

The COMMITTED 100 Recipe Book™



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I am so excited for you to ditch diets once and for all and instead condition your body to work for you and burn fat around the clock. I've transformed some of the most popular meals, snacks, desserts, and drinks that would typically sabotage your weight loss efforts, into healthier versions that offer the right balance of good carbs, high-quality protein, and healthy fat.

In addition to being healthy and well-balanced with the right nutrients working synergistically together, they're all easy-to-make and absolutely delicious. That's what healthy, long-term weight loss is all about – striking a balance between healthy, so you get the results you want, with really enjoyable, so you can stick with it for life.

I truly hope you enjoy these recipes and if you have questions, please let me know!

A handwritten signature in black ink, appearing to read 'Chad Tackett'.

Chad Tackett, BS, CPT

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BREAKFAST



SERVES

6

SWEET POTATO & BANANA PANCAKES WITH MAPLE-YOGURT TOPPING

INGREDIENTS

PANCAKES

1 1/2 cups sweet potato or yam
grated

2 bananas
diced

1/2 cup almond or coconut
flour

1/2 cup applesauce
unsweetened

2 eggs

Natural non-stick cooking
Spray

TOPPING

3/4 cup Greek yogurt

3/4 cup all-natural
sugar-free maple syrup

1 teaspoon cinnamon

1. Preheat the oven to 475 degrees Fahrenheit.
2. In a large bowl, stir together the grated sweet potato and diced banana, almond flour, applesauce, and eggs.
3. Spray a large baking sheet with cooking spray.
4. Drop pancake mixture onto the prepared baking sheet. Press mounds to pancakes about 1/2-inch thick and 2-inches in diameter.
5. Put the baking sheet in the oven and bake for about 10 minutes, until both sides are nicely browned.
6. To prepare the topping, mix the yogurt, syrup and cinnamon very well.
7. Add 1/4 cup topping to each pancake.

Enjoy!

Serving size: 3 pancakes with 1/4 cup topping

217 Calories, 9 g Fat, 10 g Protein, 24 g Carbs, 4 g Fiber, 7 g Sugar, 2 mg Cholesterol, 34 mg Sodium



SERVES

2

BREAKFAST PARFAIT & GRANOLA

INGREDIENTS

1 cup fresh berries
diced

**1 ripe sliced banana, 1/2 cup
diced pineapple, or 1/2 cup
sliced peaches**

3/4 cup Greek yogurt

1 teaspoon vanilla extract

1/2 cup of the granola recipe
(from the snack section below)

1. Combine the fruits in a small bowl.
2. In a second small bowl, stir together the yogurt and the vanilla extract.
3. Measure the granola into a third small bowl.
4. To make the parfaits, layer the following in each of the dishes: 1/3 cup fresh fruit; 2 tablespoons granola; half the yogurt; 2 tablespoons of granola; then the rest of the fruit, yogurt and granola.

Enjoy!

Serving size: 1 1/2 cups

257 Calories, 9 g Fat, 20 g Protein, 30 g Carbs, 6 g Fiber, 7 g Sugar, 22 mg Cholesterol, 267 mg Sodium



VEGGIE, FETA, & QUINOA SCRAMBLE

INGREDIENTS

1 tablespoon olive oil

2 teaspoons garlic
minced

4 eggs

4 mushrooms
sliced

2 cups spinach

1/2 onion
diced

1/2 tomato
sliced

1/4 cup cooked quinoa

1/4 cup feta cheese

1. Heat oil in a non-stick skillet on medium-low heat.

2. Cook minced garlic, mushrooms, spinach, onions, and tomatoes in oil for about two minutes.

3. Meanwhile, whisk two eggs and set aside.

4. Pour egg mixture into the skillet. Let it sit for about 10 seconds, then start beating the eggs quickly toward the center of the pan with a wooden spoon.

5. When the eggs look nearly cooked, add cooked quinoa to the skillet.

6. Remove from heat, add feta, mix in well.

Enjoy!

