



PRESTIGELABS

RECIPE BOOK

LEVEL TWO - 1.75

6 WEEK CHALLENGE



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SWEET EGG SCRAMBLE



Tools :

- Skillet
- Whisk
- Bowl
- Measuring cup
- Teaspoon
- Spatula



Prep Time:

- 10-12 minutes

INSTRUCTION

1. Spray skillet with Pam and bring to medium heat.
2. Whisk together egg whites, protein Stevia and vanilla extract in a bowl and pour onto skillet.
3. Once eggs are about halfway cooked, add the berries to the skillet and continue to cook (scrambling thoroughly) until eggs are fully cooked.
4. Top with cinnamon or Walden Farms Sugar Free Pancake Syrup and your choice of a vegetable side.

INGREDIENTS

- 1/3 cup egg whites or 3 egg whites
- **3/4 scoop Prestige Protein vanilla milkshake whey protein powder**
- 3/4 cup frozen berries
- 1/2 tsp vanilla extract
- 3 Stevia packets or 3 tsp sugar free sweetener of choice
- Dash of cinnamon (optional)



EGG WHITE OMELETTE



Tools :



Prep Time:

- Microwave-safe plate
- Fork
- Skillet
- Spatula
- Measuring cup
- Tablespoon
- 15-17 minutes

INSTRUCTION

1. Arrange sweet potato slices in a single layer on a large microwave-safe plate. Poke holes in potato slices with fork, spray with Pam and season with Stevia and cinnamon.
2. Place potatoes in microwave under 'potato' setting (count = 1 potato).
3. Place skillet on medium heat and spray with Pam. Sauté spinach.
4. Once spinach is cooked, add the egg whites on top. Flip about halfway through and continue to heat until cooked through.
5. Remove from heat and top with pico de gallo. Serve with a side of sweet potatoes.

INGREDIENTS

- 3/4 cup egg whites or 6 egg whites
- 1 cup spinach
- 3/4 cup sweet potato
- 2 tbsp pico de gallo
- 2 Stevia packets or 2 tsp sugar free sweetener of choice (optional)
- Dash of cinnamon (optional)



SAVORY TURKEY BAKE



Tools :

- Oven
- Medium mixing bowl
- Whisk
- Oven-safe dish or muffin tins
- Measuring cup



Prep Time:

- 13-15 minutes

INSTRUCTION

1. Preheat oven to 350 degrees F.
2. Combine ALL ingredients and whisk together in a medium mixing bowl.
3. Pour mixture into an oven safe dish or muffin tins.
4. Bake for 8-10 minutes.
5. Remove and serve with your choice of hot sauce or seasoning.

INGREDIENTS

- 3 oz (measured raw) 99% lean ground turkey
- 1/3 cup egg whites or 3 egg whites
- 1 cup finely chopped cauliflower/broccoli
- 1/2 cup dry rolled oats
- Garlic salt to taste



BLUEBERRY OVERNIGHT OATS



Tools :

- Mixing bowl
- Spoon
- Measuring cup
- Teaspoon
- Jar or container with a lid



Prep Time:

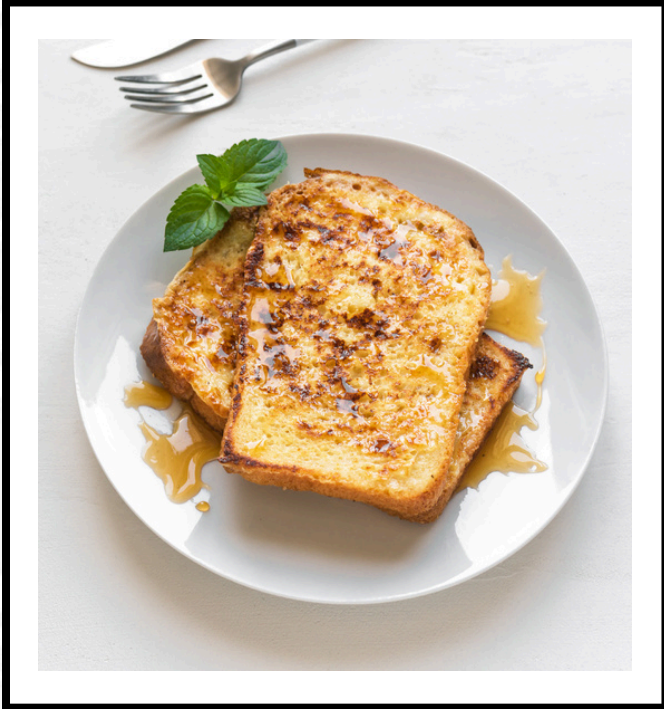
- **Prep Time:** 5 minutes
- **Refrigeration Time:** 6-8 hours

INSTRUCTION

1. Mix Greek yogurt with vanilla and Stevia in one bowl.
2. In separate bowl, microwave oats with water until cooked.
3. In overnight jar, layer starting with oatmeal at the bottom, then add your frozen berries & finally top with your Greek yogurt.
4. Serve with one cup vegetable of choice.

INGREDIENTS

- 1 1/2 cups 0% Plain Greek yogurt
- 1/4 cup dry rolled oats
- 1/4 cup berries
- 1 tsp vanilla extract
- 2 Stevia packets or 2 tsp sugar free sweetener of choice



GUILT FREE FRENCH TOAST



Tools :

- Large shallow bowl
- Skillet
- Spatula
- Measuring cup
- Teaspoon
- Whisk



Prep Time:

- 10-12 minutes

INSTRUCTION

1. Mix egg whites with vanilla, cinnamon and salt in a large shallow bowl.
2. Soak bread slices in egg mixture. Once soaked, place on skillet, sprayed with Pam on medium heat.
3. Flip toast until eggs are thoroughly cooked and remove from heat.
4. Top with Walden Farms Pancake Syrup.
5. Serve with one cup vegetable of choice.

