



KINO CHEF

50 MOUTH-WATERING RECIPES FOR PROMOTING A LEAN & CHISELED PHYSIQUE

— GREG O’GALLAGHER & EMILY NESS —



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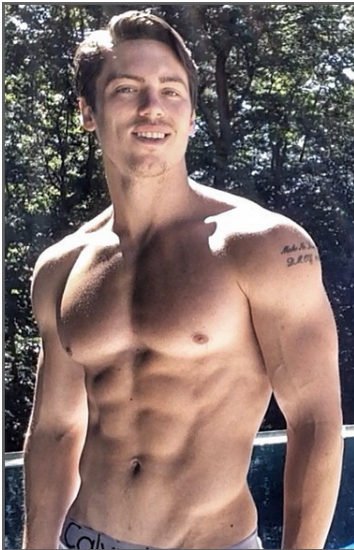
TABLE OF CONTENTS

ABOUT THE AUTHORS	6
WELCOME TO KINO CHEF!.....	7
HOW TO USE THIS BOOK.....	9
THE 5 RULES OF KINO-STYLE COOKING	13
MAIN MEALS: GOURMET DISHES.....	16
BAKED CHICKEN PARMESAN	19
BONELESS BUFFALO WINGS.....	21
BBQ CHICKEN BURGERS	23
BBQ CHICKEN PIZZA with CAULIFLOWER CRUST	25
CHICKEN ENCHILADA BAKE	27
CHICKEN TACOS	29
CROCKPOT CHICKEN (FOR BURRITO BOWL)	31
MEXICAN BURGERS.....	33
SALMON WITH DILL	35
TERIYAKI SALMON.....	36
SOUTHWEST STUFFED PEPPERS.....	38
TEX-MEX SKILLET	40
ASIAN MARINATED CHICKEN	42
COCONUT PANKO CHICKEN TENDERS.....	44
SPICY CAJUN TUNA CAKES	46

BAKED HONEY GARLIC CHICKEN.....	48
HEALTHY TURKEY TOSTADAS	50
CHICKEN GYROS WITH TZATZIKI SAUCE.....	52
CHIPOTLE CHICKEN MEATBALLS WITH SWEET CORN POLENTA.....	54
KUNG PAO TURKEY MEATBALLS	57
MAIN MEALS: BACHELOR RECIPES	59
MONTREAL STYLE SIRLOIN ROAST.....	60
MARIETA’S CRISPY BREADED CHICKEN.....	62
CARAMELIZED APPLE-CINNAMON PORK TENDERLOIN	64
CRISPY CHICKEN BITES	66
CRISPY FLANK STEAK	68
SHREDDED SIRLOIN ROAST	70
MEXICAN SHREDDED CHICKEN	72
ITALIAN ROAST BEEF SCRAMBLE.....	74
BROILED OMELET.....	76
SIDE DISHES.....	78
EMILY’S RUSSET POTATO WEDGES	80
GREG’S RUSSET POTATO WEDGES	82
ROSTI POTATOES.....	84
PATSY POTATOES	86
SPICY POTATO HASH	88
SWEET POTATO FRIES.....	90

SWEET POTATO WEDGES	92
BAKED SWEET POTATOS	94
CILANTRO-LIME RICE	96
SMALL MEALS & DESSERTS.....	97
CHEESE QUESADILLAS	99
COTTAGE CHESE WITH CINNAMON.....	101
PEANUT BUTTER BANANA MUFFINS	102
PEANUT BUTTER OATMEAL COOKIES.....	104
CHOCOLATE CHIP FROZEN YOGURT ICE CREAM	106
BANANA-ALMOND GREEK YOGURT.....	107
QUEST BAR SUPREME.....	108
QUEST BAR COOKIES.....	109
EGG WHITES AND PEANUT BUTTER (Don't knock it till you try it!).....	110
CASEIN FLUFF	111
PEANUT BUTTER-CHOCOLATE CASEIN PUDDING.....	112
COCONUT MILK CHOCOLATE CASEIN PUDDING	113

ABOUT THE AUTHORS



Greg O'Gallagher Founder of Kinobody.com

Over the past few years, Greg O'Gallagher has helped thousands of people transform their bodies and achieve the "Hollywood look" they're after.

His podcast — Road To Ripped — has become one of the most listened-to fitness podcasts on iTunes with over 1 MILLION downloads and 100,000+ new downloads every month.

Furthermore, his site — www.Kinobody.com — has become the go-to resource for men and women who want to build a fit and great-looking body like they see on the movie screens.

Emily Ness Founder of CookingUpHappiness.com

Emily is a food and lifestyle blogger, as well as a long-time Kinobody follower.

She has a passion for cooking and used that passion to create delicious meals that fit her macros while following the Kinobody Goddess Toning Program, which helped her achieve some remarkable results.



She started her website — www.CookingUpHappiness.com — to explore healthy recipes without compromising flavor (many of which are up to Kinobody standards).

WELCOME TO KINO CHEF!

This is the go-to cookbook for men and women that not only want to be lean for life, but also want to be fully satisfied at the same time.

In Kino Chef, you will learn how to cook meals effortlessly. In fact, **simplicity is the foundation of Kino Chef.**

Most recipes will only require a few key ingredients (beyond spices and regularly-stocked items). Yet, they will taste better than anything you have ever had – especially compared to other “diet” foods.

When you combine Kino Chef with Intermittent Fasting, this will be increasingly true. Intermittent fasting seems to increase the reward pathway from eating.

Take a break from food, and you will enjoy it more than ever before and your body will be able to utilize the nutrition to a much greater extent. This is called nutrient partitioning.

[Intermittent fasting improves insulin sensitivity](#) allowing you to better handle and store nutrients.

But I have digressed... Simplicity is one key component. There are a few more.

After each meal, I want you to feel fully satisfied.

If you have a void inside you after eating, you will drain your will power reserves to resist eating.

[Will power is a reserve; you only have a limited amount.](#) Therefore, it's in your best interest to make your diet as enjoyable and satisfying as possible (while hitting your calories).

People think eating boring bland food is the key to staying lean. I couldn't disagree more! You want to eat meals that are both completely satisfying and filling.

Combine that with simplicity and looking great will never be easier! When you have to cook overly complicated foods, sticking to your diet will be complicated and hard to stick to.

Who wants to have to buy (or stock) a thousand ingredients and follow 30-step recipes to make a meal? Not me! I don't have the time for that.

When enjoying a fantastic meal is as simple as whipping up a few ingredients in 15-20 minutes (and only having to eat two main meals per day), getting lean becomes effortless.

When you feel fulfilled on your eating plan everyday, life becomes remarkable! This is because you know full well that looking amazing is not a sacrifice.

What's more, this book isn't about low carb or low fat or any of that noise. In fact, demonizing macronutrients is the plague of the fitness and nutrition industry.

Neither fat, carbs nor protein is inherently bad. There's a reason they're on this earth and are all essential macronutrients in the first place.

[Go too low in fat and you will mess up with your hormones](#) and you'll never stay full, among many other unfortunate effects.

[Go too low in carbs and you will also impair your hormone levels.](#) Yep, that's true – carbs play an equal role in testosterone production.

Going too low in carbs will also elevate cortisol levels; [lower serotonin](#) (this is when you feel depressed and have trouble sleeping) and you will impair training performance.

So the motif here is to enjoy simple balanced recipes that are satisfying and filling! This is what separates Kino Chef from almost every other diet book.

We're not demonizing any macronutrients or foods. We're simply picking the most satisfying recipes that are simple and also provide a ton of nutritional value.

Lean meats, veggies and potatoes, baby! That's what I've built my physique off of – among other foods and recipes, of course.

Finally, you can enjoy the win-win-win life: look incredible, feel incredible and enjoy life to the utmost.

A Note on The Glycemic Index

Speaking of potatoes, I often get asked if potatoes are bad to eat because they are higher on the glycemic index.

The glycemic index is essentially irrelevant. If you're eating a meal composed of lean meat (protein), butter/oil (fats) and veggies (fiber), you will already slow down the rate of absorption, rendering the glycemic index useless.

But even if this wasn't true, it doesn't matter if a food is high on the glycemic index; if you're in a deficit, fat loss will ensue.

Interestingly enough, [potatoes are one of the most filling and satisfying foods known to man](#). A diet consisting of potatoes will keep you full and satisfied and make fat loss easy.

Rice and pasta and bread don't do as good of a job at filling you up. That's why I recommend potatoes and sweet potatoes become a staple in your diet.

HOW TO USE THIS BOOK

Kino Chef can be utilized with any of my programs or none of my programs at all – the choice is yours.

There's no need to try and hit some perfect macronutrient intake either. Simply, fit these recipes into your calorie guidelines for the day and you'll be set!

I have lessened my importance on hitting precise macronutrients. The whole idea is to get in sufficient protein (0.82g per pound of goal bodyweight) and a balance of fat and carbs.

Though, you can go higher in protein if you prefer... **But having a balanced intake of fat and carbs and sufficient protein is key.**

Stressing about hitting perfect macronutrients provides little to no benefit. Just don't go really low in fats, carbs or protein and you'll be fine.

The reality is there's no perfect macro split, though I'd advise somewhere around 25-35% fat, 30-45% carbs, and 25-40% protein as being optimal. This range allows room for your personal preferences.

Some people feel better on lower fat and higher carbs, other people feel better on higher fat and lower carbs. And some people like to hit the minimal amount of protein required; other people like to hit more meat.

Now you don't have to track these macros exactly, just try to get a "good" amount of protein and a nice balance of fat and carbs (while being in the ballpark of your calories) and you will be set.

And if you prefer not to track calories, that is okay too. Just find out the amount of calories you should be hitting, and track calories for the first few days, then you can simply eye ball it and go by feel. *(If you're fasting and eating 2-3 times per day, it is pretty easy to drop fat.)*

If you hit a roadblock, start tracking calories again. You can even stick to the same meal or two for lunch each day and have your calories for that meal dialed in. Same for a smaller meal... Then the dinner meal, you can play around with different recipes and eat until satisfied.

This approach works really well!

How Kino Chef Is Divided

This book is divided into three sections:

Section 1 - Main Meals (Gourmet & Bachelor Recipes)

Section 2 - Side Dishes

Section 3 - Small Meals & Desserts

Main Meals are, well, your main meals. They can be consumed for lunch and dinner. These will be based around lean protein.

If you have the room for more calories and carbs in that meal, you can add a Side. Sides are usually going to consist of filling and satisfying carbs from potatoes.

You can mix and match different Main Meals with different Sides.

Small Meals will be exactly that: small meals. These are lower calorie meals that you can implement into your nutrition plan.

