

14-Day Protein *Challenge*

DISCOVER HOW AMAZING YOU FEEL WHEN YOU FUEL YOUR BODY WITH ENOUGH PROTEIN

Functional Wellness
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PRE-CHALLENGE CHECKLIST

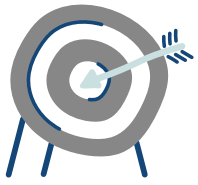
Plan to Succeed

Before you begin: Read through this checklist to make sure you're fully prepared for this 14-day challenge. Completing these steps ahead of time will set you up for success and make the challenge easier to follow. Use this list to stay organized and on track!

Disclaimer:
This 14-Day Protein Challenge is for informational purposes only and is not intended as medical advice. While increasing protein intake can have many health benefits, it may not be suitable for everyone. If you have kidney disease, liver conditions, diabetes, or any other medical condition that may affect protein metabolism, please consult your physician before making dietary changes.

Pre-Challenge Preparation:

- ☐ **Read the Guide** – Familiarize yourself with the challenge structure and protein goals.
- ☐ **Plan Your Meals** – Choose recipes from the guide and customize them to fit your preferences.
- ☐ **Grocery Shopping** – Buy all the necessary ingredients for the breakfast recipes in this guide.
- ☐ **Consider Digestive Support** – If needed, get digestive enzymes, bitters, and/or fermented foods.
- ☐ **Meal Prep** – Prep a few protein-rich meals/snacks in advance to make things easier.
- ☐ **Set a Daily Protein Target** – Aim for 30g per meal and adjust based on your needs.
- ☐ **Track Your Progress** – Use a notebook or app to log meals, protein intake, and how you feel.
- ☐ **Stay Hydrated** – Plan to drink enough water and support electrolyte balance if needed.





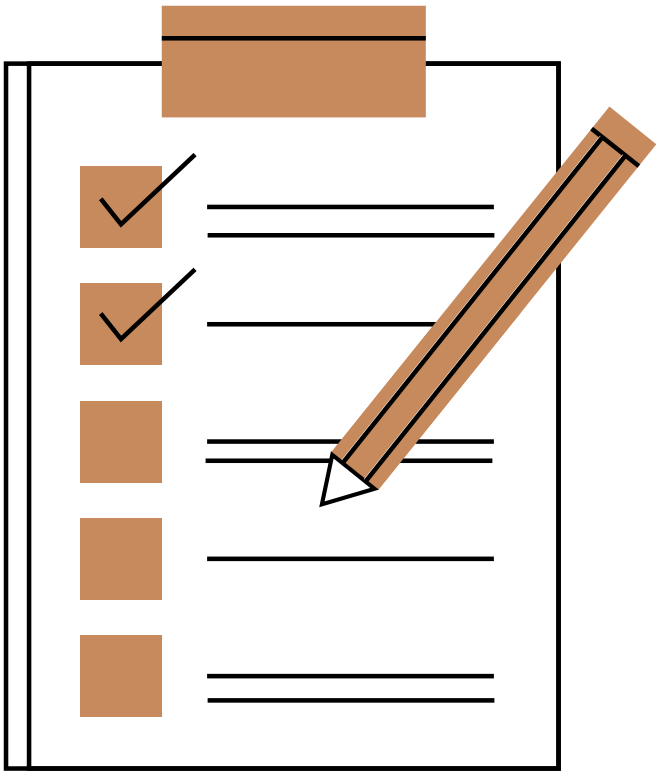


CHALLENGE CHECKLIST

Plan to Succeed

Daily Challenge Tasks:

- [ ] **Digestive Supports –** Be sure to take your digestive supports before your meals and eat fermented foods with your meals to improve digestion.
- [ ] **Eat Your Protein** – Follow the structured approach (Breakfast → Lunch → Dinner).
- [ ] **Track Your Meals** – Log what you eat and note how you feel.
- [ ] **Hydrate Well** – Drink enough water and support electrolytes as needed.
- [ ] **Adjust as Needed** – Listen to your body and tweak meals based on digestion and satiety.
- [ ] **Meal Prep When Possible** – Keep protein-rich meals/snacks ready for busy days.
- [ ] **Celebrate Small Wins** – Recognize improvements in energy, satiety, and overall well-being!



