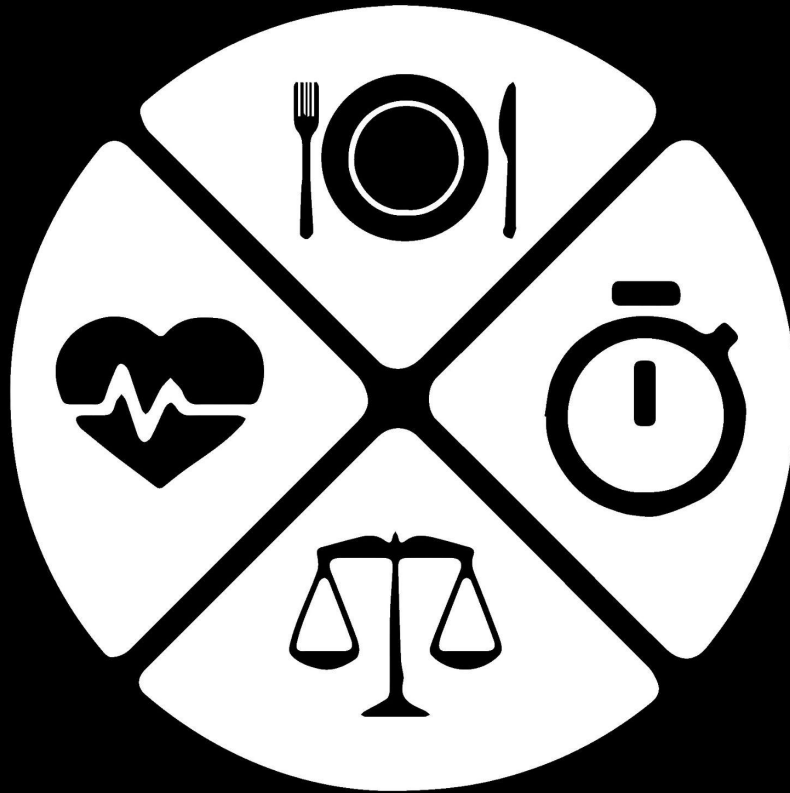


RECIPES FOR FITNESS



YOUR ULTIMATE GUIDE TO
NUTRITION & MEALS
IN MINUTES TO BOOST
YOUR HEALTH



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**This book is more than just a recipe book.
It's a guide to a healthier life.**

Not only will we share healthy and tasty recipes but nutrition education that we have learned through over two decades of coaching. We will go over the basics of nutrition, sports nutrition and proven strategies to create sustainable habits that have helped thousands of people just like you!



THE BASICS

What is a calorie?

- A unit of energy.

How many calories should I eat per day?

- Use an online calculator like [MyFitnessPal](#) or [MyPlate](#) to decide. There are guidelines that help you with different choices.

How do I track my calories?

- Read nutrition labels or use a calorie counting app (MyFitnessPal, MyPlate or Lose it)

What are macro and micro nutrients?

- Macronutrients: carbohydrates, proteins, and fats. MACRO = most important
- Micronutrients: vitamins and minerals. MICRO = less important



Protein:

- Eat .5 to .8 grams of protein per pound of bodyweight per day
- Protein helps you build muscle
- 4 calories per gram
- Makes you feel full, helping you eat less
- Try to eat lean sources (eggs, chicken, fish, turkey)
- Vegetarian sources are: beans, soy, quinoa, nuts
- Protein shakes can help supplement your diet
- Protein speeds up your metabolism

Carbohydrates:

- Energy for the body
- Preferred source of fuel for the brain
- 4 calories per gram
- Fruits and vegetables are mostly carbohydrates
- Always opt for WHOLE GRAIN
- You should eat rice, oats, pasta, bread and potatoes

Fats:

- Source of energy
- Contain vital micronutrients (fat-soluble vitamins)
- 9 calories per gram
- Opt for vegetable oil, nuts, dairy, meat (red meat 2x per week), avocado, eggs
- Avoid trans fats



Fiber:

- You can digest about 50% of the carbohydrates from fiber (10g of fiber=5g of carbs)
- Makes you feel full
- Improves your digestive system
- May reduce risk of heart problems

Micronutrients:

- Greens powder
- Multivitamin



How do I lose weight?

Eat Fewer Calories

- Smaller meals
- Eat a complete meal every 3-4 hours
 - Should include carbs, 20-30g of protein, and fat
 - Eat smaller portions (buy smaller plates!)
- Eat filling foods (fiber and protein)
- Eat more protein (preserves muscle as you lose weight)

Burn more energy

- Workout
 - 3x per week of strength training
 - Other workouts 3x/week
 - Total of 300 minutes of exercise per week
- Interval training over steady state cardio
- Stay active
- Relieves stress and boosts mood
- Gives you more energy throughout the day
- Building muscle increases your metabolism, which helps you burn more calories throughout the day



WORKOUT NUTRITION GUIDELINES

Try to eat something one to two hours before your workout, even if you workout in the morning.

What to eat before your workout

- Don't eat a full meal (nothing too heavy)
- 20-30 grams of carbohydrate
- 20 grams of protein or less
- Fruit, granola bar, protein bar, etc
- Make sure whatever you eat doesn't upset your stomach

What to eat during your workout

- No solid food
- BCAA (branched chain amino acid) powder
- Electrolyte tablets
- Watered-down Gatorade (not a lot of sugar) or G2

What to eat after your workout

- Now is the best time to eat a full meal or have a protein shake
- Try to eat within two hours after your workout. Carbohydrates replenish the energy your muscles lost, and protein helps them recover
- 20 to 30 grams of protein
- 40 to 50 grams of carbohydrates · 10 grams of fat
- 1 glass of water

*Women eat within an hour after exercise.

ENERGY BALANCE

Whether you want to lose or gain weight, it all comes down to calories in vs calories out.

- To lose weight – burn more calories than you eat
- To gain weight – eat more calories than you burn

Eating fewer calories means:

- Smaller portions
- Less “empty calories”
- Eat less sugar
- Drink less alcohol
- Eat foods that fill you up
- Protein and fiber

Burning more calories means:

- Exercise 4-5x per week - 2 weightlifting sessions & 2-3 cardio sessions
- Walk more (10,000 or more steps per day)

Eating for weight loss:

Carbohydrates:

- Whole grains (bread, pasta, rice, oatmeal)
- Potatoes (baked, mashed, roasted)
- Vegetables
- Fruit

Proteins:

- Chicken
- Fish
- Pork or beef 1-2 times per week
- Beans
- Nuts
- Protein Shakes & Bars

Fats:

- Olive oil
- Nuts
- Avocado
- Dairy

Drink more water:

- 6-8 glasses per day
- Drink one glass of water with each meal
- Avoid sugary drinks (gatorade, soda, soda/tea with sugar)



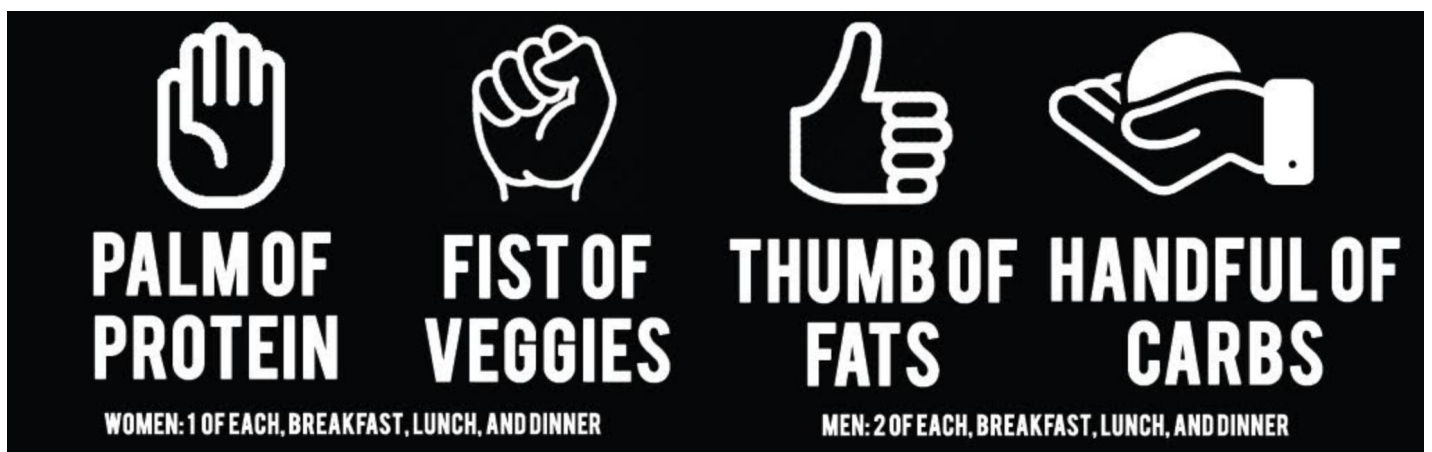
What to do when eating out for dinner?

We believe in eating intuitively. That means listening to your body and not over consuming. It takes your stomach 20 minutes to tell your brain that you are full so once you feel full it's already too late. You have most likely over consumed. In America, restaurant servings are a lot larger than what we should be consuming.



Focus on eating till you aren't hungry. This means eating slowly. When you eat fast, you have less opportunities to check in with yourself.

Here is a useful guide to estimate your portions when eating out.



