



*Melton*  
**MUSCLE  
MEALS**

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# NO BS GUIDE TO BURNING BODYFAT



## THE ONLY WAY TO LOSE WEIGHT

The only way to lose weight is to be in a caloric deficit. The trick here is to be as accurate as possible in both your measurement of calories expended (calories out) AND the measurement of calories that you are eating (calories in).

## HOW TO TRACK CALORIES OUT

The absolute best way to know your calories expended each day is to **use a wearable tracker**. Both the Apple Watch, Samsung Galaxy watch have great built in tools that will give you your total calories burned each day. If you don't have either of those watches, check into a Fitbit or Garmin tracker. Whatever wearable you use, **wear it ALL DAY LONG!** That is the only way you will know how many calories that you expend each day. Important note: Whatever tracker that you are using, keep your current bodyweight up-to-date in the app. This ensures that the calorie count is accurate.



## HOW TO TRACK CALORIES IN

Log the food you eat in a food tracking app like LoseIt or MyFitnessPal. This gives you the total amount of calories that you eat along with the macros. Take it a step up and buy a food scale. Weighing your food on a food scale is the best way to be 100% accurate tracking your total daily intake. You can pick up a food scale at Walmart or Amazon for \$10-15.



## WHAT IS THE BEST CALORIE DEFICIT RANGE PER DAY?

Once you know how many calories you're burning and consuming, now you need to create a deficit to lose the fat. **A 300-500 calorie deficit per day is recommended.** That means if you are burning a total of 1,700 calories per day, you need to keep your intake between 1,200-1,400 each day. Be aware that creating more than a 500 deficit may be detrimental to weight loss. With too few calories, your body kicks into survival mode and your metabolism may actually slow down. You don't want that.

## WHAT ABOUT TRACKING MACROS?

We are talking about carbohydrates, fat and protein. Your main focus should be on the grams of protein that you are consuming each day. Your goal is .6 to 1 gram of protein per pound of bodyweight daily. This does two things: 1) protein is super filling and getting a larger amount will keep you fuller, longer. 2) protein is required for muscle to grow. Muscle tissue contributes approximately 20% of your total daily calories burned versus 5% for fat tissue. If you are losing muscle, you are slowing your metabolism which equals shooting yourself in the foot.





## THE EASIEST WAY TO MAINTAIN A CALORIE DEFICIT

I'm a big fan of intermittent fasting. A typical day of intermittent fast consists of an 8 hour eating window with a 16 hour fast. If you only have 8 hours to eat, 2,000 calories will feel like your eating like a king - making the deficit much easier to deal with.



## WHAT ABOUT WORKING OUT?!

A good sustainable weight loss program always consist of working out. Does that mean hours of gym time each day?- NO! Start with 20 minutes of strength training and 20 minutes of cardio 4 -6 days per week. If you are short on time, skip the cardio and just do strength training. Again, muscle is key to long term weight loss success. Working out also makes the calorie deficit much easier simply because you are burning more calories....giving you the ability to eat a bit more.

## MY ADVICE ON CONSISTENCY

Do not depend on motivation, workout buddies or inspiration to keep you consistent. What happens when your workout buddy talks you in to a McDonalds lunch run instead of hitting the gym? When you force yourself to workout and eat in a calorie deficit on days that you really don't want to, you slowly begin to reprogram your mind and build in those good habits. That reprogramming only happens when you push through on the days you don't feel like doing it. Focus on consistency over a long period of time. 30 days becomes 60 days that becomes 90 days and before you know it - you have found consistency and you are not fighting the mental stuff as much anymore.



## LAST, BUT NOT LEAST

If you've been making excuses not to take care of your body, NOW IS THE TIME for a change! Losing bodyfat is simple, but you've got to put in the effort and be consistent with the effort. The hardest time period to get through is the first 4 weeks. It takes approximately 4 weeks to build the habits of regular exercise and conscious eating. Once you get through those consistent 4 weeks, you will notice the workouts getting easier, your body will get use to the calorie deficit and overall you will start feeling better physically and mentally!

## USEFUL APPS AND GROUPS:



Search "Melton Torqued"



Melton Fitness App  
Search: "Melton Egym"



LoseIt App  
Search: "Loseit"



MyFitnessPal App  
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"MyFitnessPal"



InBody App  
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CareATCApp  
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Crock-Pot 3-Quart Round Manual Slow Cooker, Stainless Steel and Black - SCR300-SS

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Instant Pot Duo 7-in-1 Electric Pressure Cooker, Sterilizer, Slow Cooker, Rice Cooker, Steamer, Sauté, Yogurt Maker, and Warmer, 6 Quart, 14 One-Touch Programs

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 Price: **\$79.00** ✓prime & FREE Returns  
 You Save: \$20.95 (21%)



BLACK+DECKER TO1313SBD Toaster Oven, 16.4 Inch, Silver

Visit the BLACK+DECKER Store  
 ★★★★★ - 7,765 ratings  
 Price: **\$42.99** ✓prime & FREE Returns



Ninja OS101 Foodi 9-in-1 Pressure Cooker and Air Fryer with Nesting Broil Rack, 5-Quart Capacity, and a Stainless Steel Finish

