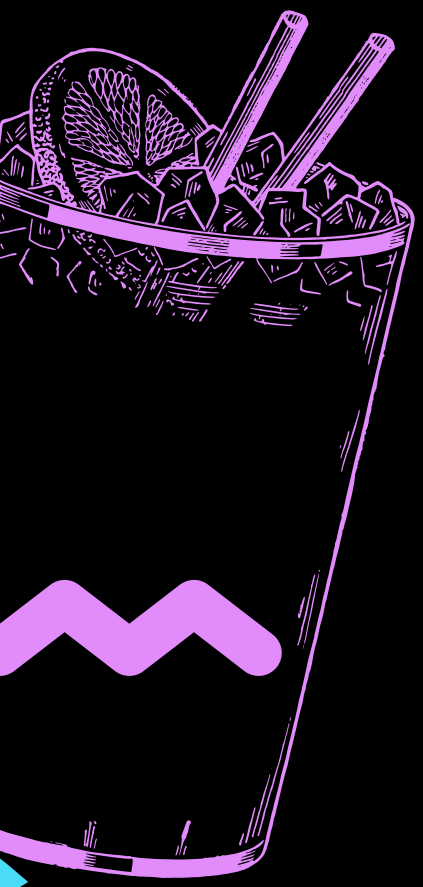


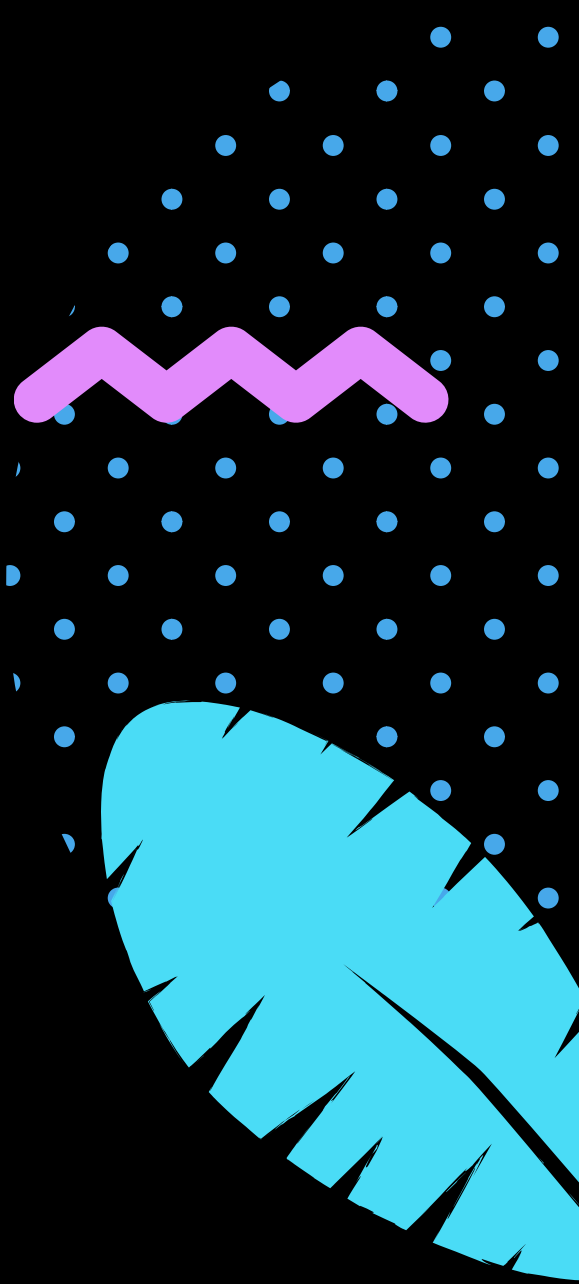
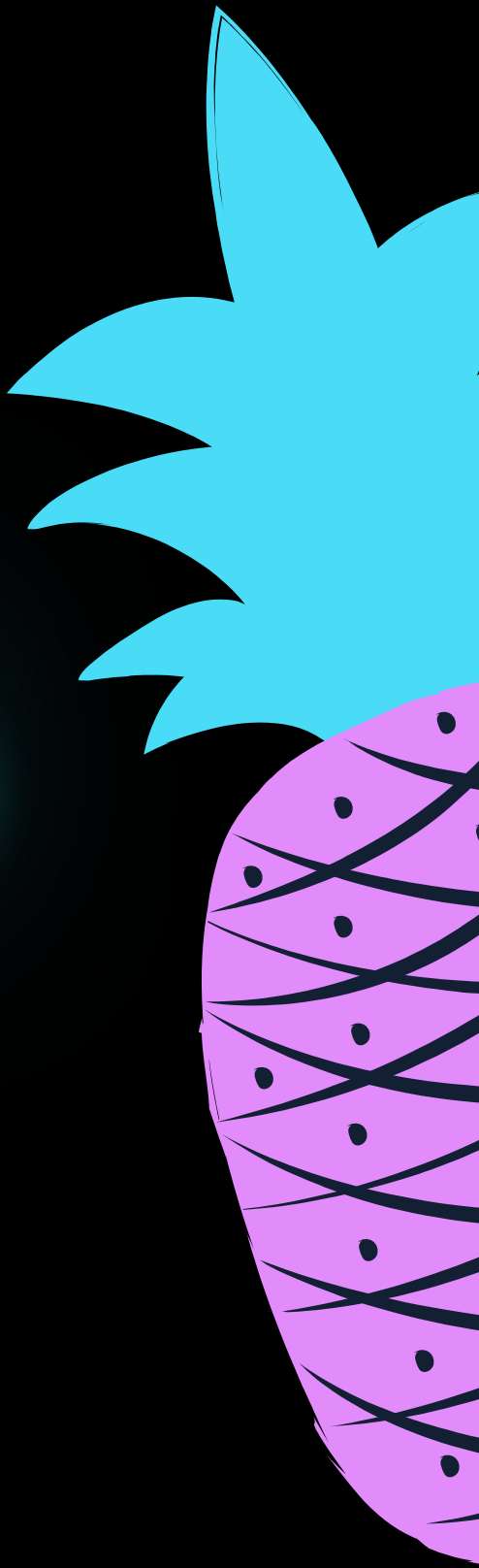


