

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
MEAL GUIDE
WEEK THREE

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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
Fluffy Kale & Mushroom Egg White Omelette, Sliced Avocado

MEAL TWO
Greek Salmon Salad, Raspberries

MEAL THREE
One Pan Beef & Broccoli

SNACK
Macadamia Nuts, Hummus Stuffed Mini Peppers

TUE - LOW CARB



MEAL ONE
Fluffy Kale & Mushroom Egg White Omelette, Sliced Avocado

MEAL TWO
Greek Salmon Salad, Raspberries

MEAL THREE
One Pan Beef & Broccoli

SNACK
Macadamia Nuts, Hummus Stuffed Mini Peppers

WED - REG MACRO



MEAL ONE
Apple Cinnamon Overnight Oats

MEAL TWO
Simple Tuna Salad with Edamame and Apples, Banana

MEAL THREE
Chicken Fajita Bowl with Black Beans, Cilantro Lime Rice

SNACK
Mixed Berries with Almond Butter

THU - REG MACRO



MEAL ONE
Apple Cinnamon Overnight Oats

MEAL TWO
Simple Tuna Salad with Edamame and Apples, Banana

MEAL THREE
Chicken Fajita Bowl with Black Beans, Cilantro Lime Rice

SNACK
Mixed Berries with Almond Butter

FRI - LOW MACRO



MEAL ONE
Apple Cinnamon Overnight Oats

MEAL TWO
Simple Tuna Salad with Edamame and Apples

MEAL THREE
Roasted Red Pepper & Tomato Pasta

SNACK
Fresh Strawberries with Almond Butter

SAT - REG MACRO



MEAL ONE
FASTER Way Chocolate Baked Oats

MEAL TWO
Roasted Red Pepper & Tomato Pasta

MEAL THREE
Pesto Chicken & Tomatoes with Quinoa, Steamed Green Beans

SNACK
3 Hard Boiled Eggs, Fresh Strawberries with Almond Butter

SUN - LOW MACRO



MEAL ONE
Scrambled Eggs with Spinach, Mixed Berries

MEAL TWO
Pesto Chicken & Tomatoes with Quinoa, Steamed Green Beans

MEAL THREE
Ginger Chicken Stir Fry, Brown Rice

SNACK
Fresh Strawberries with Almond Butter



MON - LOW CARB

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

Calories 1600 Cholesterol 171mg
Fat 100g Sodium 3037mg
Carbs 64g Vitamin C 274mg
Fiber 27g Vitamin D 1230IU
Sugar 20g Magnesium 308mg
Protein 111g Zinc 9mg

TUE - LOW CARB

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

Calories 1600 Cholesterol 171mg
Fat 100g Sodium 3037mg
Carbs 64g Vitamin C 274mg
Fiber 27g Vitamin D 1230IU
Sugar 20g Magnesium 308mg
Protein 111g Zinc 9mg

WED - REG MACRO

FAT 30% **CARBS 42%** **PROTEIN 28%**

Calories 1609 Cholesterol 150mg
Fat 53g Sodium 1118mg
Carbs 170g Vitamin C 247mg
Fiber 41g Vitamin D 114IU
Sugar 45g Magnesium 411mg
Protein 113g Zinc 7mg

THU - REG MACRO

FAT 30% **CARBS 42%** **PROTEIN 28%**

Calories 1609 Cholesterol 150mg
Fat 53g Sodium 1118mg
Carbs 170g Vitamin C 247mg
Fiber 41g Vitamin D 114IU
Sugar 45g Magnesium 411mg
Protein 113g Zinc 7mg

FRI - LOW MACRO

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 1303 Cholesterol 68mg
Fat 47g Sodium 1323mg
Carbs 123g Vitamin C 186mg
Fiber 33g Vitamin D 113IU
Sugar 35g Magnesium 269mg
Protein 97g Zinc 6mg

SAT - REG MACRO

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

Calories 1612 Cholesterol 667mg
Fat 60g Sodium 1614mg
Carbs 153g Vitamin C 210mg
Fiber 32g Vitamin D 158IU
Sugar 40g Magnesium 396mg
Protein 115g Zinc 9mg

