

LiveFit Recipes:

BEST recipe! Peanut Sauce: 90 calories/3Tbs

Ingredients

- ☐ 2/3 cups all natural peanut butter
- ☐ 4 TB local maple syrup
- ☐ 4 TB lime juice
- ☐ 4 TB coconut aminos
- ☐ 2 TB sriracha sauce
- ☐ Sprinkle of garlic

Directions

1. Mix together and enjoy

Raspberry Vinaigrette:74 calories/2Tbs

- ☐ 2/3 cup olive oil
- ☐ 1/2 of a 1/3 cup of raspberry blush vinegar
- ☐ 1/2 of a 1/3 cup of apple cider vinegar
- ☐ 2 tsp minced garlic
- ☐ 1/2 tb honey
- ☐ 1/2 tb maple syrup
- ☐ 1 tsp Dijon
- ☐ Salt and basil

Balsamic vinaigrette: 127 calories /Tbs

- ☐ 1/2 cup evoo
- ☐ 1/4 cup balsamic
- ☐ 2 tsp Dijon
- ☐ (1 tsp honey)
- ☐ Salt and pepper

Paleo Pancake: 247 calories /3 pancakes

Ingredients

- ☐ 1 banana
- ☐ 2 eggs
- ☐ 1 scoop almond butter
- ☐ Cinnamon or nutmeg optional
- ☐ Blueberries

Directions

1. Mix batter, put frozen blueberries in pan to simmer, then pour batter over blueberries. Cook until firm then flip over and cook other side.

This recipe can be made into a 9x11 cake pan for all week. (5 bananas, 10 eggs, 5 scoops almond butter, cinnamon or nutmeg, and blueberries) Mix batter and pour into greased cake pan, then pour in blueberries (spread evenly)

Paleo chicken fingers: 257 calories/ 5oz

INGREDIENTS

- ☐ 1 1/2 cups almond flour
- ☐ 1/2 teaspoon sea salt
- ☐ 1/4 teaspoon black pepper
- ☐ 2 eggs
- ☐ 1/4 cup tapioca flour
- ☐ 1 lb. chicken tenders or chicken breasts cut into strips
- ☐ 1/3 cup honey
- ☐ 4 large garlic cloves, very finely minced
- ☐ 1/2 teaspoon sea salt
- ☐ Optional: 1/4 teaspoon cayenne

Directions

1. Preheat the oven to 425 degrees. Line a rimmed baking sheet with parchment paper. Trim any overhanging edges of the parchment paper.
2. Place the almond flour, sea salt, and black pepper in a bowl and stir them together. Place the eggs in another bowl with a splash of water and whisk. Place the tapioca flour into another bowl.
3. Dip the chicken tenders, one at a time, into the tapioca, then into the egg, then into the almond flour. (Keeping one hand for the egg and one for the starch and flour makes this a lot less messy.) Lay the chicken tenders on the prepared baking sheet. Bake the chicken for 25 minutes, or until it is crispy and beginning to golden brown.
4. **OPTIONAL STEP***: Let the chicken rest for 30-60 minutes in your fridge before you bake it. This step will help the crust to stick to the chicken.
5. While the chicken is baking, prepare the sauce. In a small frying pan over high heat bring the honey, garlic, sea salt, and (if using) the cayenne to a boil then set it aside.
6. When the chicken has finished baking remove it from the oven and turn the oven to broil. Dip each of the chicken tenders in the sauce then lay them back on the baking sheet. Save the extra sauce.
7. Put the chicken back in the oven for 2-5 minutes for the glaze to caramelize slightly. Keep an eye on it to make sure it doesn't burn.
8. Baste the chicken with any extra sauce one they come out of the oven then serve immediately.