Here's how I would set up a daily plan...

Moderate Fat Loss

(Approximately 12 calories per pound of bodyweight)

Breakfast - Black Coffee (fasting)

Lunch - Main Meal + Side

Dinner - Main Meal + Side

Snack - Small Meal

Aggressive Fat Loss

(Approximately 11 calories per pound of goal bodyweight)

Breakfast - Black Coffee (fasting)

Lunch - Small Meal *(you can switch the order and do the small meal for dinner if you prefer)*

Dinner - Main Meal + Side

Snack - 1-2 servings of fruit

Muscle Gain or Body Recomposition

(Approximately 13-16 calories per pound of bodyweight)

Breakfast - Black Coffee (fasting)

Lunch - Main Meal + Side

Dinner - Main Meal + Side

Snack - Small Meal

As you can see, you can use Kino Chef to fit along with any of your goals. It works especially well if you're following one of my courses:

- **Warrior Shredding Program** – for dropping fat and revealing muscle tone
- **Aggressive Fat Loss Program** – for faster fat loss while maintaining muscle
- **Greek God Program** – for building strength and muscle density
- **Superhero Bulking Program** – for maximizing lean muscle growth
- **Goddess Toning Program** – for women that want to drop fat and build the body of a goddess

How is this book different from any other cookbook?

Kino Chef is about bringing lifestyle back into fitness and nutrition. I'm here to teach you how to make amazing meals that make achieving and sporting a lean and chiseled physique year-round *effortless*.

Now you must understand that no food is “fattening”, per se.

And likewise, no food causes fat loss.

It's the total numbers that matter, which are:

1. Your overall calorie intake, and
2. The makeup of that calorie intake (proteins, fats and carbs)

With that in mind, it's really about eating meals that keep you full and satisfied while killing your cravings.

As well, it's about making recipes that are balanced in fats, carbs and protein to nourish your body to the greatest degree possible.

And of course, it's about making things simple. I want this “cooking and nutrition” thing to fall into the background of your life. I don't want you to have to obsess about it or go crazy trying to make recipes. So I've made everything pretty damn simple for you...

THE 5 RULES OF KINO-STYLE COOKING

Rule #1 - Only count calories/macros from main ingredients

Don't bother tracking the calories from veggies, sauces and flavorings. Not only is doing so obsessive, it's just plain and simply not necessary. Sure you might be taking in a few extra calories each day that are unaccounted for, but that's perfectly fine.

The last thing I want you to do is spend time and mental energy weighing and calculating the calories in veggies and salsa. Don't bother! Enjoy life.

If you need to drop calories a bit, then do so. But for God's sake, be human and exercise some relaxedness.

I teach everyone who's following my courses and people I coach with to learn how to eyeball portions and become relaxed instead of *being* their macros.

Rule #2 - Adjust the recipe and servings to fit your needs

I have estimated the calories and macros for all the recipes based on a specific serving size. Depending on what your calories and macronutrient needs are, you can adjust the serving size of the recipe or consume multiple servings to hit your calories and macros.

No need to overcomplicate this. Just keep this in mind: you may need to have multiple servings to hit your calorie and macro-needs, depending on the recipe.

Rule #3 - Calculate on Your End

Certain food products will have slightly different calorie and macronutrient readings depending on the brand that you use. Therefore, it's advisable that you calculate the calories on your end just to be sure.

This is really simple by getting a calorie counter app on your phone like My Net Diary or My Fitness Pal.

Also, make sure to weigh your meat raw and calculate the macros on meat based on the raw measurement. This is because meat loses about 25-30% of its weight after being cooked.

So cooked measurements and raw measurements are completely different. That said, you CAN weigh meat cooked, provided you use the cooked measurement.

Don't weigh meat cooked and use the raw measurements; otherwise you will overeat by about 25-30%. And on the other hand, don't weigh meat raw and use the cooked measurement; otherwise you will under-eat by about 25-30%.

Rule #4 - Don't stress out about the macros

If you find it too complicated worrying about your macros (proteins, fats and carbs)... Well, don't worry.

All the meals are quite balanced and have great macro ratios. So if you find it more enjoyable, just focus on hitting your ideal number of calories each day and the macros will fall into place.

You don't need to hit your calories exactly either; just get within shooting distance (ideally within 50-100 calories of your target calorie intake).

Because I set up all the recipes to have a great ratio of proteins, fats and carbs, you don't really have to worry about your macros. Just focus on hitting your calories.

If your goal is to get lean, you'll need to go lower in calories (11-12 calories per pound of *target bodyweight*).

If your goal is to gain muscle and size, you'll need to go higher in calories (14-16 calories per pound of *current bodyweight*).

Rule #5 - Start with just a few recipes (to begin with)

I want you to keep it very simple. Pick 3 Main Meals, 3 Sides and 2-3 Small Meals that you really want to try.

Then make those recipes over and over again.

Seriously... This will keep your life simple. When you want to try new recipes, sub in a new recipe.

I always find myself making the same handful of recipes on a weekly basis, and then subbing in new recipes for variety.

And funny enough, everyone I know who is in top physical shape seems to do the same! There's no need to do different recipes every day of the week.

Stick to a few recipes in each category to begin with... Find out what you love and stick to it!

Now, without further ado, let's get into it!



MAIN MEALS: GOURMET DISHES

Welcome to the Main Meals section. This is where I'll be sharing my favorite big meals. Now, most of these foods will mainly be composed of lean meats.

I set it up this way so you can mix and match different Main Meals with your favorite Sides. This allows for greater flexibility.

Another benefit of doing it this way is that it allows for a very effective "fat loss" hack. You see, one of my favorite strategies is to have a big Main Meal for dinner.

After that meal I'll be decently satisfied. Instead of eating a delicious Side with the meal, I'll hold off for a bit.

Then maybe an hour or two later, I'll have a big side of potato wedges (or Pop Chips if I'm lazy). I find that this approach keeps me insanely satisfied and makes eating in a deficit easier.

Essentially what I'm doing is extending the meal longer so my body can do a better job at triggering fullness. I also get to spend less time waiting between meals during my feasting period.

I'll do the same thing if I go to a restaurant. Instead of ordering everything at once, I'll order my steak... Then when I'm finished my steak, I'll have them bring my fries.

This is something I started doing naturally and it has made dieting really easy! Plus, then you get to enjoy your food while it's all hot. There's nothing I hate more than having to eat lukewarm food.

Another really cool strategy if you like to eat out and be social, is to have a Main Meal at home for dinner – say around 6pm. Then meet friends out for appetizers and drinks around 8pm. So if you go out to a bar or restaurant, you can order fries or sweet potato fries and a cocktail.

This allows you to save money and calories, since entrees at restaurants are usually higher in calories and less filling than the Main Meals in Kino Chef.

Protein and Fat Ratio

Another thing you'll notice is that I keep these meals balanced in fat: not too high and not too low.

In fact, one mistake I see a lot of fitness experts make is they either make recipes that are extremely low in fat or extremely high.

In both cases, this makes dieting harder. If you go too low in fat, you'll be ravenous after the meal. If you go too high in fat, you'll quickly overeat calories since fat is the most calorie dense macronutrient. As well, if you go too high in fat you won't be able to hit your protein numbers without over consuming calories and fat.

For these reasons, I recommend if you're using very lean meats with little to no fat (think chicken breast), that you supplement the meal with added fats (oils or cheese) to increase fullness and satiety.

As well, I recommend avoiding meats that are extremely high in fat (more than 10g of fat per 20g of protein).

My favorite protein sources are chicken breast, egg whites / whole eggs (mixed), extra lean ground beef, flank steak, sirloin roasts and pork tenderloin.

For the chicken breast, you'll have more room for added fats. With the beef, you'll have to limit your use of fats.

That said, if you wanted, you could keep fat intake low with chicken breast, and save the fats for your side (think delicious potato wedges with lots of oil for maximum crispness).

Bam! That's really everything you need to know.

Now... Let's get to the recipes!

Note: All temperature units in the following recipes are measure in Fahrenheit.

BAKED CHICKEN PARMESAN

Serving Size: 1 piece of Chicken Parmesan • **Servings:** 7

Nutritional Information:

Calories: 217

Fat: 9 g

Carbs: 9 g

Protein: 26 g

Ingredients:

For the Chicken:

2½ lbs. boneless skinless chicken breasts

2 tbsp. unsalted butter

Breading:

½ cup of oatmeal

1 tbsp. garlic powder

1 tbsp. oregano

½ cup shredded Italian 5 cheese or parmesan

salt and pepper

For the Sauce:

1 tbsp. olive oil

1½ tsp. red pepper flake

2 garlic cloves minced

16oz. can no salt added tomato sauce

1 tsp. oregano

salt and pepper

Directions:

1. Preheat oven to 450°F.
2. First you're going to want to trim the fat off the chicken and I also pounded them out to make them about 1/2in thick. (This will help them cook more evenly)
3. Combine all the breading ingredients into a food processor and pulse until fine and well combined. Set to the side.
4. To make the sauce you're going to add the oil, garlic, red pepper flake, and oregano to a saucepan and turn on heat to about medium. Sauté for about 45 seconds (you don't want to burn the garlic) and then add the tomato sauce stir to combine. Turn down heat to low; you just want to heat up the sauce not to boil it.
5. Meanwhile you want to melt the butter in the microwave for about 10 seconds. Line a baking sheet with foil and spray with cooking spray. You will now set up an assembly line starting with the plate of chicken, butter, breading, and then your baking sheet. So you will brush a little bit of butter on each side of the chicken and then dip into the breading mixture and press it on each side and place on baking sheet. Repeat with remaining chicken. Spray top of chicken with cooking spray and place in oven for about 15-20 min depending on the thickness.
6. Take out of oven and flip over, put back in oven for another 5 minutes. Once that is done you will take it out and spread a tbsp. of the sauce on top of each piece of chicken and follow with another tbsp. of cheese. Pop it back in the oven for another 5 minutes.



