



# 1-Day Sample Menu

1600 calorie/day  
Macro Ratios: 33/33/33

Food Item	Meal	Recipe	Serve Amt	Serve Unit	Calories	Protein(g)	Carbs(g)	Fat(g)
Butter, unsalted	Breakfast		1	tsp	34	0	0	4
Banana Protein Muffins	Breakfast	•	2	servings	363	32	29	13
Red Pepper, raw, sliced	AM Snack		1	cup	29	1	6	0
Cottage Cheese, 2%	AM Snack		0.5	cup	97	13	4	3
Whole Wheat Crackers*	AM Snack		16	crackers	129	3	21	4
Spinach, raw	Lunch		0.5	cup	3	0	1	0
Cabbage, raw, shredded	Lunch		0.5	cup	9	0	2	0
Yellow Mustard	Lunch		1	tbsp	10	1	1	1
Tortilla, Low Carb & High Fiber	Lunch		1	tortilla	80	8	18	3
Grilled Chicken Breast	Lunch	•	3	oz	95	17	1	2
Cucumber Asian Salad	Lunch	•	1	servings	114	2	8	8
Mrs Dash Garlic & Herb	Snack		0.25	tsp	0	0	0	0
Celery stalk, raw	Snack		2	large	20	1	4	0
Cream Cheese, lowfat	Snack		1	tbsp	30	1	1	2
Tuna, packed in water	Snack		3	oz	99	22	0	1
Lemon Juice, fresh	Dinner		2	tbsp	7	0	2	0
Spinach, raw	Dinner		1	cup	7	1	1	0
Salad Greens	Dinner		1	cup	8	1	2	0
Chicken & Beef Enchilasagna	Dinner	•	1	servings	361	26	23	18
Blackberries, raw	PM Snack		0.5	cup	31	1	7	0
String Cheese, part skim	PM Snack		1	stick	80	7	1	6
					<b>1606</b>	<b>137</b>	<b>132</b>	<b>65</b>

**Breakfast:** 2 muffins with butter.

**Snack 1:** 1/2 cup cottage cheese with crackers\* and sliced raw pepper.

**Lunch:** Wrap - low-carb tortilla, chicken breast, spinach & cabbage with mustard, and a serving of cucumber salad.

**Snack 2:** Mix tuna (drained) with cream cheese and Mrs Dash. Eat with celery.

**Dinner:** Enchilasagna and salad topped with lemon juice.

**Snack 3:** String Cheese (skim) and 1/2 cup blackberries.

\* Wheat Crackers: check labels. This is based on Wheat Thins Reduced Fat. Find a clean cracker you like and adjust the numbers accordingly.

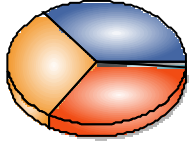
# Banana Protein Muffins RFF

By: Chelle Stafford

Recipe grams: 470.78g/16.6oz

Serves 6 78.46g/2.8oz per serving

Prep time: 10 min. Cook time: 20 min.



Protein: 35%  
Carbohydrates: 31%  
Fat: 33%  
Alcohol: 1%

## INGREDIENTS

1/4 cup QUICK OATS, DRY  
1/4 cup Coconut Flour  
2 tbsp FLAX SEED, WHOLE  
1/4 tsp Sea Salt  
1 tsp BAKING POWDER, DOUBLE ACTING, salt aluminum sulfate  
2 large EGG WHITE, CHICKEN, RAW, fresh  
1 tbsp APPLESAUCE, UNSWEETENED, canned, no added Vit-C  
1/2 cup Unsweetened Almond Milk, Vanilla  
1 tsp VANILLA EXTRACT  
1 scoop Pure Whey Protein Powder, Banana Scream  
4 oz CREAM CHEESE, LOWFAT  
2 scoop Pure Whey Protein Powder, Banana Scream  
1 small BANANA, RAW, 6 - 6 7/8" long

## DIRECTIONS

Mix together the dry ingredients. In a separate bowl, mix the wet ingredients, then blend together with the dry. When nearly blended, add the cup of banana and mix together.