Visit the Ninja Store  
 ★★★★★ - 30,725 ratings  
 Amazon's Choice for "ninja os101 foodi 9-in-1 pressure cooker and air fryer"  
 List Price: \$169.99  
 Price: **\$159.99** ✓prime & FREE Returns  
 You Save: \$10.00 (6%)



George Foreman 4-Serving Removable Plate Grill and Panini Press, Red, GRP360R

Visit the George Foreman Store  
 ★★★★★ - 3,569 ratings  
 Amazon's Choice for "george foreman grill red"

List Price: \$69.99  
 Price: **\$42.08** ✓prime FREE One-Day & FREE Returns  
 You Save: \$27.91 (39%)



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 Price: **\$59.99** ✓prime FREE One-Day & FREE Returns  
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GoWISE USA GW22956 7-Quart Electric Air Fryer with Dehydrator & 3 Stackable Racks, Led Digital Touchscreen with 8 Functions + Recipes, 7.0-Qt, Black/Silver

Visit the GoWISE USA Store  
 ★★★★★ - 4,610 ratings  
 Amazon's Choice for "goWISE air fryer 7 quart"

List Price: \$119.99  
 Price: **\$89.99** ✓prime & FREE Returns

**BREAKFAST**

# PROTEIN PANCAKES

<b>210g</b>	<b>LIQUID EGGS (EGG BEATERS OR EGG MAKERS)</b>
<b>1 CUP</b>	<b>1% FAT, NO SALT ADDED COTTAGE CHEESE</b>
<b>1 TSP</b>	<b>VANILLA EXTRACT</b>
<b>6 TBSP</b>	<b>COCONUT FLOUR</b>
<b>1 SCOOP</b>	<b>VANILLA WHEY PROTEIN POWDER</b>
<b>1 TSP</b>	<b>BAKING POWDER</b>



- Blend up all ingredients in a blender.
- Use a spatula to help fully blend in your blender.
- Spoon your protein batter onto a hot skillet.
- Cook evenly on both sides.
- Add sugar-free maple syrup to your pancake stack and Enjoy!!

## PER PANCAKE, MAKES 4 PANCAKES:

**CALORIES**  
**140**

**CARBS**  
**8g**

**PROTEIN**  
**21g**

**FAT**  
**2.5g**

# PROTEIN OATMEAL

**32g**

**PROTEIN POWDER**

**60g**

**OLD FASHIONED OATMEAL**

**32g**

**PBFIT/PB2 POWDER**

**130g**

**NONFAT GREEK YOGURT**



- One of the oldest recipes in the book! Quick & easy! You can really whip this up anywhere and modify it to fit your macros. Don't sleep on this one!!
- Start off by cooking your oatmeal in the microwave. Add water until it breaks the surface of the oatmeal & throw it in the microwave for around 2 minutes.
- Once your oatmeal is finished add your protein powder in & stir it up. You may need to add a little more water to this in order for it to reach the desired consistency!
- Once your protein oats are completed go ahead and add in your cinnamon, Greek yogurt, & PBFit powder and stir it up once again.
- Boom! You now have a very thick and dense bowl of protein oatmeal that is loaded with flavor! This thing will fill you up with the sheer volume and fiber. Feel free to add in flavored Greek yogurt and different protein powders to find your perfect flavor!

## PER SERVING, MAKES 1 SERVING:

**CALORIES**

**456**

**CARBS**

**57<sub>G</sub>**

**PROTEIN**

**60<sub>G</sub>**

**FAT**

**10<sub>G</sub>**



# **ZERO CARB WAFFLE**

**1/2 CUP**

**PORK RINDS**

**1**

**LARGE EGG**

**28g**

**FULL FAT MOZZARELLA**



- Take your pork rinds and place them in a blender or food processor. Blend them up until they're a fine powder consistency.
- Using a measuring cup we will measure out our blended pork rinds until we have half a cup.
- Now that our rinds are ready to go we will throw them in a mixing bowl along with our mozzarella, egg, & a little salt for flavor.
- Now we go in and mix everything up until it's all the same consistency throughout.
- As far as making the perfect "waffle" our best bet here is to buy a cheap waffle maker at your local grocery or off of Amazon.
- Preheat your waffle maker to a medium high heat and spray both the top and bottom with a light coating of non-stick spray.
- Spread your batter evenly across the waffle maker. It doesn't have to be perfect since we'll be pressing down on it any lumpy parts will disperse to the outside.
- We want to let our waffle cook for around 4-6 minutes. Every waffle maker will cook a little differently so make sure you pay attention as to not burn it.