BONELESS BUFFALO WINGS

Servings: 4

Nutritional Information:

Per serving of wings:

Calories: 379

Fat: 9g

Carbs: 20g

Protein: 56g

Per servings of sauce (4 tbsp.):

Calories: 45

Fat: 1.5g

Carbs: 3g

Protein: 6g

Ingredients:

For the Chicken:

2 lbs. boneless skinless chicken breast tenders (*trimmed and cut into 2-inch chunks*)

1 egg, beaten

1 cup uncooked oatmeal

1 tsp. garlic powder

1 tsp. onion powder

½ tsp. salt

½ tsp. pepper

3 tbsp. Buffalo sauce

For the sauce:

1 tbsp. Hidden Valley ranch dry seasoning

1 cup nonfat plain Greek yogurt

2 tbsp. 2% milk

Directions:

1. Preheat oven to 425°F.
2. Combine oats with garlic, salt and pepper in food processor. Pulse for 30 seconds and pour into a shallow baking dish.
3. Dip chicken in egg, then press both sides into oatmeal and place on baking sheet. Repeat until all chicken is coated.
4. Cook for 18-20 min until chicken is fully cooked. After it's done place chicken wings in large bowl, pour sauce of your choice over the top (make sure you measure it out) and toss chicken until they are completely coated.

Enjoy with a side of baked potatoes wedges and veggies.

TIP: Add a ¼ tsp. of cayenne pepper to the oatmeal for a little kick.



BBQ CHICKEN BURGERS

Serving Size: 1 Burger • **Servings:** 4

Nutritional Information:

Calories: 193

Fat: 9 g

Carbs: 4 g

Protein: 22 g

Ingredients:

1 lb. extra lean ground chicken breast
¼ cup chopped cilantro
¼ cup finely chopped red onion
1 tbsp. BBQ seasoning
2 tbsp. BBQ sauce (Bulls Eye BBQ sauce works great)
1 tbsp. macadamia nut oil
salt and pepper (to taste)

Directions:

1. Preheat oven to 400°F.
2. Combine all ingredients except the oil and shape into 4 equal patties. They might be a little hard to work with because they are so moist.
3. Layer them on plate with wax paper and put in fridge for 15 min or so.
4. Heat oil in pan (make sure it is oven safe). Brown burgers on each side at medium heat for (takes 1-2 minutes).
5. Then take that pan and put it into preheated oven for about 8 min. When you take them out they might look puffy but don't press on them or they will be dry. If you are unsure if they are cooked all the way you can always use a meat thermometer.
6. Plate and serve with a tablespoon of low fat shredded cheese and a tsp. of BBQ sauce.



BBQ CHICKEN PIZZA with CAULIFLOWER CRUST

Serving Size: ¼ of the pizza • **Servings:** 4

Nutritional Information:

Calories: 312

Fat: 11 g

Carbs: 21 g

Protein: 33 g

Ingredients:

For the crust:

3 cups cooked cauliflower (one head of raw cauliflower)

¼ cup Italian 5-cheese (shredded)

1 egg, beaten

2 tsp. oregano

1 tsp. crushed garlic

salt and pepper

cooking spray

For the pizza:

1lb. boneless skinless chicken (cooked and shredded)

4 tbsp. BBQ sauce

½ cup Colby jack cheese

¼ red onion, chopped

¼ cup cilantro, chopped

Directions:

1. Preheat oven to 375°F.
2. For the crust, remove stems and leaves. Chop cauliflower into chunks. Place into a food processor and pulse just until it's broken up into little pieces. (Don't over-pulse or it will puree.)
3. Put cauliflower into a microwave safe bowl and cook for 6-8 minutes. Once cooked, set aside to cool.
4. For the chicken you want to cook it (any way you like) then shred it and place it in a bowl. Measure out 2 tbsp. of sauce and add to chicken and stir until combined. Set aside. Once the cauliflower is cooled down add in the egg, Italian cheese, oregano, garlic, salt and pepper. Stir until well combined.
5. Line either a pizza crisper or cookie sheet with parchment paper and spray with cooking spray.
6. Pour crust onto parchment and with your fingers pat out the crust until you have at least a 9-inch round (or more, if you want more pizza).
7. Bake for 15-20 minutes under lightly browned. Take out of the oven and spread the remaining sauce on the crust and then add chicken, cheese and red onion.
8. Place back in the oven for 10 minutes (it can go longer depending on how you like it). Sprinkle with fresh cilantro and enjoy.



CHICKEN ENCHILADA BAKE

Servings: 8

Nutritional Information:

Calories: 310

Fat: 8 g

Carbs: 29 g

Protein: 34 g

Ingredients:

2lbs boneless skinless chicken breast, cooked and shredded
12 corn tortillas
1 medium red onion, chopped
2 jalapenos, chopped (remove seeds if you don't want it too hot)
1 tsp. coconut oil
3 minced garlic cloves
2 tsp. cumin
3 tbsp. chili powder
1 tbsp. sugar (or ¼ of a packet of stevia)
1 32-oz can crushed tomatoes
½ 15-oz can of no-salt-added corn
1 cup nonfat refried beans (heated)
1 cup shredded Mexican cheese
¼ cup chopped cilantro
dash of salt and pepper

Directions:

1. Preheat oven to 375°F.
2. Heat the oil in a medium saucepan. Add onions and jalapenos and cooking for about 5-8 minutes, stirring occasionally.
3. Then add the next 5 ingredients and stir together. Finally add your can of crushed tomatoes and let simmer for 10 minutes, and set aside.
4. To assemble the bake you need a 13x9 pan and spray with cooking spray.
5. You will start to layer it just like lasagna. Start by laying 4 corn tortillas on the bottom of the pan. Spread half of your refried beans on the top of the tortillas, use half of the corn (evenly spread out), half of the shredded chicken and a bit of sauce (make sure you save some for the top layer). Then repeat one more time, starting with 4 more corn tortillas.
6. Once you have two layers, top the last layer with 4 more tortillas then add the remaining sauce on top and place uncovered in the oven for 10 min.
7. Remove from oven and sprinkle with cheese, then cover with foil and bake for another 20 minutes.
8. When done, take out of oven, sprinkle with chopped cilantro and enjoy.



CHICKEN TACOS

Serving Size: 2 tacos • **Servings:** 3

Nutritional Information:

Calories: 427

Fat: 12 g

Carbs: 21 g

Protein: 42 g

Note: The nutritional information above just includes the meat, cheese, tortillas and oil. Make sure that you track any additional toppings or sides to ensure you stay within your macros.

Ingredients:

1 lb. extra lean ground chicken breast
6 corn tortillas (*I used the La Banderita corn tortillas from Aldi*)
1 tbsp. coconut oil
¼ cup chopped red onion
1 jalapeno chopped (seeds optional)
2 tsp. chili powder
1 tsp. cumin
½ tsp. garlic powder
1 tsp. oregano
¾ cup shredded Mexican cheese
¼ tsp. cayenne pepper
salt and pepper (to taste)
cooking spray

** To make this recipe easier, you can replace the seasonings above with a packet of reduced sodium taco seasoning (make sure to follow the directions on the packet to cook it properly).*

Directions:

1. Preheat oven to 350°F. Line a baking sheet with foil and spray with cooking spray. Place tortillas on the baking sheet (six should fit on the sheet) and lightly spray tortillas with cooking spray. Bake tortillas for 2-3 minutes on each side, until warm and lightly browned. *(They should still be pliable, so you can fold them like tacos.)*
2. Heat oil in skillet. Add onion and jalapeno to skillet and cook for about 5 minutes.
3. Add the chicken to the mixture and start to brown it while breaking it up into smaller pieces. Combine remaining ingredients into the meat mixture and cook for another 10 minutes (or until meat is cooked through).
4. Top each cooked tortilla with the meat mixture and then 1/8 cup of cheese (so you're using ¼ cup for 2 tacos). You can also top the tacos with salsa or guacamole (all within the serving size).

TIP: To make this meal fewer calories, replace the tortilla with a lettuce wrap. For a more protein-packed meal, you can use a skillet to add the meat to eggs and some egg whites to make a scramble.



CROCKPOT CHICKEN (FOR BURRITO BOWL)

Servings: 4

Nutritional Information:

Calories: 138

Fat: 2g

Carbs: 0g

Protein: 30g

** Nutrition information above only includes the chicken. If you make a full burrito bowl, make sure to add calories and macros for rice (see below) and additional toppings.*

Ingredients:

For the Chicken:

2lbs boneless skinless chicken breast
1 24-oz jar of salsa (whichever kind you like)
½ cup of chopped cilantro
2 garlic cloves, minced
2 jalapeno peppers diced
Juice of one lime (optional)

For the Rice:

See [Cilantro-Lime Rice](#), page 96

Directions:

1. Turn the crockpot on and set for high.
2. Place chicken in crockpot; pour remaining ingredients on top and cover.
3. Cook on high for 20 minutes, and then lower the setting to low and cook for 5 hours.

TIP: After you cook the chicken, shred it. Line a baking sheet with tinfoil, spray with cooking spray and spread shredded chicken evenly on it. Cook on broil for 2-3 minutes. Make sure to keep a close eye on it though so it doesn't burn (which can happen fast with broiling.)

The picture below is a homemade burrito bowl using this crockpot chicken, shredded and broiled for 2-3 minutes on 2/3 cup of cilantro lime rice and topped with cheese, salsa, and guacamole.



MEXICAN BURGERS

Serving Size: 1 burger • **Servings:** 4

Nutritional Information:

Calories: 150

Fat: 5 g

Carbs: 1 g

Protein: 23 g

** Make sure to account for any toppings in your macros .*

Ingredients:

1lb. extra lean ground chicken breast (Perdue is great)
1 tbsp. chili powder
1 tsp. cumin
1 tsp. garlic powder
¼ cup chopped red onion
1 Jalapeno diced (I left the seeds in you can do with or without)
1 tbsp. coconut oil
salt and pepper

** To make this recipe easier, you can replace the seasonings above with a packet of reduced sodium taco seasoning.*

Directions:

1. Preheat oven to 400°F.
2. Combine all ingredients except oil into meat and form four equal patties.
3. Heat oil in pan and brown burgers on each side (1-2 minutes).
4. Place pan in oven and cook about 8 minutes.
5. When you take out top with a tbsp. of Mexican cheese, a spoonful of salsa and optionally some guacamole.
6. Serve with Cilantro Lime Rice (see page 97) and/or fat-free refried beans.



SALMON WITH DILL

Serving Size: 1 fillet • **Servings:** 4

Nutritional Information:

Calories: 160

Fat: 8 g

Carbs: 0 g

Protein: 23 g

Ingredients:

4 salmon fillets
1 lemon
2 tsp. dill
2 tsp. minced garlic
2 tbsp. butter
salt and pepper (to taste)
cooking spray

Directions:

1. Preheat oven to 350°F.
2. Take a piece of foil and spray with cooking spray. Place a few lemon slices on the bottom and put fillet on top. Top with garlic, dill, salt and pepper and ½ tbsp. butter for each fillet.
3. Fold up the foil around the fish making a boat. Cook in preheated oven for about 25-30 minutes.

