

# Lean Goddess AnyTime Meal Recipes

## Ayurveda Taco Recipe (AT Meal)

This is a super simple recipe.

### Ingredients:

- Vegetables of your choice
- Chopped Garlic & Ginger
- 1.5 tablespoon Cumin
- 1.5 tablespoon Lemon Pepper
- Olive Oil (to your liking)
- Splash of Tamari (to your liking)

### Preparation:

- In a Wok or fry pan add olive oil or coconut oil and turn burner to medium/high heat
- Add the Ginger and Garlic (serano peppers if you like it spicy)
- As the garlic begins to brown, add the Vegetables and mix together
- Add just a little water then a splash of Tamari to your liking.
- Mix it all together while is sizzles
- Then add the powdered spices
- Mix together and finish before the veggies are over cooked. You want them to still be fresh and alive!

### NEXT

1. Heat some Tortillas ( you can eat without tortilla to keep it AnyTime or choose, whole wheat/low carb or corn tortilla to be gluten free)
2. Then throw together into some yummy tacos!!!!

## Low Carb Chili (AT Meal)



Serving Size: 1 (241 g)

Servings Per Recipe: 8

Calories 283.4 , Total Fat 17.5 g . Total Carbohydrate 8.5 g , Protein 23.1 g

### **Ingredients:**

- 1 quart water
- 2 lbs ground beef
- 1 teaspoon cinnamon
- 1 teaspoon cumin
- 1 onion chopped
- 1 teaspoon Worcestershire Sauce
- 2 cloves garlic mashed
- 2 teaspoons salt
- 2 tablespoons chili powder
- 1 teaspoon black pepper
- 1/2 teaspoon red pepper
- 1/2 teaspoon allspice
- 1 (6 ounce) can tomato paste
- 3 bay leaves
- 1 (4 ounce) can mushrooms (drained)
- 3/4 cup chopped green pepper

### **Preparation:**

Prep Time: 30 min.

Total Time: 3 1/2 hrs.

1. Brown meat, drain off fat.
2. Add remaining ingredients, bring to a boil, then simmer 3 hours.

### Veggie Omelet with Veggies (AT Meal)

5 egg whites (add onion powder and/or natural sea salt to taste) **17.5P**  
2 cups mixed mushrooms, peppers, broccoli heads (mixture) **10C**  
1 tsp extra virgin cold-pressed olive oil (cook veggies and/or eggs in, use fat-free spray if you need additional) **5F** ½ oz. cheddar cheese **4.5F/3.5P**  
**10g carbs, 9.5g fat, 21g protein**

*(simply put, this is just egg whites, oil, and veggies – just made to be appetizing)*

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### Mixed Berry Protein Power Shake (AT Meal)

¼ cup frozen strawberries (no sugar added) **5gC**  
¼ cup frozen raspberries (no sugar added) **5gC**  
¼ cup frozen blueberries (no sugar added) **5gC**  
1 scoop Optimum Nutrition Whey protein – vanilla **3gC; 1.5gF; 21gP**  
ice, water to desired consistency (about 1 cup)  
**18g carbs, 1.5g fat, 21g protein**

*(simply put, this is just Whey protein and some fruit)*

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### Grilled Tilapia

3 oz. grilled wild-caught Tilapia, spiced with lemon pepper, lemon rind, and lemon juice **18P**  
Serve with ½ large tomato, chopped, on top of 6 oz. green beans **10C/6P**  
4 oz. steamed baby carrots **8C**  
**18g carbs, 0g fat, 24g protein**

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### Raspberry Walnut Chicken Salad (AT Meal)

4 oz. grilled chicken **1.5F/21P**  
¼ cup raspberries (from frozen, no sugar added) **5C**  
1 TB Newman's Own Lighten Up Raspberry Walnut Dressing **3.5C/2.5F**  
2 handfuls green-leaf lettuce (like romaine, or can sub fresh spinach) **1C/1P**  
½ oz. raw walnuts, hand-crushed (top on salad) **2C/9F/2P**  
**10.5g carbs, 13g fat, 22g protein**

*(simply put, this is just a protein source, a fat source, and some veggies – just made to be appetizing)*