## **PER WAFFLE, MAKES 1 WAFFLE:**

**CALORIES**

**310**

**CARBS**

**0g**

**PROTEIN**

**27g**

**FAT**

**21g**

# HIGH PROTEIN CINNAMON ROLL

1 TBS	SWERVE GRANULAR SUGAR	} FOR CINNAMON RUB
1 tsp	CINNAMON	
1/4 CUP	VANILLA PROTEIN POWDER	
1/4 CUP	SELF RISING FLOUR	
SPRINKLE	CINNAMON	
1/4 CUP	NON-FAT PLAIN OR VANILLA GREEK YOGURT	
SPRINKLE	SWERVE CONFECTIONERS SUGAR	} FOR CINNAMON ROLL GLAZE
1 TBS	SWERVE CONFECTIONERS SUGAR	
1/2 tsp	UNSWEETENED ALMOND MILK	

Mix up ingredients for cinnamon rub as noted above then set aside. Place protein powder and self-rising flour in a bowl and mix. In that same bowl, add Greek yogurt and mix until you can form a dough ball [tip - use your hands]. Sprinkle some Swerve powdered sugar on table so dough won't stick to your work surface and form the dough into a long thin rectangle that is approximately 12 inches long and 2 inches wide. Spray the rectangle dough with butter flavored baking spray. Sprinkle about 95% of your cinnamon rub onto the spray coated dough and roll up. Sprinkle remaining cinnamon rub onto the top of the rolled dough. Microwave uncooked cinnamon roll for 1 minute. While that's in the microwave, mix ingredients for cinnamon roll glaze. Remove cinnamon roll from microwave, let cool for 1 minute. Drizzle glaze over the cooked roll

## PER SERVING, MAKES 1 SERVING:

CALORIES

250

CARBS

30<sub>G</sub>

PROTEIN

35<sub>G</sub>

FAT

1<sub>G</sub>

# AIR FRYER RUNNY EGG TOAST

**1 SLICES**

**1**

**LOW-CALORIE BREAD (try Sara Lee 45 cal)**

**LARGE EGG**



- Use the bottom of a spoon to create a small divot in the center of the bread.
- Crack 1 large egg and place it in the divot on the bread.
- Place the bread with egg into the air fryer basket.
- Place in air fryer and cook for 5 minutes at 400°.
- Remove from air fryer, salt and pepper to your liking. Enjoy!!

## PER SERVING, MAKES 1 SERVING:

**CALORIES**

**115**

**CARBS**

**9<sub>G</sub>**

**PROTEIN**

**9<sub>G</sub>**

**FAT**

**6<sub>G</sub>**

# CINNAMON ROLL PROTEIN OATMEAL

<b>1/2 CUP</b>	<b>OATS</b>
<b>3/4 CUP</b>	<b>UNSWEETENED ALMOND MILK</b>
<b>1/4 CUP</b>	<b>WATER</b>
<b>2 TBSP</b>	<b>FAT-FREE GREEK YOGURT</b>
<b>3/4 SCOOP</b>	<b>VANILLA WHEY PROTEIN</b>
<b>1 tsp</b>	<b>VANILLA EXTRACT</b>
<b>1 tsp</b>	<b>CINNAMON</b>
<b>2 tsp</b>	<b>STEVIA</b>



- Microwave oats, unsweetened almond milk, and water in bowl according to directions listed on packaging and stir.
- Place Greek yogurt, protein powder, vanilla extract, cinnamon, and stevia into another bowl and stir.
- Combine the two bowls into one and mix well.

**MAKES 2 SERVINGS. PER SERVING :**

**CALORIES**

**285**

**CARBS**

**31<sub>G</sub>**

**PROTEIN**

**27<sub>G</sub>**

**FAT**

**6<sub>G</sub>**

# EASY BERRY PROTEIN YOGURT

**1/2 cup [115 g]**

**1 cup [170 g]**

**1 scoop [30 g]**

**FAT-FREE GREEK YOGURT**

**MIXED FROZEN BERRIES**

**VANILLA WHEY PROTEIN**



Combine ingredients into food processor or blender and blend thoroughly.

**MAKES 2 SERVINGS. PER SERVING :**

**CALORIES**

**255**

**CARBS**

**25<sub>G</sub>**

**PROTEIN**

**37<sub>G</sub>**

**FAT**

**2<sub>G</sub>**



# ANABOLIC VANILLA FRENCH TOAST

**184g**

**4 SLICES**

**2-4g**

**5g**

**32g**

**85g**

**TO TASTE**

**LIQUID EGG WHITES**

**WHITE BREAD**

**ZERO CALORIE SWEETENER**

**VANILLA EXTRACT**

**VANILLA WHEY PROTEIN POWDER**

**PLAIN FAT-FREE GREEK YOGURT**

**SUGAR FREE SYRUP**



- Mix egg whites, Greek yogurt, vanilla extract, protein powder, & zero calorie sweetener in a large mixing bowl & whisk it all together until blended.
- Take each slice of bread and dip into the protein mixture until each slice has absorbed a significant amount of liquid. Pre-heat a large skillet to medium/medium-high heat and spray with a light coating of nonstick spray.
- Place each slice of toast on your skillet and let cook for around 2-3 minutes each side! Remove from stove and enjoy! Feel free to add zero calorie syrup to really make this recipe hit the spot!