FITNESS IS EASY



AUGUST
RECIPES

2023



intro

Introduction

Dear valued butt buddy,

Here are 12 recipes, 4 each for breakfast lunch and dinner, to help you learn how to cook some simple but healthy sh*t so you can work your way around a kitchen in away that serves your desires but also your health. **Given this is a *generalized* plan, not a custom macro breakdown for you individually, note that the servings may not be ideal for you and your goals. It's based on a 2000 calorie daily intake, with 30% of calories from protein, 40% from carbs, 30% from fat.** You may need 1500 or 5000, 20% from protein or 50% from fat - I have no idea that's why I have an intake form for my clients. BUT, you can scale them to your needs and at least takeaway the lessons on how to adjust ingredients to get higher food volume with lower calories.

Here's some required legal jargon:

Please note that this meal plan only serves as a suggestion of healthy eating patterns and is not intended to replace dietary counseling from a dietitian, nutritionist, or medical professional. Use of all meal plans is at your own risk. You should always carefully review the contents of your meal plan for anything that you may be allergic or intolerant to. Following a meal plan does not guarantee any particular health outcome, including weight loss. If you have specific questions about your health or your individual nutrient needs, please consult your medical provider, especially if you are being treated for a medical condition.

Enjoy!

Ideen Chelengar



tips

Tips to help you succeed

Measuring ingredients

Although your meal plan shows ingredient quantities in grams, if you do not feel comfortable weighing ingredients then using approximate amounts will work equally well. Most ingredient quantities in the recipes are described in raw weight, unless otherwise stated. Therefore, measure them before cooking when you can. Additionally, make sure to only measure the part of the food that you're actually going to eat. Regardless of how you choose to measure your ingredients, the overall goal is to prioritize enjoying your meals, and to create sustainable eating patterns to suit your lifestyle.

Herbs, spices, and similar ingredients

Spices and flavoring are included in many recipes and are intended to provide extra flavor to your dishes and make them more enjoyable. If you dislike any flavoring or spices, feel free to replace or omit them from your meals. If you have any allergies or specific dietary preferences, I recommend being diligent when reading labels as some spice mixes and sauces may contain various allergens or additives.

