

PRESLEYKP.FIT

Recipe Guide

**EASY & QUICK
MACRO-FRIENDLY RECIPES**

Breakfast

Fat-Free Cheesy Grits

Make grits according to package. Add Kernel Seasonings "cheddar or white cheddar" for flavor & I Can't Believe it's Not Butter spray.

Lentil Egg Bowl

Sauté diced yellow onion in a little bit of olive oil in a pan. Add 1 serving of lentils. Cook for 5 min or so. Put into a bowl and top with 1-2 over-easy eggs, diced fresh tomato, & Mrs. Renfro's green salsa.

Bagel Sammy

Toast bagel of choice and cook 1-2 eggs (your choice). Cook either traditional bacon or 2 slices turkey bacon. Fashion onto sandwich. Melt CHAO vegan tomato cayenne cheese on top. Top with ketchup if preferred .

Protein Pancakes

1/3 cup kodiak cakes pancake mix, 1/2 scoop protein powder, 1 egg, 1/4 cup water. Pour onto skillet & top with sugar-free syrup, and butter spray

Protein French Toast

Mix 1 egg, 1/2 c almond milk, 1 scoop protein powder, & cinnamon. Soak each side of bread in mixture and cook on greased skillet until browned on each side. Top with sugar-free syrup and berries

Egg white Cups

Dice up some bell peppers and onions and place evenly in greased cupcake pan. Pour egg whites into each space until covering veggies. Bake at 350 for 20-25 minutes. Add cheese on top towards the end of baking & place back into the oven until it's melted.

Sriracha Egg Grilled Cheese

Hard-boil an egg. Place cheese slice on bread, 1/2 avocado, egg, & sriracha. Top with another slice of cheese and bread. (I like adding green onions). Spray outside of bread with butter & cook in skillet.

Turkey Bacon Pancake Dippers

Mix 1/3 cup kodiak cakes pancake mix, 1/2 scoop protein powder, 1 egg, 1/4 c water. Cook 2 slices turkey bacon & cut in half. Dip them in the batter to make turkey bacon pancake dippers-then cook on skillet until done.

Yogurt Parfait

Mix 1 c plain greek yogurt & some stevia, 1 c berries, 1/2 banana, & 1/4 c almonds & low-sugar granola to top. I like to add bee pollen sprinkled on top.

Smoked Salmon Bagel

Toast a bagel and spread low-fat cream cheese on both sides. Top with Smoked salmon slices. Chop up tomatoes and onion and spread on top. Sprinkle capers and "Everything but the Bagel seasoning."

The Best Avo Toast

Toast 2 pieces of bread. In a bowl, combine chopped onion, tomato, cilantro, sea salt, and lime juice. Spread Avocado onto toast and top with mixture above. Drizzle balsamic on top!

Egg, Spinach, & Feta Wrap

Saute onion, spinach, & mushroom in skillet. Add egg whites, salt, & pepper. Spread hummus on warm tortilla or wrap & top with sundried tomatoes and low-fat feta. Add egg & veggie mixture. Roll and dip in salsa if desired!

Overnight Oats (ONO)

Protein ONO

Mix 2/3 c almond milk & stevia, whisk in 1/2 scoop protein powder. Put 1/2 c oats & 1 tsp chia seeds (optional) in jar. Add liquid mixture, shake, & refrigerate overnight. Add your fave toppings in the morning and enjoy!

Blueberry Muffin ONO

Combine; 1/2 c oats, 1/2 c almond milk, 1 tbsp cashew butter, cinnamon, 1/2 tsp vanilla extract, 2 tsp honey. Stir well. Stir in 1/4 c blueberries . Refrigerate overnight

Pumpkin Spice ONO

Mix 1/2 protein powder, 2 tbsp canned pumpkin, 1 tsp pumpkin pie spice, 1 tsp cinnamon, 1 tsp maple syrup. Mix into 1/2 c oats & refrigerate overnight

Apple Pie ONO

Mix 1/2 scoop vanilla or cinnamon protein powder, 1/2 c greek yogurt, 3/4 c almond milk, cinnamon, apple pie spice, and 1/4 c fresh apple chunks.

Almond Joy ONO

Mix 1/2c oats, 1/2 c nonfat greek yogurt, 1/2 c almond milk, 1/2 tbsp Lily's dark chocolate chips, 1/2 tbsp coconut flakes, 1/2 tbsp slivered almonds, & 1/4 tsp almond extract. Store in fridge overnight!

