

FASTER WAY

T O F A T L O S S [®]



NEW CLIENT
MEAL GUIDE
WEEK FOUR

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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,
Blackberries



MEAL TWO
Bourbon Chicken



MEAL THREE
Burger in a Bowl



SNACK
Macadamia Nuts with Raspberries

THU - 24HR FAST



MEAL THREE
Teriyaki Chicken & Edamame Quinoa
Bowl



SNACK
Apple with Almond Butter

SUN - LOW MACRO



MEAL ONE
Brownie Protein Pancakes



MEAL TWO
One Pan Chicken Fajitas



MEAL THREE
Creamy Dill Salmon, Steamed Broccoli,
Cauliflower & Carrots



SNACK
Mixed Berries with Almond Butter

TUE - LOW CARB



MEAL ONE
3 Eggs your Way with Bacon,
Blackberries



MEAL TWO
Bourbon Chicken



MEAL THREE
Burger in a Bowl



SNACK
Macadamia Nuts with Raspberries

FRI - REG MACRO



MEAL ONE
Raspberry Protein Overnight Oats



MEAL TWO
Teriyaki Chicken & Edamame Quinoa
Bowl, Mixed Berries



MEAL THREE
Sweet Potato Shepherd's Pie, Steamed
Green Beans



SNACK
FASTER Way Oatmeal Cookie Smoothie

WED - FEAST DAY



MEAL ONE
Raspberry Protein Overnight Oats



MEAL TWO
High Protein Turkey, Avocado &
Hummus Wrap, Edamame



MEAL THREE
Ginger Chicken Stir Fry, Steamed White
Rice



SNACK
FASTER Way Banana Cinnamon
Smoothie

SAT - REG MACRO



MEAL ONE
Turkey Sausage Scramble, Sliced
Avocado



MEAL TWO
Sweet Potato Shepherd's Pie, Steamed
Green Beans



MEAL THREE
One Pan Chicken Fajitas, Cilantro Lime
Rice



SNACK
FASTER Way Strawberry Banana
Smoothie



MON - LOW CARB

FAT 58% **CARBS 15%** **PROTEIN 27%**

Calories 1650 Cholesterol 819mg
Fat 106g Sodium 2035mg
Carbs 61g Vitamin C 200mg
Fiber 24g Vitamin D 132IU
Sugar 32g Magnesium 263mg
Protein 113g Zinc 15mg

TUE - LOW CARB

FAT 58% **CARBS 15%** **PROTEIN 27%**

Calories 1650 Cholesterol 819mg
Fat 106g Sodium 2035mg
Carbs 61g Vitamin C 200mg
Fiber 24g Vitamin D 132IU
Sugar 32g Magnesium 263mg
Protein 113g Zinc 15mg

WED - FEAST DAY

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

Calories 2019 Cholesterol 199mg
Fat 67g Sodium 4127mg
Carbs 204g Vitamin C 156mg
Fiber 49g Vitamin D 88IU
Sugar 45g Magnesium 470mg
Protein 150g Zinc 7mg

THU - 24HR FAST

FAT 40% **CARBS 37%** **PROTEIN 23%**

Calories 682 Cholesterol 107mg
Fat 30g Sodium 498mg
Carbs 63g Vitamin C 10mg
Fiber 13g Vitamin D 1IU
Sugar 22g Magnesium 237mg
Protein 40g Zinc 5mg

FRI - REG MACRO

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

Calories 1589 Cholesterol 187mg
Fat 53g Sodium 1884mg
Carbs 159g Vitamin C 164mg
Fiber 40g Vitamin D 156IU
Sugar 45g Magnesium 464mg
Protein 119g Zinc 14mg

SAT - REG MACRO

FAT 32% **CARBS 39%** **PROTEIN 29%**

Calories 1621 Cholesterol 616mg
Fat 57g Sodium 2671mg
Carbs 160g Vitamin C 218mg
Fiber 26g Vitamin D 187IU
Sugar 40g Magnesium 268mg
Protein 117g Zinc 12mg