14-DAY PROTEIN CHALLENGE

Rules Breakdown

Challenge Structure

- Days 1-5: Add 30g protein to breakfast.
- Days 6-10: Maintain breakfast, add 30g protein to lunch.
- Days 11-14: Ensure 30g protein at dinner for all meals to be protein-rich.

Meal Guidelines

- Choose high-quality protein when possible (pastured meats, wild-caught fish, organic dairy, sprouted plant proteins).
- Use provided recipes & customize as needed.
- Prep meals ahead of time to stay on track.
- Avoid excessive snacking - focus on whole-food meals.

Hydration & Digestion

- Drink half your body weight in ounces of water daily.
- If needed, use digestive enzymes, bitters, or fermented foods for easier digestion.

Tracking & Accountability

- Log meals & protein intake.
- Check energy, digestion, & satiety daily.
- Celebrate small wins!

Who Should Consult a Doctor?

- If you have kidney disease, liver conditions, diabetes, pregnancy, or digestive issues, check with your physician before starting.

Celebrate Your Success!

- Reward yourself with a non-food treat like new workout gear, a massage, or a fun activity!

Let's make this challenge fun, rewarding, and transformative! 💪

WHY PROTEIN IS ESSENTIAL

The Basics

Protein is a cornerstone of a healthy diet, but many people don't realize just how powerful it can be for achieving their health goals. Whether you're looking to boost your metabolism, support weight loss, improve muscle tone, or enhance your skin's appearance, **protein is your best ally**.

This challenge is designed to help you with these goals. Over the next 14 days, you'll learn how to slowly increase your protein intake while minimizing potential digestive challenges. But before we dive in, let's do a quick refresh on the benefits of protein.

The Benefits of Protein

1. **Boosts Metabolism:** Protein has the highest thermic effect of all macronutrients, meaning your body burns more calories digesting and processing it compared to carbs or fats. This makes it a powerful tool for increasing your overall daily calorie burn.
2. **Supports Weight Loss and Satiety:** Struggling with hunger and cravings? Protein helps you feel full longer, reducing the likelihood of overeating or reaching for unhealthy snacks. It *stabilizes your blood sugar*, keeping energy levels steady throughout the day.
3. **Builds and Repairs Muscle:** Protein is essential for muscle growth and repair. Whether you're working out regularly or just looking to preserve muscle as you age, adequate protein intake is key.
4. **Detox Support:** Protein provides the building blocks for *glutathione*, your body's master antioxidant. Glutathione plays a critical role in detoxifying harmful substances and protecting your cells from damage.
5. **Enhances Skin Health:** Amino acids from protein contribute to the production of *collagen and elastin*, which keep your skin firm, smooth, and youthful.

PROTEIN BASICS

What You Need To Know



Protein is one of the three essential macronutrients, alongside carbohydrates and fats. It's made up of building blocks called amino acids, which are critical for countless functions in your body. From repairing tissues to producing enzymes and hormones, protein is involved in nearly every process that keeps you healthy and thriving.

Complete vs. Incomplete Proteins

Type of Protein	Description	Examples
Complete Proteins	Contain all nine essential amino acids that your body cannot produce on its own.	Animal-based: Chicken, beef, fish, eggs, dairy. Plant-based: Quinoa, soy (tofu, tempeh, edamame), amaranth, buckwheat, chia seeds, hemp seeds, spirulina.
Incomplete Proteins	Missing one or more essential amino acids, but can be combined with other proteins to form a complete profile.	Lentils, chickpeas, nuts, seeds, most whole grains (e.g., rice, oats).

How Much Protein Do You Need?

Protein needs vary by age, activity level, and health goals. Researchers like Dr. Gabrielle Lyon currently recommend people consume 1 gram of protein per pound of ideal body weight per day. For instance, if your ideal weight based on your height is 140 lbs then you'd want to aim for 140 g of protein per day based on that guideline. This challenge will help you reach your goal with manageable steps. However, protein needs are individual and that protein goal may be too much for you, so feel free to adjust your protein intake based on your goals and any potential health challenges. In this challenge, we'll aim for 30 grams of protein per meal, but feel free to modify if needed.

PROTEIN QUALITY

Why it Matters

When choosing protein sources, opt for high-quality options that are **minimally processed and nutrient-dense**. For example, prioritize grass-fed beef, wild-caught fish, pasture-raised eggs, and organic dairy when possible and if your budget allows. For plant-based proteins, choose *sprouted or fermented* options to enhance digestibility and nutrient availability.