Spray a muffin tin with clean oil (I use coconut). Divide the batter into 6 muffin cups. Bake at 350 for about 20-24 minutes. (I start at 15 and check them every 3 minutes until they're just starting to go gold/brown on top - don't over-bake these! You'll end up with a dry nasty rock.) Remove from oven when a knife inserted comes out clean (even if they don't look done). Set on cooling rack.

Mix frosting:

In a small bowl, mix 1 scoop Banana Scream protein powder with 4 oz Neufachtel cream cheese (lowfat). Continue mixing until smooth. Divide icing among the six cooled muffins.

Store in airtight container in fridge.

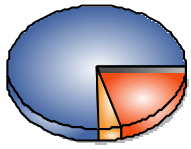
Nutrition Facts	
Serving Size: 1 serving (78.5g)	
Servings: 1	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 4g	<b>17%</b>
Sugars 5g	
<b>Protein</b> 16g	
Vitamin A 2%	• Vitamin C 2%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

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# Grilled Chicken Breast

Recipe grams: 1251.55g/44.1oz  
Serves 11 113.78g/4.0oz per serving  
Prep time: 5 min. Cook time: 15 min.



**Protein:** 75%  
**Carbohydrates:** 4%  
**Fat:** 21%

## INGREDIENTS

1 tsp Mrs Dash Garlic & Herb  
1/4 cup WORCESTERSHIRE  
5 breast CHICKEN BREAST, BONELESS, RAW, broiler/fryer, meat only

## DIRECTIONS

Marinate chicken breasts in Worcestershire and Mrs Dash for 15 minutes minimum.

Grill on indoor or outdoor grill.

Allow to cool, then weight out portion sizes and store. I use ziploc sandwich bags.

Alternative: Bake it at 400 degrees until done (no longer pink inside).

Tips: Instead of Worcestershire, you can drizzle breasts with olive oil then sprinkle on Mrs Dash (flavor of choice), or you can use a low-sodium clean marinade (watch for added preservatives and sugar).

Nutrition Facts	
Serving Size: 1 serving (113.8g)	
Servings: 1	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars less than 1g	
<b>Protein</b> 23g	
Vitamin A 0%	• Vitamin C 4%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

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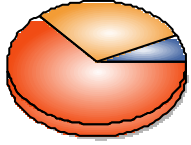
# Quick Cucumber Asian Salad

By: Chelle Stafford

Recipe grams: 394.75g/13.9oz

Serves 2 197.38g/7.0oz per serving

Prep time: 5 min.



Protein: 7%  
Carbohydrates: 29%  
Fat: 64%

## INGREDIENTS

1 cup CUCUMBER W/PEEL, RAW, sliced  
1/2 cup TOMATO, RED, RIPE, RAW  
2 small RED PEPPER, SWEET, RAW  
2 tbsp VINEGAR, DISTILLED  
1 tbsp SESAME OIL, salad or cooking  
1 tbsp FETA CHEESE, CRUMBLED

## DIRECTIONS

Using a vegetable peeler, slice the cucumber into long strips.  
Add to a medium bowl.  
Chop/dice tomato and add to cucumber.  
Chop/dice red pepper and add to bowl.  
Toss with vinegar and oil, sprinkle with feta.  
Serve.

## Nutrition Facts

Serving Size: 1 serving (197.4g)

Servings: 1

### Amount Per Serving

Calories 110

Calories from Fat 70

% Daily Value\*

**Total Fat** 8g **13%**

Saturated Fat 1.5g **9%**

Trans Fat 0g

**Cholesterol** less than 5mg **1%**

**Sodium** 60mg **2%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 2g **9%**

Sugars 5g

**Protein** 2g

Vitamin A 60%

• Vitamin C 170%

Calcium 4%

• Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

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# Chelle's Chicken & Beef Enchilasagna

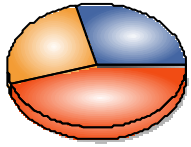
Comment: original recipe by Devin Alexander

By: Chelle Stafford

Recipe grams: 3724.25g/131.4oz

Serves 12 310.35g/10.9oz per serving

Prep time: 30 min. Cook time: 90 min.



