



CAPITAL
STRENGTH & CONDITIONING

THE CAPITAL STRENGTH

FUEL UP COOK BOOK



RECIPES FOR A STRONG & LEAN BODY



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Recipe: Zucchini Hash Browns + Eggs



NUTRITION REPORT CARD (amount per serving)



20 grams of protein

5 grams of carbs

16 grams of fat

Zucchini Hashbrowns & Eggs

Category: Breakfast

INGREDIENTS

1 medium zucchini or yellow squash (about 1/2 to 2/3 cup grated)
1 egg, beaten
1/2 teaspoon coconut oil
1/2 teaspoon grated onion or onion flakes
1 dash onion powder
1 dash garlic powder
salt and pepper to taste

2 eggs

DIRECTIONS

1. Thickly grate your zucchini and then remove any extra moisture.
2. Combine the zucchini, beaten egg, grated onion, onion powder, garlic powder, salt & pepper in a medium bowl and stir until well combined.
3. Heat oil in a skillet over medium-high heat. Once the pan is hot, spread the mixture into the skillet. When brown on one side, turn and cook the other side until browned.
4. Put the hash browns on a plate and then fry the 2 eggs in a nonstick frying pan. Serve together and enjoy!

PREP TIME

5
minutes

COOK TIME

5
minutes

YIELD

1
servings

Recipe: Banana Protein Pancakes

PRE / POST
WORKOUT



NUTRITION REPORT CARD (amount per serving)



9 grams of protein

16 grams of carbs

2.5 grams of fat

Banana Protein Pancakes

Category: Breakfast

INGREDIENTS

1/4 cup vanilla whey protein powder
1 cup coconut milk
3/4 cup rolled oats
1/4 cup coconut flour
1 ripe banana

DIRECTIONS

1. Blend all ingredients together and heat a nonstick pan on high-heat.

2. When the pan is sizzling hot, pour 1/4 of the batter onto it, then turn the heat down to medium. Once you see little bubbles appear on the pancake's surface, you know it's time to flip it!

3. Repeat with the rest of the batter (this makes 4), and enjoy your protein pancakes!

PREP TIME

5
minutes

COOK TIME

10
minutes

YIELD

4
servings

Recipe: Protein Oatmeal

PREP TIME



Protein Oatmeal

Category: Breakfast

2
minutes

INGREDIENTS

1/2 cup old-fashioned rolled oats
1 cup water
1 scoop vanilla whey protein powder
1 tbsp. powdered peanut butter (optional)

DIRECTIONS

1. Combine oats and water in a microwave safe bowl and microwave for 2 minutes.

2. Stir and add the protein powder & powdered peanut butter until well blended and microwave for an added 30 seconds.

3. Stir and enjoy!

COOK TIME

3
minutes

YIELD

1
servings

NUTRITION REPORT CARD (amount per serving)



272
calories



25 grams of protein

33 grams of carbs

4.9 grams of fat

Recipe: Fried Eggs + Greens



NUTRITION REPORT CARD (amount per serving)



310
calories



22 grams of protein

15 grams of carbs

19 grams of fat

Fried Eggs & Greens

Category: Breakfast

INGREDIENTS

3 eggs
2 cups raw power greens: chard, kale & spinach
1 tsp coconut oil
1 garlic clove, minced
Salt & pepper

DIRECTIONS

1. Heat a nonstick pan on medium-high heat and add oil. Once the oil is hot, add garlic and cook until slightly golden. Add greens and cook until wilted.

2. Crack eggs into pan, on top of the cooked greens. Reduce heat to medium and cover for 5 minutes, or until the eggs are cooked to your liking. Sprinkle with salt & pepper and enjoy!

