

Post Cleanse Week 4 Recipes

Friday And Saturday - Reintroduce Dairy

*skip this if you are allergic or sensitive to dairy

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Reintroduce Dairy

Buffalo Chicken Lettuce Wrap

4 Servings



INGREDIENTS

- 1 lb Chicken breast, cooked and shredded
- 1/2 cup Cheddar, shredded
- 1/2 cup Hot sauce
- 1 cup Cherry tomatoes, halved
- 1/4 cup Red onion, sliced
- 2 Large avocados, diced
- 8 Romaine lettuce leaves
- 4 Tbsp Ranch dressing



DIRECTIONS

1. In a small bowl, add chicken, cheddar, and hot sauce. Mix until combined.
2. To serve, lay out the romaine leaves. Top with chicken mixture, then tomatoes, onions, and avocado. Drizzle with ranch.



MACROS

Calories	410
Fat	23.5 g
Protein	28.5 g
Carbohydrates	21 g



Cherry Kale Superfood Salad

4 Servings



INGREDIENTS

- 3/4 cup Quinoa
- 1 lb Brussels sprouts, trimmed and shredded
- 1/2 Radicchio head, chopped
- 1-1/2 cups Cherries, pitted and halved
- 1/2 cup Pecans, roasted and chopped
- 4 oz Crumbled goat cheese
- 1 tsp ea Salt & black pepper



Dressing

- 2 Tbsp Maple syrup
- 1-1/2 Tbsp Dijon mustard
- 1 Tbsp Apple cider vinegar
- 3 Tbsp Olive oil
- 1 Tbsp Fresh thyme

DIRECTIONS

1. Cook quinoa according to package directions. Remove from pan and transfer to another bowl. Let cool.
2. Make dressing by whisking maple syrup, Dijon mustard, apple cider vinegar, olive oil, and thyme in a bowl.
3. To serve, toss quinoa with Brussels sprouts and radicchio. Top with cherries, pecans, and goat cheese. Drizzle dressing over top or serve on the side.



MACROS

Calories	496.5
Fat	29.5 g
Protein	11.75 g
Carbohydrates	46 g



Grilled Peach and Burrata Salad with Raspberry Balsamic Dressing

4 Servings



INGREDIENTS

- 3 Medium peaches
- 3 Tbsp Olive oil
- 2 Tbsp Harissa paste
- 2 Tbsp Honey
- 2 Tbsp Lime juice
- Dressing**
- 1 tsp ea Salt & black pepper
- 1 Shallot, minced
- 8 oz Raspberries

- 2 Tbsp Balsamic vinegar
- 3 Tbsp Olive oil
- 1 Tbsp Coconut sugar

Salad

- 3 cups Mixed greens
- 1/2 cup Fresh raspberries (topping)
- 1/4 cup Almonds, toasted
- 8 oz Burrata, torn into pieces
- 1 tsp ea Salt & black pepper



DIRECTIONS

1. Cut peaches in half and remove pit. Mix together olive oil, harissa paste, honey, lime juice, salt, and pepper and coat peaches.
2. Preheat grill or grill pan to medium heat.
3. Make dressing by combining shallots, raspberries, balsamic vinegar, olive oil, salt, black pepper, and coconut sugar in blender. Blend until smooth.
4. Grill peaches for 3-4 minutes per side. You want them slightly soft but not mushy. Cool peaches and then slice.
5. To assemble salad, place mixed greens in a bowl. Top with peaches, fresh raspberries, almonds, and burrata. Drizzle with dressing or serve on the side.



MACROS

Calories	569.25
Fat	38.25 g
Protein	12 g
Carbohydrates	44.25 g



Chipotle Sweet Potato and Black Bean Tacos with Lime Creme Fraiche

4 Servings



INGREDIENTS

4 cups Sweet potato, peeled and cubed
 2 Tbsp Olive oil
 1 Tbsp Chipotle powder
 1 tsp ea Salt & black pepper
 15 oz Black beans, rinsed and drained
 8 Small corn tortillas, warmed

Lime Creme Fraiche

1/2 cup Cilantro leaves, loosely packed
 1/2 cup Sour cream
 1 Lime, juiced and zested
 1 tsp ea Salt & black pepper
 1/4 cup Red cabbage, shredded
 2 Tbsp Cilantro, chopped



DIRECTIONS

- Preheat oven to 400 °F. Toss the sweet potato with the olive oil, chipotle powder, salt, and pepper. Place on a baking sheet and bake for 25–30 minutes or until soft.
- Prepare lime creme fraiche by whisking together sour cream, lime juice, lime zest, salt, and black pepper in a bowl. Whisk until smooth.
- To assemble tacos, place 2 tortillas on a plate. Top with sweet potatoes and black beans. Top with cabbage, creme fraiche, and cilantro.
- Divide black beans, squash, and poblano peppers evenly between 8 tortillas. Spoon creamy avocado sauce over the top and garnish with reserved avocado slices and cilantro.



MACROS

Calories	470.30
Fat	14.35 g
Protein	13.01 g
Carbohydrates	72.27 g



Broiled Chicken Parmesan over Zucchini Noodles

4 Servings



INGREDIENTS

2 Tbsp Olive oil
 1 Tbsp Fresh thyme
 2 Tbsp Garlic, minced
 1 Shallot, minced
 14 oz Diced tomato, fresh or canned
 2 oz White wine
 1 tsp Salt
 1 tsp Black pepper
 3 Tbsp Greek yogurt

1/4 cup Fresh parmesan
 4 4 oz Chicken breast cutlets
 1/2 cup Whole wheat panko
 1 tsp Garlic powder
 1 Tbsp Olive oil
 24 oz Zucchini, spiralized
 2 oz Mozzarella cheese, shredded
 1/2 cup Fresh basil, loosely packed



DIRECTIONS

- Preheat oven to 425 °F.
- Heat oil in a pan. Add the thyme, garlic, and shallot and cook for 2 minutes. Add the wine, tomatoes, salt, and pepper. Cook for another 8 minutes until the liquid is reduced. Remove sauce from heat.
- Mix the yogurt and parmesan together. Coat the chicken pieces with the mixture. Combine the panko and garlic powder together. Dredge the chicken in the panko mixture.
- Place the chicken on a wire rack on top of a baking sheet and bake for 12 minutes.
- Turn oven to broil. Top each chicken with 2 tbsp of sauce and a sprinkle of mozzarella cheese. Cook for two 2 minutes or until cheese is starting to brown and bubble.
- Heat pan with 1 tbsp of oil. Add garlic, cook for 1 minute, then add spiralized zucchini. Cook for two 2 minutes. Toss with remaining sauce.
- Place zucchini in bowl. Top with chicken, extra parmesan, and fresh basil.



MACROS

Calories	411.5	Protein	34 g
Fat	19.5 g	Carbohydrates	25 g



Lime Chicken Tacos with Lime Rice

4 Servings



INGREDIENTS

12 oz	Chicken thighs	1/2	Medium red onion, diced
1 tsp	Garlic powder		
1 tsp	Salt	1/2 cup	Crumbled queso fresco
1/2 tsp	Paprika	8	4–5" corn tortillas
1/2 tsp	Black pepper	1 cup	Basmati rice
1/4 tsp	Cayenne pepper	1 Tbsp	Olive oil
2 Tbsp	Garlic, minced	3 cups	Chicken broth
3 Tbsp	Lime juice	2 Tbsp	Honey
1 Tbsp	Olive oil	1	Lime, zested and juiced
1/2 cup	Cilantro, chopped & loosely packed	2	Green onions, chopped
2	Roma tomatoes, diced	1 tsp	Salt
		1 tsp	Black pepper



DIRECTIONS

- Mix together garlic powder, salt, paprika, black pepper, cayenne pepper, garlic, lime juice, and olive oil in a plastic ziplock bag. Place chicken thighs in bag and let marinate for 30 minutes or overnight in the refrigerator.
- Preheat grill to medium high.
- Grill chicken 3–4 minutes per side until cooked all the way through.
- In a hot saucepan, add oil and rice and cook for 2 minutes. Add the broth, honey, lime zest, lime juice, salt, pepper, and green onions. Bring to a boil. Reduce to simmer and cover and cook for 15–20 minutes or until the rice is tender.
- When chicken is cooked, let cool for a little while, then chop into bite-size pieces.
- To assemble taco, place tortilla down, add chicken, and top with tomato, onion, cilantro, and queso fresco. Serve with lime rice on the side.



