Transform 90
Playboook

90 days. 45 minutes. Six workouts a week.
Four habits. Led by Bree and John.



A letter to your (future) self

Write this before week 1. Before day 1. Before the first workout. This is the version of you who decided to start.

I'm starting Transform 90 because...

By week 13, I want to feel...

The one thing I won't compromise on...

What I'm leaving behind...

Habit Tracker

The workouts are 90 days. The habits are forever. Choose four simple things you can practice every day, outside of your training, to help you show up feeling your best.

How to pick your four

Keep it doable.

The best habit is one you'll actually do. Think about your hardest day of the week and ask yourself: can I still do this? If the answer is yes, you've found a good one.

Make it specific.

Vague goals are hard to celebrate. "5,000 steps" gives you something to check off. "Move more" just leaves you guessing. The more concrete it is, the easier it is to win.

Connect it to your goal.

Your habits and workouts work together. If you're building strength, sleep, protein, and water aren't afterthoughts. They're what make the training stick.

Start with two.

You have four slots, but you can start small. Pick two habits you feel confident about and let them become automatic. Small wins build momentum.

Bree and John’s four

1. Hit your protein target every day
2. Get 7+ hours of sleep each night
3. Drink 8 glasses of water
4. Walk 10,000 steps a day

Habit Tracker

Write your five habits below. Check off each one each week. Miss one? Just keep going.

1

2

3

4

WEEK	HABIT 1	HABIT 2	HABIT 3	HABIT 4
01	☐	☐	☐	☐
02	☐	☐	☐	☐
03	☐	☐	☐	☐
04	☐	☐	☐	☐
05	☐	☐	☐	☐
06	☐	☐	☐	☐
07	☐	☐	☐	☐
08	☐	☐	☐	☐
09	☐	☐	☐	☐
10	☐	☐	☐	☐
11	☐	☐	☐	☐
12	☐	☐	☐	☐
13	☐	☐	☐	☐

Macro Guide

Set your calorie target

Before you pick a number, pick a goal. Your calorie target should work for what you're actually trying to do over these 13 weeks, not just what sounds right.

Trying to lose fat?

Eat in a small deficit, around 200 to 300 calories below your maintenance level. Going lower than that while training six days a week will leave you running on empty.

Trying to build muscle?

Add 200 to 300 calories above maintenance. A small surplus gives your body what it needs to build without overshooting.

Trying to do both?

Eat at maintenance and let your protein target do the heavy lifting. Progress is slower, but it's real and it lasts.

Start there, train consistently, and adjust based on how you feel and how your body responds. There's no perfect number on day one. You'll find yours.

Break down your macros

Protein builds the muscle. Carbs fuel the session. Fat supports your hormones and recovery. Here is Bree's starting split for a strength program:

PROTEIN

35%

target kcal × 0.35 ÷ 4

grams / day

CARBS

35%

target kcal × 0.35 ÷ 4

grams / day

FAT

30%

target kcal × 0.30 ÷ 9

grams / day

Start tracking

1. Download MyFitnessPal, Cronometer, or MacroFactor.
2. Create your account. Enter your calorie and macro targets from the numbers above.
3. Log your first meal. Then do it again the next day.
4. Aim for 80% accuracy; consistent tracking beats perfect tracking.

The information in this guide is for general wellness purposes only and is not a substitute for professional medical or nutritional advice. Consult your physician or a registered dietitian before making significant changes to your diet, especially if you have an existing health condition.

WEEKLY THEME & JOURNAL: WEEK 1

Everyone is welcome here. Find your why.

Ninety days from now, you'll look back on this moment. Before you start, write a letter to yourself. What do you hope to feel? What does crossing the finish line mean to you? Seal it up. It'll be waiting for you on day 90.

THIS WEEKS HOMEWORK

Skip back to the letter you wrote to yourself. Haven't written it yet? Do it now.
At the end of the week, read it again. See how far you've come since you wrote those words.

📣 Share one sentence about why you started.

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 2

Lock in your “how”

Here's your only job in week two: keep coming back. One missed day is normal. The habit is in the return. If you miss a workout, show up the next day and post "back on" in the group. That's it. That's the challenge.

THIS WEEKS HOMEWORK

If you miss a day this week, your job is simple: show up the next day.

📣 Post "back on" in the group. No explanation needed.

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 3

Evidence of success.
Inputs over outputs.

Your effort is the scoreboard. The scale tells part of the story, but what you actually controlled this week matters more: the workouts you completed, the food you fueled with, the sleep you protected. That's progress worth celebrating.

THIS WEEKS HOMEWORK

Name three things you controlled this week that had nothing to do with the scale.

📣 Post your three

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 4

Enjoy the ride

You're more likely to finish something you enjoy. This week, make room for one activity that isn't on the plan and just sounds fun. A hike, a pickleball game, a yoga class, anything that moves you and makes you smile. That counts too.

THIS WEEKS HOMEWORK

Do one thing this week that isn't on the plan and that you actually enjoy.

📣 Post a photo

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 5

Progressive overload

Strength grows when you ask a little more of yourself than last time. This week, pick one lift and push it forward: add weight, add reps, or slow the movement down for more time under tension. Log what you did and what you changed.

THIS WEEKS HOMEWORK

Pick one lift. Add weight, reps, or time under tension. Write it down.

📣 Log your lift in the group: tell everyone what you did and what you changed.