PREP TIME

5
minutes

COOK TIME

10
minutes

YIELD

1
servings

Recipe: Raspberry Mocha Protein Shake

PREP TIME



PRE / POST
WORKOUT

Raspberry Mocha Protein Shake

Category: Breakfast

5
minutes

INGREDIENTS

1 tbsp. Hot water
1 tsp Instant coffee
3 ice cubes
1 cup Low-fat milk
1 cup Low-fat cottage cheese
1 cup Raspberries (frozen)
1 scoop Chocolate whey protein (25 g protein)
2 tbsp. Almonds (blanched)

DIRECTIONS

1. Mix instant coffee and 1 tablespoon of boiling water in a blender. Add ice cubes to chill the coffee.

2. Combine the remaining ingredients. Blend on high until mixture is smooth and creamy. Serves 1 large or 2 small shakes.

* Note: nutrition card is for 1 large shake *

COOK TIME

0
minutes

YIELD

1
serving

NUTRITION REPORT CARD (amount per serving)



540
calories



56 grams of protein

47 grams of carbs

11 grams of fat

Recipe: 20-Minute Mango Chicken



PRE / POST
WORKOUT

NUTRITION REPORT CARD (amount per serving)



351
calories



29 grams of protein

43 grams of carbs

8 grams of fat

20-Minute Mango Chicken

Category: Lunch

PREP TIME

10
minutes

INGREDIENTS

2 teaspoons coconut oil
4 (4-ounce) boneless, skinless chicken breasts
1/4 teaspoon sea salt
1/4 teaspoon ground black pepper
2 mangos, peeled and diced
1 green (or red) bell pepper, chopped
1 cup low-sodium chicken broth
2 green onions, chopped
2 tablespoons chopped fresh mint
1 tablespoon fresh lime juice
1 teaspoon lime zest
1 teaspoon finely chopped garlic
2 cups cooked brown rice

DIRECTIONS

1. In a large skillet, heat oil on medium-high. Season both sides of chicken with salt and pepper. Add chicken to skillet, and cook for 1 to 2 minutes per side, until golden brown.

2. Add mangos, bell pepper, broth, green onions, mint, lime juice, lime zest and garlic, and bring to a simmer. Reduce heat to medium. Partially cover, and cook for 5 minutes, until chicken is cooked through.

3. Add rice to skillet, and stir to combine. Cook for 1 minute to heat through. Serve immediately and Enjoy!

COOK TIME

10
minutes

YIELD

4
servings

Recipe: Beef Stuffed Peppers



NUTRITION REPORT CARD (amount per serving)



26 grams of protein

18 grams of carbs

19 grams of fat

Beef Stuffed Peppers

Category: Lunch

PREP TIME

10
minutes

INGREDIENTS

1 Lb. 85% lean ground beef
4 Large bell peppers (any color)
1 zucchini, diced
1 onion, diced
1 Tbsp. coconut oil
1/2 tbsp. minced garlic
Salt & pepper, to taste
1 cup canned diced stewed tomatoes
1 8 oz. can tomato sauce
1/4 cup shredded cheese (optional, not included in nutrition report card)

DIRECTIONS

1. Cut stem end of each bell pepper and remove top of pepper. Remove seeds and membranes; rinse peppers.

2. In 4-quart Dutch oven, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 2 minutes; drain.

3. In 10-inch skillet heat the oil over medium-high heat, add garlic, onion and zucchini, salt & pepper. Cook until onions are translucent.

4. Add beef to the pan, and cook until browned; drain. Stir in the stewed tomatoes and cook until hot.

5. Heat oven to 350°F. Stuff peppers with beef mixture. Stand peppers upright in ungreased 8-inch square glass baking dish. Pour tomato sauce over peppers.

6. Cover tightly with foil. Bake 10 minutes. Uncover, add cheese (optional) and bake about 15 minutes longer or until peppers are tender.