### Citrus Chicken and Veggies (AT Meal)

4 oz. citrus flavor chicken (mix 1 TB frozen orange juice concentrate, 1 TB Dijon mustard, and sprinkle of Stevia natural sweetener, top the chicken with the sauce) **2C/1.5F/20P**

3 oz. steamed cauliflower **3C/3P**

4 oz. green broccoli **4C/4P**

4 oz. yellow/green zucchini **4C**

Toss veggie in 2 tsp extra virgin cold-pressed olive oil, add spices **10F**

**13g carbs, 11.5g fat, 27g protein**

*(simply put, this is just a protein source, a fat source, and some veggies – just made to be appetizing)*

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### Salad with Grilled Chicken (AT Meal)

2 handfuls spinach (or green-leaf lettuce) **1C/1P**

4 oz. grilled chicken breast **1.5F/21P**

½ cup red/yellow/orange peppers, chopped **5C**

½ large tomato **5C**

¼ cup shredded carrot **3C**

Toss in 2 tsp EVOO, vinegar, and seasonings (like Mrs. Dash, etc.) for homemade dressing **10F**

**14g carbs, 11.5g fat, 22g protein**

*(simply put, this is just a protein source, a fat source, and some veggies – just made to be appetizing)*

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### Breakfast Parfait (AT Meal)

¼ cup Greek style plain yogurt 2% (drained) **2C/1F/5P**

½ cup low fat cottage cheese **4C/2.5F/13P**

¼ cup blueberries or mixed with raspberries (from frozen, no sugar added) **5C**

½ TB ground Flax seeds **1C/1F/1P**

¼ oz. raw almonds (about 6), hand-crushed – or pre-sliced, measured on scale

**1.5C/3.5F/1.5P**

**13.5g carbs, 8g fat, 20.5g protein**

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### Mexi-Eggs (AT Meal)

4 egg whites **14P**

2 oz. peeled Avocado **4.5C/8F/3P**

½ small tomato, chopped **3C**

2 TB fresh salsa, 1 TB Daisy brand Light sour cream **3C/1F/1P**

**10.5g carbs, 9g fat, 17g protein**

### Turkey Sausage Scramble (AT Meal)

*\*To make the Sausage: mix ½ pound (8 oz.) of 99% fat-free turkey (raw) with 2 egg whites, 1/5 TB minced red onion or green onion, ½ tsp. dried thyme, ¼ tsp. ground sage, ¼ tsp. cayenne, ¼ tsp. ground black pepper, ½ tsp. onion powder, ¼ tsp. garlic powder, 1/8 tsp. sea salt. Adjust spices and herbs to taste. Form into 2 oz. patties and cook on George Foreman Grill (or in pan with fat-free cooking spray, drain fat as they cook), or just brown and store in plastic container in fridge. Egg whites add 3.5g protein per cooked 4oz. serving.*

Scramble:

2 oz. cooked turkey sausage (recipe above) **2gF; 12gP**

3 egg whites **10.5gP**

sauté 1 tsp of jarred garlic, small handful of spinach, in ½ TB extra virgin first cold pressed olive oil (med-low heat!) **1gC; 7gF**

½ of large tomato, chopped, add to the scramble **4gC**

**4g carbs, 9g fat, 24.5g protein**

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### Browned Apple & Walnuts with Egg Whites (AT Meal)

¼ of small apple, chopped **6gC**

½ oz. raw chopped walnuts (about 7 walnut halves) **2gC; 9gF; 2gP**

½ tsp (or so) of cinnamon, ½ tsp (or so) of best quality vanilla extract

*Toss the chopped apples, cinnamon, vanilla, and walnuts and heat in a med heat fry pan to desired doneness*

4 egg whites, scrambled in fat-free cooking spray **14gP**

**8g carbs; 9g fat; 16g protein**

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### Strawberry Banana Green Shake (adjust carbs if you need) (AT Meal)

3 oz. Spinach **3g C; 3g P**

1/3 large banana (ripe, from frozen is good) **10g C**

½ cup strawberries (fresh, or from frozen, no sugar added) **10g C**

Stevia to taste (natural sweetener)

1 scoop ON All Natural Whey Protein, vanilla **3gC/1.5gF/21gP**

**23g carbs, 1.5g fat, 21g protein**

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### Protein Shake and fruit (adjust carbs if you need) (AT Meal)