3 KEY NUTRITION TACTICS

PORTION SIZING

Each person is going to have different portions according to their age, activity level and current measurements. Just being off slightly can mean the difference between losing and gaining. These numbers also need to be modified as your body changes.

MEAL TIMING

Having meals spaced apart is important in keeping your metabolism at a high rate, keeping your energy level high and your sugar levels balanced.

FOOD COMBINING

Making sure to eat a balance of protein, carbs and fat is essential. This helps you to feel satiated and keeps your hormones in balance to prevent binge eating.

QUICK TIPS

- ❖ . Only Eat till you are 80% full
- ❖ . Eat every few (3-4) hours
- ❖ . Include protein-dense foods in each meal and snack
- ❖ . Include vegetables in each meal or snack
- ❖ . Save carb-heavy meals for after exercise
- ❖ . Include a good balance of healthy fat in your diet

TS Fitness Portion Guide for Women

Choose 1 item from each macro nutrient list to complete a meal

Protein	Carbohydrate	Fat	*Meal Bars*
1 whole egg + 4 egg whites	12 oz. juice	1 1/2 tsp. unsalted butter	Quest Bar
4 egg whites+ 1 slice cheese	1 1/2 large apple or pear	1 1/2 Tbls any nut butter	Balance Bar
3/4 cup egg beaters	1 1/2 large citrus fruit	1 1/2 Tbls flax seed butter	Think Thin Bar
2 slices meatless bacon + 4 egg whites	3 cups melon or berries	1 1/2 Tbls hemp seed butter	PureFit Bar
3 meatless breakfast sausages + 1/2 cup soy yogurt	6 inches banana	1 1/2 Tbls avocado/guacamole	Clif Builder's Bar
21 grams protein powder	1 cup cooked oatmeal (not quick)	1 1/2 tsp. olive oil mayo	PureProtein (50 g option)
3/4 cup LF cottage or ricotta cheese	3 Tbls. Dried fruit	1 1/2 tsp. canola oil mayo	
1 cup NF plain Greek yogurt	1 quart ziploc bag any fresh vegies	1 Tbsp olive (EVOO)	
6 oz. firm tofu	2 slices: small wheat bread or	1 Tbsp canola oil	
3 oz. soft tofu	3 x 6" corn tortillas	1 Tbsp coconut oil (EVCO)	
3 oz. any deli meat	3 x small low carb tortillas	9 walnut or pecan halves	
6 slices meatless deli meat	12 wheat ritz crackers	6 whole almonds or cashews	
1 1/2 oz. any original jerky	1 1/2 oz. baked wheat crackers	12 shelled peanuts	
3 oz. cooked lean ground poultry	9 wheat pretzel sticks	3 Tbls sunflower or pepitas or pinenuts	
3 oz. cooked lean ground beef or buffalo meat	3 x 3" rice cakes	3 macadamia or brazil nuts	
3 oz. cooked white meat poultry	1 1/2 oz. tortilla chips	3 Tbls chopped walnuts or pecans	
3 oz. cooked any meaty fish (ie: swordfish)	1 1/2 oz. pirate booty	1 1/2 Tbls sliced almonds	
4 1/2 oz. any cooked flaky fish (ie: halibut)	1 1/2 oz. air popped popcorn	3 Tbls ground or whole flaxseeds	
3 jumbo shrimp/scallops	3/4 cup any cooked beans	3 Tbls chia or amaranth seeds	
3 oz. cooked lean thick cut beef (ie: tenderloin)	3/4 cup any cooked rice	30 small any olives (not stuffed)	
4 1/2 cooked lean thin cut beef (ie: flank)	3/4 cup any cooked grain	1 1/2 Tbls. Good quality salad dressing	
9 sliced tempeh strips	3/4 cup cooked wheat pasta		
3 oz. seitan	3/4 cup cooked mashed sweet potatoes		
1 1/2 cup ground tempeh	1 1/2 cup raw sweet potato		
1 1/2 cup red lentils	3 heaping cups steamed or cooked vegetables		
3/4 cup raw soybeans	6 cups any plain lettuce		
2 cups chopped broccoli +24 medium spears asparagus	3 cups any prepared salad (no crutons/cream based		

TS Fitness Portion Guide for Men

Choose 1 item from each macro nutrient list to complete a meal

Protein	Carbohydrate	Fat	*Meal Bars*
1 whole egg + 6 egg whites	16 oz. juice	2 tsp. unsalted butter	1 1/2 Quest Bar
6 egg whites +1 slice cheese	2 large apples or pears	2 Tbsp. any nut butter	1 1/2 Balance Bar
1 cup egg beaters	2 large citrus fruit	2 Tbsp. flaxseed butter	1 1/2 Think Thin Bar
2 slices meatless bacon +6 egg whites	4 cups melon or berries	2 Tbsp. hempseed butter	1 1/2 Clif Builder's Bar
3 meatless breakfast sausages +1 cup soy yogurt	8" banana	2 Tbsp. avocado/guacamole	2 PureFit Bars
28 grams protein powder	1 1/3 cup cooked oatmeal(not quick)	2 tsp. olive oil mayonnaise	Shaklee 180 Snack Bars
1 cup LF cottage or ricotta cheese	1/4 cup dried fruit	2 tsp. canola oil mayonnaise	PureProtein(78 gram option)
1 1/2 cup NF plain Greek yogurt	1 quart ziploc bag full any fresh vegies	1 1/2 Tbsp. olive (EVOO)	
8 oz. firm tofu	3 slices: wheat bread	1 1/2 Tbsp. canola oil	
4 oz. soft tofu	4 x 6" corn tortillas	1 1/2 Tbsp. coconut oil (EVOO)	
4 oz. any deli meat	4 x small low carb tortillas	12 walnut or pecan halves	
8 slices meatless deli meat	16 wheat ritz crackers	8 whole almonds or cashews	
2 oz. any original jerkey	2 oz. baked wheat crackers	16 shelled peanuts	
4 oz. cooked lean ground poultry	12 wheat pretzel sticks	1/4 cup sunflower or pepitas or pinenuts	
4 oz. cooked lean meat	4 x 3" rice cakes	4 macadamia or brazil nuts	
4 oz. cooked white meat poultry	2 oz. tortilla chips	1/4 cup chopped walnuts/ pecans	
4 oz. cooked any meaty fish (ie: swordfish)	2 oz. pirate booty	2 Tbsp. sliced almonds	
6 oz. any cooked flaky fish (ie: halibut)	2 oz. air popped popcorn	1/4 cup ground or whole flax seeds	
4 jumbo shrimp/scallops	1 cup any cooked beans	1/4 cup chia or amaranth seeds	
4 oz. cooked lean thick cut beef (ie: tenderloin)	1 cup any cooked rice	40 small any olives not stuffed	
6 oz. cooked lean thin cut beef	1 cup any cooked grain	2 Tbsp. good quality salad dressing (olive or canola oil)	
12 slices tempeh strips	1 cup cooked wheat pasta		
4 oz. seitan	1 cup cooked mashed sweet potatoes		
2 cups ground tempeh	2 cups raw sweet potato		
2 cups red lentils	4 heaping cups steamed or cooked vegetables		
1 cup raw soy beans	8 cups any plain lettuce		
3 cups chopped broccoli + 24 medium spears asparagus +3/4 cup green peas	4 cups any prepared salaad (no crutons/cream based dressing)		



Chapter 1: Brekkie Time

***Sammy's Jammy* Eggs over Crispy Sourdough & Avocado toast**

10 min Yield: 1 serving

Another fun way to cook your eggs is to soft boil these babies! I think it may be a secret obsession of mine because of how it easy and delicious it is! **Listen UP and takes notes my friends!**

WHAT YOU'LL NEED:

2 Large Brown Eggs (Trader Joe's Pasture Raised Large Brown Eggs)
1 piece of Sourdough Bread, Toast Well (Bread Alone Organic Whole Wheat Sourdough)
½ ripe organic hass avocado, mashed
Super Mix Microgreens (AeroFarms Micro Spicy Mix)
Trader Joe's Everything but the Bagel Sesame Seasoning Blend

WHAT YOU'LL DO:

1. Bring a pot $\frac{3}{4}$ full of water to a boil (I love my Calphalon Stainless Steel Saucepan)
2. Once water reaches a boil, drop the temperature down to **MEDIUM LOW** so the water is simmering
3. VERY CAREFULLY, place each of your eggs into the pot using a spoon ladle
4. Let the eggs boil for a total of 6 minutes max, and once done, carefully remove with a slotted spoon and run under cool water for 60 seconds. In the interim while eggs are cooling, pop your piece of sourdough bread into your toaster until toasted well or to your liking. When done, add some mashed avocado on top and sprinkle with some microgreens and your Everything But the Bagel Seasoning
5. Now, carefully peel away the shells on both eggs. Once all the shells are peeled, slice the eggs directly in half. Place the egg on top of your avocado toast and you are GOLDEN MY FRIEND!



Runny & Sunny-Side Up Eggs over Whole Wheat Sourdough Avocado Toast

10 min Yield: 1 serving

This one will surely satisfy your palate. I have a thing for runny eggs, but a fun fact is that my mother does not! Nothing like a good set of runny eggs over crispy Whole Wheat Sourdough Bread smothered with smashed avocado and microgreens. Top it with some crushed red chili pepper flakes and we are in business!



