

BREAKFAST

OPTION 1: POACHED EGGS WITH WAFFLES AND SALAD

CALORIES: 351



Ingredients:

2 eggs	1/2 tsp stevia powder
3 tbsp all-purpose flour	1/2 cup chopped arugula
2 tbsp milk	2 halved cherry tomatoes
1 tsp butter	1 tsp olive oil
1/8 tsp vanilla extract	1 tsp fresh lemon juice
1/8 tsp baking powder	1/8 tsp red chili flakes
1/8 tsp salt	1/8 tsp dried thyme

Directions

1. Grease a nonstick frying pan with some cooking spray and heat up over a medium-high heat.
2. Poach 1 egg and cook for 3 minutes, or until set. Transfer to a serving plate and set aside.
3. In a mixing bowl, combine flour, baking powder, salt, stevia, vanilla extract, milk and the remaining egg.
4. Mix until you get a nice batter.
5. Grease the waffle iron with some cooking spray and heat up.
6. Pour in the batter and cook for 3 minutes.
7. Combine arugula and cherry tomatoes in a small bowl. Sprinkle with olive oil, thyme, and red chili flakes. Toss well to combine.
8. Serve poached egg with waffles and salad.

MACRONUTRIENTS

FAT: 19g

CARB: 31g

PROTEIN: 17g

OPTION 2: AVOCADO EGG SANDWICHES

CALORIES: 330



Ingredients:

1/4 cup avocado	2 tsp finely chopped fresh thyme
1 large egg	1/8 tsp red pepper flakes
1 whole wheat burger bun	1/8 tsp salt
1 tsp butter	1 tsp black sesame seeds

Directions

1. Place the egg in a small saucepan and pour water enough to cover. Bring it to a boil over a medium-high heat and remove from the heat immediately.
2. Cover with a lid and let it sit for 10 minutes. seeds.
3. Meanwhile, melt the butter in a small frying pan over a medium-high heat.
4. Add avocado and sprinkle with some salt and red chili pepper.
5. Cook for 3-4 minutes and remove from the heat.
6. Transfer to a food processor and pulse until smooth.
7. Cut the bun in half and spread the avocado puree over each half.
8. Slice the egg and top the sandwich.
9. Sprinkle with fresh thyme and black sesame

MACRONUTRIENTS

FAT: 18g

CARB: 31g

PROTEIN: 14g

OPTION 3: RASPBERRY MINT SMOOTHIE

CALORIES: 337



Ingredients:

1 cup fresh raspberries	1 whole lemon
1/2 frozen banana	1 tbsp maple syrup
1/2 cup Greek yogurt	1 tsp orange zest
1/4 cup fresh strawberries	

Directions

1. Combine all ingredients in a food processor and pulse until smooth and creamy.
2. Transfer to a serving glass or a mason jar.
3. Top with some fresh mint and blueberries and serve immediately.

MACRONUTRIENTS

FAT: 5g

CARB: 41g

PROTEIN: 35g

SNACK 1

OPTION 1: CRISPY FRIED CHICKEN NUGGETS

CALORIES: 333



Ingredients:

2oz chopped chicken breasts
1 tbsp all-purpose flour
1 egg
2 tbsp breadcrumbs

1/4 tsp salt
1/4 tsp ground black pepper
Vegetable oil for frying

Directions

1. Combine flour, salt, and pepper in a Ziploc bag and shake to mix.
2. In a separate bowl, add egg and 1 tbsp of water. Beat with a fork until lightly beaten.
3. Add the chicken to the bag and seal the lid. Shake well to coat all the pieces.
4. Dip the chicken in egg mixture, then in breadcrumbs. Set aside.
5. Add about 1/4 cup of oil in small skillet and heat up over a medium-high heat.
6. Add chicken and fry for 2 per side, or until golden brown.
7. Drain on a kitchen paper to remove the excessive fat.
8. Optionally, serve with ketchup or barbecue sauce.

MACRONUTRIENTS

FAT: 18

CARB: 16g

PROTEIN: 25g

OPTION 2: ONION PIZZA

CALORIES: 358



Ingredients:

1 oz minced beef
1 small sliced purple onion
1/2 tbsp crumbled Mozzarella cheese
2 diced cherry tomatoes
1 tsp fresh chopped thyme
1 7-inch whole wheat pizza crust

1/8 tsp dried oregano
1/8 tsp salt
1/8 tsp red pepper flakes
1 tsp olive oil
1/8 tsp garlic powder

Directions

1. Preheat the oven to 450 degrees. Line a 4x8-inch square pan with some parchment paper.
2. Roll the dough and place it in the pan. Press with your fingers to tuck in the edges and set aside.
3. Now, spread the tomatoes, cheese, and onions over the pizza dough. Sprinkle with oregano, thyme, salt, and red pepper flakes.
4. Preheat the olive oil in a small skillet over a medium-high heat.
5. Add meat and sprinkle with garlic and salt. Cook for 5-7 minutes, or until golden brown.
6. Top the pizza with meat and place it in the oven and bake for 20 minutes.

