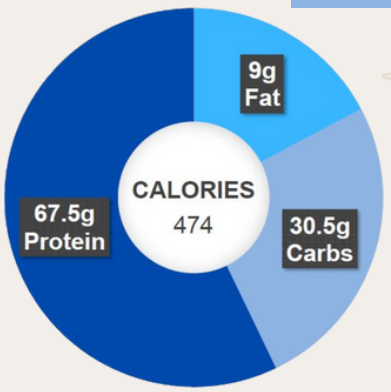


Chicken Salad

Ingredients:

- Chicken Breast
- Dijon Mustard
- 0% Greek Yogurt
- Celery
- Red Onions
- Honeycrisp Apple
- Honey



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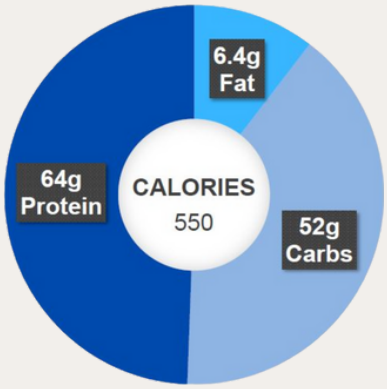
Blueberry Shake

Ingredients:

- 1% Milk
- Fairlife Chocolate Shake
- Chocolate Supreme Casein
- Frozen Blueberries



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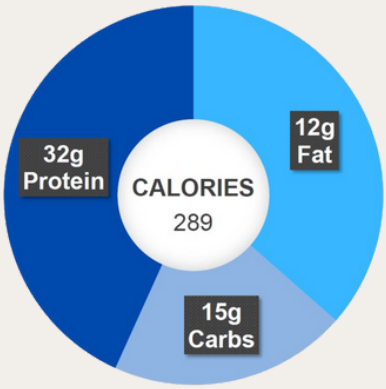
Salmon Bites

Ingredients:

- Smoked Chinook Salmon Lox
- Boulangerie Grissol Baguettes
- Reduced Fat Cream Cheese



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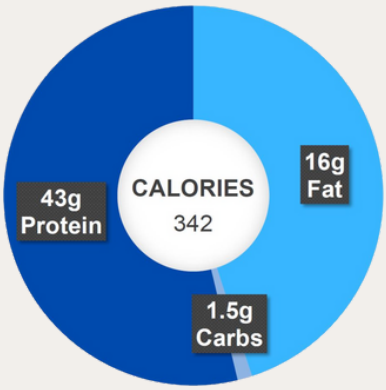
Scrambled Eggs

Ingredients:

- Liquid Egg Whites
- Whole Eggs
- Olive Oil



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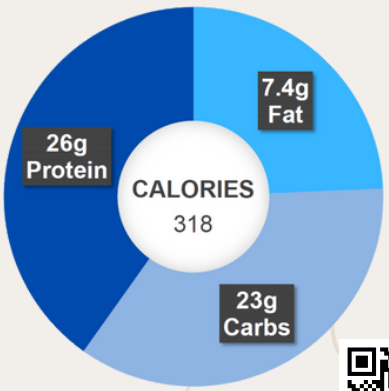
Turkey Hash

Ingredients:

- Ground Turkey
- Potatoes
- Mixed Frozen Vegetables
- Salsa
- Olive Oil



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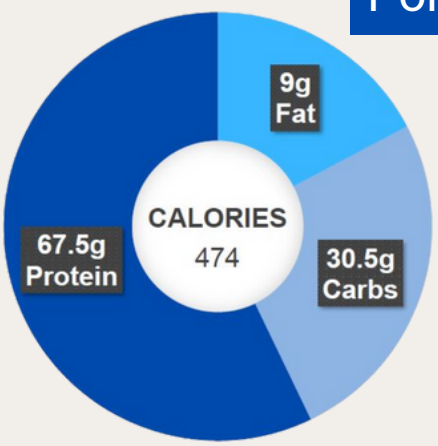
CHICKEN SALAD

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 2 chicken breasts (about 500 g total, raw)
- 1 celery stalk
- 100 g 0% Greek yogurt
- ½ red onion
- 1 Honeycrisp apple
- 30 g honey
- 15 g Dijon mustard
- Salt & Pepper (add to taste)