WHAT YOU'LL NEED:

2 Large Brown Eggs (Trader Joe's Pasture Raised Large Brown Eggs)
1 piece of Sourdough Bread, Toast Well (Whole Foods Bread Alone Organic Whole Wheat Sourdough)
¼ cup of organic baby spinach
⅓ ripe organic hass avocado, smashed
Super Mix Microgreens (Whole Foods AeroFarms)
Himalayan Pink Salt Crystals & Crushed Red Chili Pepper Flakes
Avocado Oil (Primal Kitchen)

*To cook my eggs, I chose to use my favorite **Blue Diamond Ceramic Nonstick 10" Frying Pan***

WHAT YOU'LL DO:

1. Carefully, crack your eggs into a small bowl, making sure to keep the yolks fully intact. Set the bowl aside for now.
2. Heat up your frying pan with olive oil and add in your baby spinach. Sauté your spinach until it's wilted to your liking. Feel free to add some salt and pepper to taste. Transfer to a plate and set aside.
3. Using the same skillet, spray down with Coconut Oil Non Stick spray (I love the one from Trader Joe's). The pan should be pretty hot now, so go ahead and add in your eggs.
4. While the egg yolks and whites start to harden, pop your multigrain toast into the toaster and toast until crispy or to your liking.
5. Keep an eye on the eggs, making sure to not flip them. The whole key to getting a good Sunny Side Up egg is to NOT flip them over. You'll know when it's done because the whites will harden all around the yolk!
6. When you have a feeling it's ready, take your spatula and gently lift the outer edges of the omelet until the entire omelet is easy to pick up with your spatula.
7. Transfer the omelette to a plate, and while the eggs slightly cool down, take your toasted bread and cover with your smashed avocado.

***Sexy Egg White Veggie Omelette* over warm Siete Tortilla Wraps**

15 min Yield: 2 servings

[Siete wraps](#) were introduced to me by fiancé and thank god he showed me these heavenly almond-flour based tortillas! I love using them in my breakfast because they are so damn delicious. I buy them typically at the local Whole Foods Market by our apartment, and they come in a variety of flavors too! For this recipe, I chose the Almond Flour wraps!



WHAT YOU'LL NEED:

3 Large Eggs (Trader Joe's)
2 Almond Flour Tortillas (Siete Foods)
¼ cup of fresh baby spinach
1/3 sliced organic hass avocado, sliced
Spicy Microgreens (AeroFarms), sea salt & pepper for seasoning

WHAT YOU'LL DO:

1. Crack all three eggs into a bowl, making sure to separate out the yolks and only keep the whites. Beat the whites together well, and set aside
2. Heat up a skillet (It's the Blue Diamond frying pan for me!) with olive oil and add in your baby spinach. Sauté your spinach until it's wilted to your liking. Feel free to add some salt and pepper to taste
3. Once spinach is wilted, add in your egg white mixture to the skillet and make sure the ingredients all bind together well. Sometimes I like to put a cover over the skillet to lock in the moisture
4. While your omelet is finishing up, heat up another skillet pan with a touch of coconut oil spray. One at a time, place your Siete wraps on the skillet pan, just for the purpose of warming them up. Typically, it should only take 2-3 minutes to heat each one!
5. At this point, your omelet should be done, so transfer your omelet to a plate and set aside
6. Now that both Siete wraps should be warm, take each wrap and place them on a plate. Cut your egg white veggie omelet directly in half, and place each half on one of your tortillas
7. Now, add your microgreens, sea salt, pepper and sliced avocados for garnish. Enjoy!

HOLY OATMEAL with Protein Powder, Almond Butter & sliced banana

15 min **Yield: 1 serving**

A warm bowl of protein packed oatmeal? **YES PLEASE!** There are countless ways to make your oatmeal delicious; I choose to add in fun ingredients like cinnamon powder, bananas, vanilla extract, almond butter, ground flax seeds, and even chia seeds! You can do it up however you wish, but this is my go-to when it comes to a *winning* combination!



WHAT YOU'LL NEED:

- ½ Old Fashioned Rolled Oats
- 1 Tbsp Almond Butter (Justin's Classic Almond Butter)
- 1 Tsp Chia Seeds
- 1 Scoop of Protein Powder (I used the Vanilla Flavored Sun Warrior)
- 1 Tsp Ground Flax Seeds
- 1/3 Sliced Banana
- Dash of salt & cinnamon powder for seasoning

WHAT YOU'LL DO::

1. Measure out a ½ cup of your preferred type of oats (I love Rolled Oats from @wholefoods). Pour the measured oats in a bowl and set aside
2. Fill a pot with 1 cup of water and bring to a boil on your stove top. When water is boiling, add in a dash of salt & your oats
3. Bring the heat down to medium, and let the oats simmer for about 8-10 minutes
4. You'll notice the oats will start to thicken as they absorb the water, so continue to mix the oats around in the water until creamy to your liking
5. Transfer from the stove top to a bowl, and now the fun begins! Add in some of your favorite things to make it flavorful & nutritious. Put your nut butter in first and mix well, making sure it absorbs into the warm oat mixture.
6. Next, add in your protein powder of choice, mixing well. Go ahead and add in your chia seeds, flax seeds, and cinnamon powder for an extra kick
7. Lastly, take your sliced banana pieces and place generously on the top. And...voilà!

Sammy's Incredible Greek Eggwhite, Feta & Spinach Breakfast Wrap

15 min Yield: 2 servings

The very first time I tried my own creation of these breakfast wraps,, my taste buds danced! This easy to follow recipe will be one you grab for quite frequently, so follow these simple steps and let me know what you think!



WHAT YOU'LL NEED:

3 Large Eggs (Trader Joe's)
¾ cup baby spinach, sautéed
1 whole-wheat flax tortilla wrap (Damascus Bakery Natural Lavash Flax Roll-Up Wraps)
1 tbsp.organic crumbled feta cheese
Microgreens (AeroFarms), sea salt & red pepper chili flakes for seasoning

WHAT YOU'LL DO:

1. Crack your eggs into a small bowl, carefully separating the yolks from the whites and tossing out the yolks. Add in a pinch of salt and pepper, and whisk the egg whites well.
2. Heat up a skillet with olive oil and add in your baby spinach. Sautee your spinach until it's wilted to your liking. Feel free to add some salt and pepper to taste. Transfer to a plate and set aside
3. Take the same skillet, and spray it down with your nonstick cooking spray, such as the @traderjoes coconut oil spray
4. When the skillet is super hot and starts to smoke, add in your egg white mixture, and then add in your sautéed spinach
5. With a fork, blend the baby spinach around the egg white mixture, and take a lid pot and close it for a bit and let it sit
6. Now it's time to head up your tortilla wrap. I like to pop mine in the microwave for about 30 seconds to soften it. Once soft, transfer wrap to a plate and lay flat, outside part of the wrap facing down
7. At this point, your eggs should be ready. Open the lid, add a sprinkle of feta cheese, and let the cheese melt into the egg white spinach omelet.
8. Once eggs are ready, place them directly on top of your warm tortilla wrap. Roll the wrap around the egg omelet, and then carefully slice the wrap directly in half. You should now have to halves of the wrap, and there you have it!

Bomb.com Protein Packed Homemade Waffles topped with TruWhip Skinny Whip Cream

15 min **Yields: 5-7 Waffles**

Who doesn't love waffles and eggs? I never met a person that said they don't! And if I did, that may not be a friend of mine! This **DIY** recipe is one I want you to hold on to and reuse again and again! If you don't have a Dash Mini Waffle Maker, I highly suggest you go buy one right now!



WHAT YOU'LL NEED:

1 ½ cups oat flour
2 tsp. baking powder
1 scoop Vanilla Protein Powder (Sunwarrior)
½ tsp. salt
¾ cup milk of choice (Almond Breeze Unsweetened Almond Milk)
¼ cup + 1 tbsp. melted coconut oil (Nutiva Organic Virgin Coconut Oil)
2 Large Brown Eggs (Trader Joe's Pasture Raised Large Brown Eggs)
2 tbsp. sugar free maple syrup
1 tsp. vanilla extract
1 tsp. Organic Chocolate Hu Gems (Hu Kitchen)
Dollop of Whip Cream (TruWhip Skinny Whip Cream)

WHAT YOU'LL DO:

1. Take a mixing bowl, and whisk together all of your dry ingredients (oat flour, baking powder, salt and cinnamon). In a separate bowl, whisk all of your wet ingredients (milk, melted coconut oil, protein powder, eggs, maple syrup and vanilla extract)
2. Pour the wet ingredients into the dry ingredients. Stir vigorously with a big wooden spoon until all ingredients are combined (your batter will still be a bit lumpy but that is just fine)
3. Now's the time to go plug in your waffle iron! I LOVE my @bydash waffle iron, it's simply the best and the perfect portion for a waffle!
4. Once the waffle iron is heated, pour your batter onto the heated iron, enough to cover the entire center and most of the central surface area, and close up the lid
5. Once the waffle is deeply golden and crispy, transfer it over to a cooling rack or baking sheet. Do NOT stack your waffles on top of each other, or they'll begin to lose their crispness!
6. You're now ready to serve!!! I paired mine up a side of an egg white veggie omelet. Feel free to drizzle on your maple syrup, add on any nut butters of choice, sliced bananas, Hu Kitchen Chocolate Gems & Truwhip and ENJOY!

