

COACHED BY KELS PRESENTS

# MACRO RECIPE BOOK



A COLLECTION OF MACRO FRIENDLY RECIPES



# WELCOME!

Food is one of my love languages. It's how I show my husband and myself the love and care I feel! These recipes not only feed the soul with flavor but they cherish the health of my loved ones and myself. These recipes have developed over time and I'm so excited to share ALL the yumminess with you!

In here is a recipe, or better yet recipes that will show you just how easy it is to eat for nourishment AND enjoyment! You do not have to compromise one for the other. So, let's get cooking!

**- KELSEY**

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Start your day right. From vegetarian to oatmeal to sausage, there's a recipe for everyone here!

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Please a crowd, or just treat yourself! From savory to sweet, pick your recipe.

2



## **DINNER**

Serve up a healthy and wholesome meal for you and your family with any of these recipes.

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## **SIDES**

From your table to a friends' BBQ, sides are never out of fashion, spice up your plates with a variety of fun and easy sides!

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AT A GLANCE

# BREAKFAST



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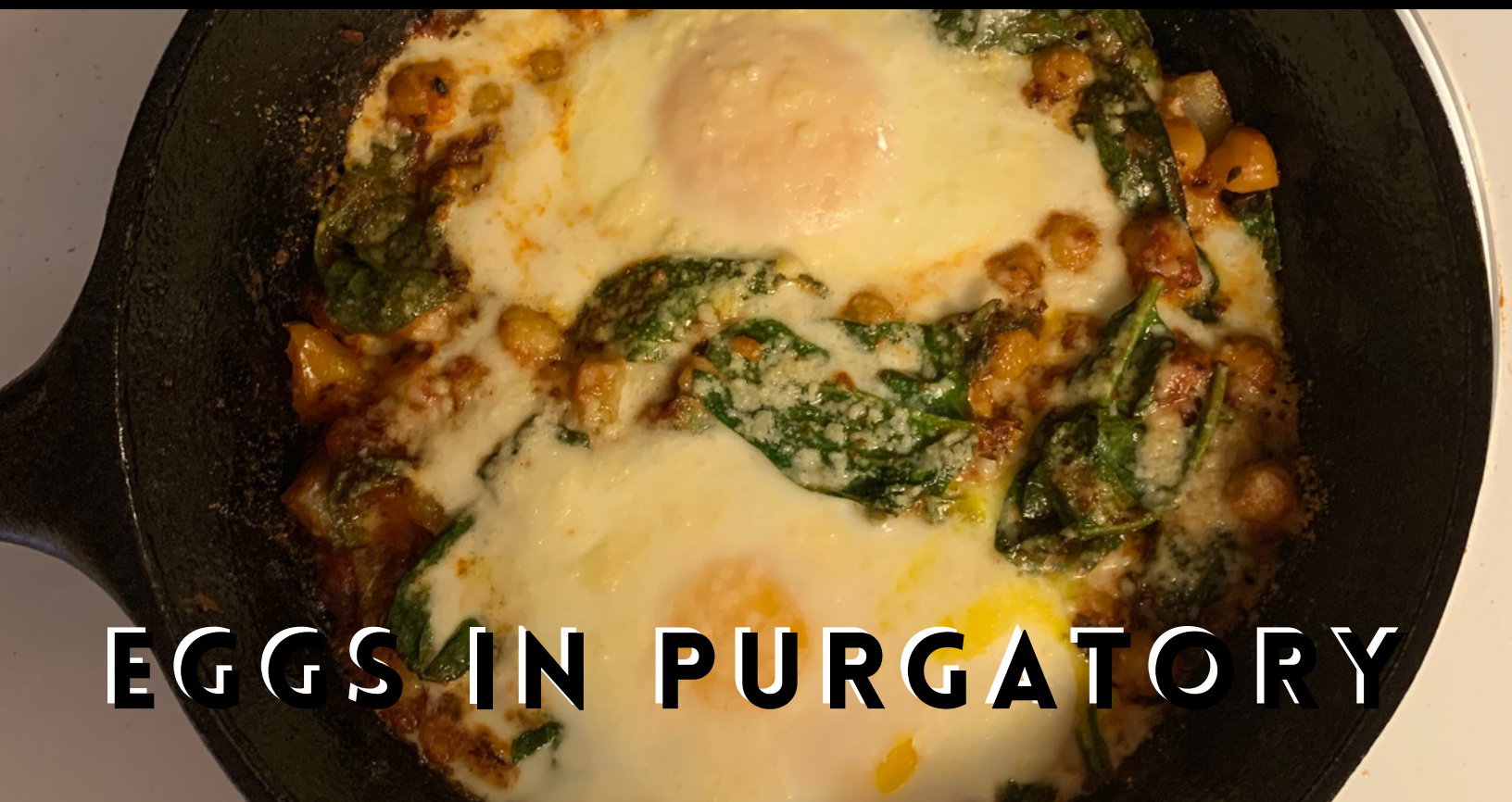
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# EGGS IN PURGATORY

👤 SERVES: 1

🕒 PREP: 10M

🕒 COOK: 15M

## INGREDIENTS

- 1/3c Chickpeas, drained and rinsed
- 1/3c Marinara sauce
- 1tsp Olive Oil
- 1tbsp Bell Pepper, chopped
- 1tbsp Onion, chopped
- Handful of spinach
- 2tsp Parmesan Cheese
- 2 Eggs
- 1tsp Minced Garlic
- 1/2tsp Oregano
- 1/4tsp Red Pepper Flakes
- Dash of Salt

## METHOD

- Pre-heat the oven to 375 degrees
- In a small cast iron skillet over medium heat, add the olive oil, onion, bell pepper, and minced garlic, cook for approx 5 min
- In a small bowl mix the marinara, oregano, red pepper, and salt together
- Turn the heat to low on the cast iron and add the chickpeas, sauce, and spinach
- Cover and let the spinach wilt
- Using the back of a spoon make two wells and crack the eggs into it
- Sprinkle the parmesan cheese on top
- Bake for 8 min (or more depending on how you like your egg yolks!)
- Serve with bread or pita

Cal: 338 Carb: 25g Pro: 21g  
Fat: 17g Sodium: 785mg

# EGG CUPS

👤 SERVES: 1

🕒 PREP: 10M

🕒 COOK: 20M



## INGREDIENTS

- 1 Egg
- 3 Egg whites
- 2oz Ham, diced
- 1/4C Spinach
- 1/8C Onion, diced
- 1/4tsp Salt
- 1/8tsp Pepper
- 1/8tsp Garlic powder
- Non-stick Spray

## METHOD

- Pre-heat the oven to 325 degrees F. Spray 4 pockets in a muffin tin with non-stick spray
- Add the egg and egg whites to a bowl. Add the salt, pepper, and garlic powder and mix
- Divide the ham, spinach, and onion evenly between the 4 muffin pockets
- Pour the egg mixture evenly between the 4 pockets
- Bake for 20 min
- Remove from the oven and let cool for 5 min.

*Cal: 207, Carb: 5g, Pro: 28g, Fat: 8g, Sodium: 575mg  
I love to pair this with oatmeal to get some extra carbs in!*

# FRITTATA



SERVES  
2



PREP  
20M



COOK  
25M

## INGREDIENTS

### Roasted Red Pepper

- 6 Eggs
- 2 tbsp Almond Milk
- 2tsp Minced Garlic
- 1/8tsp Salt & Pepper
- 1 Red Bell Pepper
- 1/4c Onion, diced
- 1/4c Feta
- 1c Spinach

### Sunshine Frittata

- 6 Eggs
- 2tbsp Almond Milk
- 2tsp Minced Garlic
- 1c Butternut Squash, thinly sliced
- 1/2c Zucchini thinly sliced
- 6 thin slices of tomato
- 1c Spinach
- 1/4tsp of Salt, Pepper, Paprika, & Italian Seasoning



## METHOD

### Roasted Red Pepper

- Roast the bell pepper in the oven at 400 degrees, remove the skin and dice, set aside
- In a bowl mix eggs, garlic, and milk
- In a cast iron/oven safe skillet, spray with nonstick spray, add the onion, salt and pepper and cook 2 min
- Add bell pepper and spinach, cook until wilted
- Pour the egg mixture over
- Sprinkle feta cheese on top
- Bake for approx 15 min until eggs are set

### Sunshine Frittata

- Pre heat the oven to 375 degrees
- Put the squash slices in the microwave for 2 min, or until soft
- In an oven safe skillet spray with non-stick spray and cook the zucchini and spinach until wilted
- Mix the eggs, milk, and seasonings
- Layer the squash in the skillet, pour the eggs over, drop in the zucchini and spinach and lay the tomatoes on top
- Sprinkle parmesan on top and bake for 12 min

Serving size is half the frittata

Roasted Bell Pepper; Cal: 281, Carb: 10g, Pro: 21g, Fat: 18g

Sunshine: Cal: 332, Carb: 27g, Pro: 24g, Fat: 17g

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# BAKED EGGS



SERVES  
1



PREP  
10M



COOK  
10M

## INGREDIENTS

- 1tsp Butter
- 2tbsp Almond Milk
- 2 Eggs
- 2tsp Parmesan Cheese
- 1/4tsp Garlic Powder
- 1/4tsp Basil
- 1/8tsp Rosemary
- 1/8tsp Thyme
- 1/8tsp Salt
- 1/8tsp Pepper

## METHOD

- Turn oven on to broil
- In a small bowl mix the cheese and spices
- In an oven safe bowl (I used a ramekin) add butter and almond milk
- Broil for 2 min and bubbly
- Crack eggs into the bowl and then sprinkle with the cheese mixture
- Place back in the oven for approx 3 min so that the yolks are still runny - or longer if you prefer
- Remove and serve how you like, I dipped toast in mine!

