



MANDY ELLIS FITNESS

# MACRO-FRIENDLY MEALS + SNACKS

SIMPLE FOOD FOR BUSY WOMEN

30 repeatable, high-protein recipes  
with easy gluten- and dairy-free swaps

Simple food. Flexible choices. No perfection required.

# HOW TO USE THIS COOKBOOK

## **START WITH ONE FROM EACH SECTION**

Choose one breakfast, snack and dinner. Repeat favorites to reduce decision fatigue and food waste.

## **PREP COMPONENTS, NOT PERFECTION**

Batch-cook a protein, carbohydrate and vegetable. Most dinners can become next-day lunches.

## **ADJUST PORTIONS TO YOUR GOALS**

Add or reduce rice, potatoes, tortillas, oils and toppings while keeping a solid protein serving.

## **USE SHORTCUTS WITHOUT GUILT**

Frozen vegetables, microwave rice, bagged salad, cooked chicken, tuna pouches and pre-cut produce all count.

## **MACRO NOTE**

Calories and macros are estimates per listed serving. Exact values change with brands, measurements and substitutions. Log the exact products and amounts you use for the most accurate numbers.

## **FOOD SAFETY**

Cook poultry to 165°F and all foods to safe temperatures. Refrigerate prepared food promptly and use refrigerated leftovers within 3 to 4 days.

# KEEP IT SIMPLE

## THE BUSY-WEEK MEAL FORMULA

**1**

### **PICK A PROTEIN**

Chicken, turkey, lean beef, fish, eggs, yogurt, tofu or beans

**2**

### **ADD PRODUCE**

Fresh or frozen fruit, vegetables, salad kits or slaw

**3**

### **ADD A CARB**

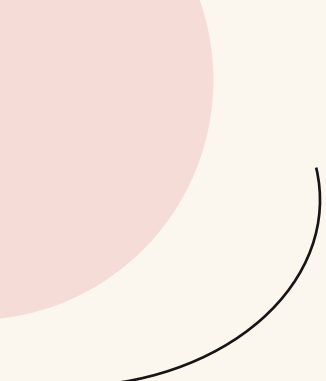
Rice, potatoes, oats, pasta, bread, tortillas, beans or fruit

**4**

### **ADD A LITTLE FAT**

Avocado, olive oil, nuts, seeds or cheese

**Your portions change based on your goals—  
not whether the food is “good” or “bad.”**



# 01

## **Breakfasts**

Fast starts with enough protein to help you feel satisfied.

# Freezer Breakfast Burrito

**CALORIES****390****PROTEIN****32 g****CARBS****37 g****FAT****13 g****SERVING** 1 burrito**TIME** 10 min + reheat**INGREDIENTS**

- 1 high-fiber tortilla
- 1 large egg
- 1/2 cup liquid egg whites
- 2 oz lean turkey sausage
- 1/4 cup diced bell pepper
- 2 tbsp salsa
- 2 tbsp reduced-fat shredded cheese

**SWAPS + SHORTCUT**

Make four at once. GF: use a certified gluten-free tortilla. DF: use dairy-free shreds or omit.

**STEP BY STEP**

- 1 Scramble the egg, egg whites, sausage and pepper in a nonstick skillet.
- 2 Spoon onto the tortilla, add salsa and cheese, then fold tightly.
- 3 Wrap and freeze. Reheat from thawed for 60-90 seconds or until hot.

**STORE + REHEAT**

For cooked items, microwave in 30-second intervals until steaming hot. Add fresh toppings after reheating.

# Overnight Berry Cheesecake Oats

**CALORIES****365****PROTEIN****31 g****CARBS****46 g****FAT****7 g****SERVING** 1 jar**TIME** 5 min + chill**INGREDIENTS**

- 1/2 cup rolled oats
- 3/4 cup nonfat Greek yogurt
- 1/2 cup unsweetened almond milk
- 1/2 cup berries
- 1/2 scoop vanilla protein powder
- 1 tsp chia seeds
- Dash of cinnamon

**SWAPS + SHORTCUT**

GF: choose certified gluten-free oats. DF: use a high-protein dairy-free yogurt and plant protein; macros may change.

**STEP BY STEP**

- 1 Stir everything except half the berries in a jar.
- 2 Top with remaining berries, cover and refrigerate overnight.

**STORE + REHEAT**

For cooked items, microwave in 30-second intervals until steaming hot. Add fresh toppings after reheating.