SUN - LOW MACRO

FAT 27% **CARBS 42%** **PROTEIN 31%**

Calories 1217 Cholesterol 395mg
Fat 37g Sodium 2230mg
Carbs 127g Vitamin C 404mg
Fiber 30g Vitamin D 43IU
Sugar 31g Magnesium 443mg
Protein 94g Zinc 8mg



FRUITS

- 3/4 Apple
- 1 2/3 Avocado
- 2 Banana
- 1 1/2 cups Blackberries
- 1 1/2 Green Apple
- 2 tbsps Lemon Juice
- 2 tbsps Lime Juice
- 3 cups Raspberries
- 3 1/4 cups Strawberries

SEEDS, NUTS & SPICES

- 1/3 cup Almond Butter (no Added Sugar Or Oil)
- 1/2 tsp Black Pepper
- 1 1/2 tbsps Chia Seeds
- 1 1/2 tps Chili Powder
- 1/3 tsp Garlic Powder
- 1 tsp Ground Cinnamon
- 1 1/2 tps Ground Cumin
- 2/3 cup Macadamia Nuts
- 1/8 tsp Nutmeg
- 2 tbsps Peanut Butter (no Added Sugar Or Oil)
- 1/2 tsp Red Pepper Flakes
- 1 1/16 tps Sea Salt
- 1/8 tsp Smoked Paprika
- 1/3 cup Walnuts

FROZEN

- 1 1/2 cups Frozen Edamame (shelled)

VEGETABLES

- 2 cups Broccoli
- 3/4 stalk Celery
- 1/2 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 13 Cremini Mushrooms
- 1 Cucumber
- 1/2 tsp Fresh Ginger
- 5 Garlic Clove
- 3/4 tsp Ginger
- 3 1/16 cups Green Beans
- 1/2 Green Bell Pepper
- 1/2 head Green Lettuce
- 3 stalks Green Onion
- 2 cups Kale
- 1 cup Kale Leaves
- 5 ozs Mini Peppers
- 1/2 Orange Bell Pepper
- 1/4 cup Parsley
- 2 1/4 Red Bell Pepper
- 1/4 cup Red Onion
- 2 1/4 cups Spinach
- 4 1/4 Tomato
- 1/4 Yellow Bell Pepper
- 1/8 Yellow Onion

BOXED & CANNED

- 1/4 cup Brown Rice
- 1 cup Canned Black Beans
- 10 ozs Canned Wild Salmon
- 6 ozs Chickpea Pasta
- 1/2 cup Jasmine Rice
- 1/2 cup Quinoa
- 3 cans Tuna

BREAD, FISH, MEAT & CHEESE

- 13 ozs Chicken Breast (boneless, Skinless)
- 8 ozs Chicken Thighs (boneless, Skinless)
- 8 ozs Flank Steak

CONDIMENTS & OILS

- 2 tps Avocado Oil
- 1 tsp Coconut Oil
- 2 1/2 tps Dairy Free Pesto
- 3 tbsps Dijon Mustard
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tps Fish Sauce
- 1 3/4 tps Maple Syrup
- 3 tbsps Mayonnaise (made With Avocado Or Olive Oil)
- 3 1/2 tps Tamari

COLD

- 2 1/3 cups Egg Whites
- 4 Egg(s)
- 1/4 cup Hummus
- 1 1/3 cups Unsweetened Almond Milk

OTHER

- 1 scoop Faster Way Chocolate Protein Powder
- 3 scoops Faster Way Vanilla Protein Powder

BAKING

- 1/2 tsp Arrowroot Powder
- 1/8 tsp Baking Powder
- 1 tsp Cocoa Powder
- 1 1/2 tps Coconut Sugar
- 2 tps Nutritional Yeast
- 1 1/3 cups Rolled Oats
- 3/4 tsp Vanilla Extract



Fluffy Kale & Mushroom Egg White Omelette

1 SERVING 10 MINUTES



INGREDIENTS

2/3 cup Water (divided)
1 cup Kale (21 grams)
4 Cremini Mushrooms (40 grams)
1 tsp Nutritional Yeast
1/8 tsp Garlic Powder
1/8 tsp Sea Salt
1 cup Egg Whites