Roastie Toastie Egg Sandwich Stuffed Between Sourdough Bread

15 min Yields: 1 Serving

Where has this sandwich maker been my whole life? I can't say enough wonderful things about the Jean Patrique Stainless Steel Toasted Sandwich Maker. This thing is INCREDIBLE and so easy to use! **My egg sandwiches look restaurant quality every damn time!**



WHAT YOU'LL NEED:

2 Egg Whites, 1 Egg Yolk (Trader Joe's)
Organic Baby Spinach
1 Beefsteak Tomato
2 pieces of Sourdough Bread (Whole Foods Bread Alone Organic Whole Wheat Sourdough)
1 tsp. Avocado Oil (Primal Kitchen)
Sea Salt, Red Chilli Pepper Flakes, Black Pepper

WHAT YOU'LL DO:

1. Mix your 2 egg whites and 1 egg yolk vigorously in a bowl with a whisk. Now, slice up your beefsteak tomato into small pieces, and add into the egg mixture. Add in a pinch of salt and pepper and set aside.
2. On your stove top, spray down a skillet with non-stick coconut oil spray (I used Trader Joe's). Add your of avocado oil, and wait until the pan smokes. Once smoking hot, add in your egg & tomato mixture. As the eggs settle, add in a handful of your baby spinach. Wait until the eggs really bind together before flipping, and then fold in half into an omelette.
3. Now, take your Jean Patrique Sandwich maker and spray with a coat of nonstick cooking spray. Heat up over your stove top. Once hot, take your omelette and place in between your two pieces of sourdough bread. Place your sandwich directly onto your hot sandwich maker, and press down firmly.
4. Let your sandwich sit for a bit, and then flip the entire sandwich maker over to the other side and let sit for another couple of minutes. At this point, once you open up your sandwich maker you should see nothing but a PERFECT sandwich with those grill marks to die for, and a delicious omelette nestled right in the middle. ENJOY!

Powerful Protein Packed Eggwhite & Oatmeal Pancake topped with TruWhip & Cinnamon

15 min **Yields: 1 Serving**

Did you say an Eggwhite + Oatmeal pancake? With whipped cream and cinnamon!? **COUNT ME IN.** This one is SUPER SIMPLY to whip up in the morning, and not to mention DELICIOUS AS EVER. Every try TruWhip Skinny Whipped Topping? It's heavenly if I do say so myself...!



WHAT YOU'LL NEED:

5 egg whites, whisked well
1/2 cup oatmeal
Dash of Cinnamon Powder
Dollop of Whip Cream (TruWhip Skinny Whip Cream)

WHAT YOU'LL DO:

1. In a bowl, carefully crack 5 eggs, separating the yolks from the whites. You will dispose of all the yolks and keep all of the whites in the bowl. With a whisk, beat the egg whites well and set aside.
2. Heat up a pot of water on your stove top (I used 1 cup of water and added in a dash of salt). Once water begins to boil, add in your 1/2 cup of oatmeal. Mix together until the oatmeal begins to thicken
3. Once oatmeal is at the consistency to your liking, drain the water and pour your oatmeal directly into your beaten egg whites. Mix both together very well.
4. On your stove top, heat up a skillet with nonstick coconut oil cooking spray (or any cooking spray of your choice!). Once pan appears to be hot, add in your eggwhite + oatmeal mixture.
5. Let the egg whites and oats take up the entire surface of your pan, forming a big round pancake. Let that sit and firm, then flip and let the other side firm up
6. When both sides seem good, transfer directly to a plate. Add a dollop of TruWhip Skinny Whip Cream directly in the center, and top it with a dash of cinnamon powder

Feel free to add on fruit of your choice, like blueberries or sliced banana. You can even get creative and add some Justin's Almond Butter or Peanut Butter if you're feeling adventurous

ENJOY!

***Almond Flour Siete Tortilla Wrapped* Eggwhite & Spinach Omelette**

15 min Yields: 1 Serving

Have you ever tried the [Siete Almond Flour Tortilla Wraps](#)? Not only are the ingredients simple, healthy and clean, but they taste like a BUTTERY flour tortilla. I love this recipe in the morning because it binds to my omelette so nicely and is a great way to start off my day.

WHAT YOU'LL NEED:

5 egg whites, whisked well
1 Almond Flour Siete Tortilla
1/2 cup baby spinach
1 Beefsteak tomato, sliced thin
1/3 Avocado, Sliced
Sliced Red onion
Handful of Spicy Herby Microgreens



WHAT YOU'LL DO:

1. In a bowl, carefully crack 5 eggs, separating the yolks from the whites. You will dispose of all the yolks and keep all of the whites in the bowl. With a whisk, beat the egg whites well and set aside.
2. Add 1 tbsp of olive oil to a heated skillet on your stove top. Add in your baby spinach, mixing around until wilted. Go ahead and toss with black pepper & salt for some flavor.
3. Once your spinach is wilted to your liking, add the spinach directly into your eggwhite bowl mixture. Mix the egg whites and spinach together well, and then add back to your heated skillet and let the omelette sit and bind.
4. In another heated skillet, add your sliced tomatoes and grill them well on each side to get those delicious heat marks. Season with basil, parsley and anything else of your choice. Once done, set aside.
5. At this point, your omelette should be pretty firm. Now, take your Siete Almond Tortilla wrap and place it DIRECTLY on top of your omelette. Now flip it so that the tortilla wrap is on the bottom of the pan.
6. After a couple minutes go by, fold the tortilla omelette in half so that the tortilla wrap is now on the outside encasing your omelette. Transfer to a plate, slice in half and add on top your sliced avocado, sliced red onion, sliced tomato and microgreens. Now THAT is a breakfast!



Chapter 2: Perfect Protein-Packed Lunches

Samantha's Shrimp-tastic salad tossed in **Haven's Kitchen** Herby Chimichurri Sauce

25 min **Yield: 1 serving**

For those of you that are shrimp lovers, this one's for you! I love sometimes throwing cold cooked shrimp over a salad, since it's easy, tasty & nutritious. Why not toss up your salad with a delicious [Herby Chimichurri Sauce from Haven's Kitchen](#)!? Try this easy lunch recipe on days you need to throw it all together real quick!



WHAT YOU'LL NEED:

- $\frac{3}{4}$ bag of baby arugula lettuce
- $\frac{1}{3}$ sliced hass avocado
- 5 Jumbo Cooked Shrimp
- 1 Tbsp Asiago Cheese (Trader Joe's)
- $\frac{1}{4}$ Sliced Red Onion
- 1 Tbsp. Herby Chimichurri (Haven's Kitchen)
- $\frac{1}{4}$ cup roasted butternut squash cubes
- Extra Virgin Olive Oil mixed with Balsamic Vinegar as a dressing

WHAT YOU'LL DO:

1. Take your baby arugula lettuce and place in one of your favorite bowls. Add in your sliced avocado pieces, and set aside
2. Preheat your oven to 450 degrees. Place your butternut squash cubes on a non stick tin foil lined baking sheet. Toss with EVOO, and any seasonings that you wish! I used basil, rosemary, sea salt & a smidge of Aleppo pepper flakes!
3. When the oven is ready, pop in your butternut squash cubes for a total of 20 minutes! While these babies cook, take your jumbo shrimp out of your refrigerator and scatter directly on top of your lettuce. Now, toss on your Asiago cheese flakes
4. Once the 20 minutes are up, take your butternut squash cubes out of the oven and generously place around your salad! Now's the time to throw on your sliced red onion pieces as well!
5. Top your salad with your favorite dressing of choice! I like to drizzle a tablespoon of **Haven's Kitchen Herby ChimiChurri over my shrimp**, and then always opt for EVOO mixed with balsamic vinegar; simple, health & delicious!

Super Exquisite lemon-pepper grilled chicken salad

30 min Yield: 1 serving

Fire and foremost, a huge shout out to my favorite friends over at Jean Patrique. **I truly couldn't have done it without the best pan in the game, the "Whatever Pan".** My meats are always cooked to perfection using this cast aluminum griddle pan. HIGHLY suggest you guys go and invest in one ASAP!



WHAT YOU'LL NEED:

- 1 pack thin sliced boneless skinless chicken breast
- $\frac{3}{4}$ bag of baby arugula & baby spinach mixed
- 1 beefsteak tomato, sliced into quarters
- Handful of sliced red onions
- $\frac{1}{3}$ cup walnuts
- 2 Tbsp. Green Goddess Dressing (Trader Joe's)
- Dry Seasoning: basil, oregano, salt, pepper, garlic powder, onion powder,
- 1 tbsp. organic Lemon juice
- 1 tbsp. Extra Virgin Olive Oil

WHAT YOU'LL DO:

1. Take your baby arugula lettuce & baby spinach lettuce mix and place in one of your favorite bowls. Add in your sliced tomato, walnuts, red onions, and set side.
2. Take your fresh thin sliced boneless chicken breast, and place them in a Ziplock bag. Add all of your dry seasoning into the ziplock bag, and lastly add in your lemon juice and olive oil. Shake up well and let sit for 20 minutes in the refrigerator so the marinade sets into the chicken
3. Preheat your "Whatever" pan on the stove top with nonstick cooking spray and a bit of olive oil
4. When pan is smoking, add in your pre-marinated chicken breasts, spreading them out evenly through the pan
5. Turn and flip the chicken often, making sure to cover all sides. Cook as well done to your liking (I chose to do mine mildly well done so that the outside of the chicken wasn't too dry and crisp)
6. When cooked through and the meat shows white inside, turn the heat off and let the pan cool down. Take off a generous portion of chicken, place on top of your salad, add your green goddess dressing, and you are good to go!