MACROS

Calories	587	Protein	26 g
Fat	22 g	Carbohydrates	71.25 g



Caprese Pasta Primavera with Zucchini Noodles

4 Servings



INGREDIENTS

2 Tbsp	Olive oil	1	Yellow bell pepper, julienned
1 Tbsp	Thyme, fresh	3 cups	Spinach, packed and rough chopped & packed
2 Tbsp	Garlic, minced		
1	Shallot, minced	2 Tbsp	Garlic, minced
14 oz	Diced tomato, fresh or canned	1	Shallot, minced
2 oz	White wine	8 oz	Fresh mozzarella, chopped
1 tsp	Salt	10 oz	Grape tomatoes, sliced in half
24 oz	Zucchini, spiralized		
2 Tbsp	Olive oil		



DIRECTIONS

- To make sauce: Heat oil in a pan. Add the thyme, garlic, and shallot and cook for 2 minutes. Add the wine, diced tomatoes, salt, and pepper. Cook for another 8 minutes until the liquid is reduced. Remove sauce and keep in bowl.
- Add 1 tbsp oil to pan. Add bell peppers and cook for 4 minutes. Add garlic and shallot and cook 1 more minute. Add spinach, grape tomatoes, and zucchini. Cook 3 more minutes. Add the mozzarella and the sauce.
- Serve and enjoy!



MACROS

Calories	403
Fat	24 g
Protein	16 g
Carbohydrates	28.25 g

Post Cleanse Week 4 Recipes

Sunday - Reintroduce Wheat And Gluten.

*Avoid added sugars. Skip this if allergic or sensitive to gluten

- 79 Pesto Chicken and Vegetable Pita Wrap
- 80 Green Goddess Chicken Salad Sandwich
- 81 Pesto Chicken and Avocado Panini
- 82 Grilled Turkey Burger with Pineapple
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- 85 Plant-Based Fettuccine Alfredo with Broccoli and Chickpeas

Reintroduce Gluten

Pesto Chicken and Vegetable Pita Wrap

4 Servings



INGREDIENTS

- 4 Whole wheat pita
- 1 lb Chicken, cooked and shredded
- 1/2 cup Pesto
- 1/2 cup Spinach
- 1/2 Red onion
- 1/4 cup Carrots, shredded
- 1 Yellow bell pepper, sliced



DIRECTIONS

1. Mix together pesto and chicken.
2. Place chicken mixture inside pita. Stuff with other fresh vegetables.



MACROS

Calories	499
Fat	19 g
Protein	35.5 g
Carbohydrates	34 g



Green Goddess Chicken Salad Sandwich

4 Servings



INGREDIENTS

- 4 Whole grain wheat buns
- 1 lb Chicken, cooked and shredded
- 1/2 each White onion, chopped
- 1/2 cup Greek yogurt, plain
- 1 Large avocado
- 2 Tbsp Basil
- 2 Tbsp Dill
- 2 Green onions
- 1 Tbsp Lemon juice
- 2 Tbsp Parsley
- 1 cup Sprouts



DIRECTIONS

1. Place yogurt, avocado, white onion, basil, dill, green onion, lemon juice, and parsley in a food processor. Blend until smooth to make green goddess dressing.
2. Mix together chicken and green goddess dressing.
3. Place chicken mixture on sandwich. Top with sprouts.



MACROS

Calories	413
Fat	17 g
Protein	32 g
Carbohydrates	33 g



Pesto Chicken and Avocado Panini

4 Servings



INGREDIENTS

- 8 slices Whole wheat bread
- 1 lb Chicken breast, cooked and shredded
- 1/4 cup Pesto
- 1 Avocado, sliced
- 4 oz Fresh mozzarella, sliced
- 1 cup Spinach, loosely packed
- 2 Roma tomato, sliced
- 2 Tbsp Butter



DIRECTIONS

1. Mix together the chicken and pesto in a bowl. Place pesto mixture on one bread slice and top with mozzarella, tomato, avocado, and spinach. Top with other piece of bread.
2. Spread the butter on the outside of all the pieces of the bread.
3. Use a panini press or grill pan to cook. Cook until the bread is toasted and the mozzarella is melted.



MACROS

Calories	583
Fat	31 g
Protein	36 g
Carbohydrates	40 g

Reintroduce Gluten

Grilled Turkey Burger with Pineapple

4 Servings



INGREDIENTS

Burger

1 lb Ground turkey
1/4 cup Minced onion
2 Tbsp Teriyaki sauce
2 tsp Minced ginger
1/2 Tbsp Salt
1 tsp Pepper

Fixings

4 Tbsp Teriyaki sauce
4 Pineapple ring slices
4 Thick-cut red onion slices
2 Avocado, sliced
4 Whole grain hamburger buns



DIRECTIONS

1. In a large bowl, mix the ground turkey, minced onion, teriyaki sauce, minced ginger, salt, and pepper together.
2. Form the meat into 4 patties and set aside.
3. Preheat the grill to medium high.
4. Brush the red onion and pineapple slices with the teriyaki sauce. Place them on the grill and cook until soft and caramelized, about 3 minutes per side.
5. Place the patties on the grill and cook for about 3–4 minutes per side. You can brush the burgers with extra teriyaki sauce if needed.
6. Place the cooked burgers on the bun, top with the grilled pineapple, red onions, and avocado. You can also mix the avocado to make a spread to put on the bun if preferred.



MACROS

Calories 512.75
Fat 21.75 g
Protein 31 g
Carbohydrates 48.25 g



Reintroduce Gluten

Broccoli and Bacon Cream Pasta

4 Servings



INGREDIENTS

4 Strips of bacon, chopped
2 Tbsp Garlic, minced
1-1/2 cups Penne pasta
2 cups Half and half
2 cups Chicken broth

1/2 tsp Salt
1/2 tsp Black pepper
1/4 tsp Red chili flakes
2 cups Broccoli florets
1/4 cup Parmesan cheese, shredded



DIRECTIONS

1. In large saucepan, cook the bacon until crispy. Remove bacon and place on paper towel to drain. Leave small amount of fat in pan.
2. Add the garlic and cook for 30 seconds. Add the uncooked pasta, cream, chicken broth, salt, pepper, and red chili flakes. Bring to a boil and reduce to simmer. Cover and cook for 6 minutes.
3. Add the broccoli to the pan and cook for another 5–7 minutes.
4. Mix in bacon and parmesan cheese.



MACROS

Calories 599.5
Fat 15.5 g
Protein 25 g
Carbohydrates 90 g

Chipotle Black Bean Burgers

4 Servings



INGREDIENTS

1 Tbsp	Olive oil	1/2 Tbsp	Ground cumin
1 cup	Red onion, minced	1 tsp	Chili powder
1 cup	Red bell pepper, minced	1 Tbsp	Garlic powder
20 oz	Black beans, rinsed and patted dry	1 tsp	Salt
1	Large egg	1 tsp	pepper
1/2 cup	Whole wheat panko	4	Whole wheat buns
2 Tbsp	Almond butter	4	Tomatoes, sliced
2 Tbsp	Chipotle peppers	4	Lettuce leaves
1 Tbsp	Worcestershire sauce	4 Tbsp	Red pepper hummus
		1	Avocado, sliced



DIRECTIONS

- Preheat oven to 375 °F.
- Heat oil in large skillet. Add onions and bell peppers. Cook for 6 minutes or until soft.
- Place black beans in large bowl and mash with either a potato masher or your hands. You want most of the beans to be mashed but not all. Add the cooked onions and bell peppers. Add egg, panko, almond butter, chipotle peppers, Worcestershire sauce, cumin, chili powder, garlic powder, salt, and pepper.
- Form patties with the burger mixture. Place on baking sheet and bake for 25 minutes, flipping halfway through.
- To serve, spread hummus on each side of the bun and put the patty, lettuce, tomato, and avocado on top.



MACROS

Calories	599.5
Fat	21.5 g
Protein	21.25 g
Carbohydrates	80.25 g

Plant-Based Fettucine Alfredo with Broccoli and Chickpeas

4 Servings



INGREDIENTS

12 oz	Whole wheat fettucine pasta	1 Tbsp	Nutritional yeast
2 Tbsp	Olive oil	1 tsp ea	Salt & black pepper
2 Tbsp	Garlic, minced	1/4 tsp	Red chili flakes
1/2 cup	Raw cashews	1 lb	Broccoli florets
1 cup	Almond milk, unsweetened	15 oz	Chickpeas, rinsed and drained
1 Tbsp	Lemon juice	2 Tbsp	Fresh basil



DIRECTIONS

- Bring pot of water to a boil and cook pasta according to package directions. Drain and reserve 1 cup of pasta water.
- Heat oil in pan to medium heat. Add garlic and cook for 30 seconds. Add broccoli and continue to cook for 4 minutes. Add chickpeas and cook another 2 minutes. Set aside.
- Soak cashews in hot water for 10 minutes, then drain and add them to a blender. Add the almond milk, lemon juice, nutritional yeast, salt, pepper, and chili flakes. Blend until smooth. Add some of the reserved pasta water if needed to thin the sauce.
- Add the sauce to a pan with broccoli. Add the cooked pasta and cook all together for 2 more minutes.
- To serve, place pasta in a bowl and top with fresh basil.