Meal preparation for multiple portions

Preparing meals in larger quantities can reduce your time spent in the kitchen. Multiply the recipe's ingredient amounts by the number of meals you want to consume, and season it to your liking. After preparation, try to evenly portion the food into the number of meals you need. Store the meals in tupperware in the fridge if it is to be consumed within a few days. Otherwise, store the tupperware in the freezer for later consumption. Keep in mind that certain foods (e.g. cold pasta salads, sandwiches) are better kept in the fridge than frozen for later.

Sustainability

Preparing meals in larger portions can also be a useful tool in preventing food waste. I suggest using as much of the whole ingredient as possible and aim to buy local and seasonal ingredients where possible. It can also be advantageous to prioritize recipes in your meal plan based on what you have already available at home. For ingredients you don't have readily available, I have created a guide that you can use to swap ingredients that have a similar macronutrient profile.

Staying on track

I recommend that you follow the recipes as they are written to the best of your ability since they are designed to help you achieve your goals. With experimentation, you will be able to find the eating pattern that works for your schedule and body. Some people notice that spreading their meals evenly throughout the day helps them maintain energy levels, while others prefer eating larger meals less frequently. Feel free

more tips

to be flexible with your meal structure, there is nothing wrong with e.g. eating a breakfast meal in the evening, if this suits you and your time best. From a purely physiological perspective, it's what you eat on a weekly basis that determines your results, not what you eat on a meal to meal basis.

More information on dietary recommendations

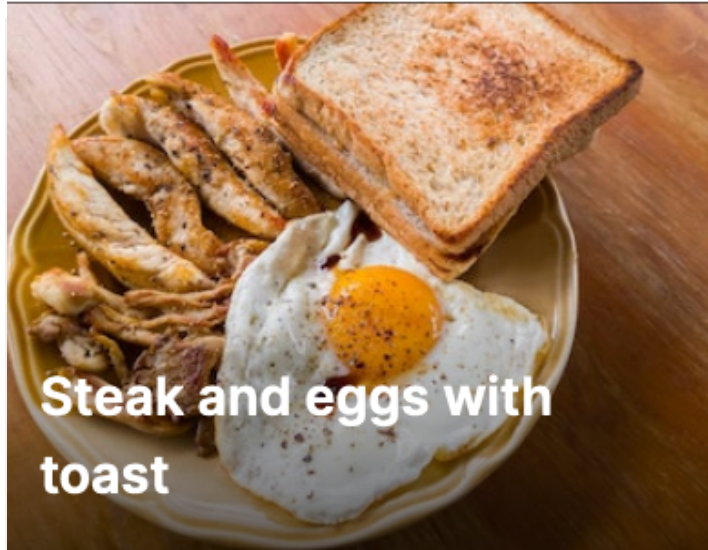
If you are interested in learning more about nutritional needs and dietary advice for different dietary preferences, including vegetarian/vegan and pregnancy, please consult the following resources:

[Dietary Guidelines for Americans 2020-2025](#)

breakfast

BREAKFAST

Pick one meal from this category every day. You are free to choose



Steak and eggs with toast

 10 min.  15 min.

Calories: 595

Protein: 44 g

Carbs: 57 g

Fat: 20 g

140g (3 slices)- Whole wheat bread

110g (~4 oz)- Sirloin steak, lean, raw

60g (1 pc)- Egg, whole

5g (~1.5 tsps)- Butter, unsalted

1.Season the steak with salt and pepper. Add the beef to a frying pan with a splash of water to brown for a few minutes on a high heat then lower the temperature and fry on each side, making sure the meat stays pink in the middle. Leave to rest for at least 5 minutes before serving.

2.While the steak rests, whisk the eggs with some salt and pepper, then pour them into the same pan. Stir regularly at a medium-high heat until they have thickened and no visible liquid egg remains.

3.Meanwhile, toast the bread.