SUN - LOW MACRO

FAT 34% **CARBS 38%** **PROTEIN 28%**

Calories 1239 Cholesterol 350mg
Fat 47g Sodium 2004mg
Carbs 119g Vitamin C 193mg
Fiber 27g Vitamin D 67IU
Sugar 30g Magnesium 210mg
Protein 85g Zinc 4mg



FRUITS

- 1 Apple
- 3/4 Avocado
- 4 Banana
- 3 cups Blackberries
- 1 tsp Lemon Juice
- 1 tbsp Lime Juice
- 3 1/4 cups Raspberries
- 1 cup Strawberries

SEEDS, NUTS & SPICES

- 1/4 cup Almond Butter (no Added Sugar Or Oil)
- 2/3 tsp Black Pepper
- 2 tbsps Chia Seeds
- 1/4 tsp Chili Flakes
- 1 tbsp Fajita Seasoning
- 1/2 tsp Garlic Powder
- 1 1/3 tsps Ground Cinnamon
- 1/4 cup Ground Flax Seed
- 1 1/2 tsps Italian Seasoning
- 2/3 cup Macadamia Nuts
- 1 1/4 tsps Sea Salt

FROZEN

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

VEGETABLES

- 4 cups Broccoli
- 1 Carrot
- 1/8 head Cauliflower
- 3/4 stalk Celery
- 1 cup Cherry Tomatoes
- 1 1/2 tbsps Cilantro
- 1 tbsp Fresh Dill
- 1 1/4 tsps Fresh Ginger
- 1 1/2 Garlic Clove
- 3 1/16 cups Green Beans
- 1/4 Green Bell Pepper
- 2 stalks Green Onion
- 1 cup Kale
- 1/4 Orange Bell Pepper
- 1/2 Red Bell Pepper
- 1/3 cup Red Onion
- 4 cups Romaine
- 1 cup Spinach
- 1 Sweet Potato
- 1 Yellow Onion

BOXED & CANNED

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

BAKING

- 1/4 cup All Purpose Gluten-Free Flour
- 1 1/2 tsps Baking Powder
- 1 1/2 tsps Cocoa Powder
- 2 tbsps Coconut Sugar
- 2 tbsps Dark Chocolate Chips
- 3/4 cup Rolled Oats
- 2/3 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 4 slices Bacon
- 1 1/2 lbs Chicken Breast (boneless, Skinless)
- 8 ozs Chicken Thighs (boneless, Skinless)
- 1 1/4 lbs Lean Ground Beef (93/7)
- 5 ozs Salmon Fillet
- 6 1/2 ozs Sliced Turkey Breast
- 4 Small Corn Tortilla
- 4 ozs Turkey Sausage