COOK TIME

40
minutes

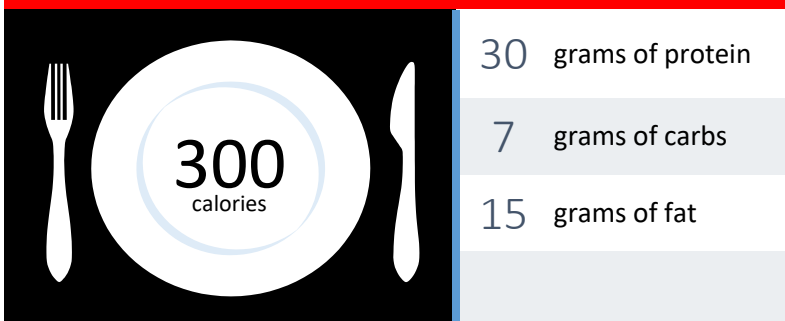
YIELD

4
servings

Recipe: Asian Turkey Meatballs



NUTRITION REPORT CARD (amount per serving)



Asian Turkey Meatballs

Category: Lunch

PREP TIME

10
minutes

COOK TIME

15-18
minutes

YIELD

4
servings
(3 Meatballs per)

INGREDIENTS

Meatballs Ingredients:

1-1/4 lbs. 93% lean ground turkey
1/4 cup panko crumbs
1 large egg
1 tbsp. ginger, minced
1 clove garlic, minced
1/2 tsp kosher salt
1/4 cup chopped fresh cilantro
3 scallions, chopped
1 tbsp. low sodium soy sauce
2 tsp sesame oil

Dipping Sauce Ingredients:

3 tbsp. reduced-sodium soy sauce
1 1/2 teaspoons sesame oil
1 1/2 tbsp. fresh lime juice
1 1/2 tbsp. water
1 tbsp. chopped fresh scallion

DIRECTIONS

1. Preheat Oven to 500°F.
In a large bowl, combine the ground turkey, panko, egg, salt, scallions, garlic, ginger, cilantro, 1 tbsp. of the soy sauce and 2 tsp sesame oil. Gently mix with your hands until combined well. Shape meatballs and transfer to a baking sheet. (12 meatballs)

2. Bake until cooked through and browned, about 15 to 18 minutes.

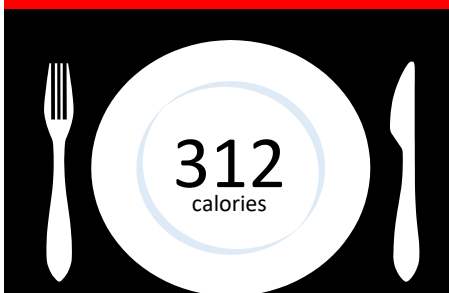
3. For the dipping sauce:
mix the lime juice, water, soy sauce, and remaining 2 teaspoons of oil in a bowl. Add the scallions and set aside.

4. Once cooked, transfer the meatballs to a serving dish. Stir the sauce, then drizzle the meatballs with a little of the sauce. Serve the meatballs with the remaining sauce on the side.

Recipe: Fish Tacos



NUTRITION REPORT CARD (amount per serving)



31 grams of protein

31 grams of carbs

7 grams of fat

Fish Tacos

Category: Lunch

PREP TIME

10
minutes

COOK TIME

12
minutes

YIELD

4
servings

INGREDIENTS

1 pound Mahi Mahi (or Tilapia)
1 teaspoon coriander
1/2 teaspoon cumin
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/2 teaspoon salt
1 tablespoon cooking oil
8 small 100% corn tortillas (approx. 50 calories each)
Optional toppings: 1 avocado, sliced; a squeeze fresh lime juice

Salsa Ingredients:

1 bulb shallots, diced
1 pint cherry tomatoes, halved
1/4 bunch cilantro, chopped
2 cups corn
1/2 teaspoon paprika
1 tablespoon red wine vinegar

DIRECTIONS

- 1.Preheat oven to 400F. Toss together salsa ingredients (corn, shallots, tomatoes, and cilantro with paprika and red wine vinegar) and set aside.
- 2.Rinse and dry the Mahi Mahi. Slice into 3/4" thick pieces. Brush or spray a sheet pan with some cooking oil.
- 3.Mix together coriander, cumin, garlic powder, paprika, salt, and oil. Toss sliced Mahi Mahi in spice mixture and spread out into 1 layer on a sheet pan.
- 4.Roast for 8 to 12 minutes, until fish is golden on the outside and opaque in the center.
- 5.Warm up tortillas according to package instructions and assemble your tacos: Fill with fish, salsa, and top with avocado and a squeeze of lime juice if desired.