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 6

Remember the homework

Think back to the two to four habits you set in week one. Some of them are probably second nature by now. One of them might still be a struggle. That's not a setback, it's useful information. This week, keep what's working and swap out one habit for something that fits your life better.

THIS WEEKS HOMEWORK

Look at your habits. Keep what's working. Rewrite one so it's something you'll actually hit.

📣 Share the habit you rewrote and why.

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 7

Time for dedication

Think about the habit that's hardest for you to stick with. You know the one. It's tough to be consistent, but when you do it, you feel different. Better. This week, stop leaving it to chance.

THIS WEEKS HOMEWORK

Pick your one non-negotiable and schedule it like an appointment for the next seven days.

📣 Share what it is.

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 8

Own your power

Halfway. You've built something real over the last six weeks, and this week you'll start to feel it. The workouts repeat from here on purpose. You're going back to the same movements, but you're not the same person who did them in week one. Expect to surprise yourself.

THIS WEEKS HOMEWORK

Choose one exercise and add weight. Stay in control, keep your form strong, and notice how much more you've got in you than you thought.

📣 Post your week 8 check-in: one word for how you feel right now.

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 9

Focus on how you feel

Nine weeks in is a good time to check in with yourself. Rate your energy, sleep, mood, and strength out of ten today, then compare them to day one. Progress isn't always loud. Sometimes it shows up quietly in numbers you didn't expect to move.

THIS WEEKS HOMEWORK

Rate energy, sleep, mood, and strength out of ten. Compare to Day 1.

📣 Post the one that moved the most.

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 10

You didn't come this far to only come this far

Something has shifted in you over these nine weeks, and the people around you have felt it. This week, pass it on. Tell someone what you've noticed in them: a training partner, a friend in the group, someone at home. Encouragement has a way of coming back around.

THIS WEEKS HOMEWORK

Send a note to your partner, a friend, or the group telling them what you've noticed in them.

📣 Share it in the group.

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 11

Nutrition: dial it in

Good fuel has been part of your program from day one. This week, mix it up. Try one new recipe from our picks and remind yourself that food that fits your goals can also be something you genuinely look forward to.

THIS WEEKS HOMEWORK

Cook one new recipe from our top picks this week.

📣 Post the plate.

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 12

The finish line is in sight

We don't slow down when we see the finish line. We sprint. Look at how far you've come. Now ask yourself what you've got left to give. This week, go a little further than you have to, just because you can.

THIS WEEKS HOMEWORK

Pick one thing that goes beyond the plan. Add a few extra steps to your day. Drink one more ounce of water, or one more glass. Or add a new habit and see how it feels. Small or big, it's yours to choose.

📣 Share

Reflection: What came up for you this week?

WEEKLY THEME & JOURNAL: WEEK 13

Be proud of yourself

Remember that letter you sealed on day one? Today you open it. Read what you wrote, then sit with the fact that the person who hoped for all of that is the same person who just finished.

THIS WEEKS HOMEWORK

Open the letter you sealed on Day 1. Read it.

📣 Post one line from it — or a Day 1 next to Day 90 photo.

Reflection: What came up for you this week?

Breakfast Egg Cups

Prep 5 min. **Cook** 15 min. **Servings** 12 **Serving size** 1 egg cup

Ingredients

- 12 ounces sliced ham
- 12 eggs
- 1 teaspoon fresh pepper

Nutrition confidence builder

Freeze and reheat these egg cups for a quick, protein-packed breakfast!



This quick breakfast can be made ahead of time, packed to go, or enjoyed fresh at home. Ham makes the perfect liner for these egg cups, giving each one 11 grams of protein and only 100 calories.

Directions

1. Grease a muffin tin and preheat the oven to 400°F.
2. In a 12-cup muffin tin, line each cup with one ounce of ham. Crack an egg in each cup, then top with fresh pepper.
3. Bake for 15 minutes or until the eggs are cooked.

CALORIES	PROTEIN	CARBS	FIBER	FAT
100	11g	2g	0g	5g

Spinach Sausage Oven Omelette

Prep 15 min. **Cook** 50 min. **Servings** 4 **Serving size** 1 piece

Ingredients

- ¼ cup ground breakfast sausage
- ¼ cup green onions, chopped
- ¼ cup mushrooms, chopped
- ¼ cup green pepper, chopped
- 3 cups spinach
- 3 eggs
- 5 egg whites
- ½ cup nonfat, plain Greek yogurt
- ½ cup milk (1%)
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup part-skim mozzarella cheese

Nutrition confidence builder

Bake it once, portion it into four, and your weekday breakfast is already done for a busy week.



This brunch-worthy breakfast casserole makes for a family-friendly weekend breakfast or can be meal prepped for the week ahead. With 18 grams of protein and a variety of veggies, this tasty oven omelette is sure to make your morning!

Directions

1. Preheat the oven to 350°F.
2. In a medium skillet, cook ground sausage on medium-high for 10 minutes until cooked through. Transfer to a paper towel-lined plate. Lay another paper towel on top and press oil out. Discard paper towels and return sausage to the skillet.
3. Add onions, mushrooms, green peppers, and spinach and sauté. Evenly spread sausage mixture in the bottom of a greased 8x8-inch dish.
4. In a large bowl, whisk eggs, egg whites, yogurt, milk, salt, and pepper until smooth.
5. Pour over sausage and bake uncovered for 40 minutes.
6. Add cheese and bake for another 10 minutes until the cheese is melted.
7. Allow to sit for 5 minutes and cut into 4 pieces.