**MAKES 1 SERVINGS (4 SLICES). PER SERVING :**

**CALORIES**

**492**

**CARBS**

**54<sub>G</sub>**

**PROTEIN**

**60<sub>G</sub>**

**FAT**

**4<sub>G</sub>**

# ANABOLIC EGG & STEAK SANDWICH

**2 SLICES**

**56G**

**1/2C**

**3G**

**DASH**

**2-3 SPRAYS**

**45 CALORIE BREAD OR LOWER CARB. BREAD**

**PRECOOKED LEAN STEAK**

**EGGS MAKERS OR EGG BEATERS**

**OLIVE OIL**

**SALT & PEPPER**

**SPRAY BUTTER**



- Spray each slice of bread with spray butter then toast them in the toaster.
- In a separate bowl, mix 2 large eggs and set aside.
- Heat 56 grams of steak as indicated on the package.
- Fully cook the eggs adding salt/pepper then set aside.
- Add eggs and steak between the 2 slices of toasted bread.

Enjoy!

**MAKES 1 SERVING. PER SERVING :**

**CALORIES**

**339**

**CARBS**

**20<sub>G</sub>**

**PROTEIN**

**31<sub>G</sub>**

**FAT**

**17<sub>G</sub>**

# PROTEIN WAFFLES

<b>1/2 CUP</b>	<b>OATS</b>
<b>1/2 CUP</b>	<b>EGG WHITES</b>
<b>1 SCOOP</b>	<b>VANILLA WHEY PROTEIN POWDER</b>
<b>1 tsp</b>	<b>STEVIA</b>
<b>1/2 CUP</b>	<b>LOW-FAT COTTAGE CHEESE</b>
<b>1 tsp</b>	<b>BAKING POWDER</b>
<b>PINCH</b>	<b>SALT</b>
<b>1 tsp</b>	<b>CINNAMON</b>



Place ingredients into blender or food processor and blend until smooth. Spray non-stick cooking spray on waffle maker. Pour batter evenly into waffle maker. Cook for several minutes.

**MAKES 2 SERVINGS. PER SERVING :**

**CALORIES**

**210**

**CARBS**

**17<sub>G</sub>**

**PROTEIN**

**28<sub>G</sub>**

**FAT**

**4**

LUNCH / DINNER

# PROTEIN POWERED PB&J

**3 TBSP**

**1 TBSP**

**2.5 TBSP**

**1 DASH**

**2 SLICES**

**1 TBSP**

**PB2**

**SWERVE CONFECTIONERS SUGAR**

**WATER**

**SALT**

**LOW-CALORIE BREAD (try Sara Lee 45 cal)**

**LOW-CALORIE/LOW SUGAR JAM**

**PEANUT BUTTER  
MIX**



Mix up the ingredients for your peanut butter as noted above. Spread peanut butter on bread. Spread low-calorie jam on bread. Enjoy!

**PER SERVING, MAKES 1 SERVING:**

**CALORIES**

**275**

**CARBS**

**48<sub>G</sub>**

**PROTEIN**

**19<sub>G</sub>**

**FAT**

**4<sub>G</sub>**



# LOW CALORIE PIZZA TOAST

<b>1 SLICE</b>	<b>LOW-CALORIE BREAD (try Sara Lee 45 cal)</b>
<b>1 Spray</b>	<b>BUTTERED FLAVORED COOKING SPRAY</b>
<b>2 TBSP</b>	<b>LOW-CALORIE PIZZA SAUCE</b>
<b>1 TBSP</b>	<b>GRATED PARMESAN</b>
<b>2 TBSP</b>	<b>NON-FAT MOZZARELLA SHREDDED CHEESE</b>
<b>5 PIECES</b>	<b>CANADIAN BACON OR TURKEY PEPPERONI</b>



- Spray 1 side of bread with butter flavored non-stick spray.
- Place bread, spray side up in air fryer for 1 minute at 400°.
- Add 2 TBSP of low calorie pizza sauce, 1 tsp of grated parmesan, 2 TBSP of non-fat mozzarella shredded cheese and 5 pieces of Canadian bacon.
- Put back in air fryer for 2 minutes at 400°. Enjoy!

## PER SERVING, MAKES 1 SERVING:

CALORIES

**243**

CARBS

**8<sub>G</sub>**

PROTEIN

**30<sub>G</sub>**

FAT

**7<sub>G</sub>**

# CROCKPOT CHICKEN & SWEET POTATOES

**12 oz (340 g)**

**CHICKEN BREASTS**

**1 cup (240 ml)**

**WATER**

**1 cup (160 g)**

**CHOPPED ONIONS**

**1 cup (115 g)**

**DICED BABY CARROTS**

**1 (185 g)**

**LARGE SWEET POTATO**

**1 tsp**

**PAPRIKA**

**1 tsp**

**PEPPER**

**1 tsp**

**GARLIC POWDER**

**1 tbsp (15 ml)**

**SOY SAUCE**



Place all ingredients into crockpot. Cook for 6 hours on low or for 4 hours on high.

