



Macro Recipe E-Book

A GUIDE TO COOK DELICIOUS
MEALS TO FIT YOUR MACROS



Macros



Directions



Ingredients



Mediterranean Chicken Sauté



Carbs

8G / 32KCAL



Fats

15.7G / 141.3KCAL



Protein

37G / 148KCAL

(*Per Serving)



Mediterranean Chicken Sauté



Ingredients

2 lbs. boneless
skinless chicken breast, raw
1/2 tsp. garlic powder
1/2 tsp. black pepper
1/2 tsp. kosher salt
1 tbsp. butter
2 tbsp. olive oil
3 cloves garlic, minced
8 oz. mushrooms, sliced
3 cups fresh spinach
1-15 oz. can artichokes in brine,
drained
1 cup grape tomatoes, halved
4 oz. kalamata olives, drained
2 tbsp. balsamic vinegar
2 tsp. oregano 1/2 cup fresh basil

6 Servings



Directions

Pan-fry chicken breast in a nonstick skillet with butter and one tablespoon of olive oil over medium-high heat for 2-3 minutes per side, seasoning with black pepper, kosher salt, and garlic powder on both sides.

Once cooked through and lightly browned, set chicken aside. Heat remaining tablespoon of oil in skillet over medium heat. Sauté garlic and mushrooms until mushrooms are tender and garlic is fragrant.

Add spinach, artichokes, tomatoes, and olives; sauté until heated through and spinach is wilted. Drizzle veggies with balsamic and season with dried oregano. Add back chicken and top with fresh basil. Serve hot.



Cheeseburger Cauliflower Casserole



Macros



Carbs

16G / 64KCAL



Fats

22.6G / 203.4KCAL



Protein

46G / 184KCAL

(*Per Serving)



Cheeseburger Cauliflower Casserole



Ingredients

6 cups fresh cauliflower, chopped
2 lbs. 93% lean ground beef, raw
1 cup onion, chopped
2 tbsp. Worcestershire sauce
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. black pepper
2 tbsp. butter (or vegan buttery spread)
2 tbsp. all-purpose flour (or 1 tbsp. cornstarch)
2 cups low fat milk (or unsweetened cashew milk or rice milk)
2 cups shredded reduced fat sharp cheddar cheese, divided
2-3 tbsp. Dijon mustard, to taste

6 Servings



Directions

Preheat oven to 350 degrees F. Steam chopped fresh cauliflower until tender. Spread over the bottom of a lightly greased 9"x13" casserole dish.

Pan-fry ground beef in a nonstick skillet over medium-high heat until cooked through; drain fat. Add onion, Worcestershire sauce, and spices; reduce heat to medium-low and cook for 5 minutes. Spread cooked beef over cauliflower in casserole dish.

In a medium saucepan, melt butter and sprinkle in flour.

Add milk and whisk until no clumps remain.

Add one and a half cup shredded cheese and mustard (to taste), stirring until smooth.

Pour cheese mixture over cauliflower and beef in casserole dish; sprinkle with remaining half cup of cheese. Bake for 20-25 minutes until cheese is melted and bubbly. Enjoy!



Sausage Lasagna Spaghetti Squash



Macros



Carbs

16G / 64KCAL



Fats

11.4G / 102.6KCAL



Protein

39G / 156KCAL

(*Per Serving)



Sausage Lasagna Spaghetti Squash



Ingredients

3 small (2 lbs. cooked flesh)
spaghetti squash
2 lbs. lean Italian chicken or
turkey sausage
1-28 oz. can organic diced
tomatoes
2 tbsp. red wine vinegar
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. dried parsley
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. red pepper flakes
(optional)
1/4 tsp. black pepper
1/2 cup 2% cottage cheese (or
ricotta)
1/4 cup parmesan cheese, grated
1 cup shredded part skim
mozzarella cheese, divided
Fresh parsley (garnish)



