



1-Day Sample Menu

2000 calorie/day
Macro Ratios: 33/33/33

Food Item	Meal	Recipe	Serve Amt	Serve Unit	Calories	Protein(g)	Carbs(g)	Fat(g)
Apple Pie Oatmeal	Breakfast	•	1	servings	490	29	62	15
Celery Stalk, raw	AM Snack		1	large	10	0	2	0
Peanut Butter Protein Dip	AM Snack	•	1	servings	320	28	10	19
Greek Yogurt, 0% Plain	Lunch		2	oz	35	6	2	0
Cheddar	Lunch		0.5	oz	57	4	0	5
Chelle's Slow Cooker Chili	Lunch	•	1	servings	270	25	31	4
Raisin Almond Granola	Snack	•	0.5	servings	51	2	7	2
Greek Yogurt, 0% Plain	Snack		8	oz	140	23	9	0
Sweet Potato Fries	Dinner	•	3	oz	137	1	17	8
Bacon Cheeseburger	Dinner	•	1	servings	378	35	28	14
Chelle's Pumpkin Protein Bars	PM Snack	•	2	servings	154	13	12	5
					2042	166	180	72

Breakfast: Apple Pie Oatmeal

Snack 1: Peanut Butter Protein Dip and Celery

Lunch: 1 serving Chili topped with 1/2 oz shredded cheddar and 2 oz plain greek yogurt (makes a great replacement for sour cream!)

Snack 2: Greek yogurt with granola

Dinner: Bacon Cheeseburger & Sweet Potato Fries

Snack 3: 2 Pumpkin Protein Bars

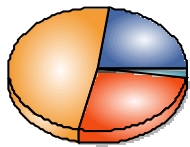
Apple Pie Oatmeal

by: Chelle Stafford

Recipe grams: 275.81g/9.7oz

Serves 1 275.81g/9.7oz per serving

Cook time: 3 min.



Protein: 23%
Carbohydrates: 49%
Fat: 26%
Alcohol: 2%

INGREDIENTS

1/2 cup QUICK OATS, DRY
1 tsp CINNAMON, GROUND
1/4 tsp NUTMEG, GROUND
1 tsp VANILLA EXTRACT
1 medium APPLE W/SKIN, RAW, 3" diameter
1 tbsp ALMOND BUTTER, NO SALT, plain
1 item Beverly Ultimate Protein Powder, Vanilla

DIRECTIONS

Core and chop the apple, keeping skin on. Place apple chunks in a glass container (microwave safe), add cinnamon and nutmeg and 1-2 Tbsp water. Cover with glass lid or plastic wrap and microwave 1 to 1 1/2 minutes or until apples are desired softness. Stir in vanilla extract.

Add to oatmeal/protein powder mix, add water to desired consistency and microwave 1 minute.

Stir in nut butter.

Enjoy!

TIP: Use unsweetened apple cider in place of water!!

SUBSTITUTIONS: You can substitute a different brand of protein powder for the one specified, just be sure it has a minimum of 20 grams of protein per serving, and no more than 4 grams carbs. You can substitute any nut butter for the one specified, but do not omit the nut butter as it is part of your daily caloric & nutritional goals.

ALTERNATIVE PREPARATION: Stovetop

In a small saucepan, combine the apple chunks, cinnamon, nutmeg and water. Cook over medium heat, stirring occasionally, until apples reach desired softness. Remove from heat and stir in vanilla. Prepare oatmeal per container instructions, adding apple mixture.

Nutrition Facts

Serving Size: 1 serving (275.8g)

Servings: 1

Amount Per Serving	
Calories 490	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 62g	21%
Dietary Fiber 12g	48%
Sugars 22g	
Protein 29g	
Vitamin A 2%	• Vitamin C 15%
Calcium 30%	• Iron 15%

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

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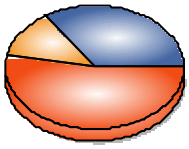


Peanut Butter Protein Dip

by: Chelle Stafford

Recipe grams: 63.25g/2.2oz

Serves 1 63.25g/2.2oz per serving



Protein: 34%
Carbohydrates: 13%
Fat: 53%

INGREDIENTS

1 scoop Beverly Ultimate Protein Powder, Vanilla
2 tbsp PEANUT BUTTER, SMOOTH, NO SALT

DIRECTIONS

Stir together until smooth.