MACROS

Calories	540.25
Fat	16.25 g
Protein	18.75 g
Carbohydrates	79.75 g

Meals

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- p. 89, Grilled Lemon Chicken with Green Salad
- p. 90, Chipotle Salmon Slider with Lemon Yogurt served in Lettuce Wraps
- p. 91, Asian Sesame Chicken Salad with Orange Tahini Dressing
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BBQ Chicken Chop Salad

4 Servings



INGREDIENTS

1 lb	Chicken, cooked and sliced	1 cup	Corn
1/2 cup	BBQ sauce	15 oz	Black beans
2 cups	Romaine lettuce, chopped	1/2 cup	Colby cheese
2	Roma tomato, chopped	2	Green onions, sliced



DIRECTIONS

- Mix together chicken and BBQ sauce.
- Place lettuce in a bowl. Top with chicken, tomatoes, corn, black beans, cheese, and green onions.



MACROS

Calories	402	Protein	34.75 g
Fat	10 g	Carbohydrates	43.25 g



Grilled Lemon Chicken with Green Salad

4 Servings



INGREDIENTS

2 Tbsp	Garlic, minced	1/3 cup	Kalamata olives, pitted and halved
1	Lemon, juiced and zested	1/2 cup	Cucumber, deseeded and sliced
2 Tbsp	Olive oil	2 Tbsp	Olive oil
1 tsp ea	Salt & black pepper	2 Tbsp	Balsamic vinegar
4	4-oz chicken breast cutlets	1 Tbsp	Dijon mustard
4 cups	Mixed greens	2 Tbsp	Honey
2 cups	Cherry tomatoes, halves	1 tsp ea	Salt & black pepper
1/2 cup	Red onion, sliced		



DIRECTIONS

- Marinate chicken by placing garlic, lemon, olive oil, salt, pepper, and chicken in a bag or bowl. Marinate for 30 minutes or overnight in the refrigerator.
- Preheat grill or grill pan to medium high.
- Cook chicken for 3–4 minutes per side or until fully cooked. Remove from grill. Allow to cool slightly and slice.
- Make dressing by placing olive oil, balsamic vinegar, Dijon mustard, honey, salt, and pepper in a bowl and whisking until smooth.
- To serve, place mixed greens in a bowl. Top with tomatoes, onions, olives, cucumber, and chicken. Drizzle dressing over top or serve on the side.



MACROS

Calories	456.5	Protein	26 g
Fat	27.5 g	Carbohydrates	26.25 g

Chipotle Salmon Slider with Lemon Yogurt Served in Lettuce Wraps

4 Servings



INGREDIENTS

Salmon Patties

1 lb	Salmon, skinless, cut into chunks	Other	
1/2 cup	Whole wheat breadcrumbs	2 Tbsp	Olive oil
2 Tbsp	Chipotle peppers, blended	8 each	Romaine lettuce leaves
1	Large egg	1	Large avocado, sliced
1 tsp	Paprika	2 each	Radish, thinly sliced
1/2 tsp ea	Salt & black pepper		

Lemon Yogurt

1/3 cup	Greek yogurt, plain
1 Tbsp	Cilantro, chopped
1 Tbsp	Garlic
1	Lemon, juiced and zested



DIRECTIONS

1. Make salmon patties by placing salmon, whole wheat breadcrumbs, chipotle peppers, egg, paprika, salt, and pepper in food processor. Blend until uniform mixture is formed. If mixture is too wet, add more breadcrumbs.
2. Form the mixture into eight 2-oz patties.
3. Make lemon yogurt by mixing together Greek yogurt, cilantro, garlic, lemon juice, and lemon zest in a bowl. Whisk until smooth.
4. Heat a large skillet over medium heat. Add oil and cook salmon patties for 2–3 minutes per side. Remove from heat.
5. To assemble, place romaine lettuce leaves on a plate. Add a salmon patty to each leaf. Top with lemon yogurt, sliced avocado and radish.



MACROS

Calories	493
Fat	28 g
Protein	46.25 g
Carbohydrates	14 g

Asian Sesame Chicken Salad with Orange Tahini Dressing

4 Servings



INGREDIENTS

5 cups	Cabbage, shredded
1 cup	Carrots, shredded
1	Red bell pepper, julienned
1/2 cup	Edamame, shelled
11 oz	Mandarin oranges
1/2 cup	Cilantro leaves, loosely packed
1/2 cup	Crunchy chow mein noodles
2	Green onions, sliced
1	Jalapeno, seeded and sliced

Dressing

2 Tbsp	Orange juice
2 Tbsp	Tahini
1 Tbsp	Honey
1 Tbsp	Rice vinegar
2 Tbsp	Olive oil
1/2 Tbsp	Sesame oil
1 lb	Chicken breast
1 tsp	Sesame oil
1 Tbsp	Olive oil
1 tsp	Sesame seeds



DIRECTIONS

1. Make salad dressing by mixing orange juice, tahini, honey, rice wine vinegar, olive oil, and sesame oil in a bowl. Whisk until smooth.
2. Place chicken, sesame oil, olive oil, and sesame seeds in a bowl. Let marinate for 30 minutes.
3. Heat large skillet with olive oil. Cook chicken for 4–5 minutes per side. Remove chicken and allow to cool slightly. Slice chicken.
4. To assemble salad, toss together cabbage, carrots, red bell pepper, cilantro leaves, jalapeno, edamame, and 1/2 dressing. Place in a bowl. Top with mandarin oranges, chow mein noodles, green onions, and chicken.
5. Drizzle the rest of the dressing on top or serve on the side.



MACROS

Calories	447.5
Fat	21.5 g
Protein	31.25 g
Carbohydrates	32.25 g



Teriyaki Cauliflower Farro and Rice Bowl

4 Servings



INGREDIENTS

3 Tbsp	Olive oil	1/2 cup	Water
2 cups	Cauliflower florets	1 Tbsp	Cornstarch
1/2	Yellow onion, julienned	4 Tbsp	Coconut aminos
8 oz	Button mushrooms, cleaned and sliced	2 Tbsp	Coconut sugar
1 cup	Red cabbage, shredded	1 Tbsp	Garlic
1/2 cup	Edamame, shelled	2 Tbsp	Hoisin sauce
1-1/2 cups	Cooked brown rice	2 Tbsp	Rice wine vinegar
1-1/2 cups	Cooked farro	2	Green onions, sliced



DIRECTIONS

1. Preheat oven to 425 °F. Toss olive oil, cauliflower, yellow onions, and button mushrooms together. Place on baking sheet and roast 25–30 minutes or until soft.
2. Heat coconut aminos, water, coconut sugar, garlic, hoisin, and rice wine vinegar in a small saucepan over medium heat. Cook until sugar dissolves, about 1–2 minutes, stirring often. Add the cornstarch mixture and bring sauce to a boil, whisking often to avoid scorching on the bottom of the pan. Reduce to medium-low heat and simmer until sauce thickens, about 2–3 minutes. Remove from heat.
3. After vegetables are done cooking in the oven, toss in 1/2 of the teriyaki sauce.
4. To assemble, mix together farro and brown rice. Place in a bowl and top with roasted teriyaki vegetables. Place cabbage, edamame, and green onions on top.



MACROS

Calories	574.25
Fat	14.25 g
Protein	12.5 g
Carbohydrates	99 g



Grilled Potato and Salmon Salad with Chive and Tomatillo Dressing

4 Servings



INGREDIENTS

1 lb	Salmon fillets	2 Tbsp	Apple cider vinegar
2 Tbsp	Olive oil	1 Tbsp	Dijon mustard
2 tsp ea	Salt & pepper	1 Tbsp	Maple syrup
1 tsp	Fresh dill	2 Tbsp	Chive
10 oz	Red potatoes sliced into 1/2" slices	1/2 cup	Tomatillos
1 Tbsp	Olive oil	2 Tbsp	Parsley
1	Medium shallot, minced	1/4 cup	Celery, thinly sliced
2 Tbsp	Garlic, minced	1/4 cup	Granny Smith apples, diced
1 Tbsp	Sage	1/4 cup	Dried cranberries
1/4 cup	Vegetable broth		



DIRECTIONS

1. Preheat grill or grill pan to medium high.
2. Brush salmon with olive oil, salt, pepper, and dill.
3. Mix together red potatoes with olive oil, salt, pepper, shallot, garlic, and sage.
4. Grill the salmon for 3–4 minutes per side or until fully cooked.
5. Cook the potatoes for 5–6 minutes per side or until soft.
6. Blend together dressing by combining vegetable broth, apple cider vinegar, Dijon mustard, maple syrup, chive, tomatillos, and parsley in a blender. Blend until smooth.
7. To assemble salad, mix together grilled potatoes, celery, apples, and cranberries. Mix with 1/2 the dressing. Top with salmon. Then drizzle remaining dressing over top or serve on the side.