Directions

Preheat oven to 400 degrees F.
Cut each squash in half, scoop out
seeds, and place cut side down on
baking dish or sheet.
Bake squash for 35-45 minutes until a
fork can easily pierce skin.
Meanwhile, pan-fry sausage (remove
any casings) in a nonstick skillet over
medium heat until cooked through,
breaking into small pieces with a
spatula or turner as it cooks.
Add diced tomatoes, red wine vinegar,
and spices to skillet with cooked
sausage. Reduce heat to medium low
and simmer until spaghetti squash is
done.
Once squash is done baking, scrape out
strands of flesh using forks into a large
mixing bowl. Set squash "shells" cut
side up on baking dish or sheet.
Add turkey mixture, cottage cheese,
Parmesan cheese, and half a cup of
mozzarella cheese, stirring to combine.
Divide squash and turkey mixture
between squash "shells" and top with
remaining mozzarella. Bake stuffed
squash at 400 degrees F for 10-15
minutes until cheese is bubbly and
golden. Enjoy!

6 Servings



Asian Style Lettuce Wraps



Carbs

11G / 44KCAL



Fats

17G / 153KCAL



Protein

32G / 128KCAL

(*Per Serving)



Asian Style Lettuce Wraps



Ingredients

2 lbs. 93% lean ground turkey or ground chicken
2 tsp. sesame oil
1 cup water
chestnuts, diced
1 cup carrots, shredded
3 stalks green onion, thinly sliced
2 heads butter or baby romaine lettuce, washed and patted dry
Sauce:
1/2 cup reduced sodium soy (or tamari sauce or coconut aminos)
3 tbsp. natural rice vinegar
2 tbsp. natural peanut butter
2 tbsp. Sriracha hot sauce (optional)
1 tbsp. honey
1 tbsp. fresh ginger, grated
1 clove garlic, minced
1/2 tsp. crushed red pepper flakes (optional)
1/4 tsp. black pepper
1/4 tsp. kosher salt (optional)



Directions

Cook ground meat in a nonstick skillet or wok over medium-high heat until cooked through. Set aside in a large mixing bowl.
Heat sesame oil in same skillet or wok over medium-high heat, adding water chestnuts, shredded carrot, and green onion. Stir-fry for 1-2 minutes until tender.
Add vegetables to mixing bowl with cooked turkey.
Whisk or blend together sauce ingredients and pour over meat mixture, stirring to combine.
Divide meat mixture into six equal portions and serve in prepared lettuce leaves. Enjoy!

6 Servings

Salmon, Roasted Tomatoes & Pesto Zoodles



Carbs

12G / 48KCAL



Fats

15.2G / 136.8KCAL



Protein

34G / 136KCAL

(*Per Serving)

Salmon, Roasted Tomatoes & Pesto Zoodles



Ingredients

2 lbs. wild caught salmon fillets, fresh or frozen
4 garlic cloves, minced
2 tbsp. Dijon mustard
2 tbsp. lemon juice
2 tbsp. white cooking wine
1 1/2 tsp. dried basil
1 1/2 tsp. black pepper
1 tsp. kosher salt (optional)
Roasted tomatoes:
1 cup (5 oz.) cherry or grape tomatoes
1 tbsp. olive oil
1/4 tsp. kosher salt (optional)
1/4 tsp. black pepper
Homemade pesto:
2 cups fresh basil, stems removed
1/2 cup water
1/4 cup parmesan cheese, grated
2 tbsp. pine nuts (optional)
1 tbsp. olive oil
3 cloves garlic
1/2 tsp. kosher salt
Zoodles:
6 medium zucchini, spiralized
Cooking spray



Directions

Preheat oven to 400 degrees F. Arrange salmon fillets on a baking sheet covered in foil. Combine other ingredients to make a sauce and spread over salmon fillets. Bake salmon for 30-40 minutes until flesh flakes easily with a fork. While salmon is cooking, toss tomatoes with olive oil, salt and pepper and bake for 20 minutes on a separate baking dish or sheet. Once done, set salmon and tomatoes aside. Combine pesto ingredients in a blender or food processor and pulse until smooth. Make zucchini noodles ("zoodles") using a spiralizer or veggetti. Sauté zoodles in a nonstick skillet with cooking spray for 1-2 minutes until tender. Toss "zoodles" with pesto and top with flaked salmon and roasted tomatoes. Enjoy!