**MAKES 2 SERVINGS. PER SERVING :**

**CALORIES**

**295**

**CARBS**

**32<sub>G</sub>**

**PROTEIN**

**39<sub>G</sub>**

**FAT**

**1<sub>G</sub>**

# GRILLED CHICKEN QUESADILLAS

**3 oz [85 g]**

**1 tsp**

**1**

**1/4 cup [30 g]**

**2 tbsp [20 g]**

**1 tbsp [10 g]**

**2 tsp [30 ml]**

**CHICKEN BREASTS, SLICED AND COOKED**

**TACO SEASONING**

**WHOLE WHEAT TORTILLA**

**LOW-FAT CHEDDAR CHEESE**

**ONION, CHOPPED**

**RED PEPPER, CHOPPED**

**LEMON JUICE**



- Warm up pre-cooked, frozen chicken strips on grill for 5 minutes.
- Place chicken into bowl and season to desired taste.
- Place whole wheat tortilla onto grill and add chicken to half of tortilla.
- Sprinkle cheese on top of chicken.
- Add onion, pepper, and lemon juice. Fold tortilla in half and close lid of grill. Cook for 3 to 5 a few minutes and remove from grill. Cut in half and serve.

**MAKES 2 SERVINGS. PER SERVING :**

**CALORIES**

**270**

**CARBS**

**27<sub>G</sub>**

**PROTEIN**

**31<sub>G</sub>**

**FAT**

**4<sub>G</sub>**

# CHICKEN FRIED RICE

**1/2 cup (50 g)**

**4 oz (115 g)**

**1 cup (160 g)**

**1**

**1/4 cup (30 g)**

**1/2 cup (70 g)**

**1 cup (85 g)**

**2 tbsp (30 ml)**

**MUSHROOMS, SLICED**

**CHICKEN, COOKED AND SLICED**

**BROWN RICE, COOKED**

**EGG**

**CARROTS, DICED**

**PEAS**

**BROCCOLI**

**SOY SAUCE**



- Warm up pre-cooked, frozen chicken strips on grill for 5 minutes.
- Place chicken into bowl and season to desired taste.
- Place whole wheat tortilla onto grill and add chicken to half of tortilla.
- Sprinkle cheese on top of chicken. Add onion, pepper, and lemon juice.
- Fold tortilla in half and close lid of grill. Cook for 3 to 5 a few minutes and remove from grill. Cut in half and serve.

**MAKES 2 SERVINGS. PER SERVING :**

**CALORIES**

**260**

**CARBS**

**32<sub>G</sub>**

**PROTEIN**

**20<sub>G</sub>**

**FAT**

**4<sub>G</sub>**

# ANABOLIC PIZZA BURRITO

**1 TORTILLA**

**30g**

**2-4g**

**63g**

**56g**

**HIGH FIBER TORTILLA (TRY WELLNESS WRAPS)**

**TURKEY PEPPERONI**

**ZERO CALORIE SWEETENER**

**PIZZA SAUCE**

**FAT-FREE SHREDDED MOZZARELLA CHEESE**



- Start by taking a small sheet of foil and laying it out. This will be the cover for your burrito. Make sure you spray it with non-stick spray to save on hassle later.
- Lay a tortilla out on your foil sheet and place your cheese & pepperoni in the middle.
- Next add your sauce on top & roll the burrito up. Once the burrito is rolled up wrap your foil around it. Place your burrito in the air fryer at 350° for 5-7 minutes.
- Remove from the oven and let cool for 3-5 minutes. Enjoy this gooey & delicious burrito!

**MAKES 1 SERVINGS (4 SLICES). PER SERVING :**

**CALORIES**

**324**

**CARBS**

**27<sub>G</sub>**

**PROTEIN**

**36<sub>G</sub>**

**FAT**

**8<sub>G</sub>**



# BEEF & VEGETABLE STIR FRY

**16 oz (455 g)**

**1 cup (160 g)**

**1 package (460 g)**

**4 tbsp (60 ml)**

**1 tsp**

**1 tsp**

**96/4 GROUND BEEF**

**ONIONS, CHOPPED**

**STIR FRY FROZEN VEGETABLES**

**SOY SAUCE**

**PEPPER**

**GARLIC POWDER**



- Spray non-stick cooking spray on stovetop pan using medium heat.
- Place ground beef onto pan. Break meat into pieces with spatula. Cook meat for 5-8 minutes.
- Add onions, frozen vegetables, soy sauce and seasonings.
- Cook until vegetables are no longer frozen.

**MAKES 2 SERVINGS. PER SERVING :**

**CALORIES**

**220**

**CARBS**

**9<sub>G</sub>**

**PROTEIN**

**26<sub>G</sub>**

**FAT**

**5<sub>G</sub>**

# CRISPY BUFFALO WINGS

**896g**

**1 Tbsp**

**112g**

**CHICKEN WING PORTIONS**

**BAKING POWDER**

**ZERO CALORIE SAUCE [TRY G. HUGHES]**



- Remove your wings from the packaging and pat each of them dry with a paper towel. You want to be thorough here because the less moisture that's locked into the skin the crispier they're gonna be!
- After all of your wings have been dried we will transfer them into a large mixing bowl and add our baking powder into the bowl as well. Mix all of your wings up with the baking powder to ensure you get an even coating on the outside of every wing. This baking powder will leave no taste but really help that skin crisp up!
- We have the choice to use either an Air Fryer or an Oven here to cook these wings. As always an Air Fryer will provide the crispiest result but they'll still be crunchy and delicious in the oven!
- Bake at 450 degrees [on convection mode if you have it] for 30-40 minutes. The longer you cook the crispier they'll be! If air frying you'll use 400 degrees at 25 minutes. Make sure you spray whatever surface you cook on with non-stick spray because wings have a tendency to stick.
- Once removed from the oven/air fryer you will let sit for a few minutes to cool. In a large mixing bowl you will add your sauce of choice & toss the wings in it!

