vitamin C | 0mg |
| Fiber | 5g | Vitamin D | 25IU |
| Sugar | 12g | Magnesium | 10mg |
| Protein | 27g | Zinc | 0mg |

DIRECTIONS

- 01 In a mixing bowl, combine the oat flour, protein powder, cinnamon, and baking powder. Stir in the apple sauce, almond milk, and maple syrup.
- 02 Heat a nonstick pan over medium-low heat. Spray with non stick spray. Spoon the batter into the pan in 1/3 cup portions. Cook the pancakes for about four minutes per side. Repeat with the remaining batter. Serve and enjoy!
- 03 Note: For four servings follow these measurement - 1 1/3 cup Oat Flour, 4 scoop Faster Way Vanilla Protein Powder, 1 1/3 tsp Cinnamon, 2 tsp Baking Powder, 3/4 cup Unsweetened Applesauce, 1 cup Unsweetened Almond Milk, 2 2/3 tbsps Maple Syrup
- 04 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Beef Bolognese and Spaghetti Squash

1 SERVING 35 MINUTES



INGREDIENTS

- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/2 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 cup Tomato Sauce (no added sugar)
- 1/2 tsp Dried Basil
- 1/2 tsp Oregano
- 3/4 tsp Dried Parsley
- 1 slice Bacon
- 4 ozs Lean Ground Beef (93/7)
- 1/2 tsp Chili Flakes (optional garnish)
- 1/4 Spaghetti Squash (174 grams)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 400 | Cholesterol | 92mg |
| Fat | 22g | Sodium | 896mg |
| Carbs | 22g | Vitamin C | 21mg |
| Fiber | 5g | Vitamin D | 8IU |
| Sugar | 5g | Magnesium | 90mg |
| Protein | 30g | Zinc | 6mg |

DIRECTIONS

- 01 Prep note: Dice the bacon.
- 02 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in quarters as you will only need 1/4 of the squash for one serving. Remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through.
- 03 When the spaghetti squash is done, remove from the oven and let it cool slightly. *You can always cook the entire spaghetti squash and use the rest on a later date as it fits in your macros!
- 04 Meanwhile, heat a medium saute pan over medium heat. Add diced bacon and cook for 3-4 minutes or until it begins to get crispy. Add ground beef and cook until browned. Season with herbs, spices, salt and pepper.
- 05 Reduce heat to low and stir in tomato or clean marinara sauce. Simmer for 5 minutes. Note: if preparing ahead of time, skip the additional 5 minute simmer and place in a bowl to cool. Mixture can be refrigerated for 4 days or frozen for 2 weeks.
- 06 Scoop out the spaghetti squash into noodles using a fork and add it to a plate.
- 07 Note: For four servings follow these measurements - 1 tsp Sea Salt, 1 tsp Black Pepper, 2 tsps Garlic Powder, 1 1/3 tbsps Onion Powder, 2 cups Tomato Sauce (no added sugar), 2 tsps Dried Basil, 2 tsps Oregano, 1 tbsp Dried Parsley, 4 slices Bacon, 1 lb Lean Ground Beef (93/7), 2 tsps Chili Flakes (optional garnish), 1 Spaghetti Squash (698 grams)
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



Steamed Green Beans

1 SERVING 10 MINUTES



INGREDIENTS

- 1 1/2 cups Green Beans (fresh or frozen)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 47 | Cholesterol | 0mg |
| Fat | 0g | Sodium | 157mg |
| Carbs | 11g | Vitamin C | 18mg |
| Fiber | 4g | Vitamin D | 0IU |
| Sugar | 5g | Magnesium | 38mg |
| Protein | 3g | Zinc | 0mg |

DIRECTIONS

- 01 Trim the ends of the green beans.
- 02 Bring a 1/2-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.
- 03 Remove green beans with a slotted spoon and serve. Top with sea salt and black pepper to taste.
- 04 Note: For four servings follow these measurements - 6 cups Green Beans, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



FASTER Way Strawberry Banana Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 scoop Faster Way Vanilla Protein Powder
- 1 Banana (100 grams peeled, frozen)
- 1 cup Frozen Strawberries
- 1 scoop Faster Way Unflavored Collagen
- 1 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Add all ingredients to a blender; blend until smooth. Add ice or water (or preferred non-dairy milk) as needed to reach desired consistency.
- 02 Note: Collagen is not a complete protein therefore it is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 344 | Cholesterol | 3mg |
| Fat | 4g | Sodium | 301mg |
| Carbs | 49g | Vitamin C | 101mg |
| Fiber | 9g | Vitamin D | 101IU |
| Sugar | 25g | Magnesium | 73mg |
| Protein | 23g | Zinc | 0mg |



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 |



Roasted Chicken, Veggies & Quinoa with Tahini Sauce

1 SERVING 30 MINUTES



INGREDIENTS

1/4 cup Quinoa (42 grams, dry)
4 ozs Chicken Breast (boneless, Skinless)
1/2 Orange Bell Pepper (60 grams)
1/2 cup Cherry Tomatoes (74 grams)
1 tbsp Tahini
1 tbsp Water
1 1/2 tsps Lemon Juice
3/4 tsp Paprika
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 427 | Cholesterol | 82mg |
| Fat | 14g | Sodium | 225mg |
| Carbs | 41g | Vitamin C | 184mg |
| Fiber | 7g | Vitamin D | 1IU |
| Sugar | 2g | Magnesium | 153mg |
| Protein | 36g | Zinc | 3mg |

DIRECTIONS

- 01 Prep note: Chop the orange bell pepper.
- 02 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 03 Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool. Note: 1/4 cup dry quinoa is about 3/4 cup cooked quinoa.
- 04 Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 05 Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
- 06 Chop the cooked chicken. Plate the quinoa, chicken, cherry tomatoes, and bell peppers. Serve with the dressing and enjoy!
- 07 Note: For four servings follow these measurements - 1 cup Quinoa (170 grams, dry), 1 lb Chicken Breast (boneless, skinless), 2 Orange Bell Pepper (240 grams), 2 cups Cherry Tomatoes (296 grams), 1/4 cup Tahini, 1/4 cup Water, 2 tsps Lemon Juice, 1 tbsp Paprika, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)