TERIYAKI SALMON

Serving Size: 1 fillet • Servings: 4

Nutritional Information:

Calories: 196

Fat: 4 g

Carbs: 16 g

Protein: 24 g

Ingredients:

4 salmon fillets

¼ cup reduced sodium soy sauce

2 tbsp. light brown sugar

2 tbsp. honey

1 tbsp. sriracha

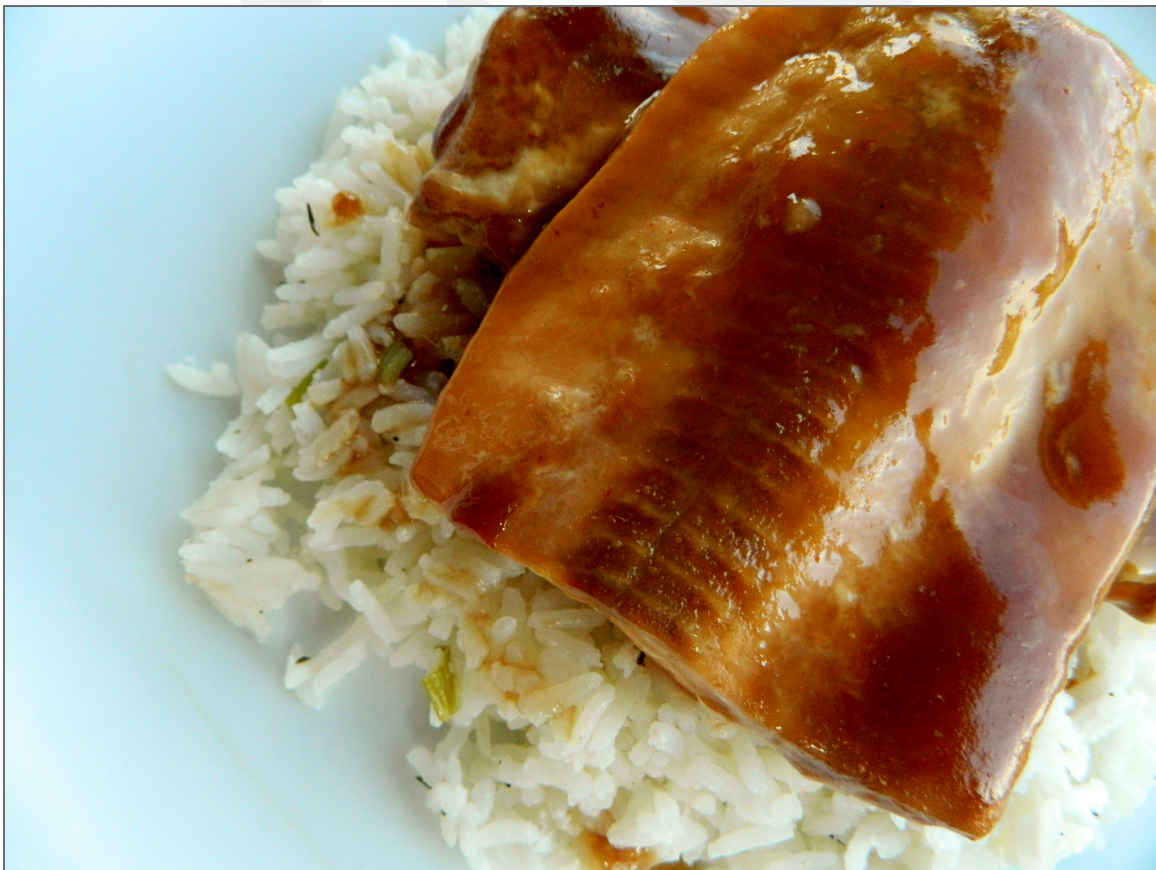
¼ tsp. ginger

¼ tsp. garlic powder

1 tbsp. cornstarch

Directions:

1. To make the marinade, start with a small saucepan and place over medium heat, then add soy sauce, brown sugar, honey, ginger, garlic powder, sriracha and one cup of water. Bring to a simmer.
2. Meanwhile, whisk together the cornstarch and a quarter cup of water. Once the soy mixture is at a simmer, slowly whisk in the cornstarch mixture. Continue to whisk for 2 minutes, until the mixture has thickened.
3. Once it has thickened, set aside and let cool to room temperature.
4. Spray a 13"x9" pan with cooking spray, add the salmon and top with the soy marinade. Marinate in the refrigerator at least 30 minutes (or over night).
5. When ready to cook, preheat oven 400°F.
6. When ready, bake for 20 minutes, until the salmon flakes with a fork.



SOUTHWEST STUFFED PEPPERS

Serving Size: 1 stuffed pepper • **Servings:** 4

Nutritional Information:

Calories: 295

Fat: 13 g

Carbs: 13 g

Protein: 32 g

Ingredients:

1lb. lean ground turkey (93/7)
1 can diced tomatoes with green chiles
1 cup corn
½ cup canned black beans (rinsed, drained)
120g low fat shredded Mexican cheese (approx. 1 cup)
¼ cup cilantro, chopped
1 tsp. cumin
1 tsp. chili powder
1 tsp. garlic powder
4 bell peppers
salt and pepper (to taste)

Directions:

1. Preheat oven to 350°F.
2. In a large skillet, brown ground turkey until fully cooked and set aside.
3. In a large bowl add diced tomatoes, corn, black beans, Mexican cheese, cilantro, cumin, chili powder, garlic powder. Mix until well combined and salt and pepper to taste.
4. Add the turkey to the tomato mixture and fully combine. Set aside.
5. To prep the peppers, cut the tops off and scoop out as much as you can.
6. Fill each pepper with turkey mixture and place peppers in baking dish and bake for 25 minutes.



TEX-MEX SKILLET

Servings: 4

Nutritional Information:

Calories: 438

Fat: 17g

Carbs: 33g

Protein: 39g

Ingredients:

1 lb. lean ground turkey (93/7)
3 red potatoes (approx. 520g)
½ red onion, chopped
1 jalapeno, diced
1/3 can of corn
1/3 can of black beans
1 tsp. coconut oil
1 tsp. garlic, minced
1 tsp. chili powder
1 tsp. cumin
salt and pepper to taste
2 eggs
¼ cup liquid egg whites
1 cup low-fat shredded Mexican cheese
¼ cup cilantro, chopped

Directions:

1. Depending on what you have time for you can either dice the potatoes and cook on stove for approx. 10-15 minutes or you can put them in the microwave for about 3 minutes and then dice them.
2. Add oil to a skillet on medium heat. When oil is heated, add meat, onions and jalapeno.
3. Once the meat is browned and cooked through, add garlic, chili powder, cumin, salt and pepper, diced potatoes, corn and black beans. Stir together to combine. Cover and heat on medium for approx. 5-8 minutes (cook longer if you want your potatoes crispier).
4. In a separate bowl, whisk together eggs and egg whites.
5. Take the cover off the meat mixture and pour egg mixture right on top of the meat (1/4 of the eggs per quarter of the skillet). Cover again and let egg mixture cook through – about 4-5 minutes.
6. Turn off the burner and sprinkle with cheese; put cover back on for a minute to let the cheese melt. Sprinkle with cilantro, cut into fourths and enjoy.



ASIAN MARINATED CHICKEN

Serving Size: 1 piece • **Servings:** 5-6 (*varies*)

Nutritional Information:

Calories: 196

Fat: 1 g

Carbs: 8 g

Protein: 41 g

Ingredients:

2 lb. boneless skinless chicken breast, trimmed
¼ cup reduced sodium soy sauce
¼ cup pineapple juice
1 tbsp. brown sugar
1 tbsp. honey
3 garlic cloves, minced
2 tsp. ginger
2 green onions, chopped
1 tsp. red pepper flakes

Directions:

1. For each chicken breast, trim and put saran wrap over it and pound it out with a meat mallet just so the thickness was the same on every piece (this way it cooks for evenly), then cut each breast in half.
2. For the marinade, combine all ingredients except the chicken in a medium size bowl and whisk together until fully combined. Set aside.
3. Once you have the chicken prepped, place it in a large Ziploc bag or a shallow dish and pour marinade over chicken and set in the fridge for at least 6 hours (overnight if possible).
4. When ready to cook, turn on grill to medium heat. Cook chicken for 15-20 minutes (depending on size of the chicken it may take a few minutes more or less), flipping after about 7-10 minutes.



COCONUT PANKO CHICKEN TENDERS

Serving Size: 1 piece • **Servings:** 5-6 (*varies*)

Nutritional Information:

Calories: 196

Fat: 1 g

Carbs: 8 g

Protein: 41 g

Ingredients:

2 lbs. boneless skinless chicken tenders
2 large eggs
1 tbsp. lime juice
½ cup sweetened coconut flakes
1 cup panko bread crumbs
1 tbsp. brown sugar
1½ tsp. garlic powder
1 tsp. onion powder
½ tsp. ground cumin
1 tsp. salt
¼ tsp. cayenne pepper

Directions:

1. Preheat oven to 400°F.
2. To make the coating for the chicken, combine coconut flakes and panko in food processor and pulse until well combined.
3. Then in shallow dish add brown sugar, garlic powder, onion powder, cumin, salt, and cayenne to the panko coconut mixture and stir until all incorporated.
4. Whisk eggs and lime juice together in small bowl.
5. Taking one chicken tender at a time and first dip into the egg and lime mixture and then into the panko/coconut mixture, pressing the mixture into the chicken to make sure it's coated.
6. Place chicken onto baking sheet lined in foil with cooking spray. (Lightly spray chicken with cooking spray for extra crisp)
7. Bake for approximately 25 minutes.



SPICY CAJUN TUNA CAKES

Serving Size: 2 cakes • **Servings:** 3

Nutritional Information:

Calories: 200

Fat: 1 g

Carbs: 14 g

Protein: 30 g

Ingredients:

For the tuna cakes:

- 3 cans of chunk light tuna (in water)
- ½ cup white onion, chopped (*you can substitute these for 3 green onions too*)
- 1½ tbsp. Cajun seasoning
- 1/8 tsp. crushed red pepper flakes
- 2 egg whites
- ½ cup old-fashioned oats (can substitute w/ panko)
- 1 tsp. hot sauce (Sriracha is the best)
- 1 tsp. salt
- 1 tsp. pepper

For the sauce:

For the sauce, you can use a store-bought remoulade. Just make sure to pay attention to the serving size (in this case, it was 1 tbsp./serving). Sauces can quickly add more calories than you think – in addition to sodium – so it's best to measure them out.