Apple Meatballs: 58 calories/per meatball

- ☐ 1 Tb worchestire sauce
- ☐ 1 Tb Dijon
- ☐ 1 Egg scrambled
- ☐ Garlic
- ☐ Onion powder
- ☐ Grated cheese
- ☐ 1 apple
- ☐ 1 small onion

Directions

1. Sauté onion in coconut s&p, once translucent add chopped up apple and cook until Apple is sort of soft
 2. For meat- add worst. Sauce, Dijon mustard, 1 scrambled egg, garlic powder, onion powder, and grated cheese of any type of you want. If it's loose add a bit of bread crumb- mix all together but don't mix too much or meat will become tough and rubbery
 3. Once the onion apple mixture is cooled, fold that into meat- then form meatballs.
- You can bake in the oven at 350 or do them stovetop (I've only baked them)

Avocado 🥑 Chicken 🍗 salad :155 calories

Ingredients

- ☐ 2 cups shredded or cubed chicken cooked*
- ☐ 1 medium ripe avocado
- ☐ ½ cup plain Greek yogurt
- ☐ 1 tsp fresh dill or ½ tsp dried
- ☐ ½ tsp onion powder
- ☐ ½ tsp garlic powder
- ☐ 1 TBS lime juice
- ☐ ½ tsp sea salt

Gluten free sweet potato pizza crust;190 calories

Ingredients

- ☐ 1 medium sweet potato*, cooked and mashed
- ☐ ¾ cup rolled oats
- ☐ 1/2 Tbsp Italian seasoning
- ☐ ¼ tsp garlic powder

- ☐ ¼ tsp paprika
- ☐ 2 Tbsp cornstarch
- ☐ Sea salt, for sprinkling

Directions

1. Preheat oven to 375. Add all ingredients to a high speed blender or food processor and process until very fine.
2. Transfer dough to a bowl to help mold into a ball (it may be sticky). Transfer and press dough onto a 12" pizza pan coated with parchment paper. It's okay if the dough doesn't span the entirety of the pan.
3. Bake for 25-30 minutes.
4. Take out of oven and let cool. Once cooled, flip dough over, gently pulling parchment paper from what is now the top of pizza dough. Coat with olive oil and place back in the oven for 5-7 minutes, or until reaches desired crispiness.
5. Let cool and sprinkle with sea salt.

Low cal pizza 136 calories

Ingredients

- ☐ 1 lavish bread
- ☐ ½ c Rao marinara
- ☐ ¼ to 1/2c part skim mozzarella
- ☐ 1 serving (17) Turkey pepperoni

Directions

1. Assemble and put in oven at 350 degrees for about 10 mins!

Buffalo chicken wrap 526 calories

Ingredients

- ☐ 4oz boneless skinless chicken breast(canned also works)
- ☐ 1-2 wedges laughing cow cheese
- ☐ Franks red hot(use what your soul tells you to)

Directions

1. Mix all together throw in the microwave for a minute
2. Dump onto a wrap of your choice
3. Add lettuce, Tomato etc

Buffalo sweet potato and chicken casserole:485 calories

Ingredients

- ☐ 2 lbs boneless chicken breasts (about 3 large breasts), cut into cubes.
- ☐ 5 medium sweet potatoes, cut into small cubes. You can leave the skin on or take it off.
- ☐ 2 heads broccoli, cut into small florets.
- ☐ 1 cup buffalo sauce, I used Franks red hot
- ☐ 1/2 cup avocado oil or olive oil
- ☐ 1/2 tsp salt
- ☐ 1 tsp pepper
- ☐ 2 tsp garlic powder
- ☐ 1 cup shredded cheddar cheese (OPTIONAL)
- ☐ 1/4 cup chopped green onion
- ☐ 1/2 cup cooked bacon

Directions

1. Preheat oven to 425F and grease 9×13 casserole dish.
2. Prepare your chicken, potatoes, and broccoli by cutting to smaller pieces.
3. In a small bowl, mix together buffalo sauce, avocado oil, salt, pepper, and garlic.
4. In a large bowl, add your sweet potatoes and half of the buffalo sauce mixture. Toss till combined well.
5. Pour sweet potatoes into a casserole dish and roast for 30 minutes, flipping half way through.
6. Add chicken and broccoli to bowl sweet potatoes were in and add remainder of buffalo sauce. Toss to coat completely.
7. After 30 minutes is up, add broccoli and chicken to top of sweet potatoes.
8. Bake for 20–25 minutes or until chicken reaches internal temperature of 165F.
9. Take out, top with cheese, green onion, and cooked bacon and place back in oven for five more minutes or until cheese has melted.
10. Let cool a few moments before serving.

