

Carrots 'N' Cake

WORKOUT DAY 1

BREAKFAST

- 1 slice [Canyon Bakehouse Gluten Free Bread](#)
- ½ avocado (150g)
- 1 egg
- 3 Applegate Breakfast Sausage

LUNCH

- [Pesto Chicken Salad](#)
- 1 cup broccoli
- 1 serving [Jackson's Honest Sweet Potato Chips](#)

SNACK

- ½ cup Low-Fat Plain Cottage Cheese
- 1 cup veggies of choice
- 1 ounce cheddar cheese

DINNER

- [Cuban Turkey Picadillo](#)
- 2 cups baby arugula
- ½ cup white rice
- 6 ounces white wine

PM SNACK

- [Chocolate-Covered Peanut Butter Protein Truffle](#)

PROTEIN SHAKE

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

WORKOUT DAY 2

BREAKFAST

[Easy Protein Oatmeal](#)

1 tbsp ground flaxseed

1 tbsp nut butter

LUNCH

[Turkey Taco Meat](#)

3 cups romaine lettuce

4 tbsp guacamole (homemade or store-bought)

1 serving [Siete Tortilla Chips](#)

SNACK

1 rice cake

1.5 tbsp nut butter

½ banana

DINNER

[Banza Buffalo Pasta](#)

[Easy Shredded Chicken Breast](#)

1 cup spinach (raw)*

* add spinach to pasta while hot

PM SNACK

[Chocolate-Covered Peanut Butter Protein Truffle](#)

PROTEIN SHAKE

1 scoop [SFH \(Churro\) protein powder](#)

1 scoop [collagen](#)

Iced coffee

REST DAY

BREAKFAST

2 rice cakes
2 tbsp nut butter
1 tbsp ground flaxseed
1 banana

LUNCH

[Turkey Taco Meat](#)

3 cups romaine lettuce
4 tbsp guacamole (homemade or store-bought)
1 serving [Siete Tortilla Chips](#)

SNACK

½ cup Low-Fat Plain Cottage Cheese
1 cup veggies of choice
1 ounce cheddar cheese

DINNER

[Sheet Pan Balsamic Chicken and Veggies](#)

4 ounces Trader Joe's Roasted Potatoes

PM SNACK

[Chocolate-Covered Peanut Butter Protein Truffle](#)

PROTEIN SHAKE

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

MACRO GOALS

WORKOUT DAY

P 139 C 161 F 87 (1984 calories)

REST DAY

P 139 C 129 F 87 (1855 calories)

Banza Buffalo Pasta

3 servings

P 20 C 37 F 22

6 ounces [Banza \(Chickpea Pasta\)](#)

1 TBSP Olive Oil

4 TBSP Philadelphia 2x Protein Cream Cheese

½ medium/large onion

2 ounces Chicken or Vegetable Broth

2 Garlic (Cloves)

4 TBSP Tessemae's Mild Buffalo Sauce

1. Cook the pasta per package instructions. Drain and set aside.
2. In a skillet over medium heat, heat the oil and add the diced onion and garlic. Saute until fragrant and the onion is translucent.
3. Add the cream cheese, buffalo sauce, and broth. Stir until combined and a thick sauce forms. Garnish with onion and serve immediately.

Cuban Turkey Picadillo (Insta, Crockpot or One-pan)

5 servings

P 24 C 5 F 10

24 ounces Ground Turkey (lean)

½ Onion (Medium/Large)

2 Garlic

1 Roma Tomato (Medium)

4 ounces Tomato Sauce

½ Bell Pepper (Orange, Red, or Yellow)

1 TSP Cumin

2 Bay Leaves

¼ cup Green Olives (Pitted)

1 TSP Sea Salt - tsp

¼ cup Cilantro

Instapot:

1. Press saute button, when hot brown meat and season with salt and pepper. Use a wooden spoon to break the meat up into small pieces until no longer pink.
2. Add onion, garlic, tomato, salt, pepper and cilantro and stir 1 minute, olives and about 2 tbsp of the brine (the juice from the olives, this adds great flavor) cumin, and bay leaf.
3. Add tomato sauce and 3 tablespoons of water and mix well.
4. Cover and cook high pressure 15 minutes. Natural or quick release and enjoy!