Directions:

1. Open cans of tuna. Place in a strainer and with a fork press some of the liquid out.
2. In a medium bowl, combine tuna and remaining 8 ingredients and mix well.
3. Form mixture into 6 equal patties.
4. Place in the fridge for about an hour so they can set up.
5. Using a large skillet, spray with cooking spray and cook tuna cakes over medium heat about 3 to 4 minutes on each side (you just want them to be golden brown).
6. Serve with sauce on top or on the side.



BAKED HONEY GARLIC CHICKEN

Servings: 4

Nutritional Information:

Calories: 360

Fat: 2.5 g

Carbs: 35 g

Protein: 54 g

Ingredients:

For the Chicken:

2 lbs boneless skinless chicken breast (cut into 1-inch chunks)

2 large eggs

1 cup Panko bread crumbs *

salt and pepper (to taste)

For the Sauce:

1/3 cup honey

4 garlic cloves (minced)

2 tbsp. reduced sodium soy sauce

1 tbsp. Sriracha

1 tbsp. cornstarch

2 green onions sliced

2 tsp. sesame seeds

** You can sub these for gluten-free breadcrumbs if needed.*

Directions:

1. Preheat oven to 400°F.
2. Line baking sheet with foil and spray with cooking spray.
3. After chicken is cut into 1-inch chunks, season with salt and pepper.
4. In a small bowl beat the 2 eggs together and set aside.
5. In a medium bowl pour in Panko.
6. Next you will dip the chicken into the eggs, then into the Panko and make sure you press it on both sides to evenly coat. Then place on baking sheet.
7. Place baking sheet in oven for about 15-20 min. until browned.
8. While the chicken is cooking you can start to make the sauce. In a saucepan combine honey, garlic, soy sauce, and Sriracha and heat on medium heat.
9. Using a small bowl combine cornstarch and 1/3 cup of water. Stir mixture into saucepan until it starts to thicken (1-2 minutes).
10. Toss chicken in sauce (add green onions and sesame seeds if desired).



HEALTHY TURKEY TOSTADAS

Serving Size: 1 tostada • **Servings:** 6 tostadas

Nutritional Information:

Calories: 235

Fat: 10 g

Carbs: 14 g

Protein: 32 g

Ingredients:

6 corn tortillas *

1 tsp. coconut oil

1 lb. lean ground turkey (93/7)

½ cup red onion, chopped

1 jalapeno, chopped

½ cup fat free refried beans

1 tbsp. chili powder

2 tsp. cumin

1 tsp. garlic powder

120g low-fat shredded Mexican cheese (approx. 1 cup)

salt and pepper

Additional Toppings:

salsa

lettuce

light sour cream

Jalapeno slices

** I use Sprouted Corn Tortillas by Food For Life. You can also buy actual "tostadas" if you're not feeling adventurous.*

Directions:

1. Preheat the oven to 350°F.
2. To make the turkey, heat the coconut oil in a large skillet on medium-high heat.
3. Add onions and jalapenos and cook for about 5-8 minutes.
4. Add ground turkey and start to break down into small pieces, cooking until browned and fully cooked.
5. Turn heat down to medium and add the refried beans. Stir until cooked down and fully incorporated into the meat.
6. Add spices and stir to combine.
7. Turn heat down to low and cover.
8. Meanwhile, line a baking sheet with foil and spray with cooking spray, then lay down corn tortillas (I could fit 6 on a pan) and spray the tops with cooking spray.
9. Cook for 10-15 minutes on one side, flip and then cook for another 10 minutes until lightly browned.
10. Then take the meat and bean mixture and spread on top of the tortilla.
11. Top with cheese (1/4 cup for 2 tostadas) and put pack into the oven until cheese all melted.
12. Once done, add additional toppings and serve.



CHICKEN GYROS WITH TZATZIKI SAUCE

Servings: 4

Nutritional Information:

Chicken Per Serving (Without Sauce):

Calories: 214
Fat: 8
Carbs: 1
Protein: 38

Sauce Per Serving (4 tbsp.):

Calories: 36
Fat: 2
Carbs: 4
Protein: 8

Ingredients:

For the Tzatziki Sauce:

1 cup plain nonfat Greek yogurt
1 cucumber (peeled, seeded, diced)
1 teaspoon minced garlic
olive oil
salt and pepper (to taste)

For the Chicken:

1½ lbs boneless skinless chicken breast (trimmed and cut into tenders)
2 teaspoons minced garlic
3 tbsp. lemon juice
2 tbsp. olive oil
2 tbsp. plain nonfat Greek yogurt
1 tbsp. dried oregano
salt and pepper (to taste)

pita or wrap (of your choice) *

Toppings: avocado, red onion, tomatoes (and any other vegetables you'd like)

** Make sure to count this in your macros though, as the nutrition information above does not include a wrap or pita... Or, for your carbs, you can replace the wrap/pita with a side from the Sides section of this book (either potato wedges recipes work great here).*

Directions:

1. First you want to make the marinade for the chicken. Combine garlic, lemon juice, olive oil, yogurt, oregano, salt and pepper into a large bowl and whisk together until fully combined.
2. Place chicken in the bowl and mix it with the marinade until chicken is coated. Place in the fridge for at least an hour.
3. To make the sauce, combine yogurt, cucumber, garlic, salt and pepper, drizzle a little olive oil and stir well. Set in fridge for at least 30 minutes.
4. To cook the chicken, heat a large skillet with a little olive oil and cook chicken about 10-12 minutes on one side and another 5-8 minutes on the other depending of the thickness.
5. Once cooked, place into a wrap or pita and top with sauce and other choice toppings... Then enjoy!



CHIPOTLE CHICKEN MEATBALLS WITH SWEET CORN POLENTA

Serving Size: 4 meatballs with sauce • **Servings:** 5

Nutritional Information:

Meatballs:

Calories: 267

Fat: 9 g

Carbs: 24 g

Protein: 22 g

Sweet Corn Polenta (makes 3 servings):

Calories: 197

Fat: 5 g

Carbs: 36 g

Protein: 8 g

Ingredients:

For the Meatballs:

- 1lb. extra lean ground chicken breast
- 1 chipotle pepper in adobo sauce, chopped
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1 tsp. cumin
- 2 tsp. chili powder
- 1 tbsp. macadamia nut oil (or coconut oil)
- 1/3 cup panko breadcrumbs
- 1 tsp. light brown sugar
- 1 egg, beaten
- salt and pepper (to taste)

For the Sauce:

1 jar of salsa (any kind you like)
½ can Rotel diced tomatoes with green chilies
2 chipotle peppers in adobo sauce, chopped
2 tsp. light brown sugar

For the polenta:

1 tube of pre-made polenta (*available at most grocery stores*)
1 tbsp. unsalted butter, melted
¾ cup unsweetened almond milk
½ cup canned sweet corn
1 tbsp. honey
1 stevia packet

Additional toppings: shredded cheese (I used shredded Mexican), fresh cilantro, light sour cream

Directions:

For the Meatballs:

1. In a large bowl combine chicken, 1 chipotle, onion powder, garlic powder, cumin, chili powder, 2 tsp. oil, panko, egg, 1 tsp. brown sugar, salt and pepper.
2. Using your hands, incorporate everything together until it is all combined (try not to over mix though).
3. Line a baking sheet with foil and spray with cooking spray. Take the meat and roll into meatballs (I try to shoot for golf ball-size), and place evenly spaced on the baking sheet. Once you are all done you should have about 20 meatballs. Place in the fridge overnight – or at least one hour.
4. After the meatballs have been refrigerated, heat 1 tsp. oil in a large skillet on medium-high heat.
5. When the pan is hot (I usually test with a little splash of water; if it sizzles, it's ready) use tongs to place about 4-8 meatballs in the hot skillet. Sear for about 1-2 minutes on each side (this will help lock in the moisture and prevent them from crumbling in the crock-pot).
6. When all the meatballs are seared, spray the crockpot with cooking spray, add a little sauce (see recipe below) on the bottom, add meatballs, and pour remaining sauce over the top.
7. Cover and cook on LOW for 6-7 hours.

For the sauce:

1. In a large bowl pour jar of salsa, add 2 chipotles (chopped), brown sugar, and Rotel diced tomatoes. Stir to combine.

For the polenta:

1. Take the tube of polenta, cut into ½-inch rounds and place on a plate.
2. Microwave in 1-minute increments (took a total of 5 minutes for me). You want the polenta to become soft.
3. Place the polenta rounds in a bowl and mix with a hand mixer until they're mashed-potato consistency.
4. Add melted butter, almond milk, honey and stevia and mix until all incorporated. Finally add your corn and stir in with a spoon. You can serve immediately or place in the fridge and heat up when ready to serve.

TIP: When ready to serve the dish, scoop out polenta onto a plate or bowl, top with meatballs and sauce, then sprinkle with Mexican cheese and fresh cilantro.



KUNG PAO TURKEY MEATBALLS

Serving Size: 5 meatballs • **Servings:** 5 servings

Nutritional Information:

Calories: 264

Fat: 8 g

Carbs: 25 g

Protein: 20 g

Ingredients:

For the Meatballs:

- 1 lb. ground turkey (93/7)
- 1 egg, beaten
- ¼ cup panko breadcrumbs *
- ¼ cup crushed pineapple
- 1 tbsp. minced garlic
- 2 tsp. ginger
- 2 tbsp. reduced sodium soy sauce
- 2 green onions, chopped
- salt and pepper (to taste)
- 1 tsp. macadamia nut oil (or coconut oil)

For the Sauce:

- 1 bottle (16.75 oz.) Kung Pao Sauce **
- ½ cup crushed pineapple
- ¾ cup water

** You can sub these for gluten-free breadcrumbs if needed.*

*** I use the Panda Express Kung Pao sauce that you can find in most major grocery stores, though it's fairly high in sodium. To lower the sodium here, just use a low-sodium sauce.*

Directions:

1. To make the meatballs, in a large bowl add turkey, egg, panko, ¼ cup pineapple, garlic, ginger, soy sauce, green onions, salt and pepper.
2. Using your hands, mix until fully combined (try not to over mix).
3. Make the meatballs by rolling into golf ball size pieces and place on a foil-lined baking sheet (sprayed with cooking spray). This recipe should make around 20-25 (mine made 25). Place baking sheet in the fridge for at least 1 hour.
4. In the crockpot (sprayed with cooking spray), pour bottle of sauce, ½ cup pineapple, and water and whisk together.
5. Heat 1 tsp. oil in a large skillet on medium-high.
6. When the pan is heated, place 4-6 meatballs in the pan and sear for 1-2 minutes on each side (this will lock in the moisture and prevent them from crumbling).
7. Once all the meatballs are seared, place them in the crockpot and set on LOW for 6-7 hours. Once they are done, you can place the meatballs and sauce on a bed of rice.