Meatloaf:331 calories/ slice

Ingredients

- ☐ 1lb ground meat
- ☐ 6 TB bbq sauce
- ☐ 4 tsp Worcestershire sauce
- ☐ 1 tb Dijon
- ☐ Salt and pepper
- ☐ Baste with

- ☐ 1 tb bbq
- ☐ 1 tb Worcestershire sauce
- ☐ 1 tb honey

Bake roughly 40 minutes at 350

Venison stir fry: 462 calories/ cup

Ingredients

- ☐ 4 Tbsp. avocado or olive oil, divided
- ☐ 1/4 cup + 3 Tbsp. soy sauce (or coconut aminos for soy free), divided
- ☐ 1 lime, juiced
- ☐ 1 lb. thinly sliced venison steak (I used leg meat)
- ☐ 2 bell peppers, julienned (I used a red and orange)
- ☐ 3 carrots, peeled, halved and julienned
- ☐ 1 yellow onion, sliced
- ☐ 3 garlic cloves, minced
- ☐ 1/2 head broccoli, chopped
- ☐ optional – 8 oz. water chestnuts, drained
- ☐ 2 Tbsp. rice or white wine vinegar
- ☐ 1 Tbsp. honey
- ☐ Rice, green onion, sesame seeds and extra lime wedges for servings

Venison crockpot: 179 calories/cup

Ingredients

- ☐ 1lb venison tenderloin
- ☐ 1 packet good seasons Italian dressing
- ☐ 2 cloves garlic
- ☐ 1c low sodium beef broth
- ☐ 1 large onion
- ☐ 12oz fingerling potatoes
- ☐ 1 brown gravy packet

Throw it all in the crockpot mix it up turn it on low and let it go all day long

Chicken Divan lightened up: 336 calories

Ingredients

1-1/2 lbs broccoli florets, (3 large heads) chopped

- ☐ 4 cloves garlic, crushed
- ☐ olive oil spray
- ☐ 2 tablespoons light mayo
- ☐ 3 boneless skinless chicken breasts, 8 ounces each
- ☐ kosher salt and fresh ground pepper

- 1 tablespoon butter
- 2 teaspoon extra virgin olive oil, divided
- 1/4 cup shallots or onion, minced
- 1/4 cup all purpose , or gluten-free flour like cup4cup
- 1 cup chicken broth
- 1 cup fat free milk
- 2 ounces dry sherry, white wine would work
- 6 ounces reduced-fat Swiss cheese, shredded or chopped fine
- 1/4 cup grated Parmesan cheese
- 1/4 cup seasoned whole wheat breadcrumbs , or gluten-free crumbs

Directions

1. Preheat oven to 350F. Spray a 9 x 13 inch baking dish with olive oil spray.
2. In a large skillet, over medium heat add 1 teaspoon olive oil and garlic and cook 30 seconds. Add the broccoli, 1/4 teaspoon kosher salt, 1 tablespoon of water and cover.
3. Let the broccoli cook until tender crisp, 3 minutes. Transfer to the baking dish.
4. Pound the thicker end of the chicken breast to make it even on both sides. Brush mayo on the chicken and season with 1/2 teaspoon salt and black pepper, to taste.
5. Heat the skillet over medium heat, when hot spray with oil and cook the chicken until just about cooked through, about 5 minutes on each side.
6. Remove from heat and transfer chicken to a cutting board. When cooled, slice chicken into bite sized pieces.
7. Reduce the heat of the skillet to medium heat. Add the butter and remaining oil until melted and then add the shallots and cook until tender, 2 to 3 minutes.
8. Sprinkle the flour cook, stirring about 1 minute. Whisk in broth, milk, 1/2 teaspoon salt and sherry and bring to a simmer about 1 1/2 minutes on low. Remove from heat and stir in half of the Swiss cheese.
9. Pour half of the sauce over the broccoli and mix to coat. Arrange the chicken on top and cover with remaining sauce.
10. Sprinkle the remaining Swiss cheese, grated Parmesan and top with breadcrumbs.
11. Spritz a little oil on top. Bake 30 minutes, until hot and golden.