CONDIMENTS & OILS

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

COLD

- 9 Egg(s)
- 2 tbsps Hummus
- 3 1/2 cups Unsweetened Almond Milk

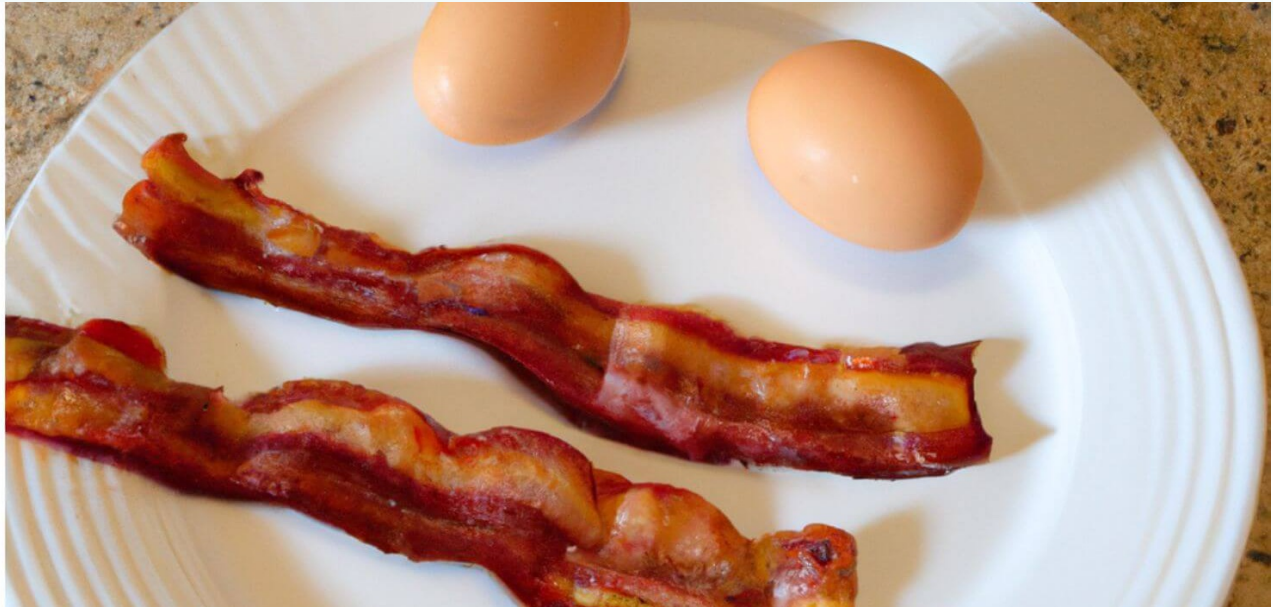
OTHER

- 2 tbsps Bourbon (or Apple Cider Vinegar)
- 1/2 scoop Faster Way Chocolate Protein Powder
- 3 scoops Faster Way Unflavored Collagen
- 5 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!



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



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 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 tbsp 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 tbsp 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.



Macadamia Nuts with Raspberries

1 SERVING 2 MINUTES



INGREDIENTS

1/3 cup Macadamia Nuts (42 grams)
1/2 cup Raspberries (60 grams)

DIRECTIONS

01 Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	353	Cholesterol	0mg
Fat	34g	Sodium	3mg
Carbs	14g	Vitamin C	17mg
Fiber	8g	Vitamin D	0IU
Sugar	5g	Magnesium	72mg
Protein	4g	Zinc	1mg



Raspberry Protein Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/3 cup Rolled Oats (27 grams)
3/4 cup Unsweetened Almond Milk
1 tbsp Ground Flax Seed (7 grams)
1/4 tsp Ground Cinnamon
1/2 cup Raspberries (60 grams, fresh or frozen, thawed)
1 scoop Faster Way Vanilla Protein Powder

DIRECTIONS

- 01 Add the oats, almond milk, flax seed, protein powder and cinnamon together in a large, glass jar or bowl. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Top with raspberries & enjoy!
- 03 **TIME SAVING TIP** - Cook Once, Eat Twice: Double this recipe. Use half on Wednesday, half on Friday.

NUTRITION

AMOUNT PER SERVING

Calories	282	Cholesterol	3mg
Fat	7g	Sodium	258mg
Carbs	29g	Vitamin C	16mg
Fiber	9g	Vitamin D	76IU
Sugar	3g	Magnesium	64mg
Protein	27g	Zinc	1mg



High Protein Turkey, Avocado & Hummus Wrap

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Hummus
1 Brown Rice Tortilla (taco size)
6 1/2 ozs Sliced Turkey Breast
1/2 Avocado (75 grams)
1/16 tsp Sea Salt (to taste)
1/16 tsp Black Pepper (to taste)

DIRECTIONS

- 01 Prep note: Slice the avocado.
- 02 Spread the hummus on the tortilla and place the turkey and avocado on top. Season with salt and pepper. Roll the wrap tightly and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	578	Cholesterol	90mg
Fat	30g	Sodium	2107mg
Carbs	44g	Vitamin C	10mg
Fiber	11g	Vitamin D	11IU
Sugar	6g	Magnesium	87mg
Protein	35g	Zinc	3mg



Edamame

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Edamame (shelled) (170 grams)

DIRECTIONS

- 01 Thaw the edamame. Enjoy as a snack or add as a side to a main dish, salad or soup. Add seasoning to your liking.

