

# FIT MEALS Cookbook



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# Recipe: Granola, Greek Yogurt, Blueberries + Hemp Heart Seeds Parfait

PREP TIME

PRE / POST  
WORKOUT



## Granola, Greek Yogurt, Blueberries & Hemp Heart Seeds Parfait

Category: Breakfast

3  
minutes

### INGREDIENTS

- 1/2 cup granola (such as Quaker simply granola)
- 1 cup plain & fat free Greek yogurt
- 2 tablespoons hemp heart seeds
- 4 tablespoons dried or fresh blueberries

### DIRECTIONS

1. Place all the ingredients in a bowl, mix as desired.

COOK TIME

0  
minutes

YIELD

1  
servings

### NUTRITION REPORT CARD (amount per serving)



36 grams of protein

71 grams of carbs

14 grams of fat

# Recipe: Banana-Nut Chocolate Protein Shake

PREP TIME



PRE / POST WORKOUT

## Banana-Nut Chocolate Protein Shake

Category: Breakfast

3  
minutes

### INGREDIENTS

- 1 scoop of chocolate protein whey 100% isolate protein powder (30g protein per scoop!)
- 1 banana
- 2 tablespoons unsweetened 100% cocoa powder
- 1/8 cup walnuts
- 1/2 - 1 cup ice
- Cold coffee, as desired

### DIRECTIONS

- Put ice, coffee, protein powder, cocoa powder, banana and nuts in a blender and blend until smooth.

COOK TIME

0  
minutes

YIELD

1  
servings

### NUTRITION REPORT CARD (amount per serving)



35 grams of protein

39 grams of carbs

8.5 grams of fat

# Recipe: Turkey + Spinach Omelette

PREP TIME

3  
minutes

## Turkey & Spinach Omelette

Category: Breakfast

COOK TIME

7  
minutes

YIELD

1  
servings



NUTRITION REPORT CARD (amount per serving)



35 grams of protein

10 grams of carbs

18 grams of fat

### INGREDIENTS

- 2 whole eggs
- 1 egg white
- 1/2 tsp olive oil
- 2 oz. turkey (precooked)
- 1 cup spinach
- 1/4 cup onion

### DIRECTIONS

1. Chop the onion and spinach.
2. Coat a pan with the olive oil, turn to medium-high heat and add the chopped spinach and onions. Cook for 2-3 min.
3. Add the turkey and cook for 1 minute.
4. Break two whole eggs and 1 egg white into the pan and cook for 3-4 minutes.

# Recipe: Omelette Muffins

PREP TIME



## Omelette Muffins

Category: Breakfast

15  
minutes

### INGREDIENTS

- 8 eggs
- 8 ounces cooked ham, crumbled
- 1 cup diced red bell pepper
- 1 cup diced onion
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons water

### DIRECTIONS

1. Preheat oven to 350 °F . Grease 8 muffin cups or line with paper liners.
2. Beat eggs together in a large bowl. Mix ham, bell pepper, onion, salt, black pepper, and water into the beaten eggs.
3. Pour egg mixture evenly into prepared muffin cups.
4. Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.

COOK TIME

20  
minutes

YIELD

4  
servings

### NUTRITION REPORT CARD (amount per serving)



22 grams of protein

10 grams of carbs

15 grams of fat

# Recipe: Breakfast Super Shake

PREP TIME

PRE / POST  
WORKOUT



## Breakfast Super Shake

Category: Breakfast

5  
minutes

### INGREDIENTS

12 oz. water or iced green tea  
2 scoops vanilla or strawberry flavored protein powder  
1 cup mixed berries, fresh or frozen  
1 cup of spinach  
1 tablespoon of mixed nuts  
1 tablespoon of ground flax seeds  
1/2 cup plain yogurt or vegan alternative

### DIRECTIONS

1. Add water or green tea, protein, berries, nuts, ground flax and yogurt to a blender and blend on high for 1 minute.  
2. Next, add the spinach to the blender and blend again for 1 minute.

Add ice if using fresh berries and uncooked oats for added carbs.