Cal: 200, Carb: 2g, Pro: 15g, Fat: 16g

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# MEDITERRANEAN OMELET

👤 SERVES: 1

🕒 PREP: 10M

⌚ COOK: 15M



## INGREDIENTS

- 4 Egg Whites
- 56g Lean Turkey Sausage
- 28g Feta
- 2tbsp Mushroom, diced
- 2tbsp Onion, diced
- Spinach, handful
- Salt, pepper, & garlic, to taste

## METHOD

- In a pan over medium heat cook the turkey and break into small crumbles, as the fat releases add the mushroom and onion and cook through
- Add the spinach and remove everything from the pan once wilted
- Drop to low heat and pour the egg whites in, cover and let cook through
- Add the sausage and veggie mix and the cheese onto the cooked egg whites
- Fold in half and serve

Cal: 270, Carb: 9g, Pro: 34g, Fat: 12g

# BREAKFAST HASH



SERVES  
1



PREP  
10M



COOK  
15M

## INGREDIENTS

- 160g diced Butternut Squash
- 1/2C Spinach
- 1 Slice of Bacon
- 85g diced Ham
- 1/4C diced Mushroom
- 1/2C diced Zucchini
- 2 Eggs
- 1/4tsp Salt
- 1/2tsp Pepper
- 1/2tsp Garlic Powder

## METHOD

- Heat skillet to medium heat, cook the bacon, crumble and set aside
- Add butternut squash, zucchini, and mushrooms to the bacon grease and cook until fork tender
- Add the ham and spinach to the pan and cook until spinach is wilted, add the salt, pepper, and garlic and stir
- Put the hash in a bowl, add the crumbled bacon, and set to the side
- Cook the two eggs any way you like, I prefer a runny yolk for this breakfast, but anything is great
- Top the bowl with the eggs and enjoy your hearty and delicious breakfast!

*Cal: 410, Carb: 29g, Protein: 36g, Fat 17g*

# TURMERIC QUINOA BOWL



SERVES  
**2**



PREP  
**15M**



COOK  
**20M**

## INGREDIENTS

- 1/2C Quinoa
- 1/4C Bell Pepper sliced
- 1/4C Onion sliced
- 1/4C Kale chopped
- 2 Eggs
- 1C Water
- 1tbsp Nutritional Yeast flakes
- 1tsp Ginger
- 1/2tsp Turmeric
- 1tsp Chicken Bouillon

## METHOD

- Heat small pot on medium - high heat and add quinoa, water, chicken bouillon, ginger, and turmeric. Cover and reduce to simmer when it starts to boil
- When almost all water is absorbed add the nutritional yeast and stir, keep on low heat until ready to eat
- In a skillet on medium heat, spray with nonstick spray and add the onion and peppers, cook until tender approx. 8 min
- Add kale and cover, cook until wilted and move to the side
- Cook the eggs however you like, I prefer a runny yolk
- Add quinoa, kale, peppers, onions, and eggs to a bowl and enjoy!

*Cal; 291 Carb: 37 Pro: 13 Fat: 8 Sodium: 345*



# TAZO HASH



## INGREDIENTS

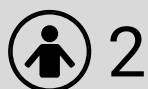
- 4oz lean Turkey Sausage
- 1 Apple (I used Gala)
- 1/2c Onion, chopped
- 1 Zucchini, diced
- 1/4tsp Garlic Powder
- 1/8tsp Nutmeg
- Salt & Pepper, to taste
- Non-stick spray

## METHOD

- Spray a skillet pan with the non-stick spray and turn to medium heat
- Add the turkey and begin to break into small pieces
- Add the apple, zucchini, and onion
- Add the spices
- Cover but stir frequently until the apple and zucchini are soft and tender

Option to add a egg or two on top!

Serving size is half the mixture  
Cal: 182, Carb: 20g, Pro: 14g, Fat: 7g



2

PREP  
15MCOOK  
25M

## INGREDIENTS

- 3 Poblano Peppers
- 150g Turkey (93% lean)
- 1/2C diced Zucchini
- 1/4C diced Yellow Onion
- 1/4C diced Bell Pepper
- 1 Slice of Bacon
- 1C Spinach
- 2 Eggs
- 3 Egg Whites
- 1/2 tsp Salt, Pepper, and Garlic
- 1/4tsp Cumin

## METHOD

- Cut and deseed Poblanos length wise.
- Heat oven to 400 degrees and roast the Poblanos for approx. 20 min
- Cook the onion, zucchini, pepper, and turkey until cooked through
- Add eggs and egg whites to the skillet
- Stuff the peppers with the cooked egg mixture
- Stuff the poblanos and enjoy!

Pro Tip: Add shredded cheese after stuffing and through in the oven until the cheese melts!!

*Serving size is 3 pepper halves*  
Cal: 265, Carb: 11g, Protein: 30g, Fat: 12g



# SWEET POTATO EGG NESTS



## INGREDIENTS

- 250g Sweet Potato - spiralized
- 4 Eggs
- 2tsp Olive Oil
- Salt and Pepper to taste

## METHOD

- Spiralize the sweet potato - this was my initial idea behind it but just make sure they're small thin pieces!
- In a pan with a lid over medium heat, add the sweet potato and oil and stir to coat
- Cover the pot and stir occasionally until sweet potatoes are tender, lightly salt and pepper
- Remove the potatoes and make little "nests" on the plate, there is enough for 4
- Cook the eggs however you like, I personally love a runny yolk
- Top the nests with the eggs and enjoy

*Cal: 291, Carb: 26g, Pro: 15g, Fat: 15g*

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# BAKED OATS



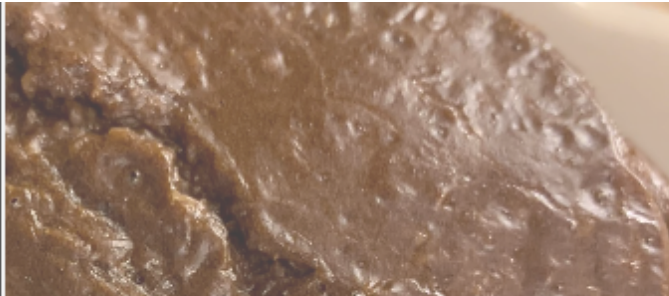
SERVES  
1



PREP  
5M



COOK  
20M



## INGREDIENTS

### Chocolate & PB

- 1/2c Oats
- 1/2scoop Choc Protein
- 1/2c Almond Milk
- 1/2tsp Baking Powder
- 1tbsp Cocoa Powder
- 1tsp Peanut Butter
- 1 Egg White
- 1/2tsp Vanilla
- Dash of Salt

### Vanilla Cake

- 1/2c Oats
- 1/2scoop Vanilla Protein
- 1/2c Almond Milk
- 1/2tsp Baking Powder
- 1 Egg White
- 1tbsp Apple Sauce
- 1/2tsp Vanilla
- Dash of Salt
- Sprinkles to top!

## METHOD

- Pre-heat the oven to 400 degrees
- Add all ingredients to a blender/food processor
- Spray a ramekin/oven safe bowl with non-stick spray
- Pour mixture into bowl
- Bake for 17-20 minutes
- Allow to cool for 5-10minutes
- Top with whip cream for extra deliciousness!

### Chocolate & PB

Cal: 283, Carb: 35g, Pro: 24g, Fat: 8g

### Vanilla Cake

Cal: 271 Carb: 38g Pro: 24g, Fat: 4g

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# OVERNIGHT OATS



SERVES  
1



PREP  
10M



CHILL  
OVERNIGHT

*These are super filling and a great way to prepare your breakfast ahead of time so you can just grab and go! I personally enjoy them cold. If you think of any other great flavor combos, let me know which ones you try!*

## INGREDIENTS

### Base

- 1/2 Banana, mashed
- 1/2C Oats
- 1/2C Almond Milk
- 1 tsp Vanilla extract

### Choc & PB

- 1 tbsp cocoa powder
- 2 tsp peanut butter
- 1/2 scoop chocolate protein powder
- 1 tbsp sugar free syrup

### Blueberry Oats

- 1/2 scoop vanilla protein powder
- 10 blueberries
- 5 chopped pecans

### Carrot Cake

- 4 baby carrots shredded
- 1tbsp sugar free syrup
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 5 chopped pecans

## METHOD

- In a small container mix and mash all base ingredients
- Add ingredients for specific recipe and mix
- Place in the fridge overnight and enjoy in the morning cold or warm up for 1:30.

*Choc & PB; Cal: 353, Carb: 49g, Protein: 20g, Fat: 10g  
Blueberry Cake: Cal: 353, Carb: 47g, Protein: 20g, Fat: 11g  
Carrot Cake: Cal: 303, Carb: 50g, Protein 7g, Fat: 10g*





 SERVES  
**1**

 PREP  
**5M**

 COOK  
**10M**

# SWEET AND SAVORY PORRIDGE

## METHOD

### Sweet Porridge

- Put a small saucepan on medium heat
- Add all ingredients, stir, and cover
- Bring mixture to a simmer for 5 min, stirring often
- Top with any additional toppings wanted or enjoy as is!