MACROS

Calories	424.36
Fat	30.60 g
Protein	15.01 g
Carbohydrates	22.24 g

Salmon with Sweet Potatoes and Asparagus

4 Servings



INGREDIENTS

20 oz	Raw wild salmon, cleaned and skinless	1 lb	Sweet potatoes, diced
2 Tbsp	Lemon juice	1 lb	Asparagus, cleaned and trimmed
2 Tbsp	Maple syrup	2 Tbsp	Olive oil
2 Tbsp	Dijon mustard	1 tsp	Salt
1 tsp	Dill	1 tsp	Black pepper
1/2 tsp	Oregano		
1 Tbsp	Garlic		



DIRECTIONS

1. Preheat oven to 450 °F.
2. Mix together the lemon juice, maple syrup, mustard, dill, garlic, and oregano.
3. Place the salmon on a baking pan and brush with the mustard sauce.
4. Toss the veggies with the oil, salt, and pepper.
5. Place the veggies around the salmon in an even layer.
6. Bake for 12–15 minutes on the middle rack until the salmon is cooked through and the potatoes are tender.



MACROS

Calories	415
Fat	16 g
Protein	32.25 g
Carbohydrates	35.5 g

Broccoli and Bacon Cream Pasta

4 Servings



INGREDIENTS

4	Strips of bacon, chopped	1/2 tsp	Black pepper
2 Tbsp	Garlic, minced	1/4 tsp	Red chili flakes
12 oz	Penne pasta	2 cups	Broccoli florets
1-1/2 cups	Half and half	1/4 cup	Parmesan cheese, shredded
2 cups	Chicken broth		
1/2 tsp	Salt		



DIRECTIONS

1. In large saucepan, cook the bacon until crispy. Remove bacon and place on paper towel to drain. Leave small amount of fat in pan.
2. Add the garlic and cook for 30 seconds. Add the uncooked pasta, cream, chicken broth, salt, pepper, and red chili flakes. Bring to a boil and reduce to simmer. Cover and cook for 6 minutes.
3. Add the broccoli to the pan and cook for another 5–7 minutes.
4. Mix in bacon and parmesan cheese.



MACROS

Calories	599.5
Fat	15.5 g
Protein	25 g
Carbohydrates	90 g



Sesame Beef and Broccoli with Cauliflower Fried Rice

4 Servings



INGREDIENTS

Marinade

- 1 lb Flank steak cut into bite-size pieces
- 3 Tbsp Coconut aminos
- 1 Tbsp Hoisin sauce
- 1/2 Tbsp Sweet chili sauce
- 2 tsp Cornstarch
- 1 tsp Garlic powder
- 1 tsp Ginger powder

Sauce

- 1 Tbsp Rice wine (mirin)
- 2 Tbsp Oyster sauce
- 3 Tbsp Coconut sugar
- 1 tsp Sesame oil
- 2 tsp Cornstarch
- 1/2 tsp Black pepper

Extras

- 2 Tbsp Minced garlic
- 1 Tbsp Minced ginger
- 2 Tbsp Canola oil
- 4 cups Broccoli cut into florets
- 1/4 cup Water
- 3 Green onions, sliced

Cauliflower Rice

- 16 oz Riced cauliflower
- 8 oz Peas and carrots
- 2 Tbsp Coconut aminos
- 6 oz Egg whites
- 1 tsp Sesame oil



DIRECTIONS

1. Cut flank steak into bite-size pieces. Mix other marinade ingredients together. Pour marinade over steak in a ziplock bag or bowl and let marinate for 30 minutes or up to 8 hours in the refrigerator.
2. Whisk together all sauce ingredients in a small bowl. Set aside.
3. Heat nonstick skillet over high heat until very hot. Add oil, and then add the marinated beef (drain off any excess marinade).
4. Cook in a single layer and work in batches if needed. Cook the beef for 1 minute per side, or until brown. The beef does not need to be fully cooked, because it will continue cooking later.
5. Remove beef and add broccoli, minced garlic, and ginger to the pan with canola oil. Cook for 2 minutes, then add water and cover. Let broccoli steam for another 2 minutes.
6. In another pan, cook cauliflower rice by adding cauliflower, peas, and carrots to a hot pan with oil. Cook for 2–3 minutes. Then move the vegetables to one side and add egg. Heat until egg is cooked. Add coconut aminos and sesame oil. Mix all together.
7. To serve, place cauliflower rice in a bowl. Top with broccoli and steak.
8. To finish the steak, return the steak back to the pan with the broccoli, add the sauce, and cook until sauce has thickened and beef is cooked through, about 1–2 minutes. Be careful not to overcook beef or it will become tough.
9. Garnish with sliced green onions.



MACROS

Calories	464.5
Fat	74 g
Protein	34.75 g
Carbohydrates	39.75 g

Pan Seared Lemon Salmon with Rosemary Walnut Creamy Sauce

4 Servings



INGREDIENTS

- | | | | |
|---------|-------------------|------------|------------------------------|
| 1/2 cup | Walnut pieces | 1 tsp | Salt |
| 3 Tbsp | Olive oil | 2 Tbsp | Sherry wine vinegar |
| 1/2 cup | Shallot, chopped | 1-1/2 cups | Vegetable broth |
| 2 Tbsp | Garlic, minced | 1 tsp | Lemon zest |
| 2 tsp | Rosemary, chopped | 4 | 6-oz Atlantic salmon fillets |



DIRECTIONS

1. Put walnuts in a large pan and cook over medium heat until nuts are toasted and fragrant, stirring constantly for about 5 minutes. Transfer walnuts to a blender and return pan to stove.
2. Add 1 tbsp oil to the pan. Add shallots and cook for 2–3 minutes. Add garlic and cook for 30 seconds. Add rosemary, salt, and vinegar and cook for 2 minutes. Add broth and simmer 3 minutes. Add lemon zest, then carefully pour mixture into blender with walnuts. Blend on high until smooth and creamy; set aside.
3. Add 2 tbsp oil to pan. Season salmon with salt and pepper. Add to pan and cook 3–4 minutes per side. Turn off the heat, add walnut sauce to pan, and let salmon stand for 2 minutes.
4. Transfer to plate. Add vegetables or garnishes to the salmon.



MACROS

Calories	489.5
Fat	30.5 g
Protein	45.25 g
Carbohydrates	8.5 g



Balsamic Chicken with Brown Butter Butternut Squash

4 Servings



INGREDIENTS

16 oz	Chicken breast	4 Tbsp	Unsalted butter
3 Tbsp	Balsamic vinegar	2 Tbsp	Garlic
2 Tbsp	Honey	2 Tbsp	Fresh sage, chopped
2 cups	Butternut squash, cubed	1 tsp	Fresh thyme, chopped
1 Tbsp	Olive oil	1/4 cup	Roasted hazelnuts, chopped
1/2 tsp	Salt		
1/2 tsp	Black pepper		



DIRECTIONS

1. Marinate chicken in a bag with balsamic vinegar and honey.
2. Preheat oven to 425 °F. Toss butternut squash with oil, salt, and pepper. Bake for 35–40 minutes. Stir halfway through cooking time.
3. Heat pan with oil. Add chicken and cook 4–5 minutes per side or until fully cooked.
4. Melt butter in saucepan over medium heat. Cook until butter becomes darker and gives off a nutty aroma, about 3 minutes. Add garlic, sage, and thyme.
5. When squash comes out of oven, toss in brown butter sauce.
6. To serve, add butternut squash to a plate. Place chicken on top. Sprinkle with hazelnuts.



MACROS

Calories	489.5
Fat	30.5 g
Protein	45.25 g
Carbohydrates	8.5 g



Turkey Meatloaf with Cauliflower Mashed Potatoes and Green Beans

4 Servings



INGREDIENTS

24 oz	Lean ground turkey	1/4 cup	Ketchup
1	Large egg	1/4 cup	Coconut sugar
1/2 cup	Minced onion	1	Cauliflower head
1/2 cup	Minced celery	1 Tbsp	Ranch seasoning
1/4 cup	Unsweetened almond milk	1/4 cup	Parmesan
1/2 cup	Rolled oats	2 Tbsp	Unsalted butter
1 tsp	Garlic powder	1 Tbsp	Chives
1 tsp	Salt	8 oz	Green beans
1 tsp	Black pepper	1 Tbsp	Olive oil
2 Tbsp	Dijon mustard		



DIRECTIONS

1. Preheat oven to 350 °F.
2. In a large bowl, combine the beef, egg, onion, almond milk, oats, garlic powder, salt, and pepper. Mix well.
3. Grease a 5x9 loaf pan. Place meatloaf in pan and press down to make sure meatloaf is packed in.
4. Mix together mustard, ketchup, and coconut sugar in bowl. Pour over the meat loaf.
5. Cover and bake for 1 hour.
6. For mashed cauliflower, steam for 10 minutes or until soft. Place in food processor with ranch seasoning, parmesan, butter, chives, salt, and pepper. Blend until smooth.
7. For green beans, toss with olive oil, salt, and pepper. Place in the oven for 10 minutes or until cooked.
8. To serve, place cauliflower mashed potatoes on plate, lay the green beans next to it, slice the meatloaf, and put it on the side of cauliflower mash.