INGREDIENTS

- 1 1/2 slices Ezekiel bread
- 3/4 cup egg whites or 6 egg whites
- 1 tsp vanilla extract
- Dash of cinnamon
- Dash of sea salt
- Walden Farms Sugar-Free Pancake Syrup (optional)



EGG WHITE MCMUFFINS



Tools :

- Oven
- Mixing bowl
- Measuring cup
- Teaspoon
- Whisk
- Muffin tin (2-3 cups)
- Non-stick spray or muffin liners



Prep Time:

- 15-17 minutes

INSTRUCTION

1. Preheat oven to 350 degrees F.
2. Mix all ingredients in a single bowl and then portion evenly into 2 to 3 muffin tins.
3. Bake for 10-12 minutes until cooked through center.
4. Remove from oven and top with meal plan approved sauce of choice.

INGREDIENTS

- 3/4 cup egg whites or 6 egg whites
- 1/2 cup leafy vegetable + 1/2 cup solid vegetable
- 1/2 cup dry rolled oats
- 1 tsp baking powder
- Dash of sea salt



SAVORY BREAKFAST OATS



Tools :

- Skillet
- Measuring cup
- Spatula



Prep Time:

- 15-17 minutes

INSTRUCTION

1. Spray skillet with Pam and bring to low-medium heat; add ground turkey.
2. Once turkey is about halfway cooked, drizzle balsamic vinegar on top and then add oats and water.
3. Continue to cook until turkey is done and mixture becomes thick and sticks together, then add the spinach.
4. Drizzle balsamic vinegar again.
5. Cook until spinach shrivels. Remove from heat and top with garlic salt to taste.

INGREDIENTS

- 1/2 cup dry rolled oats
- 6 oz 99% lean ground turkey
- 1 cup spinach
- 1/4 cup water
- Drizzle of balsamic vinegar
- Garlic salt to taste



CAULIFLOWER BREAKFAST PIZZA



Tools :

- Steamer or microwave-safe container
- Skillet with lid
- Measuring cup
- Spatula
- Mixing bowl
- Knife



Prep Time:

- 60-65 minutes

INSTRUCTION

1. Add about $\frac{1}{4}$ cup water to cauliflower – use a steam friendly container and cook for about 5 minutes at medium heat until soft.
2. Mix cooked cauliflower, ground oats, eggs & oregano and salt in a bowl.
3. Heat skillet to medium heat, spray with Pam, then add egg mixture and bring to medium-low heat, placing lid on top to trap steam.
4. Wait about 45 minutes then flip mixture and cook until firm.
5. Remove from heat and top with sliced tomato plus seasoning of choice.

INGREDIENTS

- 1 cup finely chopped cauliflower
- $\frac{3}{4}$ cup egg whites or 6 egg whites
- $\frac{1}{2}$ cup ground oats
- $\frac{1}{2}$ small tomato
- Oregano and sea salt to taste



BLUEBERRY CHEESECAKE BOWL



Tools :

- Food processor
- Measuring cup
- Teaspoon
- Spoon or spatula



Prep Time:

- 5 minutes (15-20 minutes if including optional freezing time)

INSTRUCTION

1. Puree cottage cheese with protein powder and Stevia in food processor, then add in frozen berries and serve immediately.
2. For a thicker consistency place in freezer for 10-15 minutes.
3. Serve with one cup vegetable of choice.

INGREDIENTS

- 3/4 cup 0% cottage cheese
- **3/4 scoop Prestige Protein vanilla milkshake whey powder**
- 3/4 cup frozen berries
- 2 Stevia packets or 2 tsp sugar free sweetener of choice



PROTEIN PANCAKES



Tools :

- Mixing bowl
- Measuring cup
- Teaspoon
- Skillet
- Spatula
- Blender (optional)



Prep Time:

- 14-16 minutes

INSTRUCTION

1. Mix all ingredients together in a bowl and let sit for 10 minutes for oats to absorb liquid.
2. Spray skillet with Pam and bring to medium heat.
3. Cook pancakes on skillet for about 2 minutes, then flip and cook until firm.
4. Top with Walden Farms Sugar Free Pancake Syrup or cinnamon and Stevia.
5. Serve with one cup vegetable of choice or puree all dry ingredients with 1 cup spinach then mix into a separate bowl with wet ingredients and cook as directed in steps 2-3.

INGREDIENTS

- 1/2 cup dry rolled oats
- 3/4 cup 0% cottage cheese
- 1/3 cup egg whites or 3 egg whites
- 2 Stevia packets or 2 tsp sugar free sweetener of choice
- Cinnamon to taste
- Walden Farms Sugar Free Pancake Syrup (optional)



THE ULTIMATE BREAKFAST SANDWICH



Tools :

- Toaster
- Skillet
- Measuring cup
- Spatula



Prep Time:

- 10-12 minutes

INSTRUCTION

1. Place bread in toaster at desired level.
2. Heat skillet on low-medium heat, spray with Pam, and sauté spinach in pan until it shrinks.
3. Then add your egg whites and cook until firm.
4. Put eggs between toast when done and add tomato plus desired sauce like sriracha.

