



BREAKAWAY GRANOLA BITES

▸ Serving: ~25 balls ▸ Preparation time: 20 min

INGREDIENTS:

1 cup almond butter
½ cup brown sugar
½ cup honey
½ cup bitter sweet
chocolate chips
1 serving whey protein
powder (approx. 26g)
½ cup almonds
1 cup dried cranberries
1 cup old fashioned oats
1 ½ cup puffed rice cereal

DIRECTIONS:

Microwave almond butter, brown sugar, honey for 1 - 1 ½ minutes in microwave safe bowl.

Add chocolate chips and protein powder, stir until melted or until well-mixed.

Combine remaining ingredients in large bowl. Pour melted mixture over dry ingredients and stir until everything is combined.

Form into ~2 Tbsp. size balls.

Place in airtight container in fridge for up to 1 week.

NUTRITION FACTS:

Amount: 1 ball
Calories: 164
Carbs.: 22g
Protein: 4g
Fat: 8g





POWER PLAY PIZZA & SHREDDED SALAD

▶ Preparation time: 15 min (using pre-cooked chicken)

SHREDDED SALAD INGREDIENTS:

2 cups mixed lettuce

2-3 Tbsp fat free dressing of your
choice or home made dressing
(recipe below)

½ Tbsp sliced olives

½ chicken breast without skin
(from pizza recipe)

3 sliced strawberries (*optional*)

2 Tbsp sliced almonds or
sunflower seeds (*optional*)

HOMEMADE DRESSING:

4-5 Tbsp balsamic vinegar

1 Tbsp olive oil

1 pinch of brown sugar

1/2 tsp of no-salt Italian seasoning

Mix together and serve over salad
- make larger batches and store!

NUTRITION FACTS:

Calories: 176

Carbs.: 11g

Protein: 15g

Fat: 8g





POWER PLAY PIZZA & SHREDDED SALAD

▶ Preparation time: 15 min (using pre-cooked chicken)

POWER PLAY PIZZA INGREDIENTS:

1 medium whole wheat
pita/naan (for lower carb
option, use whole wheat
tortilla)

2 Tbsp pizza sauce

2 Tbsp soft goat cheese

½ tomato sliced or diced

4-6 leaves fresh basil

1 Tbsp sliced green olives

¼ chicken breast no skin

DIRECTIONS:

Preheat oven to 400F.

Spoon pizza sauce on to pita.

Add tomato, chicken breast, olives, basil and goat cheese.

Place in oven and bake for 10 minutes until basil leaves are
crispy and bottom of pita is lightly brown.

Cut into four slices and plate.

NUTRITION FACTS:

Calories: 324

Carbs.: 29g

Protein: 25g

Fat: 12g





SPIN-O-RAMA SALMON

▸ Servings: 4-6 ▸ Preparation time: 10 min ▸ Cook time: 20 min

INGREDIENTS:

1 large salmon
1 large size cedar plank
4-6 lemons
Spice mix for topping
(steak spice)
1/3 stick of butter, sliced
Brown sugar or maple
syrup
Rice of choice
Asparagus
Olive oil

DIRECTIONS:

Pre-soak plank for at least 60 min in submerged water.
Start BBQ and warm up to high heat (400-500F).
Squeeze fresh lemon juice over salmon and add lemon slices on top. Let marinate for minimum of 30 min if possible in the fridge.
Add slices of butter, maple syrup and spice mix.
Add equal parts rice and water to rice cooker and press start.
Wash and trim asparagus and place in foil with olive oil and spice mix.
Place salmon on cedar plank.
Place salmon and wrapped asparagus onto BBQ grill and let stand for 20 mins. Flip asparagus 10 min through.

NUTRITION FACTS:

Calories: 612
Carbs.: 52.4g
Protein: 45g
Fat: 22g





SLAPSHOT SPAGHETTI BOLOGNESE

▸ Servings: 4-6 ▸ Preparation time: 10 min ▸ Cook time: 20 min

INGREDIENTS:

4-6 Italian sausages

3 peppers (color of choice)

1 onion (*optional*)

1 box angel hair pasta

1 large jar pasta sauce

Fresh parmesan cheese (*optional*)

Fresh basil (*optional*)

Olive oil

DIRECTIONS:

Chop up peppers and onion.

In a pan, sauté peppers and onions in olive oil until soft over medium heat.

Add sausage meat and separate into small crumbles, cook through.

Add pasta sauce and stir - reduce to simmer and stir every 5 mins.

Allow large pot of water (with a pinch of salt) to come to a boil.

Add package of angel hair noodles and cook for 4 mins (or package instructions).

Drain pasta and top with bolognese sauce.

Add fresh parmesan and basil for fresh flavor.

NUTRITION FACTS:

Calories: 750

Carbs.: 80g

Protein: 35g

Fat: 27g