Understanding these protein basics will set you up for success as we dive into the 14-day challenge. Let's move forward and start building your protein-packed meals!



Protein Goals: Setting the Right Targets:

To fully harness the benefits of protein, it's important to set *achievable and personalized goals*. This challenge focuses on guiding you to consistently reach protein targets that will support your metabolism, muscle health, and overall well-being. We'll dive deeper into this topic on the *Protein Targets* page.

SUPPORT DIGESTION

When Increasing Protein

When increasing your protein intake, digestive support may be necessary to ensure your body can effectively break down and absorb the nutrients. Protein requires *more effort to digest* compared to carbohydrates or fats, and some people may experience discomfort when boosting their intake.

Suggested Digestive Supports:

- **Digestive Enzymes:** Look for enzyme blends that include protease to aid in protein digestion.
- **Digestive Bitters:** Herbs like dandelion or gentian bitters can stimulate digestive juices and improve overall digestion.
- **Fermented Foods:** Incorporate foods like sauerkraut, kimchi, or yogurt to support gut health and enhance nutrient absorption.

Why Digestive Supports Might Help:

1. Protein requires specific enzymes, like *protease*, to break down into amino acids
2. If your digestive system is *sluggish*, temporarily supporting it can make the transition easier



Scaling Back

These digestive supports can be temporary. After a month, try reducing or stopping them to see if your body has adjusted well to the increased protein. This gradual approach helps your digestion adapt naturally and can minimize discomfort.

EATING ENOUGH PROTEIN

Common Barriers

Even with all the known health benefits, many people struggle to get enough protein in their daily diets. Busy schedules, dietary restrictions, and confusion about the best protein sources can make it challenging. That's where this guide comes in!



This 14-Day Protein Challenge is designed to help you gradually increase your protein intake in a sustainable way. By the end of this challenge, you'll be confidently incorporating enough protein into every meal and reaping its many health benefits.

A Gradual Approach for Lasting Success

We're taking it slow for a reason. Suddenly adding large amounts of protein to your diet can overwhelm your digestive system, leading to discomfort or bloating. Instead, we'll start by focusing on your **breakfast for the first five days,** then your **lunch for the next five,** and finally your **dinner for the last four days.** This step-by-step approach allows your body to adjust and helps you form habits that stick. Get ready to fuel your body with the nutrition it craves, support your health goals, and feel your best.





PROTEIN TARGETS

Personalized

Protein needs aren't one-size-fits-all. While the general current recommendation is 1.2 to 1.6 grams per kilogram of protein per kilogram of body weight, factors such as activity level, age, and health goals can influence your needs.
For example:

- **Active Individuals:** Aim for the higher end of the range to support muscle repair and growth.
- **Sedentary Individuals:** Stick closer to the lower end of the range.
- **Health Goals:** If you're focused on weight loss, muscle gain, or managing a chronic condition, you might need to adjust accordingly.



Overview of The Gradual Approach:

Suddenly increasing your protein intake can overwhelm your digestive system, which is why this challenge takes a step-by-step approach:

- **Days 1-5:** *Focus on Breakfast* **–** Start your day strong by ensuring your breakfast includes at least 25-30 grams of protein.
- **Days 6-10:** *Add More Protein to Lunch* **–** Once you've mastered breakfast, shift your focus to both breakfast and lunch.
- **Days 11-14:** *Tackle Dinner* **–** Round out your day by ensuring your dinner includes enough protein too.

Tracking Your Progress: During the challenge, keep a simple log of your meals and protein intake. This can help you identify patterns, celebrate wins, and troubleshoot any challenges along the way. Use a notebook, app (like Cronometer or My Fitness Pal), or meal planner to make tracking easy and efficient. Let's move forward and explore practical strategies for incorporating more protein into your meals!

TIPS FOR SUCCESS

Long-Term

Maintaining a consistent protein intake can feel challenging at first, but with a few key strategies, you can keep your progress going strong beyond the initial effort. Here are some helpful tips to set you up for long-term success:

Maintain Protein Intake Beyond the Challenge

Keep protein a staple in every meal (aim for 30g per meal). Simple options like eggs, lean meats, fish, or plant-based proteins will help you stay on track.