Peanut Butter Cup ONO

Combine 2 tbsp creamy PB, 1/4 tsp vanilla extract, 1/4 c honey vanilla greek yogurt, 2/3 c almond milk, 1/2 c oats, 1 tbsp cocoa powder, & a tiny bit of maple syrup. Stir & mix well and refrigerate overnight. Add PB protein powder if you want to add more protein.

Cookie Dough ONO

Microwave 1/2 banana for 30 sec. Combine banana with 1 c almond milk, 1 c oats, 1/2 scoop vanilla protein powder, 1 tsp vanilla extract, 1/4 tsp butter extract & stevia. Add 1 tbsp Lily's mini dark chocolate chips. Refrigerate overnight.

Cake Batter ONO

Mix 1 c oats, 1/4 c protein powder, few stevia drops, salt, 1/2 tsp almond extract, 1/4 tsp butter extract, 3/4 c almond milk, 1/2 c greek yogurt, & sprinkles. Refrigerate overnight.

Egg Spinach Feta Wraps

Saute onion, mushroom, & spinach in skillet. Add 1/4 c egg whites & 1 egg with salt and pepper. Spread 1 serving hummus on warm tortilla or wrap & top with sun dried tomatoes & lowfat feta. Add egg mixture and wrap. Enjoy!

Lunch Ideas

Healthy Tuna Salad Wraps

Toast 1/2 c sliced almonds in olive oil til brown. Add 20 oz tuna to bowl after draining well. Add whole diced yellow onion. Combine toasted almonds in when done. Add whole diced avocado, 1 medium granny smith apple, 1 c lowfat mayo, fresh squeeze lemon, salt & pepper. Wroll in spinach flavored wrap & add power greens to top!

Burrito Bowl

Cook rice & add to base of bowl. Add chicken (or meat of choice), corn, tomatoes, onions, jalapeños, sweet potatoes, black beans, lettuce cheese, & sauce of choice (salsa is low cal).

Cheesy Pizza Bagels

Spread sugar-free marinara on bagel halves , add turkey pepperoni & toppings of choice, top with lowfat mozzarella cheese. Bake at 375 degrees for 10 min.

Taco Bowl

Season lean ground beef with low-sodium taco seasoning. Add to bowl with rice, tomatoes, onion, olives, taco sauce, lowfat sour cream, cheese, corn, and any other additives you want! Enjoy!

Avocado Caprese Salad

Halve tomatoes & lowfat mozzarella. Add avoacdo chunks, aged balsamic, & a little bit of olive oil. Add basil, salt, & pepper. Add spinach!

Protein Quesadillas

1 flat-out bread cut in half, add 1 c shredded cooked chicken, lowfat cheese, 1/2 smashed avocado, & cook in pan. Fold over until each side is golden brown.

Copycat Crunchwrap Supreme

Cook lean ground beef seasoned with low-sodium taco seasoning. Take 1 large tortilla and spread plain greek yogurt on it. Add 1/4 c low-fat meat, tomatoes, cheese, lettuce, & a few tortilla chips. Wrap in circle by folding edges in, sealing them with a little cheese. Cook folded edges side down in pan on medium heat. Serve with salsa!

Copycat Big Mac Bowl

Cook lean ground beef & combine with rice. Add lettuce, tomato, onions and chopped pickles. For sauce, mix 2 tbsp lowfat mayo, 1 tsp mustard, 2 tsp non-sugar ketchup, 2 tsp pickle juice, & chopped up onions. Pour on top of bowl and mix

Greek Chicken Rice Bowl

In bowl, combine rice, a little olive oil, squeeze of a lemon, 1/2 tbsp red wine vinegar, minced garlic, cooked chicken, chopped cucumbers, tomatoes, kalamata olives, chopped red onion, and lowfat feta cheese. Top with lowfat hummus

Tuna Poke Bowl

Cook ahi tuna a few min on each side in skillet. Season as desired. Chop and add into bowl with jasmine rice, fresh bean sprouts, chopped radishes, chopped green onion, yum yum sauce, and Everything But the Bagel Seasoning.

Bird's Eye Quick High Protein Lunch

Microwave a bag of Bird's Eye brand rotini marinara veggie pasta. Add to a bowl with a packet of hot buffalo (or other desired flavor) Tuna Creations. Drizzle Bolthouse Farms ranch and sprinkle nutritional yeast on top.

Shrimp Lettuce Tacos

Cook 4 oz shrimp. Combine in bowl with chopped avocado, chopped pepper, chopped pineapple, a drizzle of low-sodium soy sauce, minced garlic, and chopped cilantro. Spoon shrimp mixture into lettuce leaves (or tortilla for extra carbs). Top with a yummy mango salsa and enjoy!