# Egg White Veggie Breakfast

**CALORIES****330****PROTEIN****32 g****CARBS****31 g****FAT****9 g****SERVING** 1 sandwich**TIME** 10 min**INGREDIENTS**

- 1 whole-grain English muffin
- 1 large egg
- 1/2 cup liquid egg whites
- 1/2 cup baby spinach
- 1 slice reduced-fat cheese
- Salt, pepper and hot sauce

**SWAPS + SHORTCUT**

Freeze assembled sandwiches without hot sauce. GF: use a GF English muffin. DF: omit cheese.

**STEP BY STEP**

- 1 Toast the English muffin.
- 2 Cook egg, egg whites and spinach in a small nonstick skillet. Fold into a patty.
- 3 Add cheese and assemble.

**STORE + REHEAT**

For cooked items, microwave in 30-second intervals until steaming hot. Add fresh toppings after reheating.

# Protein Pancake Meal Prep Box

**CALORIES****380****PROTEIN****33 g****CARBS****45 g****FAT****8 g****SERVING** 1 serving**TIME** 15 min**INGREDIENTS**

- 1/2 cup oats
- 1/2 cup low-fat cottage cheese
- 1 large egg
- 1/2 scoop vanilla protein powder
- 1/2 tsp baking powder
- 1/2 cup strawberries
- 1 tbsp maple syrup

**SWAPS + SHORTCUT**

DF: use thick dairy-free yogurt in place of cottage cheese. GF: certified GF oats.

**STEP BY STEP**

- 1 Blend oats, cottage cheese, egg, protein powder and baking powder.
- 2 Cook 3 small pancakes on a sprayed skillet over medium heat.
- 3 Pack with strawberries and syrup.

**STORE + REHEAT**

For cooked items, microwave in 30-second intervals until steaming hot. Add fresh toppings after reheating.

# Turkey Sausage Sweet Potato Hash



CALORIES

**405**

PROTEIN

**31 g**

CARBS

**43 g**

FAT

**12 g**

SERVING 1 bowl

TIME 20 min

## INGREDIENTS

- 5 oz diced sweet potato
- 3 oz lean turkey sausage
- 1 large egg
- 1/3 cup egg whites
- 1/3 cup diced onion and pepper
- 1 tsp olive oil
- Paprika, salt and pepper

## SWAPS + SHORTCUT

Prep cooked sweet potato and vegetables ahead to make this a 7-minute breakfast.

## STEP BY STEP

- 1 Microwave sweet potato 3-4 minutes until nearly tender.
- 2 Brown sausage and vegetables in oil, then add sweet potato.
- 3 Add egg and egg whites; cook until set.

## STORE + REHEAT

For cooked items, microwave in 30-second intervals until steaming hot. Add fresh toppings after reheating.

# Chocolate Banana Protein Smoothie

**CALORIES****350****PROTEIN****36 g****CARBS****42 g****FAT****7 g****SERVING** 1 smoothie**TIME** 5 min**INGREDIENTS**

- 1 scoop chocolate protein powder
- 1 small frozen banana
- 1 cup unsweetened almond milk
- 1 tbsp powdered peanut butter
- 1 tbsp peanut butter
- 1 cup ice
- Pinch of salt

**SWAPS + SHORTCUT**

Use a plant protein for dairy-free. Add a handful of spinach without changing the flavor much.

**STEP BY STEP**

- 1 Blend until completely smooth. Add water for a thinner consistency.

**STORE + REHEAT**

For cooked items, microwave in 30-second intervals until steaming hot. Add fresh toppings after reheating.

# Savory Cottage Cheese Toast



CALORIES

**340**

PROTEIN

**30 g**

CARBS

**34 g**

FAT

**10 g**

SERVING 1 serving

TIME 7 min

## INGREDIENTS

- 2 slices light whole-grain bread
- 3/4 cup low-fat cottage cheese
- 1/2 cup sliced cucumber and tomato
- 1 tsp everything seasoning
- 1 tsp olive oil
- Black pepper

## SWAPS + SHORTCUT

GF: use GF bread. DF: use mashed white beans plus 2 oz sliced turkey for similar protein.

## STEP BY STEP

- 1 Toast the bread.
- 2 Top with cottage cheese, vegetables, seasoning and olive oil.

## STORE + REHEAT

For cooked items, microwave in 30-second intervals until steaming hot. Add fresh toppings after reheating.

# Apple Cinnamon Yogurt Crunch

**CALORIES****335****PROTEIN****32 g****CARBS****42 g****FAT****6 g****SERVING** 1 bowl**TIME** 5 min**INGREDIENTS**

- 1 cup nonfat Greek yogurt
- 1/2 scoop vanilla protein powder
- 1 small apple, diced
- 1/4 cup high-protein cereal
- 1 tsp almond butter
- Cinnamon

**SWAPS + SHORTCUT**

Keep cereal separate until serving. DF: use high-protein dairy-free yogurt and plant protein.