COOK TIME

0  
minutes

YIELD

1  
servings

### NUTRITION REPORT CARD (amount per serving)



60 grams of protein

37 grams of carbs

12 grams of fat

# Recipe: Spicy Orange Shrimp

PREP TIME

5  
minutes

Category: Lunch

COOK TIME

8  
minutes

YIELD

4  
servings

## Spicy Orange Shrimp

### INGREDIENTS

1.5 pounds large shrimp, peeled and deveined  
 1 tablespoon cornstarch  
 1/4 cup fresh orange juice (about 1 orange)  
 2 tablespoons low-sodium soy sauce  
 2 tablespoons honey  
 1 tablespoon rice wine vinegar  
 1 tablespoon chili paste with garlic (or similar garlic chili sauce you will find at

### DIRECTIONS

1. Place shrimp in a medium bowl. Sprinkle with cornstarch; toss to coat and set aside.  
 2. Combine juice, soy sauce, honey, vinegar, and chili paste, stirring with a whisk; set aside.  
 3. Heat canola oil in a large nonstick skillet over medium-high heat. Add minced ginger and garlic to pan; stir-fry for 15 seconds or until fragrant. Add shrimp mixture; stir-fry for 3 minutes.  
 4. Add juice mixture and onions; cook 2 minutes or until sauce thickens and shrimp are done, stirring frequently.



### NUTRITION REPORT CARD (amount per serving)



30 grams of protein

16 grams of carbs

10 grams of fat

Note: Serve over rice on training days, or steamed veggies on low-carb or non-training days.

# Recipe: Turkey Meatballs AKA Muscle-Meatballs

PREP TIME



## Turkey Meatballs

Category: Lunch

10  
minutes

### INGREDIENTS

1.5 pounds extra-lean ground turkey breast  
2 egg whites  
1/2 cup toasted wheat germ  
1/4 cup quick cooking oats  
1 tablespoon whole flaxseeds  
1 tablespoon parmesan cheese, grated  
1/2 teaspoon all-purpose seasoning  
1/4 teaspoon ground black pepper

### DIRECTIONS

1. Preheat the oven to 400 °F. Coat a large baking dish with cooking spray.  
2. Mix all the ingredients together in a bowl.  
3. Make 16 meatballs and place them in the baking dish, flatten them slightly with a spoon.  
4. Bake for 7 minutes and turn the meatballs. Bake for 8-13 minutes longer, or until no longer pink in the center.

### COOK TIME

20-25  
minutes

### YIELD

4 servings  
(4 meatballs per serving)

### NUTRITION REPORT CARD (amount per serving)



46 grams of protein

11 grams of carbs

5 grams of fat

Note: Serve with pasta on training days, or with a green salad on low-carb or non-training days.

# Recipe: Greek Stir Fry

PREP TIME

5  
minutes

Category: Lunch

COOK TIME

30  
minutes

YIELD

5  
servings

## Greek Stir Fry

### INGREDIENTS

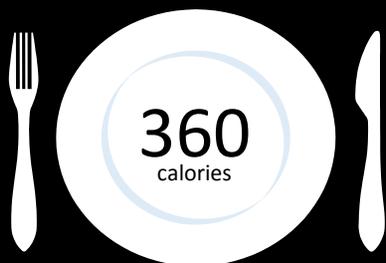
- 1 lb. ground beef
- 1 lb. frozen green beans
- 1 large onion
- 2 tablespoons coconut oil
- 1 15-oz. can of diced tomatoes
- 1 teaspoon basil
- 1 teaspoon salt
- 1 teaspoon oregano
- 1 teaspoon marjoram (optional)
- 1 teaspoon garlic powder or 1 clove fresh

### DIRECTIONS

1. Melt oil in a large skillet and add diced onion. Cook 3 minutes or until starting to become translucent.
2. Add ground meat and cook until well browned. While cooking, add spices.
3. Once meat is browned, add the diced tomatoes (drain off liquid first!), green beans and any additional spices if needed. Cover pan and simmer 15+ minutes or until all vegetables have softened.
4. Check after ten minutes and add a couple tablespoons of water or chicken broth if needed.