Crockpot Honey Mustard Chicken: 290 calories

Ingredients

- ☐ 1lb boneless skinless chicken breast
- ☐ 4 tbsp honey
- ☐ 1 tsp garlic paste
- ☐ 2tbsp whole grain mustard
- ☐ 1 tbsp Italian seasoning
- ☐ Salt & pepper
- ☐ Small handful fresh basil
- ☐ 175ml chicken broth

Directions

Stir and turn to high for 3 hrs or low for 6

Add 90g light cream cheese stir and serve over potatoes, noodles, or rice you choose!

Lightened Up Zuppa Toscana: 189 calories

Ingredients

- ☐ 16 oz. or 1 lb. Jennie-O breakfast mild sausage or 16 oz. Jimmy Deans turkey sausage crumbles
- ☐ 1 Tbsp minced garlic or about 3-4 cloves
- ☐ 1 medium white onion, peeled and diced
- ☐ 1 tsp red pepper flakes
- ☐ 4 medium or 20 oz. Yukon Gold potatoes, diced
- ☐ 48 oz. or 6 cups low sodium chicken broth
- ☐ 1 cup fat free half and half
- ☐ 2 Tbsp cornstarch
- ☐ 1/2 tsp salt
- ☐ 1/4 tsp black pepper, to taste
- ☐ 1 cup kale or baby spinach

Optional garnish

5 slices center cut bacon or Hormel Black Label precooked bacon, cooked & chopped (I like to use Sam's club precooked Hormel Black Label bacon)

1 oz. Freshly shredded parmesan cheese

Directions

1. Spray a large skillet with non stick cooking spray. Heat over medium heat and add sausage. Cook until browned, if needed crumble the sausage as it cooks; drain excess fat and set aside.
2. Spray a large pot or Dutch oven with non stick cooking spray.
3. Add garlic and onion, and cook over medium heat. Continue stirring and cook until onions have become translucent, about 2-3 minutes.
4. Stir in chicken broth, salt, pepper, and red pepper flakes.
5. Bring to a boil. Add diced potatoes and cook until tender, about 10-12 minutes.
6. In a small mixing bowl whisk together the fat free half and half and cornstarch.
7. Stir in half and half & cornstarch mixture.
8. Stir in cooked sausage and kale or spinach until spinach begins to wilt.
9. Cook for an additional 10-15 minutes or until soup thickens.
10. Serve hot and garnish with bacon crumbles and fresh Parmesan cheese, if desired.

ITALIAN QUINOA CASSEROLE: 408 calories

Ingredients

- ☐ 2c quinoa cooked

- ☐ Sauté 1c onion chopped and 1lb ground Turkey
- ☐ Add in 2tsp dried basil and 1 tsp dried thyme

Directions

1. Remove from pan and sauté 3c spinach
2. Combine all previous ingredients in a bowl and mix with 1c bread crumbs 1c mozzarella and 2c marinara. Mix well and transfer to a 13x 9 baking dish and top with 1c mozzarella and bake for 30 mins at 350 degrees. Easy dish to prep ahead and cook when ur ready.

Crockpot Chicken and Dumplings: 375 calories/per cup

Ingredients

- ☐ 1 cup diced celery (about 3 large celery ribs)
- ☐ 1 cup diced carrots (about 3-4 large carrots)
- ☐ 1 cup diced onion (about one medium)
- ☐ 1½ lbs chicken breast, raw
- ☐ 1 bay leaf
- ☐ 5 cups water
- ☐ 2 tbsp better than bouillon chicken base (small jar- found in any grocery store near the cans/cartons of broth- look at blog post for photo of it if not sure what it is)
- ☐ 1¼ cups cold low fat 1% milk (2% or whole milk will do fine, have not checked with skim milk or unsweetened almond milk yet)
- ☐ 4 tbsp cornstarch
- ☐ cooking spray
- ☐ salt and pepper, to taste

Dumplings

- ☐ 2 cups all purpose flour
- ☐ 1½ tsp baking powder
- ☐ 1 tsp Lawry's Seasoned Salt (your favorite seasoned salt is fine, but just make sure the flavors will work with something like this.)
- ☐ ¾ cup low fat 1% milk (add 1-2 tbsp of water **if** the dough needs it)
- ☐ 1 tbsp melted light butter (i use land o' lakes brand)

Directions

1. **Optional, but recommended:** Heat a large skillet and spray with cooking spray. Add the diced celery, carrots, and onions and cook until softened. Season with a pinch of salt and pepper.
2. Add chicken, chopped veggies, water, bay leaf, and better than bouillon to a slow cooker. Stir a bit together then cover and cook on low for 6-7 hours or on high for 3-4 hours.