NUTRITION

AMOUNT PER SERVING

Calories	162	Cholesterol	0mg
Fat	1g	Sodium	725mg
Carbs	6g	Vitamin C	21mg
Fiber	2g	Vitamin D	5IU
Sugar	3g	Magnesium	44mg
Protein	31g	Zinc	1mg

DIRECTIONS

- 01 Prep note: Chop the kale. Dice the mushrooms.
- 02 In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the kale, mushrooms, nutritional yeast, garlic powder, and salt until soft, about two minutes. Set aside.
- 03 Add a splash of the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate.
- 04 Arrange the kale and mushrooms down the middle of each omelette. Fold the sides of the omelette towards the center and enjoy!
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



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



Greek Salmon Salad

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)
5 ozs Canned Wild Salmon (drained)
1/4 head Green Lettuce
1/2 Tomato (66 grams)
1/2 Cucumber (150 grams)
1/2 Avocado (75 grams)
2 tbsps Red Onion

NUTRITION

AMOUNT PER SERVING

Calories	548	Cholesterol	94mg
Fat	37g	Sodium	731mg
Carbs	19g	Vitamin C	31mg
Fiber	8g	Vitamin D	1217IU
Sugar	4g	Magnesium	91mg
Protein	41g	Zinc	2mg

DIRECTIONS

- 01 Prep note: Wash the lettuce and pull the leaves apart. Drain the salmon. Chop the tomato. Thinly slice the cucumber. Slice the avocado and red onion.
- 02 In a small bowl, whisk together the oil, lemon juice, salt, and pepper.
- 03 Arrange the remaining ingredients on a serving platter. Drizzle with the dressing and enjoy!
- 04 Note - For four serving follow these measurements - 1/4 cup Extra Virgin Olive Oil, 2 Lemon, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 1/4 lbs Canned Wild Salmon, 1 head Green Lettuce, 2 Tomato (246 grams), 2 Cucumber (600 grams), 2 Avocado (300 grams), 1/2 cup Red Onion
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



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



One Pan Beef & Broccoli

1 SERVING 15 MINUTES



INGREDIENTS

4 ozs Flank Steak
1 tbsp Tamari (divided)
3/4 tsp Coconut Sugar (divided)
3/4 tsp Avocado Oil (divided)
1 1/2 tsps Water
3/4 tsp Fish Sauce
1/4 tsp Arrowroot Powder
3/4 cup Broccoli (53 grams)
2 1/2 Cremini Mushrooms (50 grams)
3/4 Garlic Clove
1/4 tsp Fresh Ginger

NUTRITION

AMOUNT PER SERVING

Calories	276	Cholesterol	77mg
Fat	13g	Sodium	1445mg
Carbs	11g	Vitamin C	63mg
Fiber	2g	Vitamin D	8IU
Sugar	5g	Magnesium	59mg
Protein	30g	Zinc	5mg

DIRECTIONS

- 01 Add the beef, 3/4 tsp of the tamari, 3/8 tsp of the coconut sugar, and 1/4 tsp of the oil to a large bowl. Gently toss to combine and set aside.
- 02 Whisk the remaining tamari, remaining coconut sugar, water, fish sauce, and arrowroot powder in a small bowl. Set aside.
- 03 Prep note: Thinly slice the flank steak going against the grain. Chop the broccoli into florets. Slice the mushrooms. Thinly slice the garlic. Mince the ginger.
- 04 Heat a large wok or pan over medium-high heat. Add the remaining oil. Once hot, add the beef in a single layer and cook for two minutes, flipping once. Remove with a slotted spoon and set aside on a plate. If needed, repeat with any remaining beef.
- 05 Add the broccoli and cook for one minute. Add the mushrooms and cook for one to two minutes, stirring often until the mushrooms are softened. Add a splash of water if needed to avoid sticking.
- 06 Reduce the heat to medium. Add the garlic and ginger and return the beef to the pan. Add the sauce and cook for one to two minutes, until everything is well coated and the sauce has thickened. Plate and enjoy!
- 07 Note: For four servings follow these measurements - 1 lb Flank Steak, 1/4 cup Tamari (divided), 1 tbsp Coconut Sugar (divided), 1 tbsp Avocado Oil (divided), 2 tsps Water, 1 tsp Fish Sauce, 1 tsp Arrowroot Powder, 3 cup Broccoli (212 grams), 10 Cremini Mushrooms (200 grams), 3 Garlic Cloves, 1 tsp Fresh Ginger
- 08 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Monday, half on Tuesday.



