

**AX-2**  
ATHLEAN-XTREME



**THE ULTIMATE**  
**MEN'S MENU**





## **TRAIL MIX (SERVINGS VARY)**

### **YOU WILL NEED FOR THIS RECIPE:**

Ingredients:

- 1 bag Bare Naked brand Granola (with or without dried fruit)
- 1 package of dried cranberries
- Kashi Go Lean or Heart Smart Cereal (NOT Kashi Go Lean Crunch)
- Walnuts
- Almonds
- Carob Chips / Semi-Sweet Dark Chocolate Chips

**UTENSILS:** Ziploc Bag, Mixing Bowl, 1/2 cup measuring cup

### **HOW TO PREPARE:**

1. Pour all ingredients into bowl and mix.
2. Pour all into large ziploc bag.
3. Use measuring cup to measure out 1/2 cup servings and store as single servings in ziploc bags.
4. Enjoy!



## **BACON EGG N' CHEESE (MAKES 1 SERVING)**

### **YOU WILL NEED FOR THIS RECIPE:**

Ingredients:

- 3 Egg Whites (or Egg Substitute)
- 1 Slice Lean Canadian Bacon Rounds
- 1 Whole Wheat English Muffin
- 1 Wedge of Laughing Cow Cheese (choose your favorite flavor)
- Salt and Pepper to taste
- Hot Sauce (optional)
- Non-Fat Cooking Spray

**UTENSILS:** Small Microwave Safe Glass Bowl

### **HOW TO PREPARE:**

1. Lightly spray the inside of your small microwave safe glass bowl with non-fat cooking spray.
2. Add egg whites and Laughing Cow cheese wedge.
3. Add salt and pepper to taste.
4. Microwave on high for 1 minute and 30 seconds. (Be careful removing from the microwave...it could be hot!)
5. Assemble on English Muffin with 1 slice of Canadian Bacon and hot sauce if desired. (Toast muffin ahead of time for added crunch!)
6. Enjoy!



## **PUMPKIN OATMEAL SUPREME (MAKES 1 SERVING)**

### **YOU WILL NEED FOR THIS RECIPE:**

#### Ingredients:

- Quaker Old Fashioned Slow Cook Oats
- Canned Pumpkin (NOT Pumpkin Pie Mix)
- Vanilla Extract
- Splenda or regular Brown Sugar
- Salt
- Maple Syrup
- Heart Smart Butter (small pat of butter for purists)
- Skim Milk
- Cinnamon (optional nutmeg)

### **UTENSILS: Spatula, Microwave Safe Mixing Bowl**

#### **HOW TO PREPARE:**

1. Pour oats (eyeball 1 1/2 cups), Pumpkin (2 big tbsp's), Butter (1 tsp), pinch of salt, vanilla extract (1/2 tsp), cinnamon, and a squeeze or two of syrup into bowl.
  2. Add enough skim milk to just cover the oats.
  3. Mix well and put into the microwave for 5 minutes on high.
4. Pour into serving bowl when done and sprinkle about 4 crushed walnuts, splenda, and additional cinnamon or nutmeg on top.
  5. Enjoy!



## **STEAK AND FRIES (MAKES 2 SERVINGS)**

### **YOU WILL NEED FOR THIS RECIPE:**

Ingredients:

1 lb of Fresh Sirloin or Top Round Steak

1/2 cup Olive Oil

1/4 cup Balsamic Vinegar

Red Pepper flakes and Salt / Pepper to Taste

Sweet Potato

Non-Fat Cooking Spray

**UTENSILS:** Ziploc Bag, Grilling Tongs, Utility Knife, Measuring Cup, Cookie Sheet

**HOW TO PREPARE:**

1. Cut your steak into two equally sized pieces.
2. Put steak in ziploc bag along with olive oil, balsamic, red pepper flakes, salt and pepper and massage marinade into the steak.
3. Let steak marinate in refrigerator overnight.
4. Take both steaks out of the marinade (freeze one if not using and discard marinade always) and grill depending on wellness (about 4 minutes on each side is roughly medium) \*Can cook indoors on skillet or broiled in oven.
5. Preheat oven to 425 degrees.
6. Wash the outside of your sweet potato, cut it in half and then slice into 1/4 inch thick sized fries.
7. Lightly spray cookie sheet with nonfat cooking spray and arrange slices of sweet potato on sheet next to each other and not overlapping.
8. Once again lightly spray your sweet potato fries and sprinkle with salt and pepper.
9. Once oven is ready, put your fries in and bake for 15 minutes and then turn them over and bake for an additional 10 minutes.
10. Use leftover steak for morning "steak and egg whites" if you'd like!
10. Enjoy!