### NUTRITION REPORT CARD (amount per serving)



27 grams of protein

13 grams of carbs

20 grams of fat

# Recipe: Egg + Tuna Protein Salad

PREP TIME



## Egg & Tuna Protein Salad

Category: Lunch

10-15  
minutes

### INGREDIENTS

#### Salad:

- 4 cups romaine lettuce, chopped
- 2 medium red tomatoes, chopped
- 1 cucumber, chopped
- 1 can of light canned tuna in water(5oz), drained and flaked
- 3 large hard boiled eggs, quartered
- 1 cup steamed green beans

#### Dressing:

- 1 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar

### DIRECTIONS

- 1.Assemble the salad ingredients in a bowl.
- 2.Mix the dressing in a separate bowl.
- 3.Drizzle the dressing on top of the salad and toss before serving.

COOK TIME

0  
minutes

YIELD

2  
servings

### NUTRITION REPORT CARD (amount per serving)



26 grams of protein

21 grams of carbs

16 grams of fat

# Recipe: Salisbury Steak

PREP TIME

LOW-CARB



## Salisbury Steak

Category: Lunch

5-10  
minutes

### INGREDIENTS

- 1 pound extra-lean ground round or chuck
- 3 cups fresh mushrooms, sliced
- 1/4 cup plain bread crumbs
- 2 egg whites
- 1/4 cup skim milk
- 1/4 teaspoon dried thyme leaves
- 3 tablespoons low-carb ketchup
- 1 jar (12oz) fat-free beef gravy

### DIRECTIONS

1. Finely chop 1 cup of the mushrooms and set the other 2 cups aside.
2. In a medium bowl, combine the finely chopped mushrooms, ground beef, bread crumbs, egg whites, skim milk, thyme and 1 tablespoon ketchup. Mix ingredients together well and shape the mixture into 5 oval patties, about 1/2 inch thick.
3. Coat a 12 inch skillet in cooking spray and heat over medium-high. Add patties and cook for about 2-3 minutes, flip them over and continue cooking for 2-3 minutes, until brown.
4. Add the remaining 2 cups of mushrooms, 2 tablespoons of ketchup, and the gravy. Bring to a boil, then reduce heat to low.
5. Cover and let simmer for 5-10 min,

### COOK TIME

15  
minutes

### YIELD

5  
servings

### NUTRITION REPORT CARD (amount per serving)



25 grams of protein

12 grams of carbs

5 grams of fat

Note: Serve over rice on training days, or steamed veggies on low-carb or non-training days.

# Recipe: Pineapple Chicken

PREP TIME



## Pineapple Chicken

Category: Dinner

3-5  
minutes

### INGREDIENTS

- 2 boneless, skinless chicken breasts (6oz each)  
rinsed, dried, trimmed of fat and cut into small cubes.
- 1 teaspoon extra virgin olive oil
- 1/4 cup sweet onion, finely chopped
- pinch of ground black pepper
- 1 tablespoon orange juice
- 1 can (8oz) pineapple chunks
- 1 banana, sliced

### DIRECTIONS

1. Put the oil in a pan and cook the onion on medium-high heat. Add the dash of pepper and cook for 1 minute, until the onion is slightly translucent.
2. Put the chicken, orange juice and pineapple with juice into the pan. Bring to a boil and reduce to medium heat. Add the banana and syrup and cook for 1-2 minutes. Stir it up and reduce the heat to low.
3. Cover it and let it simmer for about 5-7 minutes, or until chicken is cooked through.

### COOK TIME

15  
minutes

### YIELD

2  
servings

### NUTRITION REPORT CARD (amount per serving)



40 grams of protein

35 grams of carbs

5 grams of fat

Note: Serve over rice on training days.

# Recipe: Korean BBQ Beef

PREP TIME



## Korean BBQ Beef

Category: Dinner

5  
minutes

### INGREDIENTS

1.5 pound lean flank steak, thinly sliced  
1/3 cup low-sodium soy sauce  
1 tablespoon stevia or other sugar alternative  
1/4 cup scallions, chopped  
2 tablespoons minced garlic  
2 tablespoons sesame seeds  
1 tablespoon sesame oil  
1/2 teaspoon ground black pepper

### DIRECTIONS

1. In a bowl, combine soy sauce, stevia, scallions, garlic, sesame seeds, sesame oil and ground black pepper. Mix well.  
2. Place the beef in a large Ziploc bag or container, pour the soy sauce marinade over it and seal. Refrigerate for at least 1 hour.  
3. Lightly coat a large skillet with cooking spray and place over high heat. Add the beef and sauté until cooked through, about 1-2 min per side.

