

The Sculpted Kitchen - Mini Reset Cookbook

Breakfast 1 - Greek Yogurt Parfait with Protein Crunch

Servings: 1 | Prep Time: 5 min

Ingredients:

- 1 cup nonfat Greek yogurt
- 1 scoop vanilla whey isolate
- 1/2 cup fresh berries
- 2 tbsp sliced almonds
- 1 tbsp chia seeds

Instructions:

1. Mix protein powder into yogurt until smooth.
2. Top with berries, almonds, and chia seeds.

Macros: 330 cal | 36g protein | 28g carbs | 8g fat

Grocery List:

- Nonfat Greek yogurt (1 cup)
- Vanilla whey isolate (1 scoop)
- Fresh berries (1/2 cup)
- Sliced almonds (2 tbsp)
- Chia seeds (1 tbsp)

Breakfast 2 - Egg White Omelet with Avocado & Spinach

Servings: 1 | Prep Time: 10 min

Ingredients:

- 1 cup egg whites
- 1 whole egg
- 1 cup spinach
- 2 tbsp reduced-fat feta cheese (crumbled)
- 1/4 avocado
- 1 tsp olive oil

Instructions:

1. Heat olive oil in skillet.
2. Sauté spinach until wilted, add eggs, cook until set.
3. Add feta and fold omelet; top with avocado.

Macros: 285 cal | 33g protein | 9g carbs | 12g fat

Grocery List:

- Egg whites (1 cup)
- Whole egg (1)
- Spinach (1 cup)
- Reduced-fat feta cheese (2 tbsp crumbled)
- Avocado (1/4)

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- Olive oil (1 tsp)

Breakfast 3 - Protein Oats with Peanut Butter Drizzle

Servings: 1 | Prep Time: 7 min

Ingredients:

- 1/2 cup quick oats (dry)
- 1 scoop chocolate whey isolate
- 2/3 cup unsweetened almond milk
- 1/2 banana (sliced)
- 2 tsp natural peanut butter

Instructions:

1. Cook oats with almond milk.
2. Stir in protein powder.
3. Top with banana and peanut butter.

Macros: 330 cal | 30g protein | 38g carbs | 8g fat

Grocery List:

- Quick oats (1/2 cup dry)
- Chocolate whey isolate (1 scoop)
- Unsweetened almond milk (2/3 cup)
- Banana (1/2, sliced)
- Natural peanut butter (2 tsp)

Lunch 1 - Grilled Chicken Salad with Lemon Herb Dressing

Servings: 1 | Prep Time: 15 min

Ingredients:

- 4 oz grilled chicken breast
- 3 cups mixed greens
- 1/2 cup cherry tomatoes
- 1/4 cup cucumber
- 2 tbsp crumbled goat cheese
- 1 tsp olive oil
- Juice of 1/2 lemon
- 1 tsp Dijon mustard

Instructions:

1. Arrange greens, tomatoes, cucumber, and cheese.
2. Top with chicken.
3. Whisk olive oil, lemon juice, Dijon; drizzle over.

Macros: 310 cal | 36g protein | 8g carbs | 14g fat

Grocery List:

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- Grilled chicken breast (4 oz)
- Mixed greens (3 cups)
- Cherry tomatoes (1/2 cup)
- Cucumber (1/4 cup)
- Goat cheese (2 tbsp crumbled)
- Olive oil (1 tsp)
- Lemon (1/2)
- Dijon mustard (1 tsp)

Lunch 2 - Chicken & Quinoa Power Bowl

Servings: 1 | Prep Time: 15 min

Ingredients:

- 4 oz grilled chicken breast
- 1/2 cup cooked quinoa
- 1/2 cup steamed broccoli
- 1/4 cup shredded carrots
- 1/4 avocado
- 1 tsp olive oil
- 1 tsp lemon juice

Instructions:

1. Place quinoa in bowl.
2. Add chicken, broccoli, carrots, avocado.
3. Drizzle olive oil and lemon juice.

Macros: 375 cal | 36g protein | 29g carbs | 13g fat

Grocery List:

- Grilled chicken breast (4 oz)
- Cooked quinoa (1/2 cup)
- Broccoli florets (1/2 cup)
- Shredded carrots (1/4 cup)
- Avocado (1/4)
- Olive oil (1 tsp)
- Lemon juice (1 tsp)

Lunch 3 - Chicken Wrap with Greek Yogurt Dressing

Servings: 1 | Prep Time: 10 min

Ingredients:

- 4 oz grilled chicken breast
- 1 whole-wheat tortilla
- 1/2 cup shredded romaine lettuce
- 1/4 cup cucumber

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- 2 tbsp tomato
- 2 tbsp nonfat Greek yogurt
- 1/2 tsp garlic powder
- 1/2 tsp lemon juice

Instructions:

1. Mix yogurt, garlic, lemon for dressing.
2. Spread on tortilla, layer veggies and chicken.
3. Roll up and slice.

Macros: 320 cal | 35g protein | 27g carbs | 8g fat

Grocery List:

- Grilled chicken breast (4 oz)
- Whole-wheat tortilla (1)
- Romaine lettuce (1/2 cup)
- Cucumber (1/4 cup)
- Tomato (2 tbsp)
- Nonfat Greek yogurt (2 tbsp)
- Garlic powder (1/2 tsp)
- Lemon juice (1/2 tsp)

Main Protein Base - Herb-Lemon Grilled Chicken

Servings: 3 dinners | Prep Time: 15 min | Cook Time: 15 min

Ingredients:

- 1.5 lbs boneless skinless chicken breast (about 6 small breasts)
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 1/2 tsp paprika
- Salt & pepper to taste

Instructions:

1. Mix olive oil, lemon juice, and seasonings in a bowl.
2. Coat chicken breasts evenly.
3. Grill over medium heat for 6-7 minutes per side or until internal temp reaches 165°F.
4. Store leftovers in airtight container (up to 4 days).

Macros (per 4 oz serving): ~180 cal | 32g protein | 0g carbs | 5g fat

Grocery List:

- Boneless skinless chicken breast (1.5 lbs)
- Olive oil (2 tbsp)
- Lemon (1)

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- Garlic powder (1 tsp)
- Onion powder (1 tsp)
- Dried oregano (1 tsp)
- Paprika (1/2 tsp)
- Salt & pepper

Dinner 1 - Lemon Herb Chicken with Roasted Veggies & Quinoa

Servings: 1 | Prep Time: 5 min (with pre-cooked chicken) | Cook Time: 20 min

Ingredients:

- 4 oz cooked herb-lemon grilled chicken
- 1/2 cup cooked quinoa
- 1 cup mixed roasted vegetables (broccoli, zucchini, bell pepper)
- 1 tsp olive oil
- Pinch of salt & pepper

Instructions:

1. Roast veggies at 400°F for 15-20 min with olive oil, salt, and pepper.
2. Heat pre-cooked chicken and quinoa.
3. Serve together.

Macros: 360 cal | 34g protein | 35g carbs | 9g fat

Grocery List:

- Cooked herb-lemon grilled chicken (4 oz)
- Cooked quinoa (1/2 cup)
- Broccoli florets (1/2 cup)
- Zucchini slices (1/4 cup)
- Bell pepper strips (1/4 cup)
- Olive oil (1 tsp)

Dinner 2 - Chicken Pita with Greek Yogurt Sauce

Servings: 1 | Prep Time: 10 min

Ingredients:

- 4 oz cooked herb-lemon grilled chicken, sliced
- 1 whole-wheat pita
- 1/2 cup shredded romaine lettuce
- 1/4 cup diced cucumber
- 2 tbsp diced tomato
- 2 tbsp nonfat Greek yogurt
- 1/2 tsp lemon juice
- Pinch of garlic powder

Instructions:

1. Mix yogurt, lemon juice, and garlic powder for sauce.

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2. Fill pita with lettuce, cucumber, tomato, chicken, and sauce.