Batch Prep Protein for Busy Days

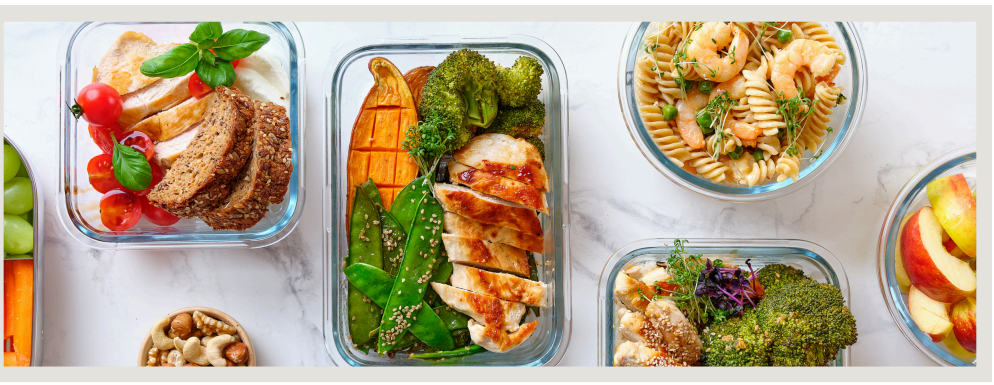
Pre-cook protein-rich foods like grilled chicken, turkey, or hard-boiled eggs. For no-cook options, keep cottage cheese, Greek yogurt, or protein powders on hand for quick, easy meals.

Celebrate Progress and Listen to Your Body

Focus on how you feel. Do you notice more energy, better satiety, and/or weight loss? Celebrate these wins and use them as motivation to continue.

Mix Up Your Protein Sources

Keep things interesting by incorporating a variety of protein sources. Try adding lean meats, fish, eggs, legumes, or plant-based options like tempeh or quinoa.



THE 14-DAY
Protein Challenge

Without further ado, let's map out your 14-Day Protein Challenge! This plan is designed to help you gradually increase your protein intake, giving your body time to adapt while supporting your metabolism, muscle health, and digestion. Here are some details on how to structure this challenge:

Days 1-5: Start with Breakfast



Breakfast sets the tone for the day, and starting with 30 grams of protein should leave you feeling satisfied, energized, and ready to tackle anything. Use the recipes provided or customize them based on your dietary preferences. Prepping your breakfasts ahead of time can make this new habit even easier to stick with.

Days 6-10: Add Lunch Protein



Now that you've built a solid breakfast routine, it's time to add 30 grams of protein to your lunch too. Protein at lunch helps maintain steady energy levels and keeps you full through the afternoon. Choose from the recipes provided or adapt them to fit your taste and goals. Meal prepping a few lunches at the start of the week can save you time and ensure you stay on track.

Days 11-14: Round Out Dinner



Finish strong by rounding out your day with 30 grams of protein at dinner (equalling about 90 grams for the day). A protein-rich dinner supports muscle repair, satiety, and even better sleep. Explore the recipes provided or tweak them to fit your favorite flavors and ingredients. Consider batch-cooking to keep your evenings stress-free and make hitting your goals effortless.

ACTION STEPS

Protein Challenge

These steps will help you be successful during this 14-day challenge. After reading these, jot down a day on your calendar when you plan to start. Gather the necessary supplements and/or foods before hand so you're prepared!



✓ Digestive Supports

Pre-Challenge: Consider digestive supports like enzymes, bitters, or fermented foods to help break down the extra protein.



✓ Plan Your Meals

Plan your protein-packed meals. Check out the recipes in this challenge for ideas. Have sensitivities or dietary preferences? Swap the ingredients for ones you can eat!



✓ Gradually Increase

Focus on getting 30 grams of protein at breakfast for days 1-5, followed by 30 grams for breakfast and lunch on days 6-10, and finally followed by 30 grams for breakfast, lunch, and dinner on days 11-14.

14-DAY PROTEIN CHALLENGE

Reflections

Congrats, you did it! 🙌 How did the challenge go?! Do you feel any different compared to 14 days ago?

Whatever changes you noticed, whether it's better sleep, more satiety, steadier mood, clearer skin, or weight loss, jot them down below:

What was hardest part of this challenge? And what strategies might help you overcome this in the future?

What key takeaways do you have from this challenge? And how will it change the way you eat going forward?



