





Fudgey Protein Brownies

9 servings

30 minutes

Ingredients

- 1 cup All Natural Peanut Butter
- 4 Banana
- 1/2 cup Cocoa Powder
- 1/2 cup Chocolate Protein Powder
- 1/2 cup Dark Chocolate Chips
- 1/2 cup Walnuts (chopped)

Nutrition

Amount per serving	
Fat	24g
Carbs	30g
Fiber	5g
Protein	14g

Directions

- 1 Preheat oven to 350°F (177°C). Line a cake or loaf pan with parchment paper.
- 2 In a small saucepan over low-medium heat, melt the peanut butter.
- 3 In a mixing bowl, mash the bananas, cocoa powder, protein powder and nut butter until combined. Stir in chocolate chips.
- 4 Pour into pan, sprinkle with walnuts and bake for 25 minutes. Remove from oven and let cool completely before serving.

Notes

Protein Powder: I used Genuine Health Proteins+ in chocolate.

No Walnuts: Omit walnuts or use any preferred type of nuts instead.



Chocolate Yogurt

1 serving
10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/8 tsp Vanilla Extract
- 1 tsp Maple Syrup (or honey)
- 2 1/4 tsps Cocoa Powder
- 1/4 tsp Cinnamon
- 1/4 cup Strawberries (sliced)
- 2 tbsps Almonds (chopped)

Nutrition

Amount per serving	
Fat	15g
Carbs	26g
Fiber	5g
Protein	27g

Directions

- 1 In a bowl, combine the yogurt, vanilla extract, maple syrup (or honey), cocoa powder and cinnamon. Whisk together until evenly combined.
- 2 Put into a bowl and top with strawberries and almonds. Enjoy!

Notes

Nut-Free: Use pumpkin seeds, sunflower seeds or shredded coconut instead of almonds.

Additional Toppings: Top with blueberries or raspberries.



Crackers with Pear, Cheese & Honey

1 serving

5 minutes

Ingredients

1 1/16 ozs Seed Crackers
1/4 Pear (sliced thin)
2 ozs Cheddar Cheese
3/4 tsp Honey
1/8 tsp Thyme (fresh)

Directions

1

Assemble the crackers on a plate. Top with pear slices and cheddar cheese. Drizzle honey over top and add thyme. Enjoy!

Notes

No Pear: Use an apple instead.

Nutrition

Amount per serving	
Fat	24g
Carbs	32g
Fiber	6g
Protein	17g



Turkey & Cheese Snack Box

1 serving

5 minutes

Ingredients

- 4 1/4 ozs Sliced Turkey Breast
- 2 1/16 ozs Cheddar Cheese (cubed)
- 2 tbsps Walnuts

Nutrition

Amount per serving	
Fat	34g
Carbs	7g
Fiber	1g
Protein	33g

Directions

1

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Nut-Free: Use pumpkin seeds instead of walnuts.



Eggs & Avocado Snack Box

1 serving
15 minutes

Ingredients

- 2 Egg
- 1/2 Avocado (medium, peeled)
- 1/3 Cucumber (sliced)
- 2 ozs Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Fat	43g
Carbs	15g
Fiber	7g
Protein	28g

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Additional Toppings: Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.



Deli Roast Beef & Cheese

1 serving
5 minutes

Ingredients

- 3 ozs Deli Roast Beef (sliced)
- 1 1/2 ozs Cheddar Cheese (sliced)

Nutrition

Amount per serving	
Fat	18g
Carbs	1g
Fiber	0g
Protein	29g

Directions

- 1 Serve the deli roast beef slices with the cheddar cheese. Enjoy!



Ham & Cheese Pretzel Box

2 servings

5 minutes

Ingredients

- 2 ozs Pretzels
- 1 Pear (seeds removed, sliced)
- 2 ozs Cheddar Cheese (cubed)
- 2 ozs Sliced Ham

Directions

- 1 Arrange all of the ingredients in a container and enjoy!

Nutrition

Amount per serving	
Fat	12g
Carbs	38g
Fiber	4g
Protein	15g



Eggs, Almonds & Cheese Cubes

1 serving
15 minutes

Ingredients

2 Egg
1/4 cup Almonds
1 oz Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Fat	37g
Carbs	9g
Fiber	4g
Protein	27g

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and cut the eggs in half.
- 3 Arrange the eggs, almonds, and cheese into a container and enjoy!

Notes

More Flavor: Season the eggs with salt, pepper and/or chili flakes.