### Savory Porridge

- Put a small saucepan on medium heat
- Add all ingredients(I like Cholula for the hot sauce), stir, and cover
- Bring mixture to a simmer for 5 min, stirring often
- Top with any additional toppings wanted or enjoy as is! (Try an over easy egg!)

#### *Sweet Porridge*

*Cal: 175, Carb: 30g, Pro: 5g, Fat: 3g*

#### *Savory Porridge*

*Cal: 172, Carb: 28g, Pro: 6g, Fat: 3g*

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## INGREDIENTS

### Honey & Cinnamon

- 1/2C Oats
- 1/2C Almond milk
- 1/2C Water
- 1/2tsp Honey
- Dash of vanilla
- Dash of cinnamon
- Dash of salt

### Everything Savory

- 1/2C Oats
- 1/2C Almond milk
- 1/2C Water
- 1tsp Everything Bagel seasoning
- 1tsp Nutritional yeast
- 1tsp chili oil/hot sauce

# PANCAKES



SERVES  
2



PREP  
10M-  
1HR



COOK  
15M

## PALEO

- 1 Egg
- 2 TBSP Unsweet Apple sauce
- 1/4C Almond Flour
- 1/4C Arrowroot Flour
- 1/2tsp Baking Powder
- 1/2tsp Vanilla Extract
- Pinch of salt

## SWEET POTATO

- Small sweet potato (250g)
- 2 Eggs
- 2tbsp Almond Milk
- 2tbsp Coconut flour
- 1/2tsp Baking Soda
- Dash of Vanilla Extract
- Dash of Salt and Cinnamon

## METHOD

- Add ingredients to a bowl and mix
- Heat pan on low-med heat
- Pour 1/4C of batter for each cake
- Cook until small bubbles form and then flip
- Cook for approx 1min and plate
- Bake the sweet potato for 50min at 425 degrees. Peel and mash with a fork
- Add all other ingredients and mix well
- On a griddle on low heat pour 4 pancakes and cook approx. 1 min each side
- Be quick with your flip!

Cal: 408 Carb: 42g Pro: 12g  
Fat: 19g

Cal: 211, Carb: 29g, Pro: 9g  
Fat: 6g



# WAFFLES



SERVES  
2



PREP  
20M



COOK  
15M

## INGREDIENTS

- 1 1/3c Yukon Gold Potatoes (312g)
- 1 Zucchini
- 2 Slices Bacon
- 1oz Cheddar Cheese
- 4 Eggs
- 1/2tsp Garlic Powder
- Salt & Pepper to taste
- Non-stick Spray
- 1/2c Oatmeal
- 1/4c + 2tbsp Cornstarch
- 2tsp Baking Powder
- 1/8tsp Salt
- 1/2tsp Vanilla
- 2 Eggs
- 1tbsp Lemon Juice
- 1/2c Greek Yogurt
- 2tsp Honey
- Non-stick Spray

## METHOD

### Savory

- Shred the potatoes, zucchini, and cheese
- Soak the potatoes in water for 5 min and rinse
- Wring out the potatoes and zucchini in a cloth/towel
- Chop the bacon
- Add all ingredients to a bowl and mix thoroughly
- Heat waffle iron, spray with non-stick spray and put 1/4 of mixture at a time, cook for 8-10 min

### Sweet

- Add all ingredients to a blender and blend until smooth
- Heat waffle iron, spray with non-stick spray and put 1/2 the mixture in at a time, cook for approx. 5 min or until golden brown

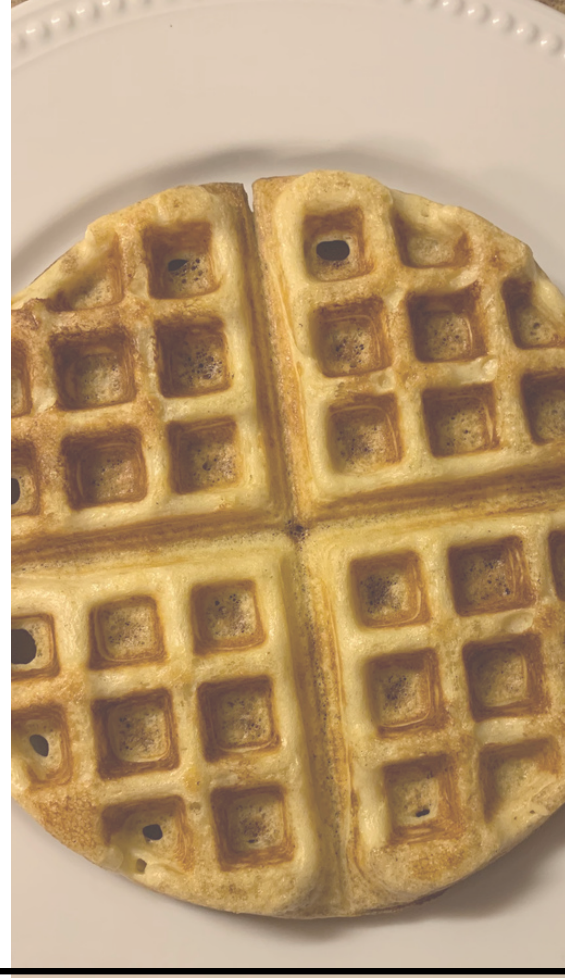
Serving size is 2 savory waffles

Cal: 403, Carb: 34g, Pro: 22g Fat: 23g

Serving size is 1 sweet waffle

Cal: 298, Carb: 50g, Pro: 12g, Fat: 6g

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## INGREDIENTS

### Scramble

- 16oz Xtra Firm Tofu
- 1/2 C Red onion, chopped
- 1/2 C Bell pepper, chopped
- 1C Kale, chopped
- Non-stick spray

### Sauce

- 1/2 tsp salt
- 3/4 tsp garlic powder
- 3/4 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp turmeric
- Water, to thin

### For Serving

- 1 Slice whole-grain toast (optional, not included in macro calculation)

# SOUTHWEST TOFU SCRAMBLE METHOD

- Pat and dry tofu, then crumble into small pieces
- Mix all the ingredients for the sauce and put aside
- Spray a medium skillet with non stick spray over medium heat and add the veggies, cook until soft approx. 5 min
- Add the kale, cover, and steam approx. 2 min
- Add the tofu and saute for 2 min
- Add the sauce, mix well, and continue cooking for another 5 min
- Serve immediately on toast

AT A GLANCE

# APPS/SNACKS



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**CHILI-LIME  
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**ENERGY  
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# GOAT TOAST



SERVES  
2



PREP  
5M



COOK  
0M

## INGREDIENTS

- 1/4 Cucumber
- 1/4c Watermelon
- 1/2oz Goat Cheese
- Salt
- Pepper

## METHOD

- Cut the cucumber into 1/4in thick slices, save the rest for something else or make more!
- Cut the watermelon into 4 equally sized chunks and top on the cucumber slices
- Divide the goat cheese between the the four toasts
- Sprinkle with salt and pepper and enjoy!

Serving size is two "toasts"  
Cal: 30, Carb: 3g, Pro: 2g, Fat: 2g

# BRUSCHETTA

 SERVES  
4

 PREP  
20M

 COOK  
0M

## INGREDIENTS

### Strawberry

- 1c Strawberries
- 2tbsp Balsamic Vinegar
- 1/2tsp dried Basil
- 2oz Goat Cheese
- 8 small toasts

### Tomato

- 1 Tomato
- 1/4c Red Onion
- 1/4tsp Salt, Pepper, Garlic Powder, Rosemary, and Red Pepper Flakes
- 2tsp Olive Oil
- 8 small toasts



## METHOD

### Strawberry

- Dice the strawberries and place in a bowl
- Mix basil in with the berries
- Smear goat cheese evenly among toasts
- Put 1tsp of strawberries on each toast and drizzle with balsamic vinegar

### Tomato

- Dice the tomato and red onion and place in a bowl
- Add in the seasonings and mix
- Place 1tsp on each toast and drizzle with the olive oil

Serving size is 2tsp of mixture, it does not include the toasts

Strawberry: Cal: 59, Carb: 8g Pro: 3g Fat: 3g

Tomato: 30, Carb: 3g, Pro: 0g, Fat: 2g

# AVO CRAB CUPS

👤 SERVES: 2 ⌚ PREP: 10M ⌚ COOK: 0M

## INGREDIENTS

- 1 Avocado
- 4oz Lump Crab Meat
- 1/4c Tomato, diced
- 1/4c Red Onion, diced
- 1/4c Bell Pepper, diced
- 1/2 tsp Garlic Powder
- 1/4tsp Salt
- 1/4tsp Pepper
- Lime juice



## METHOD

- Scoop out both sides of the avocado and mash in a bowl
- Add the crab, tomato, onion, pepper, garlic, salt, pepper, and lime juice and mix well
- Fill the two avocado shells back with the mixture OR serve on bread!