Dinner

Egg Roll in a Bowl

Chop one whole cabbage head & dice 1.5 c onions, Peel 1 cup worth of carrots & shred in food processor. Brown 1-lb ground turkey meat in skillet . Add onion, a little olive oil, shredded carrots, some garlic, and tsp minced ginger. Stir for 2-5 min Pour 1/4 c chicken broth in. Add cabbage, 2 tbsp low-sodium soy sauce, & 2 tsp rice wine vinegar. Cover and cook 15 minutes. Serve with toasted sesame seeds, toasted sesame oil drizzle, and chopped green onions.

Healthy Ramen Stir Fry

Heat olive oil in skillet and add 1 chopped onion, 1 chopped red bell pepper, and 1/2 head of broccoli florets. Cook 5 min. Add salt and pepper. In another skillet, brown lean ground beef & season. In separate bowl; mix 1/4 c low-sodium soy sauce, 1 tbsp brown sugar, 1 tbsp apple cider vinegar, a little sriracha, and minced garlic. Boil 2 squares of Rice Ramen and drain. Combine with beef and veggies, pour sauce over, & enjoy!

Copycat Panda Express Chicken & Green Beans

In skillet, whisk together 1 c low-sodium chicken broth, 1/4 c low-sodium soy sauce, 2 tbsp white wine, 2 tbsp rice wine vinegar, minced garlic, ginger, & 1 tsp brown sugar. Bring to simmer & cook 5 min. Combine a little bit of corn starch and water in a separate bowl and add a little to the sauce to make it thick. Set sauce aside.

Air fry or bake chicken into strips; set aside after. Add olive oil to wok; add green beans and chopped onions. Cook 5 min so they're still crunchy. Add chicken into veggies along with sauce. Serve!

Air Fryer Chicken Nuggets

In bowl; combine panko bread crumbs, salt, pepper, 2 tbsp grated parmesan. Cut chicken into 1-in cubes & season with salt & pepper. Coat with a tiny bit of olive oil. Put chicken into bread crumb mixture. Spray air fryer basket. Add chicken. Lightly spritz spray onto chicken. Cook 400 degrees for 8 min. Shake the basket halfway! Enjoy!

Air Fryer Hibachi

Chop up green & yellow zucchini into cubes. Chop mushrooms if desired. Chop chicken breast into cubes. Combine all into bowl & season with minced garlic, salt, pepper, a little ginger, and drizzle some olive oil and low-sodium soy sauce. Drizzle sesame oil, rice wine vinegar, and mix. Air fry at 380 degrees for 20 min; shake basket halfway through. Serve over rice & add yum yum sauce or teriyaki liquid aminos.

Lowfat Cottage Cheese Alfredo

In a food processor, combine: 1 c plain almond milk, 1/2 c fat-free cottage cheese, garlic powder, salt & pepper, and Italian seasoning. Pour mixture into saucepan & cook at medium-low until warm. Add corn starch if you want it thicker. Boil and drain pasta of choice and top with the sauce and some Nutritional Yeast or Parmesan.

Stuffed Bell Peppers

Preheat oven 350 degrees. Brown lean ground turkey in a pan. Add chopped onion and minced garlic. Add into a bowl once done with 3/4 c low-fat cheese, seasoning of choice, 5 oz tomato sauce, & 14 oz diced tomatoes. Slice tops off peppers; scoop out. Fill each with mixture. Sprinkle cheese on top and bake 20-25 minutes.

Sweet & Spicy Baked Cauliflower

Preheat oven 400 degrees & line baking sheet with parchment paper. In bowl; combine cauliflower florets, 2 tbsp sriracha, 2 tbsp organic maple syrup (use walden farms for low-carb), 2 tbsp olive oil, 1/2 tbsp low-sodium soy sauce, salt, & pepper. Mix. Pour onto baking sheet & bake 30 min.

Spicy Soy Shrimp and Rice

in bowl; mix low-sodium soy sauce, balsamic vinegar, chili powder, a little sugar, and red pepper flakes (use desired amounts depending on how much shrimp). Heat olive oil in skillet and saute garlic. Add shrimp & cook (don't overcook). Add sauce mixture & simmer 3 min. Serve over rice!

Cinnamon Butternut Squash

Preheat oven to 425 & line baking sheet with foil. In large bowl, toss cubed butternut squash with olive oil, a little brown sugar, cinnamon, salt, and pepper. Pour onto foil and bake 40 minutes.

Air Fryer Brussels

Cut brussels into quarters and combine in bowl with olive oil and balsamic vinegar, salt, & pepper. Add to air fryer basket and cook 360 degrees for 15 minutes or until crispy. Shake halfway.