Portions: **2**



Instructions

1. Turn on the oven to 400°F (204°C).
2. Place the 2 chicken breasts on a baking sheet.
3. Bake the chicken for 20-25 minutes, or until the inside reaches 165°F (74°C).
4. While the chicken cooks, wash the celery.
5. Cut the celery into small slices (about 1 cm).
6. Peel the red onion half and cut it into small square pieces.
7. Cut the apple into small square pieces too.
8. Put the celery, onion, and apple pieces into a bowl and set aside.
9. When the chicken is done, take it out of the oven and let it cool for 5 minutes.
10. Place the chicken in a large bowl.
11. Use a fork to pull the chicken into shredded pieces.
12. Add 100 g of Greek yogurt, 30 g of honey, and 15 g of Dijon mustard to the bowl.
13. Add all the chopped celery, onion, and apple.
14. Sprinkle in some salt and black pepper.
15. Mix everything until it is well combined.



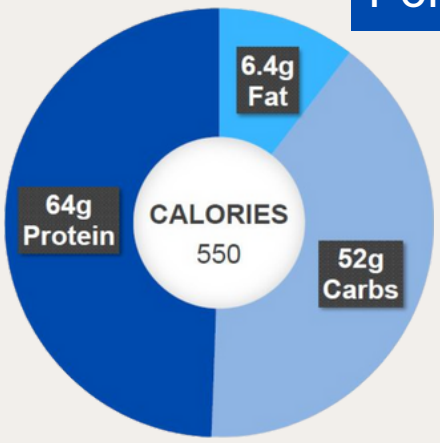
BLUEBERRY SHAKE

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 250 ml 1% milk
- 1 Fairlife chocolate shake
- 30 g chocolate casein powder
- 250 g frozen blueberries

Portions: **1**



Instructions

1. Add the frozen blueberries into the blender.
2. Add the protein powder into the blender.
3. Pour the milk into the blender.
4. Pour the whole Fairlife into the blender.
5. Tightly Put the lid on the blender.
6. Blend the drink on high for about 30-45 seconds, or until it looks smooth with no chunks.

Notes:

- Drink it when it is freshly made.



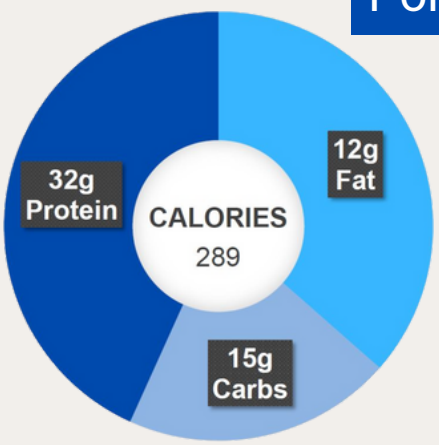
SALMON BITES

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 550 g Smoked Chinook Salmon Lox (Full Package)
- 150 g Boulangerie Grissol Baguettes Olive Oil & Sea Salt (Full Package)
- 50 g reduced-fat cream cheese

Portions: **5**



Instructions

1. Open the bag of Boulangerie Grissol Baguettes
2. Place each piece of baguette on a cutting board.
3. Grab a few pieces of smoked salmon and lay them flat on each slice.
4. Scoop a little cream cheese (about one teaspoon) and spread some on the bread and a bit on top of the salmon.
5. Repeat until you've used all the salmon.
6. Eat each slice like a small open-face sandwich.

Notes:

- Drink it when it is freshly made.



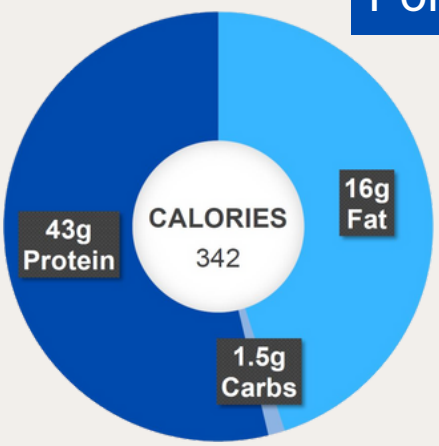
SCRAMBLED EGGS

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 500 ml liquid egg whites
- 5 large whole eggs
- ½ tablespoon olive oil
- Any spices you like (salt, pepper, etc.)