**STEP BY STEP**

- 1 Mix yogurt and protein powder.
- 2 Top with apple, cereal, almond butter and cinnamon.

**STORE + REHEAT**

For cooked items, microwave in 30-second intervals until steaming hot. Add fresh toppings after reheating.

# Sheet Pan Egg and Turkey Squares

**CALORIES****315****PROTEIN****35 g****CARBS****8 g****FAT****15 g****SERVING** 2 squares**TIME** 30 min**INGREDIENTS**

- 2 large eggs
- 3/4 cup liquid egg whites
- 2 oz diced turkey breast
- 1 cup chopped spinach and peppers
- 2 tbsp feta
- Salt, pepper and garlic powder

**SWAPS + SHORTCUT**

Makes two servings. DF: omit feta. Pair with fruit when you need more carbohydrates.

**STEP BY STEP**

- 1 Heat oven to 375 F. Whisk eggs and egg whites.
- 2 Stir in turkey, vegetables and feta; pour into a lined 8-inch pan.
- 3 Bake 20-24 minutes and cut into four squares. Serve two.

**STORE + REHEAT**

For cooked items, microwave in 30-second intervals until steaming hot. Add fresh toppings after reheating.

# Peanut Butter Banana Breakfast

**CALORIES****395****PROTEIN****30 g****CARBS****49 g****FAT****11 g****SERVING** 1 wrap**TIME** 5 min**INGREDIENTS**

- 1 high-fiber tortilla
- 1 medium banana
- 1 tbsp peanut butter
- 1/2 cup nonfat Greek yogurt
- 1/2 scoop vanilla protein powder
- Cinnamon

**SWAPS + SHORTCUT**

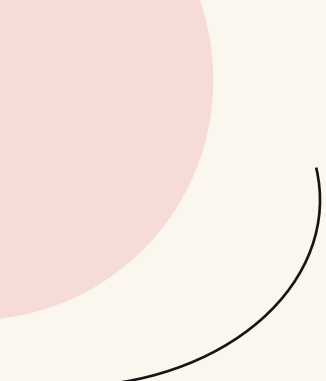
GF: use GF tortilla. DF: use a protein-rich dairy-free yogurt and plant protein.

**STEP BY STEP**

- 1 Mix yogurt and protein powder.
- 2 Spread peanut butter and half the yogurt mixture over tortilla. Add banana and cinnamon, then roll.
- 3 Serve remaining yogurt on the side.

**STORE + REHEAT**

For cooked items, microwave in 30-second intervals until steaming hot. Add fresh toppings after reheating.



# 02

## Snacks

Portable options that do more than simply hold you over.

# Protein Snack Box

**CALORIES****300****PROTEIN****29 g****CARBS****25 g****FAT****10 g****SERVING** 1 box**TIME** 5 min**INGREDIENTS**

- 3 oz sliced turkey breast
- 1 light string cheese
- 1 small apple
- 6 whole-grain crackers
- Cucumber slices

**SWAPS + SHORTCUT**

GF: use GF crackers. DF: swap cheese for 1/3 cup shelled edamame.

**STEP BY STEP**

- 1 Arrange in a divided container. Refrigerate until ready to eat.
- 2 Portion the snack immediately so the listed macros stay consistent. Cover and refrigerate any perishable ingredients within 2 hours.

**STORE + REHEAT**

Keep crisp items separate from wet ingredients until serving. Most prepared snack components keep 2 to 3 days refrigerated.

# No Bake Chocolate Protein Bites

**CALORIES****245****PROTEIN****17 g****CARBS****24 g****FAT****10 g****SERVING** 3 bites**TIME** 15 min**INGREDIENTS**

- 1/2 cup oats
- 1/2 cup vanilla protein powder
- 1/4 cup powdered peanut butter
- 2 tbsp peanut butter
- 2 tbsp mini chocolate chips
- 3-4 tbsp water

**SWAPS + SHORTCUT**

Makes four servings. GF: certified GF oats. DF: use plant protein and dairy-free chips.

**STEP BY STEP**

- 1 Mix dry ingredients, then stir in peanut butter and enough water to form a dough.
- 2 Roll into 12 bites and chill. Serve three.
- 3 Portion the snack immediately so the listed macros stay consistent. Cover and refrigerate any perishable ingredients within 2 hours.

