

# Bloat Reset Recipe Pack

## Greek Yogurt Protein Bowl (1 serving)

### Ingredients (for cooking):

- 1 cup (227g) nonfat Greek yogurt
- 1 scoop (30g) vanilla whey protein powder
- ½ cup (75g) mixed berries
- 1 tbsp (10g) chia seeds
- 1 tbsp (16g) almond butter

Macros: 400 cal | 40g protein | 30g carbs | 12g fat

### Grocery List (what to buy):

- 1 tub Greek yogurt (32 oz = 4 servings)
- 1 tub whey protein (covers all recipes)
- 1 small clamshell mixed berries (~2 cups)
- 1 bag chia seeds (lasts weeks)
- 1 jar almond butter (lasts weeks)

## Egg White & Veggie Scramble (1 serving)

### Ingredients (for cooking):

- 1 cup (240g) liquid egg whites
- 1 whole egg
- 1 cup spinach
- ½ cup mushrooms
- ½ cup bell peppers
- 1 slice Ezekiel bread

Macros: 350 cal | 36g protein | 28g carbs | 8g fat

### Grocery List (what to buy):

- 1 carton egg whites (32 oz = 10 servings)
- 1 dozen eggs
- 1 bag spinach
- 1 small pack mushrooms
- 1 medium bell pepper
- 1 loaf Ezekiel bread

## **Cottage Cheese Protein Pancakes (1 serving)**

### **Ingredients (for cooking):**

- ½ cup (110g) low-fat cottage cheese
- ½ cup (40g) oats, blended
- 3 egg whites (100g)
- 1 scoop (30g) vanilla whey
- Cinnamon & stevia
- 1 tbsp sugar-free syrup

Macros: 380 cal | 39g protein | 32g carbs | 8g fat

### **Grocery List (what to buy):**

- 1 tub cottage cheese (16 oz = 4 servings)
- 1 bag oats (covers all recipes)
- 1 carton egg whites (used in multiple recipes)
- 1 tub whey protein
- 1 bottle sugar-free syrup
- Cinnamon & stevia

## **Grilled Chicken Power Bowl (1 serving)**

### **Ingredients (for cooking):**

- 5 oz (140g) grilled chicken breast
- ½ cup (90g) quinoa, cooked
- 1 cup (90g) broccoli
- 1 tbsp (14g) olive oil

Macros: 420 cal | 42g protein | 35g carbs | 12g fat

### **Grocery List (what to buy):**

- 1 chicken breast (~6–7 oz raw)
- 1 box quinoa (covers multiple servings)
- 1 bag broccoli florets
- 1 bottle olive oil

## **Turkey & Avocado Wrap (1 serving)**

### **Ingredients (for cooking):**

- 5 oz (140g) sliced turkey breast
- 1 low-carb/high-protein wrap
- ½ avocado (~60g)
- 1 cup spinach
- Mustard or salsa

Macros: 400 cal | 38g protein | 25g carbs | 14g fat

**Grocery List (what to buy):**

- 1 pack sliced turkey (16 oz = 3 servings)
- 1 pack low-carb wraps
- 1 avocado (2 servings)
- 1 bag spinach
- 1 jar mustard or salsa

## **Shrimp & Zoodle Bowl (1 serving)**

**Ingredients (for cooking):**

- 5 oz (140g) shrimp
- 2 cups (200g) zucchini noodles
- ½ cup (120g) marinara (no sugar added)
- 1 tbsp (5g) parmesan

Macros: 370 cal | 36g protein | 20g carbs | 10g fat

**Grocery List (what to buy):**

- 1 bag shrimp (1 lb = 3 servings)
- 2 medium zucchini (spiralized)
- 1 jar marinara sauce (covers multiple servings)
- 1 tub parmesan cheese

## **Lemon Garlic Salmon with Asparagus (1 serving)**

**Ingredients (for cooking):**

- 5 oz (140g) salmon fillet
- 1 cup (90g) asparagus
- ½ cup (90g) brown rice, cooked
- 1 tsp (5g) olive oil

Macros: 430 cal | 38g protein | 30g carbs | 14g fat

**Grocery List (what to buy):**

- 1 salmon fillet (~5 oz)
- 1 bunch asparagus
- 1 bag brown rice (covers multiple servings)
- 1 bottle olive oil

## **Lean Beef Taco Bowl (1 serving)**

### **Ingredients (for cooking):**

- 5 oz (140g) 93% lean ground beef
- ½ cup (90g) black beans
- ½ cup (90g) cauliflower rice mix
- ½ cup (120g) salsa
- 1 tbsp (7g) shredded cheese

Macros: 420 cal | 42g protein | 30g carbs | 12g fat

### **Grocery List (what to buy):**

- 1 pack lean ground beef (1 lb = 3 servings)
- 1 can black beans
- 1 bag cauliflower rice
- 1 jar salsa
- 1 bag shredded cheese

## **Chicken Stir-Fry (1 serving)**

### **Ingredients (for cooking):**

- 5 oz (140g) chicken breast
- 1 cup (100g) stir-fry vegetables
- ½ cup (90g) jasmine rice, cooked
- 1 tbsp (15g) coconut aminos

Macros: 400 cal | 40g protein | 32g carbs | 9g fat

### **Grocery List (what to buy):**

- 1 chicken breast (~6–7 oz raw)
- 1 bag stir-fry vegetables (frozen mix works)
- 1 bag jasmine rice
- 1 bottle coconut aminos

## **Protein Balls (12 balls → 6 servings, 2 balls each)**

### **Ingredients (for cooking):**

- 1 cup oats
- ½ cup natural peanut butter
- 1 scoop chocolate whey
- 2 tbsp honey
- 2 tbsp dark chocolate chips

Macros (2 balls): 220 cal | 18g protein | 20g carbs | 9g fat

### **Grocery List (what to buy):**

- 1 bag oats
- 1 jar peanut butter
- 1 tub whey protein
- 1 bottle honey
- 1 bag mini dark chocolate chips

## **Cottage Cheese Protein Cookies (8 cookies → 4 servings, 2 each)**

### **Ingredients (for cooking):**

- 1 cup low-fat cottage cheese
- 1 scoop vanilla whey
- 1 cup oats
- 1 egg
- 2 tbsp almond flour
- Stevia to taste

Macros (2 cookies): 180 cal | 15g protein | 20g carbs | 5g fat

### **Grocery List (what to buy):**

- 1 tub cottage cheese (16 oz = 4 servings)
- 1 tub whey protein
- 1 bag oats
- 1 egg (from dozen)
- 1 bag almond flour
- 1 bag stevia

## **Greek Yogurt + Strawberry Bowl (1 serving)**

**Ingredients (for cooking):**

- 1 cup nonfat Greek yogurt
- 1 cup strawberries, sliced
- 1 tbsp chia seeds
- Stevia drizzle (optional)

Macros: 180 cal | 20g protein | 20g carbs | 2g fat

**Grocery List (what to buy):**

- 1 tub Greek yogurt (32 oz = 4 servings)
- 1 clamshell strawberries (~3 servings)
- 1 bag chia seeds
- 1 bag stevia