Macros: 325 cal | 34g protein | 27g carbs | 8g fat

Grocery List:

- Cooked herb-lemon grilled chicken (4 oz)
- Whole-wheat pita (1)
- Romaine lettuce (1/2 cup)
- Cucumber (1/4 cup)
- Tomato (2 tbsp)
- Nonfat Greek yogurt (2 tbsp)
- Lemon juice (1/2 tsp)
- Garlic powder (pinch)

Dinner 3 - Chicken & Veggie Egg Scramble

Servings: 1 | Prep Time: 5 min | Cook Time: 5 min

Ingredients:

- 4 oz cooked herb-lemon grilled chicken, diced
- 1 whole egg
- 1/2 cup egg whites
- 1/2 cup spinach
- 1/4 cup diced bell pepper
- 1/4 cup diced onion
- 1 tsp olive oil

Instructions:

1. Heat olive oil in skillet, sauté onion and bell pepper until soft.
2. Add spinach and chicken, cook 1-2 min.
3. Add eggs, scramble until cooked.

Macros: 285 cal | 36g protein | 6g carbs | 10g fat

Grocery List:

- Cooked herb-lemon grilled chicken (4 oz)
- Whole egg (1)
- Egg whites (1/2 cup)
- Spinach (1/2 cup)
- Bell pepper (1/4 cup)
- Onion (1/4 cup)
- Olive oil (1 tsp)

Dessert 1 - Protein Chocolate Mousse

Servings: 2 | Prep Time: 5 min + 30 min chill

Ingredients:

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- 1 scoop chocolate whey isolate
- 3/4 cup nonfat Greek yogurt
- 1 tbsp cocoa powder
- 1 tsp stevia or monk fruit sweetener
- 2 tbsp unsweetened almond milk

Instructions:

1. Mix all ingredients until smooth.
2. Chill 30 min before serving.

Macros (per serving): 120 cal | 16g protein | 7g carbs | 3g fat

Grocery List:

- Chocolate whey isolate (1 scoop)
- Nonfat Greek yogurt (3/4 cup)
- Cocoa powder (1 tbsp)
- Stevia or monk fruit sweetener (1 tsp)
- Unsweetened almond milk (2 tbsp)

Dessert 2 - Berries & Cream Protein Bowl

Servings: 1 | Prep Time: 5 min

Ingredients:

- 1/2 cup mixed berries
- 1/2 scoop vanilla whey isolate
- 3 tbsp light whipped cream
- 1 tsp honey

Instructions:

1. Mix protein powder into whipped cream.
2. Spoon over berries, drizzle with honey.

Macros: 150 cal | 12g protein | 18g carbs | 4g fat

Grocery List:

- Mixed berries (1/2 cup)
- Vanilla whey isolate (1/2 scoop)
- Light whipped cream (3 tbsp)
- Honey (1 tsp)

Dessert 3 - Almond Butter Protein Cups

Servings: 4 cups | Prep Time: 10 min + 30 min chill

Ingredients:

- 2 scoops chocolate whey isolate
- 4 tbsp natural almond butter
- 2 tbsp cocoa powder

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- 3 tbsp coconut oil (melted)
- 1 tsp vanilla extract

Instructions:

1. Mix all ingredients until smooth.
2. Spoon into silicone muffin cups, freeze 30 min.

Macros (per cup): 140 cal | 9g protein | 5g carbs | 9g fat

Grocery List:

- Chocolate whey isolate (2 scoops)
- Natural almond butter (4 tbsp)
- Cocoa powder (2 tbsp)
- Coconut oil (3 tbsp)
- Vanilla extract (1 tsp)