Serving size: half the recipe

217 Calories, 9 g Fat, 18 g Protein, 31 g Carbs, 4 g Fiber, 1 g Sugar, 90 mg Cholesterol, 80 mg Sodium



SERVES

4

PINA COLADA OATMEAL

INGREDIENTS

Natural non-stick cooking spray

2 1/2 cups water

1 cup steel cut oats

1 cup dry rolled oats

2 tablespoons Stevia

2 banana
sliced

1 cup pineapple
diced

1/2 cup shredded coconut

1/4 cup coconut oil

2 teaspoons flax seeds or chia
seeds

1. Spray the lining with your crockpot with natural non-stick cooking spray.

2. Combine ingredients in the crockpot and set to low and cook for about 6 hours, stirring occasionally.

3. Eat immediately, or cover and refrigerate.

Serving size: 1 Cup

223 Calories, 7 g Fat, 14 g Protein, 30 g Carbs, 4 g Fiber, 7 g Sugar, 4 mg Cholesterol, 150 mg Sodium



SERVES
4

HASH BROWNS WITH SCRAMBLED EGGS

INGREDIENTS

2 medium potatoes (or sweet potatoes or yams)

1/2 teaspoon salt

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/4 cup extra-virgin olive oil

2 eggs
scrambled

1. Scrub the potatoes clean (peel, if desired) and grate them on a large-holed cheese grater.

2. Transfer the grated potato to a bowl and toss it with the salt, garlic powder and onion powder.

3. In a large skillet, add the olive oil and spread the potatoes over the skillet in an even layer and press them down with a spatula. Let them cook for 2 minutes.

4. Stir again, press them down again, and cook for another 2 minutes. Repeat in 2-minute intervals, until the potatoes are golden brown and crispy.

5. Transfer the hash browns to a plate and serve them with the scrambled eggs.

Enjoy!

Serving size: 1/4 of recipe

240 Calories, 8 g Fat, 12 g Protein, 32 g Carbs, 2 g Fiber, 7 g Sugar, 2 mg Cholesterol, 34 mg Sodium



LUNCH





SERVES

4

LOADED SWEET POTATO

INGREDIENTS

2 medium sweet potatoes (or yams or potatoes)

1 bell pepper
diced

1/2 onion
diced

1/2 cup tomatoes
diced

2 tablespoons scallions
chopped

1 cup steamed cauliflower

1/2 cup feta cheese
crumbled

1/2 cup cottage cheese or Greek yogurt

1/4 cup pine nuts, peanuts, or sunflower seeds

1/2 cup salsa and/or hot sauce

1. Preheat the oven to 450 degrees Fahrenheit. Wash sweet potato and stab with a fork a few times.

2. Place sweet potatoes on a rack to bake for about an hour, until very soft in the middle.

3. While sweet potatoes are cooking, wash and chop other veggies well.

4. Once sweet potatoes are cooked, cut in half and let cool a bit.

5. Mix pepper, onion, tomato, and cauliflower together in a bowl.

6. Top sweet potatoes with veggies and garnish with scallions, feta cheese, cottage cheese (or greek yogurt), and salsa. Top with pine nuts.

Enjoy!

Serving size: 1/2 sweet potato with 1/4 toppings

240 Calories, 8 g Fat, 12 g Protein, 38 g Carbs, 5 g Fiber, 1 g Sugar, 65 mg Cholesterol, 92 mg Sodium



BBQ CHICKEN PIZZA

INGREDIENTS

- 1/2 head of cauliflower
- 1 clove garlic
minced
- 1 cup low-fat mozzarella cheese
shredded
- 1 egg
beaten
- 1 teaspoon basil
minced
- 1 teaspoon oregano
minced
- 1 cup pizza sauce
- 6 ounces boneless, skinless
chicken breast
grilled
- 1 more cup low-fat mozzarella
cheese
shredded
- Your favorite pizza toppings

NOTE: to make this
vegetarian-friendly, substitute the
chicken for black beans.

1. Preheat the oven to 400 degrees Fahrenheit and spray a cookie sheet with all-natural nonstick cooking spray.
2. Remove the stems and leaves from cauliflower and chop into chunks. Grate cauliflower with a cheese grater or use a food processor.
3. Steam cauliflower until soft and then place in a large bowl and combine the next 5 ingredients and mix well.
4. Spread cauliflower dough out evenly on a cookie sheet, about 1/4 to 1/2 of an inch thick.
5. Bake for about 25-30 minutes until it's golden brown.
6. Remove from the oven and top with pizza sauce, grilled chicken, your favorite veggie toppings, and cheese.
7. Place back in the oven and bake for an additional 5 minutes or so until the toppings are hot and cheese is melted.
8. Allow pizza to cool for a few minutes.