## PIZZA (MAKES 1 SERVING)

### YOU WILL NEED FOR THIS RECIPE:

Ingredients:

100 Calorie Pocket Thins Flat Bread

Fresh or Dried Basil

Tomato Sauce

Veggies of Choice if Desired

Canadian Bacon (saved from your Bacon Egg N' Cheese) or Cooked Grilled Chicken

Package of Low-Fat Shredded Mozzarella

Red Pepper Flakes and Salt / Pepper / Oregano to taste

Non-Fat Cooking Spray

**UTENSILS:** Cookie Sheet, Knife, Spoon, Spatula

### HOW TO PREPARE:

1. Preheat oven to 475 degrees.
2. Spray cookie sheet with cooking spray, place flat bread on it and cover with sauce (leaving about 1/2 inch crust around the edges).
3. Add optional cooked veggies, canadian bacon or grilled chicken (cut into small pieces and sprinkled on top).
4. Add basil, dry seasonings, and salt / pepper to taste.
5. Add low-fat mozzarella cheese.
6. Spray the edges of the 1/2 inch crust with the cooking spray and bake for 10-15 minutes until cheese is bubbly and crust is crispy.
7. If edges are starting to turn dark...remove the pizza or it will burn!
8. Enjoy!





## **CHILLI (MAKES 6 – 8 SERVINGS)**

### **YOU WILL NEED FOR THIS RECIPE:**

#### Ingredients:

- 1 Can of Tomato Soup
- 1 Can Dark Kidney Beans
- 1 Can Black Beans
- 1 Can Baked Beans
- 1 Bell Pepper (red, green or yellow)
- 1 Large Onion
- 1 Clove of Garlic
- 1 Pound Ground Chicken, Turkey, Beef (or all of the above combined)
- 1 Tbsp Olive Oil
- Salt, Pepper, Hot Pepper Flakes to taste
- 2 Tbsp Chili Powder
- 2 Tbsp Smoky Paprika (all available in the baking aisle of your grocery store)



**UTENSILS:** Strainer or Colander, 1 Large Pot, Large Mixing Spoon, Can Opener

**HOW TO PREPARE:**

1. Cut bell pepper in half, remove the seeds, cut into 1 inch cubes.
2. Remove skin from large onion and dice into small pieces
3. Remove skin from garlic and mince into small pieces.
4. Put your pot on stove and turn stove on medium high.
5. Add tbsp of olive oil and all veggies from earlier into pot and allow to cook for 5 minutes (mixing periodically).
6. While this is cooking, open all cans of beans and tomato soup.
7. Rinse all beans in colander EXCEPT for baked beans.
8. Add all beans to pot (including baked beans) and tomato soup.
9. Fill tomato soup can with water once it's empty. Add to pot and stir well.
10. Turn down to low heat when the mixture starts to bubble and add all spices.
11. Simmer over low heat for about 30-45 minutes stirring occasionally (all the way to the bottom so it doesn't stick).
12. Can be kept in the refrigerator for up to 1 week (add to pizza as a topping or even add to egg whites in morning for a huevos ranchero style kick!)
13. Enjoy!

## MAC & CHEESE (MAKES 4 SERVING)

### YOU WILL NEED FOR THIS RECIPE:

Ingredients:

- 1 Box of Barilla Plus Elbows Pasta
- 1 Tbsp. Healthy Butter Option (Heart Smart)
- 2 Cups Skim Milk
- 6 Wedges of Laughing Cow Cheese
- 2 Tbsp's Corn Starch
- 1 Tsp Mustard Powder (optional)
- Salt and Pepper to taste
- Few dashes of hot sauce

**UTENSILS:** Saucepan, Whisk, Strainer or Colander, Large pot to boil pasta in, Measuring Cup

### HOW TO PREPARE:

1. Fill large pot with water and boil.
2. Add salt, wait for boiling to resume and pour in box of pasta and cook for between 8-12 minutes.
3. In a saucepan...combine milk, cheese, salt, butter, hot sauce, pepper and mustard powder and whisk constantly over medium heat until cheese melts and mixture starts to come to a light boil (If it boils too much turn the heat down).
4. Put 2 Tbsp's of cold water and corn starch into cup and mix until corn starch is no longer lumpy.
5. Add cornstarch mixture to cheese sauce in the pan and whisk constantly.
6. Once this mixture becomes thick, shut off the heat and take it off the stove.
7. When pasta is finished cooking, pour into strainer in the sink. **DO NOT** rinse pasta!
8. Once pasta is drained, put it back in the pot it was cooking in.
9. Add cheese sauce to your pasta and mix well!
10. Enjoy!