CALORIES	PROTEIN	CARBS	FIBER	FAT
170	18g	6g	1g	8g

Asparagus Tarragon Frittata

Prep 10 min. **Cook** 20 min. **Servings** 4 **Serving size** 1 slice

Ingredients

- 3 large eggs
- 3 large egg whites
- 1 cup fat-free cottage cheese
- ½ cup green onions, chopped
- ½ teaspoon dried tarragon
- 2 Tablespoons unsalted butter
- ½ pound asparagus, cut into thirds
- ½ cup aged white cheddar, shredded

Nutrition confidence builder

Cottage cheese is the quiet workhorse here, pushing this frittata to 20 grams of protein per slice without much added fat.



With this gourmet frittata, you're starting the day with vitamin-rich vegetables and 20 grams of protein. Tarragon gives this dish a fresh flavor that pairs perfectly with asparagus and eggs. This recipe is delicious when reheated, so make extra—you'll want leftovers!

Directions

1. Mix eggs, egg whites, cottage cheese, green onions, and tarragon in a medium-sized bowl. Set aside.
2. Heat butter in a cast-iron skillet over medium heat. Add asparagus and cook for 3 minutes.
3. Pour egg mixture over the asparagus and cook until the edges set—about 5 minutes.
4. Broil on low in the oven for about 5 minutes or until the top is set and beginning to brown.
5. Top with cheese and continue to broil until cheese melts.
6. Slice and enjoy warm.

CALORIES	PROTEIN	CARBS	FIBER	FAT
230	20g	7g	1g	14g

Pumpkin Pie Smoothie

Prep 5 min. **Cook** N/A **Servings** 2 **Serving size** ½ smoothie

Ingredients

- 1 cup skim milk
- 1 frozen banana
- 2 scoops vanilla protein powder
- ¼ cup pumpkin purée
- 1 Tablespoon flax meal
- ¾ teaspoon pumpkin pie spice
- 1 Tablespoon molasses



Your favorite coffee tastes like pumpkin pie—now your protein shake can, too! Change up your post-workout snack with pumpkin purée and fall-inspired spices.

Directions

1. Blend all ingredients until smooth. Enjoy!

CALORIES	PROTEIN	CARBS	FIBER	FAT
230	17g	39g	10g	4g

Salad-Stuffed Omelette

Prep 5 min. **Cook** 10 min. **Servings** 1 **Serving size** 1 omelette

Ingredients

- 1 ½ cups spinach
- ½ avocado
- 1 egg
- 2 egg whites
- 1 Tablespoon skim milk
- Salt and pepper to taste
- ½ Roma tomato, diced
- 2 Tablespoons salsa (optional)

Nutrition confidence builder

Vegetables are the first thing to disappear from breakfast. Folding spinach and avocado into the eggs gets you six grams of fiber before you leave the house.



This omelette has it all. The spinach is packed with vitamins, the avocado is loaded with healthy fats, and the eggs will give you a protein boost. Upgrade your omelette and your morning!

Directions

1. Chop the spinach and avocado. Set aside.
2. Mix egg, egg whites, and milk in a small bowl. Pour into a heated frying pan.
3. When bottom side of eggs are cooked, add the spinach and avocado. Fold eggs over.
4. Flip and press the edges of the egg together with the spatula.
5. Season with salt and pepper, top with fresh tomato, and add salsa if desired.

CALORIES	PROTEIN	CARBS	FIBER	FAT
240	16g	11g	6g	15g

Breakfast Scramble Salad

Prep 5 min. **Cook** 10 min. **Servings** 1 **Serving size** 1 salad

Ingredients

- ¼ medium sweet potato, peeled and chopped
- ¼ large bell pepper, diced
- 2 medium green onions, diced
- ⅛ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 ½ cups leafy greens
- 2 fried eggs (preferably soft)
- 2 Tablespoons salsa (optional)



Sweet potatoes give this dish a boost of vitamin A, while bell peppers and onions provide flavor, volume, and fiber that fills you up. As you cook your eggs, keep the yolks soft so they can drip over your salad like a dressing. Top with a bit of salsa to spice it up!

Directions

1. Boil the potatoes for 6–8 minutes or until tender when pierced with a fork. If you're in a hurry, pierce the whole potato (unpeeled) with a fork and microwave for 2–3 minutes.
2. Sauté the bell pepper with the onions. Add the potatoes season with salt and pepper.
3. Top the greens with the potato mixture, fried eggs, and salsa, if desired.

CALORIES	PROTEIN	CARBS	FIBER	FAT
240	16g	15g	4g	14g

Southwest Breakfast Toast

Prep 5 min. **Cook** 5 min. **Servings** 1 **Serving size** 1 toast

Ingredients

- 1 slice whole-wheat toast
- 1 egg
- 3 Tablespoons Guacamole Dressing
- ½ Roma tomato, sliced
- 1 teaspoon chili verde

Guacamole Dressing:

- 1 avocado
- 5 ounces fat-free, plain Greek yogurt
- 1 clove garlic
- 1 cup cilantro
- 1 Tablespoon freshly squeezed lime juice
- ½ teaspoon salt

Nutrition confidence builder

Store the guacamole dressing in small, individual airtight containers for a tasty topping on-the-go! Add it to scrambles, salads, bowls, or any dish that could use a little flavor.



Bring a little extra heat to your everyday toast with a Southwest spin! Creamy guacamole dressing and chili verde bring the flavor, while the egg will keep you feeling full all morning.