**MAKES 1 SERVING. PER SERVING :**

**CALORIES**

**440**

**CARBS**

**0g**

**PROTEIN**

**40g**

**FAT**

**30g**

# **ZERO CARB BREADED CHICKEN**

**224g****2****112g****CHICKEN-BREAST TENDERLOINS****LARGE EGG****PORK RINDS**

- Take your pork rinds and place them in a blender or food processor. Blend them up until they're a fine powder consistency. Now that our rinds are ready to go we will throw them in a separate bowl by themselves to use later.
- If you buy your chicken breast already in tenderloin form then you don't have much trimming to do. I go along the outside of each tender & trim off any white pieces I see.
- Once our tenders are trimmed and set aside we will break both of our eggs into a small bowl and whisk them until the yolk is completely dissolved into the mix.
- Now it's time to bread these tenders. Take one chicken tender at a time and dip it into our egg wash. After it is fully coated we will then dip it into our pork rinds. The goal here is to fully bread each tender without missing any spots.
- After all of our tenders are breaded we can either cook them in the oven or the air fryer. Either way works fine although I've found the air fryer makes them crispier!
- Cook at 350 degrees for about 15 minutes. Boom!! Now we have zero carb fried chicken tenders! Combine these with a zero calorie hot ....enjoy!

**MAKES 2 SERVING. PER SERVING :**

**CALORIES****323****CARBS****0g****PROTEIN****46g****FAT****15g**

# THIN CRUST PEPPERONI PIZZA

**1 PIECE**

**112g**

**84g**

**30g**

**JOSEPH'S LAVASH FLATBREAD**

**LOW-CALORIE MARINARA SAUCE**

**FAT-FREE MOZZARELLA CHEESE**

**TURKEY PEPPERONI**



- Grab a large baking sheet and lay a piece of foil down on it & spray with a light coating of non-stick spray.
- Lay your flatbread out on the pan and flatten any creases or bumps you may find. Add your marinara sauce on top and spread evenly across the flatbread while leaving room for crust on the outside. Add your fat free cheese & spread as evenly as possible.
- Next we add our turkey pepperoni to the pizza and try to make it look as pretty as possible for the gram!
- Pre-heat your oven to 350 degrees and cook the pizza anywhere from 8-13 minutes. Cook time can vary depending on whether you want a crispier or softer crust.
- Pull out of the oven, cut into slices, & enjoy this delicacy!
- \*NOTES\* You can throw the flatbread in the oven for 5 minutes or so at 350 degrees before adding topping if you want a real crispy crust!

**MAKES 1 SERVING. PER SERVING :**

**CALORIES**

**388**

**CARBS**

**30<sub>G</sub>**

**PROTEIN**

**49<sub>G</sub>**

**FAT**

**8<sub>G</sub>**

# PROTEIN PACKED CHICKEN QUESADILLA

<b>1 T</b>	<b>JOSEPH'S LAVASH BREAD (TORTILLA ISLE WALMART)</b>
<b>112g</b>	<b>FAT-FREE SHREDDED MOZZARELLA</b>
<b>140g</b>	<b>CHICKEN BREAST (RECOMMENDED: TYSON PRECOOKED)</b>
<b>56g</b>	<b>SALSA</b>



- Talk about a protein powerhouse! This thing is incredible & will totally fill you up while packing in a ton of protein and minimal calories!
- Start by laying out a Josephs flat bread on piece of foil. Makes sure you spray the foil with non-stick spray so your quesadilla doesn't stick!
- In a separate bowl, microwave or skillet cook your chicken breast and set it off to the side.
- Now take your flatbread and lay your cheese out on half of it followed up by your chicken and salsa. Once you have all your fillings on the flatbread fold it over and wrap it up in your foil.
- The best way to cook this now is in a two sided grill (like a George Foreman) or a panini press. Throw your foil wrapped quesadilla on your grill and press down so the heating element is touching both sides. Let this cook for around 5-8 minutes or until your cheese is fully melted.
- Once you check on your quesadilla and everything is gooey you are good to go! Now grab a fork and go to town on this delicacy!

## MAKES 1 SERVING. PER SERVING :

CALORIES

**456**

CARBS

**27<sub>G</sub>**

PROTEIN

**78<sub>G</sub>**

FAT

**4<sub>G</sub>**



# ANABOLIC GRILLED CHEESE

**2 SLICES**

**WHITE BREAD**

**4 SLICES**

**FAT FREE AMERICAN SINGLES**

**51G**

**CANADIAN BACON**



- Start by taking your two slices of bread and spraying the top and bottom sides with a thorough coating of I Can't Believe It's Not Butter Spray or equivalent.
- Now add two of your cheese slices to one piece of your bread and the other two to the other one.
- Preheat a skillet to medium-high heat and cook your Canadian bacon until it has a nice crust to it. Canadian bacon comes precooked so this isn't necessary but recommended.
- Once your Canadian bacon is finished place it on your bottom bun on top of the cheese and put the other piece on top. In the same skillet you just used place your sandwich down and let it cook for 3-4 minutes. Flip it once the cheese starts to melt & let the other side cook for 3-4 minutes. Finding the right temperature for your skillet is huge! Getting the cheese to melt without burning the bread is a masters art but I have faith in you!
- Once everything is melted and gooey you can now pull this off and enjoy!