**STORE + REHEAT**

Keep crisp items separate from wet ingredients until serving. Most prepared snack components keep 2 to 3 days refrigerated.

# Ranch Greek Yogurt Dip Plate

**CALORIES****220****PROTEIN****25 g****CARBS****19 g****FAT****5 g****SERVING** 1 plate**TIME** 5 min**INGREDIENTS**

- 3/4 cup nonfat Greek yogurt
- 1 tsp ranch seasoning
- 1 1/2 cups sliced vegetables
- 1 oz turkey jerky

**SWAPS + SHORTCUT**

Choose lower-sodium seasoning and jerky if sodium is a concern. DF: use dairy-free high-protein yogurt.

**STEP BY STEP**

- 1 Stir seasoning into yogurt. Serve with vegetables and jerky.
- 2 Portion the snack immediately so the listed macros stay consistent. Cover and refrigerate any perishable ingredients within 2 hours.

**STORE + REHEAT**

Keep crisp items separate from wet ingredients until serving. Most prepared snack components keep 2 to 3 days refrigerated.

# Cottage Cheese Fruit Bowl

**CALORIES****255****PROTEIN****27 g****CARBS****26 g****FAT****5 g****SERVING** 1 bowl**TIME** 5 min**INGREDIENTS**

- 1 cup low-fat cottage cheese
- 1/2 cup pineapple chunks
- 1 tbsp chopped walnuts
- Cinnamon

**SWAPS + SHORTCUT**

Use berries instead of pineapple for less sweetness. DF: use high-protein dairy-free yogurt.

**STEP BY STEP**

- 1 Add everything to a bowl and serve chilled.
- 2 Portion the snack immediately so the listed macros stay consistent. Cover and refrigerate any perishable ingredients within 2 hours.

**STORE + REHEAT**

Keep crisp items separate from wet ingredients until serving. Most prepared snack components keep 2 to 3 days refrigerated.

# Crunchy Tuna Cucumber Cups


**CALORIES**
**235**
**PROTEIN**
**31 g**
**CARBS**
**13 g**
**FAT**
**7 g**
**SERVING** 1 serving

**TIME** 10 min

**INGREDIENTS**

- 1 tuna pouch, drained
- 2 tbsp plain Greek yogurt
- 1 tsp mustard
- 1 tbsp diced celery
- 1 large cucumber
- 4 whole-grain crackers

**SWAPS + SHORTCUT**

GF: use GF crackers. DF: replace yogurt with mashed avocado or dairy-free yogurt.

**STEP BY STEP**

- 1 Mix tuna, yogurt, mustard and celery.
- 2 Slice cucumber into thick rounds and top with tuna mixture. Serve with crackers.
- 3 Portion the snack immediately so the listed macros stay consistent. Cover and refrigerate any perishable ingredients within 2 hours.

**STORE + REHEAT**

Keep crisp items separate from wet ingredients until serving. Most prepared snack components keep 2 to 3 days refrigerated.

# Edamame and Turkey Power Cup

**CALORIES****270****PROTEIN****28 g****CARBS****22 g****FAT****8 g****SERVING** 1 cup**TIME** 5 min**INGREDIENTS**

- 3/4 cup shelled edamame
- 2 oz chopped turkey breast
- 1/2 cup diced cucumber
- 1 tsp sesame oil
- 1 tsp low-sodium tamari
- Rice vinegar and chili flakes

**SWAPS + SHORTCUT**

Naturally dairy-free. Use certified GF tamari when needed.

**STEP BY STEP**

- 1 Combine all ingredients and chill or serve at room temperature.
- 2 Portion the snack immediately so the listed macros stay consistent. Cover and refrigerate any perishable ingredients within 2 hours.

**STORE + REHEAT**

Keep crisp items separate from wet ingredients until serving. Most prepared snack components keep 2 to 3 days refrigerated.

# Chocolate Strawberry Yogurt Bark

**CALORIES****210****PROTEIN****20 g****CARBS****23 g****FAT****5 g****SERVING** 1/4 batch**TIME** 10 min + freeze**INGREDIENTS**

- 1 1/2 cups nonfat Greek yogurt
- 1 scoop chocolate protein powder
- 1 cup sliced strawberries
- 2 tbsp mini chocolate chips

**SWAPS + SHORTCUT**

DF: use thick dairy-free yogurt and plant protein. Keep frozen.

**STEP BY STEP**

- 1 Mix yogurt and protein powder. Spread thinly on a lined tray.
- 2 Top with berries and chips; freeze until firm and break into four portions.
- 3 Portion the snack immediately so the listed macros stay consistent. Cover and refrigerate any perishable ingredients within 2 hours.