4.Butter the toast. Serve the steak and the toast topped with the eggs. Enjoy!

breakfast



🔪 5 min. 🕒 10 min. Calories: 595

Protein: 44 g

Carbs: 59 g

Fat: 20 g

50g (2 slices)- Delightful Bread, Healthy Multi-Grain, Sara Lee

25g (~2.5 tbsps)- White chocolate chips

35g (1 1/3 scoop)- Whey protein powder, flavored

25g (~1.5 tbsps)- Nutella, Hazelnut chocolate spread

85g (3 pcs)- Egg white, pasteurized

60g (1/2 pc)- Banana

1.Mix the egg whites with the protein powder until smooth.

2.Let the bread soak in the egg white mix until thoroughly soaked. Heat a nonstick pan on medium high heat and fry the bread in the pan until browned on both sides.

3.Melt the Nutella and white chocolate in a microwave in two separate bowls. Peel and slice the banana and add to the French toast. Drizzle with the chocolate and Nutella and serve.

Vanilla flavored protein powder is recommended for this recipe.

breakfast



Baked tomato, egg white and cheese English muffin



15 min.



10 min.

Calories: 595

Protein: 43 g

Carbs: 57 g

Fat: 21 g

170g (6 pcs)- Egg white, pasteurized

140g (2 pcs)- Whole wheat English muffin

30g (1 ½ pc)- Green onion/scallion

45g (~1.5 oz)- Cheese, cheddar or jack, reduced fat

5g (~1.5 tsps)- Olive oil

90g (6 pcs)- Cherry tomatoes

1.Preheat the oven to 450°F (convection).

2.Slice the English muffins in half and toast until golden. Place on a lined baking sheet.

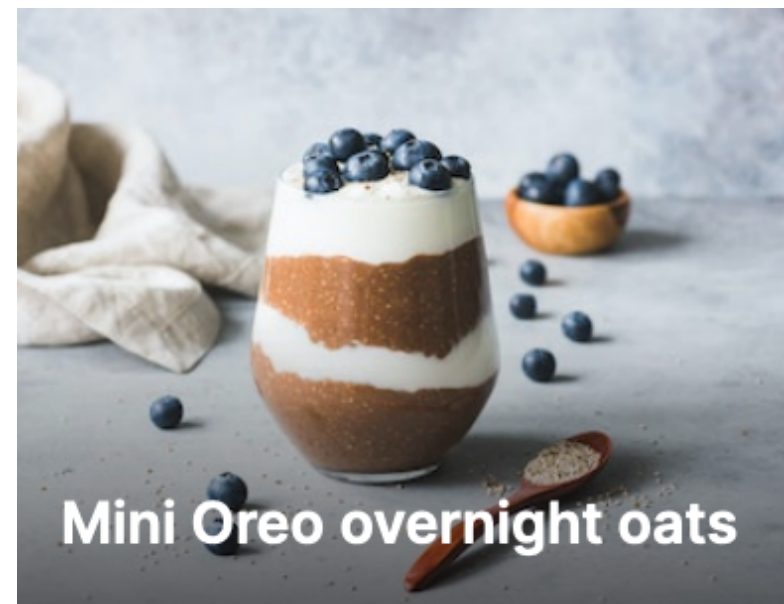
3.Rinse the scallions and tomatoes. Finely chop the scallions and cut the tomatoes in half. Shred the cheese and whisk the egg whites.

4.Bring a frying pan to a medium heat with the oil and fry half of the scallions for approximately 2–3 minutes. Add the egg whites, season with salt and pepper, and cook while stirring until the egg white has set. Remove the pan from the heat.

5.Layer the English muffins with the scrambled egg whites, shredded cheese and tomatoes. Heat in the the oven for about 1–2 minutes, or until the cheese has melted.