MAIN MEALS: BACHELOR RECIPES

MONTREAL STYLE SIRLOIN ROAST

Servings: 1

Nutritional Information:

Calories: 632

Protein: 103 g

Carbs: 0 g

Fat: 21 g

Ingredients:

1 12-oz Sirloin Roast Beef
½ Cup Steak Sauce (HP or other)
½ Cup Horseradish
½ Cup Montreal Steak Spice (or your favorite steak spice)

Guide to Beef Level of Doneness (Internal Temperature in ° F)

Very Rare = 130° F

Rare = 140° F

Medium Rare = 145° F

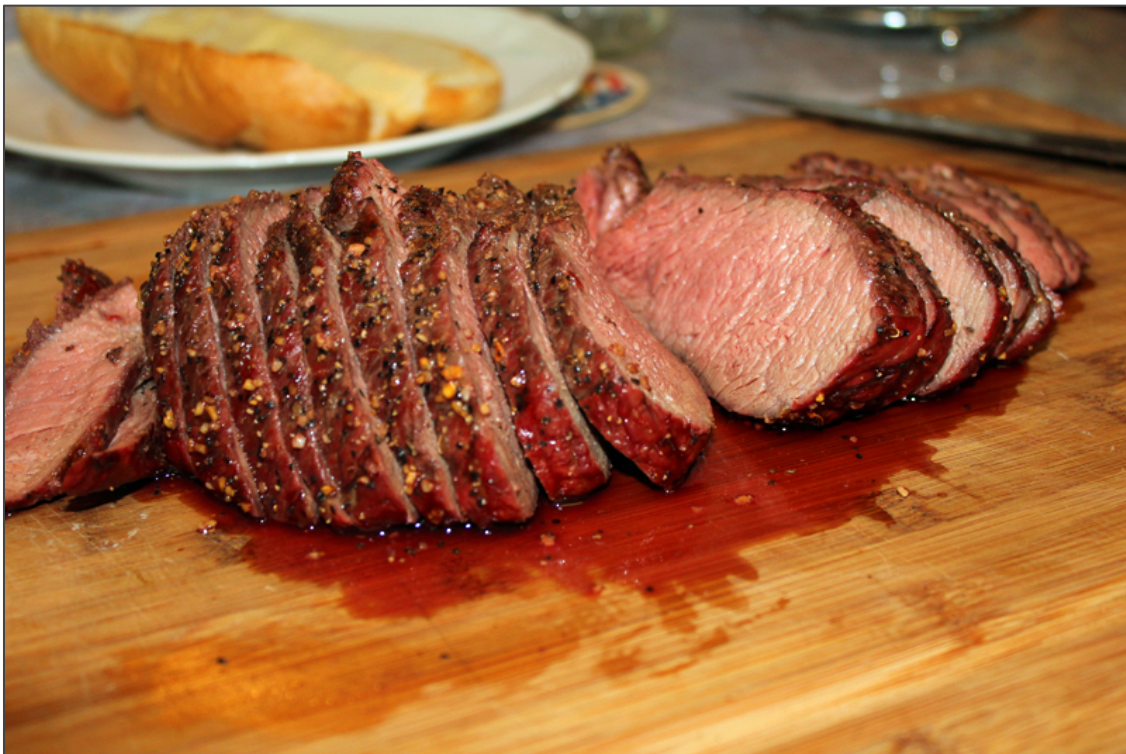
Medium = 150° F

Well = 170° F

Very Well = 180° F

Directions:

1. You want to apply the seasoning mixture to your roast and let it sit at room temperature for several hours prior to cooking for consistent results. Place the roast fat side up in an oven-safe roasting pan with the tie down string still attached.
2. Mix the steak sauce, horseradish and steak spice in a bowl and use a silicon pastry brush or your hands to evenly spread the mixture on the outside of your roast.
3. Once you are ready to begin cooking your roast, preheat your oven to 450°. Once preheated, place your roast in the oven and set your timer for 15 minutes.
4. After 15 minutes of baking at 450° F, lower the heat to 325° F without opening the oven door.
5. Let the roast cook at 325° F for at least another 30-40 minutes before using a meat thermometer to check the internal temperature of the middle of the roast to determine the level of doneness. (Note = Always remove roast from the oven when desired internal temperature is roughly 5° lower than desired because the internal temperature continues to rise after removing it from the oven)
6. Once your roast reaches the desired level doneness (see guide below), remove it from the oven, cover it with foil and let it rest at room temperature for an additional 10-15 minutes.
7. Carve and enjoy!



MARIETA'S CRISPY BREADED CHICKEN

Serving Size: 2 chicken breasts • **Servings:** 1

Nutritional Information:

Calories: 661

Protein: 85 g

Carbs: 25 g

Fat: 25 g

Ingredients:

2 Boneless Chicken Breasts (approx. 400g)

¼ Cup Egg Whites

¼ Cup Gluten Free Bread Crumbs (or regular bread crumbs if you prefer)

2 tsp. Black Pepper

2 tsp. coconut oil

Directions:

1. Pour egg whites into one bowl and mix breadcrumbs and black pepper into the other bowl.
2. Place chicken breast into egg whites and flip to ensure that both sides of the breast are coated.
3. Remove chicken breast from egg whites and place in breadcrumb mixture until it is evenly coated with a layer of breadcrumbs.
4. Repeat steps 2 & 3 for the other chicken breast.
5. Preheat oven to 385° F and heat frying pan over a medium-high heat.
6. Add coconut oil to pan and fry both chicken breasts for approximately 1-2 minutes on each side or until coating becomes lightly browned.
7. Place both chicken breasts on baking tray and bake for 30 minutes at 385° F.
8. Enjoy!



CARAMELIZED APPLE-CINNAMON PORK TENDERLOIN

Servings: 1

Nutritional Information:

Calories: 740

Protein: 105 g

Carbs: 40 g

Fat: 22 g

Ingredients:

1 lb Pork Tenderloin
2 Granny Smith Apples
1 White Onion
1 tbsp. Cinnamon
1 tsp. Salt

Directions:

1. Clean pork tenderloin in water, removing all membrane. Preheat oven to 425°.
2. Place the tenderloin in a roasting pan.
3. Cut both apples into 1 inch thick slices, leaving the skin on.
4. Slice onion into thick rings.
5. Place sliced onion on top of the tenderloin and then place the apple on top of the onion.
6. Lightly sprinkle cinnamon and salt evenly on the tenderloin, apples and onion.
7. Bake at 425° for 20-30 minutes.



CRISPY CHICKEN BITES

Servings: 1

Nutritional Information:

Calories: 510

Protein: 75 g

Carbs: 0 g

Fat: 4 g

Ingredients:

2 Chicken Breasts (approx. 400g)

3 tsp. Coconut Oil

TIP: If you want to make crispy chicken bites even better, I suggest adding 80g of low fat cheese (skim milk mozzarella) onto the chicken as soon as it's finished cooking. For better macros, just use 2 tsp. oil for cooking instead (since you'll make up for the fat with the cheese).

The cheese will melt onto the chicken beautifully; it will taste like heaven in your mouth and you will be completely satisfied.

Nutrition Information After Adding Cheese:

Calories: 710

Protein: 98 g

Carbs: 6 g

Fat: 31 g

Directions:

1. Cut two chicken breasts into small bite sized pieces.
2. Add coconut oil to frying pan over medium heat.
3. Add chicken to frying pan and cook until fully cooked, turning chicken throughout the cooking process to ensure both sides are crispy.
4. Enjoy with your favorite sauce



CRISPY FLANK STEAK

Servings: 1

Nutritional Information:

Calories: 715

Protein: 96 g

Carbs: 0 g

Fat: 33 g

Ingredients:

1 lb. Flank Steak (approx. 450g)

1 Cup Diced Onion

1 Cup Diced Mushrooms

2 tsp. Coconut Oil

Directions:

1. Dice onion and mushrooms and fry them in a pan over medium heat with 1 tsp. coconut oil.
2. Meanwhile, chop flank steak into small, bite sized pieces.
3. Once well cooked, remove onions and mushrooms from the pan and set aside in a bowl.
4. Using the same pan over medium heat, add 1 tsp. coconut oil.
5. Add chopped flank steak to your frying pan and cook until all sides are crispy.
6. Add onion and mushrooms to the pan and finish by frying the mixture for a minute or two.
7. For extra flavor, add 2-3 tbsp. of teriyaki sauce to the pan along with the onion and mushrooms at the end of the cooking process.



SHREDDED SIRLOIN ROAST

Servings: 2

Nutritional Information:

Calories: 711

Protein: 103 g

Carbs: 0 g

Fat: 30 g

Ingredients:

2 lbs. Sirloin Roast Beef

1 cup Chopped Celery

1 cup Chopped Onions

1 cup Water

1 tbsp. Coconut Oil

Directions:

1. Heat a frying pan on high and add coconut oil to the pan.
2. Place the roast beef on the pan and sear each side of the roast for roughly 1 minute.
3. Place the seared roast beef in the slow cooker and add the celery, onions and water as well.
4. Cover the slow cooker and set it to cook on high for 8 hours.
5. Shred the beef using two forks and enjoy with your favorite low calorie sauce.



MEXICAN SHREDDED CHICKEN

Servings: 2

Nutritional Information:

Calories: 513

Protein: 75 g

Carbs: 24 g

Fat: 11 g

Ingredients:

4 Boneless Chicken Breasts

2 Cups Salsa

TIP: To make this cheesy chicken, just add 90g low fat cheese on top once cooked and shredded.

Nutrition Information After Adding Cheese:

Calories: 741

Protein: 97 g

Carbs: 26 g

Fat: 25 g

Directions:

1. Place the whole chicken breasts and salsa in the slow cooker.
2. Cover the slow cooker and cook on high for 4-5 hours or until chicken shreds easily with a fork.
3. Shred the chicken using two forks and mix with the remaining salsa and juices.



ITALIAN ROAST BEEF SCRAMBLE

Servings: 2

Nutritional Information:

Calories: 834

Protein: 100 g

Carbs: 23 g

Fat: 37 g

Ingredients:

2 lbs. Extra Lean Ground Beef (93% Lean)

1 Red Onion

1 Red Pepper

1 Small Zucchini

500ml-650ml Tomato Sauce

2 tsp. Coconut Oil

Directions:

1. Dice onion, pepper and zucchini and fry them in a pan over medium heat with 1 tsp. coconut oil.
2. Once well cooked, remove vegetables from the pan and set aside in a bowl.
3. Using the same pan over medium heat, add 1 tsp. coconut oil and 2 lbs of ground beef.
4. Cook ground beef until well browned and then add your cooked vegetable mixture and tomato sauce to the pan.
5. Heat the beef, vegetable and sauce mixture for a few minutes until thoroughly heated.