Sam's Zesty yet simple Gingery Miso pan seared salmon salad

20 min Yield: 1 serving



A lot of my friends joke around and say that one day in my next life, I will come back as a salmon. I can't help it, call it an obsession but I truly love salmon and can eat it all day everyday! Try this delicious & simple salad recipe; it only takes 20 minutes to make!

***I pan seared my salmon
using my Jean Patrique
“Whatever” Pan***

WHAT YOU'LL NEED::

- ½ lb fresh farm raised salmon
- 1 bag pre washed baby arugula & baby spinach mixed lettuce
- 1 red onion, sliced
- 1/3 cup cherry tomatoes, sliced in half
- Extra Virgin Olive Oil & Balsamic Vinegar
- Salt, Black Pepper and Parsley for seasoning
- ½ Lemon Wedge
- 2 Tbsp. Gingery Miso Sauce (**Haven's Kitchen**)

WHAT YOU'LL DO:

- 1.Empty your prewashed lettuce bag into one of your favorite salad bowls
- 2.Top the lettuce mix off with your sliced red onion and cherry tomato slices. Sprinkle some salt, pepper and parsley on your lettuce mixture. Set aside
- 3.Prepare your salmon to pan sear it by seasoning it with some salt, pepper, parsley, freshly squeezed lemon, and 2 tablespoons of [Gingery Miso Sauce from Haven's Kitchen.](#)
- 4.Take your favorite skillet pan and preheat on your stove top with 1 tbsp. of olive oil. Once pan is smoking hot, add the salmon filet into the pan and set a timer for 7 minutes
- 5.Watch the salmon on the stove top, and when 7 minutes hits, flip it! Pan sear it for another 7 minutes on the other side, and when time is up, turn heat off and transfer salmon to a plate to cool down.
- 6.Add your pan seared salmon on top of your bed of lettuce, and drizzle with some extra virgin olive oil & balsamic vinegar. Promise you will love this one!

Serious Barbecue Flavored Grilled Chicken Skewers & roasted butternut squash salad

10 mins

Yield: 1 serving

There are so many ways to “spruce” up a salad, I can go on and on! This is a favorite of mine simply because there are days when I am so crazy with work that making lunch is the last thing I can think of doing. BUT, that’s when something like **Costco grilled chicken skewers** come in handy. These babies are not only healthy and delicious, but pre-cooked and ready to eat. Follow this easy recipe below!

WHAT YOU’LL NEED:

1 head of romaine lettuce
¼ cup Roasted Butternut Squash Cubes (precooked the night before)
¼ cup chopped cherry tomatoes
¼ cup chopped red onion
2 Grilled Chicken Skewers (Costco Brand)
2 Tbsp. Tangy BBQ Sauce (**Haven’s Kitchen**)

***To really give this chicken an extra kick, go ahead and heat up over your Jean Patrique “Whatever Pan” if you own one!**



WHAT YOU’LL DO:

1. Take your head of romaine lettuce, wash thoroughly and chop up into fine pieces. Wash in a salad spinner, pat dry and transfer to a bowl. Set aside
2. On a cutting board, sliced up your cherry tomatoes into halves. Do the same with your red onion, and add both to your bowl of lettuce
3. Take your cooked butternut squash cubes from the night before and heat them up in your microwave for 30-45 seconds. Reference my butternut squash recipe in the vegetable section for how to make delicious butternut squash cubes in the oven! Once heated, add to your salad
4. Lastly, take your Costco grilled chicken skewers and heat them on a skillet. I love to use my **Jean Patrique “Whatever Pan”** so that I can add some more grill marks to these babies. You only need to heat the chicken skewers up for a few minutes on the skillet since they are already pre-cooked. I also love to add a couple of tablespoons of [Haven’s Kitchen Tangy BBQ Sauce](#) on top since it always adds a crazy amount of flavor!
5. Once done cooking your chicken skewers, add them right on top of your salad. And there you have it! You can top with any dressing of your choice! I always prefer Extra Virgin Olive Oil mixed with Balsamic Vinegar.

Mad Beefed up grass-fed burger & greeked out salad

20 min Yield: 1 serving



For those of you out there that enjoy a good burger, please try this simple and easy burger salad! Of course, I got inspired by a good old favorite of mine; Bareburger. Who doesn't appreciate a bunless burger over a bed of lettuce? Talk about a guilt-free way of eating ;)

WHAT YOU'LL NEED:

1 bag washed mixed greens
1 persian cucumber, sliced up fine
½ lb grass fed beef (Whole Foods)
Handful of Kalamata Olives
1 Tbsp. Stone Ground mustard
1 Tsp. Organic Low Fat Feta Cheese
Extra Virgin Olive Oil & Balsamic Vinegar for dressing

WHAT YOU'LL DO:

1. Empty your prewashed lettuce bag into one of your favorite salad bowls
 2. Sliced up your Persian cucumber into slides about a ¼ thick, and scatter on top of lettuce
 3. Add your handful of Kalamata olives and dill to your lettuce mixture
 4. On a preheated skillet, cook your grass-fed beef patty to your liking. I prefer my patty medium-rare, so I usually cook it for about 4-5 minutes per side until semi-pink in the middle
 5. Once your burger is finished, place directly on top of your salad
 6. Add a squirt of stone ground mustard and drizzle your salad with EVOO & Vinegar.
- Enjoy!

***The most Savory Red Pepper Romesco flavored** grilled salmon, avocado & veggie salad*

20 mins Yield: 1 serving

Who doesn't love salmon and veggies over a bed of lettuce? Not to mention, pairing up your grilled salmon with some taste bud awakening Red Pepper Romesco sauce from Haven's Kitchen is FIRE. You'll be reaching for this recipe time and time again.



WHAT YOU'LL NEED:

½ bag baby arugula lettuce
1 tbsp kalamata olives
½ organic hass avocado
½ lb fresh salmon
Roasted butternut squash cubes
Red Pepper Romesco Sauce (Haven's Kitchen)
Roasted brussel sprouts
EVOO & Balsamic Vinegar for dressing

WHAT YOU'LL DO:

1. Take your baby arugula lettuce and wash thoroughly in a salad spinner, then place in a bowl
2. Take a skillet and heat over your stove top with 1 tbsp. of olive oil. Season your fresh salmon with garlic, sea salt, basic, cayenne pepper, thyme and a tablespoon of [Haven's Kitchen Red Pepper Romesco Sauce](#). Once very hot, add your fresh salmon to the pan. Pan sear for 6-7 minutes on one side, flip and sear on the other for another 6-7 minutes. Once done, let your fish cool and then place directly on top of your lettuce
3. ****Add in your roasted butternut squash cubes and roasted brussel sprouts *that were cooked the night before*. This is key in saving time when prepping your lunch. See my roasted butternut squash and brussel sprout recipe in the veggies section****
4. Slice an avocado directly in half, and add one half directly on top of your salad
5. Sprinkle your salad with kalamata olives
6. Lastly, add a drizzle of EVOO & Balsamic vinegar for a tasty and low-cal dressing

Siete Chickpea Flour Tortilla Wrap smothered with tuna fish, romaine lettuce and sliced avocado!

10 mins Yield: 1 serving

For my tuna fish lovers out there, this one's for YOU! Did you know that Siete Foods has these delicious [Chickpea Flour Tortilla Wraps?](#) These are **GRAIN FREE, DAIRY FREE,** and make a great base for a tuna fish wrap if you're having a craving!



WHAT YOU'LL NEED:

½ bag of chopped romaine lettuce
Handful of fresh baby spinach
⅓ sliced avocado
1 Siete Chickpea Flour Tortilla Wrap
⅓ sliced red onion
1 tbsp avocado oil
1 can of tuna fish (your choice of a brand)
1 tsp. mayonnaise (I used the classic Hellman's)

WHAT YOU'LL DO:

1. Start by taking your can of tuna fish and opening it up with a can opener and emptying it into a bowl. Take your teaspoon of mayonnaise and go ahead and add that to the tuna fish. With a fork, mash the tuna well with the mayonnaise until blended (you can add more mayo if you wish)
2. Set your tuna mixture aside. Now, take a skillet over the stove top and heat it up with some non-stick coconut oil spray (I use the one by Trader Joe's). Add in your **Chickpea Siete Flour Tortilla Wrap**, getting it nice and warmed up for a few minutes. Flip it so that you can get each side evenly. Once done, transfer to a plate.
3. Now, add your mixture of romaine lettuce and spinach directly on top of your warmed tortilla wrap. Sprinkle in your sliced red onions as well, and add any other items that you desire
4. Finally, add your tuna fish mixture to the top. Drizzle with a bit of avocado oil to give it an extra kick. Enjoy my friends :)



Chapter 3: Snackies that pack a quick punch!

Sammy's Favorite steamed edamame & roasted cashews!



3 mins Yield: 1 servings

DID YOU KNOW THAT edamame is considered to be a great source of soy protein? Not to mention, it's also very rich in Vitamin K, fiber and antioxidants. I like to buy my edamame **SHELLED** from Trader Jand simply steam it in the microwave as a healthy midday snack! Pair it with some cashews & almonds and you're in for a treat.

