

# Carrots 'N' Cake

## WORKOUT DAY 1

### BREAKFAST

#### Chia Pudding

- ½ cup blueberries
- 2 tbsp unsweetened shredded coconut
- 1 tbsp nut butter

### LUNCH

- 1 cup mashed potatoes
- 2 cups spinach (raw)
- 2 chicken sausage

### AFTERNOON SNACK

- ½ cup cottage cheese
- 1 rice cake
- 1 tsp cinnamon
- ½ banana
- 1 tbsp peanut butter

### DINNER

#### General Tso's Chicken

- ½ cup white rice
- 1 cup stir fry veggies (frozen)

### PM SNACK

- 1 cup Enlightened Birthday Cake Ice Cream

### PROTEIN SHAKE

- 1 scoop SFH Churro protein powder
- 1 scoop collagen peptides

## WORKOUT DAY 2

### BREAKFAST

2 rice cakes  
2 tbsp nut butter  
1 banana  
1 tbsp ground flaxseed  
2 scoops collagen peptides

### LUNCH

#### Easy Shredded Chicken Breast

1 cup butternut squash  
1 bunch kale  
1 oz crumbled feta  
1/8 cup pumpkin seeds

### AFTERNOON SNACK

1/4 cup hummus  
1 cup veggies of choice  
1 oz Kerrygold cheddar

### DINNER

#### Baked Chicken Thighs

Mashed potatoes  
2 cups green vegetable of choice  
1/2 tbsp butter

### PM SNACK

3 squares Endangered Species 72% Dark Chocolate  
1 tbsp peanut butter

### PROTEIN SHAKE

1 scoop SFH Churro protein powder  
1 scoop collagen peptides  
Iced coffee

## **REST DAY**

### **BREAKFAST**

2 rice cakes  
2 tbsp peanut butter  
1 scoop collagen peptides  
1 tbsp ground flaxseed

### **LUNCH**

#### **Easy Shredded Chicken Breast**

1 cup butternut squash  
1 bunch kale  
1 oz crumbled feta  
1/8 cup pumpkin seeds

### **AFTERNOON SNACK**

1/2 cup full-fat Greek yogurt  
1/2 cup blueberries  
1 tbsp sliced almonds  
1/2 tbsp chia seeds

### **DINNER**

2 oz Banza pasta  
1 chicken sausage  
1 tbsp pesto  
2 tbsp grated Parmesan  
**Roasted Broccoli**

### **PM SNACK**

1 Justin's Dark Chocolate Peanut Butter Cup

### **PROTEIN SHAKE**

1 scoop SFH Churro protein powder  
1 scoop collagen peptides  
Iced coffee

## **MACRO GOALS**

### **WORKOUT DAY**

P 139 C 161 F 87 (1984 calories)

### **REST DAY**

P 139 C 129 F 87 (1855 calories)

### **Baked Chicken Thighs**

2 servings (1 serving is ~4.5 ounces)

P 30 C 0 F 9

(4) 3 oz Chicken Thigh, boneless, skinless

(1) Salt & Pepper (pinch)

(0.5) Garlic Powder - TEASPOON

(0.5) Onion Powder - TEASPOON

Place thighs on a baking sheet and season. Bake at 375F for 35 minutes or until cooked through.

### **Chia Pudding**

1 servings

P 20 C 29 F 13

(1) Cinnamon - TEASPOON

(3) Chia Seeds - TBSP

(0.75) 2% milk (1 cup)

(1) Vanilla Extract - TEASPOON

(0.5) SFH Protein Powder (vanilla) - 1 scoop

Combine all ingredients in a glass or jar and stir to combine. Allow to sit in fridge overnight to thicken.

### **Easy Shredded Chicken Breast**

5 servings (3 oz each)

P 20 C 0 F 1

1 pound Chicken Breast (Lean)

Place chicken breasts into a saucepan and pour in enough water to cover. Place over medium heat, bring to a boil, and simmer until chicken meat is no longer pink, 10 to 12 minutes. Transfer chicken breasts to a bowl, allow to cool, and shred the chicken meat with 2 forks or use a hand mixer on low to medium. This recipe also works in a crock-pot or Instant Pot.

### **Roasted Broccoli**

4 servings

P 7 C 15 F 8

2 heads Broccoli

2 tbsp Olive Oil

Salt & Pepper (pinch)

Preheat oven to 400 degrees F. Chop heads of broccoli into bite-sized pieces. Toss in olive oil, salt, and pepper. Roast for 15 minutes, toss, and roast for 15 more minutes.

### **General Tso's Chicken**

4 servings

P 27 C 11 F 8

16 oz Chicken Breast (Lean)  
4 tbsp Soy Sauce (Low Sodium) or Liquid/ Coconut Aminos  
4 tbsp Cornstarch  
1 Egg Whites (from shell)  
Ginger (fresh, peeled, 1 inch)  
2 Garlic (Cloves)  
2 Scallions  
1 tbsp Sriracha  
3 tbsp Hoisin Sauce  
1 tbsp Sesame Oil  
1 cup Chicken Broth Reduced Sodium

1. In a medium bowl, combine the chicken, 2 tablespoons soy sauce, 3 tablespoons cornstarch and egg white. Toss to combine and set aside while you chop the vegetables.
2. Mince the garlic and ginger and chop the scallions. Separate the scallion whites from the greens and set aside greens for garnish.
3. Heat a small sauce pan over medium heat. Add 1 teaspoon of sesame oil, ginger, garlic and scallion whites. Sauté for 1 minute. Add the chicken broth, remaining 2 tablespoons soy sauce, sriracha, and hoisin and whisk to combine. Add the remaining 1 tablespoon cornstarch and whisk sauce until starting to thicken, about 2 minutes. Once thickened, turn heat to low and keep warm while you make the chicken.
4. Heat a large wok or non-stick skillet over high heat. Add 1/2 tablespoon of sesame oil then half of the chicken pieces. Cook chicken for 3-4 minutes, or until browned on the edges. Flip chicken and cook an additional 2-3 minutes, or until cooked through. Set aside on a plate and add the remaining oil and chicken as directed.
5. Return the chicken back to the skillet or wok, add the sauce to the skillet and toss to coat. Sprinkle with scallion greens and sesame seeds. Serve immediately with extra sriracha, if desired.

\*For gluten free, use tamari/coconut aminos and gluten free hoisin.

Recipe from Skinnytaste