BROILED OMELET

Servings: 1

Nutritional Information:

Calories: 668

Protein: 92 g

Carbs: 4 g

Fat: 31 g

Ingredients:

2 Large Eggs

2 Cups Egg Whites

90g Light or Low Fat Shredded Cheese

1 tsp. Black Pepper

1 tsp. Coconut Oil

1 tbsp. Hot Sauce (*optional*)

2 cups Mushrooms, chopped

2 Cups Fresh Spinach

Directions:

1. Add oil to frying pan over low heat. Add mushrooms to the pan and fry for 5-7 minutes or until lightly browned.
2. Beat eggs, egg whites, black pepper and hot sauce (optional) in a mixing bowl.
3. Once the mushrooms are nicely browned, add the fresh spinach to the pan for roughly one minute or until just wilted.
4. Pour the egg mixture into the pan and use a spatula to evenly mix all ingredients throughout the omelet and let it cook on the medium-low stovetop for roughly 10 minutes or until the sides begin to cook, generating a pool of uncooked egg on top of the omelet.
5. Set your oven to Broil on High and put 90g of shredded cheese evenly spread out on top of the omelet.
6. Place the pan on the middle rack of the oven. Broil the omelet for roughly 3-5 minutes or until the cheese melts and the omelet is no longer runny. (Be sure to use an oven mitt when handling the pan)
7. Slide the omelet out of the pan using a spatula if necessary and enjoy!





SIDE DISHES

This section covers all of the sides. Interestingly enough, most of these recipes will be composed of potatoes.

Potatoes are the best thing ever and highly underrated as a diet food. Not only do they have amazing nutritional value (russet potatoes are packed full of vitamins and minerals), they also are extremely filling.

In fact, potatoes are considered one of the most filling foods! This makes them great when leanness is of importance. A moderate intake of potatoes on a diet will keep you very well satisfied.

Don't worry about the glycemic index, not only is it completely irrelevant (the glycemic index has no effect on fat loss or fat gain, total calorie intake matters, not rate of absorption).

What's more, if you're eating potatoes with fats (oils or butter) and protein and veggies... Glycemic index becomes meaningless. Fat, fiber and protein will slow down digestion, rendering the glycemic index useless.

If you want to be satisfied and feel like a million bucks on a diet, get used to eating potatoes. My favorite recipes add the 'crispiness factor'.

This crispiness factor is when you make a food crispy with a little oil. By making a food crispy, it automatically becomes more satisfying and delicious.

Hence, my love for potato wedges ;)! And cooking meat on a skillet.

Mix & Match

You can mix and match different main meals with sides depending on your preferences. Just make sure to hit your calories, and you'll be fine.

You can reduce the size of the sides to fit your calorie and macro needs. So instead of having 500g of potatoes and 3tsp of oil, you may only have 300-400g of potatoes and 2tsp of oil, or you may have more.

It's easy to adjust these to your own individual needs!

EMILY'S RUSSET POTATO WEDGES

Serving Size: 8 wedges (1 potato) • **Servings:** 2

Nutritional Information:

Calorie: 170

Fat: 7 g

Carbs: 26 g

Protein: 3 g

Ingredients:

2 medium russet potatoes (approx. 5.5 ounces each)

1 tbsp. macadamia nut oil (or coconut oil)

1 tsp. paprika

1 tsp. garlic powder

1 tsp. onion powder

1 tsp. seasoning salt

Directions:

1. Preheat oven to 450°.
2. Wash potatoes and with skins on cut lengthwise in half.
3. Then cut those lengthwise in half and then those in half. (You should have 8 wedges from 1 potato.)
4. In a medium bowl whisk together oil, paprika, garlic powder, onion powder, and seasoning salt.
5. Toss potatoes in the mixture until they are evenly coated.
6. Place potatoes on a baking sheet and bake for 30-35 minutes (flip wedges halfway through).



GREG'S RUSSET POTATO WEDGES

Servings: 1

Nutritional Information:

Calories: 512

Protein: 11 g

Carbs: 90 g

Fat: 14 g

Ingredients:

500g Russet Potatoes (2-3 medium russets)
3 tsp. Melted Coconut oil (or Macadamia Nut Oil)
1 tsp. Salt
2 tbsp. Vinegar (optional)

Directions:

1. Slice potatoes into wedges. Preheat oven to 400° F.
2. Add oil and wedges into a large bowl and mix them around so that the wedges are well coated in oil.
3. Place wedges evenly spaced on a baking tray with a sheet of tin foil.
4. Bake at 400° for 30-40 minutes (or until they reach desired level of crispiness).
5. Once ready, season with salt and vinegar for extra flavor.



ROSTI POTATOES

Servings: 1

Nutritional Information:

Calories: 590

Protein: 11 g

Carbs: 90 g

Fat: 23 g

Ingredients:

500g Russet Potatoes (2-3 Medium Russets)

5 tsp. Coconut Oil

Optional: Low fat cheese or sour cream

Directions:

1. Bring a medium pot of water to a boil.
2. Cut potatoes in half and place in boiling water. Boil potatoes for 7 minutes.
3. Remove potatoes from water and allow time to cool (or use cold water), then use a cheese grater to shred potatoes into a bowl.
4. Add 3 tsp. melted coconut oil to bowl and toss shredded potatoes until well coated.
5. Heat a frying pan over medium heat and add 1-2 tsp. coconut oil to pan.
6. Add potatoes to the pan and spread evenly. Fry on both sides until crispy.
7. Add salt and pepper to taste along with the option of adding low fat cheese and/or sour cream according to macros.



PATSY POTATOES

Servings: 1

Nutritional Information:

Calories: 590

Protein: 11 g

Carbs: 90 g

Fat: 23 g

Ingredients:

500g Russet Potatoes (2-3 Medium Russets)

1 tbsp. butter

Optional: Low fat cheese or sour cream

Directions:

1. Bring a medium pot of water to a boil.
2. Cut potatoes in half and place in boiling water. Boil potatoes for 10 minutes.
3. Remove potatoes from water
4. Heat 1 tablespoon of butter in an electric frying pan
5. Add the boiled potatoes into the frying pan and cook for 20-30 minutes on all sides.
6. They come out soft on the inside and crispy on the outside.

TIP: You can do this same recipe with sweet potatoes as well. Add potatoes to the pan and spread evenly. Fry on both sides until crispy. Add salt and pepper to taste along with the option of adding low fat cheese and/or sour cream according to macros.



SPICY POTATO HASH

Servings: 3

Nutritional Information:

Calories: 176

Fat: 6 g

Carbs: 26 g

Protein: 5 g

Ingredients:

500g russet potatoes, peeled (approx. 2-3 medium potatoes)

1 tbsp. unsalted butter

2 tsp. chili powder

1 tsp. cumin

½ tsp. red pepper flake

½ tsp. seasoning salt

2 garlic cloves

¼ cup shredded Mexican cheese (approx. 24g)

¼ cup red onion, finely chopped

¼ cup pickled jalapenos, finely chopped

Directions:

1. To make the potatoes, peel and place whole on microwave-safe plate. I usually use the baked potato button, which usually makes the potatoes come out just right, but if you don't have that button on your microwave it's about 5 min.
2. While the potatoes are cooking in a large skillet on medium heat add the tbsp. of butter and melt completely.
3. Add chopped onion and jalapenos and cook for about 5-8 minutes until onions are cooked and softened.
4. Once the potatoes are done take out of microwave and cut into chunks (I usually try to stay within 1/2-1 inch size pieces).
5. Add potatoes to the onion/jalapeno mixture and gently toss.
6. Add chili powder, cumin, pepper flake, seasoning salt, and garlic and gently combine.
7. At this point you can cook them as long as you want. If you want them crispy and have the time you can let them brown up a bit more, but I usually let them cook on low for about 10 minutes (flipping occasionally so they don't burn).
8. When they have cooked to your liking, turn off the heat, sprinkle in your cheese and gently toss until all cheese is melted and combined.
9. Serve and enjoy!



SWEET POTATO FRIES

Serving Size: approx. 1 sweet potato • **Servings:** 2

Nutritional Information:

Calories: 260

Fat: 13 g

Carbs: 34 g

Protein: 2 g

Ingredients:

2 medium sweet potatoes (approx. 500g)

2 tbsp. cornstarch

2 tbsp. macadamia nut oil (or coconut oil)

salt (to taste)

Directions:

1. You will want to prep the potatoes first; I usually do this in the morning, but if you don't have to time you can do it the night before or even an hour before you cook.
2. Peel potatoes and cut ½-inch thickness (depending on how you like them) then submerge in water for at least 1 hour.
3. Pour cut potatoes into a strainer and let dry (you can also dry them with a towel to speed up the process).
4. Preheat oven to 425°
5. Using a plastic bag, add potatoes and pour cornstarch into the bag, then shake around until all of the cornstarch is distributed on the fries.
6. Place fries on a lined baking sheet and space them out. Drizzle 2 tablespoons of oil over the potato fries.
7. Bake for 15 minutes, flip them and put back in for another 15 minutes.



SWEET POTATO WEDGES

Servings: 1

Nutritional Information:

Calories: 547

Protein: 8 g

Carbs: 101 g

Fat: 14 g

Ingredients:

2 medium sweet potatoes (approx. 500g)

3 tsp. Melted Coconut oil or Macadamia Nut Oil

1 tsp. Salt

Cinnamon

Directions:

1. Slice sweet potatoes into wedges. Preheat oven to 400° F.
2. Add oil and wedges into a large bowl and mix them around so that the wedges are well coated in oil.
3. Place wedges evenly spaced on a baking tray with a sheet of tin foil.
4. Bake at 400° for 30-40 minutes or until they reach desired level of crispiness.
5. Once ready, dust with cinnamon to taste.



BAKED SWEET POTATOS

Servings: 1

Nutritional Information:

Calories: 532

Protein: 8 g

Carbs: 101 g

Fat: 12 g

Ingredients:

2 medium sweet potatoes

1 tbsp. Butter (optional)

Cinnamon

Directions:

1. Preheat oven to 400°F.
2. Poke a few holes in the sweet potatoes using a fork.
3. Bake sweet potatoes for roughly 1 hour.
4. Once baked, remove sweet potato from oven and cut in half. Add butter if you have room in your macros and dust with cinnamon to taste.