MACRONUTRIENTS

FAT: 10g

CARB: 50g

PROTEIN: 20g

OPTION 3: PROTEIN TRUFFLES

CALORIES: 331



Ingredients:

1/2 scoop EHPlabs Vanilla Ice Cream protein powder
2 tbsp coconut flour
1 tbsp raw cocoa powder
3 tsp almond butter
1/4 tsp vanilla extract
3 tbsp unsweetened almond milk
1/4 cup melted dark chocolate 65% cocoa

Directions

1. In a medium-sized bowl, combine protein powder, coconut flour, and cocoa. Stir until well combined.
2. Add butter, vanilla extract, and milk. Mix again until all well incorporated.
3. Shape the balls of the desired size.
4. Using a wooden skewer or a toothpick, dip each ball into the melted chocolate.
5. Place a wire rack over a large baking tray and place the balls on top.
6. Sprinkle with shredded cocoa and refrigerate for 20 minutes.

MACRONUTRIENTS

FAT: 20g

CARB: 24g

PROTEIN: 17g

LUNCH

OPTION 1: CHILI BEEF STEW

CALORIES: 429



Ingredients:

5oz beef stew meat
2 chopped onions
2 crushed garlic cloves
2 chopped chili peppers

1/4 cup red wine
1 cup beef stock
1 tsp smoked paprika
Salt and pepper to taste

Directions

1. Spray the bottom of a deep pan with cooking spray and heat up over medium-high heat.
2. Add onions and cook for 5-6 minutes.
3. Now add chili peppers and garlic. Continue to cook for another 2-3 minutes.
4. Reduce the heat to medium and add meat. Season with some salt and pepper and brown for 5-6 minutes.
5. Now, pour in the stock and sprinkle with smoked paprika. If necessary, season with some more salt or pepper and give it a good stir.
6. Cook for 35 minutes over medium-low heat.
7. When done, pour in the wine and bring it to a boil. Remove from the heat immediately and serve.

MACRONUTRIENTS

FAT: 9g

CARB: 25g

PROTEIN: 49g

OPTION 2: CHICKEN AND BROCCOLI WITH RICE

CALORIES: 457



Ingredients:

3oz chicken breast
1 cup chopped broccoli
1 sliced red bell pepper
1/4 cup rice
2 tbsp soy sauce
2 tsp sesame oil

1 tbsp rice vinegar
1/2 tsp chili powder
1 tsp sugar
1/4 tsp white pepper
Salt to taste

Directions

1. Rinse the chicken under cold running water and pat dry with some kitchen paper.
2. Place on a large cutting board and cut into bite-sized pieces. Set aside.
3. Grease a large wok pan with sesame oil and heat up over high heat.
4. Add chopped chicken and cook for 4-5 minutes, stirring constantly. Now add bell pepper and broccoli. Drizzle with soy sauce and rice vinegar and sprinkle with chili powder, sugar, salt, and freshly ground white pepper.
5. Continue to cook until broccoli has completely softened.
6. Remove from the heat and set aside.
7. Prepare the rice according to package instructions or place in a small saucepan and pour in 3/4 cup of water. Sprinkle with some salt and bring it to a boil.
8. Reduce the heat to low and cook until all the liquid has evaporated.
9. Serve with the chicken mixture.

MACRONUTRIENTS

FAT: 12g

CARB: 58g

PROTEIN: 27g

OPTION 3: SHRIMP SALAD WITH AVOCADO

CALORIES: 445



Ingredients:

1 cup peeled and deveined shrimps
1 chopped onion
1/4 sliced avocado
1 cup arugula
1 cup cherry tomatoes

1/4 sliced mango
1 tbsp sweet chili sauce
1/4 tsp salt
1/4 tsp garlic powder
2 tsp olive oil

Directions

1. Grease a small skillet with olive oil and heat up over medium heat. Add onions and cook until translucent.
2. Now, add shrimps and season with some salt. Continue to cook for 5 more minutes.
3. Stir in chili sauce and sprinkle with some more salt and garlic powder.
4. Remove from the heat and transfer to a bowl.
5. Add the remaining ingredients and mix all well.
6. Serve immediately.

MACRONUTRIENTS

FAT: 21g

CARB: 42g

PROTEIN: 24g

SNACK 2

OPTION 1: AVOCADO EGG TOAST WITH PAPRIKA

CALORIES: 411



Ingredients:

- 3 rye bread slices
- 1/2 thinly sliced avocado
- 1 tbsp finely chopped red bell pepper
- 1 large egg
- 1 tsp olive oil
- 1/4 tsp dried thym
- 1/8 tsp salt
- 1/8 tsp dried marjoram
- 1/8 tsp ground black pepper
- 1 tsp chia seeds

Directions

1. Preheat the oil in a small nonstick pan over a medium-high heat. Add avocado and sprinkle with some thyme, salt, marjoram, and pepper. Cook for 4-5 minutes, stirring occasionally.
2. Remove the avocado from the pan and poach the egg. Sprinkle with some salt and pepper and cook for 3 minutes. Remove from the heat.
3. Toast the bread and top with avocado.
4. Top slices with peppers and egg.
5. Sprinkle all with chia seeds before serving.
6. Optionally, sprinkle with some more dried herbs and spices.