Portions: **2**



Instructions

1. Heat a pan over medium heat and add about ½ tablespoon of olive oil.
2. Once warm, wipe the oil around with a paper towel, removing any excess.
3. Pour in 500 ml of egg whites and crack in 5 whole eggs.
4. Gently mix with a wooden spoon and sprinkle with spices.
5. Cook for 5–7 minutes, stirring slowly, until firm and no longer watery.
6. Turn off the heat, transfer to a plate, let cool for 1–2 minutes

Notes:

- Drink it when it is freshly made.



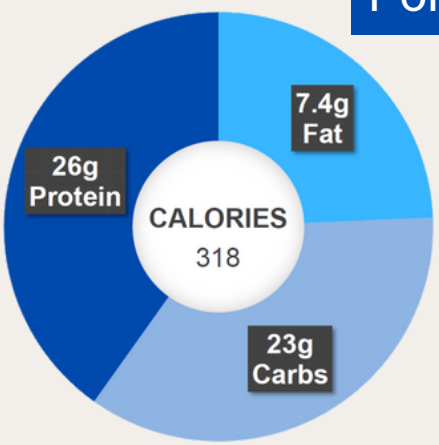
TURKEY HASH

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 700 g potatoes (about 2 large)
- 500 g ground turkey (93% lean)
- 1 cup mixed vegetables
- ½ tablespoon olive oil
- Any spices you like (salt, pepper, etc.)

Portions: **5**



Instructions

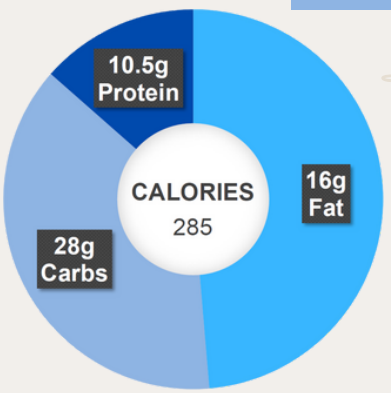
1. Turn on the oven to 400°F (204°C).
2. Wash the potatoes and wrap them in aluminum foil.
3. Place the potatoes in the oven and bake for 1 hour and 20 minutes.
4. When 10 minutes are left, heat a pan on the stove over medium heat.
5. Pour about ½ tablespoon of olive oil into the pan.
6. When the pan feels warm, spread the oil with a paper towel and wipe away the extra oil.
7. Add the 500 g ground turkey to the pan.
8. Break the turkey apart with a spoon and cook it for 10–12 minutes, until no pink is left.
9. Add any spices you like.
10. When the turkey is done, pour it into a strainer to remove the extra liquid.
11. When the potatoes finish baking, take off the aluminum foil and put the potatoes aside.
12. Spread the mixed vegetables on a baking pan.
13. Bake the vegetables in the oven at 400°F for 20 minutes.
14. While the vegetables cook, put the potatoes and turkey together in a large bowl.
15. Use a spoon or fork to mash the potatoes and mix them with the turkey.
16. When the vegetables are done, take them out of the oven and add them to the bowl.
17. Mix everything together.



Avocado Toast

Ingredients:

- Whole Eggs
- Avocado
- Whole Wheat Toast
- Olive Oil
- Salt
- Black Pepper



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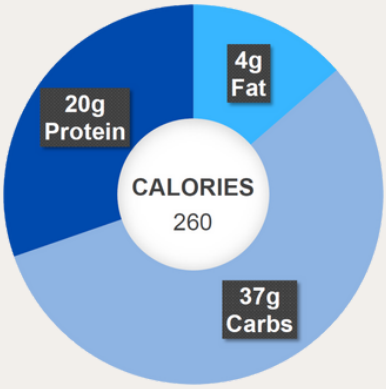
Yogurt & Berries

Ingredients:

- 0% Plain Greek Yogurt
- Almond Flakes
- Blueberries
- Strawberries
- Blackberries
- Honey



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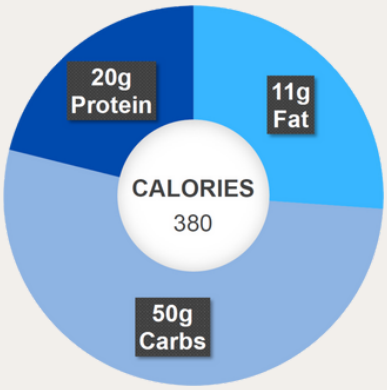
Cottage Toast