Air Fryer Salmon

Season salmon with garlic, salt, pepper, dill, and lemon pepper. Drizzle lemon juice. Spray air fryer basket and add salmon. Cook at 400 degrees for 15 minutes. Add over white rice or the lemon garlic Right Rice brand. Serve with asparagus!

The Best Air Fryer Chicken

Season boneless skinless chicken thighs as desired. Spray air fryer basket & add chicken. Cook 20 min at 350 degrees, flip halfway. Serve with air fried sweet potatoes and veggies!

Sweet Potato Gorgonzola Fries

Cut sweet potatoes into fry pieces. Toss in bowl with olive oil, salt, and pepper. Add to foil on a baking sheet. Cook 425 degrees for 20 min or until cooked. Turn off oven. Top sweet potatoes with gorgonzola cheese & chopped green onions and let the oven melt it on. Enjoy!

Italian Gluten-free Pasta

Boil water & cook gluten-free garlic pasta (found in health food section). Add to bowl and top with cooked Brussel sprouts, Brianna's brand vinaigrette, & chicken!

Rice Ramen Nourishment Bowl

Boil rice ramen and drain. Combine in a bowl with grilled chicken, sautéed zucchini, and drizzle with teriyaki sauce (I like the liquid aminos one).

Sweet Potato Nourish Bowl

Combine cooked lean ground turkey in a bowl with chipotle sausage and cooked sweet potatoes. Add sautéed onion & green bell pepper. Top with avocado

Fish & Rice

Air fry cod for 10 min at 400 degrees. Add to bowl with chopped sauteed brussel sprouts, coconut rice, and top with Nonna Pia's brand balsamic glaze and salt/pepper.

Turkey Burgers

In a bowl, combine; 1 lb lean ground turkey, 1/4 c bread crumbs, 1 egg, 1 tbsp Worcestershire sauce, a little ketchup and dijon mustard, a little chopped yellow onion, and seasonings of choice (I like the Alpine seasoning). Form into patties and cook 5 min each side or until done on skillet or grill. Place on whole wheat bun and top with tomato and lettuce. Serve with sweet potato fries and salad!

Chicken Parm Marinara

In bowl; mix 1 egg, 1 c italian bread crumbs, 1/2 c parmesan cheese, salt & pepper. Dip chicken breast into egg mixture, then bread crumb mixture. Place on sprayed baking sheet. Bake at 400 degrees for 30-40 min. Serve on top of pasta with marinara sauce (look for a sugar-free option).

Snacks

Tuna Rice Cakes

Take 2 white cheddar Quaker rice cakes and top with desired flavor of Tuna Creations packet.

Turkey Rice Cakes

Take 2 white cheddar or Everything flavor Quaker rice cakes. Top with light Laughing Cow Cheese wedge & turkey lunch meat slices. Drizzle mustard and sprinkle Everything But the Bagel Seasoning.

Banana Rice Cakes

Top 2 plain rice cakes with peanut or almond butter. Add sliced bananas and sprinkle cinnamon on top.

Yogurt Snack

Add Oikos Triple Zero yogurt into bowl. Top with 1/2 berries of choice and 1/3 c low sugar granola. Drizzle honey on top if desired.

Protein Fluff

Combine 1/2 c Silk Greek Yogurt (plain), 1 serving PBfit Powdered nut butter, 1 scoop protein powder of choice, 6-10 drops liquid stevia, 8g JELLO cheesecake mix, & a little almond milk. I mixed in a food processor. Top with desired toppings such as chopped protein bar, Lily's Dark chocolate chips, etc.

Protein Donuts

Preheat oven to 350 degrees. Whisk 1 c Kodiak Cake pancake mix, 1/4 c coconut sugar, & 2 tbsp cocoa powder together. Then add 1 egg, 1/2 tsp vanilla extract, 2 tbsp melted coconut oil, and 1/2 c almond milk. Fold in 1/4 c Lily's Dark chocolate chips. Grease donut pan (got mine on Amazon), add batter to ziplock bag and cut the tip off a corner. Pipe into each donut. Bake 12-14 min. Top with peanut butter or frosting and sprinkles.

Protein Frappuccino

In a blender, combine; 1 c iced coffee, 1 scoop protein powder, 1 c ice, 1 stevia packet, & 1/4 c milk of choice. Blend and enjoy!

PB Smoothie Bowl

In a blender, combine; 1 frozen banana, 1 tbsp peanut butter, 1 tsp cocoa powder, 1/2-1c almond milk, 1 scoop chocolate peanut butter protein, 1/2 tsp cinnamon, and ice. Pour into bowl and top with granola, chocolate chips, and fruit.