MACRONUTRIENTS

FAT: 32g

CARB: 23g

PROTEIN: 11g

OPTION 2: SWEET CHILI CHICKEN BURGER

CALORIES: 408



Ingredients:

- 2 oz ground chicken
- 2 tbsp breadcrumbs
- 3 tsp milk
- 1 tsp olive oil
- 1/2 tsp onion powder
- 1/8 tsp cayenne pepper
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1 tbsp fresh parsley
- 1 wheat burger bun
- 2-3 thin cucumber slices
- 2 purple onion slices

Directions

1. In a mixing bowl, combine ground chicken, 1 tbsp breadcrumbs, milk, onion powder, cayenne, salt, and black pepper.
2. Mix with your hands and shape the patty.
3. Coat in the remaining breadcrumbs and set aside.
4. Preheat the oil in a small frying pan over a medium-high heat.
5. Fry the patty for about 4-5 minutes on each side, or until golden brown.
6. Assemble a burger with the remaining ingredients and serve immediately.

MACRONUTRIENTS

FAT: 8g

CARB: 40g

PROTEIN: 26g

OPTION 3: CHOCOLATE CREPES

CALORIES: 408



Ingredients:

- 1/4 cup all-purpose flour
- 1 tbsp almond milk
- 1 flax egg
- 2 tsp melted margarine
- 1/8 tsp salt
- 1 scoop Blessed Protein Choc Coconut
- 3 tbsp vegan cream cheese
- 1 tsp raw cocoa powder

Directions

1. First, prepare the flax egg. In a small mixing bowl, combine 1 tbsp flax meal and 2 1/2 tbsp of water. Stir well and set aside.
2. In a large mixing bowl, combine flour, milk, flax egg, margarine, and salt. Mix until well combined.
3. Sprinkle a nonstick frying pan with some cooking spray and pour in the batter. Cook for 2 minutes on each side over a medium-high heat.
4. Combine vegan cream cheese, protein powder, and cocoa in a bowl. Mix until combined.
5. Spread over the pancake and fold.
6. Serve immediately.

MACRONUTRIENTS

FAT: 27g

CARB: 35g

PROTEIN: 10g

DINNER

OPTION 1: SEAFOOD PAELLA

CALORIES: 467



Ingredients:

1/4 cup rice	1 tbsp olive oil
3oz peeled and deveined shrimps	1/4 tsp sweet paprika
2oz cleaned mussels	1/4 cup fish stock
1 chopped tomato	salt and pepper to taste
1 crushed garlic clove	1/4 tsp dried rosemary

Directions

1. Prepare the rice according to the package instructions.
2. Heat the oil in a medium skillet and add shrimps, mussels, and garlic.
3. Stir in chopped tomato and season with paprika, rosemary, salt, and pepper. Pour in the fish stock and mix well.
4. Cook for 10-12 minutes over medium heat. Stir occasionally.
5. Now stir in the prepared rice and mix all well. Optionally season with some more herbs or spices and serve immediately.

MACRONUTRIENTS

FAT: 18g

CARB: 44g

PROTEIN: 31g

OPTION 2: GRILLED CHICKEN SALAD WITH CHEESE

CALORIES: 468



Ingredients:

7oz chicken breast	1/2 tsp dried chives
1 cup cherry tomatoes	1/4 tsp dried oregano
1 cup arugula	1/2 tsp salt
1 cup lettuce	1 tbsp lemon juice
1/2 sliced purple onion	1 tbsp olive oil
2 tbsp feta cheese	

Directions

1. Preheat a non-stick grill pan or an electric grill to high heat.
2. Rinse the meat under cold running water and rub with salt, chives, and oregano.
3. Grill for 4-5 minutes on each side and remove from the heat.
4. Transfer to a bowl and add vegetables. Sprinkle with olive oil, lemon juice and top with cheese.
5. Serve immediately.

MACRONUTRIENTS

FAT: 24g

CARB: 16g

PROTEIN: 48g

OPTION 3: SALMON FILLET WITH ORANGE GLAZE

CALORIES: 452



Ingredients:

7oz salmon fillet	1/4 tsp freshly ground black pepper
1 tbsp honey	1/4 tsp dried marjoram
1 tbsp olive oil	1/4 tsp salt
1 tsp orange zest	Fresh vegetables to serve
2 tsp lemon juice	

Directions

1. Preheat the oven to 400 degrees F. Line a baking sheet with some parchment paper and set aside.
2. In a small bowl, whisk together honey, olive oil, orange zest, lemon juice, salt, pepper, and marjoram.
3. Brush the fillet with this mixture and bake for 25 minutes.
4. Serve with fresh vegetables.

MACRONUTRIENTS

FAT: 26g

CARB: 18g

PROTEIN: 39g