**STORE + REHEAT**

Keep crisp items separate from wet ingredients until serving. Most prepared snack components keep 2 to 3 days refrigerated.

# Buffalo Chicken Rice Cakes


**CALORIES**
**260**
**PROTEIN**
**29 g**
**CARBS**
**24 g**
**FAT**
**6 g**
**SERVING** 2 rice cakes

**TIME** 7 min

**INGREDIENTS**

- 2 plain rice cakes
- 3 oz cooked shredded chicken
- 1 tbsp plain Greek yogurt
- 1 tbsp buffalo sauce
- 1 tbsp reduced-fat cheese
- Sliced green onion

**SWAPS + SHORTCUT**

Assemble just before eating. DF: use dairy-free yogurt and omit cheese.

**STEP BY STEP**

- 1 Mix chicken, yogurt and buffalo sauce.
- 2 Divide over rice cakes; top with cheese and green onion.
- 3 Portion the snack immediately so the listed macros stay consistent. Cover and refrigerate any perishable ingredients within 2 hours.

**STORE + REHEAT**

Keep crisp items separate from wet ingredients until serving. Most prepared snack components keep 2 to 3 days refrigerated.

# Protein Latte and Banana

**CALORIES****240****PROTEIN****26 g****CARBS****31 g****FAT****3 g****SERVING** 1 snack**TIME** 5 min**INGREDIENTS**

- 1 cup cold coffee or 2 espresso shots
- 1 ready-to-drink vanilla protein shake
- 1 small banana
- Ice and cinnamon

**SWAPS + SHORTCUT**

Check the shake label for gluten and dairy if needed. Decaf works too.

**STEP BY STEP**

- 1 Pour coffee and protein shake over ice; add cinnamon. Serve with banana.
- 2 Portion the snack immediately so the listed macros stay consistent. Cover and refrigerate any perishable ingredients within 2 hours.

**STORE + REHEAT**

Keep crisp items separate from wet ingredients until serving. Most prepared snack components keep 2 to 3 days refrigerated.

# Turkey Pickle Roll Ups

**CALORIES****225****PROTEIN****30 g****CARBS****8 g****FAT****8 g****SERVING** 6 roll ups**TIME** 8 min**INGREDIENTS**

- 4 oz sliced turkey breast
- 2 tbsp whipped cream cheese
- 2 pickle spears, quartered
- 1 cup grapes

**SWAPS + SHORTCUT**

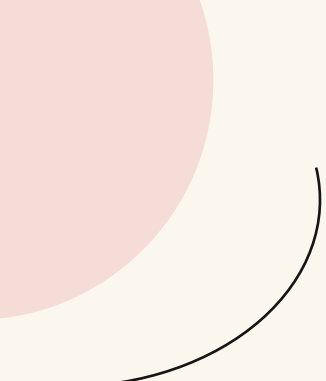
DF: use dairy-free cream cheese or hummus. Choose lower-sodium turkey if preferred.

**STEP BY STEP**

- 1 Spread turkey with cream cheese, add pickle and roll tightly.
- 2 Serve six small rolls with grapes.
- 3 Portion the snack immediately so the listed macros stay consistent. Cover and refrigerate any perishable ingredients within 2 hours.

**STORE + REHEAT**

Keep crisp items separate from wet ingredients until serving. Most prepared snack components keep 2 to 3 days refrigerated.