*Note: 4 Servings. Serving Size: 2 tacos + 1/4 of salsa, divided (avocado and lime juice not included). *

Recipe: Easy Amaranth Chicken

PREP TIME



Easy Amaranth Chicken

Category: Lunch

5
minutes

INGREDIENTS

1/2 cup uncooked Amaranth grain
Salt & Pepper – or just use a rub of your liking (I use garlic salt and paprika)
4 chicken breasts, thinly sliced into chicken cutlets (about 1.5 pounds total)
1 tablespoon olive oil or coconut oil

DIRECTIONS

1. Place the amaranth on a plate or small baking dish. Season the chicken with salt & pepper, or other spices.
2. Dredge the chicken in the amaranth until fully coated with the grains.
3. Heat a thin layer of oil in a large cast iron skillet. Cook the chicken over medium-high heat until golden brown and cooked through, about 4 minutes per side. (The amaranth may pop as it fries in the pan.)
4. Serve the chicken with veggies and enjoy!

COOK TIME

10
minutes

YIELD

4
servings

NUTRITION REPORT CARD (amount per serving)



42 grams of protein

16 grams of carbs

7.3 grams of fat

Recipe: Garlic Lemon Shrimp



NUTRITION REPORT CARD (amount per serving)



46 grams of protein

3 grams of carbs

11 grams of fat

Garlic Lemon Shrimp

Category: Dinner

PREP TIME

5
minutes

INGREDIENTS

1 pound of raw shrimp, peeled, de-veined and tails off. (medium to large, fresh or frozen will work!)

1 tablespoon coconut oil

2 teaspoons minced garlic

1 lemon

Salt & pepper (to taste)

DIRECTIONS

1. Rinse and pat dry your shrimp with paper towels and season them with salt and pepper.

2. Place the oil in a large skillet over high heat. Once the oil is hot, add the garlic to the pan and sauté for 1-2 minutes or until slightly golden.

3. Add the shrimp to the pan and toss to coat with the garlic, then spread them out in the pan so they have enough room to cook. Cook 2 minutes on each side (add an extra 30 seconds per side for larger shrimp). Once both sides are cooked, the shrimp should have turned opaque and pink or orange.

4. Squeeze half a lemon's juice on the shrimp, and stir fry for an additional 40-60 seconds. (if you like them slightly browned on the outside, this step takes them to the next level!)

* Serve with rice on training days, and with steamed veggies on your off days! *

COOK TIME

6
minutes

YIELD

2
servings

Recipe: One-Pan Amish Beef



NUTRITION REPORT CARD (amount per serving)



23 grams of protein

12 grams of carbs

15 grams of fat

One-Pan Amish Beef

Category: Dinner

PREP TIME

12
minutes

INGREDIENTS

1 lb. ground beef
1 onion, chopped
1 tsp Salt
1 tsp Tony Chachere's (or other creole seasoning)
1/2 – 1 head cabbage, chopped
1 tbsp. butter
1 clove garlic, minced
1 (14.5-oz.) can diced tomatoes
1 (8 oz.) can tomato sauce
Salt and pepper, to taste

DIRECTIONS

1. In a large pan, brown ground beef until no longer pink. (I like to drain the fat at that point) Add onion, salt and creole seasoning and continue cooking until translucent.

2. Add garlic and continue cooking for 1 minute.

3. Add butter, cabbage, tomatoes, tomato sauce, salt and pepper to the pan and stir to combine.

4. Cover and simmer about 20 – 30 minutes until the cabbage is soft.

Note: The cabbage tends to dull out the flavors, so you will probably need to season this to your liking once it is done cooking.