Protein-Rich *Breakfast Recipes*

DAYS 1-5:

AIM FOR 30 GRAMS TO POWER YOUR DAY

Hot Chocolate Protein, Nuts and Fruit Breakfast



SERVINGS: 1 | PREP TIME: 5 MINUTES | COOKING TIME: 0 MINUTES

INGREDIENTS

- 30 g Chocolate Protein Powder
- 1 cup [240 ml] Organic Unsweetened Almond Milk
- 4 tbsp [34 g] Dry Roasted Mixed Nuts
- 0.5 cup [72.5 g] Blueberries
- 0.5 cup [76 g] Strawberries (Cut in half)

DIRECTIONS

1. Warm almond milk and mix in protein power with whisk until desired likeness.
2. Measure nuts and prep fruit.
3. Serve your protein drink warm and enjoy the extra time you have in the morning.

NUTRITION INFO

Calories : 447 | Fat : 24 g | Carbs : 24 g | Protein : 32 g | Fiber : 9 g | Sugar : 11 g

Turkey, Egg & Cheese Muffins



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 20 MINUTES

INGREDIENTS

- 4 large [200 g] Eggs
- 6 large [198 g] Egg White
- 0.5 medium [57 g] Red Bell Pepper
- 0.5 small [35 g] Onions
- 2.5 oz [70.88 g] Mozzarella Cheese (Whole Milk)
- 2 tbsp chopped [6 g] Chives
- 5 pumps [1 g] Avocado Oil Cooking Spray (PAM)
- 3 oz [85.2 g] Organic Roast Turkey Meat

DIRECTIONS

1. Preheat oven to 350 degrees F (175 C).
2. In a large mixing bowl, whisk together whole eggs and egg whites.
3. Chop the deli turkey, red pepper, small white onions, and chives into small pieces, and set aside.
4. Spray the muffin tin with non-stick spray. Place about 1 tbsp each of turkey, red peppers, and onions into each muffin tin.
5. Pour the egg mix into each muffin tin. Sprinkle the top with cheese and chives.
6. Bake for 20-25 minutes.
7. Remove from the oven and let the bites cool before removing from the muffin tin. Serve warm.

NUTRITION INFO

Calories : 389 Fat : 20 g Carbs : 6 g Protein : 45 g Fiber : 2 g Sugar : 4 g

Nut Butter Banana Greek Yogurt



SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 medium [118 g] Bananas
- 1 cup [240 g] Plain Non-Fat Greek Yogurt
- 2 tbsp [32 g] Almond Butter
- 0.25 tbsp [3.5 g] Chia Seeds
- 0.25 tbsp [2.5 g] Hemp Hearts

DIRECTIONS

1. Add 1 cup of Greek yogurt to a bowl.
2. Add 2 tbsp of almond butter and stir.
3. Cut up one medium banana into slices and place on top of yogurt bowl.
4. Sprinkle with chia seeds and enjoy!

NUTRITION INFO

Calories : 451 Fat : 22 g Carbs : 42 g Protein : 30 g Fiber : 6 g Sugar : 23 g

Sausage and Peppers Scramble



SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 20 MINUTES

INGREDIENTS

- 2 large [100 g] Eggs
- 2 Organic Chicken Sausage links (2.3 oz) {136 g] (sugar-free links)
- 0.25 cup, chopped [37.25 g] Sweet Red Peppers
- 0.25 onion [27.5 g] Yellow Onions
- 0.5 tbsp [7 g] Avocado Oil
- 1 stalk [15 g] Green Onions (optional for garnish)

DIRECTIONS

1. In a large skillet, heat oil on medium heat.
2. Cook onions and peppers for 10 minutes.
3. Add chicken sausage to skillet to cook for 5 minutes.
4. Push peppers, onion, and sausage aside in skillet. Add eggs and cook to desired liking.
5. Serve warm.