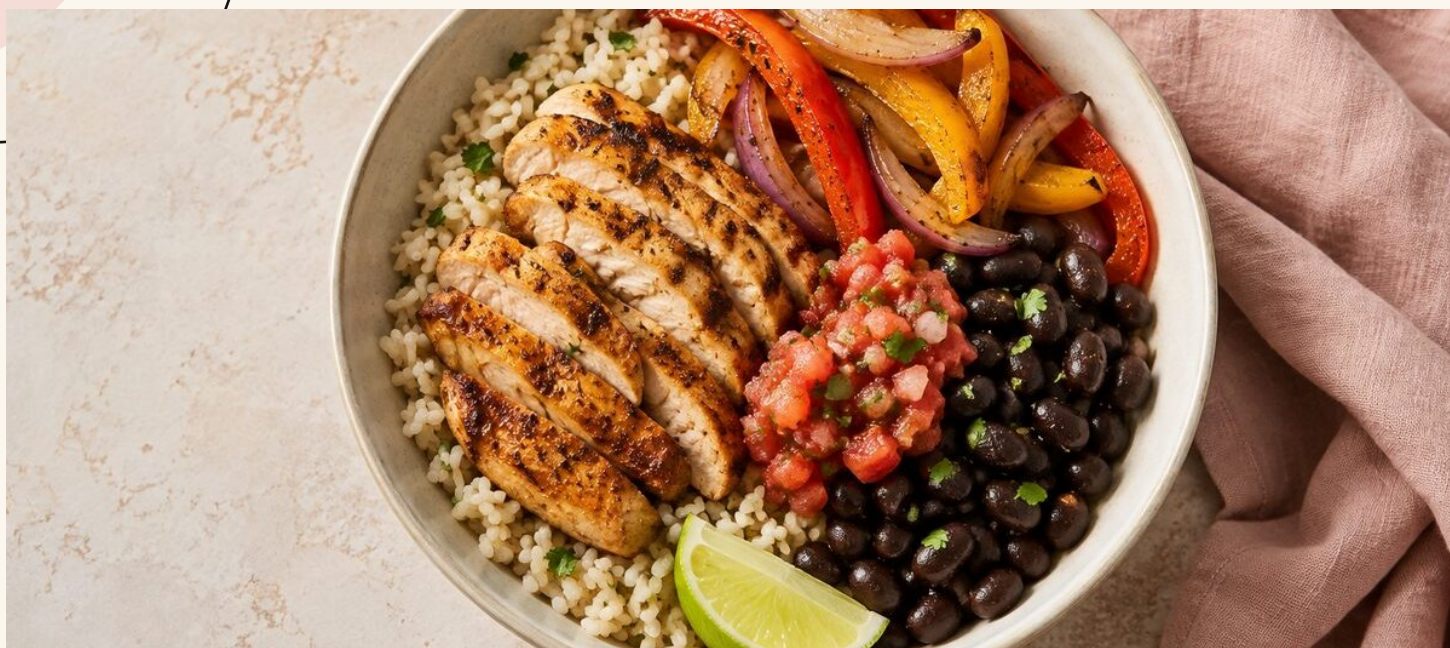


# 03

## Dinners

Simple meals built to satisfy and fit busy evenings.

# Sheet Pan Chicken Fajita Bowls

**CALORIES****485****PROTEIN****43 g****CARBS****52 g****FAT****12 g****SERVING** 1 bowl**TIME** 30 min**INGREDIENTS**

- 5 oz chicken breast, sliced
- 1 1/2 cups sliced peppers and onion
- 2 tsp olive oil
- 1 tsp fajita seasoning
- 1/2 cup cooked rice
- 1/3 cup black beans
- Salsa and lime

**SWAPS + SHORTCUT**

Makes easy leftovers. Naturally dairy-free; verify seasoning is GF.

**STEP BY STEP**

- 1 Heat oven to 425 F. Toss chicken and vegetables with oil and seasoning.
- 2 Roast 18-22 minutes, stirring once, until chicken reaches 165 F.
- 3 Serve over rice and beans with salsa and lime.
- 4 Taste and adjust seasoning only after the protein is fully cooked. Divide into the listed serving size before adding calorie-dense extras.

**STORE + REHEAT**

Cool leftovers promptly and refrigerate in a shallow container for up to 3 to 4 days. Reheat until steaming hot throughout.

# One Pot Turkey Taco Pasta

**CALORIES****510****PROTEIN****42 g****CARBS****58 g****FAT****12 g****SERVING** 1 1/2 cups**TIME** 30 min**INGREDIENTS**

- 5 oz 93% lean ground turkey
- 2 oz dry high-protein pasta
- 1/2 cup black beans
- 1/2 cup crushed tomatoes
- 1/2 cup broth
- 1 tbsp taco seasoning
- 2 tbsp reduced-fat cheese

**SWAPS + SHORTCUT**

GF: use chickpea or GF pasta and verify seasoning. DF: omit cheese.

**STEP BY STEP**

- 1 Brown turkey in a deep skillet.
- 2 Add pasta, beans, tomatoes, broth and seasoning. Cover and simmer until pasta is tender, adding water if needed.
- 3 Stir in cheese.
- 4 Taste and adjust seasoning only after the protein is fully cooked. Divide into the listed serving size before adding calorie-dense extras.

**STORE + REHEAT**

Cool leftovers promptly and refrigerate in a shallow container for up to 3 to 4 days. Reheat until steaming hot throughout.

# Honey Garlic Salmon and Broccoli

**CALORIES****505****PROTEIN****39 g****CARBS****48 g****FAT****17 g****SERVING** 1 plate**TIME** 25 min**INGREDIENTS**

- 5 oz salmon
- 1 tbsp honey
- 1 tbsp low-sodium tamari
- 1 tsp minced garlic
- 2 cups broccoli
- 1/2 cup cooked rice
- Cooking spray

**SWAPS + SHORTCUT**

Use certified GF tamari. Naturally dairy-free.