6 Servings



BBQ Turkey Meatloaf Muffins



12 Servings

 **Macros**



Carbs

16G / 64KCAL



Fats

5.2G / 46.8KCAL



Protein

17G / 68KCAL

(*Per Serving)



BBQ Turkey Meatloaf Muffins



Ingredients

Cooking spray
1 cup onion, chopped
3 cloves garlic, minced
2 lbs. 93% lean ground turkey
1/2 cup dry couscous or quinoa,
prepared without butter or oil
1/2 cup (4 large) egg whites
1/4 cup BBQ sauce (see recipe
below or use store-bought)
1-1/2 tbsp. Worcestershire sauce
1-1/2 tbsp. Dijon mustard
2 tsp. smoked paprika
1 tsp. dried
rosemary
1 tsp. black pepper
1 tsp. salt (optional)
3/4 cup BBQ sauce for
topping
BBQ sauce:
1 cup ketchup
2 tbsp. Truvia brown sugar blend
(or 1/4 cup regular brown sugar)
1 tbsp. apple cider vinegar
1 tbsp. Worcestershire sauce
1/2 tsp. Dijon mustard
1/8 tsp. liquid smoke (optional)



Directions

Preheat oven to 400 degrees F.
Sauté onion and garlic in a nonstick
skillet with cooking spray over
medium heat until onion is
translucent and garlic is fragrant. If
making your own BBQ sauce,
combine sauce ingredients in a small
saucepan and simmer over medium
heat for 5-10 minutes to allow
flavors to combine. Add sautéed
onion, garlic, ground turkey, cooked
couscous or quinoa, egg whites, BBQ
sauce, Worcestershire sauce,
mustard, and spices to a large mixing
bowl. Mix until combined. Divide
turkey mixture between twelve
lightly greased wells of a muffin pan.
Top each muffin with one tablespoon
of BBQ sauce. Bake turkey muffins
for 25 minutes or until a meat
thermometer inserted into the center
reads at least 160 degrees F.
Serve with mashed or baked
potatoes and steamed vegetables.
Enjoy!



Skinny Orange Chicken



Carbs

16G / 64KCAL



Fats

5.2G / 46.8KCAL



Protein

17G / 68KCAL

(*Per Serving)



Skinny Orange Chicken



Ingredients

2 lb. boneless skinless chicken breasts, raw, cut into bite-sized pieces
2 tbsp. sesame oil
1/2 tsp. black pepper
1/2 tsp. kosher salt (optional)
Orange sauce
:3 cloves garlic, minced
1/2 cup orange juice
1/4 cup natural rice vinegar
3 tbsp. reduced sodium soy (or tamari sauce or coconut aminos)
2 tbsp. honey
2 tbsp. stevia-erythritol blend (like Pyure or Truvia brand)
2 tbsp. orange zest
1 tbsp. cornstarch + 1-2 tbsp. cold water
1/2 tsp. ground ginger
1/4 tsp. red pepper flakes (optional)
Other:
1/4 cup green onions, chopped
4 cups cooked white rice



Directions

Whisk together orange sauce ingredients and set aside. In a large wok or skillet, cook chicken with sesame oil over medium-high heat until cooked through, seasoning with salt and pepper. Reduce heat to medium.

Pour orange sauce over chicken, stirring to evenly coat chicken. Let sauce bubble until thickened, then remove from heat.

Serve orange chicken over cooked rice and garnish with green onions.