Directions

1. Toast bread, then cook the egg to your liking.
2. Mix dressing ingredients together until well combined.
3. Spread the dressing on the toast. Add tomato slices.
4. Drizzle the chili verde over the tomatoes.
5. Top with egg.

CALORIES	PROTEIN	CARBS	FIBER	FAT
250	15g	23g	5g	11g

Day-After-Thanksgiving Frittata

Prep 5 min. **Cook** 25 min. **Servings** 6 **Serving size** 1 slice

Ingredients

- 5 large eggs
- 3 large egg whites
- 2 ounces Parmesan cheese, grated
- 1 teaspoon olive oil
- 1 cup baby arugula
- 2 cups leftover stuffing (Bacon Jalapeño Stuffing recommended)
- 6 ounces leftover turkey breast, chopped
- Salt and pepper to taste



Thanksgiving leftovers make an entire day spent in the kitchen worth it! This delicious stuffing frittata will give your family a boost in protein first thing in the morning. The best part? You already did most of the cooking!

Directions

1. Preheat the oven to 400°F.
2. Place the eggs and egg whites in a large bowl.
3. Mix in cheese.
4. Heat a 10-inch nonstick, oven-safe skillet over medium heat.
5. Add the oil, stuffing, and turkey until heated and the stuffing has crisped up a bit.
6. Add the arugula and cook until wilted—about 2–3 minutes.
7. Pour the egg mixture into the skillet.
8. Add salt and pepper if desired.
9. Reduce the heat to low and cook until the edges are set—about 6–8 minutes.
10. Transfer the skillet to the oven and bake until the frittata is completely set and cooked through—about 8–10 minutes.
11. Remove from the oven, cut into 6 wedges, then serve!

CALORIES	PROTEIN	CARBS	FIBER	FAT
260	23g	11g	1g	13g

Green Chili Breakfast Bake

Prep 15 min. **Cook** 60–75 min. **Servings** 12 **Serving size** 1 portion

Ingredients

- 1 pound turkey breakfast sausage
- 12 eggs
- 1 ½ cups shredded, part-skim mozzarella cheese, divided
- 16 ounces low-fat cottage cheese
- 6 green onions, chopped
- 8 ounces diced green chilies
- ¾ cup whole-wheat flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 3 Tablespoons olive oil

Nutrition confidence builder

Twelve servings from one pan. Turkey sausage, eggs, and cottage cheese get you to 21 grams of protein per portion, and it holds in the fridge through the week.



Start your day with a big protein boost by making this filling breakfast bake! You will power through your morning with 21 grams of protein and only 290 calories. Bring this to your next brunch potluck, or meal prep for later and store in an airtight container.

Directions

1. Cook the sausage and set aside.
2. Preheat the oven to 350°F.
3. Beat together the 12 eggs and stir in ¾ cup mozzarella cheese, cottage cheese, green onions, green chilies, flour, baking powder, sausage, salt, pepper, and oil.
4. Pour into a greased 9x13-inch dish. Sprinkle with remaining ¾ cup of cheese.
5. Bake for 60–75 minutes.
6. Cool for 5 minutes.
7. Cut into 12 equal portions.

CALORIES	PROTEIN	CARBS	FIBER	FAT
290	21g	11g	1g	18g

Peanut Butter Fruit Toast

Prep 5 min. **Cook** N/A **Servings** 1 **Serving size** 1 toast

Ingredients

- 1 slice whole-wheat bread
- 1 Tablespoon peanut butter
- ½ cup fruit of choice, sliced

Nutrition confidence builder

8 grams of protein in five minutes with no cooking. If you train early, this is the simplest way to get protein in soon after you finish. Pair with some ultra filtered milk to boost the protein or your favorite protein shake.



Peanut butter and jelly make a great pair, but switching out sugary jams for fresh fruit is even better! Add your favorite fruit to peanut butter toast for a sweet start to your morning.

Directions

1. Toast bread, spread peanut butter on top, and garnish with fruit slices.

CALORIES	PROTEIN	CARBS	FIBER	FAT
260	8g	37g	5g	9g

Refrigerator Oatmeal

Prep 5 min. + refrigeration time **Cook** N/A **Servings** 1 **Serving size** 1 serving

Ingredients

- ½ cup milk (1%)
- ½ cup nonfat Greek yogurt
- ⅓ cup old-fashioned oats (gluten free, if needed)
- 1 Tablespoon chia seeds
- ½ cup fresh or frozen fruit
- Splash of vanilla
- Mix-ins (choose 1 Tablespoon total): Sunflower seeds, Flax seeds, Unsweetened coconut, Dark chocolate, Chopped nuts, Lemon or orange zest

Nutrition confidence builder

Oats are a good source of soluble fiber, and the chia seeds add omega-3s while thickening the bowl overnight. Build it before bed so the morning decision is already made.



This high-fiber breakfast is great when you're on the move. Oats are a wonderful source of B vitamins and soluble fiber. The chia seeds, which provide healthy omega-3s, help to thicken up this oatmeal in the fridge. Get creative with toppings like nuts, seeds, and dark chocolate.

Directions

1. Mix all ingredients plus your mix-in of choice.
2. Pour into a sealed container and refrigerate for 6 hours or more.
3. Enjoy your no-cook refrigerator oatmeal!