½ large apple **15g C**

1 scoop ON All Natural Whey Protein, vanilla **3gC/1.5gF/21gP**

**18g carbs, 1.5g fat, 21g protein**

### Turkey Meatballs Marinara (AT Meal)

4 oz (raw measure) 99% fat-free ground turkey **3F/15P**

1 egg white (raw) **3.5P**

*\*mix above together with various Italian spices, form into bite-size balls and bake on a cookie sheet, lightly sprayed with fat-free cooking spray, in a 400 degree oven until done -- 6 to 12 minutes, depending on size, usually makes three. (Plus add same Italian spices to the tomato sauce below)*

½ cup Eden Organic Crushed canned Tomato (add Italian spices like oregano, parsley, basil, garlic, onion, or Ms. Dash Italian, etc., or nutritionally equivalent organic/clean spaghetti sauce) **6C/2P**

6 oz. steamed zucchini **6C**

**12g carbs, 3g fat, 20.5g protein**

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### Parmesan Chicken and Broiled Veggies (AT Meal)

3 oz. grilled chicken breast, cooked **1.5gF; 16gP**

*warm in microwave and top with*

2 TB (1/8 cup) fresh grated Parmesan Cheese . . . *add to chicken while warm so it melts*  
**3gF; 4gP**

4 oz. zucchini **4gC**

3 oz. asparagus **3gC; 3gP**

¼ cup red/yellow/orange peppers **2.5gC**

2 oz. broccoli heads **2gC; 2gP**

½ TB extra virgin first cold pressed olive oil **7gF**

*Lay veggies out on a foil-lined cookie sheet. Drizzle with ½ TB olive oil, and sprinkle with Mrs. Dash spices. Place under broiler for 5 to 10 min, or until veggies are just fork tender – don't place too close to heating element, as you don't want to "brown" the veggies at all. Just until they are slightly fork tender.*

**11.5gC; 11.5gF; 25gP**

*(simply put, this is a protein source with a fat source and some veggies – just put into a more appetizing way)*

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### Sweet Dijon Chicken (AT Meal)

4 oz. grilled chicken **1.5gF; 21gP**

sauce: mix 2 TB Dijon mustard, 2 tsp olive oil, a few drops of lemon juice, and a touch of Stevia natural sweetener with a few drops of warm water until desired consistency and place on top of chicken) **5gF**

6 oz. broccoli (or equivalent veggies) **6gC;**

**6gP 6g carbs; 10g fat; 27g protein**

### Spiced Chicken and Veggies (AT Meal)

4 oz. grilled chicken, topped with **1.5F/21P**

2 tsp extra virgin cold-pressed olive oil, that's mixed with crushed garlic, ginger paste, lemon juice, sea salt and pepper (add any other spices you desire – be creative!) **10F**

4 oz. cold green beans **4C/4P**

1 small tomato **6C**

**10g carbs, 11.5g fat, 25g protein**

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### Spinach Bean Salad with Salmon (AT Meal)

2 handfuls spinach (or green-leaf lettuce) **1C/1P**

3 oz. (3/4 of one can) of Bumble Bee Atlantic Salmon (boneless, skinless), drained **4F/18P**

¼ cup navy or kidney beans, canned – rinsed and drained **10C/3.5P**

¼ cup red/yellow/orange peppers, chopped **2.5C**

Toss in 1.5 tsp EVOO, vinegar, and seasonings (like Mrs. Dash, etc.) for homemade dressing **7.5F**

**13.5g carbs, 11.5g fat, 22.5g protein**

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### Cider Turkey with Mushrooms (AT Meal) (Detox Recipe)

1 pound skinless turkey, cut into 1-inch cubes

2 tablespoons no-salt added chicken broth

4 cups mushrooms, sliced

¼ cup red pepper, diced (optional)

¼ cup apple cider vinegar

1/8 cup fresh parsley, chopped for garnish

- Cook turkey in broth in a nonstick skillet over medium-high heat until the turkey is cooked through.
- Add mushrooms, red pepper (optional), and vinegar, cooking until soft
- Remove from the skillet onto a plate, garnish with fresh parsley- makes 4 servings

### Savory Spaghetti Squash (AT Meal) (Detox Recipe)

1 spaghetti squash

2 large garlic cloves, minced

½ teaspoon cinnamon

1-2 tablespoons flaxseed oil

- cut squash in half, and scoop out the seeds
- Place the squash halves on a nonstick baking sheet, cut side down.
- Bake at 375 for 30 min.