3. When done cooking remove chicken breasts, **turn the slow cooker on high**, then place the cover tightly back onto the slow cooker, and then shred with a fork or chop up. Then add the chicken back in and place then place the cover back on.
4. Whisk together **cold** milk and cornstarch. Pour into crockpot with chicken and veggies and stir together. Put the cover back on the crockpot.
5. **Make the dumplings(see notes below):** In a medium bowl add flour, seasoning salt, and baking powder whisk together then slowly pour in the milk and melted butter and stir until combined well and there's no crumbs of flour dough in the bowl and makes a dough ball shape in the bowl.
6. Take a teaspoon measuring spoon, spray with a little bit of cooking spray(just makes it so no dough sticks), and scoop out little teaspoons worth of dough into the slow cooker. Cook on high for one hour.
7. Salt and pepper to taste, serve, and enjoy!

CHEESY ITALIAN RICE SKILLET: 227 calories

Ingredients

- ☐ 1 medium yellow onion chopped
- ☐ 3-4 cloves garlic minced
- ☐ 1 medium bell pepper chopped
- ☐ 2 medium zucchinis (about 2 cups) chopped
- ☐ 1 lb lean ground beef, raw
- ☐ 2 tsp italian seasoning
- ☐ 1/2 tsp kosher salt
- ☐ 1/4 tsp pepper
- ☐ 2 cups marinara sauce [my marinara sauce recipe here](#)
- ☐ 1 cup long grain rice not instant
- ☐ 2 tbsp Worcestershire sauce
- ☐ 2 cups beef broth
- ☐ 1 cup mozzarella cheese

Directions

1. In a large skillet over medium-high heat, add ground beef and season with salt and pepper. Break up with spatula. Add onions, green peppers, and garlic. Continue to cook until beef is browned and the vegetables are softened.
2. Add zucchini and continue to cook for a few more minutes until slightly soft.
3. Add marinara, rice, Italian seasoning, beef broth, and Worcestershire sauce to the skillet. Stir all together. Bring to boil. Cover skillet with tightly fitting lid and reduce heat to low. Continue to cook for 16-18 minutes or until the rice is cooked.
4. When the rice is cooked. Sprinkle mozzarella cheese on top. Cover the skillet and let the cheese melt. Serve hot and enjoy! Garnish with a little fresh parsley for some color. (optional)

LOW CALORIE MARRY ME CHICKEN: 269 calories

Ingredients

- ☐ 3 Boneless Chicken Breasts
- ☐ 1 tablespoon Olive Oil
- ☐ Salt to Taste
- ☐ Black Pepper to Taste (Fresh, Cracked)
- ☐ **For the Sun-Dried Tomato Cream Sauce**
- ☐ 2-3 Cloves of Garlic (Minced)
- ☐ $\frac{3}{4}$ cups Chicken Broth
- ☐ $\frac{1}{2}$ cup Half & Half
- ☐ $\frac{1}{3}$ cup Parmesan Cheese (Grated, Fresh)
- ☐ $\frac{1}{2}$ cup Sun-dried Tomatoes
- ☐ 1 teaspoon Dried Oregano
- ☐ $\frac{1}{2}$ teaspoon Crushed Red Pepper Flakes
- ☐ Fresh Basil (To garnish)

Directions

1. First, preheat your oven to 375 degrees. Place your chicken breasts on a cutting board and trim as needed. Pat the chicken breasts dry on all sides with paper towels.
2. Season the tops of chicken breasts generously with salt and black pepper on both sides. Set chicken aside.
3. BEFORE adding any oil. You don't want your oil to burn. When the skillet is warm, add olive oil and swirl pan to cover the entire surface.
4. Once you see that your oil is hot and shimmery, place your seasoned chicken breasts in the skillet. Sear the chicken breasts for 3 to 4 minutes, or until lightly

golden in spots. Repeat on the other side. Carefully transfer the seared chicken breasts to plate and set aside.