NUTRITION INFO

Calories : 396 Fat : 23 g Carbs : 9 g Protein : 40 g Fiber : 2 g Sugar : 5 g

Cottage Cheese Bowl



SERVINGS: 1 PREP TIME: 2 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 1.5 cup [337.5 g] 1% Low Fat Cottage Cheese
- 2 tbsp [20 g] Hemp Hearts
- 1 small [158 g] Cucumber (Sliced)
- 0.25 tsp [0.25 g] Dill (Dried)

DIRECTIONS

1. Top cottage cheese with hemp hearts, sliced cucumber, and dill/chives.

NUTRITION INFO

Calories : 374 Fat : 13 g Carbs : 21 g Protein : 44 g Fiber : 2 g Sugar : 17 g



Protein Packed *Lunch Recipes*

DAYS 6-10:

FUEL YOUR AFTERNOON WITH 30 GRAMS OF PROTEIN FOR LUNCH

Grab n' Go Lunch Mix



SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 large Egg [50 g] (Hard boiled, halved, and seasoned with salt and pepper)
- 1 medium [201 g] Cucumber (Peeled and sliced)
- 15 Almonds [18 g]
- 0.25 cups [36.25] Blueberries
- 0.25 cups [36.25] Raspberries
- 1 cup [225 g] 1% Low Fat Cottage Cheese (Or Greek yogurt)

DIRECTIONS

1. Serve all together and enjoy!

NUTRITION INFO

Calories : 400 Fat : 17 g Carbs : 27 g Protein : 36 g Fiber : 6 g Sugar : 19 g

Peach and Avocado Salad with Chicken



SERVINGS: 1 PREP TIME: 10 MINUTES COOKING TIME: 10 MINUTES

INGREDIENTS

- 4 oz [112 g] Skinless Chicken Breast
- 1 tsp [4 g] Za'atar Seasoning
- 0.5 tbsp [6.8 g] Coconut Oil
- 1 medium [98 g] Peach (Pitted and chopped)
- 0.5 avocado [68 g] (Peeled and chopped)
- 2 cups [40 g] Arugula (Rocket)
- 1 tbsp [15 g] Tahini
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 1.5 tbsp [22.2 g] Water (warm)
- 0.5 tbsp [7 g] Olive Oil (Divided)
- 1 Dash [1 g] Himalayan Pink Salt
- 1.5 tbsp [1.5 g] Cilantro (Coriander) (Chopped)

DIRECTIONS

1. Pound chicken with a meat mallet until thin.
2. Season chicken with za'atar or Italian seasoning.
3. Warm the coconut oil over medium heat in a skillet. Add chicken breast and cook for 4-5 minutes per side.
4. Once chicken is cooked, allow to rest for 5 minutes.
5. In a small bowl, mix together tahini, apple cider vinegar, water, olive oil, salt, and chopped cilantro until well blended and creamy. Add additional water if needed.
6. Add arugula, chopped peaches, avocado, and chicken to bowl. Top with tahini dressing and enjoy!

NUTRITION INFO

Calories : 525 Fat : 36 g Carbs : 22 g Protein : 34 g Fiber : 10 g Sugar : 10 g

Dairy Free Broccoli and Cheddar Soup



SERVINGS: 2 PREP TIME: 5 MINUTES COOKING TIME: 30 MINUTES

INGREDIENTS

- 2 tsp [9.34 g] Avocado Oil
- 3 cloves [9 g] Garlic
- 1 Sweet Potato [130 g] (Peeled and cubed)
- 1 medium stalk of Celery [40 g] (Chopped)
- 1 medium [61 g] Carrot (chopped)
- 4 cups [960 ml] Organic Chicken Bone Broth
- 4 oz [112 g] Vegan Cream Cheese (Miyokos)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 tbsp [5 g] Nutritional Yeast
- 1 dash [0.1 g] Black Pepper
- 3 cups chopped [273 g] Broccoli
- 1 medium slice [25 g] Sour Dough Bread

DIRECTIONS

1. In a large pot or dutch oven, heat oil on medium-low and add garlic. Cook until fragrant.
2. Add sweet potatoes, celery and carrots. Cook for about 5 minutes.
3. Add bone broth and bring to a boil, then simmer for 6-8 minutes.
4. Add broth and vegetables to a blender. Add in dairy free cream cheese, nutritional yeast, salt, and pepper.
5. Blend on high for 1 minute.
6. Add in broccoli and pulse 3 times.
7. Add blended soup back to pot to cook broccoli on medium-high heat for 5-10 minutes.
8. Serve warm with a side of sourdough bread.