NUTRITION

AMOUNT PER SERVING

Calories	188	Cholesterol	0mg
Fat	8g	Sodium	9mg
Carbs	14g	Vitamin C	9mg
Fiber	8g	Vitamin D	0IU
Sugar	3g	Magnesium	99mg
Protein	18g	Zinc	2mg



Ginger Chicken Stir Fry

1 SERVING 30 MINUTES



INGREDIENTS

- 1 1/3 tbsps Tamari
- 1/2 Garlic Clove
- 3/4 tsp Fresh Ginger
- 3/4 tsp Coconut Oil
- 5 ozs Chicken Breast (boneless, Skinless)
- 1/8 Yellow Onion (18 grams)
- 3/4 stalk Celery
- 1/4 Red Bell Pepper (30 grams)
- 1/2 cup Broccoli (35 grams)
- 1 cup Kale (67 grams)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	259	Cholesterol	103mg
Fat	8g	Sodium	1604mg
Carbs	10g	Vitamin C	100mg
Fiber	4g	Vitamin D	1IU
Sugar	4g	Magnesium	74mg
Protein	37g	Zinc	1mg

DIRECTIONS

- 01 Prep note: Mince the garlic. Peel and grate the ginger. Slice the chicken into cubes. Dice the onion. Slice the celery. Dice the red bell pepper. Chop the broccoli into florets. Chop the kale.
- 02 Mix together tamari, 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, yellow onion, salt and pepper. Saute 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. Garnish with sesame seeds and hot sauce if you like. Enjoy!
- 05 Note: For four servings follow these measurements - 1/3 cup Tamari, 2 Garlic Cloves, 1 tbsp Fresh Ginger, 1 tbsp Coconut Oil, 1 1/4 lbs Chicken Breast, 1/2 Yellow Onion (74 grams), 3 stalk Celery, 1 Red Bell Pepper (120 grams), 2 cup Broccoli (140 grams), 4 cup Kale (268 grams), 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)



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)



FASTER Way Banana Cinnamon Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 scoop Faster Way Vanilla Protein Powder
2 tbsps Ground Flax Seed
2 tbsps Chia Seeds
2 Banana (200 grams peeled, frozen)
2 cups Water
1/2 tsp Ground Cinnamon
1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01 Add all ingredients to blender and blend until smooth. Add ice to reach desired consistency. Pour into glass and enjoy!
- 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	536	Cholesterol	3mg
Fat	14g	Sodium	147mg
Carbs	69g	Vitamin C	21mg
Fiber	16g	Vitamin D	0IU
Sugar	29g	Magnesium	144mg
Protein	30g	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 Thursday, half on Friday.



Apple with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (105 grams)
2 tbsps Almond Butter (no Added Sugar
Or Oil)

DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin C	8mg
Fiber	8g	Vitamin D	0IU
Sugar	20g	Magnesium	96mg
Protein	7g	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



Sweet Potato Shepherd's Pie

1 SERVING 35 MINUTES



INGREDIENTS

1/2 Sweet Potato (66 grams)
3/4 tsp Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt (divided)
4 ozs Lean Ground Beef (93/7)
1/4 Yellow Onion (37 grams)
1/4 Carrot (15 grams)
3/4 tsp Italian Seasoning
1/4 tsp Garlic Powder

NUTRITION

AMOUNT PER SERVING

Calories	305	Cholesterol	74mg
Fat	15g	Sodium	713mg
Carbs	18g	Vitamin C	2mg
Fiber	3g	Vitamin D	3IU
Sugar	6g	Magnesium	41mg
Protein	24g	Zinc	6mg

DIRECTIONS

- 01 Prep note: Peel the sweet potato and roughly chop. Finely chop the yellow onion and carrot.
- 02 Place the sweet potato in a medium pot with just enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potato, then mash with the oil and half of the salt. Set aside.
- 03 Meanwhile, add the beef, onion, carrot, Italian seasoning, garlic powder, and remaining salt to a skillet over medium-high heat. Cook for six to eight minutes until the beef is fully browned and the vegetables have softened. Drain any excess liquid.
- 04 Set oven broiler to high or 550°F (290°C).
- 05 Spread the beef filling in a baking dish. Spoon the mashed potato on top and smooth them into an even layer. Brush with the remaining oil and broil for 10 to 15 minutes until browned. Plate and enjoy!
- 06 Note: For four servings follow these measurements - 2 Sweet Potato (266 grams), 1 tbsp Extra Virgin Olive Oil (divided), 1 tsp Sea Salt (divided), 1 lb Lean Ground Beef (93/7), 1 Yellow Onion (148 grams), 1 Carrot (61 grams), 1 tbsp Italian Seasoning, 1 tsp Garlic Powder
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Friday, half on Saturday.