MACROS

Calories	588.5
Fat	27.5 g
Protein	39.75 g
Carbohydrates	45.5 g

Chicken Teriyaki with Grilled Vegetables

4 Servings



INGREDIENTS

- 20 oz Chicken breast
- 2 Tbsp Olive oil
- 1 Medium zucchini, small diced
- 2 Green pepper, diced small
- 2 Small onion, diced small
- 8 oz Button mushrooms, sliced
- 2 Tbsp Garlic
- 1/2 cup Teriyaki sauce



DIRECTIONS

1. Place chicken in a bag with 1/4 cup of teriyaki sauce and marinate for 30 minutes or overnight in the refrigerator.
2. Heat pan with oil and add the vegetables. Cook for 5–6 minutes until soft. Add the garlic and cook for another 30 seconds. Remove vegetables from pan and set aside.
3. Add more oil to the pan. Place chicken in pan and cook for 3–4 minutes per side or until fully cooked. Add vegetables back to the pan and add the rest of the teriyaki sauce.
4. To serve, place vegetables in a bowl and top with chicken.



MACROS

Calories	421.5
Fat	20.5 g
Protein	38.75 g
Carbohydrates	20.5 g

Pan Seared Salmon with Strawberry Salsa

4 Servings



INGREDIENTS

- | | | | |
|------------|--------------------------------|----------|-------------------------------|
| 1-1/2 cups | Strawberries, diced | 2 Tbsp | Red wine vinegar |
| 1/2 cup | Green olives, pitted and diced | 2 tsp | Soy sauce |
| 2 Tbsp | Green onions, sliced | 3 Tbsp | Olive oil |
| 1 Tbsp | Cilantro, finely chopped | 4 | 6-oz salmon fillets, skinless |
| | | 1 tsp ea | Salt & black pepper |



DIRECTIONS

1. In a medium bowl, mix together strawberries, green olives, green onions, cilantro, red wine vinegar, soy sauce, 2 tbsp olive oil, 1/2 tsp salt, and black pepper.
2. Pat the salmon dry and season with remaining 1/2 tsp salt and black pepper.
3. Heat 1 tbsp olive oil in a pan to medium high. Place salmon fillets and cook 3 minutes per side.
4. To serve, place salmon on a plate and top with strawberry salsa.



MACROS

Calories	402.25	Protein	35.5 g
Fat	26.25 g	Carbohydrates	6 g



Asian Chicken and Broccoli over Rice Noodles

4 Servings



INGREDIENTS

16 oz	Brown rice noodles	1-1/2 Tbsp	Sriracha sauce
3 Tbsp	Olive oil	1 Tbsp	Fish sauce
1 tsp	Garlic powder	1-1/2 Tbsp	Soy sauce
20 oz	White button mushrooms, cleaned and sliced	2 Tbsp	Coconut sugar
		1-1/2 lbs	Broccoli florets
1 lb	Boneless chicken breast, thinly sliced		



DIRECTIONS

1. Cook rice noodles according to package instructions.
2. While rice noodles are cooking, heat oil in skillet. When hot, add garlic and mushroom and cook for 3 minutes. Add fish sauce and chicken and cook for 4 minutes.
3. Add soy sauce, sriracha, and coconut sugar. Stir until the sugar dissolves.
4. Add the broccoli and cook for 3 minutes or until broccoli is tender.
5. Drain the rice noodles.
6. Transfer the chicken and vegetables out of the pan and into a bowl.
7. Add noodles to the pan and cook for 2 minutes until they absorb some of the sauce.
8. To serve, place noodles in bowl, then top with chicken and vegetable mixture.



MACROS

Calories	427.75
Fat	14.25 g
Protein	32.63 g
Carbohydrates	42.25 g

Sweet Potato and Black Bean Enchiladas with Avocado Sauce

4 Servings



INGREDIENTS

1 lb	Ground turkey	10 oz	Red enchilada sauce
1 lb	Sweet potatoes, peeled and diced	1/2 cup	Shredded cheddar
1/2	Medium onion, diced		Avocado Sauce
1 Tbsp	Garlic, minced	1	Avocado
1 Tbsp	Olive oil	1/2 cup	Greek yogurt, plain
1 tsp ea	Salt & black pepper	1 Tbsp	Lime juice
15 oz	Black beans, drained and rinsed	1 Tbsp	Cilantro, finely chopped
8	Flour tortillas	1 tsp ea	Salt & black pepper



DIRECTIONS

1. Preheat oven to 400 °F. Line a baking pan with foil. Spread out sweet potatoes and toss with olive oil, salt, and pepper. Bake for 20 minutes or until soft.
2. Heat a large skillet to medium heat. Add ground turkey and cook until brown. Add onion and garlic and cook for another 3 minutes. Stir in black beans, sweet potatoes, and 3 tbsp of enchilada sauce.
3. Grease a 9x13 baking dish and put another 2 tbsp of enchilada sauce down.
4. Divide the meat mixture evenly into the tortillas and roll them up. Place them seam side down. Pour the rest of the enchilada sauce over the tortillas. Top with cheese and bake at 350 °F for 20 minutes. You can cover the pan if the cheese is getting too dark.
5. While the enchiladas are baking, make the avocado sauce by blending the avocado, Greek yogurt, lime juice, cilantro, salt, and pepper in food processor until creamy. If sauce is too thick, thin down with water.
6. To serve, place 3 enchiladas on a plate and top with avocado sauce.



MACROS

Calories	489.5
Fat	30.5 g
Protein	45.25 g
Carbohydrates	8.5 g

Plant-Based Fettucine Alfredo with Broccoli and Chickpeas

4 Servings



INGREDIENTS

12 oz	Whole wheat fettucine pasta	1 tbsp	Nutritional yeast
		1 tsp ea	Salt & black pepper
2 tbsp	Olive oil	1/4 tsp	Red chili flakes
2 tbsp	Garlic, minced	1 lb	Broccoli florets
1/2 cup	Raw cashews	15 oz	Chickpeas, rinsed and drained
1 cup	Almond milk, unsweetened	2 tbsp	Fresh basil
1 tbsp	Lemon juice		



DIRECTIONS

1. Bring pot of water to a boil and cook pasta according to package directions. Drain and reserve 1 cup of pasta water.
2. Heat oil in pan to medium heat. Add garlic and cook for 30 seconds. Add broccoli and continue to cook for 4 minutes. Add chickpeas and cook another 2 minutes. Set aside.
3. Soak cashews in hot water for 10 minutes, then drain and add them to a blender. Add the almond milk, lemon juice, nutritional yeast, salt, pepper, and chili flakes. Blend until smooth. Add some of the reserved pasta water if needed to thin the sauce.
4. Add the sauce to a pan with broccoli. Add the cooked pasta and cook all together for 2 more minutes.
5. To serve, place pasta in a bowl and top with fresh basil.



MACROS

Calories	540.25
Fat	16.25 g
Protein	18.75 g
Carbohydrates	79.75 g

Chicken Burrito Rice Bowl

4 Servings



INGREDIENTS

1 lb	Chicken breast, diced	1 Tbsp	Cilantro
1 tsp	Chili powder	1	Medium lime, zested and juiced
1 tsp	Onion powder	1	Large avocado, sliced
1 tsp	Garlic powder	15 oz	Black beans, drained and rinsed
1 tsp	Paprika	2 cups	Romaine lettuce, chopped
1 tsp	Cumin	2	Roma tomato, diced
1 tsp ea	Salt & black pepper	1	Red bell pepper, sliced
1 Tbsp	Olive oil	1/2 cup	Corn
1-1/2 cups	White rice		



DIRECTIONS

1. Cook the white rice according to package directions. When cooked, gently mix in cilantro, lime zest, and lime juice. Set aside.
2. Mix together chicken breast, chili powder, onion powder, garlic powder, paprika, cumin, salt, and pepper. Let marinate for 30 minutes or overnight in the refrigerator.
3. Heat oil in saucepan. Add chicken and sauté for 5–6 minutes until cooked.
4. To serve, place rice in a bowl. Top with chicken, avocado, black beans, romaine lettuce, tomato, red pepper, and corn.