NUTRITION INFO

Calories : 481 Fat : 21 g Carbs : 43 g Protein : 32 g Fiber : 10 g Sugar : 9 g

Smoked Salmon Pita



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 8 oz, boneless [226.8 g] Smoked Salmon (Wild Caught)
- 2 tbsp, drained [17.2 g] Capers
- 0.25 onion (small) [37 g] Red Onions (Diced)
- 1 cup [20 g] Arugula (Rocket)
- 0.5 cup [123 g] Ricotta Cheese (Whole Milk)
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper
- Juice from 1 small lemon [30 g]
- 2 pieces of medium-sized Pita Bread [90 g]

DIRECTIONS

1. Add ricotta cheese, salt, black pepper, and lemon juice to a bowl and mix until combined. Refrigerate until ready to use.
2. Spread a layer of the ricotta cheese mixture on each pita bread.
3. Top pita bread with arugula, smoked salmon, red onions, and capers. Refrigerate until ready to eat.

NUTRITION INFO

Calories : 374 | Fat : 11 g | Carbs : 29 g | Protein : 41 g | Fiber : 2 g | Sugar : 1 g

Turkey Caprese Sandwich



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 slices [220 g] Organic Oven Roasted Turkey Breast (sliced)
- 2 oz [56.7 g] Mozzarella Cheese (Whole Milk) (Sliced)
- 2 medium [296 g] Roma Tomatoes (Sliced)
- 6 Basil Leaves [3 g] (Thinly sliced)
- 2 tbsp [30 g] Balsamic Glaze
- 4 medium slices of Sourdough Bread [100 g]

DIRECTIONS

1. Option to toast sourdough bread slices.
2. Spread a thin layer of balsamic glaze on each sourdough bread slice.
3. Top half of the sourdough bread slices with turkey, mozzarella cheese, tomatoes, and basil. The remaining sourdough bread slices should be placed on top of each ingredient-topped slice to close the sandwich.

NUTRITION INFO

Calories : 392 | Fat : 9 g | Carbs : 35 g | Protein : 34 g | Fiber : 5 g | Sugar : 5 g



Satisfying Protein *Dinner Recipes*

DAYS 11-14:
STAY FULL AND SUPPORT YOUR METABOLISM WITH 30 GRAM DINNERS

Avocado Pesto Chicken Salad



SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 20 MINUTES

INGREDIENTS

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 5 oz [140 g] Skinless Chicken Breast (cooked and sliced) (measured raw)
- 0.5 Avocado [68 g] (Sliced)
- 5 Cherry Tomatoes (Halved)
- 1 oz [28 g] Organic Raw Sharp Cheddar Cheese (Organic Valley)
- 1 tbsp [14 g] Pesto Sauce (made with olive oil)

DIRECTIONS

1. Slice or shred raw cheese.
2. Mix together pesto sauce with chopped tomatoes and cheese.
3. Combine all other ingredients together and top with tomato mixture.

NUTRITION INFO

Calories : 503 Fat : 30 g Carbs : 15 g Protein : 45 g Fiber : 8 g Sugar : 4 g

Creamy Mushroom Pork with Rice



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 40 MINUTES

INGREDIENTS

- 0.75 cup, dry, yields [465 g] Brown Rice
- 10 oz [283.5 g] Pork Chops (Top Loin, Boneless)
- 1 dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 2 tsp [9.34 g] Avocado Oil
- 1 small [43 g] Shallot
- 2 cups, chopped [140 g] Mushrooms
- 3 tbsp [45 g] Apple Cider Vinegar
- 0.25 cup [60 ml] Coconut Milk (from a can)
- 1 Parsley Sprig [1 g]
- 1 cup [110 g] Green String Beans

DIRECTIONS

1. Cook rice according to package instructions.
2. Steam green beans until desired likeness and drain.
3. Season pork with salt and pepper.
4. Heat avocado oil in a large pan on medium-high heat.
5. Add pork chops and decrease heat to medium.
6. Cook the pork chops on each side for 7-10 minutes, until internal temperature reaches above 165 degrees F (74 degrees C). Remove from heat and set aside.
7. To the same pan add the shallots and mushrooms. Cook until browned.
8. Add apple cider vinegar and cook for about 3 minutes or until it the liquid evaporates.
9. Add coconut milk, and cook until it begins to bubble. Stir and then cook for an additional minute.
10. Top with parsley and serve warm.