CALORIES	PROTEIN	CARBS	FIBER	FAT
380	24g	46g	10g	11g

Breakfast Quesadillas

Prep 5 min. **Cook** 20 min. **Servings** 4 **Serving size** 1 quesadilla

Ingredients

- 8 eggs
- ½ green bell pepper, finely chopped
- ¼ cup purple onion, finely chopped
- 1 cup black beans, drained and rinsed
- 4 whole-wheat tortillas
- 1 cup pepper jack cheese, shredded and divided
- Optional toppings: Salsa, Avocado, Cilantro



Upgrade that sugar-loaded donut to something more filling. These high-protein breakfast quesadillas will keep you full until lunch. With extra beans and vegetables, you will start your day feeling great!

Directions

1. Heat a nonstick skillet to medium-high heat. Whisk eggs, then pour into the skillet.
2. Add the pepper, onion, and beans to the eggs. Scramble for about 5 minutes or until the eggs are cooked through.
3. Split the egg mixture up into four equal parts. Place on half of each tortilla, then top with ¼ cup of cheese.
4. Fold the other side of the tortilla over.
5. Reduce the heat to medium, then place tortillas in the skillet. Cook for 3 minutes on each side, or until the cheese is melted and the tortilla has your desired crispness.
6. Repeat until all quesadillas are done.
7. Serve warm, topped with salsa, avocado, and cilantro, if desired.

CALORIES	PROTEIN	CARBS	FIBER	FAT
420	25g	57g	11g	10g

Autumn Chicken

Prep 25 min. + marination 20 min.–24 hrs. **Cook** 25 min.

Servings 8 **Serving size** 4 oz. (3 oz. cooked)

Ingredients

- ½ cup molasses
- ¼ cup apple cider vinegar
- 2 Tablespoons orange zest
- ¼ cup freshly squeezed orange juice
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 2 pounds chicken breasts

Nutrition confidence builder

The serving is four ounces raw, about three cooked, which is roughly the size of your palm if you're eyeballing it.



On the next brisk autumn evening, warm your kitchen up with the smell of inviting spices. This sweet chicken is a great way to make a weeknight feel festive while getting an additional 26 grams of protein!

Directions

1. Whisk together all ingredients, except for the chicken.
2. Trim the excess fat off the chicken and slice thin if too thick.
3. Place the chicken in a large bag and pour the marinade in.
4. Marinate 20 minutes to 24 hours.
5. Bake the chicken in a large casserole dish for 25–30 minutes at 400°F. The internal temperature of the chicken should reach 165°F.

*Nutrition analysis performed with 1/4 of marinade

CALORIES	PROTEIN	CARBS	FIBER	FAT
150	26g	4g	0g	3g

Slow Cooker Cranberry Turkey Tenderloin

Prep 10 min. **Cook** 8 hr. **Servings** 8 **Serving size** 4 oz turkey (~3 cooked)

Ingredients

- 1 cup dried cranberries
- ½ cup apple cider (100% juice for paleo)
- ¼ cup fresh orange juice
- 1 teaspoon dried thyme
- ½ teaspoon dried mustard powder
- ½ teaspoon salt
- 2 pounds turkey tenderloin

Nutrition confidence builder

Turkey tenderloin is one of the leanest cuts you can buy, and eight hours in the slow cooker keeps it from drying out.



All of your favorite Thanksgiving flavors come together in this holiday-inspired meal. Your house will smell divine as the juicy turkey and tart cranberries combine to make a filling and flavorful dinner.

Directions

1. In a small saucepan, bring the cranberries, apple cider, orange juice, thyme, mustard powder, and salt to a simmer.
2. Place the turkey tenderloins in the bottom of a slow cooker. Pour the cranberry mixture on top.
3. Cook on low for 6–8 hours.

CALORIES	PROTEIN	CARBS	FIBER	FAT
160	28g	15g	1g	2g

Southwest-Crusted Tilapia

Prep 10 min. **Cook** 15 min. **Servings** 4 **Serving size** 1 fillet

Ingredients

- 4 (4-ounce) tilapia fillets
- 2 Tablespoons freshly squeezed lime juice
- Zest of one lime
- ½ teaspoon salt
- 20 baked tortilla chips (gluten-free, if needed)
- 1 teaspoon chili powder
- ½ teaspoon onion powder
- 1 egg, beaten

Nutrition confidence builder

Tilapia is a lean protein, and the crushed tortilla-chip crust gives you the crunch of fried fish for 4.5 grams of fat per fillet. Serve it over shredded cabbage with lime.



Tilapia is a great lean protein source that pairs excellently with Southwestern flavors. Adding a splash of lime juice brightens it up for summer cooking.

Directions

1. Preheat the oven to 400°F.
2. In a bag, add the tilapia, lime juice, zest, and salt. Set aside for 5 minutes.
3. Pulse the chips in a blender or food processor until they turn into crumbs. Mix with the zest, chili powder, and onion powder.
4. Dip the tilapia in the egg, then coat each side with the tortilla chip mixture. Bake for 15–20 minutes.

CALORIES	PROTEIN	CARBS	FIBER	FAT
170	25g	8g	1g	4.5g

Instant Pot Honey Mustard Chicken

Prep 5 min. **Cook** 15 min. **Servings** 6 **Serving size** ½ cup

Ingredients

- ¼ cup Dijon mustard
- ¼ cup honey
- ½ cup low-sodium chicken broth
- 1 ½ pounds chicken

Nutrition confidence builder

Make meal prep less boring and twenty minutes start to finish. Make it once and top it on some bagged salad, Some pre-made rice or put into a wrap with a little cottage cheese for creaminess. Protein on demand.