6.Serve the English muffins on a plate, top with the remaining scallions, and enjoy!

breakfast



🕒 10 min. Calories: 595

220g (~1 cup)- Total 5%, Plain Greek Yogurt, Fage
75g (~1/3 cup)- Almond milk, plain, unsweetened
60g (~1/3 cup)- Blueberries
50g (~1/2 cup)- Oats
20g (6 pcs)- Oreo cookies, mini, original
20g (2/3 scoop)- Whey protein powder, flavored

Protein:**43 g**

Carbs:**57 g**

Fat:**21 g**

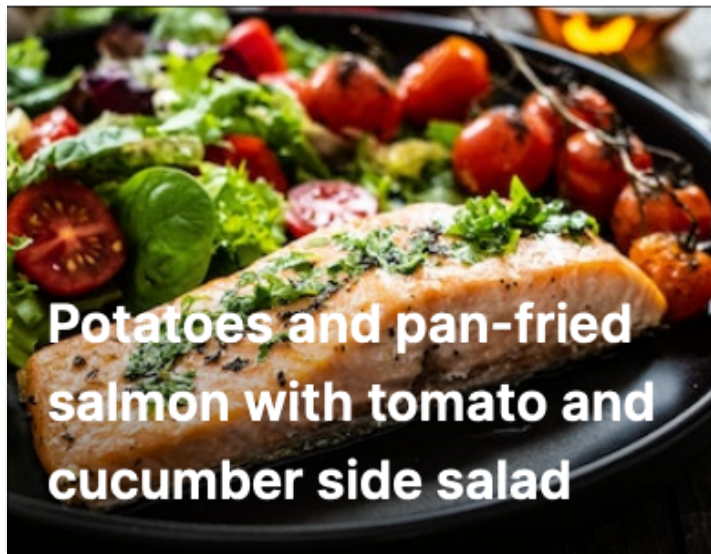
Note: Keep in mind this recipe must be prepared the night before and stored in the fridge for at least 4 hours.

- 1.**Mix up half of the Oreos and the protein powder with the yogurt.
- 2.**Add the oats to a bowl and mix together with the almond milk.
- 3.**Start layering the oats and yogurt in a small glass. First, layer some oats, then some yogurt, then oats again. Repeat until you run out of yogurt and oats.
- 4.**Cover and place in the fridge overnight, or for at least 4 hours, to allow the oats to soak.
- 5.**When the oats are ready to eat, rinse the berries. Top the overnight oats with the berries and remaining Oreos. Enjoy!

lunch

LUNCH

Pick one meal from this category every day. You are free to choose



 10 min.  30 min.

Calories: 653

Protein: 47 g

Carbs: 65 g

Fat: 22 g

95g (1 pc)- Tomatoes

325g (2 ½ pcs)- Potato, small

135g (~5 oz)- Salmon fillet, Atlantic, farmed, raw

65g (6 leaves)- Butter lettuce

95g- Cucumber

90g (~⅓ cup)- Cottage cheese, 4% milkfat

1 tsp- Lemon juice

1-3 Stem/Sprig- Dill, fresh

1.Bring a pot of water to a boil and add a pinch of salt. Peel or wash the potatoes depending on your preference, then add them to the pot for about 15-30 minutes or until they are soft. You can test if they are cooked by piercing the skin with a fork.

2.Meanwhile rinse the vegetables. Cut the tomato and cucumber into cubes and chop the butter lettuce. Mix the vegetables together with the cottage cheese. Season with salt and pepper

3.When the potatoes are almost ready, fry the salmon for a few minutes on each side in a nonstick pan on a medium to high heat until the center of the fish is opaque and flakes apart easily.

4.Plate the fish, potatoes and salad. Add the dill on top of the potatoes and drizzle the lemon juice on top of the fish. Enjoy!

lunch



10 min.



20 min.

Calories: 653

Protein: 47 g

Carbs: 62 g

Fat: 24 g

95g (2 ½ pcs)- Whole wheat tortilla

45g (~2.5 tbsps)- Tomato Ketchup, Heinz

105g (~3.5 oz)- Ground beef, 95% lean, 5% fat, raw

115g (½ pc)- Green bell pepper

30g (~¼ cup)- Cheddar cheese, shredded, fat free, Kraft

95g (1 pc)- Yellow onion

50g (½ pc)- Avocado, fresh

1-2 tsp- Mustard

2-3 Seconds- Cooking spray

1-2 tsp- Garlic powder

1.Rinse and slice the bell pepper and peel and slice the onion. Cut the avocado in half and remove the stone. Use a spoon to scoop out the flesh and slice it. Heat a pan over medium-high heat and coat with the cooking spray. Add the peppers and onions and cook for 5 minutes.