NUTRITION INFO

Calories : 589 Fat : 18 g Carbs : 62 g Protein : 40 g Fiber : 7 g Sugar : 4 g

Thai Chicken Salad



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 180 MINUTES

INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast
- 4 tbsp [56 g] Coconut Aminos
- 1 cup [240 ml] Organic Chicken Bone Broth
- 1 tbsp [21 g] Honey
- 2 tbsp [30 g] Tahini
- 1.5 tsp [16.5 g] Ginger (Grated)
- Juice from 1 lime [38 g]
- 0.5 cup [28.35 g] Shredded Green Cabbage
- 0.5 cup [28.35 g] Shredded Red Cabbage
- 0.5 cup [56.5 g] Shredded Carrots
- 5 stalks of Green Onions [75 g] (Chopped)
- 2 tbsp [2 8.5] Dry Roasted Cashew Nuts (Chopped)
- 1 tbsp [9 g] Sesame Seeds

DIRECTIONS

1. In a slow cooker, add the chicken, broth, half of the coconut aminos, and honey. Cook on high for 3-4 hours or low for 6 hours.
2. When the chicken is done cooking, shred with a fork.
3. In a small bowl, mix together the tahini, remaining coconut aminos, grated ginger, and lime juice.
4. In a serving bowl add the shredded chicken, cabbage, carrots, green onion, cashews, and tahini dressing. Toss until well mixed.
5. Top with sesame seeds and enjoy!

NUTRITION INFO

Calories : 406 Fat : 14 g Carbs : 36 g Protein : 36 g Fiber : 5 g Sugar : 24 g

Steak Bowl



SERVINGS: 1 PREP TIME: 5 MINUTES COOKING TIME: 20 MINUTES

INGREDIENTS

- 0.5 large [184.5 g] Russet Potato (Chopped)
- 0.5 cup, chopped [74.5 g] Sweet Red Peppers
- 1 cup [70 g] Mushrooms (Chopped)
- 1 small [43 g] Shallot (Chopped)
- 0.25 tbsp [3.2 g] Clarified Butter Ghee
- 1 stalk [15 g] Green Onions (Chopped for garnish)
- 4 oz [112 g] Sirloin Steak (Sliced thin)
- 1 tbsp [5 g] Nutritional Yeast
- 1 dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Toss the potatoes, pepper, mushrooms and shallots with ghee, salt and pepper.
2. Bake in the oven at 400 degrees F (204 degrees C) or in the air fryer at 390 degrees F (198 degrees C) for 20 minutes.
3. Cook steak on medium heat on the stovetop using a pan or cast iron skillet. Cook for 5-7 minutes (steak should be very thin so it will cook quickly and no oil is needed). Once cooked, cut into slices.
4. Add potato and vegetable mix to a bowl.
5. Top with steak, nutritional yeast, and chopped green onions.
6. Enjoy warm!

NUTRITION INFO

Calories : 448 Fat : 15 g Carbs : 49 g Protein : 33 g Fiber : 7 g Sugar : 9 g

Salmon with Mango Salsa



SERVINGS: 2 PREP TIME: 10 MINUTES COOKING TIME: 20 MINUTES

INGREDIENTS

- 10 oz, boneless, raw [283.5 g] Salmon
- 1 sprigs [0.2 g] Dill (Chopped)
- 1 dash [0.4 g] Salt (To taste)
- Juice from 1 lime [38 g]
- 0.5 small Red Onion [74 g] (Diced)
- 1 small Mango [207 g] (Peeled and diced)
- 2 tbsp [2 g] Cilantro (Coriander) (Chopped)
- 2 cups [40 g] Arugula (Rocket)
- 0.5 tbsp [7 g] Olive Oil
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)

DIRECTIONS

1. Preheat oven to 375 degrees F (109 degrees C).
2. Season salmon with fresh chopped dill, salt, and half of the lime juice.
3. Bake for 20 minutes, or until internal temperature reaches about 165 degrees F (74 degrees C).
4. While the salmon bakes, add diced mango, red onion, cilantro, remaining lime juice, and a dash of salt to a bowl and mix well. Refrigerate for 10-15 minutes.
5. Toss arugula with olive oil and sunflower seeds and add to your plate.
6. When salmon is done cooking, add this to the plate and top with mango salsa. Enjoy!

NUTRITION INFO

Calories : 348 Fat : 15 g Carbs : 23 g Protein : 33 g Fiber : 4 g Sugar : 17 g