5. Return the skillet to the stovetop and reduce heat to medium-low. Let the temperature of the skillet reduce, then add your minced garlic.
6. Next, add in the broth and stir. Make sure to scrape up any browned bits of chicken or garlic that may be stuck to bottom of skillet.
7. Move the skillet to a cool stovetop burner and let skillet cool slightly. Next, add heavy cream and whisk gently to incorporate heavy cream into chicken broth. Once mixed well, sprinkle grated parmesan into mixture and gently stir until cheese has melted.
8. Return the skillet back to the hot burner and continue stirring sauce mixture for about a minute or so. Add your sun-dried tomatoes, dried oregano, and red pepper flakes to the cream sauce and mix. Taste sauce and adjust salt, pepper, oregano, and/or red pepper flakes as desired.
9. Bring sauce to a slow simmer over medium-low heat, stirring occasionally. Once sauce is simmering, return the seared chicken breasts to skillet. Flip chicken breasts a few times to coat all sides in sauce, then transfer entire skillet into preheated oven.
10. Bake for 12 to 15 minutes, or until thermometer reaches 160 degrees in the thickest part of the chicken.
11. Let chicken rest 10 minutes before cutting into it. After 10 minutes, check and make sure chicken is at 165 degrees.
12. Serve with desired sides, such as rice and veggies and enjoy

Chicken parm crockpot:260 calories

Ingredients

- ☐ 1lb boneless skinless chicken breast
- ☐ 1 good seasons Italian salad dressing packet
- ☐ 2tsp of garlic powder
- ☐ 1/4c Parmesan cheese
- ☐ ½ jar raos marinara

Directions

1. Put the chick in the crockpot, mix the seasoning packet and garlic, pour overtop of the chicken.
2. Dump parm on top and dump the marinara on top of that.
3. Put it on low and let er go all day and when you come home from the cardio club all sweaty and hungry dinner is ready! I served ours over spaghetti squash I meal prepped for the week!

I <3 Body love Chocolate Mousse!!

Avocado Chocolate Mousse my way :)

Ingredients 246 calories

- ☐ 4 ripe avocados mashed
- ☐ 1/4 cup real maple syrup
- ☐ 1/3 cup organic whole milk
- ☐ Pinch of salt
- ☐ 1tb vanilla (optional)
- ☐ 2 or 3 squares of Dark chocolate or 1/2 cup dark chocolate chips melted
- ☐ Pretty much just mash it all together. Its really delicious!! You're gonna love it!

OR

Ingredients

- ☐ 1/2 cup semisweet chocolate chips.
- ☐ 4 very ripe (8 ounce) avocados, peeled and pitted
- ☐ 1/4cup maple syrup (real/local)
- ☐ 1/3 cup organic cows milk.
- ☐ 1 tablespoon pure vanilla extract
- ☐ 1/4 teaspoon sea salt

Directions

1. Melt chocolate chips in a small bowl.
2. Place the melted chocolate, avocados, maple syrup, milk, vanilla and salt in a food processor or vitamix. Blend until smooth and creamy, refrigerate and enjoy!! Shared with me by Mitzi Sackett and modified by Raegan Reed! Lol!

Vegan-Paleo Chocolate Pudding: 37 calories

Ingredients

- ☐ 1 1/2 cups organic coconut cream from a can*
- ☐ 1/2 cup raw cacao powder or unsweetened cocoa powder, sifted
- ☐ 6 Tbsp pure maple syrup 6-8 Tbsp depending on how sweet you want it
- ☐ 2 tsp pure vanilla extract
- ☐ generous pinch fine grain sea salt.

Directions

1. In a small saucepan over low heat, whisk together the coconut cream, cacao, and maple syrup (start with 6 Tbsp, or even less if you want a very dark chocolate pudding) until smooth. I used a small whisk to get everything nice and smooth.

2. The coconut cream will melt and the maple and cacao should combine well to create a smooth silky mixture. Continue to cook and stir over low/med heat for about 2 minutes, or until the mixture just begins to come to a boil with small bubbles.
3. Remove from heat at this point, and stir in the salt and vanilla. Taste, and add a bit more maple if you'd like a sweeter pudding. You can pour the mixture into individual containers/bowls to chill and set, or simply in one larger bowl only and divide later on.
4. Cover and refrigerate until set, or overnight for a thick creamy pudding. Makes about 4 servings. I love my pudding with a big dollop of coconut whipped cream on top! Enjoy!