Crockpot:

1. Brown meat in a large deep skillet on medium-high heat; season with generously with salt and a little pepper. Use a wooden spoon to break the meat up into small pieces. When meat is no longer pink, drain all the liquid from pan.
2. Add the onions, garlic and bell peppers to the meat and cook an addition 3-4 minutes.
3. Transfer the meat to the slow cooker, then add tomato, cilantro, tomato sauce, 1/2 cup water, olives [I usually add some of the brine from the jar for added flavor] then add the spices. Set slow cooker to HIGH for 3 to 4 hours or LOW for 6 to 8. After it's ready, taste for salt and add more as needed [I added a little more cumin and garlic powder at the end as well since the crockpot tends to mute the flavors of herbs and spices].

Stovetop:

1. Brown meat on high heat in large sauté pan and season with salt and pepper. Use a wooden spoon to break the meat up into small pieces. When meat is no longer pink, drain all juice from pan.
2. Meanwhile, while meat is cooking, chop onion, garlic, pepper, tomato and cilantro.
3. Add to the meat and continue cooking on a low flame. Add olives and about 2 tbsp of the brine (the juice from the olives, this adds great flavor) cumin, bay leaf, and more salt if needed. Add tomato sauce and 1/4 cup of water and mix well. Reduce heat and simmer covered about 20 minutes.

Recipe adapted from Skinnytaste

Easy Protein Oatmeal

1 serving

P 30 C 35 F 7

½ cup Rolled Oats

¾ cup water

1 TBSP Chia Seeds

1 scoop (30g) SFH Protein Powder (Churro)

¼ TSP Cinnamon

¼ TSP Vanilla Extract

Place oats and water in a microwaveable bowl with lid.

Microwave on high for 3-4 minutes, until desired creaminess.

Add chia seeds, protein powder, cinnamon, and vanilla; mix well.

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.

Pesto Chicken Salad

4 servings (~ ¾ cup each)

P 28 C 6 F 15

2 cups Chicken Breast (cooked)

1 cup Grape Tomatoes

1/2 cup finely chopped red onions

1/3 cup pesto

2 TBSP Pine Nuts

1/2 cup Parmesan (shaved)

Combine chicken and pesto; stir until combined. Add parmesan, pine nuts, onions, and grape tomatoes; mix.

Recipe from Lemon Tree Dwelling

Sheet Pan Balsamic Chicken and Veggies

4 servings

P 27 C 9 F 11

16 ounces Chicken Breast (Lean)

3 TBSP Balsamic Vinegar

2 Garlic (Cloves)

2 TBSP Olive Oil - TBSP

1.5 TBSP Basil (Fresh)

1 TBSP Parsley

1 TSP Sea Salt

1 Bell Pepper (Orange, Red, or Yellow)

1 Zucchini (Medium)

8 ounces Asparagus

8 ounces Cauliflower

1. Preheat the oven to 450 degrees F. Line a large sheet pan with parchment, if desired.
2. Season chicken with 1 tablespoon balsamic, 1/2 tablespoon olive oil, garlic, 2 teaspoons dried basil, 1 teaspoon dried parsley and 3/4 teaspoon salt.
3. Marinate while you prep the vegetables - the longer the better.
4. In a large bowl, toss the vegetables with 2 tablespoon balsamic, 1 1/2 tablespoons olive oil, 3/4 teaspoon salt, black pepper, 2 teaspoon basil, and 1 teaspoon parsley.
5. Spread out onto the sheet pan. Nestle the chicken in with the vegetables and roast until tender in the lower rack of the oven (about 20 minutes) until the chicken is cooked through.

Turkey Taco Meat

4 servings

P 28 C 0 F 12

Fat

1 pound Ground Turkey (Lean)

2 TBSP Taco Seasoning (Reduced Sodium)

1 TBSP Olive Oil

Add olive oil, ground turkey, and taco seasoning to a skillet. Cook until turkey is thoroughly cooked.