*Serving size is half the mixture*  
Cal: 156, Carb: 9g, Pro: 13g, Fat: 8g

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# MEATBALLS & MANGO SAUCE

 SERVES  
2

 PREP  
20M

 COOK  
15M

## INGREDIENTS

### Meatballs:

- 2 slices bacon
- 1/2lb 90% lean beef
- 2tbsp Almond flour
- 1/2tsp Cumin
- 1/4tsp Chili powder
- 1/4tsp Salt
- 1/4tsp Pepper

### Mango Sauce

- 1/2c Mango
- 1tsp Dijon Mustard
- 1tsp Yellow Mustard
- 1/2tsp Honey
- Dash Chili Powder
- Dash Salt
- Dash of Pepper



## METHOD

- Place all mango sauce ingredients in a food processor and mix until smooth, set aside for dipping
- Pre-heat the oven to 400 degrees
- Chop the bacon
- In a pan over medium heat cook the bacon and then remove to a bowl to cool
- Add beef, almond flour, and spices to the bacon and mix thoroughly
- Shape into 8 meatballs and place on a baking sheet or cast iron skillet and bake for 20 min

Serving size is 4 meatballs and 1 tbsp of mango sauce

Cal: 329 Carb: 8g Pro: 26g

Fat: 18g Sodium: 667mg

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## INGREDIENTS

- 125g baked Sweet Potato
- 1/4lb 90% lean Turkey
- 2tbsp Onion, chopped
- 1 Egg White
- 2tbsp Italian Breadcrumbs (Panko)
- 1/2tsp Honey
- 1/2tsp Hot Sauce
- 1/2tsp Italian Spice
- 1/4tsp Salt
- 1/4tsp Pepper

## SWEET POTATO TURKEY MEATBALLS METHOD

- Pre-heat the oven to 400 degrees
- In a bowl mash the peeled baked sweet potato with a fork
- Add all other ingredients and mix well
- On a baking sheet or cast iron form 8 meatballs from the mixture
- Bake for 25 minutes
- Allow to cool before serving

I think honey mustard would taste GREAT with these!

*Serving size is 2 meatballs*  
Cal: 92, Carb: 10g, Pro: 7g, Fat: 2g

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# CRABBY PATTIES

 SERVES  
**2**

 PREP  
**55M**

 COOK  
**10M**

## INGREDIENTS

- 8oz Lump Crab
- 2tbsp Bread Crumbs
- 2tsp Plain, Non-fat Greek Yogurt
- 1/2c Onion, diced
- 1/2c Bell Pepper, diced
- 4tsp Dijon Mustard
- 1tsp Old Bay (or similar seasoning salt)
- Lemon

## METHOD

- Dice onion and bell pepper
- Mix all ingredients in a bowl
- Split into 4 even sized balls, and pat down slightly
- Place in the fridge 45min before cooking
- Heat your air-fryer at 370 degrees for 2 minutes before placing the patties in there
- Cook for 10 min
- Immediately squeeze the juice of a lemon on top before serving!

If you don't have an air fryer, bake at 400 degrees for 15 min

Serving size is two patties  
Cal: 173, Carb: 11g, Protein: 26g, Fat: 3g



# TURKEY & CABBAGE SPRING ROLLS

 SERVES  
4

 PREP  
30M

 COOK  
25M

## INGREDIENTS

- 1/4lb 90% lean ground Turkey
- 2c raw coleslaw cabbage
- 1/4c Onion, chopped
- 1/2tsp Salt
- 1/2tsp Pepper
- 1tsp minced Garlic
- 4 sheets of Rice Paper



## METHOD

- In a saucepan over medium heat add the turkey, onion, garlic, salt and pepper
- Break the turkey into crumbles and keep covered when not stirring to prevent juices from evaporating
- Add coleslaw and cover, cook until slaw is tender and remove from heat
- One at a time dip the rice paper into warm water for approx. 15 sec then blot on a paper towel
- Add 1/4 of the filling in the center
- Fold the sides in, then roll, these are ready to eat immediately or keep in the fridge until needed

Per roll Cal: 85, Carb: 10g, Pro: 6g Fat: 2g

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# CANTALOUPE & FETA SALAD



SERVES  
**2**



PREP  
**15M**



COOK  
**30M**

## INGREDIENTS

- 350g Cantaloupe
- 250g Cucumber
- 60g Feta
- 1 Lime, juiced
- Salt & Pepper

## METHOD

- Cut the cantaloupe into small pieces - or use a melon baller if you have one
- Cut the cucumber into bite size pieces
- Add the cantaloupe, cucumber, juice of 1 lime, a dash of salt and pepper into a bowl, shake to mix
- Crumble the feta cheese on top
- You can serve immediately, but I like to let it chill for 30 min!

Cal: 150, Carb: 20g, Pro: 8g, Fat: 6g



# MANGO SALSA

👤 SERVES: 4

🕒 PREP: 20M

🕒 COOK: 0M

## INGREDIENTS

- 2c Mango, diced
- 1/4c Bell Pepper, chopped
- 1/4c Red Onion, chopped
- 1/4c Cilantro, chopped
- 2tbsp Lime juice
- 1/2tsp Salt
- 1/2tsp Pepper

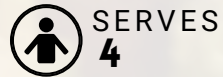
## METHOD

- Dice and chop mango, pepper, onion, and cilantro
- Add all ingredients to a bowl
- Mix thoroughly
- Ready to eat right away or chill in the fridge

*This is great with chips, fish, chicken, but honestly it's good by itself too!*

Serving size is 1/4 cup  
Cal: 32 Carb: 9g Pro: 0g  
Fat: 0g Sodium: 290mg

# GUACAMOLE



## INGREDIENTS

- 1 Avocado
- 1/2c Red Onion, chopped
- 1/2c Bell Pepper, chopped
- 5 sprigs cilantro, chopped
- 1tsp Garlic Powder
- 1/2tsp Salt
- 1/2tsp Pepper
- 1/4tsp Red Pepper flakes
- Juice of 1 Lime

## METHOD

- Scoop the avocado out and into a mixing bowl, mash with a fork
- Add the onion, bell pepper, and cilantro and mix
- Add the garlic, salt, pepper, red pepper, and lime juice and mix
- Ready to eat or store in the fridge

**PRO TIP:** If you store this in the fridge and don't want the avocado to turn brown, smooth the top down and then cover the top with a thin layer of lime juice!

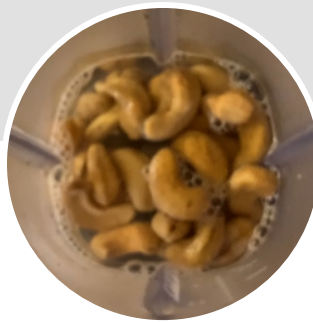
Serving size is 2 tbsp  
Cal: 51, Carb: 4g, Pro: 1g, Fat: 5g

# CASHEW "QUESO"

👤 SERVES: 4

🕒 PREP: 10M

⌚ COOK: 2M



## INGREDIENTS

- 1/3c Cashews
- 1/4c Hot Water
- 1tsp Minced Garlic
- 2tsp Nutritional Yeast
- 1tsp Hot Sauce
- 1/4tsp Chili Powder
- 1/4tsp Salt

## METHOD

- Heat your water in the microwave for 1 min so that it's bubbling
- In a small blender, place all of the ingredients
- Pulse until thoroughly mixed, texture is VERY creamy!
- Enjoy on any and everything

Serving size is 2 tbsp  
Cal: 64, Carb: 4g, Pro: 2.5g  
Fat: 5g, Sodium: 225mg





# CHILI-LIME CHICKPEAS

 SERVES  
4

 PREP  
5M

 COOK  
40M

## INGREDIENTS

- 1c Chickpeas, rinsed and drained
- 1tbsp Olive Oil
- 1tsp Chili Powder
- 1tsp Cumin
- 1tsp Lime Zest
- 1tsp Lime Juice
- 1/4tsp Salt

## METHOD

- Pre-heat the oven to 400degrees
- Line a baking sheet with tin foil
- Place all ingredients in a bowl and mix to coat evenly
- Spread the chickpeas out on the baking sheet, ensuring they aren't touching
- Bake for 40 min stirring around every 15 minutes

# ENERGY BOMBS



SERVES  
10



PREP  
45M



COOK  
0M

## DARK CHOC & CHERRY

## LEMON & VANILLA

- 1/2c Almonds
  - 1/4c Pitted Dates
  - 1/4c Dried Cherries
  - 2 squares dark baking choc. (28g)
  - 1/4tsp Cinnamon
  - 1/4tsp Salt
- 1/2c Almonds
  - 1/4c Pitted Dates
  - 1/4c Vanilla Protein Powder
  - 1tbsp Lemon Juice
  - 2 pinches Lemon zest
  - Dash of Salt

### METHOD

- Soak the dates in warm water for 30 min
- Add the almonds to a food processor and chop until fine mixture
- Add the dates and pulse until combined
- Add the rest of the ingredients and mix
  - Add water 1tbsp at a time to lemon bombs in order to get desired texture
- Form into 10 balls
- They're ready to eat, chill leftovers in the fridge!

Dark Choc & Cherry serving size is 1

Cal:103, Carb: 12g, Pro: 2g, Fat: 5g

Lemon & Vanilla serving size is 1

Cal: 97, Carb: 9g, Pro: 6g, Fat: 4g

**COACHED BY KELS**



AT A GLANCE

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# DINNER

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**GARLIC SHRIMP  
& QUINOA**

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**DIJON  
SALMON**

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**CHICKEN  
CONGEE**

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**SPICY  
CHICKEN**

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**BEEF &  
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**STUFFED  
PEPPERS**

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**SALISBURY  
STEAK**

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**RAINY DAY  
CHILI**

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**PORK  
GUISANTES**

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# SOUTHWEST TURKEY BURGER



## INGREDIENTS

- 1/2lb Lean Ground Turkey
- 2tsp Bread Crumbs
- 1/4c Onion, chopped
- 1/4c Bell Pepper, chopped
- 1/2tsp Chili Powder
- 1/2tsp Cumin
- 1tsp Garlic Powder
- 1/4tsp Salt
- Zest of 1/2 Lime

## METHOD

- Pre-heat the oven to 400 degrees
- Finely chop the onion and bell pepper
- In a mixing bowl add the meat, spices, bread crumbs, onion, bell pepper, and lime zest
- Mix thoroughly and form into two patties
- Place on a baking sheet and bake for 25 min or until internal temp is 165 degrees
- Let rest for 10 min before serving

Serving size is one burger

Cal: 213, Carb: 9g, Pro: 23g, Fat: 9g

I topped this with the cashew queso, and it was awesome!