Cottage cheese chocolate pudding 238 calories/ 100g

Since this is super rich, you won't need as much.. a couple tablespoons goes a long way. So divide this up accordingly. You can easily get 4-6 servings out of this, maybe even more, and be completely satisfied.

Ingredients

- ☐ 16oz of cottage cheese
- ☐ $\frac{2}{3}$ cup coco powder
- ☐ $\frac{1}{2}$ - $\frac{3}{4}$ cup your favorite sweetener (powdered)

Directions

1. Grab 1 small tub (16oz or 4 servings) of cottage cheese and put it into a small food processor with $\frac{2}{3}$ cup cacao powder and $\frac{1}{2}$ cup to $\frac{3}{4}$ cup of monkfruit or your favorite sweetener. *****IMPORTANT: use POWDERED sweetener or it will be gritty*****. Pulse for about 15-20 seconds to get it creamy and remove the clumps. You can always taste and see what more you'd like to add.
2. This is best chilled - so I highly recommend chilling for 1-2 hours unless you're anxious to get going right away!
3. You can serve this as is, but if you want to upgrade it, you can add some crushed roasted hazelnuts, or a tablespoon or two of melted chocolate! Layer it up however way you want.
4. If you do add melted chocolate on top, you can just mix 2 tablespoons of stevia-sweetened chocolate chips with 1 tsp or so of coconut oil, microwave for 15 seconds, stir, microwave again for 15 seconds. Pour it over the top, then let it chill so you can break the top chocolate layer with a spoon.

Blueberry banana overnight oats: 90 calories

Ingredients

- ☐ ½ cup unsweetened coconut milk beverage
- ☐ ½ cup old-fashioned oats (see Tip)
- ☐ ½ tablespoon chia seeds (Optional)
- ☐ ½ banana, mashed
- ☐ 1 teaspoon maple syrup
- ☐ Pinch of salt
- ☐ ½ cup fresh blueberries
- ☐ 1 tablespoon unsweetened flaked coconut (Optional)

Pumpkin protein muffins: 90 calories

Ingredients

- ☐ 1¼ cups gluten-free baking flour blend (180 g)*
- ☐ ½ cup whey protein powder (vanilla or unflavored) (40 g)
- ☐ 2 teaspoons pumpkin pie spice**
- ☐ 1 teaspoon baking soda
- ☐ ½ teaspoon fine salt
- ☐ 1 (15-oz) can pumpkin puree (not pumpkin pie filling)
- ☐ ½ cup brown sugar (may sub coconut sugar) (100 g)
- ☐ 2 whole eggs
- ☐ ¼ cup olive oil or avocado oil
- ☐ ¼ cup pure maple syrup (75 g)
- ☐ 1 teaspoon pure vanilla extract
- ☐ Raw green pepitas (pumpkin seeds), coarsely chopped (optional)

Directions

1. Preheat the oven to 375 degrees. Mist the cups of a standard 12-cup muffin tin with cooking spray.
2. In a large bowl, combine flour, protein powder, pumpkin pie spice, baking soda, and salt. Toss to combine.
3. In another bowl, combine the pumpkin puree, brown sugar, eggs, oil, maple syrup, and vanilla; mix well. Pour the wet ingredients into the dry ingredients and mix until well incorporated.
4. Divide the batter among the 12 cups in the muffin tin (about ¼ cup batter into each muffin cup). Smooth the batter slightly in each muffin cup with the back of a spoon or with a rubber spatula. Sprinkle chopped pepitas over the batter.
5. Bake for 18 to 20 minutes. Remove from the oven and let cool a few minutes in the muffin tin before transferring to a wire rack to cool completely.

LEMON BLUEBERRY CHEESECAKE PARFAIT: 428 calories

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220 CALORIES and 30 GRAMS protein per serving (makes two)

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If you're ever craving a sweet snack or dessert but want to stick to your macros/goals, youve got to give this a try.

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The secret is to whip cottage cheese in the food processor or blender. It completely changes the texture and you will be SHOCKED at how good it comes out.

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Here is how to make this - this makes 2 large servings, but feel free to put them in whatever size servings you prefer.

