



Recipe Cards

Popular, healthier meals worth making again

Real food, big flavor, easy wins

8 member-favorite recipes designed for your journey. Every card is protein-forward, GLP-1 friendly, prep-friendly, and packed with the flavor that keeps you consistent. Each recipe includes ingredient lists you can check off, easy swaps, and a coach's note.

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Breakfast · 5 min · 32g protein

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Breakfast · 35 min · 18g protein

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Breakfast · 3 min prep · 28g protein

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Lunch · 30 min · 42g protein

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Lunch · 5 min · 32g protein

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Dinner · 20 min · 30g protein

7

Honey-Dijon Salmon

Dinner · 20 min · 38g protein

8

Protein Chocolate Mousse

Snack · 5 min · 26g protein

COACH'S TIP

Print your favorites. Stick them on the fridge. Repeated wins = lasting habits.





Berry Protein Parfait

5-minute breakfast that keeps you full for hours

SERVES

1

TIME

5 MIN

PROTEIN

32g

CALORIES

310

INGREDIENTS

- ☐ 1 cup non-fat Greek yogurt
- ☐ 1 scoop vanilla protein powder
- ☐ ½ cup mixed berries
- ☐ 1 tbsp chia seeds
- ☐ 2 tbsp granola (low-sugar)
- ☐ 1 tsp honey (optional)
- ☐ Dash of cinnamon

INSTRUCTIONS

- 1 In a small bowl, whisk together the Greek yogurt and protein powder until smooth.
- 2 Layer ■ of the yogurt mix in a glass or jar, add half the berries.
- 3 Add another yogurt layer, sprinkle chia seeds, then remaining berries.
- 4 Top with final yogurt, granola, honey drizzle, and cinnamon.
- 5 Enjoy right away or chill up to 24 hours for meal prep.

COACH'S TIP

GLP-1 friendly: protein-forward with slow digestion — perfect first meal of the day.

MAKE IT YOUR WAY

Dairy-free? Use coconut yogurt + plant protein powder.

More protein? Add 2 tbsp cottage cheese to yogurt mix (+7g).

Lower carb? Skip granola, add crushed almonds instead.





Meal-Prep Veggie Egg Bake

Make Sunday, eat all week — breakfast on repeat

SERVES

6

TIME

35 MIN

PROTEIN

18g

CALORIES

185

INGREDIENTS

- ☐ 10 large eggs
- ☐ ½ cup cottage cheese (2%)
- ☐ 2 cups fresh spinach
- ☐ 1 red bell pepper, diced
- ☐ ½ cup diced onion
- ☐ 1 cup shredded cheese (any)
- ☐ 1 tsp garlic powder
- ☐ Salt and pepper to taste
- ☐ Cooking spray

INSTRUCTIONS

- 1 Preheat oven to 375°F and spray a 9x13 baking dish.
- 2 Sauté onion and pepper in a pan for 3 min. Add spinach until wilted.
- 3 In a large bowl, whisk eggs and cottage cheese until smooth.
- 4 Stir in cooked veggies, cheese, garlic powder, salt, and pepper.
- 5 Pour into baking dish. Bake 25–30 min until center is set.
- 6 Cool, slice into 6 squares. Refrigerate up to 5 days.

COACH'S TIP

One square + a piece of fruit = your fastest 20g protein breakfast, ever.

MAKE IT YOUR WAY

Add meat? Toss in ½ cup diced deli ham or cooked turkey sausage.

Dairy-free? Skip cottage cheese, add 2 tbsp nutritional yeast.

Different veggies? Broccoli, mushrooms, or zucchini all work great.





Overnight Protein Oats

Grab-and-go breakfast prepped in 3 minutes

SERVES

1

TIME

3 MIN + overnight

PROTEIN

28g

CALORIES

340

INGREDIENTS

- ☐ ½ cup old-fashioned oats
- ☐ 1 scoop vanilla protein powder
- ☐ 1 tbsp chia seeds
- ☐ ¾ cup unsweetened almond milk
- ☐ ¼ cup non-fat Greek yogurt
- ☐ 1 tsp cinnamon
- ☐ ½ banana, sliced (or ¼ cup berries)
- ☐ 1 tbsp peanut butter or almond butter

INSTRUCTIONS

- 1 Add oats, protein powder, chia seeds, and cinnamon to a jar. Stir.
- 2 Pour in almond milk and Greek yogurt. Stir until fully combined.
- 3 Top with banana slices and peanut butter.
- 4 Seal jar and refrigerate at least 4 hours, ideally overnight.
- 5 Grab in the morning — eat cold or warm 30 sec in microwave.