# BUTTERNUT SQUASH CHILI



4



PREP  
20M



COOK  
15M

## INGREDIENTS

- 600g Butternut Squash, cut to bite sized pieces
- 1lb 90% lean Turkey
- 1/2C Bell Pepper, chopped
- 1/2C Onion, chopped
- 1C Chicken broth
- 1C Kale
- 1/2tsp Fennel seeds
- 1/2tsp Corriander
- 1/4tsp Pepper
- 1tsp minced Garlic

## METHOD

- Heat a large skillet (with lid) to medium-high heat
- Add turkey, pepper, onion, and seasonings to skillet, and cook breaking turkey into smaller bite sized pieces
- Add butternut squash and chicken broth to skillet and cover until squash is soft and you can easily pierce with a fork, approx. 15min
- Add kale and cover until wilted
- Let cool and devour!

Cal: 242, Carb: 23g, Pro:26g, Fat:8g, Sodium: 195mg

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# GARLIC SHRIMP & QUINOA



## INGREDIENTS

- 1lb of large raw Shrimp
- 1/2C Quinoa
- 1/2C chopped Onion
- 1C Chicken broth
- 1Tbsp minced Garlic
- 1tsp Olive oil
- 1/4tsp Salt
- 1/2tsp Chili powder
- 1/2tsp Cayenne
- Parsley, just a tad

## METHOD

- Peel and rinse shrimp (if not bought like that) and place into a bowl
- Season shrimp with chili powder and cayenne
- In a skillet over medium heat add the olive oil, garlic, and shrimp, cover and cook approx. 2 min on each side until cooked through
- Remove the shrimp from the skillet and set aside. Add the onion to the skillet and cook until tender approx. 5 min
- Add quinoa, broth, salt, and parsley. Cover and turn to a lower heat when it starts boiling.
- Turn off heat once all liquid is absorbed approx. 15 min
- Plate quinoa with shrimp and enjoy

Serving size is half the recipe  
Cal: 376, Carb: 35g, Pro: 36g, Fat: 5g,  
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## INGREDIENTS

### Salmon

- 8 oz Salmon
- 1 tbsp Mayo made with Olive Oil
- 1 tsp Mustard
- 1 tbsp minced Garlic
- 3/4 tsp Salt

### Green Bean Pilaf

- 1/2 cup Brown Rice
- 1cup + 2tbsp Water
- 6 oz Green Beans
- 1 tsp Olive Oil
- 1 Lemon, zested and cut into wedges

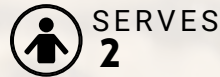
## DIJON SALMON & GREEN BEAN PILAF METHOD

- Heat oven to 425 degrees and line a baking sheet with tin foil
- Heat small pot on medium to high heat and add rice and 1 cup of water. Bring to simmer once boiling and cook rice until tender approx. 25 min
- Mix garlic and salt and combine half of that with the mayo, mustard, and 1/4 tsp of pepper, spread this on the fish
- Roast the Salmon until cooked through approx. 14 min
- Heat the olive oil in a skillet on medium-high heat. Add the green beans, lemon zest, remaining garlic mixture and pepper. Cook until tender approx. 5 min
- Reduce heat to medium and add rice and 2 tbsp of water and cook until hot, 2-4 min
- Serve salmon with green bean pilaf and lemon wedges

*Serving size is half the recipe*  
Cal: 478, Carb: 40g, Protein: 27g, Fat: 22g

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# SALMON & WHITE BEAN PUREE



## INGREDIENTS

### White Bean Puree

- 1 can (15.5oz) Great Northern Beans
- 1/4c Chicken Stock
- 1/2tsp Olive Oil
- 1/2tsp Red Wine Vinegar
- 1/2tsp Salt & Pepper

### Salmon

- 10oz of Salmon, without skin
- 1/2tsp of Salt, Pepper, Garlic, Cumin, Thyme and Allspice

### Vinaigrette

- 2tsp Olive Oil
- Juice of 1/2 a Lemon
- 2tsp Honey
- 1/2tsp of Salt, Pepper, Garlic, Cumin, Thyme, and Allspice

## METHOD

- Pre-heat oven to 400 degrees
- Season the salmon with the seasoning mixture
- In an oven safe skillet spray with non-stick spray and sear salmon 1min each side and place in the oven to finish cooking approx. 12min
- Drain and rinse beans
- Add all puree ingredients into a food processor and mix until creamy
- Add to a small pot on low heat and warm until ready to serve
- Mix all vinaigrette ingredients together
- Plate salmon, then bean mixtures with 1/2tsp of vinaigrette on each serving (or more if you'd like!)

Serving size is 5oz salmon, half the beans, & 1/2tsp vinaigrette

Cal: 536, Carb: 41g, Pro: 38g, Fat: 24g

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SERVES  
**4**



PREP  
**20M**



COOK  
**10M**

# SALMON BURGER

## METHOD

- Chop 12oz of the salmon and put in a bowl
- Add remaining 4oz of salmon to a food processor and form a paste
- Add and combine all ingredients in the bowl and mix
- Form 4 patties and then place in the fridge for 15 min
- Air fry for 10 min at 390 degrees flipping once, OR heat a skillet to medium-high heat and cook on 4 min each side. Internal temp should 145 degrees.

## INGREDIENTS

- 16oz Salmon
- 1/2C bread crumbs
- 2 tsp dijon mustard
- 3/4 tsp salt
- 1/4 tsp pepper

*Serving size is one burger*  
*Cal: 337, Carb: 10g, Protein: 25g, Fat: 20g*

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# CHICKEN CONGEE



## INGREDIENTS

### Congee

- 1/2C white rice
- 8oz Chicken
- 1/4tsp ginger
- 4 cups of water
- 4 tsp Chicken boullion powder

### Chicken Marinade

- 1 tsp Cornstarch
- 1/2 tbsp Soy sauce
- 1 tbsp vegetable oil
- 1 tbsp water

### Topping

- Diced green onion
- Egg (not included in macro calculation)

## METHOD

- In a pot bring 4 cups of water to a boil
- Cut chicken into thin slices and then place it in a bowl with the marinade, mix until there is no liquid left and set aside
- Add rice to the boiling water and stir once, but ONLY once. Do not stir the rice again. Once the water is boiling again, cover and cook on medium high for approx. 25 min
- Set the heat to high and slowly add the chicken, stir the chicken for 2 minutes or until fully cooked
- Add the chicken bouillon and ginger and stir
- Optional step: cook the egg to plate with congee
- Divide between 2 bowls, add any additional toppings and enjoy!

*Serving size is half the recipe*  
Cal: 370, Carb: 35g, Pro: 27g, Fat: 12g

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# CHICKEN & MUSHROOM SKILLET



## INGREDIENTS

- 6 Chicken thighs (4oz each)
- 1C Rice
- 1/2C Bella Mushrooms
- 1/2C Yellow Onion
- 2C Chicken Stock
- 2tsp Olive Oil
- 1tsp Salt
- 1tsp Pepper
- 2tsp Italian seasoning
- 2tsp Garlic powder

## METHOD

- Season the chicken with the salt, pepper, Italian seasoning, and garlic
- In a large skillet with a lid on medium-high heat add the olive oil. Sear the chicken for two minutes on each side and then remove chicken
- Add the mushrooms and onion and cook until tender for approx. 5 min
- Add rice and chicken stock. Once boiling place the chicken back in the skillet and cover
- Reduce the heat to low and cook until rice is tender and all liquid is absorbed, approx. 20-25min

*Serving size is 1 chicken thigh and approx. 1/2c rice*

*Cal: 250, Carb: 25g, Pro: 23g, Fat: 7g,*

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# SECTION CHICKEN

## FRIED RICE



### INGREDIENTS

- 1/2lb Chicken breast
- 2 Eggs
- 1C cooked White Rice
- 2/3C Carrots and peas (frozen is fine)
- 1tbsp low-sodium soy sauce
- 1tsp minced Garlic
- 1tsp Olive oil
- Salt & pepper

### METHOD

- Add the oil to the pan (I used a wok, but any will work) and turn to medium heat
- Cut the chicken into bite size pieces, add to the wok and season with salt and pepper
- Once cooked through, remove the chicken and place to the side
- Add the carrots, peas, and garlic, cook for approx. 2 min
- Push veggies to the side, add the eggs and scramble them
- Add the cooked rice and chicken back
- Pour the soy sauce over and stir until combined

Serving size is half the recipe  
Cal: 352, Carb: 30g, Pro: 30g, Fat: 12g

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## SECTION

# CHICKEN TENDERS



SERVES  
**4**



PREP  
**1HR**



COOK  
**12M**



## INGREDIENTS

- 450g Chicken Tenders
- 1/4c Almond Milk
- 1tsp minced Garlic
- 1tsp Rice Vinegar
- 1tsp Salt
- 1/4c Almond Flour
- 1/4c Panko Breadcrumbs
- 1tbsp Stevia

## METHOD

- In a bowl combine milk, garlic, vinegar, and 1/4tsp of the salt
- Add chicken and let marinate for 45min
- In another bowl mix together almond flour, breadcrumbs, sugar, and 1/4tsp salt
- Preheat the air fryer to 400degrees for 3 min
- Dredge both sides of the chicken tender into the flour mix and place in the air fryer sprinkling remaining salt on top
- Cook for 6 min on each side
- Remove and let stand for 5 min

servings size is approx. 2 tenders  
Cal: 180, Carb: 4g, Pro:25g, Fat: 6g

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# SPICY

# CHICKEN



SERVES  
4



PREP  
15M



COOK  
4.5HR

This is not for the faint of heart!

