

Full Day Of Eating Recipes:

10/16

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Mini Blueberry Muffins:

Ingredients:

2 cups all purpose flour
2 tsp baking powder
1/2 tsp salt
1c maple syrup
5 tbsp melted butter
2 eggs
2 tsp vanilla extract
1/2 cup milk
1 cup blueberries (Fresh or frozen)
3 scoops vanilla protein powder

Crumble Topping:

1/3 cup All Purpose Flour
3 tbsp brown sugar
3 tbsp maple syrup
Pinch of salt
2 tbsp melted unsalted butter

Instructions:

All add muffin ingredients into a large mixing bowl and mix together the muffin ingredients.

In a separate bowl, add all ingredients for the crumble topping. Mix until all ingredients are evenly mixed together.

Add in your muffin mixture into a 24 mini muffin tin. Then add the crumble on top and Bake at 375 for 12-15 minutes, or until the middle is completely cooked through.

Breakfast:

Protein Waffle:

1 serving Kodiak Cakes pancake Mix
2 eggs
1 tbsp Maple Syrup
1 tbsp vanilla
Cinnamon
1/4 cup Milk

Instructions:

Mix all ingredients together to make your waffle batter. Cook in a waffle maker and put toppings of choice on top!

Lunch:

Chili Sweet Potato Boats:

****Makes 6**

ingredients:

3 large sweet potatoes

Chili:

1 yellow onion

1 red pepper

1 tsp chili powder

1 tbsp minced garlic

1lb beef

1 packet chili seasoning

3 tbsp tomato paste

1 can diced tomatoes

10 oz beef bone broth

200g kidney beans

Grated mozzarella cheese (for on top)

Instructions:

Preheat your oven to 400 degrees.

Cut your large sweet potatoes in half, drizzle olive oil on top and bake in the oven at 400 degrees for 3-40 minutes, until completely softened.

In a medium skillet, add 1 tbsp olive oil and saute onions, add red pepper, garlic and chili paste.

Once fragrant and browned, Add your ground beef, Chili Seasoning, tomato paste and oregano.

Once brown, pour in tomatoes, beef broth and Kidney Beans simmer for 15-20 minutes until the liquid has thickened and absorbed.

Place each sweet potato half into a meal prep container.

Evenly divide the chili and place on top of each sweet potato and add shredded cheese on top.

Store in fridge for 4 days and reheat when ready to enjoy!

Dinner:

Protein Packed Chicken Noodle Soup:

Ingredients:

1.5 pounds chicken breast, Cooked and shredded

4 cups Chicken Bone Broth

4 Cups Water

1 Box Chickpea Pasta Noodles

1 tablespoon olive oil

1/2 cup celery chopped finely

1 cup onion chopped finely

1 tablespoon minced garlic about 3 cloves

2 cups carrots sliced in small circles
1/4 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon dried parsley
1/4 teaspoon dried thyme
3 bay leaves
2/3 cup parmesan cheese or use a parmesan rind in

Chop all vegetables.

In a large pot, heat olive oil in the pan and sauté celery, onion + garlic until fragrant and softened.

Once cooked, stir in carrots and spices (including bay leaves).

Add cooked chicken, broth and parmesan cheese. Cover pot and bring to a boil. Once boiling, reduce heat and simmer over low-medium heat for at least 25 minutes.

Cooking Pasta Separately: While the soup cooks, bring a pot of water to a boil and cook your pasta.

Remove bay leaves & parmesan cheese rind (if used) from the pot and discard.

Add cooked pasta to the pot. Stir to combine and enjoy!

Pro Tip: To avoid soggy pasta/noodles: Add cooked pasta to a bowl instead of adding to the pot. Serve soup on top of the pasta. This prevents the pasta/noodles from absorbing chicken broth and turning mushy.

Dessert:

Apple Crumble

Serving Size: 2

Ingredients:

1 Large Honeycrisp Apple
1 tbsp Maple Syrup
Cinnamon

Crumble:

1/3 cup oats
1 scoop vanilla protein powder (Clean Simple Eats: discount: KATIEYOVIN)

2 tbsp Maple Syrup
1 tbsp melted butter
Cinnamon
1 tsp Vanilla

Instructions:

Preheat oven to 350 degrees.

Chop up your apples and place in a ramekin.

Top with a drizzle of maple syrup and cinnamon and mix altogether.

In a little mixing bowl, add all your crumble ingredients and mix until well combined.

Top your apples with the crumble.

Place in oven for 15-20 minutes until crumble is browned.

Add 1 scoop of Vanilla ice cream on top!