INGREDIENTS

- 1 1/2 slices Ezekiel bread
- 1 cup spinach
- 1 small sliced tomato
- 3/4 cup egg whites or 6 egg whites



GARLIC SHRIMP



Tools :

- Medium-sized bowl
- Measuring cups
- Teaspoon
- Tablespoon
- Skillet
- Spatula



Prep Time:

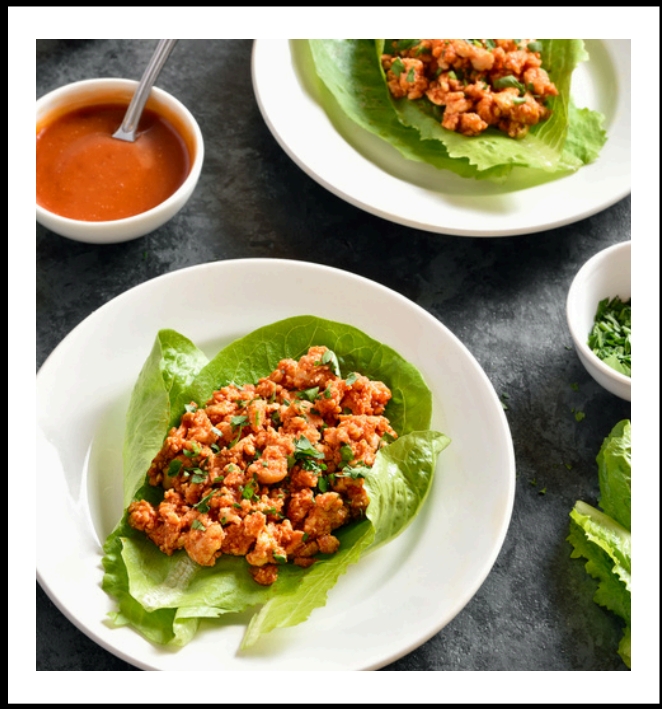
- 18-20 minutes

INSTRUCTION

1. In medium sized bowl, combine the salt, garlic, tomato, red wine vinegar and basil.
2. Toss the shrimp in the mixture and thoroughly coat.
3. Heat skillet sprayed with Pam to medium heat and pour mixture on skillet.
4. Cook until shrimp is fully cooked then remove from heat and lay atop white or brown rice.
5. Serve with one cup vegetable of choice.

INGREDIENTS

- 6 oz shrimp
- 1 tsp salt
- 2 tbsp minced garlic
- 1 cup cubed tomato
- 2 tbsp red wine vinegar
- 1/2 cup white or brown rice
- 1 cup vegetable of choice
- 1 tsp dried basil



TURKEY TACOS



Tools :

- Skillet
- Measuring cup
- Teaspoon
- Spatula



Prep Time:

- 13-15 minutes

INSTRUCTION

1. Heat skillet sprayed with Pam to medium high heat and sauté turkey with all spices until meat is fully cooked.
2. Once cooked, add in the pico de gallo and continue to sauté until thoroughly mixed.
3. Remove from heat and add to cooked rice.
4. Evenly distribute turkey and rice mixture between your lettuce shells and top with hot sauce of choice if desired.

INGREDIENTS

- 6 oz (measured raw) 99% lean ground turkey
- 1/2 cup (cooked) white or brown rice
- 1/2 cup pico de gallo
- 3 Romaine lettuce leaves
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper
- 1 tsp onion powder
- 1 1/2 tsp chili powder



CHICKEN & VEGETABLE STIR FRY



Tools :

- Skillet
- Measuring cup
- Measuring spoon
- Knife
- Spatula



Prep Time:

- 11-15 minutes

INSTRUCTION

1. Chop vegetables into smaller pieces and sauté in skillet on medium heat.
2. Add in Bragg's Soy Sauce, garlic powder, onion powder and red pepper flakes.
3. Once thoroughly sautéed about 3-4 minutes, add shredded chicken (torn apart into thin pieces) and cooked rice to pan.
4. Continue to mix so entire dish is coated in seasoning and sauce blend then remove from heat and enjoy with or without added hot sauce.

INGREDIENTS

- 6 oz (cooked) skinless chicken breast
- 1/2 cup (cooked) white or brown rice
- 1/2 cup snap peas
- 1/2 cup broccoli
- 1 tbsp Bragg's Amino Acid Soy Sauce Alternative or tamari
- 1 tsp garlic powder
- 1 tsp onion powder
- Red pepper flakes to taste



GUILT FREE PULLED PORK



Tools :

- Skillet with lid
- Measuring cups
- Measuring spoons
- Spatula
- Knife



Prep Time:

- 1 hour

INSTRUCTION

1. Heat a skillet sprayed with Pam to medium low heat.
2. Combine all ingredients (minus potato) and then pour onto skillet.
3. Cover and let simmer for 50 minutes.
4. Remove from heat and pair with your baked potato.
5. Top potato with cinnamon/stevia (optional).

INGREDIENTS

- 6 oz shredded pork
- 1/4 cup balsamic vinegar
- 1 tbsp Worcestershire sauce
- 1 tbsp minced garlic
- 2 Stevia packets or 2 tsp sugar free sweetener of your choice
- 3/4 cup mashed sweet potato
- 1 cup vegetable of choice
- Red pepper flakes to taste



SWEET SUMMER SALAD



Tools :

- Large bowl
- Knife
- Measuring cups



Prep Time:

- 5-7 minutes

INSTRUCTION

1. In a large bowl – toss spinach, tomatoes, and berries before topping with grilled chicken.
2. Use Balsamic Vinegar for dressing.

INGREDIENTS

- 6 oz (cooked) skinless chicken breast
- 3/4 cup berries of choice
- 1 cup spinach
- Handful of cherry tomatoes (optional)



LOADED BAKED POTATO



Tools :

- Fork
- Microwave
- Broiler (optional)
- Measuring cups
- Knife
- Cutting board



Prep Time:

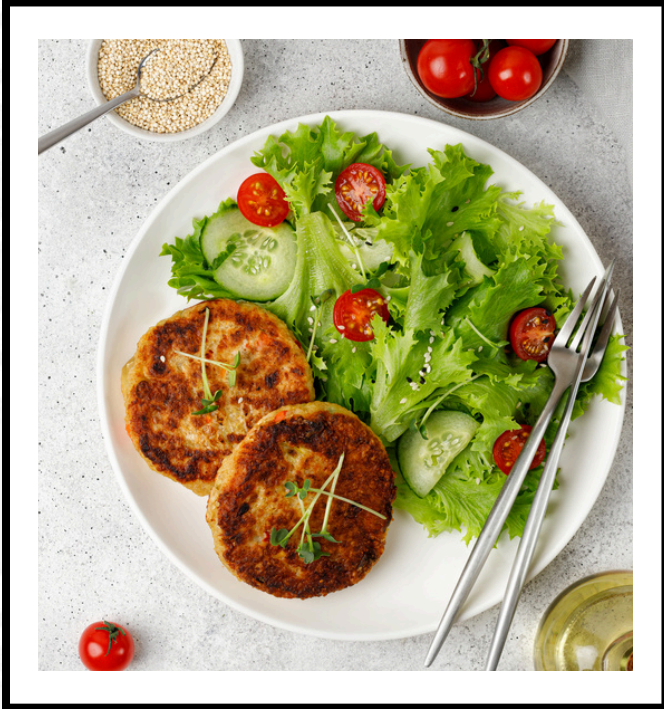
- 10-12 minutes

INSTRUCTION

1. Bake potato in microwave until cooked through (poking holes with fork helps).
2. Layer on cottage cheese.
3. Once done, put under broiler for about 1 minute if you'd prefer the cheese melted.
4. Top with salsa and green onion.

INGREDIENTS

- 1 small Russet potato (about 2/3 cup size)
- 1 1/2 cups 0% cottage cheese
- 1/2 cup pico de gallo
- 1/4 cup chopped green onion



GRILLED TUNA BURGER & SALAD



Tools :

- Mixing bowl
- Skillet
- Measuring cups
- Measuring spoons
- Spatula



Prep Time:

- 11-15 minutes

INSTRUCTION

1. Mix together egg whites, tuna, oats and spices and form into shape of a burger.
2. Spray pan with Pam and cook tuna burger on medium heat for about 3 minutes per side.
3. Serve with a side salad with vegetables along with your choice of meal plan approved dressing.

INGREDIENTS

- 3/4 can tuna
- 3 egg whites
- 1/2 cup dry rolled oats
- 1/2 cup vegetables of choice
- 1 cup Romaine lettuce or spinach
- 1/4 tsp oregano
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- Approved salad dressing of choice



CHICKEN TACOS



Tools :

- Saucepan
- Measuring cups
- Measuring spoons
- Knife
- Cutting board
- Spatula



Prep Time:

- 10-14 minutes

INSTRUCTION

1. Heat beans in a sauce pan on medium low heat until warm.
2. Proceed to mix in green onion, pico de gallo and red pepper flakes.
3. Remove from heat and evenly distribute into Romaine lettuce leaves.
4. Slice grilled chicken into thin strips and place on top of lettuce leaves.
5. Add salt or approved sauce to taste.

INGREDIENTS

- 6 oz (cooked) skinless chicken breast
- 1/2 cup refried black beans
- 1/4 cup chopped green onions
- 1/2 cup pico de gallo
- 5 Romaine lettuce leaves
- 1/4 tsp red pepper flakes to taste



HEALTHY FRIED RICE



Tools :

- Medium-sized skillet
- Measuring cups
- Measuring spoons
- Spatula



Prep Time:

- 15-19 minutes

INSTRUCTION

1. Spray a medium sized skillet with Pam, bring to medium heat and add eggs.
2. Continuously scramble eggs and add in rice and vegetables.
3. Shred chicken and add last along with spices.
4. Sauté entire mixture in Bragg's Soy Sauce Alternative, remove from heat and serve.

INGREDIENTS

- 1/2 cup (cooked) white or brown rice
- 3 oz (measured raw) skinless chicken breast
- 3 egg whites
- 1 cup vegetable of choice
- 1 tsp onion powder
- 1 tsp chili powder
- 3 Tbsp Bragg's Soy Sauce Alternative or tamari



QUINOA CHICKEN SALAD



Tools :

- Mixing bowl
- Measuring cups
- Knife
- Cutting board
- Whisk



Prep Time:

- 10-12 minutes

INSTRUCTION

1. Toss all ingredients together and top with dressing.

INGREDIENTS

- 6oz (cooked) skinless chicken breast
- 1/4 cup cooked quinoa
- 1/4 cup beans/legumes of choice
- 1 cup fresh kale
- 1/4 cup chopped red onion

Dressing:

- juice and zest of one lemon
- 2 tbsp white wine vinegar
- 1 tsp ground cumin
- Sea salt and pepper to taste



SEARED SCALLOPS WITH SPROUTS



Tools :

- Skillet
- Measuring spoons
- Spatula
- Cutting board
- Knife



Prep Time:

- 11-13 minutes

INSTRUCTION

1. Heat oil in a skillet over medium high heat.
2. Add scallops and Brussels sprouts, season with salt and pepper and cook continuously stirring for about 5-6 minutes.
3. Stir in rice wine vinegar, scraping up any brown bits, then transfer to a plate, add sauerkraut (optional) and enjoy.

INGREDIENTS

- 6 oz scallops
- 1 1/2 tbsp olive oil
- 2 tbsp rice wine vinegar
- 1 cup diced Brussels sprouts
- 1/2 cup sauerkraut (optional)



STIR FRY CABBAGE & PORK



Tools :

- Skillet
- Measuring spoons
- Knife
- Cutting board
- Spatula



Prep Time:

- 16-18 minutes

INSTRUCTION

1. In skillet, heat butter until bubbly and hot.
2. Add celery and cook for 1 minute.
3. Add cabbage and onion and continue frying until vegetables are tender (2-3 minutes).
4. Add pork and continue mixing while you add the Bragg's Soy Sauce and salt.
5. Stir well and cook 1 minute longer, then remove from heat and serve.

INGREDIENTS

- 6 oz (measured raw) pork
- 2 tbsp Kerrygold butter
- 1/2 cup chopped celery
- 1 cup shredded cabbage
- 1/3 cup chopped onion
- 4 tbsp Bragg's Soy sauce Alternative or tamari
- Sea salt and pepper to taste



LEAN STUFFED PEPPER



Tools :

- Skillet
- Oven
- Baking tray
- Measuring cups
- Measuring spoons
- Knife
- Cutting board



Prep Time:

- 35-45 minutes

INSTRUCTION

1. Preheat oven to 350 degrees F.
2. Heat skillet and add coconut oil until sizzling.
3. Add all vegetables and spices to skillet and cook for 5-10 minutes until vegetables are tender.
4. Add in turkey when vegetables are done.
5. Set Pepper (seeded) and cut in half on a tray and fill each pepper with meat mixture.
6. Bake at 350 degrees for about 25-30 minutes.