## INGREDIENTS

- 1lb Chicken Breast
- 1/4c Onion, chopped
- 1/4c Bell Pepper, chopped
- 7oz Canned Tomato
- 3 Chipotle Peppers
- 1tsp Olive Oil
- 1/2tsp Chili
- 1/2tsp Garlic Powder
- 1/2tsp Cumin
- 1/4tsp Salt & Pepper
- 1 Bay Leaf

## METHOD

- In a skillet over medium heat add the olive oil
- Lightly season the chicken with the spices and pan fry each side for 2 min
- Place tomatoes, chipotle peppers, onion, bell peppers, and remaining seasonings into a crock pot, stir well
- Add the chicken breast and bay leaf
- Cover and cook on low for 4-5 hours or high for 2.5 hours

Serving size is one quarter of recipe or approx. 165g

Cal: 175, Carb: 3g, Pro: 26g, Fat:5g

**COACHED BY KELS**



SERVES  
**2**



PREP  
**15M**



COOK  
**20M**

# BEEF & BROCCOLI

## METHOD

- Cut the steak into thin slices against the grain
- Heat the oil in a skillet over medium heat, add the steak and cook until browned, set to the side
- Add the onion, green onion, and garlic to the same pan, cook for one minute stirring frequently
- Add the broccoli and cover for 5 min
- In a small bowl combine the arrowroot flour and water and stir until dissolved
- Then add the soy sauce, stevia, ginger, and red pepper and mix
- Add that sauce to the pan and stir until the sauce thickens, this takes less than a minute!
- Add the steak and stir to combine
- Serve over the rice

## INGREDIENTS

- 320g Round Steak
- 2c Broccoli florets
- 2tsp Olive Oil
- 1/4c Onion, chopped
- 2 Green Onion stalks
- 1tbsp minced Garlic
- 1tbsp Arrowroot flour
- 3tbsp Low-Sodium Soy sauce
- 1tbsp Stevia
- 1/2tsp Ginger paste
- 1/8tsp Red Pepper Flakes
- 1/4c+2tbsp Water
- 1c cooked White Rice

*Serving size is half the recipe*  
Cal: 415, Carb: 38g, Pro:45g, Fat: 11g

**COACHED BY KELS**



# STUFF'D PEPPERS

👤 SERVES: 2

🕒 PREP: 10M

🕒 COOK: 25M

## INGREDIENTS

- 2 Bell Peppers
- 1/2lb 90% Lean Beef
- 1/2c Uncooked Quinoa
- 1/2c Marinara Sauce
- 1/4c Kale
- 1/2tsp Fennel Seeds
- 1/2tsp Italian Seasoning
- 1/2tsp Garlic Powder
- 1/4tsp Salt
- 1/2tsp Chicken Bouillon Powder
- 1c Water
- 2tsp Parmesean cheese

## METHOD

- Pre-heat the oven to 400 degrees
- Cut the tops off the bell peppers and de-seed them, cut them in half and face down on a baking sheet covered in foil, spray lightly with non-stick spray and bake for approx. 20min or until softened
- In a small pot, cook the quinoa in water and chicken bouillon
- In a saucepan over medium heat add the beef, fennel, italian seasoning, garlic powder, and salt, cook breaking the beef into small pieces
- Add the sauce and kale, stir and cover until the kale wilts
- Add the cooked quinoa and stir
- Fill the pepper shells and top with parmesan cheese

Serving size is 1 pepper

Cal: 461, Carb: 48g, Pro: 29, Fat: 16g



# COTTAGE PIE

👤 SERVES: 4

🕒 PREP: 15M

🕒 COOK: 30M



## INGREDIENTS

- 1lb 90% lean ground Beef
- 500g Cauliflower
- 1C frozen Peas and Carrots
- 1tsp Olive oil
- 1/4C Beef broth
- 1tsp minced Garlic
- 1/2tsp Fennel seeds
- 1tsp Italian seasoning
- 1/4tsp Corriander
- 1tsp Garlic salt

## METHOD

- Chop cauliflower into smaller pieces and steam until fork tender.
- Add to food processor with olive oil and garlic salt, process until smooth and creamy - like mashed potatoes! Set aside
- In a large skillet over medium-high heat add the beef, garlic, fennel, italian seasoning, and corriander and cook breaking up the beef into small pieces
- Add the broth, peas and carrots, turn heat to low and cook until most liquid is mostly absorbed
- Add the beef mixture to a 9in pan then layer the mashed cauliflower on top
- Option to add cheese and then bake until melted

Serving size is 1/4 of the recipe  
Cal: 263, Carb: 11g, Pro: 25g, Fat: 13g,



## INGREDIENTS

- 1/2lb 90% Lean Ground Beef
- 10 Brussel Sprouts
- 2tsp Olive Oil
- 1c Cooked White Rice

### Spicy Mix

- 1tsp Garlic powder
- 1/2tsp Salt
- 1/2tsp Pepper
- 1tsp Parsley
- 1/2tsp Cumin
- 1/2tsp Turmeric
- 1/2tsp Red Pepper

## METHOD

- Mix all of the spices together and set aside
- Microwave the brussel sprouts in a bowl for 3 minutes, once cooled cut in half
- In a pan over medium heat add the oil and beef. Break the beef into small pieces
- Add the brussel sprouts to the pan
- Sprinkle the spicy mix over the pan and stir
- Cover and let cook for approx. 2 min
- Serve over cooked rice

Serving size is half the recipe  
Cal: 381, Carb: 30g, Pro: 26g, Fat: 16g

# SALISBURY STEAK



SERVES  
**2**



PREP  
**20M**



COOK  
**25M**

## INGREDIENTS

- 1/2lb 90% Lean Ground Beef
- 1/4c diced Onion
- 1/4c chopped Bella Mushrooms
- 1tsp minced Garlic
- 2tsp Olive Oil
- 1tbsp Arrowroot Starch
- 1tsp Red Wine Vinegar
- 1c Beef Broth (split in half)
- 500g Yukon Gold potatoes

## METHOD

- Wash and then place potatoes into a steamer. Steam until fork tender
- Take out and mash, adding 1/2c of the beef broth to keep moist
- Mix beef, onion, and garlic together in a bowl. Shape the beef into 2 steak patties
- In a pan on medium heat, add the oil, place the patties in the pan and cook through on both sides
- Remove patties from the pan and set aside
- Add mushrooms to the pan and cook for 2 min
- Add a splash of the beef broth and then arrowroot starch and stir until dissolved and thick, then add the remaining broth and vinegar and stir
- Plate the potatoes, patty on top and then the gravy

Serving size is half the recipe  
Cal: 450, Carb: 44g, Pro:29g, Fat: 16g



SERVES  
**2**



PREP  
**75M**



COOK  
**10M**



## INGREDIENTS

- 8oz Round Steak
- 2 Cloves Garlic
- 1/2tsp Salt
- 2 Limes, juiced
- Pinch Red Pepper Flakes

# GARLIC & LIME STEAK

## METHOD

- Add garlic, salt, lime juice, and red pepper flakes to a bowl
- Place steak in marinade and refrigerate for at least 1 hour
- Let steak come to room temp for at least 10min
- Heat cast iron to med-high heat
- Sear steak approx. 1 min on each side
- Let steak rest for 5min prior to serving

*Serving size is half the recipe*  
Cal: 130, Carb: 0g, Pro: 26g, Fat: 3g

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# RAINY DAY CHILI



SERVES  
2



PREP  
15M



COOK  
30M

## INGREDIENTS

- 2tsp Olive Oil
- 1 1/4c Sweet Potato, peeled and diced
- 1/4c Onion, diced
- 1/4c Bell Pepper, diced
- 1c Diced tomatoes with juice from can
- 1/2c Black beans, rinsed
- 2/3c Water
- 1tsp Chili Powder
- 1tsp Garlic Powder
- 1/2tsp Cumin
- 1/2tsp Paprika
- 1/4tsp Salt

Option of 1/2lb lean ground beef for added protein

## METHOD

- In a saucepan over medium heat add the olive oil, onion, and pepper, cook for 2 min
- Add the diced sweet potato and cook for 2 min
- Add the spice blend, tomatoes, black beans, and water
- Cover and let simmer for about 20 min
- Remove half of the sweet potato pieces and mash them, add them back in to thicken the chili
- Continue to cook until desired level of consistency is reached

Serving size is half the recipe

Cal: 241, Carb: 43g, Pro: 7g, Fat: 6g

With beef: Cal: 441, Carb: 43g, Pro: 29g, Fat: 17g

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# BALSAMIC CHOP



SERVES  
2



PREP  
60M



COOK  
15M

## INGREDIENTS

- 2, 6oz bone in pork chops
- 4tsp Dijon Mustard
- 4tbsp Balsamic Vinegar
- 1/2c Onion, sliced
- 1tsp minced Garlic
- 1tsp Garlic Powder
- 1tsp dried Rosemary
- 1/2tsp Salt
- 1/2tsp Pepper
- 1/2tsp Fennel Seeds
- Non-stick Spray