- With a fork, separate the spaghetti pulp from the skin, and place the pulp in a serving dish
  - Sprinkle on garlic, cinnamon, and oil, and toss lightly.
  - Makes 4 servings
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### **Parsley and Dill Snapper Fillets (AT Meal) (Detox Recipe)**

1 pound red snapper (or fish of your choice)  
½ cup no-salt added vegetable broth  
2 tablespoons parsley, minced  
1 tablespoon shallots, minced  
1 tablespoon fresh dill  
¼ cup fresh lemon juice

- Preheat oven to 300F
- Arrange red snapper in the center of a baking dish, and add the broth, parsley, shallots, and dill
- Place dish in oven, and roast until snapper is opaque in center, about 15-25 min
- Transfer fish to serving dish
- Add lemon juice to pan drippings, and then pour over fish

Makes 4 servings

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### **Marinated Artichoke Salad (AT Meal) (Detox Recipe)**

2 cans (13-15) artichokes hearts packed in water (for 2 cups filtered water plus 4 fresh artichoke hearts)  
1 garlic clove, minced  
4 tablespoons flaxseed oil  
¼ cup fresh lemon juice  
1 ½ tablespoons apple cider vinegar  
½ teaspoon cayenne pepper

- Drain the (canned artichoke hearts, and rinse well with water
- Place 4 artichoke hearts in a large bowl, and mash with the garlic
- Stir in the flaxseed oil, lemon juice, vinegar, and cayenne, and mix well
- Quarter the remaining hearts, and mix well with the dressing
- Refrigerate at least 1 hour
- Arrange on bed of greens and serve

Makes 4 servings

### **Fruit Smoothie (AT Meal) (Detox Recipe)**

1 cup fresh or frozen fruit (strawberries, raspberries, blueberries, or frozen peaches or 1 fresh peach)  
1 scoop or 2 heaping tablespoons protein powder  
8 ounces cran-water or plain filtered water  
1 tablespoon flaxseed oil  
¼ teaspoon Stevia Plus to taste (optional)

- Place all ingredients in a blender
  - Blend until rich and creamy, approximately 2-3 min
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### **Refreshing Salad Dressing (AT Meal) (Detox Recipe)**

4 tablespoons flaxseed oil  
3 tablespoons apple cider vinegar  
3 tablespoons fresh lemon juice  
Put all ingredients in a small covered jar, and shake vigorously for 30 seconds.  
Makes 4 servings

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### **1-2-3 Vegetable Broth (AT Meal) (Detox Recipe)**

2 quarts filtered water  
1 large onion cut in 1-inch pieces  
3 stalks celery, cut in 1-inch pieces  
1 bunch green onion, chopped  
8 cloves garlic, minced  
8 sprigs fresh parsley  
8 ounces mushrooms cut in ½ inch slices  
2 bay leaves

- Place all ingredients in a large stockpot, and bring to a boil
  - Lower heat and simmer uncovered for about 1 hour
  - Strain, and discard vegetables
  - Refrigerate and use within 3 days or freeze
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### **Eggplant Delight (AT Meal) (Detox Recipe)**

1 tablespoon no-salt added beef broth  
½ cup diced onion  
2 garlic cloves, minced  
1 pound ground lamb  
1 teaspoon cumin  
1 teaspoon cinnamon

1 can (14oz) no salt added Muir Glen Diced Tomatoes  
1 medium eggplant, oven roasted

- Preheat oven to 375F
- Heat broth over medium heat in a nonstick skillet
- Add onion and garlic, and sauté until soft
- Remove mixture to a bowl, and return pan to heat
- Place lamb in the pan, and cook until it just begins to brown
- Add the cumin and cinnamon, stir well, and sauté until meat is browned
- Add onion-garlic mixture and tomatoes, simmering until juices evaporate
- In a glass baking dish, arrange alternating layers of eggplant slices and lamb
- Bake for 10 minutes

Makes 4 servings.