Ingredients:

- 1% Cottage Cheese
- Whole Wheat Toast
- Olive Oil
- Tomato Slices
- Salt
- Black Pepper



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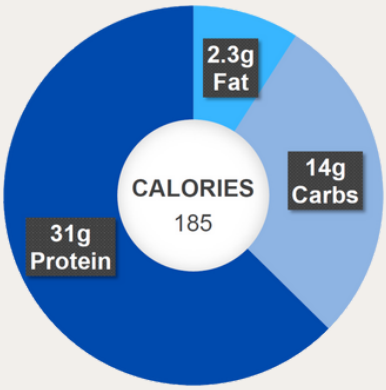
Espresso Creami

Ingredients:

- Brewed Espresso
- Fairlife Chocolate Shake
- Sugar Free Chocolate Pudding
- 1% Milk



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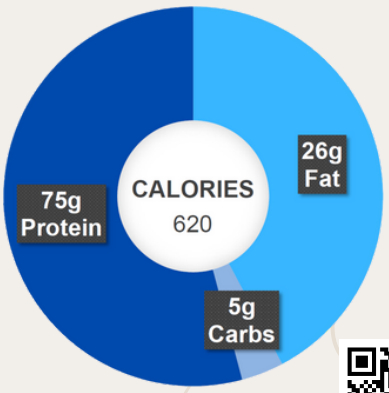
Pork Tenderloin

Ingredients:

- Pork Tenderloin
- Hellmann's Light Mayonnaise
- Frank's Red Hot Sauce



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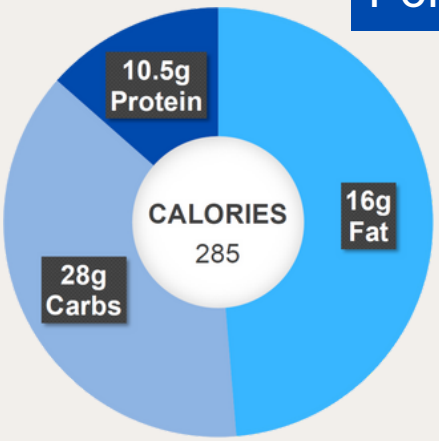
AVOCADO TOAST

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 4 slices whole wheat bread
- 4 large whole eggs
- 1 whole avocado (about 120 g)
- 1½ tablespoons olive oil (½ tbsp for cooking eggs, 1 tbsp for topping)
- Salt (a few pinches)
- Black pepper (a few pinches)

Portions: **4**



Instructions

1. Put the 4 slices of bread into the toaster.
2. Toast the bread until it is golden brown.
3. Place a pan on the stove and turn the heat to medium.
4. Pour about ½ tablespoon olive oil into the pan.
5. When the pan feels warm, wipe the oil around with a paper towel and remove extra oil.
6. Crack the 4 eggs into the pan.
7. Cook the eggs for 3–4 minutes, until the whites are firm and the yolks are still slightly runny.
8. While the eggs cook, cut the avocado in half and remove the pit.
9. Scoop the avocado into a bowl and spread it evenly on the 4 toast slices.
10. Sprinkle salt and black pepper on the avocado.
11. Drizzle about 1 tablespoon olive oil over the avocado on the toast.
12. When the eggs are ready, place one egg on top of each slice of toast.

Notes:

- Drink it when it is freshly made.



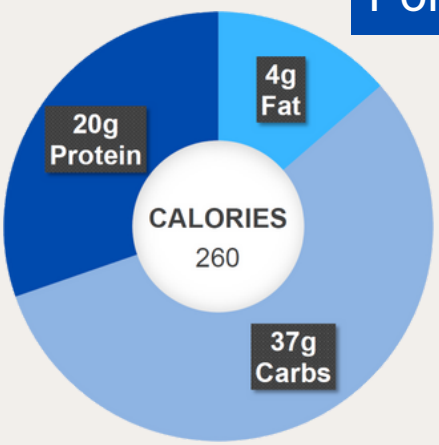
YOGURT & BERRIES

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 175 g 0% plain Greek yogurt
- 30 g blueberries
- 30 g strawberries
- 30 g blackberries
- 7 g almond flakes
- 20 g honey

Portions: **1**



Instructions

1. Put the 175 g of Greek yogurt into a bowl.
2. Add the blueberries, strawberries, and blackberries on top of the yogurt.
3. Sprinkle the almond flakes over the fruit.
4. Drizzle the honey evenly on top.
5. Use a spoon to mix everything together.