Macadamia Nuts

1 SERVING 2 MINUTES



INGREDIENTS

1/3 cup Macadamia Nuts (42 grams)

DIRECTIONS

01 Portion into a cup and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	34g	Sodium	2mg
Carbs	6g	Vitamin C	1mg
Fiber	4g	Vitamin D	0IU
Sugar	2g	Magnesium	58mg
Protein	4g	Zinc	1mg



Hummus Stuffed Mini Peppers

1 SERVING 10 MINUTES



INGREDIENTS

2 1/2 ozs Mini Peppers
2 tbsps Hummus
1/16 tsp Smoked Paprika

DIRECTIONS

- 01 Cut each pepper in half lengthwise and remove seed.
- 02 Fill each pepper half evenly with hummus and top with paprika. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	92	Cholesterol	0mg
Fat	5g	Sodium	128mg
Carbs	9g	Vitamin C	135mg
Fiber	3g	Vitamin D	0IU
Sugar	3g	Magnesium	23mg
Protein	3g	Zinc	0mg



Apple Cinnamon Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/3 cup Rolled Oats (27 grams)
1/3 cup Unsweetened Almond Milk
1 1/2 tsp Chia Seeds
3/4 tsp Maple Syrup
1/4 tsp Ground Cinnamon
1/16 tsp Nutmeg
1/4 tsp Vanilla Extract
2 tbsps Water
1/4 Apple (26 grams)
2 tbsps Walnuts (13 grams)
1 scoop Faster Way Vanilla Protein Powder

DIRECTIONS

- 01 Prep note: Core and dice the apple. Chop the walnuts.
- 02 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, protein powder, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 03 Remove from fridge. Use a single-serving size jar (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 04 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of maple syrup.
- 05 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	372	Cholesterol	3mg
Fat	16g	Sodium	192mg
Carbs	34g	Vitamin C	2mg
Fiber	7g	Vitamin D	34IU
Sugar	9g	Magnesium	89mg
Protein	27g	Zinc	2mg



Simple Tuna Salad with Edamame and Apples

1 SERVING 10 MINUTES



INGREDIENTS

- 1 can Tuna (32 grams of protein)
- 1/2 Green Apple (50 grams)
- 1 stalk Green Onion (10 grams)
- 1 tbsp Mayonnaise (made With Avocado Or Olive Oil)
- 1/2 cup Frozen Edamame (shelled) (85 grams)
- 1 tbsp Dijon Mustard

DIRECTIONS

- 01 Prep note: Drain the tuna. Chop the apple. Finely slice the green onion. Thaw the edamame.
- 02 Add all ingredients to a large bowl and mix until well combined. 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	396	Cholesterol	65mg
Fat	16g	Sodium	667mg
Carbs	19g	Vitamin C	6mg
Fiber	7g	Vitamin D	79IU
Sugar	10g	Magnesium	94mg
Protein	42g	Zinc	2mg



Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana (100 grams peeled)

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin C	10mg
Fiber	3g	Vitamin D	0IU
Sugar	14g	Magnesium	32mg
Protein	1g	Zinc	0mg



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 tbsps 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 tbsps Extra Virgin Olive Oil, 1 lb Chicken Breast (boneless, skinless), 1 tbsp Ground Cumin, 1 tbsp Chili Powder, 2 cups Canned Black Beans
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



Cilantro Lime Rice

1 SERVING 15 MINUTES



INGREDIENTS

1/4 cup Jasmine Rice (dry)
1 tbsp Cilantro
1 tbsp Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	164	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	39g	Vitamin C	5mg
Fiber	1g	Vitamin D	0IU
Sugar	0g	Magnesium	1mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01 Prep note: Chop the cilantro.
- 02 Cook the rice according to the package directions. Note: 1/4 cup dry rice is equal to about 3/4 cup cooked rice.
- 03 Once the rice is cooked, stir in the cilantro and lime juice. Serve and enjoy!
- 04 Note: For four servings follow these measurements - 1 cup Jasmine Rice (dry), 1/4 cup Cilantro, 4 tbsp Lime Juice
- 05 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Thursday.