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### **Cold Fish Salad (AT Meal) (Detox Recipe)**

2 tablespoons no salt added broth of your choice  
Juice of 3-4 small limes  
1 pound orange roughly fillets  
½ cup onion, chopped  
¼ cup fresh jalapenos, chopped (optional)  
¾ cup tomatoes, chopped  
¼ cup fresh parsley, chopped  
2 cups cooked mustard greens

- Heat broth in a nonstick skillet
  - Place fish in skillet and pour lime juice over it, cooking until the fish is opaque
  - Add onion, jalapenos (optional), tomatoes, and parsley and cook for 5 minutes
  - Transfer to a serving dish and refrigerate for at least 2 hours until chilled
  - Serve on a bed of mustard greens
- Makes 4 servings
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### **Chicken Cabbage Supreme (AT Meal) (Detox Recipe)**

2 tablespoons no salt added chicken broth  
1 pound boneless, skinless chicken, cut into 1 inch cubes  
1 large onion, thinly sliced  
4 garlic cloves, minced  
1 large red pepper, cut lengthwise into ½ inch thick slices  
1 can (14.5 ounces) whole tomatoes, rinsed  
½ cup tomato puree  
1 stalk celery, cut into ½ inch thick slices  
1 small head of cabbage, shredded

- Cook chicken in broth over medium high heat until cooked through
- Add the onion, garlic, red pepper, tomatoes, and puree, bringing the mixture to a boil
- Simmer covered for about 15 minutes
- Add the celery and cabbage
- Cover and simmer until cabbage is soft

Makes 4 servings

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### **Gingered Shrimp and Snow Pea Soup (AT Meal) (Detox Recipe)**

4 cups no salt added vegetable broth  
¼ cup fresh ginger, sliced  
¼ to ½ teaspoon cayenne pepper  
2 cups snow peas, trimmed  
1 pound shrimp, peeled and deveined  
1 lemon, cut into wedges  
2 tablespoons fresh cilantro or parsley, chopped

- Place broth and ginger in a large pot, and cover and simmer over medium-high heat for 15 min.
- Strain out ginger and return broth to pan
- Add cayenne pepper and snow peas, simmering covered for about 5 minutes
- Add shrimp and cook until firm (approx 3 min)
- Squeeze lemon wedges into individual soup bowls and garnish each with cilantro

Makes 4 servings

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### **Cumin Sautéed Scallops (AT Meal) (Detox Recipe)**

4 tb no salt added vegetable broth  
2 scallions, minced  
2 garlic cloves, minced  
¼ teaspoon cumin  
4 ounces scallops, trimmed and rinsed

- Heat broth in a nonstick skillet over medium heat
- Add the scallions, garlic, and cumin and sauté for about 1 min
- Add the scallops and sauté until opaque
- Remove the scallops from the skillet onto a plate and sprinkle with additional cumin, if desired

Makes 1 serving

### Egg Drop Soup (AT Meal) (Detox Recipe)

4 cups no salt added chicken broth  
2 eggs well beaten  
¼ cilantro chopped, for garnish

- Place broth in a large pot and bring to a boil over medium-high heat
- In a small bowl, beat eggs with a fork
- Gradually stir the beaten eggs into the broth
- Reduce heat, stirring continuously with a fork until the egg stands out from the stock
- Remove from heat, and pour into bowls
- Garnish with cilantro and serve immediately

Makes 4 servings

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### Warm turkey and spinach salad (AT Meal) (Detox Recipe)

1 tb no salt added chicken broth  
1 garlic clove, minced  
¼ cup onion, diced  
½ cup mushrooms, thinly sliced  
½ cup tomato, diced  
4 ounces turkey breast  
1 cup fresh spinach, raw

- Sauté garlic and onion in broth over medium-high heat in a nonstick skillet until transparent and soft
- Add mushrooms, tomato, and turkey, making sure that the turkey is brown on both sides or until done
- Serve over raw spinach with your favorite Fat Flush dressing drizzled on top

Makes 1 serving

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### Chicken Taco Salad (AT Meal)

Serve with Mexi mix dressing

Salad

Chicken breast 6oz

coconut oil or butter 1 tb

onion (thin sliced) 1/4 cup

Tomato (large diced) 1/2 cup

Corn (frozen or canned) 1/4 cup

Fresh Spinach 3 cups

Whole wheat tortilla chips or brown rice chips (crushed) 1/2 cup

Ages white cheddar (grated) 1/2 cup

Saute chicken. Set aside to cool. Add oil and onions to the pan, stirring frequently until onions are lightly browned, then add tomato and corn. cook for 1 min. more. Remove from heat and set aside to cool. Combine all ingredients in a large mixing bowl. Drizzle on 1 serving of your favorite dressing on the salad and serve. Serves 1 large or 2 small