COOK TIME

5  
minutes

YIELD

4  
servings

### NUTRITION REPORT CARD (amount per serving)



39 grams of protein

6 grams of carbs

13 grams of fat

Note: Serve over rice on training days, or steamed broccoli on low-carb or non-training days.

# Recipe: Thai-Basil Chicken



## NUTRITION REPORT CARD (amount per serving)



40 grams of protein

2 grams of carbs

4 grams of fat

Note: Serve over rice on training days. Serve with steamed broccoli on low-carb / non-training days, or inside spring rolls, with fresh lettuce and mint.

## Thai Basil Chicken

Category: Dinner

PREP TIME

5  
minutes

### INGREDIENTS

- 4 boneless, skinless chicken breasts (about 6 oz. each), rinsed, dried, trimmed of fat
- 3 cloves of garlic, finely chopped
- 2 jalapeno peppers, seeded and finely chopped
- 1 tablespoon fish sauce
- 1 teaspoon stevia or other sugar alternative
- 1/4 cup fresh basil, chopped
- 1 tablespoon fresh mint, chopped

### DIRECTIONS

1. Cut each chicken breast into about 8 strips, set aside.
2. Coat a 12-inch skillet in cooking spray and heat over medium-high heat. Add the garlic and chilies and sauté, stirring constantly until the garlic is just golden.
3. Add the chicken strips and cook 8-10 minutes, stirring frequently, until chicken is cooked through. Add the fish sauce and stevia and sauté for about 30 seconds. Remove from heat and sprinkle with the basil, mint and peanuts.

COOK TIME

10-15  
minutes

YIELD

4  
servings

# Recipe: Lemon-Rosemary Salmon Steaks

PREP TIME



## Lemon-Rosemary Salmon

Category: Dinner

15  
minutes

### INGREDIENTS

- 4 wild Atlantic salmon fillets (6oz each)
- 1 tablespoon lemon juice
- 1/2 teaspoon dried rosemary
- 1 tablespoon extra-virgin olive oil
- Salt and ground black pepper, to taste

### DIRECTIONS

1. Preheat the oven to 350°F. Combine lemon juice, rosemary, and olive oil in a medium sized baking dish.
2. Season the salmon with salt and pepper. Add the filets to the baking dish and turn to coat. Allow to marinate for 10-15 minutes.
3. Cover with foil and bake for about 20 minute, or until fish flakes easily with a fork.

COOK TIME

15-20  
minutes

YIELD

4  
servings

### NUTRITION REPORT CARD (amount per serving)



34 grams of protein

0 grams of carbs

14 grams of fat

Note: Serve with steamed asparagus or a green salad on low-carb days.

# Recipe: Slow Cooker Pulled Pork

PREP TIME

LOW-CARB



## Slow Cooker Pulled Pork

Category: Dinner

2  
minutes

### INGREDIENTS

1 Pork tenderloin (about 25 oz.)  
14 oz. beef broth (other broths or root beer work as well)  
  
BBQ sauce  
Hamburger buns (optional)

### DIRECTIONS

1. Place pork tenderloin in slow cooker. Add the broth.  
  
2. Cover and cook on low for 6-7 hours, or until the pork is cooked and shreds easily.  
  
3. Drain the cooked meat, shred it with a fork and stir in the BBQ sauce.  
  
Serve over hamburger bun or with a side of steamed vegetables.

COOK TIME

7  
Hours

YIELD

6  
servings

### NUTRITION REPORT CARD (amount per serving)



20 grams of protein

0 grams of carbs

5 grams of fat

Note: Serve over burger buns on training days or with steamed broccoli on low-carb / non-training days.

\*Note: The nutrition data is for the meat and broth only, the final data will vary greatly depending on the type and amount of sauce and the buns you choose.