Enjoy!

Serving size: 1/4 of pizza

252 Calories, 8 g Fat, 15 g Protein, 32 g Carbs, 2 g Fiber, 7 g Sugar, 2 mg Cholesterol, 34 mg Sodium



CHEESEBURGERS

INGREDIENTS

1 pound extra lean ground beef
or turkey

2 egg whites

2 cups spinach leaves
chopped

1/2 onion
diced

1/2 carrot
diced

1/2 zucchini
diced

1 tablespoon steak sauce

4 Romaine lettuce leaves

4 slices thinly cut cheese

Additional veggie toppings of
choice (tomato, pickles, etc)

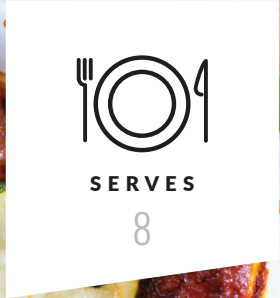
NOTE: to make this
vegetarian-friendly, substitute the
ground beef or turkey for a
portabella mushroom.

1. Preheat the grill to medium, or if using the oven, set to broil.
2. In a large bowl, combine the first 7 ingredients.
3. Form mixture into 6 portions, then shape into burger patties.
4. Arrange burgers on grill or baking pan.
5. Cook using the desired method for about 10 minutes, flipping halfway through the cooking time.
6. Serve on lettuce leaves, topped with cheese and your favorite veggies.

Enjoy!

Serving size: 1 burger

212 Calories, 8 g Fat, 24 g Protein, 36 g Carbs, 5 g Fiber, 1 g Sugar, 145 mg
Cholesterol, 110 mg Sodium



LASAGNA

- INGREDIENTS
- 2 large zucchini

Natural nonstick cooking spray

1 pound extra lean ground beef

1 bell pepper
diced

1 onion
diced

1 1/2 cup tomato paste

1 16-oz. can tomato sauce

2 tablespoons fresh basil,
chopped

1 tablespoon fresh oregano
chopped

hot water as needed

1 egg

1 15-oz. container ricotta
cheese

1/4 cup parsley
chopped

2 cups spinach

12 mushrooms
sliced

8 ounces mozzarella cheese
shredded

8 ounces Parmesan cheese
grated

1. Preheat the oven to 325 degrees Fahrenheit. Spray a 9x13-inch baking pan with natural nonstick cooking spray.

2. Slice zucchini lengthwise into very thin slices.

3. Cook and stir ground beef in a large skillet over medium high heat for 5 minutes. Add in green pepper and onion; cook and stir until meat is no longer pink. Stir in tomato paste, tomato sauce, basil, and oregano, adding a small amount of hot water if sauce is too thick. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.

4. Meanwhile, stir egg, ricotta, and parsley together in a bowl until well combined.

5. Spread 1/2 of the meat sauce into the bottom of the prepared pan. Then layer 1/2 the zucchini slices, 1/2 the ricotta mixture, all of the spinach, followed by all of the mushrooms, then 1/2 the mozzarella cheese. Repeat by layering the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella. Spread Parmesan cheese evenly over the top; cover with foil.

6. Bake for 45 minutes. Remove foil; raise oven temperature to 350 degrees Fahrenheit and bake an additional 15 minutes. Let cool for 5 minutes before serving.

Enjoy!

Serving size: 1/8 of recipe

294 Calories, 10 g Fat, 20 g Protein, 34 g Carbs, 3 g Fiber, 1 g Sugar, 122 mg Cholesterol, 85 mg Sodium



SERVES

4

COCONUT SHRIMP WITH GRILLED ASPARAGUS

INGREDIENTS

12 large raw shrimp, peeled
and de-veined

1/2 cup shredded coconut

1/3 cup coconut flour

1 large egg

Natural nonstick cooking spray

16 asparagus spears

1 tablespoon olive oil

NOTE: to make this
vegetarian-friendly, substitute the
shrimp for tofu.

