

# Carrots 'N' Cake

## WORKOUT DAY 1

### BREAKFAST

1 rice cake  
1.5 tbsp peanut butter  
1 tbsp ground flaxseed  
5.3 oz Siggis vanilla yogurt

### PROTEIN SHAKE

½ scoop [SFH Churro protein powder](#)  
1 scoop [collagen](#)  
Iced coffee

### AM SNACK

½ [Perfect Bar](#) (peanut butter)

### LUNCH

[Buffalo Chicken Ranch Bowl](#)  
9 Siete Tortilla Chips  
½ avocado (medium) 150g

### AFTERNOON SNACK

¼ cup hummus  
1 oz Kerrygold Cheddar  
1 cup veggies of choice

### DINNER

[Chicken with Brussels Sprouts and Mustard Sauce](#)  
[Rosemary Roasted Potatoes](#)

### PM SNACK

[Chocolate Chip Cookie Dough Protein Ball](#)

## WORKOUT DAY 2

### BREAKFAST

Loaded Peanut Butter & Blueberry Overnight Oats

### PROTEIN SHAKE

½ scoop [SFH Churro protein powder](#)

1 scoop [collagen](#)

Iced coffee

### LUNCH

Lemon Tahini Dressing

Trader Joe's Carrot Spirals (½ package)

1 cup broccoli

½ oz feta

2 chicken sausage

### AFTERNOON SNACK

1.5 oz Kerrygold Cheddar

10 rice crackers

1 cup veggies of choice

### DINNER

Crockpot BBQ Shredded Chicken

Sauteed Green Beans

6 oz white wine

### PM SNACK

Chocolate Chip Cookie Dough Ball

## **REST DAY**

### **BREAKFAST**

#### **Berry Green Collagen Smoothie**

1 rice cake  
1.5 tbsp nut butter  
½ tbsp ground flaxseeds  
1 scoop [collagen](#)  
Iced coffee

### **AM SNACK**

#### **Chocolate Chip Cookie Dough Protein Ball**

5.3 oz Siggi's 0% Vanilla Greek Yogurt

### **LUNCH**

#### **Greek Salad**

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

1 tbsp Tessemae's Honey Balsamic Dressing

### **AFTERNOON SNACK**

4 tbsp guacamole (store-bought or homemade)  
9 Siete Tortilla Chips

### **DINNER**

#### **Pesto Feta Zoodles**

4 oz fish (salmon, swordfish, tuna, haddock)  
1 tsp extra-virgin olive oil  
1 tbsp lemon juice

### **PM SNACK**

2 squares Endangered Species 72% Dark Chocolate

## **MACRO GOALS**

### **WORKOUT DAY**

P 139 C 161 F 87 (1984 calories)

### **REST DAY**

P 139 C 129 F 87 (1855 calories)

## **Berry Green Collagen Smoothie**

1 serving

P 23 C 21 F 3

$\frac{3}{4}$  cup Frozen Berry Medley

$\frac{1}{2}$  Banana (Medium)

1 cup Spinach (raw)

2 scoops Collagen Peptides

$\frac{3}{4}$  cup Almond Milk (Unsweetened)

$\frac{1}{2}$  cup ice

Blend together, adjusting almond milk to desired consistency.



### **Buffalo Chicken Ranch Bowl**

1 serving

P 32 C 17 F 11

4 ounces ground chicken (or turkey)  
1.25 cup steamed broccoli  
1/2 cup chopped spinach (frozen)  
2 tbsp buffalo sauce  
1 tbsp Ranch dressing

Cook ground chicken and veggies and then combine with buffalo sauce. Drizzle Ranch on top.

Prep tips: Cook ground chicken and veggies ahead of time and then just reheat in the microwave before mixing with buffalo sauce and Ranch. This recipe is also really tasty with blue cheese crumbles.