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 Friday, half on Saturday.



FASTER Way Oatmeal Cookie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 3/4 cup Unsweetened Almond Milk
- 1 Banana (100 grams peeled, frozen)
- 3 tbsps Rolled Oats (15 grams)
- 1 1/2 tbsps Almond Butter (no Added Sugar Or Oil)
- 1/8 tsp Vanilla Extract
- 1/4 tsp Ground Cinnamon
- 1 scoop Faster Way Vanilla Protein Powder
- 1 scoop Faster Way Unflavored Collagen

DIRECTIONS

- 01 Add all ingredients into a blender and blend until smooth. Add ice to reach desired consistency. Pour into a glass and enjoy!
- 02 Note: Collagen is not a complete protein, therefore it is not factored into the total protein of this recipe.

NUTRITION

AMOUNT PER SERVING

Calories	468	Cholesterol	3mg
Fat	18g	Sodium	259mg
Carbs	44g	Vitamin C	10mg
Fiber	8g	Vitamin D	76IU
Sugar	16g	Magnesium	133mg
Protein	29g	Zinc	2mg



Turkey Sausage Scramble

1 SERVING 10 MINUTES



INGREDIENTS

- 4 ozs Turkey Sausage (casing removed)
- 1 cup Spinach (31 grams)
- 2 Egg(s)
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	326	Cholesterol	457mg
Fat	19g	Sodium	986mg
Carbs	2g	Vitamin C	11mg
Fiber	1g	Vitamin D	82IU
Sugar	1g	Magnesium	58mg
Protein	35g	Zinc	5mg

DIRECTIONS

- 01 Prep note: Chop the spinach. Crack the eggs into a bowl and whisk.
- 02 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 03 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!
- 04 Note: For four servings follow these measurements - 1 1/16 lbs Turkey Sausage (casing removed), 4 cups Spinach (31 grams), 8 Eggs, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)



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



One Pan Chicken Fajitas

1 SERVING 35 MINUTES



INGREDIENTS

- 1 tsp Extra Virgin Olive Oil
- 1 1/2 tsps Fajita Seasoning
- 1/16 tsp Sea Salt (to taste)
- 1/16 tsp Black Pepper (to taste)
- 4 ozs Chicken Breast (boneless, Skinless)
- 1/8 Yellow Onion (18 grams)
- 1/8 Orange Bell Pepper (15 grams)
- 1/8 Red Bell Pepper (15 grams)
- 1/8 Green Bell Pepper (15 grams)
- 2 Small Corn Tortilla

NUTRITION

AMOUNT PER SERVING

Calories	348	Cholesterol	82mg
Fat	9g	Sodium	508mg
Carbs	35g	Vitamin C	74mg
Fiber	4g	Vitamin D	1IU
Sugar	3g	Magnesium	38mg
Protein	28g	Zinc	1mg

DIRECTIONS

- 01 Prep note: Slice the chicken breast, bell peppers and onion.
- 02 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 03 In a small bowl, combine the oil, fajita seasoning, salt, and pepper.
- 04 Toss the chicken, veggies, and oil mixture together on the prepared sheet pan and spread out evenly. Bake for 20 to 25 minutes until the chicken is cooked through and the veggies are soft.
- 05 Serve with warm corn tortillas and enjoy!
- 06 Note: For four servings follow these measurements - 1 1/3 tbsps Extra Virgin Olive Oil, 2 tbsps Fajita Seasoning, 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste), 1 lb Chicken Breast (boneless, Skinless), 1/2 Yellow Onion (74 grams), 1/2 Orange Bell Pepper (60 grams), 1/2 Red Bell Pepper (60 grams), 1/2 Green Bell Pepper (60 grams), 8 Small Corn Tortilla
- 07 TIME SAVING TIP - Cook Once, Eat Twice: Double this recipe. Use half on Saturday, half on Sunday.