2.Once they have started to soften, season with salt, pepper, and garlic powder. Continue to cook and stir the peppers and onions until they are caramelized. Once done, remove from the heat and set aside.

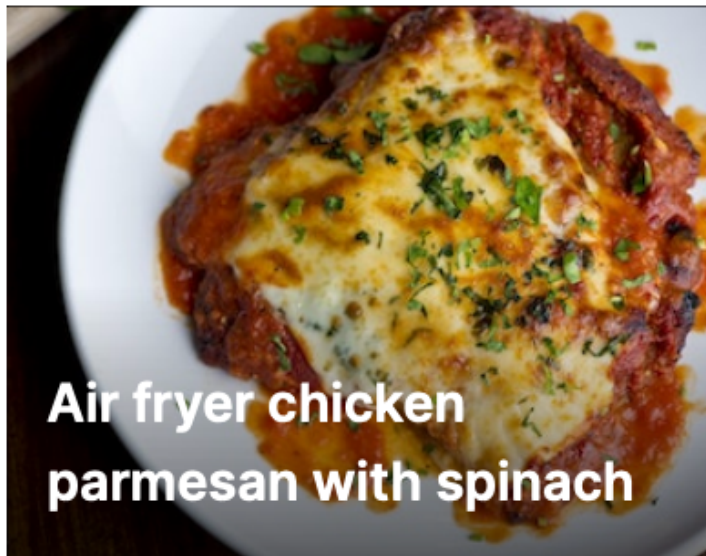
3.Shape the ground meat into patties and heat the same pan over medium heat. Salt the side of the burger you will place face down then add to the pan. Then add salt to the side of the patty facing up.

4.Cook for a few minutes until the bottom begins to brown. Once the patty is ready to flip, add a little bit of yellow mustard to the top side. Flip and cook on that side for a few more minutes until the meat is cooked through.

5.Lay the tortilla down and add the avocado, the veggies, a burger patty, ketchup, and cheese to the center of the tortilla. Fold the edges up around the filling then press down firmly to close.

6.Heat the same pan over medium heat and spray again with cooking spray. Place the wrap seam side down on the pan and cook until golden brown and crispy, then flip and cook on the other side until golden brown. Cut in half and enjoy!

lunch



15 min.



15 min.

Calories: **653**

Protein: **49 g**

Carbs: **63 g**

Fat: **22 g**

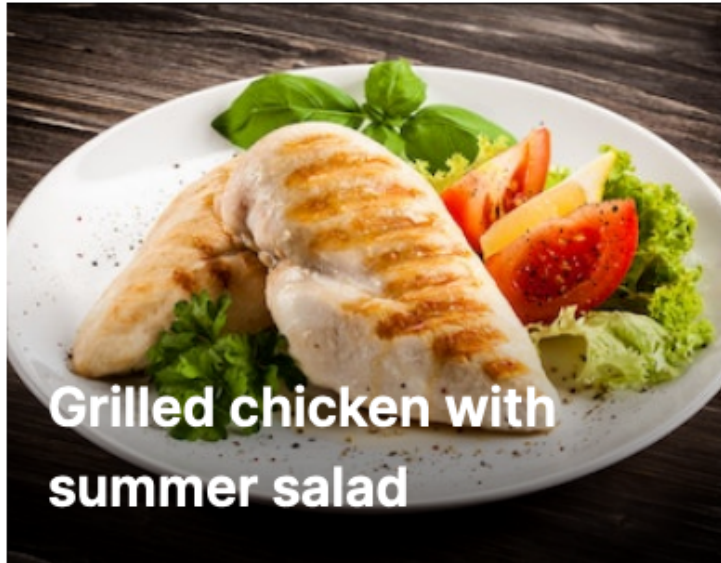
- 50g (~¼ cup)**- Tomato paste
- 20g (~¼ cup)**- Shredded mozzarella
- 50g (~1 ⅔ cup)**- Spinach
- 35g (~⅓ cup)**- All-purpose flour
- 20g (~2.5 tbsps)**- Parmesan
- 30g**- Breadcrumbs/panko
- 85g (~3 oz)**- Chicken breast fillet, raw
- 85g (2 pcs)**- Egg, whole