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### **Mexi Mix dressing:**

Salsa 1 cup  
Plain low fat yogurt 1 cup  
Flaxseed oil 1/4 cup

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### **Tuna Salad Wrap (AT Meal)**

Combine all ingredients in a mixing bowl, except the wrap and stir until well combined. Place half of the mixture in the center of a large whole wheat tortilla. Place approximately 1 ½ cups of the mixture across the bottom of the half of the tortilla. Fold the bottom about ½ of the way up. Fold over each of the ends and then roll tightly from the bottom to the top. Serves 1 large or 2 small

Ingredients  
Tuna 1 can  
Tomato (diced) ¼ cup  
Red onion (finely diced) ¼ cup  
Carrot (shredded) ½ cup  
Cucumber (finely diced) ½ cup

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### **Mediterranean Salad with Beef (AT Meal)**

Serve with Greek Vinaigrette Dressing  
Salad  
Stir fry beef 6oz  
Small olives (sliced) 5  
Cucumber (large dice) 1 cup  
Tomato (large diced) 1 cup  
Low fat feta cheese 1/2 cup  
Onion (thin sliced) 1/2 cup

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### **Strawberry Coconut Pudding (AT Meal)**

Low fat cottage cheese 3/4 cup  
coconut milk 1/4 cup

strawberries (frozen) 1/2 cup  
splenda 1/4 tsp

Combine all ingredients in a blender or food processor and puree until smooth. This recipe is between a pudding and shake. To thicken, add a scoop of protein powder (strawberry or vanilla). To thin, add a little water at a time until desired consistency is reached. Serves 1 large or 2 small

Combine all the ingredients in a large mixing bowl. Drizzle one serving of your favorite dressing on the salad and serve. Makes 1 large 2 small

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### **Classy Chicken (AT Meal)**

Shiro miso paste 1tbsp  
Coconut milk 3/4  
Olive oil cooking spray  
Boneless skinless chicken breast 1lb 2oz  
Red pepper 1 cup  
Onion (large diced) 1 cup  
Garlic (minced) 1 tbs  
Curry powder 1tbs  
cumin 1/2 tsp  
Peach (small diced) 1 cup  
Broccoli florets (small) 1 cup  
Asparagus (cut into 1 inch pieces) 1 cup  
Aged white cheddar (grated) 2 1/2 cups

Preheat the oven to 400 F. Whisk miso and coconut milk together until miso is completely dissolved. Preheat a non-stick frying pan on medium heat and lightly coat with spray. Add the chicken (in batches if necessary) and saute until lightly browned on both sides. Transfer to a large casserole dish. Return pan to medium heat and re-spray pan if needed. Add the red pepper, onion, garlic, curry powder and cumin, and saute for 1 min. Add miso mixture, peach, broccoli, asparagus and sautee vegetables to casserole dish. Evenly top with grated cheese. Place in the oven and bake for 25 min or until the cheese is lightly browned. Serves 3 large or 6 small

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### **Salisbury Steaks AT Meal (AT Meal)**

Ground turkey (6oz)  
Egg White 2tbs  
Large flake oats 2tbs  
Sweet onion (fine dice) 1/4 cup  
Pure Honey 1tsp  
Salt 1 pinch  
Cumin 1 pinch  
Chili powder 1 pinch

Olive Oil cooking spray

Preheat a non stick frying pan on medium heat. Combine all ingredients, except spray, together in a mixing bowl and stir until completely combined. Form into an oval shape about ¾ inch thick. Lightly coat pan with spray and place the turkey steak into the pan. Cook until lightly browned and then gently flip and brown the other side. Cook all the way through and serve. Serves 2 large or 4 small

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### **Coconut Cauliflower Mash (AT Meal)**

Cauliflower (rough chopped) 3 cups  
Cashews (crushed) ¼ cup  
Coconut milk ¼ cup  
Salt 1 pinch  
Pepper 1 pinch  
Cinnamon 1 pinch