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.



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



Brownie Protein Pancakes

1 SERVING 15 MINUTES



INGREDIENTS

1/4 cup All Purpose Gluten-Free Flour
1/2 scoop Faster Way Chocolate Protein Powder
1 1/2 tps Cocoa Powder
1 1/2 tps Baking Powder
1/4 cup Unsweetened Almond Milk
1 Egg(s)
1/2 tsp Vanilla Extract
2 tbsps Dark Chocolate Chips (dairy free)

NUTRITION

AMOUNT PER SERVING

Calories	460	Cholesterol	188mg
Fat	16g	Sodium	911mg
Carbs	53g	Vitamin C	0mg
Fiber	7g	Vitamin D	66IU
Sugar	15g	Magnesium	26mg
Protein	21g	Zinc	1mg

DIRECTIONS

- 01 In a medium sized bowl, combine the flour, protein powder, cocoa powder, and baking powder.
- 02 Add the almond milk, egg and vanilla to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 03 Spray a skillet with nonstick cooking spray and over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 04 Plate the pancakes and enjoy!
- 05 Note: For four servings follow these measurements - 1 cup All Purpose Gluten Free Flour, 2 scoops Faster Way Chocolate Protein Powder, 2 tbsps Cocoa Powder, 2 tbsps Baking Powder, 1 cup Unsweetened Almond Milk, 4 Eggs, 2 tsp Vanilla, 1/2 cup Dark Chocolate Chips (dairy free)



Creamy Dill Salmon

1 SERVING 20 MINUTES



INGREDIENTS

- 1 tsp Mayonnaise (made With Avocado Or Olive Oil)
- 1 tbsp Fresh Dill
- 1/16 tsp Sea Salt
- 5 ozs Salmon Fillet
- 1 tsp Lemon Juice (optional)

NUTRITION

AMOUNT PER SERVING

Calories	234	Cholesterol	80mg
Fat	12g	Sodium	239mg
Carbs	0g	Vitamin C	2mg
Fiber	0g	Vitamin D	0IU
Sugar	0g	Magnesium	42mg
Protein	28g	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 In a small bowl, combine the mayonnaise, dill and salt.
- 03 Arrange the salmon fillet on the prepared baking sheet and spread the creamy dill sauce evenly across the tops of the fish. Bake for 14 to 18 minutes or until the fish is cooked through and flakes easily.
- 04 Plate and top with lemon juice if desired. Enjoy!
- 05 Note: For four servings follow these measurements - 1/4 cup Mayonnaise (Made with avocado or olive oil), 1/4 cup Fresh Dill, 1/4 tsp Sea Salt, 1 1/4 lbs Salmon Fillet, 1 1/3 tbsps Lemon Juice (optional)



Steamed Broccoli, Cauliflower & Carrots

1 SERVING 25 MINUTES



INGREDIENTS

- 1/2 Carrot (61 grams)
- 1/8 head Cauliflower (33 grams)
- 1/2 cup Broccoli (35 grams)
- 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	206mg
Carbs	10g	Vitamin C	78mg
Fiber	4g	Vitamin D	0IU
Sugar	4g	Magnesium	25mg
Protein	3g	Zinc	0mg

DIRECTIONS

- 01** Prep Note: Peel and chop carrots. Cut cauliflower into florets. Chop broccoli.
- 02** Set the carrots, cauliflower and broccoli in a steaming basket over boiling water and cover. Steam for 7 to 10 minutes or until cooked through. Remove from the basket and plate. Top with sea salt and black pepper to taste. Enjoy!
- 03** Note: For four servings follow these measurements - 2 Carrot (122 grams), 1/4 head Cauliflower (132 grams), 2 cup Broccoli (140 grams), 1/4 tsp Sea Salt (to taste), 1/4 tsp Black Pepper (to taste)



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