WHAT YOU'LL NEED:

½ cup Shelled edamame

Handful of Roasted & Unsalted Whole Cashews

Handful of Raw, Unsalted Almonds

WHAT YOU'LL DO:

Simply start off by placing your shelled edamame in a microwavable container filled with some water. Place in the microwave for 3 minutes, and then take out to serve. Place them on a plate, and pair it with a handful or cashews and almonds. Enjoy!!!

Scrumptious Oat, Pretzel, Justin's Peanut Butter & Hu Chocolate Treat!



15 mins Yield: 8-10 servings

I'm addicted to these and not to mention, they pair so well with coffee as a **midday quick sweet snack!** Grab your Justin's Peanut Butter, some pretzels and some Hu Chocolate Chips and lets get the party started!

WHAT YOU'LL NEED:

¼ Cup of No Added Sugar Keto Baking Chocolate Chips (Hu Kitchen)

⅔ Cups of Old Fashioned Rolled Oats

1 Ripe Banana

1 ½ Tbsp of Justin's Peanut Butter

½ Cup of Classic Sea Salt Pretzel Twists

WHAT YOU'LL DO:

Start off by preheating your oven to 350 degrees. Mix all ingredients together, and form into small dough balls. Place on a greased cookie sheet and pop into the oven for only 12-14 minutes. You'll know they're done baking when they are a bit firm on the outside and gooey on the inside (do the fork test by inserting your fork directly into the center!) Enjoy with a cup of hot coffee!

The most toasty Cumin & Paprika Oven Roasted Chickpeas!



30 mins Yield: 6-8 servings

Tres bien is what I like to call this roasted chickpea recipe! Follow these simple instructions to add a quick and healthy nutritious carbohydrate to your afternoon! Go ahead and add these on to your salad, eat alone, DO AS YOU PLEASE MY FRIENDS!

WHAT YOU'LL NEED:

1 Can of Goya Premium Chickpeas (16. Oz)

Organic Extra Virgin Olive Oil

Cumin, Paprika, Sea Salt, Black Pepper & Garlic Powder

WHAT YOU'LL DO:

1. Preheat your oven to 425 degrees. Open up a can of Goya Premium Chickpeas, blot with a paper towel to get off any excess moisture, and spread out onto a baking sheet lined with nonstick tinfoil
2. Drizzle with EVOO, and sprinkle some of your seasoning agents on top (Cumin, Paprika, Sea Salt, Black Pepper & Garlic Powder)
3. Roast for 20-25 minutes, tossing every 5 minutes to make sure all the oil and seasoning gets evenly distributed.
4. Once time is up, take out of the oven and let cool for 5 minutes. Serve IMMEDIATELY!

Just a lovely bowl of Roasted & Unsalted Almonds here...!



1 min Yield: 1 serving

Why choose almonds as an afternoon snack? A few reasons for you here. To start, they're jam packed with some of the most valuable nutrients for your body. This includes magnesium, dietary fiber and even Vitamin E. I know portion control stinks sometimes, but my friends it's important to measure out nut snacks because the calories really add up. About 14 nuts will bring you to your 100 calorie threshold; stay there!

WHAT YOU'LL NEED:

14 Roasted & Unsalted Almonds

The freshest carrot sticks with Hummus & Roasted Cashews



3 mins Yield: 1 serving

How to actually stay full during the afternoon?? This one may be it! I swear anytime I grab for my carrot sticks with hummus and a side of cashews, I wind up staying full for hours up until dinnertime. Talk about a snack filled with potassium, vitamin A, antioxidants and Beta-carotene. YES PLEASE!!!

WHAT YOU'LL NEED:

Handful of Fresh Baby Carrot Sticks

8-10 Roasted & Unsalted Cashews

Roasted Garlic Hummus

Everything But the Bagel Seasoning (Trader Joe's)

WHAT YOU'LL DO:

Well, this one is a no brainer. Plate all of your ingredients and enjoy!!! The everything but the bagel seasoning on top of the roasted garlic hummus is just an added touch of goodness!



Chapter 4: Protein Shakes (SHAKE IT UP!)

Banana Chocolate Lovers Dream Protein Shake



5 mins Yield: 1 serving

WHAT YOU'LL NEED:

1 Scoop of Chocolate Protein Powder (Your choice of a brand, but I personally love **IsoPure Low Carb, Dutch Chocolate**)

½ Organic Banana

½ cup of Unsweetened Almond Milk

¼ Cup of Ice Cubes

WHAT YOU'LL DO:

Nothing to it but to slice up your banana, and then place all of these ingredients into a blender (I love my **Nutribullet**). Blend until smooth or until consistency is to your liking. Pop into a glass, add a straw and enjoy!

Very Tasty Vanilla Cinnamon Protein Shake



5 mins Yield: 1 serving

WHAT YOU'LL NEED:

1 Scoop of Vanilla Protein Powder (Your choice of a brand, but I personally love **SunWarrior Organic Vanilla**)

1 Tsp. Cinnamon Powder

½ cup of Unsweetened Almond Milk

¼ cup of Ice Cubes

WHAT YOU'LL DO:

The combination of Vanilla and Cinnamon is DIVINE. Take these ingredients and blend them up all together in a NutriBullet or Blender of your choice. Pour into a glass, and enjoy!

***Justin's Chocolate & Peanut-buttery* Protein Shake**



5 mins Yield: 1 serving

WHAT YOU'LL NEED:

- 1 Scoop of Chocolate Protein Powder (Your choice of a brand, but I personally love **IsoPure Low Carb, Dutch Chocolate**)
- 1 tbsp. Ground Flaxseed
- 1 tbsp. Peanut Butter (Justin's Organic Peanut Butter)
- 1 tbsp. Cinnamon Powder
- ½ cup of Unsweetened Almond Milk
- ¼ Cup of Ice Cubes

WHAT YOU'LL DO:

Gotta love that Chocolate PB Shake! Place all of these ingredients into a blender (I love my Nutribullet). Blend until smooth or until consistency is to your liking. Pop into a glass, add a straw and enjoy!

Very Berry Vanilla Protein Shake



5 mins Yield: 1 serving

WHAT YOU'LL NEED:

- 1 Scoop of Vanilla Protein Powder (your choice, but I chose SunWarrior Vanilla)
- 2 Cups of Strawberries
- 1 tbsp. Vanilla Extract
- 1 cup of Unsweetened Almond Milk
- ¼ Cup of Ice Cubes

WHAT YOU'LL DO:

Mmm Berry & Vanilla Oh my! Place all of these ingredients into a blender (I love my Nutribullet). Blend until smooth or until consistency is to your liking. Pop into a glass, add a straw and enjoy!



Chapter 5: Delectable Dinners

Pan-seared filet mignon with roasted asparagus, squash & a side of tangy BBQ Sauce

30 mins Yield: 1 serving

Who doesn't love a good filet?! I prefer purchasing my filet mignon medallions over at Whole Foods Market, since it's reliable and tastes amazing. If you're a serious meat lover, this one's for you! I love to use a drop of my **Haven's Kitchen BBQ Sauce** as a side sauce to give a scrumptious taste of tangy barbecue flavor to my meal!



WHAT YOU'LL NEED:

100% Grass Fed Beef Filet Mignon Medallion
½ Bag of Fresh Asparagus Spears
½ Cup of Cubed Organic Butternut Squash
1 Tsp. Tangy BBQ Sauce (**Haven's Kitchen**)

WHAT YOU'LL DO:

1. Start off by taking your filet mignon medallion out of the refrigerator, and season with some salt, pepper and thyme on both sides. Set aside, and preheat your oven to 450 degrees
2. Lay out your asparagus spears and butternut squash cubes on a lined baking sheet. Dress both with a drizzle of extra virgin olive oil, garlic powder, sea salt, basil, thyme, and any other seasoning agents that you wish. Make sure to toss the veggies around on the baking sheet so that they are evenly coated.
3. Once oven is heated, place both veggies in the oven and set the timer for 20 minutes.
4. While your veggies are roasting, heat up a skillet pan on your stove top with a drop of olive oil. Once the pan begins to sizzle, place your filet medallion directly in the center. I typically like to sear them for 7-8 minutes per side (FYI I love it medium rare).
5. Of course, check the center of the meat and make sure it's not TOO rare. If you prefer it more well-done, cook for longer on each side.
6. At this point, your veggie timer should be up. Once 20 minutes have passed, drop your temperature down to 425 degrees, and cook through for another 10 minutes.
7. Try your best to time yourself accordingly so that you finish your steak and veggies at the same time* Once done, transfer your steak and veggies to a plate of your choice. I like to finish my plate with a dab of my [Haven's Tangy BBQ Sauce](#). ENJOY!

Super seared ahi tuna steak with organic brown rice & roasted asparagus



20 min Yield: 1 serving

Ahi tuna steak, anybody!? This Asian inspired dinner actually stemmed from a lovely restaurant I had tried downtown with my fiancé in Soho called Veranda. The chef prepared one hell of a tuna steak, and I couldn't help myself but to recreate the dish on my own with some creative side vegetable dishes!