Add all the ingredients to a pot and bring to a boil over medium heat. Reduce heat to low and cover with a light fitting lid. Simmer for 15 minutes and then remove from heat. Puree in a blender or food processor until smooth. Add 1 tablespoon of water at a time if necessary to get the mixture moving. Serves 1 large or 2 small

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### **Tomato Salmon Scramble (AT Meal)**

Salmon (140g) 5oz  
Olive oil cooking spray  
Fresh spinach 2 cups  
Small tomatoes (rough chopped) 2  
Mushrooms (rough chopped) 1 cup  
Egg white (6 large) 1 cup  
Whole omega 3 eggs 2  
Salt 1/4tsp.  
Pepper 1 pinch  
Italian parsley (rough chopped) 1tbs.

Sautee salmon. Remove skin if necessary, cut into 1 inch cubes and set aside. Preheat a non stick frying pan on medium heat and lightly coat with spray. Add the spinach and sauté for 30 seconds. Add the tomatoes and mushrooms and sauté for 3-4 minutes more. Remove from heat and set mixture aside. Whisk egg whites, eggs, salt and pepper together in a mixing bowl. Return empty frying pan to medium heat. Lightly coat with spray and pour egg mixture into pan. Stir constantly to break up the egg. Once the egg is cooked, add the sautéed salmon, parsley and vegetable mixture and breakfast is ready to enjoy.  
Serves 1 large or 2 small

## Peanut Butter Fudge Bars (AT Meal)

### Ingredients:

4 scoops chocolate protein powder  
2/3 cup flax meal  
4 tb chunky natural peanut butter  
1/4 cup water  
Splenda, to taste  
Prep time- 5 minutes  
Servings 4 large 8 small (female)

### Instructions:

Mix everything together in a large bowl and start stirring. At first, it will seem like it's not enough water, but keep stirring and it will eventually become a sticky blob of dough. If you have to, add some water, 1tb at a time. Divide the mixture in four equal portions, and put them into spate pieces of plastic wrap, shaping into a bar within the wrap. It's easier to shape them by laying plastic wrap in one side of a small casserole dish, pressing the dough into the natural shape of the dish. Put the bars into the fridge, or store them in the freezer. You can eat them chilled, or even frozen, or you can eat it right out the bowl if you're feeling impatient.

1 SM Serv.  
141.5 calories  
14.5g protein  
5.5. carbs  
7.5g fat

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## Peanut Butter Waffles (AT Meal)



### Ingredients

½ -1 cup oats  
4 egg whites  
¼ scoop protein powder

Cinnamon

### **Directions**

Blend ingredients and cook on waffle maker.

Top with PB2 or regular peanut butter

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### **Easy Chocolate Peanut Butter Protein Oatmeal (AT Meal)**

#### **Ingredients**

1/2 c Old Fashioned Oatmeal Plain  
1 c Soy Milk or Almond Milk  
1 Scoop Protein Powder  
1 t Unsweetened Cocoa Powder  
1/2 t Stevia  
1 T Peanut Butter

#### **Directions**

\*In a medium sized bowl, stir all ingredients except for the peanut butter together.  
\*Cook in Microwave on high for 2 minutes - stir - and the cook again for another 1-3 minutes depending on your preferred consistency as well as microwave strength.  
\*Stir in Peanut Butter and serve warm.

Minutes to Prepare: 5

Minutes to Cook: 5

Number of Servings: 2

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### **Individual Chocolate Protein Muffin (AT Meal)**

#### **Ingredients:**

1 Scoop Protein Powder (try Vega Protein Performance Powder for veg. based, neutral flavor)  
1 Duck Egg\*  
2 Tbsp Cocoa or Carob Powder  
1 Tsp Xylitol (optional for sweetness) or a few drops of stevia  
1 Splash of vanilla  
1 Tsp Maca Powder (optional)  
1/4 Cup Water

**Directions:**

Pre-heat oven to 350 degrees. place all ingredients into a bowl and mix together. scoop muffin batter into one large muffin pan or individual ramekin. (if you do not have a large muffin pan then use regular size muffin pan but put muffin batter into two muffin liners)

Some might find this recipe to me a little dry, feel free to add in 1-2 tbsp of coconut oil or puree of some sort to help make it more moist.

\* if you want to use chicken eggs do 1 whole egg + 1 egg white. Duck eggs are little bigger than chicken eggs.