INGREDIENTS

- 6 oz (measured raw) 99% lean ground turkey
- 1 1/2 tbsp coconut oil
- 1 bell pepper
- 1/4 cup chopped onion
- 1/2 tbsp minced garlic
- 1/3 cup diced tomato
- 1 tsp dried parsley
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1/2 tsp dried rosemary
- Sea salt and pepper to taste



WHITEFISH & LEMON BUTTER ASPARAGUS



Tools :

- Skillet
- Measuring spoons
- Spatula



Prep Time:

- 13-15 minutes

INSTRUCTION

1. Sauté the asparagus in coconut oil on skillet.
2. When the asparagus slices are tender, drizzle lemon juice on top.
3. Move asparagus to side of skillet and add butter to pan (turn up heat to medium-high).
4. Add fish to butter and cook about 2-3 minutes per side until crisp and butter has fried the fish.
5. Add salt to taste, remove and plate.

INGREDIENTS

- 6 oz (measured raw) white fish of choice
- 1 cup asparagus
- 1 tbsp lemon juice
- 3/4 Tbsp coconut oil
- 3/4 Tbsp Kerrygold butter



HEALTHY HOLIDAY COMFORT



Tools :

- Casserole dish
- Oven
- Small pot
- Measuring cups
- Measuring spoons
- Knife
- Cutting board
- Masher



Prep Time:

- 55-105 minutes

INSTRUCTION

1. Preheat oven to 350 degrees F. Brush turkey breast with olive oil. Generously sprinkle with fresh herbs, salt and pepper.
2. Place turkey in casserole dish with onions.
3. Roast turkey breast uncovered for 30 minutes. Add chicken broth and continue roasting for 30-60 minutes.
4. In a small pot bring water to a simmer then add the cauliflower.
5. Cover and turn the heat to medium. Cook the cauliflower for 12-15 minutes or until very tender.
6. Drain and discard all of the water. Add the butter, spices, salt and pepper and mash with a masher until it looks like "mashed potatoes."
7. Top with chives. Pair with baked turkey.

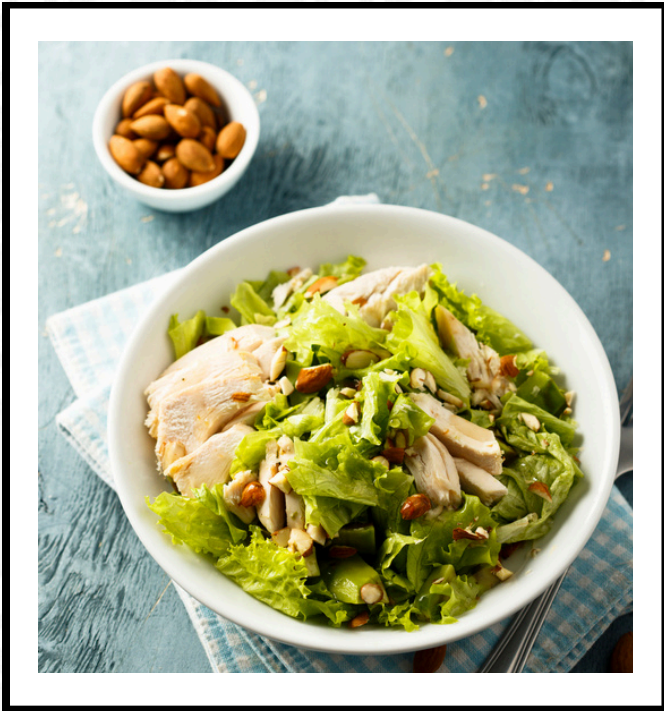
INGREDIENTS

For turkey breast:

- 6 oz (measured raw) 99% lean turkey breast
- 1 tsp olive oil
- 1 1/2 tsp fresh herbs chopped (equal parts parsley, rosemary, sage and thyme) or use a "poultry pack" of herbs from the store
- 1 small onion
- 1/4 cup chicken broth

For cauliflower:

- 1 cup chopped cauliflower
- 1/2 water
- 1/2 tbsp minced garlic
- 1 1/2 tbsp Kerrygold butter
- 1/2 tsp Italian seasoning
- 1/4 tsp salt
- Pinch of black pepper
- 1 chopped green onion stalk (optional)



LEMON AND ROASTED ALMOND SALAD



Tools :

- Oven
- Baking sheet
- Large nonstick skillet
- Measuring cups
- Measuring spoons
- Knife
- Cutting board
- Mixing bowl



Prep Time:

- 35-40 minutes

INSTRUCTION

1. Preheat oven to 400 degrees F. Cover the chicken with all the seasonings and cook for 20-25 minutes until cooked through.
2. Heat a large nonstick skillet over medium heat and add the olive oil and almonds, stirring constantly, until the almonds toast and get golden brown and fragrant (about 5-7 minutes).
3. Remove the almonds from skillet and let cool.
4. Place the cooked chicken, almonds, lemon juice, green onions and parsley in a bowl.
5. Stir to combine.
6. Fold in the yogurt, stirring until the entire bowl of chicken is moistened.
7. Season with more salt and pepper if desired.
8. Serve over 1 cup mixed greens.