1. Preheat the oven to 425 degrees Fahrenheit. Spray a baking sheet with cooking spray.
2. Combine coconut flakes and coconut flour in a bowl. Whisk egg in another bowl.
3. Dip the shrimp in the egg, then in the coconut flour mixture and place on the cookie sheet.
4. Add asparagus to the same cookie sheet and drizzle with olive oil and bake together for about 10 minutes.
5. Turn shrimp over and rotate asparagus and then bake until tender (for about 6-7 minutes).
6. Remove from the oven and serve with a spicy dipping sauce (For the spicy dipping sauce, refer to the Sweet Potato Fries recipe under the Snacks category).

Enjoy!

Serving size: 3 shrimp and 4 asparagus spears

234 Calories, 6 g Fat, 21 g Protein, 27 g Carbs, 2 g Fiber, 4 g Sugar, 110 mg
Cholesterol, 115 mg Sodium



DINNER





SPAGHETTI & MEATBALLS

INGREDIENTS

SPAGHETTI

1 spaghetti squash

2 tablespoons olive oil

Salt and pepper
to taste

1 16-ounce jar of marinara
sauce

1/2 parmesan cheese
grated

MEATBALLS

1 lb. extra lean ground turkey

1/4 cup white onion
finely diced

1 clove garlic cloves
minced

1/2 cup parmesan cheese
grated

1/4 teaspoon salt

1/2 teaspoon black pepper

NOTE: *to make this
vegetarian-friendly, substitute the
ground turkey for tempeh.*

1. Use a fork to pierce holes down the side of the spaghetti squash. Microwave for 5 minutes.
2. Preheat the oven to 400 degrees Fahrenheit.
3. When the squash is cool enough to touch, slice it open, length-wise, with a sharp knife.
4. Scoop out the seeds and drizzle the squash with oil. Season with salt and pepper.
5. Roast the squash cut-side down for 40 minutes, until easily pierced with a knife.
6. In a large bowl, gently mix together the ground turkey, onion, parmesan cheese, garlic, salt, and pepper. Form meatballs, and transfer to a greased baking sheet.
7. Bake in the oven at 400 degrees Fahrenheit for about 20 minutes, until fully cooked.
8. Using a fork, pull the strands from the cooled spaghetti squash and transfer to a serving dish.
9. Top with hot meatballs and marinara sauce and a sprinkle with parmesan cheese.

Enjoy!

Serving size: 3 meatballs with 1 cup spaghetti squash with sauce

295 Calories, 11 g Fat, 22 g Protein, 30 g Carbs, 3 g Fiber, 1 g Sugar, 65 mg Cholesterol, 90 mg Sodium



SERVES

4

PAD THAI

INGREDIENTS

12 ounces chicken, shrimp, or
tofu
grilled

2 tablespoons natural peanut
butter (or PB2)

2 tablespoons rice vinegar

2 tablespoons tomato paste

2 teaspoon low-sodium soy
sauce

2 zucchini
ends trimmed

1/2 cup bell peppers
thinly sliced

1/2 cup carrots
grated

1 cup snap peas

1/2 cup bean sprouts

1 cup shelled edamame

Chili flakes to taste

1/3 cup cilantro
chopped

2 lime wedges for garnish

1. In a small bowl, stir together peanut butter, rice vinegar, tomato paste, soy sauce, and chili flakes until smooth.

2. Peel zucchini into noodle “ribbons” with a vegetable peeler. In a large bowl, toss zucchini noodles in sauce and let soak for about 20 minutes.

3. Add vegetables and grilled chicken (or shrimp or tofu) and toss to combine.

4. Serve topped with cilantro and lime wedges.

Enjoy!

Serving size: 1 cup of pad thai

265 Calories, 9 g Fat, 19 g Protein, 27 g Carbs, 5 g Fiber, 4 g Sugar, 142 mg Cholesterol, 310 mg Sodium




SERVES
4

STEAK FAJITAS

INGREDIENTS

1 tablespoon extra virgin olive oil

1/2 onion
sliced

1/2 bell pepper
halved, seeded, then sliced

1 clove garlic
minced

1 teaspoon chili powder

1/2 pound extra lean steak
cut into 1/4-inch strips

4 large romaine lettuce leaves

1 cup salsa

1/2 avocado, pitted, peeled, and
half cut into 8 thin wedges

8 fresh cilantro sprigs

NOTE: to make this
vegetarian-friendly, substitute the
steak for tofu, tempeh, or seitan.