6 Servings



Lighter Shrimp Fettuccine Alfredo



6 Servings

 **Macros**



Carbs

67G / 268KCAL



Fats

8.9G / 80KCAL



Protein

30G / 120KCAL

(*Per Serving)



Lighter Shrimp Fettuccine Alfredo



Ingredients

20 oz. shrimp, peeled and deveined, raw
1/4 tsp. black pepper
1/4 tsp. kosher salt (optional)
1/4 tsp. garlic powder
2 tbsp. lemon juice
2 tbsp. butter (or vegan buttery spread), divided
3 cloves minced garlic, divided
2 tsp. all-purpose flour (or 1 tsp. cornstarch)
1 tsp. lemon zest
1 cup low fat milk (or unsweetened cashew milk or rice milk)
1/2 cup parmesan cheese, grated
1/4 tsp. black pepper
1/4 tsp. kosher salt (optional)
3 tablespoons chopped fresh parsley (optional)
6 cups raw broccoli, steamed
1 lb. dry fettuccine pasta, cooked



Directions

Thaw shrimp in fridge overnight or in cold water if frozen. Pat dry using paper towels and season with pepper, salt, and garlic powder. Squeeze lemon over shrimp.

In a nonstick skillet, melt one tablespoon of butter. Add shrimp and cook for 2-4 minutes until pink, stirring once to ensure even cooking. Set aside. Cook fettuccine according to package directions, drain, and rinse with warm water to prevent sticking. Set aside, covered.

Steam broccoli until tender and set aside.

Add second tablespoon of butter to skillet with minced garlic. Sauté 1 minute until fragrant. Sprinkle flour and lemon zest over garlic, stirring to combine.

Whisk milk, parmesan cheese, pepper, and salt; continue stirring until thickened.

Combine alfredo sauce, cooked fettuccine, shrimp, and broccoli, tossing to coat evenly. Enjoy!



Lean Steak Burrito Bowls



Carbs

54G / 116KCAL



Fats

10.3G / 92.7KCAL



Protein

44G / 176KCAL

(*Per Serving)



Lean Steak Burrito Bowls



Ingredients

2 lbs. lean bottom round or flank steak, sliced into strips
1 cup onion, sliced thin
1 cup bell pepper, sliced thin
1 tbsp. olive oil
2 cups canned sweet corn, drained
2 cups canned black beans, drained and rinsed
2 cups fresh tomatoes, diced
Cilantro lime marinade:
1/2 cup fresh cilantro
3 garlic cloves, minced
1/4 cup fresh lime juice
2 tbsp. red wine vinegar
1/2 tsp. black pepper
1/2 tsp. kosher salt (optional)
Cilantro lime rice:
3 cups cooked rice
1/4 cup fresh cilantro, chopped
2 tbsp. fresh lime juice



Directions

Combine marinade ingredients and marinate steak for at least an hour or overnight.

Heat oil in a nonstick skillet over medium-high heat and cook steak, undisturbed for about 2-3 minutes to brown. Turn and cook on second side for 1-2 minutes until browned. Set aside.

Without cleaning the skillet, sauté onions and peppers over medium heat until tender then remove from heat.

Toss cooked rice with fresh lime juice and cilantro.

Serve four ounces of cooked steak plus one and a half ounces of sautéed pepper and onion with one half cup of cilantro lime rice, and one third cup of each: sweet corn, black beans, and tomatoes. Enjoy!

6 Servings

Buffalo Chicken Stuffed Sweet Potatoes



 **Macros**



Carbs

50G / 200KCAL



Fats

6.3G / 56.7KCAL



Protein

33G / 132KCAL

(*Per Serving)

Buffalo Chicken Stuffed Sweet Potatoes



Ingredients

6-8 oz. sweet potatoes, baked
24 oz. boneless skinless chicken
breasts, cooked and shredded
1/2 cup buffalo sauce (not hot
sauce)
3 oz. reduced fat blue cheese,
crumbled
6 tbsp. jalapeño or green onion,
chopped

6 Servings



Directions

Cook chicken breasts in slow cooker on high for 4-6 hours until easily shredded with a fork. Shred chicken with forks and drain excess liquid. Toss with buffalo sauce and set aside. Preheat oven to 400 degrees F. Pierce sweet potatoes with a fork a few times then bake for 45 minutes until tender. Cut a slit lengthwise down each potato and stuff with about four ounces of buffalo chicken. Top with bleu cheese crumbles, jalapeño or green onion, and enjoy!