- 1/2-1 tsp**- Oregano, dried
- 1/4-1/2 tsp**- Garlic powder
- 1/4-1/2 tsp**- Chili flakes

You need an air fryer for this recipe

- 1.**Preheat the air fryer to 400°F. Butterfly the chicken by cutting it in half widthwise to create smaller pieces of chicken. Season both sides with salt and pepper.
- 2.**Add the flour to a shallow bowl and season with salt and pepper. Add the egg to a second bowl and beat. In a third bowl, mix together the breadcrumbs, parmesan, oregano, garlic powder and chili flakes.
- 3.**Dredge the chicken pieces one at a time, first in the flour, then the egg, then the breadcrumb mixture, making sure the chicken is coated well.
- 4.**Mix the tomato paste with twice the amount of water to make a sauce. Season with salt, pepper and the desired herbs.
- 5.**Place the coated chicken in the air fryer basket and cook for 5 minutes on each side. Top the chicken with the pasta sauce and mozzarella and cook for another 3 minutes or until the cheese is melted and golden.
- 6.**Rinse the spinach and serve with the chicken parmesan. Enjoy!

lunch



🕒 15 min. 🍳 15 min.

Calories: 646

Protein: 51 g

Carbs: 60 g

Fat: 22 g

195g- Watermelon
85g (1 pc)- Red onion
15g (~1 tbsp)- Olive oil
85g (8 leaves)- Butter lettuce
35g (~1.5 tbsps)- Honey
155g (8 stalks)- Green asparagus
225g (~8 oz)- Chicken breast fillet, raw
1-2 tbsp- Lemon juice
1-2 tbsp- Soy sauce
1-2 tbsp- Hoisin sauce

You need a grill/barbecue for this recipe. Alternatively, you can cook this recipe in a pan on the stove or under the broiler in the oven

1.Mix the olive oil, soy sauce, honey, and lemon juice in a bowl. Season with salt and pepper.

2.Add the chicken to the bowl and marinate while you prep the salad.

3.Preheat a grill or barbecue to high heat.

4.Rinse the asparagus in cold water and remove the ends which can be tough. Rinse and chop the lettuce. Peel and finely chop the onions. Chop the watermelon into bite-sized pieces.

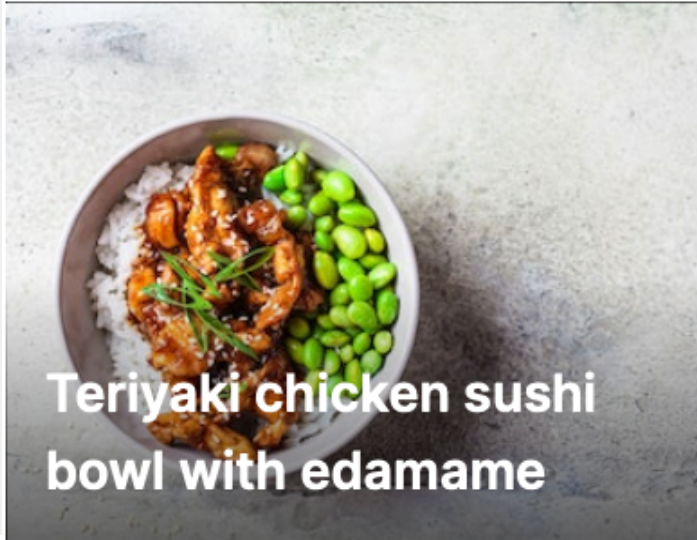
5.Mix the vegetables and melon in a bowl.

6.Place the chicken on the grill or barbecue and cook for about 15 minutes, until golden and cooked through. Serve together with the salad.

dinner

DINNER

Pick one meal from this category every day. You are free to choose



 15 min.  20 min.