1. In a large skillet, heat the oil over medium heat. Saute the onion and pepper strips for 2 to 3 minutes.
2. Add the garlic and chili powder, then continue sauteing for another minute or two.
3. Using a slotted spoon, transfer the sauteed vegetables to a bowl. Add the steak strips to the skillet; cook over medium heat until no longer pink.
4. Stir the sauteed vegetables and 1/2 cup of the salsa into the steak.
5. Continue cooking the mixture for two minutes.
6. Serve the fajita mixture with romaine lettuce, and garnish each fajita with the following: about 1 tablespoon of the remaining salsa, 2 avocado wedges, and 2 cilantro sprigs.

Enjoy!

Serving size: 1 fajita

305 Calories, 13 g Fat, 22 g Protein, 31 g Carbs, 6 g Fiber, 1 g Sugar, 67 mg Cholesterol, 304 mg Sodium



FISH TACOS

INGREDIENTS

1 pound fish fillets (cod, halibut, tilapia or similar)

3 cups cabbage
shredded

1/4 cup cilantro
chopped

1 tablespoon lime juice

8 large lettuce leaves

1 1/2 cups salsa

1 ripe avocado
peeled and diced

2 teaspoons extra virgin olive
oil

Black pepper to taste

NOTE: to make this
vegetarian-friendly, substitute the
fish for tofu, tempeh, and/or black
beans.

1. In a large bowl, soak the fillets in cold water while preparing the cabbage mixture, lettuce leaves, salsa, and avocado.
2. In a serving bowl, combine the prepared cabbage and cilantro, drizzle with lime juice, then toss lightly to mix well.
3. Place the lettuce leaves on a plate and the avocado and salsa in separate small bowls.
4. In a large non-stick skillet, heat the oil over high heat.
5. Arrange fillets in a single layer in the heated skillet and cook for approximately 2 minutes on each side, until the fish flakes easily with a fork.
6. Season the fillets with pepper, then slice thinly and place on a plate.
7. Fill lettuce leaf with cabbage mixture, fish, avocado and salsa.

Enjoy!

Serving size: 1 fish taco

228 Calories, 8 g Fat, 18 g Protein, 23 g Carbs, 2 g Fiber, 2 g Sugar, 36 mg Cholesterol, 215 mg Sodium

CHICKEN LETTUCE WRAPS

INGREDIENTS

16 ounces cooked boneless,
skinless chicken breast
cubed

3/4 cup celery
diced

1/2 cup cashews
chopped

1/2 cup onion
chopped

1/2 cup carrots
grated

1/4 cup lowfat mayonnaise

1/4 cup Greek yogurt

2 tablespoons dill pickle relish

1/2 teaspoon seasoned salt

16 romaine lettuce leaves

NOTE: to make this
vegetarian-friendly, substitute the
chicken for edamame.

1. In a bowl, stir all of the ingredients, except the lettuce leaves, together until well mixed, then cover and refrigerate until chilled.

2. Shortly before serving, rinse the lettuce leaves, then pat dry.

3. Arrange two leaves per serving on individual salad plates, forming a cupped shape.

4. Spoon the chicken salad into the lettuce cups.

Enjoy!

Serving size: 2 chicken lettuce wraps

219 Calories, 7 g Fat, 18 g Protein, 23 g Carbs, 2 g Fiber, 2 g Sugar, 44 mg Cholesterol, 178 mg Sodium



SNACKS





BAKED POTATO CHIPS WITH RANCH DIP

INGREDIENTS

POTATO CHIPS

2 medium potatoes (or yams or sweet potatoes)

1 1/2 tablespoons olive oil

Salt and pepper to taste

HIGH PROTEIN DIP

1 cup cottage cheese

1/2 cup Greek yogurt

2 teaspoons dried dill weed

1 teaspoon dried parsley flakes

1 teaspoon onion powder

1/2 teaspoon salt

1/2 teaspoon garlic powder

Buttermilk to thin dressing to desired consistency

1. Preheat the oven to 425 degrees Fahrenheit.
 2. Slice the potatoes into thin rounds using a sharp knife or a mandolin, about 1/8 inch thick.
 3. Toss with the olive oil, salt, and pepper.
 4. Cover a baking sheet with parchment paper. Place the potatoes in a single layer and bake for 15-20 minutes until crispy.
 5. In the meantime, create the dip by processing the cottage cheese in a food processor until completely smooth.
 6. Add the remaining ingredients, then pulse on and off until the ingredients are well mixed.
 7. Add a few tablespoons of buttermilk to thin mixture to desired consistency. Dip chips in the high protein dip.
- Enjoy!