## METHOD

- Mix together the mustard, balsamic vinegar, garlic powder, rosemary, salt, pepper, and fennel seeds
- In a container pour the mustard mix over the pork chops, and then lay the onions on top, place in the fridge for 45min
- Preheat the oven to 400 degrees
- In a cast iron or oven safe skillet, turn to medium heat, spray the skillet and place the onions and minced garlic in cook for 2 min
- Sear each side of the chop for 2 min and then place in the oven for approx. 12 min or until the internal temp reaches 165 degrees
- Remove and let sit for 10 min before serving

Serving size is one chop

Cal: 251, Carb: 4g, Pro: 34g, Fat: 7g

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# PORK GUI SANTES



SERVES  
**2**



PREP  
**15M**



COOK  
**30M**

## INGREDIENTS

- 12oz Pork, cubed
- 1/2c Onion, diced
- 1/2 Bell Pepper, sliced
- 2tsp Minced Garlic
- 1 Tomato, chopped
- 4tsp Tomato Paste
- 1/2c Peas (frozen)
- 2tsp Soy Sauce
- 4tsp Fish Sauce
- 2tsp Olive Oil
- 2 Bay Leaves
- 1/2c Water

## METHOD

- In a skillet/wok heat over medium heat
- Add the oil and sliced peppers to the pan, then onions and minced garlic, cook approx 2 min
- Add the cubed pork and brown all sides
- Add the soy and fish sauce
- Stir in the tomatoes, tomato paste, and just enough water to thin out the paste - for me it was 1/2c
- Add the peas and the bay leaves and cover
- Turn to low for a simmer and cook approx 10 min or until the sauce thins out a little

I served this over the cilantro lime rice, and it was great!

Serving size is half this recipe  
Cal: 347, Carb: 20,g Pro: 34,g Fat: 14g

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AT A GLANCE

# SIDES

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GRATIN**  
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**FRIED  
BLACK BEANS**  
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**CILANTRO  
RICE**  
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# SQUASH GRATIN

👤 SERVES: 2

🕒 PREP: 10M

🕒 COOK: 35M

## INGREDIENTS

- 1/4lb Yellow Squash
- 1/4lb Yukon Potato
- 2tsp Olive Oil
- 2oz Goat Cheese
- 1/4c Almond Milk
- 2tsp Parmesan Cheese
- 2tsp Thyme
- 1/8tsp Salt
- 1/8tsp Pepper
- Non-stick Spray

## METHOD

- Heat oven to 400 degrees
- Thinly slice the squash and potato
- Toss in the olive oil
- Layer half the squash and potato in a baking dish
- Sprinkle with half the salt and pepper
- Lay goat cheese in chunks on top
- Top with remaining squash, salt, and pepper
- Pour almond milk over mixture
- Sprinkle parmesan cheese on top
- Bake for 25 min with aluminum foil on dish
- Uncover and bake for another 10min or until brown on top
- Sprinkle with thyme

*Serving size is half the dish*  
*Cal: 168, Carb: 13g, Pro: 6g, Fat: 11g*

# CUCUMBER SALAD



SERVES  
**2**



PREP  
**10M**



COOK  
**0M**

## INGREDIENTS

- 2c Cucumber (approx 1 whole)
- 1/4c Red Onion, sliced
- 1/4c Distilled White Vinegar
- 1 packed of Stevia
- 2tbsp Water
- 1tsp Dried Dill
- 1/4tsp Salt

## METHOD

- Thinly slice the cucumber and red onion
- Add all ingredients to a bowl
- Mix thoroughly
- This is ready to eat right away however, the flavor builds after 1 hour+ in the fridge!

Serving size is half the recipe  
Cal: 26 Carb: 6g, Pro: 0g, Fat: 0g



# PAN-FRIED BROCC



SERVES  
**2**



PREP  
**10M**



COOK  
**15M**

## INGREDIENTS

- 2c Broccoli
- 1tsp Olive Oil
- 1/2c Chicken Stock
- 2tsp Minced Garlic
- Red Pepper Flakes -  
to taste

## METHOD

- Heat a skillet over medium heat
- Add the broccoli, chicken stock, and minced garlic and then cover and let the stock dissolve
- Then uncover and add the olive oil and pan fry for approx 5 more min

Serving size is half the recipe  
Cal: 54, Carb: 7g, Pro: 2g Fat: 3g





SERVES  
**2**



PREP  
**20M**



COOK  
**25M**



## INGREDIENTS

### Tahini Sauce

- 4tsp Tahini
- 1/2 lemon
- 2tsp Garlic Powder
- 1tsp Honey
- Dash of Salt
- Water - as needed

### Brussel Sprouts

- 2c Brussel Sprouts
- 2tsp Olive Oil

### Toppings

- 2tsp Dried Cherries
- 2tbsp Feta
- 10 Pistachios

# TAHINI BRUSSELS METHOD

- Heat the oven to 400 degrees
- Cut the brussel sprouts in quarters, toss with olive oil and roast in the oven for 25 min
- In a small bowl mix together the tahini, lemon, garlic powder, honey, and salt, add water if the sauce is too thick - it should be able to drizzle
- Once brussel sprouts are baked transfer to a bowl
- Toss in the dried cherries, feta, and pistachios
- Drizzle the tahini sauce over top

*Serving size is half the recipe*  
*Cal: 155, Carb: 18g, Pro: 5g, Fat: 8g*

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# BACON BRUSSELS

👤 SERVES: 2 ⌚ PREP: 5M ⌚ COOK: 20M

## INGREDIENTS

- 2 pieces of Bacon
- 2 1/4c Brussel Sprouts
- 1/2c Yellow Onion, diced
- 1tsp Minced Garlic
- Salt (optional)

## METHOD

- Quarter the brussel sprouts
- Chop the bacon
- Dice the onion
- In a medium saucepan over medium heat add the garlic, onion, bacon, and brussel sprouts
- Stir frequently but keep covered
- Cook approx 20 min or until the bacon is cooked and the brussels are browned and fork tender
- Sprinkle with a little extra salt if desired!



*Serving size is half the batch*  
Cal: 115, Carb: 13g, Pro: 9g, Fat: 5g

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SERVES  
**4**



PREP  
**10M**



COOK  
**5M**

# LEMON KALE SALAD

## METHOD

- Wash Kale and place in a large bowl
- Add Olive oil, salt, pepper, and juice of the lemon
- Cover and mix well
- Top with walnuts and try not to eat the whole bowl at once!

## INGREDIENTS

### CUPCAKE MIX

- 4C Kale
- 1 Lemon (58g)
- 2tsp Olive Oil
- 1/4C Walnuts, chopped
- Salt and Pepper to taste

*Serving size is 1/4 of the recipe  
Cal: 90, Carb: 8g, Pro: 4g, Fat: 7g*

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# ROASTED

# VEGGIES



## INGREDIENTS

- 20 Brussel Sprouts
- 20 Baby Carrots
- 1/2 Bell Pepper
- 1/2 Onion
- 1Tbsp Olive Oil
- 1/2Tbsp Garlic Salt



## METHOD

- Pre-heat oven to 425 degrees F
- Cut brussels in half length wise
- Cut pepper and onion into bite size pieces
- Add all veggies into a large bowl, add olive oil and mix to cover all veggies
- Pour onto large baking sheet with tin foil, make sure no veggies are on top of another
- Sprinkle garlic salt over top
- Bake for 25 min

*Serving size is 1/4 of the recipe  
Cal: 100, Carb: 13g, Pro: 3g, Fat: 4g*

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# CAULIFLOWER BUNS

👤 SERVES: 6

🕒 PREP: 20M

🕒 COOK: 30M



## INGREDIENTS

### CUPCAKE MIX

- 350g Cauliflower
- 2 Eggs
- 2tbsp Almond flour
- 1tbsp Coconut flour
- 1/2tsp Garlic
- 1/4tsp Salt
- Everything but the Bagel Seasoning

## METHOD

- Preheat the oven to 400degrees
- Place the cauliflower in a food processor and pulse until coarse
- Add the eggs, almond flour, coconut flour, garlic, salt, and cauliflower into a bowl and mix
- Shape into 6 rolls
- Sprinkle Everything but the Bagel seasoning on top
- Bake for approx. 30 min or until golden brown on top
- Remove from oven and place on a cooling sheet

Cal: 58, Carb: 5g, Pro: 4g, Fat: 3g



# MASHED CAULIFLOWER



## INGREDIENTS

- 500g Califlower
- 1 tbsp Olive oil
- Garlic, salt, and pepper to taste

## METHOD

- Chop cauliflower into smaller pieces
- Steam cauliflower until fork tender, I do this with a steamer over the stovetop, takes approx. 10 min
- Add cauliflower and olive oil to a food processor. Process on high until smooth and creamy with no lumps
- Add garlic powder, salt, and pepper and season to your liking

This food is a staple in our household! It's so easy to make and very filling if you need help hitting your targets. This recipe is also used to top the cottage pie recipe in this book!