Nutrition Facts

Serving Size: 1 serving (63.3g)

Servings: 1

Amount Per Serving	
Calories 320	Calories from Fat 170
% Daily Value*	
Total Fat 19g	30%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 180mg	7%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 28g	
Vitamin A 0%	• Vitamin C 0%
Calcium 20%	• Iron 4%

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

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Chelle's Slow Cooker Chili

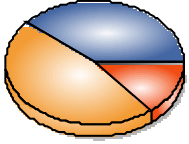
Comment: Can substitute any ground meat for the beef (bison is a favorite!)

By: Chelle Stafford

Recipe grams: 3806.43g/134.3oz

Serves 11 346.04g/12.2oz per serving

Prep time: 30 min. Cook time: 120 min.



Protein: 39%
Carbohydrates: 47%
Fat: 14%

INGREDIENTS

2 lb GROUND BEEF, RAW, 95% LEAN, hamburger, 5% fat
45 oz Tri-Bean Blend (pinto, kidney, black, packed in water)
2 tbsp Mrs Dash Southwest Chipotle
28 oz Muir Glen Diced Tomatoes with Green Chilies
28 oz Muir Glen Fire Roasted Crushed Tomatoes
2 tsp ONION FLAKES, DEHYDRATED
2 tbsp Mrs Dash Extra Spicy

DIRECTIONS

Makes 11 cups of chili.

2 lb's ground beef or bison
3 Cans various beans (15 oz each) - drain & rinse well. (I use pinto, black, kidney, & chili or cannellini beans)
2 large cans (28oz each) Muir Glen Organic Crushed Tomatoes (Fire Roasted) - Do not drain
1 Can (14.5 oz) Muir Glen Organic Fire Roasted with Chipotle, diced tomatoes - Do not drain
2 tsp dehydrated onion or finely chopped shallot
1-2 Tbsp Mrs Dash Southwest Chipotle
1-2 Tbsp Mrs Dash Fiesta Lime (and if you want it hotter, you can use Mrs Dash Spicy)

Brown the meat with the seasoning, drain (if there's a lot of grease, run hot water over the meat in a sieve/colander to really reduce the fat).

Drain all the beans & rinse well (this will drastically reduce the sodium)

Put beans & meat in crockpot, add the 2 large cans of crushed tomatoes (don't drain), onion/shallot, spices and stir. Cook on Low for 4-6 hours, or High for 2 hours.

I don't add any extra liquid, and it's really saucy. The leftovers are great, too! Toss on pasta, or a salad, or spaghetti squash, or potato, or in a tortilla... lol, very versatile! :-)

Nutrition Facts

Serving Size: 1 serving (346.0g)

Servings: 1

Amount Per Serving	
Calories 270	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 590mg	25%
Total Carbohydrate 31g	10%
Dietary Fiber 8g	32%
Sugars 37g	
Protein 25g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 10%

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

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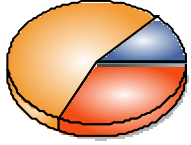
Amazing Raisin Almond Granola

By: Tracey Weaver

Recipe grams: 970.63g/34.2oz

Serves 35 27.73g/1.0oz per serving

Prep time: 20 min. Cook time: 21 min.



Protein: 13%
Carbohydrates: 55%
Fat: 32%
Alcohol: 0%

INGREDIENTS

3 cup ROLLED OATS, DRY, PLAIN
1/3 cup OAT BRAN FLAKES, RTE
2 scoop Beverly Ultimate Protein Powder, Vanilla
1/4 cup Ground Flax Seed
1/4 cup WHEAT GERM, REGULAR, RTE
1 cup ALMOND, RAW, whole
1/2 tsp Sea Salt
1/2 cup Honey
1/4 cup MAPLE SYRUP, 100%
1 tsp VANILLA EXTRACT
2 tbsp COCONUT VEGETABLE OIL
1/4 cup WATER, DRINKING
3/4 cup RAISIN, SEEDLESS, not packed

DIRECTIONS

Preheat oven to 300 degrees F.