Vegan Cookie Dough

Add 1 can drained chickpeas into food processor with 2 servings peanut butter and 2 tbsp maple syrup. Blend and mix in 1/4 c Lily's Mini Dark chocolate chips. Refrigerate and enjoy!

My Fave Smoothie

In blender, combine; 1 banana, 1 scoop chocolate protein powder, 1 serving peanut butter, almond milk, ice, and some cocoa powder. Blend and enjoy!

Green Protein Smoothie

In blender, combine; 1 c almond milk, 1 frozen banana, 1 tbsp peanut butter, a handful of fresh spinach, 1 scoop vanilla protein powder, and a scoop of BeNu greens with ice. Blend & Enjoy!

Protein Ranch & Veggies

In bowl, mix 1 c plain greek yogurt & 1 package ranch seasoning. Stir. Dip carrots and veggies!

Vegan Brownie Bites

In food processor, combine; 1 c walnuts, 1/2 c almonds, 12 medjool dates (pitted), 1/3 c cocoa powder, 1 tsp vanilla extract, & some salt. Blend & add water as needed. Add chocolate chips and form into balls. Place on parchment paper & refrigerate. Enjoy!

Fruit Bark

Line baking sheet with wax paper. In bowl, combine 2 c greek yogurt, 1/4 c agave or honey, 1/2 tsp vanilla extract, 1/4 tsp lemon juice, & salt. Spread onto baking sheet. Top with berries & nuts or seeds. Freeze 2-3 hours & cut into pieces.

Grilled Avocado & Hot Sauce

Slice avocado in half, remove pit. Prick with fork. Pour hot sauce of choice on slices and top with sea salt, pepper, & lime juice. Add shredded cheese. Put on hot grill or broil 2 min in oven.

Enjoy!

Apple Cinnamon Cookie Bites

In bowl, combine; 2 c rolled oats, 1/4 c flaxseed ground, cinnamon, & nutmeg. In another bowl, mix 1/2 c almond butter, 1 tsp vanilla extract, 1/4 c honey. Pour into oat mixture & stir. Add chopped Granny Smith apple. Make into balls & refrigerate!

Quest Bar Cookies

Break Quest bar in half, roll in some Lily's dark chocolate chips, form into two cookies. Bake at 350 degrees for 7 minutes. Broil if you want it crunchy on top!

M&M Balls

Combine 1 c quick oats, 1/2 c peanut butter, 1/4 c honey, 1 scoop vanilla protein, Lily's dark chocolate chips, and mini M&Ms. Roll and refrigerate. Enjoy!

Tomato Avo Melt

Spread thin layer low-fat mayo on two pieces of bread. Sprinkle a little cayenne pepper. Layer with sliced tomato and avocado slices. Top with cheese. Broil on high 2-4 minutes. Top with hot sauce!

Snack Roll-up

Spread peanut butter on whole wheat flour tortilla. Drizzle honey, layer with sliced banana, and top with Lily's dark chocolate chips. Roll & enjoy!

Hydrating Slushees

Blend 1 c ice, 1c BCAAs mixed in water, 1 c frozen fruit of choice. Drink!

Protein PB Cups

In bowl, mix 1 c dark chocolate chips & 2 tbsp coconut oil. Melt in microwave & mix. In another bowl, mix 2/3 c peanut butter, 1 scoop chocolate Protein, & 2 tbsp maple syrup until thick. Line muffin pan & spray. Coat each wrapper with spoonful of chocolate up the sides. Add PB mix on top & cover with more chocolate mixture. Freeze 15-20 min.

Protein Blueberry Pie Bowl

In bowl, add 1 c low-fat plain greek yogurt, 4 oz blueberries, and 25 g graham crackers. Mash and add cool whip to top!

Pumpkin Cookies

In bowl, mix; 1/5 c oats, 1/2 c protein powder, 3/4 c truvia cane sugar, 1 tsp cinnamon, 1/2 tsp baking powder, 1/2 tsp baking soda, 1/4 c unsweetend apple sauce, 1/2 c pumpkin, 1 egg white, and chocolate chips. Spray baking sheet & form into cookies. Bake 8-10 min at 350 degrees.

Air Fryer Fried Pickle Snack

In bowl, add a little almond flour, panko bread crumbs, seasoning, and egg whites. Mix into batter and dip pickles. Air fry for 10-15 min at 400 degrees.

Protein Popsicles

In blender, combine; protein powder scoop, ice, 1/3 c almond milk, and crushed healthy cookies. Blend and pour into molds. Freeze & enjoy!

Thank You

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