Protein: 29%  
Carbohydrates: 26%  
Fat: 45%

## INGREDIENTS

1 lb GROUND BEEF, RAW, 95% LEAN, hamburger, 5% fat  
340.2 g/12.0oz Crockpot Shredded Chicken (2 cups)  
2 tsp Mrs Dash Southwest Chipotle  
2 tsp Mrs Dash Extra Spicy  
14 oz Muir Glen Fire Roasted Crushed Tomatoes  
28 oz ENCHILADA SAUCE (traditional red, low sodium)  
28 oz Green Chili Enchilada Sauce  
4 cup CHEDDAR CHEESE, SHREDDED  
1 cup CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)  
4 oz Olives, Sliced  
4 oz DICED GREEN CHILIES  
10 tortilla TORTILLA, CORN, RTC

## DIRECTIONS

Ingredients:

- ? 2 teaspoons Mrs. Dash Southwest Chipotle
- ? 2 teaspoons Mrs. Dash Extra Spicy
- ? 2 cups cooked shredded chicken (I used chicken from my sunday food prep, shredded)
- ? 2 cups (1 lb) ground bison
- ? 1 14 ounce can Muir Glen diced fire roasted tomatoes
- ? 1 28-ounce can traditional mild enchilada sauce
- ? 1 28-ounce can medium green chili enchilada sauce
- ? 8 oz. (about 4 cups) finely shredded Tillamook medium cheddar (I use Tillamook because it has no added colors, preservatives, etc.)
- ? 1/2 - 1 cup chopped fresh cilantro
- ? 1/2 cup sliced drained black olives
- ? 1 small can chopped, drained green chilies
- ? 12 6-inch yellow corn tortillas (I use Ezekiel Sprouted Corn Tortillas)

Preheat the oven to 450°F.

Brown the ground bison (or lean beef), season with the 2 Mrs. Dash flavors.

Drain meat then add the can of diced tomatoes. Don't drain it.

Add the shredded chicken until the seasonings are well mixed. Set aside.

Meanwhile, combine the enchilada sauces in a medium bowl and mix until well combined. Set aside.

Mix the cheese, cilantro, olives, and chilies in a second medium bowl. Set aside.

Cut or tear each tortilla into about 9 roughly even pieces.

Spread 1 cup of the enchilada sauce in the bottom of a 9 X 13-inch glass or ceramic baking dish.

Cover the sauce evenly with about a third of the tortilla pieces.

Then sprinkle about half of the chicken & bison over them.

Pour about 1 cup of the sauce evenly over that.

Then sprinkle a third of the cheese mixture over that.

Repeat layering with half of the remaining tortillas, the remaining chicken, 1 cup of sauce, then half of the remaining cheese mixture.

Follow that with another layer of the tortillas, then the remaining sauce, then the remaining cheese mixture.

Cover with foil and bake for 25 minutes.

Remove the foil and bake for another 5 minutes.

Then remove from the oven and let stand for 10 minutes. Serve immediately.

NOTE: The original recipe, is half this amount and is made in an 8x8 pan. You can easily halve my recipe.

## Nutrition Facts

Serving Size: 1 serving (310.4g)

Servings: 1

### Amount Per Serving

Calories 360      Calories from Fat 160

% Daily Value\*

**Total Fat** 18g      **28%**

Saturated Fat 9g      **45%**

Trans Fat 0g

**Cholesterol** 80mg      **26%**

**Sodium** 1550mg      **64%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 4g      **15%**

Sugars 23g

**Protein** 26g

Vitamin A 20%      •      Vitamin C 6%

Calcium 30%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet.

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