In a bowl, whisk the oats, oat bran, flax, wheat germ, almonds and sea salt.

In a small saucepan, bring the honey, maple syrup, vanilla, oil and water just to a bubble over low heat.

Allow to cool slightly, then pour over the oat mixture. Mix until oats are evenly moistened.

Spread the mixture onto ungreased, rimmed baking sheets (ie cookie sheet).

Bake at 300 for 20 minutes, stirring every 7 minutes.

Cool completely, then add raisins. Stir again and store in an airtight container. Can be frozen if desired.

1 serving = 2 Tbsp

Nutrition Facts

Serving Size: 1 serving (27.7g)

Servings: 1

Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Sugars 8g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%

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

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Sweet Potato Fries

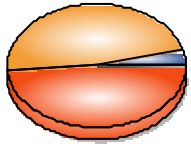
Source: : from The Eat Clean Diet for Families and Kids

By: Tosca Reno

Recipe grams: 305.97g/10.8oz

Serves 4 76.49g/2.7oz per serving

Prep time: 10 min. Cook time: 30 min.



Protein: 4%
Carbohydrates: 47%
Fat: 49%

INGREDIENTS

2 sweetpotato SWEET POTATO, RAW, 5" long
2 tbsp OLIVE OIL, salad or cooking
4 clove GARLIC, RAW
1/4 tsp Sea Salt
1/2 tsp PEPPER, BLACK, GROUND
1 tbsp OREGANO, DRIED, LEAVES
1 tbsp ROSEMARY LEAF, FRESH

DIRECTIONS

2 large size sweet potatoes, skin on, well scrubbed (I used one yam and one sweet potato, so my fries were orange and white)
1.25 Tbsp Olive oil
4 cloves garlic, passed through a garlic press
1/2 tsp sea salt
Freshly ground black pepper
1 Tbsp dried oregano, crumbled
1 Tbsp fresh rosemary, chopped

Preheat oven to 450F/232C. Cut the potatoes into finger-like wedges. Place them in a bowl and toss with the rest of the ingredients.

Line a cookie sheet with parchment paper. Place the sweet potato wedges on the sheet so the pieces remain separate from each other.

Bake for 30 minutes or until wedges develop a golden color.

Nutrition Facts

Serving Size: 1 serving (76.5g)

Servings: 1

Amount Per Serving	
Calories 120	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	10%
Sugars 3g	
Protein 1g	
Vitamin A 180%	• Vitamin C 4%
Calcium 4%	• Iron 4%

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

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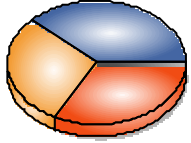
Bacon Cheeseburger

Comment: original recipe by Devin Alexander

By: Revised by Chelle Stafford

Recipe grams: 223.30g/7.9oz

Serves 1 223.30g/7.9oz per serving



Protein: 38%
Carbohydrates: 30%
Fat: 33%

INGREDIENTS

4 oz GROUND BEEF, RAW, 95% LEAN, hamburger, 5% fat
1/2 oz SWISS CHEESE, LOWFAT, pasteurized process
1.5 tbsp Bacon Bits
1 tsp ONION FLAKES, DEHYDRATED
5 gram GREEN LEAF LETTUCE, RAW
1/2 plum-tomato TOMATO, RED, RIPE, RAW, PLUM, year round average, Plum
1 tbsp BARBECUE SAUCE, LOW SALT, canned, commercially
1 roll HAMBURGER/HOTDOG BUN, MIXED GRAIN

DIRECTIONS

Bacon Cheeseburger - Clean!