**STEP BY STEP**

- 1 Heat oven to 400 F. Mix honey, tamari and garlic.
- 2 Place salmon and broccoli on a sheet pan; coat salmon with sauce and spray broccoli.
- 3 Bake 12-15 minutes. Serve with rice.
- 4 Taste and adjust seasoning only after the protein is fully cooked. Divide into the listed serving size before adding calorie-dense extras.

**STORE + REHEAT**

Cool leftovers promptly and refrigerate in a shallow container for up to 3 to 4 days. Reheat until steaming hot throughout.

# Slow Cooker Salsa Chicken Bowls

**CALORIES****455****PROTEIN****46 g****CARBS****48 g****FAT****8 g****SERVING** 1 bowl**TIME** 10 min prep**INGREDIENTS**

- 5 oz cooked salsa chicken
- 1/2 cup cooked rice
- 1/3 cup corn
- 1/3 cup black beans
- 1/4 avocado
- Salsa, lime and cilantro

**SWAPS + SHORTCUT**

Cook extra chicken for lunches. Naturally GF/DF when salsa is verified.

**STEP BY STEP**

- 1 Cook chicken breasts with salsa on low 4-6 hours, then shred.
- 2 Build each bowl with chicken, rice, corn, beans and avocado.
- 3 Taste and adjust seasoning only after the protein is fully cooked. Divide into the listed serving size before adding calorie-dense extras.

**STORE + REHEAT**

Cool leftovers promptly and refrigerate in a shallow container for up to 3 to 4 days. Reheat until steaming hot throughout.

# Beef and Veggie Stir Fry


**CALORIES**
**490**
**PROTEIN**
**39 g**
**CARBS**
**49 g**
**FAT**
**15 g**
**SERVING** 1 bowl

**TIME** 25 min

**INGREDIENTS**

- 5 oz lean sirloin strips
- 2 cups frozen stir-fry vegetables
- 1 tsp sesame oil
- 1 tbsp low-sodium tamari
- 1 tsp honey
- 1 tsp cornstarch
- 1/2 cup cooked rice

**SWAPS + SHORTCUT**

Use certified GF tamari. Naturally dairy-free.

**STEP BY STEP**

- 1 Sear beef in half the oil and remove.
- 2 Cook vegetables, then add beef. Stir in tamari, honey and cornstarch mixed with 2 tbsp water.
- 3 Serve over rice.
- 4 Taste and adjust seasoning only after the protein is fully cooked. Divide into the listed serving size before adding calorie-dense extras.

**STORE + REHEAT**

Cool leftovers promptly and refrigerate in a shallow container for up to 3 to 4 days. Reheat until steaming hot throughout.

# Creamy Chicken Spinach Pasta

**CALORIES****525****PROTEIN****48 g****CARBS****55 g****FAT****12 g****SERVING** 1 bowl**TIME** 25 min**INGREDIENTS**

- 5 oz chicken breast, cubed
- 2 oz dry high-protein pasta
- 1 cup spinach
- 1/2 cup marinara
- 1/3 cup low-fat cottage cheese
- 1 tsp olive oil
- Garlic and Italian seasoning

**SWAPS + SHORTCUT**

GF: use chickpea or GF pasta. DF: use blended silken tofu instead of cottage cheese.

**STEP BY STEP**

- 1 Cook pasta. Blend cottage cheese and marinara until smooth.
- 2 Cook chicken in oil with seasonings until it reaches 165 F. Add spinach.
- 3 Stir in pasta and sauce; warm gently.
- 4 Taste and adjust seasoning only after the protein is fully cooked. Divide into the listed serving size before adding calorie-dense extras.

**STORE + REHEAT**

Cool leftovers promptly and refrigerate in a shallow container for up to 3 to 4 days. Reheat until steaming hot throughout.

# Turkey Burger Potato Bowls

**CALORIES****500****PROTEIN****42 g****CARBS****51 g****FAT****14 g****SERVING** 1 bowl**TIME** 35 min**INGREDIENTS**

- 5 oz 93% lean ground turkey
- 8 oz baby potatoes, quartered
- 2 cups chopped lettuce and tomato
- 1 tsp olive oil
- 2 tbsp burger sauce made with Greek yogurt
- Pickles and seasoning

**SWAPS + SHORTCUT**

DF: use dairy-free yogurt in the sauce. Naturally GF if condiments are verified.