Notes:

- Eat it right away so it doesn't get soggy



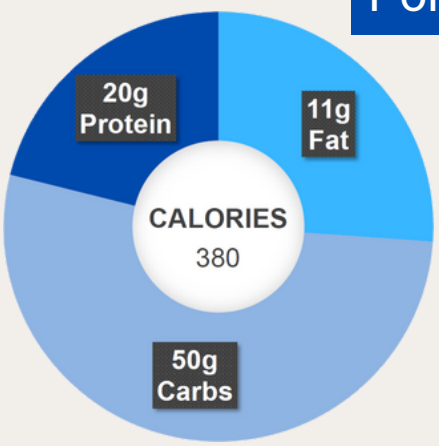
COTTAGE TOAST

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 4 slices whole wheat bread
- 1% cottage cheese - 200 g total (about 50 g per slice)
- 1 medium tomato (sliced)
- 1 tablespoon olive oil
- Salt (a pinch)
- Black pepper (a pinch)

Portions: **2**

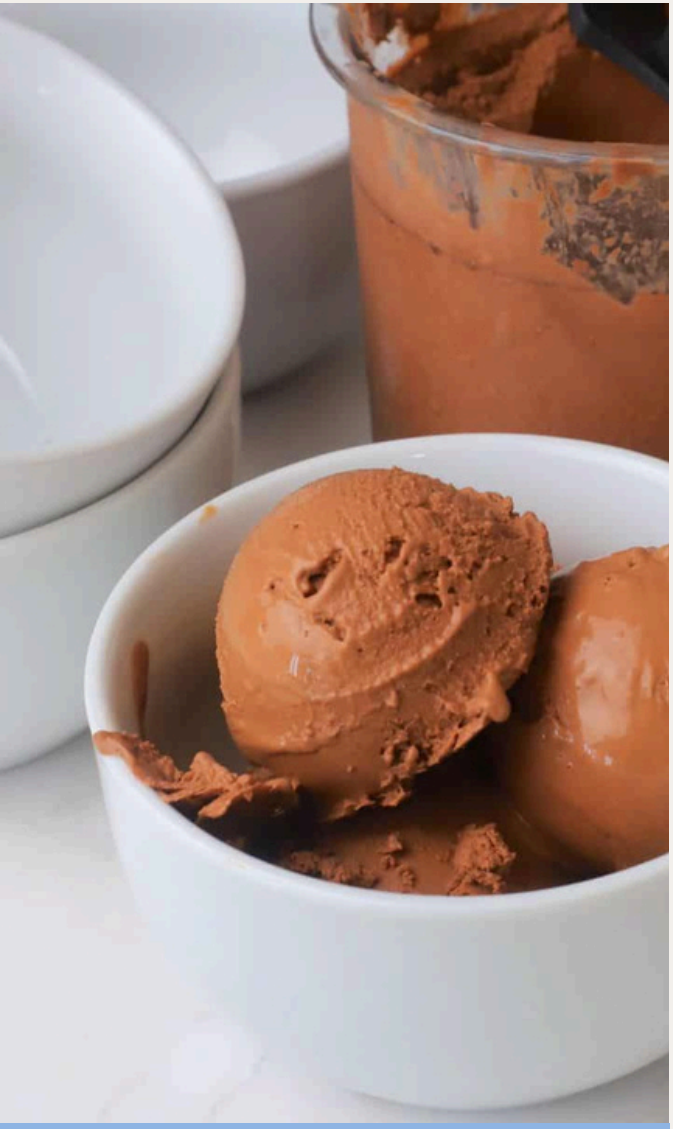


Instructions

1. Put the 4 slices of bread into the toaster.
2. Toast the bread until it is golden brown.
3. Place the toast on a plate.
4. Spoon about 50 g of cottage cheese onto each slice.
5. Sprinkle a little black pepper on top.
6. Cut the tomato into thin round slices.
7. Lay the tomato slices on top of the cottage cheese.
8. Add a small pinch of salt.
9. Drizzle about 1 tablespoon olive oil over the tomatoes.