## PER 1 SANDWICH:

**CALORIES**

**279**

**CARBS**

**33<sub>G</sub>**

**PROTEIN**

**30<sub>G</sub>**

**FAT**

**3<sub>G</sub>**

# QUICK PASTA CHICKEN MARINARA

**1 BAG  
8 OUNCE**

**FROZEN BIRDS EYE ROTINI MARINARA  
TYSON GRILLED & READY FULLY-COOKED CHICKEN**



- Heat entire bag of pasta in the microwave - follow package directions.
- Heat chicken in microwave - follow package directions.
- Combine & ENJOY!

**MAKES 1 SERVING. PER SERVING :**

**CALORIES**

**619**

**CARBS**

**55<sub>G</sub>**

**PROTEIN**

**83<sub>G</sub>**

**FAT**

**7<sub>G</sub>**

# ANABOLIC CHEESY ENCHILADAS

**448G**

**96% LEAN GROUND BEEF**

**120G**

**DICED GREEN CHILIES**

**3G**

**CHILI POWDER**

**3G**

**GARLIC POWDER**

**6**

**LOW CARB/HIGH FIBER TORTILLAS**

**224G**

**FAT FREE MOZZARELLA CHEESE**

**549G**

**RED ENCHILADA SAUCE**



- Brown ground beef then add chili & garlic powder.....simmer for 2-3 min.
- Spray baking pan with non-stick cooking spray and coat with a thin layer of enchilada sauce.
- Build enchilada: light layer of enchilada sauce, add some beef and some of your cheese. Roll and lay seam down in your pan. Build all 6 enchilada the same way.
- Top all 6 enchilada with remaining meat, cheese and sauce.
- Bake at 350° for 30 minutes.

**MAKES 6 SERVING. PER SERVING :**

**CALORIES**

**277**

**CARBS**

**27<sub>G</sub>**

**PROTEIN**

**33<sub>G</sub>**

**FAT**

**7<sub>G</sub>**

# **ANABOLIC GRILLED CHEESE**

**2 SLICES**

**4 SLICES**

**51g**

**4 SPRAYS**

**BREAD (CHOOSE HIGH FIBER/LOWER CALORIE)**

**FAT-FREE AMERICAN SINGLES**

**CANADIAN BACON**

**ZERO CALORIE BUTTER SPRAY**



- An American classic with a little twist! Next time you crave a gooey grilled cheese skip the extra calories and opt for the protein packed version!
- Start by taking your two slices of bread and spraying the top and bottom sides with a thorough coating of I Can't Believe It's Not Butter Spray or equivalent. Now add two of your cheese slices to one piece of your bread and the other two to the other one.
- Preheat a skillet to medium-high heat and cook your Canadian bacon until it has a nice crust to it. Canadian bacon comes precooked so this isn't necessary but recommended.
- Once your Canadian bacon is finished place it on your bottom bun on top of the cheese and put the other piece on top. In the same skillet you just used place your sandwich down and let it cook for 3-4 minutes. Flip it once the cheese starts to melt & let the other side cook for 3-4 minutes. Finding the right temperature for your skillet is huge! Getting the cheese to melt without burning the bread is a masters art but I have faith in you!
- Once everything is melted and gooey you can now pull this off and enjoy! Filled with protein and loaded with gooey Canadian bacon.

**MAKES 1 SERVING. PER SERVING :**

**CALORIES**

**279**

**CARBS**

**33<sub>G</sub>**

**PROTEIN**

**30<sub>G</sub>**

**FAT**

**3<sub>G</sub>**

# SNACKS / SIDES

# AIR FRYER POTATO CHIPS

**16OZ**

**DASH**

**POTATOES**

**SALT**



- Cut potatoes into thin slices. The thinner the slices, the less the cooking time.
- Soak the potatoes in water for 20-30 minutes then strain and dry with a paper towel.
- Spray a light coating of nonstick cooking spray on potatoes as you toss them.
- Sprinkle with salt.
- Put potatoes in the air fryer 15-20 minutes at 350°.
- Remove from the air fryer and enjoy!

**MAKES 1 SERVING. PER SERVING :**

**CALORIES**

**348**

**CARBS**

**78<sub>G</sub>**

**PROTEIN**

**9<sub>G</sub>**

**FAT**

**0<sub>G</sub>**

# MOZZARELLA STICKS

**3**

**LOW-FAT MOZZARELLA CHEESE STICKS**

**1 PACK**

**WONTON WRAPS**



- Preheat your oven to 375 degrees that way it's ready to go as soon as we have our mozzarella sticks made!
- First off take your two mozzarella sticks and cut them into quarters.
- You'll want to cut them in half and then cut the halves down the middle. Basically you want them to be longer and not short/stubby. After that step you should have 8 mozzarella cheese strips. Go ahead and take your wonton wrappers and lay out one square for each mozzarella stick. The ones I buy are already the perfect size but you may need to cut them down.
- Place a mozzarella strip down on one of the wrappers and wet the edge of the wrapper with a little water so it sticks when we seal it. Now go ahead and roll it up into a cylinder shape and press down on the ends to seal it up. Take a fork and further press these ends down to lock them in place. Repeat this step for each mozzarella stick.
- Once all of your mozzarella sticks are wrapped up place them on a
- baking sheet and bake them at 375 degrees for 8-10 minutes.
- And boom! We have low calorie mozzarella sticks that won't break the
- calorie bank!