All you need for this tasty chicken is a handful of ingredients and 20 minutes! Rounded with sweetness and subtly spiced, this shreddable chicken works beautifully atop a salad or rice.

Directions

1. Place all ingredients in an instant pot.
2. Cook on the poultry setting. If there is no poultry setting, cook on high pressure for 15 minutes.
3. Quick release and shred chicken.

CALORIES	PROTEIN	CARBS	FIBER	FAT
190	26g	14g	0g	3g

Grilled Chicken Shawarma

Prep 40 min. **Cook** 10 min. **Servings** 3 **Serving size** 2 skewers

Ingredients

- 1 pound chicken breast tenders
- 1 cup fat-free, plain Greek yogurt
- 2 teaspoons coriander
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon garlic
- 1 teaspoon turmeric
- ½ teaspoon freshly ground black pepper
- ½ teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Nutrition confidence builder

The greek yogurt in the marinade adds a boost of protein and helps tenderize the chicken. Greek yogurt is a great substitute for sour cream.



Bring a street-side favorite to your backyard with this recipe! A delicious blend of spices form an incredible flavor that is enhanced by the Greek yogurt. Pair with a fresh salad or flatbread and grilled vegetables.

Directions

1. Cut chicken into bite-sized pieces.
2. Place the chicken in a quart-sized, resealable plastic bag or airtight container.
3. Add remaining ingredients and shake until chicken is evenly coated.
4. Marinate for at least 30 minutes (or overnight).
5. If using wooden skewers, soak in water for at least 20 minutes before skewering the chicken. Distribute the chicken evenly among 6 skewers.
6. Preheat the grill to medium-high. Cook chicken for 3–5 minutes on each side or until cooked through.
7. Serve warm with your favorite vegetables, couscous, or flatbread.

*Nutrition analysis done with ¼ marinade

CALORIES	PROTEIN	CARBS	FIBER	FAT
200	36g	2g	0g	4g

Mango Chicken Kabobs

Prep 3 hrs. **Cook** 20 min. **Servings** 4 **Serving size** 1 kabob

Ingredients

Marinade:

- ¾ cups canned coconut milk
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 Tablespoon sweet curry powder
- ⅛ teaspoon chili powder
- 2 cloves of garlic, minced
- ½ teaspoon ginger, minced
- ¼ cup freshly squeezed lime juice
- Zest of 1 lime

Kabobs:

- 2 mangoes, cubed
- 1 pound boneless chicken breasts, cubed (or cut into strips)



With these chicken kabobs, coconut-based chicken marinade and grilled mango take you to the tropics! Pair with salad, citrus couscous, or grilled vegetables and you will feel like you are on vacation.

Directions

1. Mix together the marinade ingredients and pour over the chicken in a large plastic bag. Marinate for at least 2 hours or overnight.
2. Thirty minutes before grilling, remove the chicken from the fridge and allow it to warm to room temperature.
3. Layer the chicken and mango chunks on skewers and place on a preheated grill. Cook for about 5–10 minutes each side, or until the internal temperature reaches 165°F.
4. Remove the skewers from the grill.

*Nutrition analysis done with ¼ of the marinade.

CALORIES	PROTEIN	CARBS	FIBER	FAT
220	28g	18g	1g	4.5g

Slow Cooker Beef and Barley Stew

Prep 15 min. **Cook** 8 hr. **Servings** 8 **Serving size** 2 cups

Ingredients

- 1 sweet potato, peeled and cubed
- 1 onion, chopped
- 3 stalks celery, chopped
- 4 carrots, diced
- 1 leek, washed, halved, and sliced
- 1 ½ pounds stew beef
- 1 cup barley
- 8 cups unsalted beef broth
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon curry powder
- 1 teaspoon dried thyme
- 3 cups water

Nutrition confidence builder

Set it and forget it. Cooking for one or two? This makes eight servings, so freeze half.



Good things take time; this beef stew is a testament to that! Eight hours in the slow cooker makes for perfectly tender beef and an exquisitely seasoned stew.

Directions

1. Combine all ingredients in a large slow cooker. Cook on high for 6 hours or on low for 8 hours.

CALORIES	PROTEIN	CARBS	FIBER	FAT
250	25g	28g	6g	5g

Maple Peach Pork Chops

Prep 5 min. **Cook** 20 min. **Servings** 4 **Serving size** 1 pork chop

Ingredients

- 1 Tablespoon olive oil
- 4 (4-ounce) center-cut pork chops
- 3 fresh peaches, peeled and cut into 8 slices each
- 1 sweet onion, cut into thin rings
- 1 teaspoon dried thyme
- 2 Tablespoons pure maple syrup
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅓ cup low-sodium chicken broth

Nutrition confidence builder

Peaches can help support your immunity! They contain vitamin A, vitamin C, and antimicrobial properties that help defend your immune system.



Tender, juicy, and perfectly sweet, these 25-minute pork chops are almost too tasty to be true. A blend of flavors like fresh peach, aromatic onion, and earthy thyme make for a succulent sauce that you'll crave every autumn.

Directions

1. Heat the olive oil in a large skillet. Add the pork chops. Cook for about 5 minutes on each side, or until done. Set aside.
2. In the same skillet, add the peaches, onions, thyme, maple syrup, salt, and pepper. Cook for two minutes, stirring constantly.
3. Pour in the broth. Cook until the sauce begins to thicken—about 3 minutes.
4. Add the pork chops back into the pan. Cook for an additional 3 minutes.