This recipe is from Devin Alexander's I Can't Believe It's Not Fattening, but cleaned up a bit :-). The nutritional info is for the recipe as it appears in the book (pg 48).

The Recipe... (makes 1 - multiply recipe for required number of servings)

4-ounces 96% lean ground beef
1/2 ounce slice reduced fat Swiss Cheese
1 1/2 Tbsp bacon pieces (I used Welshire brand... clean!)
1 tsp dried minced onion
Sea-Salt to taste
1 small leaf green lettuce
3 (1/4" thick) slices Roma (plum) tomato
1 Tbsp ketchup or BBQ Sauce (I used Robbie's BBQ)
1 (about 3 1/2" diameter) whole wheat or whole grain hamburger bun (I used Earthgrain thin bun)

Preheat grill to high (I used my Foreman grill).

In a small bowl, mix the beef, bacon and onion until well combined. Shape the beef into a patty about 1/2 larger in diameter than the bun. Lightly sprinkle both sides of the patty with sea-salt. Grill burger 1-2 minutes per side for med-rare, or until desired doneness is reached. (don't smash the burger with a spatula). Just before the burger is done, place the bun halves, insides face down, on a top grill rack or away from open flame to toast them. Add the cheese atop the patty to melt (15-30 seconds).

Place the toasted bun bottom on a plate. Add the burger patty, the lettuce, and the tomato slices. Spread the ketchup or barbecue sauce over the inside of the bun top and flip it atop the burger. Serve immediately.

NOTE: to reduce carbs, eliminate bun and make a lettuce wrap. It's a little messy, but VERY tasty!

Nutrition Facts	
Serving Size: 1 serving (223.3g)	
Servings: 1	
Amount Per Serving	
Calories 380	Calories from Fat 120
% Daily Value*	
Total Fat 14g	21%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 710mg	30%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	9%
Sugars 8g	
Protein 35g	
Vitamin A 15%	• Vitamin C 10%
Calcium 15%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet.	

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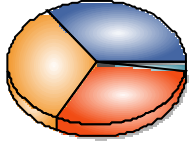
Chelle's Pumpkin Protein Bars

By: Chelle Stafford

Recipe grams: 704.49g/24.9oz

Serves 18 39.14g/1.4oz per serving

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



Protein: 34%
Carbohydrates: 33%
Fat: 30%
Alcohol: 2%

INGREDIENTS

1/2 cup Oat Flour
1/2 tsp BAKING POWDER, DOUBLE ACTING, salt aluminum sulfate
3 scoop Beverly Ultimate Protein Powder, Vanilla
1 tsp PUMPKIN PIE SPICE
4 large EGG WHITE, CHICKEN, RAW, fresh
1 cup PUMPKIN, BOILED, NO SALT, MASHED, drained
1 tbsp VANILLA EXTRACT
1 tbsp COCONUT VEGETABLE OIL
1/4 cup BAKING CHOCOLATE, SEMISWEET, Mars, Mini Baking Bits
1 scoop Beverly Ultimate Protein Powder, Vanilla
2 tbsp Unsweetened Almond Milk, Vanilla
2 oz Fat Free Cream Cheese

DIRECTIONS

Preheat oven to 350 degrees.
With spray oil, coat an 8x8 glass pan.
In large bowl, mix together the oat flour, baking powder, 1 cup protein powder and pumpkin pie spice.
Gently mix in egg whites, pumpkin, vanilla, coconut oil.
Fold in chocolate chips.
Spread across the bottom of the pan and bake 20 minutes.
Allow to cool on wire rack.

In a bowl, mix together 1 scoop protein powder with 2 Tbsp almond milk until smooth.
Add 2 oz cream cheese (fat free) and mix well until it reaches a frosting thickness.

Cut pumpkin cake into 18 bars. Frost.
Store in refrigerator.

Nutrition Facts

Serving Size: 1 serving (39.1g)

Servings: 1

Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber less than 1g	4%
Sugars 2g	
Protein 6g	
Vitamin A 15%	• Vitamin C 2%
Calcium 6%	• Iron 2%

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

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