*Serving size is 1/4 of the recipes*  
*Cal: 71, Carb: 6g, Pro: 3g, Fat: 4g,*

# CURRY CAULI



SERVES  
**2**



PREP  
**10M**



COOK  
**25M**

## INGREDIENTS

- 4 cups of Cauliflower Florets
- 2tbsp Olive Oil
- 1tbsp Cashews
- 1tbsp Dried Cherries
- 1tbsp Olive Oil
- 1 1/2tsp Curry Powder
- 1tsp Garlic Powder
- 1/4tsp Salt

## METHOD

- Heat oven to 400degrees
- In a bowl, mix the cauliflower florets, olive oil, curry powder, garlic, and salt
- Spread the cauliflower on a baking sheet (lay down aluminum foil for easy clean up!)
- Roast for 25 min
- Plate with cashews and cherries mixed in

Serving size is half the recipe

Cal: 190, Carb; 25g, Pro: 6g, Fat: 13g

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# SPICED CARROTS



SERVES  
**2**



PREP  
**10M**



COOK  
**20M**



## INGREDIENTS

### Carrot Mix

- 1/2lb Baby Carrots
- 1/4c Pitted Dates (40g)
- 1oz Pecans (28g)
- 1tsp Olive Oil
- 1/8tsp Salt
- 1/8tsp Pepper
- 1/2tsp Garlic Powder

### Dressing

- 1tsp Olive Oil
- 1/2 Lemon Juiced
- 1/4tsp Honey
- 1/8tsp Salt
- 1/8tsp Cumin
- 1/8tsp Cinnamon

## METHOD

- Pre-heat the oven to 400 degrees
- Cut the baby carrots in a slant
- Toss with the olive oil, salt, pepper, and garlic
- Bake in the oven for approx 20 min or until tender
- Chop the dates and pecans into small pieces
- Mix all ingredients for the dressing in a small bowl
- Drizzle and stir the sauce over the carrots, sprinkle the dates and pecans on top and enjoy

Serving size is half the recipe

Cal: 260, Carb: 27g, Pro: 3g, Fat: 16g

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# VELVET

## CARROTS



SERVES  
3



PREP  
20M



COOK  
1HR

### INGREDIENTS

- 1tsp Butter
- 1/2lb Baby Carrots
- 1 Celery Stalk
- 1/2 Onion, sliced
- 2tbsp Cashews
- 1tsp Apple Cider Vinegar
- 6oz Yukon Gold Potatoes, sliced
- 1c Vegetable Broth
- 1/2c Almond Milk
- Salt/Pepper to taste



### METHOD

- In a pan over medium heat, melt the butter
- Add carrots, celery, onion, cashews, and vinegar. Cover and stir occasionally approx. 10min
- Add potatoes, broth, almond milk, salt and pepper and then bring to a boil
- Reduce to a lower heat and simmer until all veggies are tender approx. 45 min
- Add to a food processor or use an immersion blender until smooth
- You can add it back to the pan over low heat and cook down until you get the consistency you like

Serving size is 1/3 the recipe  
Cal: 150, Carb: 25g, Pro: 3g,, Fat: 4.5g

# PUFF DADDIES



SERVES  
2



PREP  
20M



COOK  
40M

## INGREDIENTS

- 1lb Butternut Squash
- 1tsp Olive Oil
- 4tbsp Bread Crumbs
- 2 Egg Whites
- 1/4tsp Salt
- 1/4tsp Pepper
- 1/2tsp Garlic Powder
- Non-Stick Spray

## METHOD

- Preheat the oven to 400 degrees
- Cube the butternut squash, drizzle with the olive oil and bake for approx 25 min or until fork tender
- Mash the squash in a bowl then add the bread crumbs, egg whites, salt, pepper, and garlic
- Set your air fryer to 370 degrees and let heat for 2 min
- Spray the air fryer with non stick spray, drop the puff daddies into the fryer using a cookie scoop
- Fry for 15-20 min, shaking every few
- Top with additional salt if desired

Serving size is half, approx 9 puffs  
Cal: 198, Carb: 37g, Pro: 10g, Fat: 4g

**COACHED BY KELS**



# RICE & BEANS



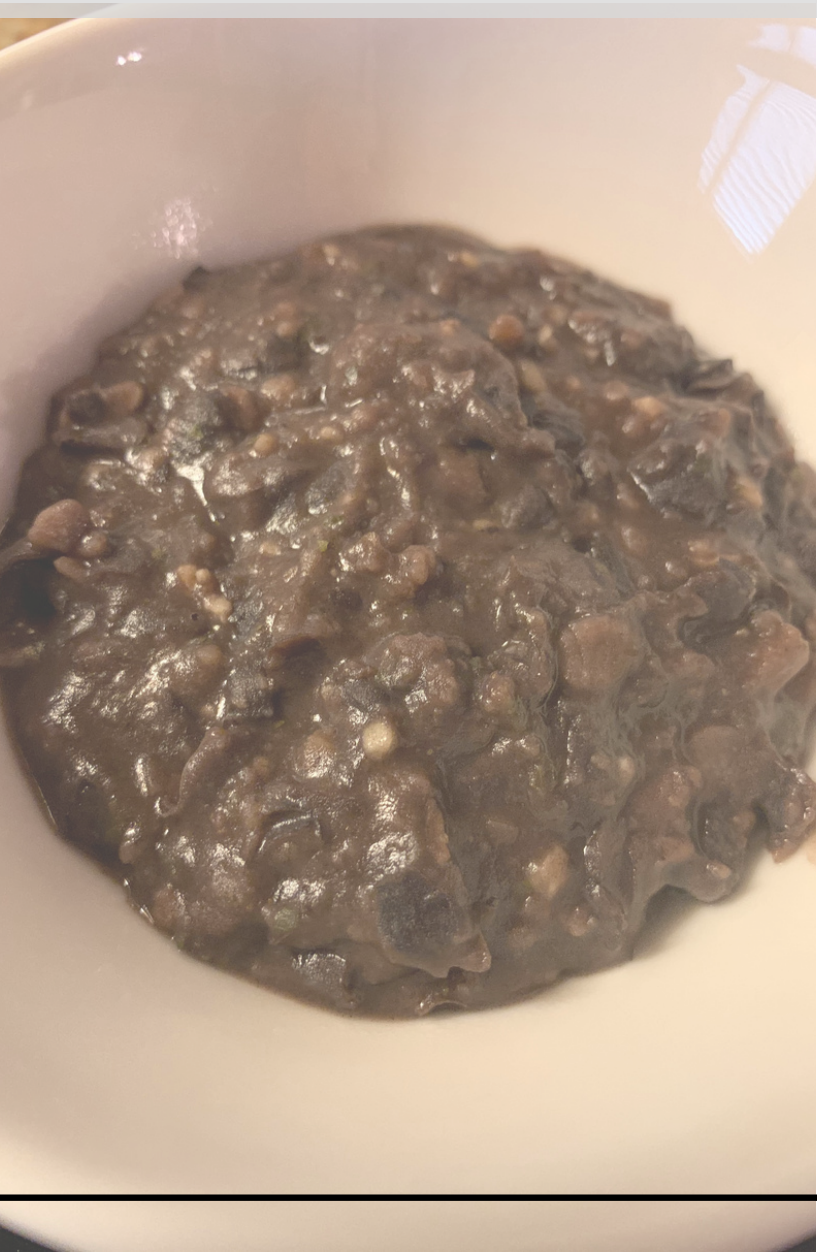
## INGREDIENTS

### Cilantro Lime Rice

- 1/2c Uncooked Rice
- 1c Water
- 1 Lime
- 2tbsp Fresh Cilantro
- Salt & Pepper to taste

### Beans

- 1c Black Beans - undrained
- 2tsp Minced Garlic
- 2tsp Olive Oil
- 1/4tsp Salt & Pepper
- 1/2tsp Cumin
- 1/2tsp dried Cilantro



## METHOD

### Cilantro Lime Rice

- In a small pot add water, rice, and dash of salt
- Bring to a boil
- Turn heat to low and cover
- Once tender and water is absorbed remove from heat and add cilantro, lime juice and zest of half the lime
- Add salt and pepper to your liking

### Refried Black Beans

- Add all ingredients to a small pot over medium heat
- Once thoroughly warmed, mash the beans with a potato masher or fork
- Continue to cook stirring until the desired consistency is reached they will get thicker

Rice serving size is 1/2c

Cal: 102, Carb: 23g, Pro: 2g, Fat: 0g

Bean serving size is approx. 1/4c

Cal: 68, Carb: 10g, Pro: 3g, Fat: 3g

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# KITCHEN CONVERSIONS

Liquid Volumes	Fluid OZ	Teaspoons	Tablespoons	Cups
	1/6 fl oz	1 tsp	1/3 tbsp	
	1/2 fl oz	3 tsp	1 tbsp	1/16 c
	1 fl oz	6 tsp	2 tbsp	1/8 c
	2 fl oz	12 tsp	4 tbsp	1/4 c
	4 fl oz	24 tsp	8 tbsp	1/2 c
	8 fl oz	48 tsp	16 tbsp	1 c

Weights	Ounces	Pounds	Grams
	1/6 oz		5 g
	1/2 oz		15 g
	1 oz		28g
	2 oz	1/8 lb	57 g
	4 oz	1/4 lb	115 g
	8 oz	1/2 lb	227 g
	16 oz	1 lb	455 g

# thank you for cooking with me

HOPEFULLY YOU FOUND  
SOMETHING YOU LOVED.  
TAG ME ON IG WHEN YOU DO OR  
E-MAIL ME YOUR TAKE<3

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