Serving size: 1/2 cup of chips and 1/4 cup dip

192 Calories, 8 g Fat, 12 g Protein, 20 g Carbs, 2 g Fiber, 2 g Sugar, 28 mg Cholesterol, 208 mg Sodium



SERVES

8

SWEET POTATO FRIES WITH SPICY SAUCE

INGREDIENTS

FRENCH FRIES

2 large sweet potatoes
peeled

2 tablespoons olive oil

1 teaspoon garlic powder

1 teaspoon paprika

1 teaspoon salt

1/2 teaspoon black pepper

SPICY SAUCE

1 cup cottage cheese (or Greek yogurt)

1 tablespoon hummus

2 tablespoons all-natural ketchup

2 tablespoons Sriracha (or other spicy sauce)

1. Heat the oven to 400 degrees Fahrenheit.

2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.

3. Mix the spices, salt and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets.

4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Allow to cool while you make the spicy sauce.

5. Create the spicy sauce by processing the cottage cheese in a food processor until completely smooth.

6. Add the remaining ingredients, then pulse on and off until the ingredients are well mixed. Dip fries in the spicy sauce.

Enjoy!

Serving size: 1/2 cup of chips and 1/4 cup dip

190 Calories, 6 g Fat, 12 g Protein, 25 g Carbs, 3 g Fiber, 2 g Sugar, 42 mg Cholesterol, 222 mg Sodium



SERVES

4

ROASTED CHICKPEAS

INGREDIENTS

2 cups canned chickpeas
rinsed and drained

1 tablespoon lemon juice

2 tablespoons olive oil

1 1/2 teaspoons ground cumin

1/2 teaspoon ground coriander
seed

1/2 teaspoon ground cinnamon

To taste salt and ground red
pepper

1. Preheat the oven to 425 degrees Fahrenheit.
2. Line a baking sheet with parchment paper and then set aside.
3. Stir together chickpeas and the remaining ingredients until they're well-coated.
4. Spread chickpeas evenly onto the prepared baking sheet.
5. Roast the chickpeas for 20-25 minutes, stirring after 10-15 minutes.
6. Enjoy roasted chickpeas with a fork, dipped in high protein ranch dip or spicy sauce (refer to potato chip or sweet potato fries recipe above).

Enjoy!

Serving size: 1/2 cup chickpeas with 1/4 cup ranch dip or spicy sauce

173 Calories, 5 g Fat, 14 g Protein, 23 g Carbs, 5 g Fiber, 1 g Sugar, 28 mg Cholesterol, 189 mg Sodium



PROTEIN BAR

INGREDIENTS

4 tablespoons almonds
4 tablespoons sunflower seeds
2/3 cup dry rolled oats
4 tablespoons pumpkin seeds
2 tablespoons honey, agave, or maple syrup
1 tablespoon melted coconut oil
1 shot espresso (or almond milk or coconut milk)
1/2 cup raisins or dried cranberries or dried diced apricots
1/2 cup dark chocolate chips
1/2 cup protein powder

1. Add the nuts, oats, and seeds on a pan and bake on a low heat for about five minutes. Next, blend these 3 ingredients together in a food processor or blender and add to a bowl.
2. Pour in the honey (or maple syrup or agave), coconut oil, and espresso (or almond milk or coconut milk) and stir until well mixed.
3. Add the raisins (or dried cranberries or diced apricots), chocolate chips, and protein powder until well-mixed.
4. Line a pan with foil and pour in the mixture. Press down firmly with a spatula.
5. Chill for a minimum of four hours in the fridge, cut into equal sizes, and then individually wrap and store in the fridge or freezer.

Enjoy on the go or whenever you need a healthy snack!