CALORIES	PROTEIN	CARBS	FIBER	FAT
350	43g	26g	3g	9g

Salmon Piccata

Prep 5 min. **Cook** 20 min. **Servings** 4 **Serving size** 1 salmon fillet and ¼ of the sauce

Ingredients

- 4 (6-ounce) skinless salmon fillets
- Salt and pepper to taste
- ¼ cup butter
- 4 garlic cloves, minced
- ⅓ cup white grape juice
- 1 teaspoon cornstarch
- 1 cup low-sodium chicken stock
- 2 large, fresh lemons, one juiced and zested
- ¼ cup capers, drained
- ¼ cup parsley, chopped

Nutrition confidence builder

Salmon is one of the best food sources of omega-3 fatty acids. Worth knowing that a quarter cup of butter goes into the sauce, which is why the fat number is high. Top this onto a simple bed of spinach and arugula, no dressing needed!



You can make this one-skillet meal in under 30 minutes! The tender, flaky-textured salmon makes a delicious pairing with the tangy lemon caper sauce. Serve over your choice of rice or quinoa, then add a side of vegetables for a nutritionally-complete dinner.

Directions

1. Sprinkle both sides of the salmon fillet with salt and pepper.
2. Melt the butter in a large, cast-iron pan over medium-high heat.
3. Add the salmon and cook for 5 minutes on each side, or until the salmon flakes easily.
4. Remove the salmon and cover with tented tin foil.
5. Add the garlic and sauté for 1 minute, then add the white grape juice and bring to a boil, making sure to scrape any brown bits from the pan.
6. Boil down until most of the liquid evaporates.
7. Mix the cornstarch with the chicken stock. Add to the pan.
8. Add the lemon juice and lemon zest. Bring to a boil until thickened.
9. Add the salmon back to the pan, then sprinkle with capers and parsley.
10. Serve immediately over rice, quinoa, or vegetables.

CALORIES	PROTEIN	CARBS	FIBER	FAT
370	35g	7g	1g	22g

Rosemary Beef Kabobs

Prep 30 min. **Cook** 20 min. **Servings** 6 **Serving size** 2 kabobs

Ingredients

- 3 Yukon Gold potatoes, cut into 1-inch chunks
- 1 serving Marinade
- 2 pounds sirloin steak, cut into 1-inch chunks
-
- Marinade:
- ½ cup balsamic vinegar
- ¼ cup olive oil
- 1 Tablespoon freshly squeezed lemon juice
- 4 cloves garlic, minced
- 2 Tablespoons fresh rosemary
- ½ teaspoon salt

Nutrition confidence builder

Potatoes bring vitamin C and beef brings iron, a classic pairing that also makes a hearty, protein-rich meal.



Steak and potatoes are an iconic pair for good reason: the vitamin C in potatoes helps you better absorb the iron in the steak. These kabobs may seem simple, but they're simply delicious! Pair with grilled vegetables or a fresh salad for a healthy meal.

Directions

1. Bring a pot of water to a boil. Add the potatoes and cook for 10 minutes. They should be too stiff to make mashed potatoes, but tender when pierced with a fork.
2. Whisk together all of the marinade ingredients. Drizzle ¼ cup of the marinade over the potatoes. Set aside.
3. Pour the remaining marinade over the sirloin cubes and allow them to sit at room temperature for 20 minutes.
4. Preheat a grill to medium-high heat.
5. Alternate placing the meat and potatoes on skewers. Grill for 8–10 minutes, turning halfway through.

*Nutrition analysis done with ½ marinade

CALORIES	PROTEIN	CARBS	FIBER	FAT
370	37g	32g	3g	10g

Shrimp Scampi with Zoodles

Prep 10 min. **Cook** 10 min. **Servings** 2 **Serving size** 5 cups

Ingredients

- ¼ cup olive oil
- 8 cloves garlic, minced
- 2 pounds medium shrimp
- ¼ teaspoon red pepper flakes
- 1 teaspoon salt
- Freshly ground pepper
- 3 teaspoons dried parsley
- ½ cup chicken broth
- ½ cup freshly squeezed lemon juice
- Zest of two lemons
- 10 small zucchinis, spiralized
- ⅓ cup Parmesan cheese, grated

Nutrition confidence builder

Shrimp is a very good source of protein, selenium, and iodine. Iodine is important for thyroid hormones that impact your metabolism.



This light shrimp scampi will give you the satisfaction of your favorite seafood pasta without the heavy, calorie-dense sauce. With lemon and zucchini noodles, this recipe is deliciously healthy and packed with vitamins.

Directions

1. Heat the olive oil in a large skillet with the garlic.
2. Sauté the shrimp until pink and cooked thoroughly.
3. Add the red pepper flakes, salt, pepper, parsley, chicken broth, lemon juice, and lemon zest. Allow to come to a simmer.
4. Add the zucchini noodles and cook until the noodles are tender—about two minutes. Top with Parmesan cheese and serve.

CALORIES	PROTEIN	CARBS	FIBER	FAT
390	38g	18g	4g	19g

Mexican Bean Bake

Prep 15 min. **Cook** 30 min. **Servings** 6 **Serving size** 2 cups

Ingredients

- 1 Tablespoon olive oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 4 ounces diced green chilies
- 1 large red bell pepper, diced
- 1 large orange bell pepper, diced
- 2 cups corn kernels
- 2 Tablespoons freshly squeezed lime juice
- 2 teaspoons ground cumin
- 1 Tablespoon chili powder
- ½ cup cilantro, chopped
- 1 ½ cups low-sodium black beans
- 1 ½ cups kidney beans
- 1 ½ cups pinto beans
- 3 cups quinoa, cooked
- 2 cups part-skim mozzarella cheese, shredded
- 1 tomato, diced
- 6 green onions, diced

Nutrition confidence builder

No one at the table will ask where the meat went. Black, kidney, and pinto beans plus quinoa stack up to 27 grams of protein and 15 grams of fiber, and the serving size is a full two cups.