MACROS

Calories	580.07
Fat	16.56 g
Protein	36.35 g
Carbohydrates	71.4 g



Smoothies

Watermelon Waves Shake

1 Serving



INGREDIENTS

- 2 scoops Strawberry Soy Protein Life Shake™
- 3/4 cup Watermelon chunks
- 4 Medium strawberries
- 3-4 Fresh mint leaves
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	221.07
Fat	3.31 g
Protein	21.12 g
Carbohydrates	26.7 g



Smoothies

Orange Mango Shake

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 2 Mandarin oranges, peeled
- 1/2 cup Mango chunks, frozen
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	292.36
Fat	3.68 g
Protein	21.63 g
Carbohydrates	43.18 g



Peanut Butter Shake

1 Serving



INGREDIENTS

- 2 scoops Rich Chocolate Soy Protein Life Shake™
- 1/2 Frozen banana
- 1 Tbsp Peanut butter
- 1 tsp Unsweetened cocoa powder
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	342.73
Fat	12.49 g
Protein	25 g
Carbohydrates	32.58 g

Smoothies

Banana Nut Muffin Shake

1 Serving



INGREDIENTS

2 scoops Café Latte Soy Protein Life Shake™
1 tsp Almond butter
1/2 Banana
1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	256.95
Fat	6.31 g
Protein	21.44 g
Carbohydrates	28.6 g

Café Oats Shake

1 Serving



INGREDIENTS

2 scoops Café Latte Soy Protein Life Shake™
2 tbsp Rolled oats, dry
1 tsp Honey
1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	233.92
Fat	4 g
Protein	21.52 g
Carbohydrates	27.96 g



Smoothies

Peachy Green Smoothie

1 Serving



INGREDIENTS

2 scoops French Vanilla Soy Protein Life Shake™
1 scoop Organic Greens Booster
1/2 Banana
1 cup Frozen peach slices
1 Date, pitted
1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	309.18
Fat	3.22 g
Protein	22.34 g
Carbohydrates	47.71 g



Smoothies

Super Strawberry Shake

1 Serving



INGREDIENTS

- 2 scoops Strawberry Soy Protein Life Shake™
- 1 scoop Organic Greens Booster
- 1/2 Banana
- 1 Tbsp Chia seeds
- 4 Medium strawberries
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	303.49
Fat	6.33 g
Protein	24.46 g
Carbohydrates	37.17 g

Aztec Chocolate Shake

1 Serving



INGREDIENTS

- 2 scoops Café Latte Soy Protein Life Shake™
- 1/2 tsp Vanilla extract
- Dash (1/6 tsp) Cayenne
- Dash (1/6 tsp) Cinnamon
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	166.74
Fat	3.06 g
Protein	20.06 g
Carbohydrates	14.74 g

Smoothies

Berry Cacao Smoothie

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1 scoop Organic Greens Booster
- 1 cup Mixed berries
- 1 tsp Cacao powder
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	207.25
Fat	3.25 g
Protein	21 g
Carbohydrates	23.5 g

Crunchy Granola Smoothie

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/2 Banana
- 2 tbsp Rolled oats, dry
- 1 tbsp Almonds
- 1/2 cup Baby spinach
- 1 tsp Maple syrup
- 1 cup Water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	325.66
Fat	7.06 g
Protein	23.74 g
Carbohydrates	41.79 g



Smoothies

Rise and Shine Smoothie

1 Serving



INGREDIENTS

- 2 scoops Strawberry Soy Protein Life Shake™
- 3/4 cup Pineapple chunks
- 1/2 cup Blueberries
- 1/2 cup Coconut water
- 1/2 cup Orange juice



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	349.26
Fat	3.62 g
Protein	23.03 g
Carbohydrates	56.14 g

Tropical Green Smoothie

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/4 cup Mango chunks, frozen
- 1/4 cup Pineapple
- 1/2 cup Banana
- 1 cup Coconut water



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. If you find your shake is too thick, you can always add more liquid, little by little, to the blender.



MACROS

Calories	292.11
Fat	3.91 g
Protein	22.68 g
Carbohydrates	41.55 g

Smoothies

Green Smoothie Bowl

2 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1 Banana
- 1/2 cup Frozen mango chunks
- 1/4 cup Frozen pineapple chunks
- 1 cup Power greens
- 1/2 cup Coconut milk
- 1 Tbsp Agave
- 1 Tbsp Lime juice



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. Top with your choice of seeds, nuts, or berries.



MACROS

Calories	304
Fat	1.5 g
Protein	11.5 g
Carbohydrates	45 g



Strawberry Protein Smoothie Bowl

2 Servings



INGREDIENTS

- 2 scoops Strawberry Soy Protein Life Shake™
- 1 Banana
- 1 cup Frozen strawberries
- 2 tbsp Almond butter
- 1-1/2 cups Almond milk
- 3 Tbsp Coconut sugar



DIRECTIONS

1. Add the ingredients into a blender.
2. Blend until smooth.
3. Top with your choice of seeds, nuts, or berries.



MACROS

Calories	380.5
Fat	12.5 g
Protein	15.5 g
Carbohydrates	51.5 g

Almond Butter Overnight Oats with Berries

2 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/2 cup Unsweetened almond milk
- 3 Tbsp Creamy almond butter
- 1 Tbsp Honey
- 1/2 Tbsp Chia seeds
- 1/2 cup Rolled oats
- 1/2 cup Fresh berries for topping



DIRECTIONS

1. Stir together the almond milk, almond butter, honey, chia seeds, protein powder, and oats until thoroughly combined. Cover and refrigerate for at least 6 hours.
2. Serve with fresh berries on top.



MACROS

Calories	406
Fat	18 g
Protein	19.5 g
Carbohydrates	41.5 g



Vanilla Shake Protein Pancakes

2 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1-1/4 cups Flour
- 1 tsp Vanilla extract
- 1/4 cup Coconut sugar
- 1 Large egg
- 2 Tbsp Olive oil
- 1/3 cup Almond milk
- 1/2 tsp Baking powder



DIRECTIONS

1. Mix dry ingredients (flour, baking powder, protein powder, and sugar) in a bowl.
2. Add wet ingredients (milk, oil, vanilla, and egg) and stir until just mixed together. Don't overmix.
3. Heat oil in a nonstick pan. When the pan gets hot, pour in 1/4 of the pancake mix.
4. When bubbles appear on the surface, flip the pancake over and cook until brown.



MACROS

Calories	386	Protein	13.5 g
Fat	18 g	Carbohydrates	43.5 g



Chocolate Shake Protein Pancakes

2 Servings



INGREDIENTS

- 2 scoops Rich Chocolate Soy Protein Life Shake™
- 1 1/4 cup Flour
- 1 Tbsp Cacao powder
- 1/4 cup Coconut sugar
- 1 Large egg
- 2 Tbsp Olive oil
- 1/3 cup Almond milk
- 1/2 tsp Baking powder



DIRECTIONS

1. Mix dry ingredients (flour, baking powder, protein powder, cacao powder, and sugar) in a bowl.
2. Add wet ingredients (milk, oil, and egg) and stir until just mixed together. Don't overmix.
3. Heat oil in a nonstick pan. When the pan gets hot, pour in 1/4 of the pancake mix.
4. When bubbles appear on the surface, flip the pancake over and cook until brown.



MACROS

Calories	396.5
Fat	18.5 g
Protein	14 g
Carbohydrates	43.5 g

Lemony Overnight Oats with Berry Jam and Pistachios

1 Serving



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/3 cup Rolled oats
- 1/4 cup Unsweetened almond milk
- 1 Tbsp Dried blueberries
- 3/4 tsp Honey
- 1/2 tsp Vanilla extract
- 1/2 Lemon, zested
- 1/4 tsp Ground cinnamon
- 1/4 tsp Salt
- 1/4 cup Frozen mixed berries
- 1/2 Tbsp Chia seeds
- 1 Tbsp Raw unsalted pistachios, roughly chopped
- 1 Tbsp Toasted coconut flakes or desiccated coconut



DIRECTIONS

1. The night before, mix the oats with milk, 2/3 of the honey, the vanilla, lemon zest, cinnamon, and salt. Stir well and divide evenly between two bowls.
2. Put the frozen mixed berries in a blender with the remaining honey and chia seeds. Blend until smooth. Transfer to a bowl, cover, and let sit overnight in the fridge. This will form your mixed berry jam.
3. In the morning, top each bowl of oats with the pistachios, coconut, and a dollop of mixed berry jam.