# Recipe: Banana-Nut Protein Bar

PREP TIME



## Banana-Nut Protein Bar

Category: *Snack*

3-5  
minutes

### INGREDIENTS

1 small banana  
1/2 cup rolled oats  
1/4 cup chopped almonds  
4 brazil nuts, chopped  
2 tablespoons coconut flour  
6 tablespoons unflavored whey protein powder (or vanilla)  
6 tablespoons of milk (or coconut milk)

### DIRECTIONS

1. Preheat your oven to 325°F.  
2. Blend all the ingredients together in a blender or food processor, until smooth.  
3. Spread the batter in a small pan (I used a loaf pan).  
4. Bake for about 25 min (if you insert a knife in the middle and it comes out clean, you'll know it's done) Cut into 6 bars and enjoy!

COOK TIME

25  
minutes

YIELD

6  
servings

### NUTRITION REPORT CARD (amount per serving)



9 grams of protein

10 grams of carbs

7.5 grams of fat

4 grams of fiber

# Recipe: Protein Brownies

PREP TIME



## Protein Brownies

Category: *Snack*

3-5  
minutes

### INGREDIENTS

3/4 cup almond milk  
1/2 cup prunes (or medjool dates)  
1/2 cup chocolate pea protein powder (or brown rice protein powder, or other veggie protein blend)  
1/4 cup cocoa powder  
1/4 cup coconut flour  
1/2 cup liquid egg whites  
3/4 teaspoon baking soda

### DIRECTIONS

1. Preheat oven to 325°F.  
2. Using a blender or food processor, blend all the ingredients together.  
3. Bake your batter in a small brownie pan, until a knife inserted in the middle comes out clean, about 25 minutes, but check before then!

COOK TIME

25  
minutes

YIELD

5  
servings

### NUTRITION REPORT CARD (amount per serving)



16 grams of protein

11 grams of carbs

3.5 grams of fat

# Recipe: Hard Boiled Eggs

PREP TIME

2  
minutes

Category: *Snack*



## Hard Boiled Eggs

### INGREDIENTS

Fresh chicken eggs.

### DIRECTIONS

1. Place eggs in a large saucepan. Cover them with cool water by 1 inch.

2. Slowly bring water to a boil over medium heat; when the water has reached a boil, cover and remove from heat. Let sit 12 minutes.

3. Place under cool running water to stop the cooking. Once they are no longer hot, eggs can be peeled and served.

COOK TIME

12  
minutes

YIELD

1  
serving  
(1 Large Egg)

### NUTRITION REPORT CARD (amount per serving)



6 grams of protein

0.6 grams of carbs

5 grams of fat

# Recipe: Blueberry & Raspberry Protein Bread

PREP TIME



## Blueberry & Raspberry Protein Bread

Category: *Snack*

5  
minutes

### INGREDIENTS

1/2 cup rolled oats  
1/2 cup vanilla brown rice protein powder  
(or vanilla pea protein powder)  
1 cup liquid egg whites  
3 tablespoons coconut flour  
½ teaspoon baking soda  
1 cup fresh or frozen raspberries and  
blueberries

### DIRECTIONS

1. Preheat oven to 350°F.
2. Using a blender, blend together all the ingredients, except the berries.
3. Then, carefully stir in your berries.
4. Bake in a loaf pan for 35-40 min, or until a knife inserted into the middle comes out clean.

COOK TIME

35  
minutes

YIELD

8  
servings

### NUTRITION REPORT CARD (amount per serving)



9.4 grams of protein

4.6 grams of carbs

1 grams of fat

2 grams of fiber

# Recipe: Cottage Cheese + Peaches

PREP TIME

PRE / POST  
WORKOUT



## Cottage Cheese & Peaches

Category: *Snack*

3  
minutes

### INGREDIENTS

- 1 (4oz) container of cottage cheese
- 1 ripe peach, skin off and sliced

### DIRECTIONS

1. Place cottage cheese in a bowl, top with sliced peach and enjoy!

COOK TIME

0  
minutes

YIELD

1  
servings

### NUTRITION REPORT CARD (amount per serving)



12 grams of protein

18 grams of carbs

3 grams of fat