INGREDIENTS

- 3 oz (measured raw) skinless chicken breasts
- 3/4 cup 0% Plain Greek yogurt
- 1 1/2 tbsp olive oil
- 1/4 cup sliced almonds
- 1 tbsp lemon juice
- 1 green onion stalk diced
- 1 tbsp chopped fresh parsley
- 1 tbsp lemon pepper seasoning
- 1/2 tsp sea salt
- 1 cup mixed greens



BROCCOLI & TUNA SALAD



Tools :

- Large bowl
- Small bowl
- Measuring cups
- Measuring spoons
- Knife



Prep Time:

- 10 minutes (plus optional 1 hour refrigeration time)

INSTRUCTION

1. In a large bowl combine broccoli, tuna, onion and almonds.
2. In a separate bowl mix yogurt, red wine vinegar and seasonings.
3. Pour dressing over broccoli mixture and stir until evenly distributed.
4. Cover and refrigerate for about an hour until ready to serve.

INGREDIENTS

- 1 cup broccoli
- 1 small onion chopped
- 3/4 cup 0% Plain Greek yogurt
- 1/4 cup chopped almonds
- 2 tbsp red wine vinegar
- 3/4 can tuna
- 1 tsp lemon pepper seasoning
- 1 green onion stalk, chopped
- Sea salt and pepper to taste

SHRIMP & AVOCADO SALAD



Tools :

- Knife
- Spoon
- Medium bowl
- Measuring spoons



Prep Time:

- 5-7 minutes

INSTRUCTION

1. Cut avocado in half lengthwise & remove pit. Cut flesh into chunks and use a spoon to scoop flesh out into a medium bowl.
2. Add shrimp, yogurt, lime juice, sriracha or hot sauce (optional), and salt and pepper to taste.
3. Toss to combine and separate into servings (can serve inside of empty avocado skin if desired).

INGREDIENTS

- 3 oz cooked shrimp
- 3/4 cup 0% Plain Greek yogurt
- 1/2 medium avocado
- 2 tbsp lime juice
- 1 cup vegetable of choice
- Sriracha or hot sauce to taste (optional)



HONEY MUSTARD CHICKEN SALAD



Tools :

- Mixing bowl
- Measuring cups
- Measuring spoons
- Whisk
- Knife
- Cutting board



Prep Time:

- 15-20 minutes

INSTRUCTION

1. Put mustard, oil and Stevia together in a small bowl and whisk until thoroughly combined.
2. Pour atop a bowl or plate of spinach, onion, tomato and chicken.
3. Serve and enjoy!

INGREDIENTS

- 6 oz (measured raw) skinless chicken breast
- 1 cup spinach
- 1 small tomato sliced
- 2 packets Stevia or 2 tsp sugar free sweetener of choice
- 1 1/2 tbsp olive oil
- 1/8 cup honey mustard
- 1/3 cup diced red onion



THAI BEEF SALAD



Tools :

- Skillet or grill pan
- Mixing bowl
- Knife
- Cutting board
- Measuring spoons
- Tongs



Prep Time:

- 15-20 minutes

INSTRUCTION

1. Marinate steak in soy sauce, fish sauce and lime juice.
2. Cook steak for 2-3 minutes per side until cooked to desired texture. Set aside.
3. Place the tomato, bean sprouts, cucumber, onion, red pepper flakes, mint, coriander, and lime juice in a bowl and mix well.
4. Thinly slice steak across the grain and add atop the vegetable mix.

INGREDIENTS

- 6 oz (measured raw) Flank steak
- 1-2 cups Romaine lettuce hearts
- 1/2 cup mint and coriander
- 1/2 cup bean sprouts
- 1/2 sliced tomato
- 1/2 cup sliced cucumber
- 1/2 cup sliced red onion
- 1 tbsp lime juice
- 1 tsp Bragg's Soy Sauce Alternative or tamari
- 1 tsp fish sauce
- Red pepper flakes to taste



TUNA AND AVOCADO SALAD



Tools :

- Bowl
- Fork
- Measuring spoons
- Spoon



Prep Time:

- 5 minutes

INSTRUCTION

1. Mash avocado and combine with tuna and tomato.
2. Once mashed stir in the lime juice and chili powder.
3. Top with sriracha (optional)

INGREDIENTS

- 1/2 of medium avocado
- 1 1/2 cans tuna
- 1 cup diced tomato
- 1 1/2 tbsp lime juice
- 1/2 tsp chili powder
- Hot sauce of choice to taste (optional)



SPICY THAI SHRIMP SALAD



Tools :

- Large pot
- Large mixing bowl
- Measuring spoons
- Knife
- Cutting board
- Colander



Prep Time:

- 12-15 minutes

INSTRUCTION

1. Bring a large pot of salted water to a boil.
2. In a large bowl, combine lime juice, fish sauce, Stevia, and chili paste. Taste, and adjust with any of the ingredients. It should taste quite sour, but also a little salty, spicy and sweet.
3. Turn heat off and poach the shrimp in the water until just cooked through, 2-3 minutes. Be careful not to overcook. Drain well.
4. Add the warm shrimp to the sauce and toss well. Add the shallot, cilantro and mint leaves. Toss, and transfer to a serving bowl. Scatter over the peanuts and garnish with a few more herbs. Serve immediately atop mixed greens salad.

INGREDIENTS

- 6 oz (cooked) shrimp
- 1 1/2 tbsp lime juice
- 1 tbsp fish sauce
- 1/3 of large shallot
- 1 1/2 tsp chili garlic paste or sriracha
- 1/2 cup chopped cilantro or basil
- 1/4 cup mint leaves chopped
- 1/4 cup unsalted peanuts chopped
- 2 Stevia packets or 2 tsp sugar free sweetener of choice
- 1 cup mixed greens
- 1/2 cup vegetables of choice

CRISPY CHICKEN AND BRUSSELS SPROUTS



Tools :

- Oven
- Baking sheet
- Skillet
- Knife
- Measuring spoons
- Spatula



Prep Time:

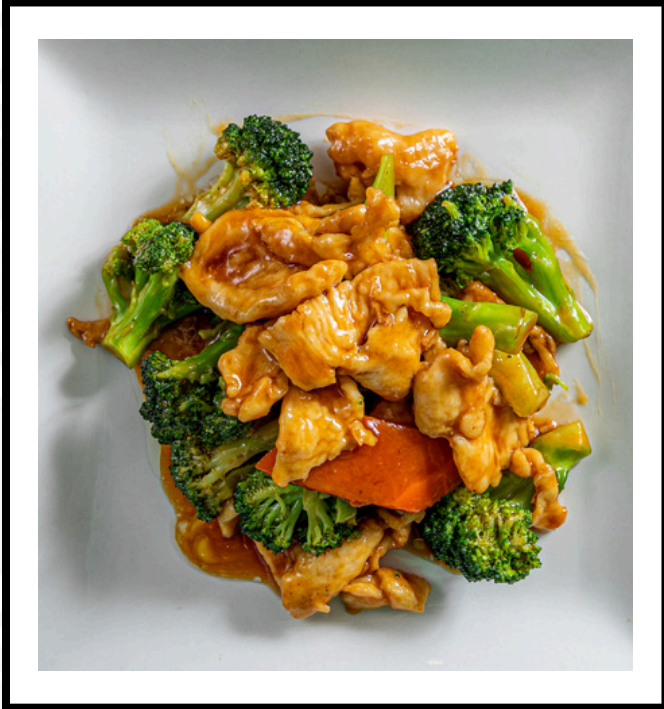
- 30-35 minutes

INSTRUCTION

1. Preheat oven to 425 degrees F.
2. Toss Brussels sprouts in mixture of garlic powder, salt to taste and one half of coconut oil.
3. Cut chicken into thin slices.
4. And add the other half of coconut oil to skillet over medium-high heat and fry chicken.
5. Allow the sides of each chicken piece to get crispy. Once they are done, add in the Brussels sprouts and continue to sauté at a medium-low heat while adding the lemon juice.

INGREDIENTS

- 6 oz (measured raw) skinless chicken breast
- 1 cup Brussels sprouts (halved)
- 1 1/2 tbsp coconut oil (divided)
- 1 1/2 tbsp lemon juice
- 1 1/2 tbsp garlic powder
- Sea salt to taste



THAI PEANUT CHICKEN



Tools :

- Skillet
- Mixing bowl
- Measuring spoons
- Whisk
- Knife
- Spatula



Prep Time:

- 17-23 minutes

INSTRUCTION

1. In a bowl, combine your peanut butter, Bragg's Soy Sauce, lemon juice, rice wine vinegar, cayenne pepper (optional) and whisk until thick.
2. Heat skillet to medium heat and spray with Pam. Cook chicken for about 6-8 minutes on each side cooking thoroughly.
3. When done cooking shred chicken and toss chicken and cup of vegetables into peanut sauce.
4. Top with salt to taste and serve.

INGREDIENTS

- 6 oz (measured raw) skinless chicken breast
- 2 tbsp peanut butter (microwaved for 10-20 seconds)
- 1 cup vegetables of choice
- 2 tbsp Bragg's Soy Sauce Alternative or tamari
- 2 tbsp lemon juice
- 2 tbsp rice wine vinegar
- Cayenne pepper to taste (optional)
- Sea salt to taste



BLUEBERRY PIE SMOOTHIE



Tools :

- Blender
- Measuring cup
- Measuring spoon
- Glass



Prep Time:

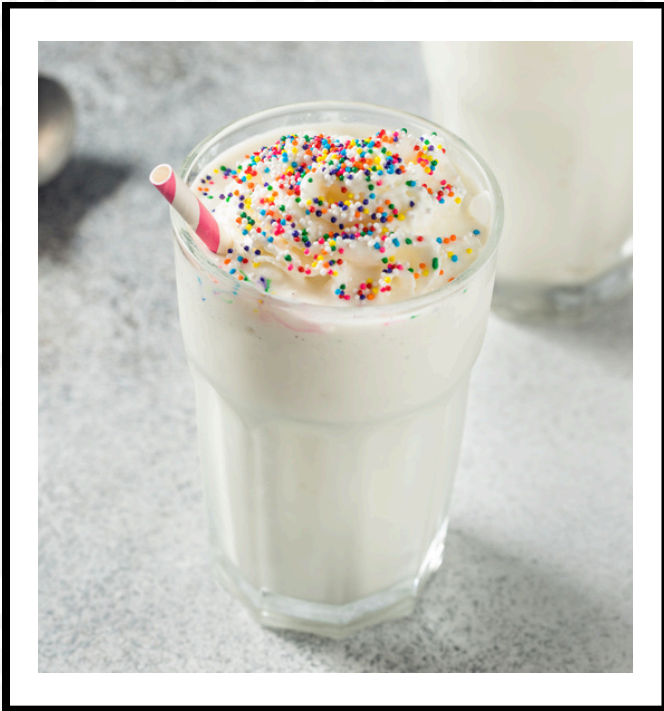
- 3-4 minutes

INSTRUCTION

1. Blend all ingredients together with a handful of ice cubes.
2. Pour in a glass and enjoy.

INGREDIENTS

- **1 1/2 scoops Prestige Protein vanilla milkshake whey protein powder**
- 3/4 cup frozen blueberries
- 1 cup spinach
- 1 cup water
- 1 tsp vanilla extract
- Dash of cinnamon (optional)
- 2 Stevia packets or 2 tsp sugar free sweetener of choice (optional)



CAKE FOR BREAKFAST SMOOTHIE



Tools :

- Blender
- Measuring spoon
- Measuring cup
- Glass



Prep Time:

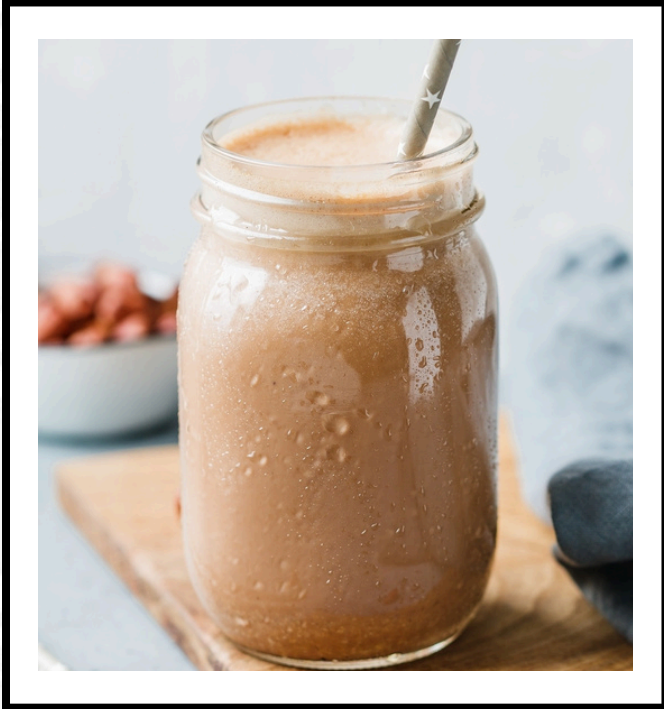
- 3-4 minutes

INSTRUCTION

1. Blend all ingredients together with a handful of ice cubes.
2. Pour in a glass and enjoy.

INGREDIENTS

- **1 1/2 scoops Prestige Protein vanilla milkshake whey protein powder**
- 1/2 cup dry rolled oats
- 1 tsp vanilla extract
- 1 Stevia packet or 1 tsp sugar free sweetener of choice (optional)
- 1 1/2 cups water
- Ice
- Dash of sea salt (optional)
- Sprinkles (optional)



CHOCOLATE PEANUT BUTTER SHAKE



Tools :

- Blender
- Measuring spoon
- Glass



Prep Time:

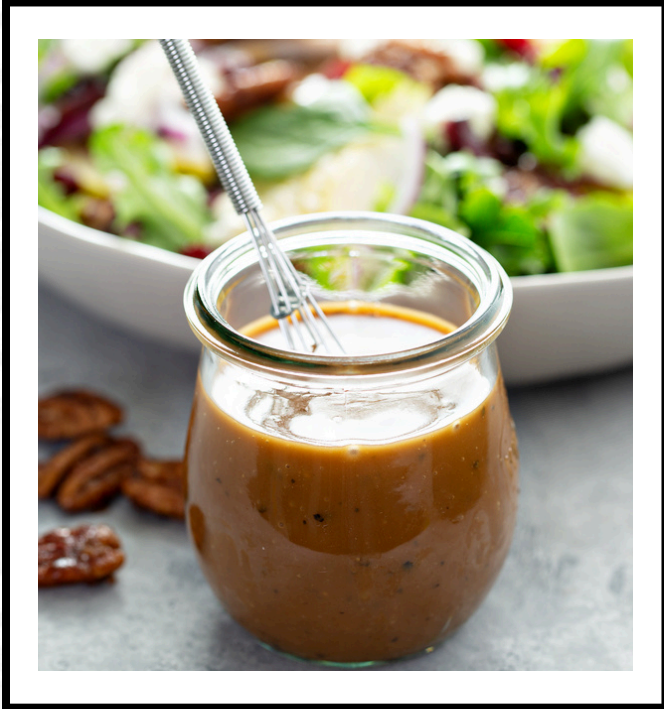
- 3-4 minutes

INSTRUCTION

1. Blend all ingredients together with a handful of ice cubes.
2. Pour in a glass and enjoy.

INGREDIENTS

- **1 1/2 scoops Prestige Protein chocolate ice cream whey protein powder**
- 2 tbsp peanut butter
- 1 1/2 cups water
- Ice



BALSAMIC VINEGAR DRESSING



Tools :

- Mixing bowl
- Measuring cup
- Teaspoon
- Whisk



Prep Time:

- 2-3 minutes

INSTRUCTION

Dilly Dressing:

- Replace white vinegar with 1/2 cup malt vinegar.
- Omit paprika.
- Add 1 1/2 tsp dill seed.

Green Onion Dressing:

- Add 2 or 3 minced green onions.

INGREDIENTS

- 1/2 cup water
- 1/4 cup balsamic vinegar
- 2 packets Stevia or 2 tsp sugar free sweetener of choice
- 1 tsp onion salt
- 1 tsp garlic powder
- 1/4 tsp dried mustard

TOTAL NUTRITION FACTS FOR BATCH (ABOUT 8 SERVINGS):

PER SERVING (2 TBSP):



CALORIES:

5

<1



PROTEIN:

0g

0g



FAT:

0g

0g



CARBS:

1g

0g



VERSATILE VINEGAR DRESSING



Tools :

- Mixing bowl
- Measuring cup
- Teaspoon
- Whisk



Prep Time:

- 2 minutes

INSTRUCTION

1. Mix well and toss into salad.

INGREDIENTS

- 1/2 cup cold water
- 1/2 cup white vinegar
- 1/2 tsp salt
- 1/2 tsp dried mustard
- 1/8 tsp pepper
- Dash of paprika to taste

TOTAL NUTRITION FACTS FOR BATCH (ABOUT 8 SERVINGS):



CALORIES:

5



PROTEIN:

0g



FAT:

0g



CARBS:

1g

PER SERVING (2 TBSP):

<1

0g

0g

0g



HONEY MUSTARD DRESSING



Tools :

- Mixing bowl
- Measuring cup
- Whisk



Prep Time:

- 2-3 minutes

INSTRUCTION

1. Mix well and toss into salad.

INGREDIENTS

- 1 cup balsamic vinegar
- 1/4 cup yellow or spicy mustard
- 3 small packets (6g) sugar free sweetener of choice

TOTAL NUTRITION FACTS FOR BATCH (ABOUT 10 SERVINGS):

PER SERVING (2 TBSP):



CALORIES:

70



PROTEIN:

1g



FAT:

0g



CARBS:

16g

7

0g

0g

1.6g