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



Roasted Red Pepper & Tomato Pasta

1 SERVING 40 MINUTES



INGREDIENTS

- 1/2 Red Bell Pepper (59 grams)
- 1 1/2 Tomato (184 grams)
- 1 1/2 Garlic Clove
- 1 1/2 tsps Water
- 3 ozs Chickpea Pasta
- 1/4 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt (to taste)
- 2 tbsps Parsley
- 1/8 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	337	Cholesterol	0mg
Fat	6g	Sodium	462mg
Carbs	59g	Vitamin C	114mg
Fiber	15g	Vitamin D	0IU
Sugar	10g	Magnesium	27mg
Protein	24g	Zinc	1mg

DIRECTIONS

- 01 Prep note: Cook the pasta according to package directions. Prepare a rimmed baking sheet with parchment paper (optional). Chop the red bell pepper.
- 02 Preheat the oven to 400°F (205°C).
- 03 Add the red pepper, tomatoes, and garlic cloves to a baking sheet. Add water and season with salt and pepper. Toss to combine. Bake in the oven for 30 minutes.
- 04 Once the vegetables have finished baking, remove the garlic cloves from their skins and transfer everything to a blender. Add red pepper flakes and blend until smooth and creamy.
- 05 Combine the pasta with the sauce and mix until well coated. Top with parsley, serve, and enjoy!
- 06 Note: For four servings follow these measurements - 2 Red Bell Pepper (238 grams), 6 Tomato (738 grams), 6 Garlic Cloves, 2 tbsps Water, Sea Salt & Black Pepper (to taste), 12 ozs Chickpea Pasta, 1 tsp Red Pepper Flakes, 1/2 cup Parsley, 1/8 tsp Sea Salt (to taste), 1/8 tsp Black Pepper (to taste)
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



Fresh Strawberries with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

3/4 cup Strawberries (132 grams)
1 tbsp Almond Butter (no Added Sugar Or Oil) (16 grams)

DIRECTIONS

- 01 Wash strawberries under cold water and remove the stems. Dry well. Dip in almond butter and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	133	Cholesterol	0mg
Fat	9g	Sodium	2mg
Carbs	11g	Vitamin C	64mg
Fiber	4g	Vitamin D	0IU
Sugar	6g	Magnesium	59mg
Protein	4g	Zinc	1mg



FASTER Way Chocolate Baked Oats

1 SERVING 30 MINUTES



INGREDIENTS

1/4 tsp Coconut Oil
1/3 cup Rolled Oats (27 grams)
1/3 cup Unsweetened Almond Milk
1 tbsp Maple Syrup
2 tbsps Egg Whites
1/8 tsp Sea Salt
1/8 tsp Baking Powder
1 tsp Cocoa Powder
1 scoop FASTER Way Chocolate Protein Powder
2 tbsps Peanut Butter (no Added Sugar Or Oil) (divided)

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Grease ramekin with the oil.
- 02 In a blender, combine the oats, milk, maple syrup, egg, salt, baking powder, cocoa powder, protein powder, and half the peanut butter. Blend on high until very smooth, about one minute.
- 03 Pour the mixture into a ramekin and bake for 25 to 27 minutes until cooked through and a toothpick inserted in the center comes out clean. Let cool slightly, top with additional peanut butter and enjoy!
- 04 Note: For four servings follow these measurements - 1 tsp Coconut Oil, 1 1/3 cups Rolled Oats (27 grams), 1 1/3 cups Unsweetened Almond Milk, 1/4 cup Maple Syrup, 1/2 cup Egg Whites, 1/2 tsp Sea Salt, 1/2 tsp Baking Powder, 1 1/3 tbsps Cocoa Powder, 4 scoops FASTER Way Chocolate Protein Powder, 1/2 cup Peanut Butter (no Added Sugar Or Oil) (divided)