WHAT YOU'LL NEED:

- 1 Fresh Tuna Steak
- 1 Bunch of fresh asparagus
- 1 cup of Organic Tricolor Brown Rice & Quinoa (Trader Joe's)
- ¼ Sliced Fresh scallions
- Handful of White Sesame Seeds
- Fresh Garlic Cloves

WHAT YOU'LL DO:

1. Preheat your oven to 450 degrees. Prepare your fresh asparagus stalks by slicing off the ends, and spread them out on a baking sheet lined with non-stick tin foil. Season with garlic, salt, pepper, basil, and sliced fresh garlic cloves. Pop into the oven, and set your oven for 25 minutes
2. Boil a pot of water on your stove top. Once water is brought to a boil, add in your cup of brown rice/quinoa and 1 tsp of butter. Mix together, and bring boil down to a simmer. Leave for approximately 35 minutes (or follow the instructions on the rice pack you purchased)
3. Once 25 minutes is up, take your roasted asparagus out of the oven and let it sit. Take your fresh tuna steak and season with salt, black pepper, and low sodium soy sauce. Preheat a skillet with extra virgin olive oil and let it sit until it's smoking hot (you'll know when you see the steam). Now, add your tuna steak and only sear for 1 and a half minutes per side. THAT IS IT! Once both sides are seared, immediately transfer to a plate to cool. At this point, your rice should be done cooking.
4. Slice your tuna steak into semi-thin slices, and cover with sesame seeds and fresh scallion slices. Place in a modern bowl, and add in your roasted asparagus spears and rice blend. And there you have it!

Turmeric Tahini Pan-seared salmon fillet with roasted asparagus & sweet potato

30 mins Yield: 1 serving

Most people that know me would say that I am a *certified* salmon addict! I can practically eat salmon for every meal day after day (but of course, I don't take it that far!) This recipe is a go-to of mine, since it's pretty quick and simple to whip up! Not to mention, salmon is jam packed with omega-3 fatty acids!



WHAT YOU'LL NEED:

½ lb fresh salmon (wild or farm raised)
Fresh Organic Asparagus Spears
1 Large Organic Sweet Potato
Handful of Fresh Garlic Cloves
Golden Turmeric Tahini Sauce (**Haven's Kitchen**)
2 Sliced Lemon Wedges

WHAT YOU'LL DO:

1. Take your fresh salmon filet out of the fridge and season with some sea salt, cayenne pepper, thyme, parsley, basil, fresh garlic, [Haven's Kitchen Turmeric Tahini Sauce](#) and lemon juice. Set aside.
2. Preheat your oven to 450 degrees. While oven is heating up, slice your sweet potato into wedges (your preference on the size). At the same time, cut the ends of the asparagus stalks off so all are even. Arrange your sweet potato wedges and asparagus stalks on baking sheet lined with non-stick tinfoil.
3. Drizzle your veggies with extra virgin olive oil, pepper, salt, fresh sliced garlic cloves, parsley and lemon juice. Pop into the oven once heated and set your timer for 25 minutes.
4. While your veggies are cooking, preheat a skillet with avocado oil. Once the pan is smoking hot, add in your salmon filet. Sear on each side for no longer than 6 minutes. Let your salmon sit for a bit once time is up.
5. **I like to throw a few sliced lemon wedges on the pan to add as a garnish on my plate**
6. Once 25 minutes hits, remove your veggies from the oven. Arrange your salmon, asparagus and sweet potatoes on a plate and drizzle with a bit of truffle oil (if you have, and if you enjoy truffle!). Lastly, place your crisped lemon slices on your plate for an extra added touch!

Roasted Chilean sea bass with roasted broccoli, cauliflower & sweet potato wedges

30 mins

Yield: 1 serving



Since I am a self-proclaimed fish addict and lover, I want to share this delicious chilean sea bass recipe with you! I like to purchase my sea bass at the fish counter inside Wholefoods; I swear it's fresh and tasty! This simple fish and veggie recipe will surely keep you full (and I guarantee you'll be using this recipe more than once a week!)

WHAT YOU'LL NEED:

½ lb fresh chilean sea bass

1 large sweet potato

Fresh head of broccoli

Pre-cut cauliflower wedges (Most markets carry these)

Fresh garlic cloves

Capers (for garnish on chilean sea bass)

WHAT YOU'LL DO:

1. Start off by taking your fresh chilean sea bass out of the fridge. Season it with sea salt, pepper, basil, parsley, lemon juice & capers. Set aside
2. Preheat your oven to 450 degrees. While your oven preheats, slice up your sweet potato into wedges (I prefer smaller wedges so you have more of them).
3. Take a baking sheet out and line with non-stick tin foil. Arrange your sweet potato wedges on the pan, making sure they are not covering one another. Sprinkle in your cauliflower wedges on the same pan.
4. Now, slice up your broccoli head into wedges. Arrange these on a baking sheet as well. At once, drizzle all of your veggies with olive oil, sea salt, black pepper, thyme, basil, your fresh garlic cloves, and any other seasonings you wish! Pop into the oven since it should be preheated at this point. Set a timer for 20 minutes.
5. Once 20 minutes are up, drop the temperature of your oven to 425 degrees and bake your veggies for another 10 minutes.
6. On a separate baking sheet, get your fish ready by placing it on the pan. Pop into the oven now for 15 minutes. Your veggies will finish cooking slightly quicker than your fish (maybe by a few minutes), but that's okay! Arrange your veggies on a plate while you wait for 12 minutes to be up for your sea bass.
7. Once time's up, transfer your sea bass to the plate. Drizzle it with truffle oil for an extra kick!

Exceptionally exquisite turkey & spinach quinoa meatballs!

30 mins **Yield: 6-8 servings**

I love all types of meatballs, especially turkey! These meatballs are not only easy to make, but will yield enough to have for lunch maybe for the next day or two!? Not to mention, these save you calories since you are substituting quinoa in place of breadcrumbs. Follow this simple recipe and you will surely be satisfied!



WHAT YOU'LL NEED:

- 1 lb fresh ground turkey
- 1 cup cooked quinoa (Trader Joe's Organic Tricolor Quinoa)
- ½ cup minced white onion
- 3 garlic cloves, minced
- ½ cup organic baby spinach
- 1 tbsp Italian Seasoning
- 2 tbsp low sodium soy sauce
- 1 egg, beaten (Trader Joe's Pasture Raised Large Brown Eggs)

WHAT YOU'LL DO:

1. Preheat your oven to 350 degrees. Place a rack on baking sheet and coat with non-stick cooking spray (If you prefer, you can also place directly on greased baking sheet or on non stick foil).
2. In a large bowl, combine your ground turkey, cooked quinoa onion, seasoning, soy sauce, garlic and egg.
3. Mix up all ingredients until well combined. Form your mixture into 1 inch balls and place directly onto your baking sheet.
4. Bake for 25 minutes or until cooked through (depending on the size of your balls, they may need less or more time!)
5. Feel free to pair these with any of your favorite vegetable side dishes (My preference is roasted asparagus and roasted sweet potatoes)

****Vegan Lovers Dream**** Whole Roasted Cauliflower

30 mins

Yield: 4 Servings

A big shout out to my friends who are Vegan! This recipe is great for you since you'll have leftovers in the fridge for the next few days to come.

WHAT YOU'LL NEED:

1 Whole Cauliflower Head
Fresh Basil Leaves
Extra Virgin Olive Oil
Salt and Pepper to taste



WHAT YOU'LL DO:

1. Lined a rimmed baking sheet with foil to catch the olive oil and lemon juice run-off
2. Slice off the cauliflower stem so the cauliflower sits flat on the baking sheet
3. Lightly drizzle some olive oil over the cauliflower and rub it in with your hands until the cauliflower is coated in a light, even layer
4. Bake at 400 degrees Fahrenheit for 45 minutes
5. Remove the cauliflower from the oven and frizzle more olive oil into the crevices, then do the same with some lemon juice
6. Bake it for another 15 minutes. Meanwhile, whisk together some truffle oil, basil, and any other seasoning of your choice and brush a portion of it over the cauliflower. Bake for another 15 minutes, and then you're DONE!

****If you wish, go ahead and top with more sauces of your choice, plus fresh herbs and maybe even some toasted cashews****



Chapter 6: Delightful Dessert

WOWZA Hu-Chocolate & Justin's Almond Butter Balls!



5 mins Yield: 10 servings

I'd be lying if I told you how many calories one of these babies is worth. HOWEVER, every here and there it is OKAY to treat yourself to something tasty. Plus, the ingredients in this are nothing to be afraid of, I promise you. This will surely be a crowd pleaser when it's time for dessert. **Hu Chocolate for the win my friends!**

WHAT YOU'LL NEED:

- 1 ¼ cup Old Fashioned Rolled Oats
- ¾ cup of almond butter (Justin's Classic Almond Butter)
- ¼ cup of Sugar-Free maple syrup
- ½ cup semi-sweet chocolate baking chips (Hu Kitchen)

WHAT YOU'LL DO:

There's really nothing to it! Just simply take all of ingredients and add them into a giant mixing bowl. Mix well with a wooden spoon to make sure all of the ingredient bind together. With WASHED hands, mold the dough into 1 inch round balls. I swear that's it. I love to pair one of these with a delicious cup of hot coffee!

Best Ever Frozen Blueberries with TruWhip Skinny Whip Cream



3 mins Yield: 1 serving

A true **go-to** for me after dinner when I am craving a little something *sweet*. I know some people prefer fresh berries over frozen, but for me I am always sold on the frozen! And not to mention, having a whipped cream like **TruWhip Skinny Whipped Cream** which is all Natural and DELICIOUS is a no brainer for me. Hits different if you know what I mean...