Beans are full of dietary fiber and protein. This recipe uses three different types to pack all that nourishment into one meal! With onions, garlic, and chilies to flavor, your kitchen will smell amazing while this is cooking! (Vegetarian)

Directions

1. Preheat the oven to 350°F and grease a 9x13-inch pan.
2. In a large skillet, heat olive oil with onion and garlic. Sauté until onions start to turn translucent.
3. Add in the chilies, peppers, and corn and continue to sauté for about 5 minutes or until peppers get tender.
4. Stir in lime juice, cumin, chili powder, and cilantro. Remove from heat.
5. In a large bowl, mix beans, quinoa, vegetable mixture, and ½ cup of cheese.
6. Pour into a 9x13-inch pan and top with the remaining cheese.
7. Cover with tin foil and bake for 20 minutes. Remove tin foil and bake for another 10 minutes until the cheese is melted.
8. Top with tomato and green onions. Serve warm.

CALORIES	PROTEIN	CARBS	FIBER	FAT
470	27g	70g	15g	12g

Roasted Cherry Tomato Hummus

Prep 10 min. **Cook** 15 min. **Servings** 8 **Serving size** ¼ cup

Ingredients

- 1 pint cherry tomatoes
- 5 teaspoons olive oil
- 1 (15-ounce) can low-sodium garbanzo beans, drained and rinsed
- 1 Tablespoon freshly squeezed lemon juice
- ¼ cup tahini
- 3 Tablespoons water
- ¾ teaspoon paprika
- ½ teaspoon salt

Nutrition confidence builder

Garbanzo beans, or chickpeas, are rich in protein, folate, fiber, iron, and phosphorus.



Hummus is the dip that does it all. It is lusciously creamy, tangy, and bright. Make this homemade hummus with fresh garden flavors for a dip that brings the flavor and protein.

Directions

1. Toss cherry tomatoes with 2 teaspoons of olive oil.
2. Line a cookie sheet with foil. Place the tomatoes on top.
3. Roast for 15 minutes at 425°F.
4. In a blender or a food processor, add all ingredients (with the garbanzo beans in the bottom). Blend until smooth.
5. Store in the refrigerator.

CALORIES	PROTEIN	CARBS	FIBER	FAT
120	4g	10g	3g	8g

Spicy Pepitas

Prep 5 min. **Cook** 15 min. **Servings** 6 **Serving size** 2 cups

Ingredients

- 1 ½ cups raw pepitas
- 1 Tablespoon olive oil
- 1 teaspoon paprika
- ¼ teaspoon garlic powder
- ⅛ teaspoon cayenne pepper
- ¼ teaspoon salt

Nutrition confidence builder

Pepitas are a good source of magnesium and zinc, and nine grams of protein is high for a snack this size. Measure your portion before you start snacking, not after. Pro tip: after these cool, measure them out for quickly grabbing snacks on the run.



Loaded with spice, these pepitas make a great snack for anyone who likes a little heat.

Directions

1. Preheat the oven to 325°F.
2. Toss all ingredients in a large bowl until the pepitas are evenly coated.
3. Spread out on a baking sheet. Roast for 15 minutes.

CALORIES	PROTEIN	CARBS	FIBER	FAT
200	9g	4g	3g	16g

Apple Bites

Prep 5 min. **Cook** N/A **Servings** 1 **Serving size** 1 apple

Ingredients

- 1 medium, sweet apple
- 1 Tablespoon unsalted peanut butter (almond butter for paleo)
- 1 Tablespoon unsweetened, shredded coconut

Nutrition confidence builder

A classic for a reason, and easy to adjust to whatever you're craving. Coconut for a sweet tooth, sunflower seeds for crunch and a little more protein, chili crisp if you want heat. Switch it up and you won't get bored.



A crisp apple topped with creamy peanut butter and a sprinkle of coconut creates a quick, delicious snack! This is the perfect healthy option to hit the spot, especially if you have a sweet tooth.

Directions

1. Slice the apple, spread peanut butter on each slice, and sprinkle coconut over the slices.

CALORIES	PROTEIN	CARBS	FIBER	FAT
230	4g	30g	6g	12g

Protein Power Bites

Prep 10 min. **Cook** N/A **Servings** 30 **Serving size** 1 bite

Ingredients

- 1 cup oats (gluten free, if needed)
- 2 scoops vanilla protein powder
- ⅔ cup shredded, unsweetened coconut
- ⅓ cup chocolate chips
- 2 Tablespoons chia seeds
- ⅔ cup peanut butter
- ⅓ cup honey
- 1 teaspoon vanilla



These tasty, energy-packed bites are a simple treat with a protein punch! Grab them on your way out the door, pack them in your lunch, or save them for when you're craving something sweet.

Directions

1. 1. Mix all of the ingredients in a bowl until well combined.
2. 2. Roll the dough into small, tight balls.
3. 3. Refrigerate or freeze, if desired.

CALORIES	PROTEIN	CARBS	FIBER	FAT
90	3g	9g	2g	5g