## XLR8 BLUEBERRY MUFFINS (MAKES 6 MUFFINS)

### YOU WILL NEED FOR THIS RECIPE:

Ingredients:

- 2 cups Heart Smart Bisquick
- 1 whole egg
- 1 Chobani Plain Greek Yogurt
- 1/2 cup skim milk
- 2 scoops ATHLEAN-Rx2 XLR-8
- Fruit of Choice (blueberries, bananas, strawberries, etc)
- Cinnamon
- Optional Sugar

**UTENSILS:** Mixing Bowl, Muffin Tin, Muffin Paper or Non-Stick Cooking Spray, Pot Holder, Measuring Cup, Spoon

### HOW TO PREPARE:

1. Preheat oven to 350 degrees.
2. Put Bisquick, XLR-8, yogurt and egg into a large mixing bowl and mix.
3. Add milk 1/4 cup at a time until batter is thick but not runny (You may not need all of the milk!)
3. Line your muffin tin with either muffin papers (easier to clean) or spray lightly with non-stick cooking spray.
4. Fill each tin half way to 3/4 of the way to the top.
5. Sprinkle your fruit on the top and make sure your tins DO NOT overflow (ideally 3/4 full including the fruit!)
6. Finally, sprinkle cinnamon and sugar (optional) on the top and bake for 12-15 minutes until tops are lightly browned.
7. Stick a toothpick into the center of one of the muffins to test (should come out completely clean).
8. Let muffins cool for about 5 minutes in the oven after done...and then once again at room temperature until cool to touch.
9. Freeze leftovers in single serving ziploc bags for later.
10. Enjoy!



## X-CITE JELL-O SHOTS (MAKES 6 SHOTS)

### YOU WILL NEED FOR THIS RECIPE:

Ingredients:

- 1 Box of Sugar-Free Jell-O
- ATHLEAN-Rx1 - X-CITE

**UTENSILS:** Measuring Cup, Ice Cube Tray, Mixing Bowl, Spoon

### HOW TO PREPARE:

1. Open package of Jell-O and pour it into your mixing bowl.
2. Add boiling water and mix until Jell-O is fully dissolved.
3. Add two scoops of X-Cite and mix.
4. When X-Cite is fully dissolved, pour in cold water and mix thoroughly.
5. Pour mixture evenly into your ice cube tray (should hold 12 cubes)
6. Refrigerate until firm (usually around 3 hours).
7. 30 Minutes prior to working out...pop 6 shots and train hard!
7. Enjoy!



## TURKEY BURGER (MAKES 4 SERVINGS)

### YOU WILL NEED FOR THIS RECIPE:

Ingredients:

- 1 lb of Lean Ground Turkey
- 1 package of Lipton Onion Soup Mix
- Whole Wheat Buns
- 1 Tomato
- 1 Onion
- Lettuce
- Black Pepper / Red pepper to taste
- (Optional condiments)

**UTENSILS:** Spatula, ,Skillet (indoor) / Grill (outdoor), Mixing Bowl

### HOW TO PREPARE:

1. Combine Lean Ground Turkey, 1 package of Lipton Onion Soup Mix, ground black pepper, and red pepper flakes in a large bowl.
  2. Mix thoroughly.
  3. Make into one large ball.
4. Cut the large ball into four equal portions and form into patties (Put excess into single : lock bags and store in the freezer)
5. Cook patties on either the grill or stovetop on a skillet (medium high) for 3-4 minutes on each side until juices run clear for a medium cooked burger (modify accordingly for desired wellness).
6. Assemble burger on bun (toast ahead of time for an added crunch!) with lettuce, tomato, A-1, Ketchup, BBQ sauce (in moderation) or other condiments to taste.
7. Leftovers can be broken up and sprinkled as a delicious meat topping for your pizza!
7. Enjoy!