WHAT YOU'LL NEED:

- ¼ cup Frozen Blueberries
- 3 Tablespoons of **TruWhip Skinny Whipped Cream**
- 1 Tsp Ground Flax Seeds

WHAT YOU'LL DO:

Start off by taking your skinny whip cream and placing it in a dessert bowl of your choice. Then, take out your frozen blueberries (¼ cup in my opinion is a reasonable serving), and place directly on top of the whipped cream. Add a tablespoon of ground flaxseed to your frozen berries for a touch of goodness!

Freakin' Festive Hu-Chocolate & Justin's Peanut Butter Balls



30 mins Yield: 16 servings

Do these scream festive to you!? I know they do to me. I made these during the Christmas and Hanukkah holidays and couldn't help myself when it came to portion control. Try this recipe now!

WHAT YOU'LL NEED:

- ½ cup creamy peanut butter (Justin's Classic Peanut Butter!)
- 3 Tbsp. salted butter, softened
- 1 cup powdered sugar
- 1 cup semi-sweet chocolate baking chips (Hu Kitchen)
- 1 Tbsp. Organic Virgin Coconut Oil (Nutiva)
- Red, White and Green Colored Sprinkles *very appropriate during the holidays*

WHAT YOU'LL DO:

1. Mix your peanut butter and softened butter together in a large mixing bowl
2. Gradually stir in your powdered sugar until all ingredients are fully combined.
3. Cover and place in the refrigerator for about 15 minutes to firm up
4. Using your hands, shape the dough into 1-inch balls
5. Place the balls on a baking sheet, cover and refrigerate for at least 20 minutes (this will hold it's shape for dipping)
6. Melt the chocolate chips according to package instructions
7. Using a fork, dip the peanut butter balls one at a time into the melted chocolate. After fully dipped into the chocolate, take a spoon of sprinkles and cover each chocolate ball with a color of your choice! Allow the excess chocolate and sprinkles to fall off
8. Place the chocolate balls onto wax paper, cover and refrigerate until ready to serve

Delightful Sugar-Free Cherry Jello Topped with TruWhip Skinny Whip Cream, Justin's Peanut Butter Cup & Catalina Crunch



2 mins Yield: 1 serving

Jello in this household is where it's at! Guilt free, low calorie dessert that is simple to whip up is right up my ally! I purchase the sugar-free gelatin boxes from a local supermarket, & love to add a dollop of whip cream and some Catalina Crunch. Yum Yum!

WHAT YOU'LL NEED:

- 1 Box Sugar Free Jello (Flavor of your choice, but I chose Cherry)
- TruWhip Skinny Whip Cream
- 1 Justin's Chocolate Peanut Butter Cup (Frozen)
- Catalina Crunch Cereal (Flavor of your choice, but I chose the Cinnamon)

WHAT YOU'LL DO:

******For this recipe, make sure you already have your Jello made (follow the instructions on the Jello box for the Quick Speed Set Method). Take your pre-made Jello out of your fridge, and top it with a dollop of whipped cream. Add a handful of Catalina Crunch Cereal, and for an extra kick, top it off with a Justin's Chocolate Peanut Butter Cup. You're welcome!!!

The ultimate “No Bake” Justin’s Peanut Butter & Hu Kitchen Chocolate Oat Cups

Sorry but these are bomb!
This was my go-to dessert
recipe in the height of the
COVID-19 pandemic.
DELICIOUS!



25 mins Yield: 14 servings

WHAT YOU'LL NEED:

1 cup of rolled oats (I purchased from WholeFoods)
1 cup of nut butter (I used Justin's Peanut Butter)
¼ cup Sugar Free Maple Syrup
½ Tsp Vanilla Extract
¼ Tsp Salt

CHOCOLATE TOPPING: ½ cup mini chocolate chips (I used Hu Kitchen Dark Chocolate Gems) and 1 Tbsp of Peanut Butter

WHAT YOU'LL DO:

For the base, mix all of the above ingredients together in a bowl until fully blended. Line a muffin tin with muffin cups, and scoop 1-2 tbsp of the batter into each. Pop into the freezer! While they freeze up, make your chocolate mix by combining the chocolate chips and nut butter and microwave in 20-30 second increments until smooth. Let the chocolate mix cool down and sit for 10 minutes.

Then, take the cups out of the freezer and GENTLY pour the chocolate over each. I love to store mine in the freezer to keep them fresh and tasty. Let me know what you think!

Scrumptious Hu Chocolate Coconut Macaroons



25 mins Yield: 12 servings

I whipped these up for one of the Jewish holidays and I still think about them to this day! The ingredients are simple, and even just ONE macaroon will surely keep you full & also will pair well with a cup of coffee. Try these babies out!

WHAT YOU'LL NEED:

4 egg whites
1 Tbsp. Maple Syrup
2.5 Cups Shredded Coconut
¼ Cup Hu Chocolate Gems (Melted)

WHAT YOU'LL DO:

Preheat oven to 350 degrees. Mix the egg whites, coconut and maple syrup together until fully blended. Spray a baking sheet, and place dough down in the shapes of 1 inch round balls. Bake for 20 minutes until golden.

Melt the Hu Chocolate in the microwave, and then drizzle on top of the macaroons once they are fully baked and out of the oven!

Brand Appendix:

1. TruWhip Skinny Whipped Topping

Breakfast:

Bomb.com Protein Packed Homemade Waffles topped with TruWhip Skinny Whip Cream

Dessert:

Best Ever Frozen Blueberries with TruWhip Skinny Whip Cream

Delightful Sugar-Free Cherry Jello Topped with TruWhip Skinny Whip Cream, Quest Peanut Butter Cup & Catalina Crunch

2. Justin's Classic Peanut Butter & Almond Butter

Breakfast:

HOLY OATMEAL with Protein Powder, Almond Butter & sliced banana

Dessert:

WOWZA Hu-Chocolate & Justin's Almond Butter Balls!

Freakin' Festive Hu-Chocolate & Justin's Peanut Butter Balls

The ultimate "No Bake" Justin's Peanut Butter & Hu Kitchen Chocolate Oat Cups

3. Primal Kitchen Avocado Oil

Breakfast:

Runny & Sunny Side Up Eggs over Whole Wheat Sourdough Avocado Toast

Roastie Toastie Egg Sandwich on Sourdough Bread

4. Aerofarms Micro Super Mix Microgreens

Breakfast:

Sammy's Jammy Eggs over Crispy Sourdough & Avocado toast

Runny & Sunny Side Up Eggs over Whole Wheat Sourdough Avocado Toast

Brand Appendix:

(Continued)

Sexy Egg White Veggie Omelette over warm Siete Tortilla Wraps

Sammy's Incredible Greek Eggwhite, Feta & Spinach Breakfast Wrap

5. Trader Joe's Vital Farms Pasture Raised Large Brown Eggs

Breakfast:

Sammy's Jammy Eggs over Crispy Sourdough & Avocado toast

Runny & Sunny Side Up Eggs over Whole Wheat Sourdough

Avocado Toast

Sexy Egg White Veggie Omelette over warm Siete Tortilla Wraps

Bomb.com Protein Packed Homemade Waffles topped with TruWhip Skinny Whip Cream

Lunch:

Exceptionally exquisite turkey & spinach quinoa meatballs!

6. Bread Alone Organic Whole Wheat Sourdough

Breakfast:

Sammy's Jammy Eggs over Crispy Sourdough & Avocado toast

Runny & Sunny Side Up Eggs over Whole Wheat Sourdough

Avocado Toast

Roastie Toastie Egg Sandwich Stuffed Between Sourdough Bread

7. Hu Kitchen Chocolate

Breakfast:

Bomb.com Protein Packed Homemade Waffles topped with TruWhip Skinny Whip Cream

Scrumptious Oat, Pretzel, Justin's Peanut Butter & Hu Chocolate Treat!

Brand Appendix:

(Continued)

DESSERT:

WOWZA Hu-Chocolate & Justin's Almond Butter Balls!

Freakin' Festive Hu-Chocolate & Justin's Peanut Butter Balls

The ultimate "No Bake" Justin's Peanut Butter & Hu Kitchen Chocolate Oat Cups

Scrumptious Hu Chocolate Coconut Macaroons

8. Haven's Kitchen Sauces

LUNCH:

Samantha's Shrimp-tastic salad tossed in Haven's Kitchen Herby Chimichurri Sauce

Sam's Zesty yet simple Gingery Miso pan seared salmon salad

Serious Barbecue Flavored Grilled Chicken Skewers & roasted butternut squash salad

The most Savory Red Pepper Romesco flavored grilled salmon, avocado & veggie salad

DINNER:

Pan-seared filet mignon with roasted asparagus, squash & a side of tangy BBQ Sauce

Turmeric Tahini Pan-seared salmon fillet with roasted asparagus & sweet potato

Some of Samantha's **favorite** cookware



I cannot say enough good things about ["The Whatever Pan" by Jean Patrique](#). This high-quality cast aluminum pan comes with a baking lid, works on any stove top and even in the oven. I swear it's changed the game for all of my cooking, and I'll reference this in a lot of my recipes throughout my book. You can purchase one for yourself [here!](#)

The [Dash Mini Waffle Maker](#) may just be the cutest thing in my kitchen pantry. NOT TO MENTION the fun cherry red color of it! These babies come in a variety of fun colors and patterns, and best of all, the price is insanely affordable! I highly suggest getting one because this makes waffle making an absolute BREEZE!



Some of Samantha's **favorite** cookware

Jean Patrique is my go-to with baking tools! [Their Sandwich maker](#) is so easy to use, and literally makes your egg sandwich look like a restaurant quality dish. Highly suggest this one!