CILANTRO-LIME RICE

Serving Size: 2/3 cups cooked • **Servings:** 3

Nutritional Information:

Calories: 140

Fat: 5g

Carbs: 22g

Protein: 3g

CHECK THESE FOR COCONUT OIL

Ingredients:

1 cup of brown rice
Juice of half a lime
2 cups of water
1/4 tsp. of salt
4 tbsp. cilantro, chopped
3 tsp. coconut oil

Directions:

1. In a pot add rice, water, salt and 1 tsp. of oil.
2. Bring to a boil and reduce heat to low. Cover and simmer for 15 minutes (until water is evaporated).
3. Combine remaining ingredients in medium bowl and add rice. Stir until well combined.



SMALL MEALS & DESSERTS

Kino Chef wouldn't be complete without the small meal section. This allows some flexibility in your routine. Since, typically, you'll want to have one smaller meal per day and one to two big meals.

Don't obsess about the macros for the small meals. Sometimes, I'll just have a 100g milk chocolate almond bar as my small meal.

As long as you're hitting sufficient protein (0.82g per pound of goal bodyweight), then you don't need the small meal to be high protein.

Some of these small meals will be high in protein, some will be moderate and some will be low. The main priority is keeping you as satisfied as possible.

Now, lets get to it :)

CHEESE QUESADILLAS

Serving Size: 3 quesadillas • **Servings:** 1

Nutritional Information:

Calories: 448

Protein: 26 g

Carbs: 37 g

Fat: 22 g

Ingredients:

90g Light or Low Fat Shredded Mozzarella Cheese

1 tsp. Coconut Oil

3 Corn Tortillas (Sprouted Corn Tortillas by Food for Life, 24g each)

1 tsp. Black Pepper

1 tsp. Salt

½ cup Salsa

Directions:

1. Heat frying pan over medium-low heat and add oil to your pan.
2. Place tortilla in pan and fry for roughly 60 seconds and then flip.
3. Add 30g of cheese and a pinch of salt and pepper to the fried side of the tortilla.
4. After roughly 30 seconds, fold the tortilla in half and continue frying until cheese is melted and flip tortillas to ensure they are sufficiently fried.
5. Repeat steps 2, 3 & 4 for each additional quesadilla.



COTTAGE CHEESE WITH CINNAMON

Servings: 1

Nutritional Information:

Calories: 395

Protein: 53 g

Carbs: 22 g

Fat: 11 g

Ingredients:

500g 2% Cottage Cheese
Cinnamon

Directions:

1. Simply stir some cinnamon into a container of cottage cheese and enjoy! Always better to start with a small amount and add more according to taste.

PEANUT BUTTER BANANA MUFFINS

Serving Size: 1 muffin • **Servings:** 12

Nutritional Information:

Calories: 133

Protein: 4 g

Carbs: 19 g

Fat: 6 g

Ingredients:

3 overripe bananas, mashed
1/3 cup all natural peanut butter (I used Skippy All Natural)
½ cup unsweetened applesauce
1/4 cup light brown sugar
½ cup unsweetened almond milk
1 tsp. vanilla extract
1 cup old fashioned oats, ground (in food processor)
1¼ tsp. baking powder
½ tsp. baking soda
½ tsp. cinnamon
12 tsp. all natural peanut butter (*for the tops of the muffins*)

Directions:

1. Preheat oven to 375°F.
2. Mash overripe bananas into a medium-sized bowl.
3. Whisk bananas, 1/3 cup peanut butter, milk, applesauce, brown sugar and vanilla.
4. In a small bowl, whisk together ground oats, baking powder, baking soda and cinnamon.
5. Slowly add oat mixture to batter and stir to combine.
6. Spray a muffin pan with cooking spray and fill about 2/3 full.
7. Top each muffin with 1 tsp. of peanut butter and swirl with a toothpick.
8. Bake for approximately 20-25 minutes.
9. When all done, let muffins cool in the pan for approximately 30 minutes, then transfer to a wire rack.



** Partially adapted from IRealFood.com*

PEANUT BUTTER OATMEAL COOKIES

Serving Size: 6 cookies • **Servings:** 4

Nutritional Information:

Calories: 378

Protein: 12 g

Carbs: 48 g

Fat: 18 g

Ingredients:

½ cup natural peanut butter (I used Skippy Natural)

½ cup light brown sugar

1 tsp. baking powder

1¼ cups old-fashioned oats

¼ cup unsweetened vanilla almond milk

Directions:

1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment paper and set aside.
3. In a medium bowl, use a hand mixer to mix together the peanut butter and brown sugar.
4. Stir in baking powder and old-fashioned oats.
5. Slowly start to pour in the almond milk.
6. Stir everything together until fully incorporated.
7. Using a tablespoon, spoon onto the baking sheet (12 on each sheet) and flatten out a little with a fork.
8. Bake cookies for 6-8, until lightly golden.
9. They will feel a little doughy still, but they will be just right after they cool.



CHOCOLATE CHIP FROZEN YOGURT ICE CREAM

Servings: 1

Nutritional Information:

Calories: 519

Protein: 10g

Carbs: 86g

Fat: 17g

Ingredients:

2 Cups Frozen Yogurt Ice Cream (Vanilla Chapman's or preferred brand)
30g Semi-sweet Chocolate Chips

Directions:

1. Simply stir the chocolate chips into your frozen yogurt and enjoy! I prefer to let the bowl of frozen yogurt thaw at room temperature for 5-15 minutes or until soft and creamy

BANANA-ALMOND GREEK YOGURT

Servings: 1

Nutritional Information:

Calories: 596

Protein: 56 g

Carbs: 51 g

Fat: 20 g

Ingredients:

500g 2% Plain Greek Yogurt

1 Banana

20g Almonds

Cinnamon

Directions:

1. Slice the banana into thin pieces and place them in a bowl. Add Greek yogurt on top of the bananas and dust with cinnamon to taste. Add the almonds on top and enjoy!

QUEST BAR SUPREME

Servings: 1

Nutritional Information:

Calories: 283

Protein: 22g

Carbs: 33g

Fat: 14g

Ingredients:

1 Chocolate Chip Cookie Dough Quest Bar
20g Chocolate Chips

Directions:

1. Press the chocolate chips into the top of the quest bar and bake at 350° for 5 minutes. Let cool and enjoy!

QUEST BAR COOKIES

Servings: 1

Nutritional Information:

Calories: 190

Protein: 21g

Carbs: 21g

Fat: 8g

Ingredients:

1 Chocolate Chip Cookie Dough Quest Bar

Directions:

1. Cut a cookie dough quest bar into 4-8 equal pieces and roll them into a ball.
2. Place the cookie pieces on a tin foil covered cookie sheet and bake at 350° for 5 minutes.

EGG WHITES AND PEANUT BUTTER

(Don't knock it till you try it!)

Servings: 1

Nutritional Information:

Calories: 494

Protein: 49g

Carbs: 12g

Fat: 29g

Ingredients:

350g Liquid Egg Whites (approx. 1 ½ Cups)

50g Natural Peanut Butter (3 tbsp.)

1 tsp. Coconut Oil

Directions:

1. Heat coconut oil in a frying pan over medium heat, add egg whites and cook until scrambled perfection. Place the cooked egg whites into a serving bowl and add the peanut butter on top. Mix the peanut butter and egg whites thoroughly. Add salt to taste if desired.

TIP: If you want to make it more peanut-buttery without raising calories, eat half the egg whites without peanut butter first and then enjoy the other half with 50g peanut butter. This allows for a more desirable macro-calorie ratio than simply using more peanut butter.

CASEIN FLUFF

Servings: 1

Nutritional Information:

Calories: 320

Protein: 45g

Carbs: 33g

Fat: 2g

Ingredients:

60g Vanilla Casein Protein Powder

300g Frozen Strawberries

1.7 oz. Unsweetened Almond Milk (Vanilla or Original)

Directions:

1. Add all ingredients into a mixer bowl and turn the stand mixer on low. Gradually increase the level to high as the ingredients begin to mix together and leave on high for 8-10 minutes or until it becomes fluffy.

PEANUT BUTTER-CHOCOLATE CASEIN PUDDING

Servings: 1

Nutritional Information:

Calories: 448

Protein: 52g

Carbs: 15g

Fat: 21g

Ingredients:

60g Chocolate Casein Protein Powder

40g Natural Peanut Butter

1 Banana

Directions:

1. Mix casein and water in a bowl until it reaches a pudding like consistency. Set bowl in fridge for an hour or longer if desired.
2. Remove pudding from fridge and slice banana into thin pieces, add banana to bowl and mix them into pudding along with the peanut butter.

COCONUT MILK CHOCOLATE CASEIN PUDDING

Servings: 1

Nutritional Information:

Calories: 461

Protein: 46g

Carbs: 37g

Fat: 17g

Ingredients:

60g Chocolate Casein Protein Powder

4 tbsp. Canned Coconut Milk

1 Banana

Directions:

1. Mix casein and water in a bowl until it reaches a pudding like consistency. Set bowl in fridge for an hour or longer if desired.
2. Remove pudding from fridge and slice banana into thin pieces, then add banana and coconut milk to bowl and mix them into pudding along with the peanut butter.

CONCLUSION

Bam! Hope you enjoyed Kino Chef and I seriously can't wait for you to try some of these recipes... They will blow your mind.

As you can see, supporting a lean and muscular physique through proper nutrition can absolutely be an enjoyable and rewarding process. You can eat big, delicious meals that truly satisfy you.

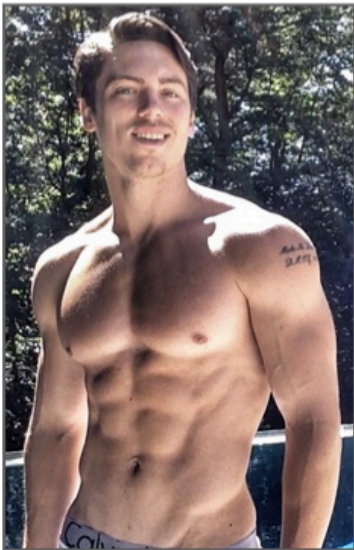
As well, making great food does not have to be a full time job, nor does it have to be complicated.

I recommend keeping your life simple by just starting off with a handful of recipes, mastering those and then adding in new ones. Play around with the recipes and find combinations that fit your macros while supporting your goal.

If you're on a budget, you'll definitely want to order in bulk and stock up on chicken breasts and potatoes, the two key foods in Kino Chef.

Anyway, that's all for now... Time to get cooking!

Talk soon,



Greg O'Gallagher & Emily Ness