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Ingredients

- ☐ 16oz cottage cheese
- ☐ ½-¾ cup of sweetener of choice
- ☐ 2 Lemons zest and juice
- ☐ Graham crackers
- ☐ Fruit of choice

Directions

1. Grab 1 small tub (16oz or 4 servings) of cottage cheese and put it into a small food processor. Pulse for about 15-20 seconds to get it creamy and remove the clumps.

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2. To the cottage cheese Add 1/2 cup to 3/4 cup of preferred confectioner's sweetener. I used Lakanto's powdered monkfruit sweetener (it comes in a light blue bag).

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3. Also add the zest AND juice of 2 lemons.

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4. Pulse again for another 15-20 seconds, then taste. If you want more sweetener or lemon, add it here.

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5. Next, grab some low carb graham crackers (or crushed up nuts of choice) for the base. For the fruit, heat up some blueberries, use jam, or just mash up berries, whatever you prefer. I grabbed 1 cup of frozen wild blueberries, added 1/2 tablespoon monk fruit and juice of 1/2 lemon, and brought them to boil before turning off the heat and letting it cool.

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6. Grab your serving mason jar(s), then just layer it up. I started with a 1 tablespoon base of crust, then alternated between the lemony cheese and blueberries. Top it with more lowcarb graham cracker crust and/or nuts and more lemon zest.

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For two servings, this comes out to 220 calories and 30 grams protein per serving.

Easy Oat Bake: 239 calories

Ingredients

- ☐ 1/4c sun butter
- ☐ 2 bananas
- ☐ 1c milk(I used almond)
- ☐ 3tbs maple syrup
- ☐ 3c oats
- ☐ 2tbs flax seed
- ☐ Top with
- ☐ Flakey salt
- ☐ Chocolate chips

Directions

Combine wet ingredients then fold in dry. Place in pan top with chocolate chips.
Bake at 350 degrees for 35-40 mins

Paleo Brownies:289 calories

Ingredients

- ☐ 1 C. cocoa powder
- ☐ 1 teaspoon espresso powder
- ☐ ½ teaspoon baking soda
- ☐ ¼ teaspoon salt
- ☐ 1 C. creamy almond butter
- ☐ ½ C. Grade B maple syrup (or less)
- ☐ ½ C. ghee
- ☐ 4 eggs
- ☐ 2 teaspoons – 1 ½ tablespoons vanilla extract
- ☐ ½ C. unsweetened applesauce
- ☐ ¼ C. melted raw cocoa butter
- ☐ Maximum 2-3 tablespoons coconut milk (optional)
- ☐ ½ C. or more walnut pieces (optional)

Directions

1. Preheat oven to 325 degrees and grease a 9X13 inch baking pan. (I use coconut oil to grease the pan.)
2. Add dry ingredients to a food processor and pulse to combine.
3. Add the remaining ingredients (except the walnuts, if using), and process until well-combined and the batter is smooth.
4. Spread the batter in the pan. It doesn't spread easily, so I just agitate and shake the pan till the batter spreads itself out.
5. Bake 20-25 minutes until set but still moist in the center.

Note on the optional coconut milk: Use this if you like a fudgier brownie, but leave it out if you like them cakey.

Raw “Cookie Dough”:272 calories

Ingredients

- ☐ 1 ½ cups cooked Chickpeas*
- ☐ ¼ cup Nut or Seed Butter* (I prefer almond butter)
- ☐ 1 tbsp Vanilla Extract (add more for desired sweetness)
- ☐ 1/4 cup rolled oats
- ☐ 2 tbsp Maple Syrup*, plus more to taste
- ☐ ¼ cup Dairy-Free or regular Chocolate Chips (or other add-ins of choice)
- ☐ ½ tsp Salt

Directions

1. Add all ingredients, except for the Chocolate Chips, to a high-speed Blender or Food Processor. Process until a thick, even dough forms, scraping the sides of your device as necessary. Keep in mind that the dough will thicken even more after the flour absorbs some of the liquid and after it sits in the fridge.
2. Taste the dough and add more Sweetener, if desired. Transfer the dough into a large bowl and use a Spatula to fold in the Chocolate Chips (or just pulse them in using your blender). Serve and enjoy! Leftovers will keep in the fridge for up to one week.