**STEP BY STEP**

- 1 Roast potatoes with oil and seasoning at 425 F for 25-30 minutes.
- 2 Form and cook turkey patty to 165 F, then chop.
- 3 Layer vegetables, potatoes and turkey; add sauce and pickles.
- 4 Taste and adjust seasoning only after the protein is fully cooked. Divide into the listed serving size before adding calorie-dense extras.

**STORE + REHEAT**

Cool leftovers promptly and refrigerate in a shallow container for up to 3 to 4 days. Reheat until steaming hot throughout.

# Shrimp Fried Rice

**CALORIES****470****PROTEIN****39 g****CARBS****55 g****FAT****10 g****SERVING** 1 large bowl**TIME** 20 min**INGREDIENTS**

- 6 oz peeled shrimp
- 3/4 cup cooked chilled rice
- 1 large egg
- 1 cup frozen peas and carrots
- 1 tsp sesame oil
- 1 tbsp low-sodium tamari
- Green onion

**SWAPS + SHORTCUT**

Use microwave rice and frozen vegetables for speed. GF: use certified GF tamari.

**STEP BY STEP**

- 1 Cook shrimp in a hot skillet and remove.
- 2 Add oil, vegetables and rice; cook until hot. Push aside and scramble egg.
- 3 Return shrimp, add tamari and toss.
- 4 Taste and adjust seasoning only after the protein is fully cooked. Divide into the listed serving size before adding calorie-dense extras.

**STORE + REHEAT**

Cool leftovers promptly and refrigerate in a shallow container for up to 3 to 4 days. Reheat until steaming hot throughout.

# BBQ Chicken Sweet Potato Plate


**CALORIES**
**475**
**PROTEIN**
**45 g**
**CARBS**
**56 g**
**FAT**
**8 g**
**SERVING** 1 plate

**TIME** 20 min

**INGREDIENTS**

- 5 oz cooked chicken breast
- 1 medium sweet potato
- 2 tbsp BBQ sauce
- 2 cups bagged slaw mix
- 2 tbsp Greek yogurt
- 1 tsp apple cider vinegar
- Salt and pepper

**SWAPS + SHORTCUT**

DF: use dairy-free yogurt. Verify BBQ sauce is GF when needed.

**STEP BY STEP**

- 1 Microwave sweet potato until tender.
- 2 Mix slaw, yogurt, vinegar, salt and pepper.
- 3 Warm chicken with BBQ sauce and serve with potato and slaw.
- 4 Taste and adjust seasoning only after the protein is fully cooked. Divide into the listed serving size before adding calorie-dense extras.

**STORE + REHEAT**

Cool leftovers promptly and refrigerate in a shallow container for up to 3 to 4 days. Reheat until steaming hot throughout.

# Mediterranean Turkey Meatball

**CALORIES****510****PROTEIN****43 g****CARBS****50 g****FAT****15 g****SERVING** 1 bowl**TIME** 35 min**INGREDIENTS**

- 5 oz 93% lean ground turkey
- 1 tbsp oat flour
- 1 tsp Greek seasoning
- 1/2 cup cooked rice
- 1 cup cucumber and tomato
- 2 tbsp tzatziki
- 1 tbsp hummus

**SWAPS + SHORTCUT**

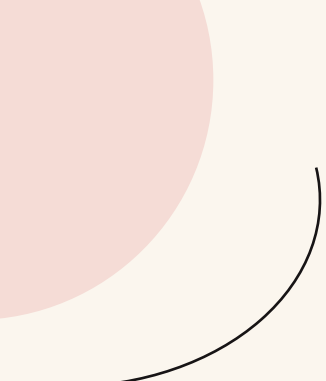
GF: use certified GF oat flour. DF: choose dairy-free tzatziki or lemon-tahini sauce.

**STEP BY STEP**

- 1 Heat oven to 400 F. Mix turkey, oat flour and seasoning; form 5 meatballs.
- 2 Bake 15-18 minutes to 165 F.
- 3 Serve with rice, vegetables, tzatziki and hummus.
- 4 Taste and adjust seasoning only after the protein is fully cooked. Divide into the listed serving size before adding calorie-dense extras.

**STORE + REHEAT**

Cool leftovers promptly and refrigerate in a shallow container for up to 3 to 4 days. Reheat until steaming hot throughout.



# READY TO KEEP IT SIMPLE?

## COMMENT SIMPLE

**I'll send you simple, macro-friendly  
meal ideas you can repeat while working  
toward losing 10-15 lbs.**

Progress comes from food you can repeat—not perfection.

**@mandyellisfitness**