Notes:

- Eat it right away so it doesn't get soggy



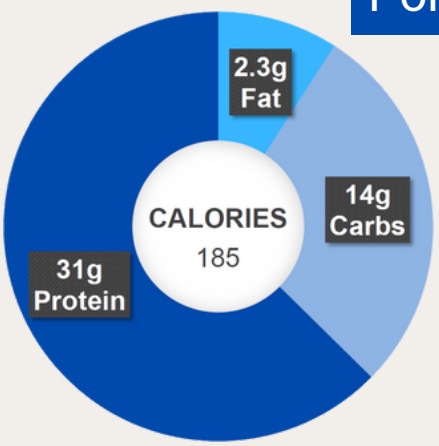
ESPRESSO CREAMI

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 1 Fairlife chocolate shake (about 340 ml)
- 60 ml brewed espresso
- 10 g sugar-free chocolate pudding mix
- 25 ml 1% milk

Portions: **1**



Instructions

1. Brew espresso until you have about 60 ml.
2. Pour the full Fairlife chocolate shake into a Creami container.
3. Add the 10 g pudding mix to the container.
4. Pour the espresso into the container.
5. Stir everything until it is mixed well.
6. Put on the lid and place the container in the freezer.
7. Freeze it for at least 12 hours or overnight.
8. When ready, remove it from the freezer.
9. Place the container into the Creami machine.
10. Run the Ice Cream cycle.
11. Take out the container and add about 25 ml of 1% milk.
12. Run the Ice Cream cycle one more time.

Notes:

- Eat it right away so it doesn't get soggy



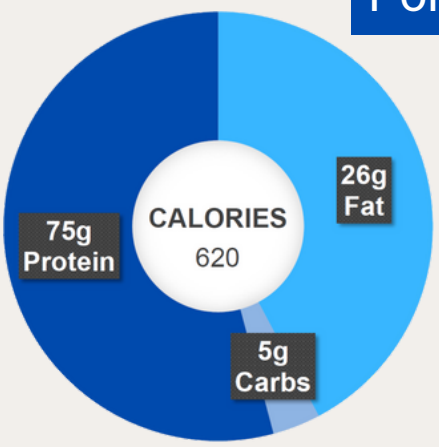
PORK TENDERLOIN

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 350 g (raw) Pork tenderloin
- 60 ml (about 4 tablespoons) Hellmann's Light Mayonnaise
- Frank's Red Hot sauce - to taste (about 1-2 tablespoons)

Portions: **1**



Instructions

1. Turn on the oven to 375°F (204°C).
2. Place the pork tenderloin on a baking sheet or in a baking dish.
3. Put the pork in the oven.
4. Cook for about 35 minutes, until the inside reaches 145°F (63°C).
5. While the pork cooks, make the sauce.
6. Put the mayonnaise in a small bowl.
7. Add Frank's Red Hot sauce to taste.
8. Stir the sauce until it is smooth.
9. When the pork is done, take it out of the oven.
10. Let the pork rest for 5 minutes.
11. Cut the pork into slices.
12. Add the sauce generously on top of each slice.

Notes:

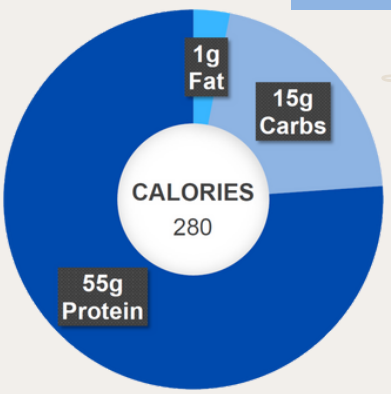
- Eat it right away so it doesn't get soggy



Spicy Cottage

Ingredients:

- 0.5% Pressed Cottage Cheese
- Tostitos Medium Salsa
- Frank's Red Hot Sauce



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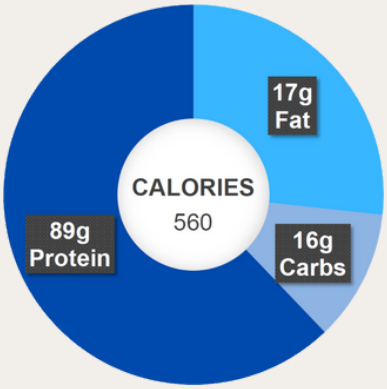
Turkey Salad

Ingredients:

- Red Onions
- Cherry Tomato
- Olive Oil
- Salt
- Black Pepper
- Lilydale Turkey Breast



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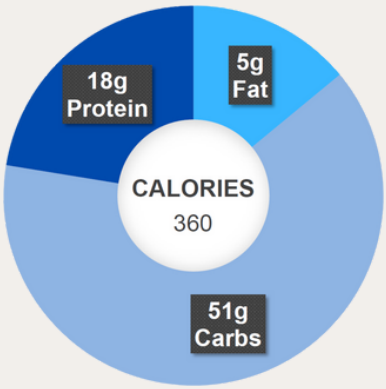
Chocolate Pudding

Ingredients:

- Sugar Free Chocolate Pudding
- Blueberries
- 1% Milk



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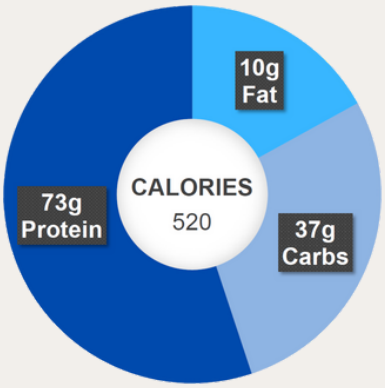
Chips & Dip

Ingredients:

- Quest Tortilla Chips
- 1% Cottage Cheese



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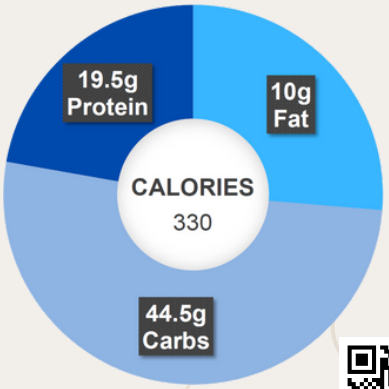
Protein Pasta

Ingredients:

- Hormel Chili Without Beans
- Brami Radiatori Pasta



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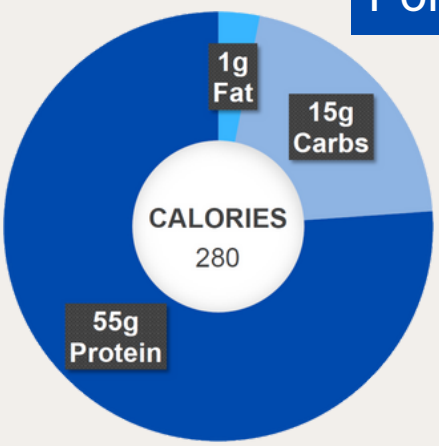
SPICY COTTAGE

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 250 g 0.5% pressed cottage cheese
- 60 g Tostitos medium salsa (about 4 tablespoons)
- Frank's Red Hot sauce - to taste (1-2 tablespoons)

Portions: **1**



Instructions

1. Open the cottage cheese package.
2. Scoop out 250 g of the cottage cheese and put it into a bowl.
3. Use a fork to mash the cottage cheese until it looks soft and clumpy.
4. Add the salsa to the bowl.
5. Stir until everything is mixed well.
6. Add Frank's Red Hot sauce if you want it spicier.
7. Mix again and eat right away or keep it cold.

Notes:

- Drink it when it is freshly made.



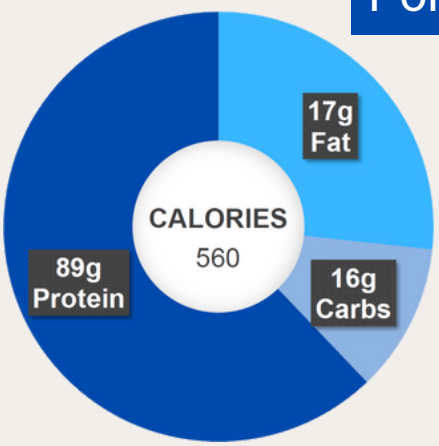
TURKEY SALAD

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 300 g Lilydale turkey breast
- ½ (about 75 g) red onion
- 150 g (about 1 cup) Cherry tomatoes
- 1 tablespoon olive oil
- Salt (a pinch)
- Black pepper (a pinch)

Portions: **1**



Instructions

1. Open the turkey package.
2. Cut the turkey into small bite-size pieces.
3. Peel half of the red onion.
4. Cut the onion into small cubes.
5. Wash the cherry tomatoes.
6. Cut each tomato into 4 pieces.
7. Put the turkey, onion, and tomatoes into a large bowl.
8. Drizzle 1 tablespoon olive oil over the food.
9. Sprinkle salt and black pepper on top.
10. Mix everything together with a spoon.