Turkey & Cheese Skewers

2 servings

10 minutes

Ingredients

- 1/4 Cucumber (medium, sliced)
- 4 ozs Sliced Turkey Breast
- 4 ozs Cheddar Cheese (cubed)
- 4 Barbecue Skewers (small)

Nutrition

Amount per serving	
Fat	21g
Carbs	4g
Fiber	0g
Protein	21g

Directions

- 1 Take a barbecue skewer and thread a piece of cucumber, sliced turkey, and cheese. Then add a slice of cucumber, a slice of turkey and another piece of cheese. Repeat with each skewer until all of the ingredients are used up.
- 2 Serve and enjoy!

Notes

No Sliced Turkey: Use sliced ham.



Tuna, Grapes, Cheese & Veggie Snack Box

1 serving

5 minutes

Ingredients

1/2 can Tuna
2 tsps Mayonnaise
Sea Salt & Black Pepper (to taste)
1/2 cup Snap Peas
1 Carrot (sliced into sticks)
1 oz Cheddar Cheese (sliced or cubed)
1/2 cup Grapes

Directions

- 1 Mix the tuna and mayonnaise together. Season with salt and pepper.
- 2 Add everything to a snack box container and enjoy!

Nutrition

Amount per serving	
Fat	18g
Carbs	18g
Fiber	3g
Protein	24g



Apricot & Cheese Prosciutto Bites

3 servings

10 minutes

Ingredients

4 ozs Prosciutto
4 ozs Cheddar Cheese (sliced)
1/2 cup Dried Apricots

Directions

1

Take a piece of prosciutto and add a piece of cheese and apricot. Gently wrap it and insert a toothpick. Repeat with the remaining ingredients. Serve and enjoy!

Nutrition

Amount per serving	
Fat	17g
Carbs	15g
Fiber	2g
Protein	19g



Apple & Cheese Slices

1 serving

5 minutes

Ingredients

- 1/2 Apple (sliced)
- 1 oz Cheddar Cheese (cut into squares)

Directions

- 1 Add the apple and cheese to a plate or sealable container. Enjoy!

Nutrition

Amount per serving	
Fat	10g
Carbs	14g
Fiber	2g
Protein	7g



Tuna Salad, Apple & Almond Snack Box

2 servings

15 minutes

Ingredients

1 can Tuna (drained)
2 tbsps Mayonnaise
1/2 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
1 oz Seed Crackers
1 Apple (medium, cored, sliced)
2 tbsps Almonds

Directions

1

In a small bowl, mix the tuna with mayonnaise, mustard, salt, and pepper until well combined.

⋮

2

Divide the tuna salad and the remaining ingredients evenly between plates or containers with separate compartments. Enjoy!

Nutrition

Amount per serving	
Fat	18g
Carbs	24g
Fiber	6g
Protein	20g



Almonds & Dark Chocolate

1 serving

3 minutes

Ingredients

1 oz Dark Chocolate
1/4 cup Almonds

Nutrition

Amount per serving	
Fat	29g
Carbs	21g
Fiber	7g
Protein	10g

Directions

- 1 Place in a bowl. Enjoy!



Cheese, Mixed Nuts & Raisins

1 serving

5 minutes

Ingredients

3/4 oz String Cheese
1/4 cup Mixed Nuts
1 tbsp Raisins (or unsweetened
cranberries)

Directions

- 1 Assemble all of the ingredients on a plate. Enjoy!

Nutrition

Amount per serving	
Fat	23g
Carbs	16g
Fiber	2g
Protein	11g



Whipped Cottage Cheese with Peaches & Cinnamon

2 servings

10 minutes

Ingredients

2 cups Cottage Cheese
2 Peach (pitted, thinly sliced)
1/4 cup Almonds (toasted)
2 tsps Honey
1/4 tsp Vanilla Extract
1/2 tsp Cinnamon

Directions

- 1 In a food processor, puree the cottage cheese until completely smooth. Add the honey and vanilla extract and pulse to combine.
- 2 Scrape the whipped cottage cheese into serving bowls, jars, or glasses. Top with the peaches and toasted almonds. Sprinkle with the cinnamon. Enjoy!

Nutrition

Amount per serving	
Fat	18g
Carbs	32g
Fiber	5g
Protein	29g



Eggs, Hummus & Crackers

1 serving
15 minutes

Ingredients

2 Egg
1/4 cup Hummus
2 ozs Whole Grain Crackers

Nutrition

Amount per serving	
Fat	32g
Carbs	48g
Fiber	5g
Protein	21g

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and cut the eggs in half.
- 3 Arrange the eggs, hummus, and crackers into a container, and enjoy!

Notes

More Flavor: Season the eggs with salt, pepper and/or chili flakes.