Serving size: 1/4 of recipe

186 Calories, 10 g Fat, 10 g Protein, 18 g Carbs, 4 g Fiber, 7 g Sugar, 2 mg Cholesterol, 34 mg Sodium



SERVES

10

GRANOLA

INGREDIENTS

4 cups regular dry rolled oats

1/2 cup pumpkin (or sunflower)
seeds
shelled

1/2 cup flaxseed

2 tablespoons sugar-free maple
syrup

1/2 cup unsweetened apple
juice

1 tablespoon coconut oil

1 teaspoon vanilla extract

1. Preheat the oven to 350 degrees Fahrenheit.

2. Combine oats, flaxseed and pumpkin seeds in a large bowl.

3. Heat coconut oil in the microwave for 30 seconds. Whisk together oil, maple syrup, apple juice, and vanilla in a small bowl and toss with dry ingredients.

4. Spread on a large wax-paper-lined baking sheet and bake until golden brown, stirring occasionally, 20-25 minutes.

Enjoy!

Serving size: 1/10 of recipe

169 Calories, 5 g Fat, 15 g Protein, 20 g Carbs, 4 g Fiber, 2 g Sugar, 42 mg Cholesterol, 50 mg Sodium



DESSERTS





CHOCOLATE LAVA CAKE

INGREDIENTS

4 tablespoons coconut oil

1 ounce bittersweet chocolate, chopped, plus 1 ounce broken into 4 equal pieces

1/4 cup Stevia

2 large eggs

2 tablespoons unsweetened cocoa powder

1 teaspoon vanilla extract

1/4 teaspoon salt

2 scoops chocolate protein powder

1 teaspoon baking powder

1. Microwave coconut oil and chopped chocolate in a large bowl, stopping to stir often, until melted, about 1 minute. Whisk Stevia, eggs, cocoa, vanilla and salt into chocolate mixture until smooth.

2. In a separate bowl, combine protein powder and baking powder. Whisk the powder mixture into the chocolate mixture until combined.

3. Divide batter evenly between 4 ramekins or mugs. Press 1 chocolate piece into the center of each cake.

4. Microwave on low power for 30-45 seconds. Let the cake rest for 2 minutes.

Enjoy!

Serving size: 1 cup

192 Calories, 12 g Fat, 14 g Protein, 11 g Carbs, 4 g Fiber, 5 g Sugar, 142 mg Cholesterol, 210 mg Sodium



STRAWBERRY CHEESECAKE

INGREDIENTS

- 1/4 cup almond flour (or coconut flour)
- 1/4 cup, shredded coconut
- 1 tablespoon coconut oil
- 1 large egg
- 1 large egg white
- 1 cup cottage cheese
- 3/4 cup Greek yogurt
- 1 ounce cream cheese
- 1/3 cup vanilla whey protein powder
- 1/4 cup Stevia
- 1 ounce lemon juice
- 1 cup pureed strawberries

1. Mix almond flour, shredded coconut, and coconut oil and press down in the bottom of a pie dish. Bake at 375 degrees Fahrenheit for 10 minutes, then allow to cool.
 2. Blend cottage cheese in a food processor until completely smooth.
 3. Mix the rest of the ingredients (except strawberries) in with cottage cheese on low, and pour over the crust. Bake at 375 degrees Fahrenheit for 30-35 minutes.
 4. Take out of the oven and let cool for 5 minutes.
 5. Spread the pureed strawberries over the cheesecake.
- Enjoy!

Serving size: 1/10 of recipe

186 Calories, 10 g Fat, 12 g Protein, 14 g Carbs, 2 g Fiber, 3 g Sugar, 28 mg Cholesterol, 180 mg Sodium



CHOCOLATE CHIP CASHEW COOKIE DOUGH

INGREDIENTS

1 cup cashews
1/4 cup old fashioned oats
1/4 cup chocolate or vanilla protein powder
1/4 cup honey or agave nectar
1 teaspoon vanilla extract
1/2 cup dark chocolate chips

1. Process the cashews and oats together in a food processor until there are only very small pieces remaining.
2. Add honey, protein powder, and vanilla extract and pulse to mix together. Stir in the dark chocolate chips.
3. Scoop out the mixture with a spoon and roll into 16 small balls.
4. Store in the refrigerator or freezer in an air-tight container, so you have a quick and easy snack that's ready to go!

Enjoy!