Notes:

- Drink it when it is freshly made.



CHOCOLATE PUDDING

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

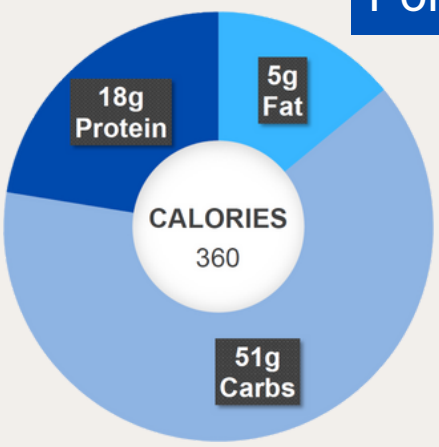
Ingredients

- Sugar-free chocolate pudding mix – 1 full packet (about 30 g)
- 1% milk – 500 ml
- Fresh blueberries – 100 g

Instructions

1. Pour the pudding mix into a bowl.
2. Add 500 ml of 1% milk to the bowl.
3. Stir well for about 1 minute until smooth.
4. Place the bowl in the fridge.
5. Chill for 30 minutes until the pudding is firm.
6. Wash the blueberries.
7. Place the blueberries on top of the pudding.

Portions: **1**



Notes:

- Drink it when it is freshly made.



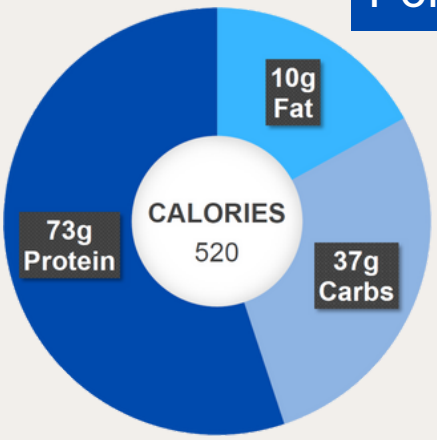
CHIPS & DIP

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- 1 bag of Quest Tortilla Chips
- 1% Cottage Cheese Container

Portions: **1**



Instructions

1. Open the bag of Quest tortilla chips.
2. Open the full container of cottage cheese.
3. Scoop some cottage cheese with a chip.
4. Dip the chip into the cottage cheese.

Notes:

- Drink it when it is freshly made.



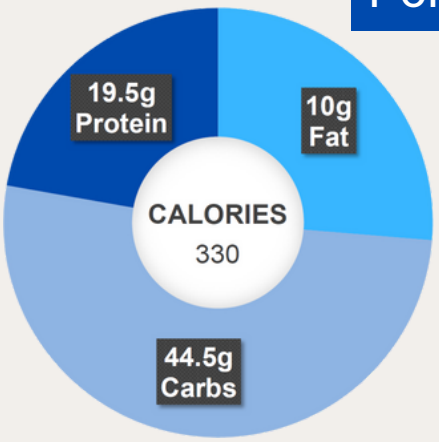
PROTEIN PASTA

This blueberry shake is quick, refreshing, and packed with protein. The chocolate and blueberry flavors blend smoothly, making it an easy go-to for breakfast or a post-workout boost.

Ingredients

- Hormel Chili Without Beans
- Brami Radiatori Pasta

Portions: **4**



Instructions

1. Fill a pot with water until it is about ¾ full.
2. Place the pot on the stove and turn the heat to high.
3. When the water starts to boil, pour in the 200 g of radiatori pasta.
4. Cook the pasta for 8–10 minutes, stirring once in a while.
5. While the pasta cooks, open the can of chili.
6. Pour the chili into a small pot.
7. Turn the heat to medium-low.
8. Heat the chili for 5–7 minutes, stirring until warm.
9. When the pasta is done, drain the water using a strainer.
10. Put the pasta into a bowl.
11. Spoon the warm chili on top of the pasta.
12. Mix everything together.

Notes:

- Drink it when it is freshly made.