Lemon Blackberry Protein Muffins



Carbs

12G / 48KCAL



Fats

3.1G / 27.9KCAL



Protein

10G / 40KCAL

(*Per Serving)



Lemon Blackberry Protein Muffins



Ingredients

120g vanilla whey or vegan protein powder
3/4 cup oat flour
2/3 cup stevia-erythritol blend (like Pyure or Truvia brand)
1/3 cup almond flour
2 tsp. baking powder
1/2 cup nonfat plain Greek yogurt
1/2 cup (4 large) egg whites
1/4 cup unsweetened applesauce
2 tbsp. butter or vegan buttery spread (optional)
2 tbsp. fresh lemon juice
2 tsp. lemon zest 1 tsp. vanilla extract
2 cups blackberries, fresh or frozen



Directions

Preheat oven to 350 degrees F. Whisk together dry ingredients (through baking powder) in a medium mixing bowl. Add wet ingredients (through vanilla extract) and mix until just combined. Gently stir in blackberries. Divide muffin batter between twelve wells of a lightly greased muffin pan. Bake for 20-25 minutes until a toothpick or knife inserted comes out clean. Enjoy!

12 Servings



Strawberry Protein Cheesecake



8 Servings

 **Macros**



Carbs

14G / 56KCAL



Fats

11.2G / 100.8KCAL



Protein

20G / 80KCAL

(*Per Serving)



Strawberry Protein Cheesecake



Ingredients

Crust:

40g vanilla whey or vegan protein powder
6 tbsp. almond flour
6 tbsp. oat flour
1 tbsp. stevia-erythritol blend (like Pyure or Truvia brand)
1/4 tsp. salt (optional)
2 tbsp. butter (or vegan buttery spread)
2 tbsp. (1 large) egg white

Cheesecake:

12 oz. Greek cream cheese, softened at room temp (or any type of cream cheese)
6 oz. nonfat plain Greek yogurt
1/2 cup egg whites
60g vanilla whey or vegan protein powder

6 tbsp. stevia-erythritol blend (like Pyure or Truvia brand) Strawberry puree:

1 cup strawberries
1 tbsp. stevia-erythritol blend (like Pyure or Truvia brand)



Directions

Preheat oven to 350 degrees F. In a medium mixing bowl, combine crust ingredients to make a crumbly mixture.

Press crust mixture into the bottom of a lightly greased 8" or 9" cake pan.

Bake for 10 minutes and set aside.

Reduce oven temp to 300 degrees F.

Blend together cream cheese, Greek yogurt, and egg whites until smooth.

Add protein powder and sweetener, blending again until smooth.

Pour cheesecake mixture over baked crust.

Puree strawberries with sweetener in a blender or food processor.

Drop strawberry puree over top cheesecake by tablespoon, spacing about an inch or so, then swirl through with a knife.

Bake cheesecake for 25-35 minutes until center is barely set and jiggles like JELLO. Cracking indicates over-baking.

Let cheesecake cool for 10-15 minutes at room temperature, then chill in fridge a minimum of 3 hours or overnight.

Slice into eight pieces using a plastic knife and enjoy!

White Chocolate Cashew Protein Truffles



Carbs

8G / 32KCAL



Fats

5.8G / 52.2KCAL



Protein

6G / 24KCAL

(*Per Serving)

White Chocolate Cashew Protein Truffles



Ingredients

40g vanilla whey or vegan protein powder
3 tbsp. coconut flour (or 6 tbsp. oat flour)
2 tsp. stevia-erythritol blend (like Pyure or Truvia brand)
3 tbsp. unsweetened coconut milk (or milk of choice)
1 tsp. coconut oil, melted
1/4 tsp. vanilla extract
Coating:
1 oz. white chocolate chips, melted
1 tsp. coconut oil, melted
1 tbsp. dry-roasted cashews, chopped fine

5 Servings



Directions

Combine truffle ingredients in a small mixing bowl until a thick dough forms.