MACROS

Calories	229
Fat	7 g
Protein	13 g
Carbohydrates	28.5 g



Pina Colada Quinoa Porridge

1 Serving



INGREDIENTS

2 scoops French Vanilla Soy Protein Life Shake™	1/4 tsp	Vanilla extract
	1/4 tsp	Coconut oil
1/2 Tbsp Honey	1/4 cup	Chopped fresh pineapple
3/4 Tbsp Sliced almonds	2 tsp	Cinnamon
2 Tbsp Quinoa flakes	1/3 cup	Coconut yogurt
1/3 cup Unsweetened coconut milk		



DIRECTIONS

1. Heat the honey in a small pot for a few minutes until it starts to caramelize, then add the nuts and cook for another few minutes until they turn golden.
2. Pour into a shallow baking pan lined with parchment paper in a thin layer to cool.
3. Mix the quinoa flakes and milk, vanilla, and coconut oil in a small pot. Heat for 5–7 minutes until cooked through. Mix in pineapple and cinnamon.
4. Allow to cool, then add the coconut yogurt.
5. Serve topped with the caramelized almonds.



MACROS

Calories	399	Protein	25 g
Fat	11 g	Carbohydrates	50 g



Citrusy Coconut Chia Seed Pudding with Banana

1 Serving



INGREDIENTS

2 scoops French Vanilla Soy Protein Life Shake™
1 cup Light coconut milk
1/2 tsp Orange zest
1/4 tsp Vanilla extract
2 Tbsp Chia seeds
1/2 Banana



DIRECTIONS

1. Combine milk, orange zest, banana, and vanilla and whisk in chia seeds. Let sit in a container overnight.
2. Top with sliced banana.



MACROS

Calories	422
Fat	14 g
Protein	27 g
Carbohydrates	47 g



Protein Blueberry Muffins

1 Serving



INGREDIENTS

2 scoops French Vanilla Soy Protein Life Shake™
1 cup All-purpose flour
1/2 tsp Baking soda
1/2 tsp Salt
2 tsp Baking powder
1/3 cup Sugar
1 cup Vanilla almond milk unsweetened
1/3 cup Coconut oil
1 tsp Vanilla extract
1 cup Fresh blueberries



DIRECTIONS

1. Preheat the oven to 350 °F.
2. Spray a muffin pan with cooking spray or use muffin wrappers.
3. Combine all dry ingredients in a bowl & mix well.
4. Mix in milk, oil, and vanilla. Fold in blueberries and stir until just mixed.
5. Fill each muffin tin 2/3 full.
6. Bake for 20 minutes or until the muffins are golden brown.



MACROS

Calories	136
Fat	6.5 g
Protein	3 g
Carbohydrates	16 g

Healthy Banana Protein Muffins

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1 Banana
- 4 Egg whites
- 1/2 cup Plain fat free Greek yogurt
- 3/4 cup Rolled oats
- 1/2 cup Sugar
- 1 tsp Baking powder
- 1 tsp Baking soda
- 1/2 tsp Cinnamon



DIRECTIONS

1. Preheat the oven to 350 F.
2. Spray a muffin pan with cooking spray or use muffin wrappers.
3. Combine all dry ingredients in a bowl and mix well.
4. Mix in egg whites and Greek yogurt. Fold in bananas and stir until just mixed.
5. Fill each muffin tin 2/3 full.
6. Bake for 20 minutes or until the muffins are golden brown.



MACROS

Calories	103
Fat	1 g
Protein	4.5 g
Carbohydrates	19.25 g



Green Smoothie Protein Pops

8 Servings



INGREDIENTS

- 1 scoop French Vanilla Soy Protein Life Shake™
- 5 Medium bananas
- 3/4 cup Almond milk
- 1 cup Spinach, loosely packed
- 3/4 cup Coconut water



DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.
3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

Calories	98.56
Fat	1.56 g
Protein	2.38 g
Carbohydrates	18.75 g



Almond Butter and Strawberry Protein Popsicles

8 Servings



INGREDIENTS

- 1 scoop French Vanilla Soy Protein Life Shake™
- 1 Medium banana
- 1/2 cup Almond milk
- 1/2 cup Coconut milk, full fat
- 2 cups Strawberries
- 2 Tbsp Almond butter



DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze until solid, about 3 hours.
3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

Calories	74.06
Fat	3.06 g
Protein	2.75 g
Carbohydrates	8.88 g

Kiwi and Pineapple Popsicles

8 Servings



INGREDIENTS

- 2 scoops Rich Chocolate Soy Protein Life Shake™
- 1 scoop Organic Greens Booster
- 2 Medium banana
- 1 cup Spinach, packed
- 1 cup Pineapple
- 3 Dates, pitted
- 1 Medium kiwi
- 2 Peaches
- 1-1/2 cups Water



DIRECTIONS

1. Place all the ingredients in a blender and blend until smooth. Save a few thin kiwi slices.
2. Place the kiwi slices inside of the popsicle molds; they should stick to the sides if they are really thin.
3. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.
4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

Calories	98.56
Fat	1.56 g
Protein	2.38 g
Carbohydrates	18.75 g



Chocolate + Berry Protein Popsicles

8 Servings



INGREDIENTS

2 scoops Rich Chocolate Soy Protein Life Shake™

1 Medium banana

1 cup Almond milk

1/2 cup Greek yogurt, plain



DIRECTIONS

1. Add banana, yogurt, nut milk, and protein powder to a high-powered blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze for 30–40 minutes. Remove from freezer and add desired toppings. (Toppings could be diced strawberries, blueberries, granola, shredded coconut, etc.)
3. Return to freezer and allow to freeze until solid, about 3 hours.
4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

Calories	56.88
Fat	1.13 g
Protein	4.06 g
Carbohydrates	7.63 g

Blueberry Yogurt Healthy Popsicle

8 Servings



INGREDIENTS

1 scoop French Vanilla Soy Protein Life Shake™

1-1/2 cups Blueberries

2 Tbsp Sugar

1 Tbsp Lemon juice

2 cups Greek yogurt, vanilla

1/3 cup Heavy cream

1 tsp Vanilla extract



DIRECTIONS

1. Rinse blueberries. Place in blender with sugar and lemon juice.
2. Mix yogurt, heavy cream, vanilla extract, and protein powder. Add about half the yogurt mixture to the blueberry mixture.
3. Fill the popsicle molds, alternating between yogurt mixture and the blueberry mixture.
4. Freeze until solid, about 5–6 hours.
5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

Calories	89.81
Fat	0.31 g
Protein	1.5 g
Carbohydrates	8.13 g

Berry Coconut Popsicles

8 Servings



INGREDIENTS

2 scoops French Vanilla Soy Protein Life Shake™

2 cups Coconut milk

1/2 tbsp Vanilla bean paste

3 tbsp Honey

1/4 cup Raspberries

1/4 cup Blueberries

1/4 cup Blackberries



DIRECTIONS

1. Whisk together in a small bowl coconut milk, vanilla bean paste, and honey.
2. Place the berries into each mold. If the berries are too big, you can chop them up.
3. Pour the coconut milk mixture in the molds over the berries.
4. Freeze until solid, about 5–6 hours.
5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

Calories	73.63
Fat	1.3 g
Protein	2.75 g
Carbohydrates	10.38 g

Healthy Strawberry Mango Popsicles

8 Servings



INGREDIENTS

2 scoops Strawberry Soy Protein Life Shake™

1-1/2 cups Strawberries

1-1/4 cups Coconut water

1 tsp Honey

4 tsp Chia seeds

1-1/2 cups Mango chunks



DIRECTIONS

1. Purée the strawberries with half the coconut water, all the protein, half the honey, and half the chia seeds. Set aside.
2. Purée the mangoes with half the coconut water, half the honey, and half the chia seeds. Set aside.
3. Alternate pouring each fruit mixture into the popsicle molds. The popsicles will have a marbled look to them.
4. Freeze until solid, about 5–6 hours.
5. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

Calories	66.75
Fat	0.5 g
Protein	2.75 g
Carbohydrates	5.5 g

Yogurt and Granola Breakfast Protein Popsicles

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 2 cups Greek yogurt, vanilla
- 1 Tbsp Honey
- 1/2 cup Granola
- 1-1/2 cups Raspberries



DIRECTIONS

1. Blend together 1 cup of the yogurt, 1 cup raspberries, honey, and protein powder. Blend until smooth.
2. Layer the mixture with the remaining yogurt in the popsicle molds. You can place a few extra raspberries in the mold. Top each popsicle with a portion of granola.
3. Freeze until solid, about 5–6 hours.
4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

Calories	80.63
Fat	1.13 g
Protein	6 g
Carbohydrates	11.63 g



Healthy Orange Creamsicle Popsicle

8 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/2 cup Coconut cream
- 1/2 cup Greek yogurt, plain
- 1/2 cup Orange juice
- 3 tbsp Honey
- 1/2 tsp Vanilla extract



DIRECTIONS

1. Add all ingredients to a high-powered blender and blend until smooth.
2. Pour mixture into popsicle molds and freeze until solid, about 5–6 hours.
3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

Calories	56.88
Fat	1.13 g
Protein	4.06 g
Carbohydrates	7.63 g

Tropical Smoothie Protein Popsicles

8 Servings



INGREDIENTS

- 1 scoop French Vanilla Soy Protein Life Shake™
- 1 cup Coconut milk
- 1 Medium banana
- 1 cup Mango chunks
- 1 cup Pineapple chunks
- 2 tsp Chia seeds
- 1 cup Greek yogurt, plain
- 1-1/2 Tbsp Honey
- 1 tsp Lime juice



DIRECTIONS

1. Add all ingredients except Greek yogurt, honey, and lime juice to a high-powered blender and blend until smooth.
2. Mix together yogurt, honey, and lime juice
3. Alternative pouring each mixture into popsicle molds and freeze until solid, about 5–6 hours.
4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!