Serving size: 2 cookie dough balls

126 Calories, 6 g Fat, 9 g Protein, 12 g Carbs, 3 g Fiber, 5 g Sugar, 15 mg Cholesterol, 22 mg Sodium



SERVES

2

CHOCOLATE BAR

INGREDIENTS

- 2 teaspoons oats
- 2 teaspoons flax seeds or chia seeds
- 2 ounce dark chocolate bar or chips (75-85% cocoa)
- 2 tablespoons coconut oil (melted)
- 2 tablespoons chocolate protein powder
- 2 teaspoons almond or coconut milk

1. Place chocolate in a large bowl and microwave until melted. Stir in the remaining ingredients until well mixed.
 2. Pour chocolate mixture into candy bar molds or pour on wax paper or aluminum foil and spread out to make a thin bar.
 3. Freeze for at least one hour and break into 4" pieces and place in ziploc bags so they're pre-portioned and ready to go!
- Enjoy!

Serving size: 1/2 of recipe

138 Calories, 6 g Fat, 5 g Protein, 20 g Carbs, 4 g Fiber, 6 g Sugar, 40 mg Cholesterol, 80 mg Sodium



PEANUT BUTTER COOKIES

INGREDIENTS

1 cup all-natural peanut butter
(or PB2)

2 eggs

2 tablespoons applesauce or
pumpkin puree or 1/2 a banana

1/4 cup protein powder

1/2 cup almond flour (or
coconut flour or PB2)

1/2 cup old fashioned oats

2 tablespoons powdered
baking stevia

1 teaspoon baking soda

1/8 teaspoon salt

1. Preheat the oven to 350 degrees Fahrenheit. Line a baking pan with foil or parchment paper, and spray with an all-natural non-stick spray.

2. Microwave peanut butter for 20-40 seconds until soft. Mix together the first three ingredients in a bowl until smooth.

3. In a separate bowl, mix the dry ingredients and then combine the wet and dry ingredients together.

4. Roll cookie dough into 12 balls and then use a fork to press each one flat on the foil. Bake for 7-10 minutes, allow it to cool.
- Enjoy!

Serving size: 2 cookies

100 Calories, 5 g Fat, 8 g Protein, 9 g Carbs, 3 g Fiber, 2 g Sugar, 12 mg Cholesterol, 72 mg Sodium



DRINKS



Although these drink recipes don't offer a balance of good carbs, protein, and healthy fat to make up a complete snack or meal, they are lower-calorie, low-sugar versions of delicious drinks that would typically sabotage your weight loss efforts. After all, there are bound to be times when you want to enjoy a cocktail or coffee drink without the guilt. Cheers!



STRAWBERRY LEMONADE

In the bottom of an 8-ounce glass, muddle the juice of 1/2 a lemon and 2-3 strawberries. Pour in a 1/2 cup Lemon Crystal Lite Pure, 1 shot of vodka or rum, and top with seltzer or club soda. Add ice, stir or shake, and enjoy!

MARGARITA

In the bottom of an 8-ounce glass, muddle the juice of 1 lime. Pour in a 1/2 cup Lemon Crystal Lite Pure and 1 shot of tequila. Add ice, stir or shake, squeeze a lime and an orange wedge, and enjoy!



BLACKBERRY MOJITO

In the bottom of an 8-ounce glass, muddle 10 fresh mint leaves, 1 lime wedge, and 4 blackberries. Pour in 1/4 cup Lemon Crystal Lite Pure, 1 shot light rum, and 1/4 cup lime seltzer or club soda. Add ice, stir or shake, garnish with a lime wedge and 3 more mint leaves, and enjoy!

VANILLA COCONUT ICE COFFEE

In a 16-ounce glass, pour in 1/2 cup coconut milk, 1/2 cup chilled coffee, 1 teaspoon vanilla extract, and 1/2 tablespoon vanilla protein powder, and stir or shake well. Add ice, stir or shake some more, and add cinnamon to taste!



PUMPKIN SPICE LATTE

In a 16-ounce mug, add 4 ounces coffee, 1/2 cup milk (or coconut milk or almond milk), 1 teaspoon stevia, 1/2 teaspoon pumpkin pie spice, and cinnamon to taste. Stir well and then microwave until desired temperature.



YOU GOT THIS!

I hope this recipe book helps you discover just how fun and delicious healthy eating can be. I encourage you to take photos of these prepared recipes and post them on our Facebook group; we'd love to see how you're enjoying them!

If you have questions about these recipes, please let me know. I look forward to hearing from you and really excited for your upcoming success!



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