Grapes, Cheese & Crackers

1 serving

5 minutes

Ingredients

- 1 1/16 ozs Seed Crackers
- 2 ozs Cheddar Cheese (sliced)
- 1/2 cup Grapes (seedless)

Directions

1

Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Nutrition

Amount per serving	
Fat	24g
Carbs	29g
Fiber	5g
Protein	17g



Roasted Chickpeas

2 servings

30 minutes

Ingredients

2 cups Chickpeas (cooked, rinsed)
2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	9g
Carbs	45g
Fiber	12g
Protein	15g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry with a paper towel and transfer them to the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Mix until the chickpeas are evenly coated.
- 3 Bake in the oven for 25 to 28 minutes, tossing halfway through, or until the chickpeas reach your desired crispiness. Season with additional salt and pepper if needed. Let cool slightly and enjoy!

Notes

More Flavor: Add other dried herbs and spices to taste.



Cranberry & Pumpkin Seed Popcorn

1 serving

5 minutes

Ingredients

2 cups Popcorn
2 tbsps Dried Unsweetened
Cranberries
1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Fat	22g
Carbs	27g
Fiber	5g
Protein	12g

Directions

- 1 Place the popcorn into a bowl and mix in the cranberries and pumpkin seeds. Enjoy!

Notes

No Pumpkin Seeds or Cranberries: Use a pre-made trail mix instead.



Blended Chocolate Strawberry Protein Chia Pudding

1 serving
35 minutes

Ingredients

- 3/4 cup Cow's Milk
- 1/4 cup Plain Greek Yogurt
- 1/4 cup Chocolate Protein Powder
- 3 tbsps Chia Seeds
- 1 tsp Honey
- 1 tbsp Cocoa Powder
- 1/4 cup Strawberries (sliced)

Nutrition

Amount per serving	
Fat	17g
Carbs	40g
Fiber	15g
Protein	38g

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, honey, and cocoa powder. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with strawberries and enjoy!

Notes

Additional Toppings: Cacao nibs, sliced banana, and/or chopped nuts.



Chicken Salad on Apple Slices

2 servings

10 minutes

Ingredients

8 ozs Chicken Breast, Cooked (shredded)
2 stalks Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
1/3 cup Plain Greek Yogurt
1/2 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
2 Apple (large, cored, cut into thin slices)

Nutrition

Amount per serving	
Fat	5g
Carbs	31g
Fiber	5g
Protein	39g

Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, yogurt, lemon juice, lemon zest, salt, and pepper. Mix well to incorporate.
- 2 Divide onto the apple slices and enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to three days. Slice the apple just before serving.



Chocolate & Almond Butter Rice Cereal Bars

8 servings

2 hours 15 minutes

Ingredients

2 cups Rice Puffs Cereal
1/2 cup Oats (rolled)
1/4 cup Pumpkin Seeds
1/4 cup Hemp Seeds
1/2 tsp Sea Salt (flaky, divided)
1/2 cup Almond Butter (runny)
1/3 cup Maple Syrup (or honey)
1 tsp Vanilla Extract
3 tbsps Butter (softened, divided)
1/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	20g
Carbs	23g
Fiber	3g
Protein	8g

Directions

- 1 Line a baking pan with parchment paper. In a bowl, combine the rice puffs, oats, pumpkin seeds, hemp seeds, and half of the salt.
- 2 In a large bowl, combine the almond butter, maple syrup (or honey), vanilla, and 2/3 of the butter.
- 3 Add the dry ingredients to the wet and mix until the dry ingredients are well coated.
- 4 Pour the bar mix into the prepared pan and spread it out into an even layer, making sure to firmly press the mix down.
- 5 Melt the chocolate chips with the remaining butter in a double boiler or in 30-second intervals in the microwave. Once melted, drizzle all over the bars and sprinkle with the remaining salt.
- 6 Refrigerate for at least two hours or until firm. Cut evenly into bars and enjoy!

Notes

Baking Pan Size: An 8 x 8 inch (20 cm x 20 cm) pan was used.

No Almond Butter: Use cashew or peanut butter instead.



Greek Yogurt, Almonds & Cherries

1 serving

5 minutes

Ingredients

3/4 cup Plain Greek Yogurt
1/3 cup Cherries (pitted)
2 tbsps Almonds (chopped)

Nutrition

Amount per serving	
Fat	13g
Carbs	21g
Fiber	3g
Protein	21g

Directions

- 1 Add all of the ingredients to a bowl and enjoy!

Notes

More Flavor: Add vanilla extract to the yogurt.



Crackers, Cheese & Tomatoes

1 serving

5 minutes

Ingredients

- 1 1/16 ozs Seed Crackers
- 1/2 oz Cheddar Cheese (sliced)
- 1/3 cup Cherry Tomatoes

Directions

- 1 Add all ingredients to a plate and enjoy!

Nutrition

Amount per serving	
Fat	10g
Carbs	22g
Fiber	5g
Protein	7g