COOK TIME

20-30
minutes

YIELD

4
servings

Recipe: Chicken Fajitas



NUTRITION REPORT CARD (amount per serving)



45 grams of protein

31 grams of carbs

8 grams of fat

Chicken Fajitas

Category: Dinner

PREP TIME

5
minutes

INGREDIENTS

4 boneless, skinless chicken breasts (about 6 oz. each), rinsed, dried, trimmed of fat and cut into strips
1 tablespoon Worcestershire sauce
1 tablespoon apple cider vinegar
1 tablespoon low-sodium soy sauce
1 teaspoon chili powder
1 clove garlic, minced
1 dash hot sauce
1 tablespoon vegetable oil (or coconut oil)
1 medium onion, thinly sliced
1 green bell pepper, sliced
salt and ground pepper to taste
4 (8 inch) whole wheat tortillas
1/2 lemon, juiced

DIRECTIONS

1. In a medium sized bowl, add the Worcestershire sauce, vinegar, soy sauce, chili powder, garlic and hot sauce.
Add the chicken strips to the sauce and lightly mix together to coat. Cover and let marinate at room temperature for 30 minutes (or refrigerate for a few hours).

2. Place the oil in a large skillet over high heat. Once the oil is hot, add the chicken strip mixture to the pan and sauté for 5-6 minutes.

3. Add the onion and green pepper, season with salt and pepper and continue to sauté for another 3-4 minutes, or until the chicken is fully cooked.

4. Warm the tortillas on a pan or in microwave. Top tortillas with fajita mixture, sprinkle with lemon juice, and enjoy!

COOK TIME

10
minutes

YIELD

4
servings

Recipe: Slow Cooker Chinese BBQ Pork Roast

PREP TIME



NUTRITION REPORT CARD (amount per serving)



227
calories



22 grams of protein

13 grams of carbs

9.5 grams of fat

Slow Cooker Chinese BBQ

Category: Dinner

5
minutes
(Marinate:
2h)

INGREDIENTS

1/4 cup lower-sodium soy sauce
1/4 cup hoisin sauce
3 tablespoons ketchup
3 tablespoons honey
2 teaspoons minced garlic
2 teaspoons grated peeled fresh ginger
1 teaspoon dark sesame oil
1/2 teaspoon five-spice powder
1 (2-pound) boneless pork shoulder (Boston butt), trimmed
1/2 cup fat-free, lower-sodium chicken broth

DIRECTIONS

1. Combine first 8 ingredients in a small bowl, stirring well with a whisk. Place in a large zip-top plastic bag. Add pork to bag; seal. Marinate in refrigerator at least 2 hours, turning occasionally.

2. Place pork and marinade in an electric slow cooker. Cover and cook on low for 8 hours.

3. Remove pork from slow cooker using a slotted spoon; place on a cutting board or work surface. Cover with aluminum foil; keep warm.

4. Add broth to sauce in slow cooker. Cover and cook on low for 30 minutes or until sauce thickens. Shred pork with 2 forks.

* Serve with sauce and a side of steamed veggies! *

COOK TIME

8.5
hours

YIELD

8
servings

Recipe: Marinated Flank Steak

PREP TIME

LOW
CARB



NUTRITION REPORT CARD (amount per serving)



30 grams of protein

4 grams of carbs

12 grams of fat

Marinated Flank Steak

Category: Dinner

10
minutes
Marinate: 6h

INGREDIENTS

1 1/2 pounds flank steak
1/2 cup vegetable oil
1/3 cup soy sauce
1/4 cup red wine vinegar
2 tablespoons fresh lemon juice
1 1/2 tablespoons Worcestershire sauce
1 tablespoon Dijon mustard
2 cloves garlic, minced
1/2 teaspoon ground black pepper

DIRECTIONS

1. In a bowl, mix the oil, soy sauce, vinegar, lemon juice, Worcestershire sauce, mustard, garlic, and ground black pepper.

2. Place meat in a glass dish or Ziploc bag. Pour the marinade over the steak, turning meat to coat thoroughly. Cover, and refrigerate for 6 hours or overnight.

3. Preheat grill for medium-high heat. Oil the grill grate. Place steaks on the grill, and discard the marinade. Grill meat for 5 minutes per side, or to desired doneness.

* Serve with vegetables or a green salad. *

COOK TIME

10
minutes

YIELD

6
servings