Roll dough into five tablespoon-sized balls and place in the fridge.

Nest a small metal mixing bowl inside a small saucepan that has been halfway filled with hot water (can also use a double boiler or bain marie).

Bring water to a simmer over medium heat and add chocolate chips and coconut oil to empty bowl above.

Stir occasionally as chocolate melts until smooth.

Finely chop cashews and set aside.

Remove truffle balls from fridge and roll in melted chocolate using a spoon or spatula, placing on a plate once coated.

Immediately sprinkle with cashew bits. Repeat for all five truffles.

Frosted Peanut Butter Protein Brownies



Carbs

8G / 32KCAL



Fats

5.8G / 52.2KCAL



Protein

6G / 24KCAL

(*Per Serving)

Frosted Peanut Butter Protein Brownies



Ingredients

80g chocolate whey or vegan protein powder

1/2 cup (60g) cup oat flour

50g powdered peanut butter

1/3 cup unsweetened cocoa powder

6 tbsp. stevia-erythritol blend (like Pyure or Truvia brand)

1 tsp. baking powder

3/4 cup unsweetened almond milk (or milk of choice)

1/2 cup nonfat plain Greek yogurt

1/2 cup natural peanut butter

2 whole eggs

1/4 cup (2 large) egg whites

1/2 tsp. vanilla extract

Frosting:

1/2 cup nonfat plain Greek yogurt

40g chocolate whey or vegan protein powder

25g powdered peanut butter

2 tbsp. stevia-erythritol blend (like Pyure or Truvia brand)

3 tbsp. mini chocolate chips (optional)



Directions

Preheat oven to 350 degrees F.

Whisk together dry ingredients (through baking powder) in a medium mixing bowl.

Add wet ingredients (through vanilla extract) and mix until just combined.

Spread brownie batter over the bottom of a lightly greased 8" or 9" square pan.

Bake for 15-20 minutes until center is set but still slightly gooey.

Let brownies cool.

Meanwhile, combine frosting ingredients (except chocolate chips) until smooth.

Spread frosting over brownies and sprinkle with chocolate chips (optional).

Cut into sixteen squares and enjoy!

16 Servings



Iced Cinnamon Protein Cookies



Carbs

5G / 20KCAL



Fats

4.3G / 38.7KCAL



Protein

7G / 42KCAL

(*Per Serving)



Iced Cinnamon Protein Cookies



Ingredients

80g chocolate whey or vegan protein powder

1/2 cup (60g) cup oat flour

50g powdered peanut butter

1/3 cup unsweetened cocoa powder

6 tbsp. stevia-erythritol blend (like Pyure or Truvia brand)

1 tsp. baking powder

3/4 cup unsweetened almond milk (or milk of choice)

1/2 cup nonfat plain Greek yogurt

1/2 cup natural peanut butter

2 whole eggs

1/4 cup (2 large) egg whites

1/2 tsp. vanilla extract

Frosting:

1/2 cup nonfat plain Greek yogurt

40g chocolate whey or vegan protein powder

25g powdered peanut butter

2 tbsp. stevia-erythritol blend (like Pyure or Truvia brand)

3 tbsp. mini chocolate chips (optional)



Directions

Preheat oven to 350 degrees F.

Whisk together dry ingredients (through baking powder) in a medium mixing bowl.

Add wet ingredients (through vanilla extract) and mix until just combined.

Spread brownie batter over the bottom of a lightly greased 8" or 9" square pan. Bake for 15-20 minutes until center is set but still slightly gooey.

Let brownies cool. Meanwhile, combine frosting ingredients (except chocolate chips) until smooth.

Spread frosting over brownies and sprinkle with chocolate chips (optional).

Cut into sixteen squares and enjoy!

12 Servings