NUTRITION

AMOUNT PER SERVING

Calories	476	Cholesterol	3mg
Fat	21g	Sodium	605mg
Carbs	41g	Vitamin C	0mg
Fiber	5g	Vitamin D	34IU
Sugar	16g	Magnesium	113mg
Protein	35g	Zinc	2mg



Pesto Chicken & Tomatoes with Quinoa

1 SERVING 20 MINUTES



INGREDIENTS

- 1/4 cup Quinoa (dry)
- 4 ozs Chicken Thighs (boneless, Skinless)
- 1/4 cup Cherry Tomatoes (37 grams)
- 1 1/4 tsps Dairy Free Pesto
- 1 cup Spinach (31 grams)

NUTRITION

AMOUNT PER SERVING

Calories	334	Cholesterol	106mg
Fat	10g	Sodium	175mg
Carbs	30g	Vitamin C	14mg
Fiber	4g	Vitamin D	1IU
Sugar	2g	Magnesium	141mg
Protein	30g	Zinc	3mg

DIRECTIONS

- 01 Prep note: Cut the cherry tomatoes in half.
- 02 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 03 Cook the quinoa according to the package directions.
- 04 Toss the chicken and cherry tomatoes with the pesto until well coated. Add the chicken and tomatoes to the baking dish and bake for 15 to 20 minutes or until the chicken is cooked through.
- 05 Serve the quinoa in a bowl and top with spinach. Place the chicken thighs and cherry tomatoes over top of the spinach. Spoon residual sauce from the baking dish on top of the dish. Enjoy!
- 06 Note: For four servings follow these measurements - 1 cup Quinoa (dry), 1 lb Chicken Thighs (boneless, skinless), 1 cup Cherry Tomatoes (148 grams), 1 2/3 tsps Dairy Free Pesto, 4 cups Spinach (31 grams)
- 07 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..



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!



Scrambled Eggs with Spinach

1 SERVING 15 MINUTES



INGREDIENTS

- 1 Egg(s)
- 1/4 cup Egg Whites
- 1/4 Tomato (61 grams)
- 1/4 Yellow Bell Pepper (60 grams)
- 1/4 cup Spinach (15 grams)
- 1/8 tsp Garlic Powder
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 1/2 tsp Avocado Oil

DIRECTIONS

- 01 Prep note: Chop the tomato and bell pepper.
- 02 Crack the egg into a bowl and add the eggs whites. Whisk well. Note: 1/4 cup egg whites is about 4 egg whites from whole eggs.
- 03 Add the tomato, bell pepper, spinach, garlic powder, salt, and pepper and mix to combine.
- 04 Heat the oil in a pan over medium heat. Pour the egg mixture into the pan and scramble until it is cooked to your liking.
- 05 Plate and enjoy!

NUTRITION

AMOUNT PER SERVING

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



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



Ginger Chicken Stir Fry

1 SERVING 30 MINUTES



INGREDIENTS

- 1 1/2 tbsps Tamari
- 1/2 Garlic Clove (minced)
- 3/4 tsp Ginger (peeled and grated)
- 3/4 tsp Coconut Oil
- 1/8 Yellow Onion (19 grams)
- 3/4 stalk Celery (30 grams)
- 1/4 Red Bell Pepper (30 grams)
- 1/2 cup Broccoli (35 grams)
- 5 ozs Chicken Breast (boneless, Skinless)
- 1 cup Kale Leaves (21 grams)

NUTRITION

AMOUNT PER SERVING

Calories	260	Cholesterol	103mg
Fat	8g	Sodium	1624mg
Carbs	10g	Vitamin C	100mg
Fiber	4g	Vitamin D	1IU
Sugar	4g	Magnesium	75mg
Protein	37g	Zinc	1mg

DIRECTIONS

- 01 Prep Note: Mince garlic. Dice yellow onion and red bell pepper. Slice celery. Chop broccoli into florets. Chop kale. Chop chicken breast into bite size pieces.
- 02 Mix together tamari (or coconut aminos), garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 03 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Sauté for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 04 Plate stir fry. Enjoy!



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.