### **Chicken with Brussels Sprouts and Mustard Sauce**

4 servings

P 28 C 8 F 11

¼ cup Unfiltered Apple Cider  
2 tbsp Butter  
2 tbsp Whole Grain Dijon Mustard  
1 tsp Sea Salt  
16 oz Chicken Breast (Lean)  
12 oz Brussel Sprouts  
¾ cup Chicken Broth  
2 tbsp Parsley  
Black pepper to taste

Preheat oven to 450° F. Heat a large ovenproof skillet over high heat. Add 1 tablespoon oil. Sprinkle chicken with 1/4 teaspoon salt and pepper; add to pan. Cook 2-3 minutes or until browned. Turn chicken; place pan in oven. Bake at 450° for 9 minutes or until done. Remove chicken from pan; keep warm. Heat pan over medium-high heat. Add 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 1 tablespoon butter, and parsley. Heat remaining 1 tablespoon oil and 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add Brussels sprouts; sauté 2 minutes or until lightly browned. Add remaining 1/8 teaspoon salt and 1/4 cup broth to pan; cover and cook 4 minutes or until crisp-tender. Serve sprouts with chicken and sauce.

## Chocolate Chip Cookie Dough Protein Balls



### **Crockpot BBQ Shredded Chicken**

5 servings

P 24 C 18 F 4

1 cup BBQ Sauce

¼ cup Chicken Broth

20 oz Chicken Breast (Lean)

Place all ingredients in a crockpot. Cook on low 6-8 hours or 3-4 hours on high. Break apart the meat with a fork to shred in the crockpot. If you have an Instant Pot, this recipe works great, too. Just use the poultry setting!

Prep tips: Look for a low-sugar BBQ with ingredients you can read. Feel free to jazz up the recipe with extra garlic, paprika, or other favorite seasonings!

### **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.

### **Greek Salad**

1 serving

P 5 C 11 F 6

2 cups Romaine Lettuce (Chopped)

¼ cup Cucumber (Chopped)

¼ cup Red Onion (Chopped)

⅓ cup Grape Tomatoes (Sliced)

⅓ cup Kalamata Olives

½ oz Crumbled Feta

Salt & Pepper (pinch)

Combine ingredients in a bowl and eat!

### **Lemon Tahini Dressing**

4 servings

P 3 C 5 F 8

2 tbsp Tahini

1 tsp Honey

2 tbsp Lemon Juice

1 tsp Garlic (Minced)

2 tbsp Water

Combine ingredients in a small bowl until smooth. Drizzle over your favorite roasted veggies!

## Loaded Peanut Butter & Blueberry Overnight Oats

1 serving

P 30 C 56 F 23

½ cup Old Fashioned Oats

½ cup Blueberries

1 scoop Collagen Peptides

2 tbsp Powdered Peanut Butter

½ cup Almond Milk (Unsweetened)

1 tsp Honey

2 tbsp Peanut Butter (Smooth)

Combine oats, powdered peanut butter, collagen, oats, blueberries, honey, and almond milk in a jar let soak overnight or for at least four hours. If desired, heat up oats in a jar for 1-2 minutes and then top with peanut butter.





### **Pesto Feta Zoodles**

2 servings

P 14 C 32 F 9

1 Zucchini (Large)

¾ cup Chickpeas

1 tbsp Pesto (store-bought)

¾ cup Pasta Sauce

½ cup Feta Cheese (low-fat)

1 cup Spinach (raw)

Spiralize Zucchini. Saute chickpeas, zoodles, and pesto over medium heat for 3 minutes. Add spinach and marinara, saute for an additional 2 minutes. Divide portions evenly into to bowls, top with an equal amount of feta on each. Eat one, pack one for later!

### **Rosemary Roasted Potatoes**

4 servings

P 3 C 15 F 4

12 oz Red Potatoes

1 tbsp Olive Oil

1 tsp Thyme (Fresh)

1 tsp Rosemary (Fresh)

Salt & Pepper (pinch)

Preheat oven to 450° F. Combine olive oil, thyme, rosemary, salt, black pepper, and potatoes in a bowl. Spread potatoes on a pan. Bake at 450° for 25 minutes or until golden brown/tender.

### **Sauteed Green Beans**

4 servings

P 2 C 8 F 5

1 bag Green Beans (16 oz)

1.5 tbsp Olive Oil

2 tsp Garlic (minced)

Salt & Pepper (pinch)

Heat oil in a large skillet. Add green beans, garlic, salt, and pepper. Cook until green beans are cooked to your desired tenderness.