## PER 3 MOZZARELLA STICKS:

**CALORIES**

**260**

**CARBS**

**25<sub>G</sub>**

**PROTEIN**

**22<sub>G</sub>**

**FAT**

**8<sub>G</sub>**

# CHOCOLATE PEANUT BUTTER PROTEIN CHEESECAKE

**24 oz (670 g)**  
**2 scoops (60 g)**  
**3/4 cup (20 g)**  
**1/2 cup (130 g)**  
**2 tbsp (10 g)**  
**1 tsp**  
**3**  
**1 tbsp (15 ml)**

**FAT-FREE CREAM CHEESE, SOFTENED**  
**CHOCOLATE WHEY PROTEIN**  
**STEVIA**  
**PEANUT BUTTER, SOFTENED**  
**UNSWEETENED BAKING COCOA**  
**VANILLA EXTRACT**  
**EGGS**  
**LEMON JUICE**



- Preheat oven to 350°F (180°C).
- Add ingredients to bowl. Mix with hand mixer.
- Spray non-stick cooking spray on 9 inch pie pan.
- Pour batter into pie pan. Bake for 45 minutes. Refrigerate for 3 hours.

**MAKES 2 SERVINGS. PER SERVING :**

**CALORIES**

**200**

**CARBS**

**9<sub>G</sub>**

**PROTEIN**

**20<sub>G</sub>**

**FAT**

**8<sub>G</sub>**



# ANABOLIC ICE CREAM

**32G**

**PROTEIN POWDER**

**140G**

**FROZEN STRAWBERRIES**

**5G**

**XANTHAN GUM (CONTAINER WILL LAST A LONG**



- Start by taking a blender and tossing in your protein, frozen berries, & xanthan gum. Throw in around a cup of crushed ice as well. Blend this up for a few minutes until it expands in your blender and triples or quadruples in size. The xanthan gum will make it really puff up so be prepared! You will need a heavy duty blender like a Ninja to blend this up really good.
- You may need to add a little more ice or liquid to it but this probably won't be necessary. Toss in some water or unsweetened almond milk if needed!
- Let's do it!! Scrape your protein ice cream into a bowl and enjoy! Very high volume and oddly filling. You almost have to try this yourself to appreciate what happens when you blend this up. Feel free to use any combination of protein powder flavor or berries to get the desired taste! Enjoy!!

## PER 1 SANDWICH:

**CALORIES**

**185**

**CARBS**

**18G**

**PROTEIN**

**26G**

**FAT**

**1G**

# ANABOLIC PEANUT BUTTER CHEWS

<b>80g</b>	<b>PB Fit Powder</b>
<b>130g</b>	<b>Vanilla Unsweetened Almond Milk</b>
<b>42g</b>	<b>Honey</b>
<b>31g</b>	<b>Vanilla Whey Protein Powder</b>
<b>10g</b>	<b>Zero Calorie Sweetener</b>
<b>40g</b>	<b>Corn Flakes</b>



- Mix all ingredients (except cornflakes).
- Spray sauce pan with nonstick cooking spray then add your mixed ingredients.
- Cook ingredients on medium heat for 2-3 minutes to thicken the batter.
- Pour batter over the top of the cornflakes.
- Place 5 bite size scoops into a container.
- Let them cool (really good refrigerated or frozen).
- ENJOY!

## MAKES 5 SERVINGS, AMOUNT PER SERVING:

CALORIES

**156**

CARBS

**20<sub>G</sub>**

PROTEIN

**13.5<sub>G</sub>**

FAT

**2.6<sub>G</sub>**

# ANABOLIC BROWNIES

**183g**

**Canned Pumpkin**

**14g**

**Coconut Flour**

**62g**

**Vanilla or Chocolate Whey Protein**

**10g**

**Unsweetened Cocoa Powder**

**40g**

**Sugar-Free Chocolate Syrup**

**3g**

**Baking Soda**



- Preheat oven to 350°
- Mix all ingredients thoroughly.
- Spray 9x9 baking dish with nonstick cooking spray.
- Spoon mixed ingredients into the 9x9 baking dish.
- Bake for 10-15 minutes or until you can dip a toothpick into brownies and pull it out “clean”.

Optional: add a spoonful of Halo Top Ice Cream onto top of warm brownie.

**MAKES 5 SERVINGS, AMOUNT PER SERVING:**

**CALORIES**

**117**

**CARBS**

**9<sub>G</sub>**

**PROTEIN**

**11.8<sub>G</sub>**

**FAT**

**3.8<sub>G</sub>**