Calories: 753

Protein: 56 g

Carbs: 74 g

Fat: 25 g

60g- Teriyaki marinade, Kikkoman

70g (~1/3 cup)- Short grain white rice/sushi rice, uncooked

15g (~1.5 tbsps)- Sesame seeds

20g (~1.5 tbsps)- Mayonnaise, light, 26-28% fat

190g- Edamame, cooked and peeled, frozen

105g (~4 oz)- Chicken breast fillet, raw

Sushi rice is recommended for this recipe

1. Cut the chicken into slices and place in a bowl with the teriyaki marinade. Let marinate for at least 15 minutes, or longer in the fridge. Thaw the edamame.

2. Rinse the rice prior to cooking. Cook the rice in a pot of lightly salted water according to the instructions on the package.

3. Cook the chicken with the marinade in a nonstick pan over medium heat until the chicken is no longer pink in the middle.

4. Add the sushi rice to a bowl and top with the edamame, chicken, mayo, and sesame seeds. Enjoy!



 5 min.  15 min.

Calories: 753

Protein: 55 g

Carbs: 70 g

Fat: 27 g

25g (2 slices)- Turkey bacon

135g (1 1/2 pc)- Tomatoes

40g (~2.5 tbsps)- Tomato Ketchup, Heinz

100g (~3.5 oz)- Ground beef, 95% lean, 5% fat, raw

55g (~2 oz)- Cheese, cheddar or jack, reduced fat

110g (2 pcs)- Carrots

100g (1 pc)- Yellow onion

90g (1 1/2 pc)- 100% Whole wheat hamburger bun

1. Bring a pan to a medium-high heat and fry the bacon until it is golden and crispy.

2. Season the beef with salt and pepper then form into patties.



3. Fry the patties in the pan with the bacon fat until golden and cooked through.

4. Peel and dice the onion. Rinse and slice the tomato. Peel and cut the carrots into sticks. Toast the bun then add the patty, cheese, bacon, tomato, onion, and ketchup. Eat the carrots on the side.

dinner



Taco bowl with beef

 10 min.  20 min. **Calories: 753** Protein: **54 g** Carbs: **54 g** Fat: **35 g**

75g (1 pc)- Tomatoes
45g (½ pc)- Yellow onion
55g- Tomato salsa
90g (~½ cup)- Sweet whole kernel corn, canned
110g (~4 oz)- Ground beef, 95% lean, 5% fat, raw
80g (~3 oz)- Cheddar, 35% fat
40g (~¼ cup)- Brown rice, uncooked

1-2 tsp- Taco seasoning
1-2 Pc- Garlic clove, minced
1/2-1 Handful- Cilantro, chopped

1. Rinse the rice. Cook the rice according to the instructions on the packet in a pot of lightly salted water.
2. Drain the corn and peel and dice the onion. Fry the garlic and onion in a pan over medium-high heat until golden. Add the ground meat and corn and cook until the meat is thoroughly browned. Season with the taco spice mix.
3. Rinse and dice the tomatoes.
4. Add the rice to a bowl and top with the beef, salsa, tomatoes, cheese, and cilantro. Enjoy!

10 min. 20 min. |



Pulled chicken burger with coleslaw

 90g  20 min. **Calories: 753** Protein: **55 g** Carbs: **76 g** Fat: **24 g**

90g- Green cabbage
95g (~½ cup)- Total 0%, Plain Greek Yogurt, Fage
135g (~5 oz)- Pulled Chicken Breast, Grilled & Ready, Tyson
45g (~¼ cup)- Mayonnaise, light, 26-28% fat
85g (1 pc)- Carrots
25g (~2 tbsps)- Barbecue sauce, Original, Sweet Baby Ray's
100g (2 pcs)- 100% Whole wheat hamburger bun

1 tsp- Lemon juice
1 tsp- Dijon mustard

1. Cook the pulled chicken according to the instructions on the packet.
2. Rinse the cabbage, peel the carrots, and thinly slice both. Alternatively, you can use a peeler to shred the carrots.
3. Make the coleslaw by mixing the cabbage, carrot, mayonnaise, yogurt, and mustard. Season with salt, pepper, and lemon juice.
4. Heat the bun in the oven for about 5 minutes at 350°F.
5. Add the barbecue sauce, pulled chicken, and coleslaw to the bun and close the burger. Eat any remaining coleslaw on the side.