MACROS

Calories	84.19
Fat	0.81 g
Protein	1.63 g
Carbohydrates	8.25 g



Cookie Dough Energy Bites

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1/4 cup Almond butter
- 1/4 cup Honey
- 1/4 cup Maple syrup
- 1/2 cup Rolled oats
- 1 Tbsp Almond milk, unsweetened
- 2 Tbsp Dark chocolate chips
- 1/2 tsp Salt



DIRECTIONS

1. Mix all ingredients together (except chocolate chips) until well combined. Add in chocolate chips last.
2. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
3. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

Calories	117.08
Fat	3.25 g
Protein	2.83 g
Carbohydrates	12.42 g

Coconut Energy Bites

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 2/3 cup Almond butter
- 1 Tbsp Coconut oil, melted
- 1/3 cup Maple syrup
- 1 tsp Vanilla extract
- 1/2 tsp Cinnamon, ground
- 1/2 cup Shredded coconut, unsweetened
- 1 cup Rolled oats



DIRECTIONS

1. In a large bowl, mix together almond butter and coconut oil until smooth. Add maple syrup, vanilla, cinnamon, coconut, protein powder, and oats. Mix well until combined.
2. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
3. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

Calories	56.88
Fat	1.13 g
Protein	4.06 g
Carbohydrates	7.63 g

Chocolate Energy Bites

12 Servings



INGREDIENTS

- 2 scoops Rich Chocolate Soy Protein Life Shake™
- 1/2 cup Almond flour
- 1/4 cup Cocoa powder
- 1/4 cup Hemp seed hearts
- 1/2 tsp Salt
- 6 tbsps Almond butter
- 1/4 cup Maple syrup
- 1 tsp Vanilla extract



DIRECTIONS

1. Mix together protein, almond flour, cocoa powder, hemp hearts, and salt. Add almond butter, maple syrup, and vanilla. Mix well until combined.
2. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
3. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

Calories	56.88
Fat	1.13 g
Protein	4.06 g
Carbohydrates	7.63 g

Tropical Energy Bites

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 1 cup Rolled oats
- 1/3 cup Almond butter
- 1/2 cup Dried pineapple
- 1/2 cup Dried mango
- 1/4 cup Honey



DIRECTIONS

1. Place everything in blender or food processor and blend until smooth and combined.
2. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
3. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

Calories	173.75
Fat	4.75 g
Protein	4.08 g
Carbohydrates	14.33 g



Carrot Cake Energy Bites

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 6 each Dried dates, pitted
- 3 tbsps Hot water
- 1 cup Sunflower seeds
- 2 Tbsp Chia seeds
- 1 Tbsp Coconut flour
- 1-1/2 cups Shredded carrots
- 1 Tbsp Cinnamon
- 1 tsp Vanilla extract
- 1/4 tsp Ginger, ground
- 1/4 cup Coconut oil, melted



DIRECTIONS

1. Soak dates in hot water for 10 minutes. Blend in food processor with sunflower seeds until a paste forms.
2. Add the protein powder, chia seeds, and coconut flour and mix well until combined.
3. Add the carrot, cinnamon, vanilla, and ginger. Mix well until combined.
4. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
5. Microwave the coconut butter for 20 seconds until just runny.
6. Drizzle the coconut butter over the carrot cake bites.
7. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

Calories	155.58
Fat	10.92 g
Protein	4.42 g
Carbohydrates	9.92 g

Lemon Energy Bites

12 Servings



INGREDIENTS

- 2 scoops French Vanilla Soy Protein Life Shake™
- 3 Tbsp Lemon juice
- 2 Tbsp Lemon zest
- 1 Tbsp Chia seeds
- 1/2 cup Cashews
- 1/2 cup Rolled oats
- 1/3 cup Golden raisins
- 1/4 cup Shredded coconut, unsweetened



DIRECTIONS

1. In a food processor, mix together all ingredients until smooth and well combined.
2. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
3. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

Calories	86
Fat	3.83 g
Protein	3.38 g
Carbohydrates	9.50 g

Desserts

PB&J Energy Bites

12 Servings



INGREDIENTS

2 scoops	Strawberry Soy Protein Life Shake™	2 cups	Rolled oats
		1/2 cup	Peanut butter
1 cup	Dried dates, pitted	4 Tbsp	Strawberry jam
2 cups	Hot water		



DIRECTIONS

1. Use a teaspoon to scoop out "balls" of jam and place them on parchment-lined baking sheet. Freeze for 60 minutes or until hard.
2. Let the dates soak in hot water for 10 minutes, then drain. Add them to a food processor with oats and peanut butter. Blend until smooth and well combined.
3. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together. Flatten each ball into a disc shape. Place a frozen jam ball in middle of each disc and wrap the peanut butter mixture around it until a ball forms.
4. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

Calories	62.67
Fat	6.67 g
Protein	6.08 g
Carbohydrates	19.58 g

Peanut Butter Chocolate Bites

12 Servings



INGREDIENTS

2 scoops	Rich Chocolate Soy Protein Life Shake™
1/2 cup	Peanut butter
3 tbsp	Honey
1/2 cup	Chocolate chips
1 cup	Rolled oats
6 tbsp	Flaxseed meal



DIRECTIONS

1. Heat peanut butter, honey, and chocolate chips in a microwave-safe bowl for about 30 seconds. Stir together until mixture is smooth.
2. Add oats, protein powder, and flaxseed meal and mix well until combined.
3. Wet hands slightly and form dough tightly into 1"-1-1/2" balls. If dough is too dry, add a little bit of water until the dough comes together.
4. Store in airtight container in refrigerator or freezer until ready to enjoy.



MACROS

Calories	192
Fat	9.67 g
Protein	6.25 g
Carbohydrates	20 g

Desserts

Flourless Chocolate Protein Brownies

10 Servings



INGREDIENTS

2 scoops	Rich Chocolate Soy Protein Life Shake™
6	Medium banana
1 cup	Almond butter
1/2 cup	Cocoa powder
1 cup	Semisweet chocolate chips



DIRECTIONS

1. Preheat oven to 350 °F. Grease an 8x8 baking dish lined with parchment paper.
2. In a blender or food processor, blend bananas, almond butter, cocoa powder, and protein powder together until smooth and well combined. Fold in chocolate chips.
3. Bake for about 20 minutes or until top begins to crack. Allow to cool before slicing.



MACROS

Calories	332
Fat	18.33 g
Protein	8.83 g
Carbohydrates	32.92 g



S'mores Protein Brownies

12 Servings



INGREDIENTS

2 scoops	Rich Chocolate Soy Protein Life Shake™	3/4 cup	Almond milk, unsweetened
1 cup	Whole wheat flour	1/2 cup	Greek yogurt, plain
1/2 cup	Coconut sugar	1/4 cup	Maple syrup
1/4 cup	Cocoa powder	2 each	Large egg
4	Graham cracker sheets	3 Tbsp	Semisweet chocolate chips
1/2 tsp	Cinnamon, ground	1 tsp	Vanilla extract
1/4 tsp	Baking powder	1	Graham cracker (topping)
1/2 tsp	Salt	1/2 cup	Mini marshmallows



DIRECTIONS

1. Preheat oven to 350 °F. Grind the 4 graham cracker sheets into a powder. Mix powder together with flour, protein powder, coconut sugar, cinnamon, baking powder, and salt in a bowl until well combined.
2. In another bowl, mix together almond milk, Greek yogurt, maple syrup, eggs, and vanilla extract. Microwave chocolate chips for 30 seconds or until just melted. Then mix chocolate with other wet ingredients. Mix well until combined.
3. Gently mix together dry and wet ingredients until combined. Do not overmix. Batter will be thick at this point.
4. Pour batter in a greased 8x8 baking pan lined with parchment. Top with mini marshmallows. Crumble up the 1 graham cracker and sprinkle on top.
5. Bake for 25 minutes. Allow to cool before slicing.



MACROS

Calories	173.75
Fat	4.75 g
Protein	4.08 g
Carbohydrates	14.33 g

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