COACH'S TIP

Prep 3 jars Sunday night = 3 grab-and-go breakfasts ready to fuel your week.

MAKE IT YOUR WAY

Chocolate lover? Add 1 tsp cocoa powder + 1 tsp mini chocolate chips.

Nut-free? Use sunflower seed butter or skip nut butter.

Lower sugar? Skip banana, use ¼ cup blueberries.





Sheet Pan Chicken Bowl

One pan. Zero cleanup. 40g protein in every bowl.

SERVES	TIME	PROTEIN	CALORIES
4	30 MIN	42g	425

INGREDIENTS

- ☐ 1.5 lbs chicken breast, cubed
- ☐ 2 bell peppers, chopped
- ☐ 1 medium red onion, chopped
- ☐ 2 cups broccoli florets
- ☐ 2 tbsp olive oil
- ☐ 1 tbsp garlic powder
- ☐ 1 tbsp paprika
- ☐ 1 tsp oregano
- ☐ Salt and pepper
- ☐ 2 cups cooked quinoa or rice
- ☐ ¼ cup crumbled feta (optional)

INSTRUCTIONS

- 1 Preheat oven to 425°F. Line a sheet pan with parchment.
- 2 Toss chicken and veggies with olive oil and all spices.
- 3 Spread in a single layer on the sheet pan.
- 4 Roast 20–25 min, flipping halfway, until chicken hits 165°F.
- 5 Serve over quinoa or rice. Top with feta if using.
- 6 Meal prep: divide into 4 containers, keeps 4 days.

COACH'S TIP

Perfect GLP-1 lunch — high protein, high volume, low effort. Doubles easily.

MAKE IT YOUR WAY

Different protein? Shrimp (10 min cook) or ground turkey work great.

Lower carb? Skip grain, add extra roasted veggies.

Meal prep max? Swap sauces weekly — pesto, salsa, tzatziki.





Protein-Packed Tuna Salad

Ready in 5 minutes — a lunch you'll actually crave

SERVES

2

TIME

5 MIN

PROTEIN

32g

CALORIES

295

INGREDIENTS

- ☐ 2 pouches (or cans) tuna in water, drained
- ☐ ¼ cup non-fat Greek yogurt
- ☐ 1 tbsp mayo (or more Greek yogurt)
- ☐ 1 tbsp Dijon mustard
- ☐ 1 celery stalk, finely diced
- ☐ 2 tbsp red onion, minced
- ☐ 1 tbsp fresh dill (or 1 tsp dried)
- ☐ Juice of ½ lemon
- ☐ Salt and pepper to taste

INSTRUCTIONS

- 1 In a bowl, whisk together Greek yogurt, mayo, mustard, and lemon juice.
- 2 Flake tuna into the bowl and gently mix.
- 3 Fold in celery, onion, dill, salt, and pepper.
- 4 Serve on whole grain bread, over greens, in a wrap, or with crackers.
- 5 Keeps in fridge 3 days — great for meal prep.

COACH'S TIP

The Greek yogurt swap saves 100+ calories per serving and adds 8g extra protein.

MAKE IT YOUR WAY

Add crunch? ½ chopped apple + ¼ cup walnuts = magic.

Different fish? Canned salmon works beautifully too.

Low-carb wrap? Serve in bell pepper halves or on cucumber slices.





Asian Turkey Lettuce Wraps

Fresh, satisfying, ready in 20 minutes

SERVES

4

TIME

20 MIN

PROTEIN

30g

CALORIES

310

INGREDIENTS

- ☐ 1.25 lbs lean ground turkey (93%+)
- ☐ 1 tbsp sesame oil (or olive oil)
- ☐ 3 cloves garlic, minced
- ☐ 1 tbsp fresh ginger, minced
- ☐ 3 tbsp coconut aminos (or low-sodium soy sauce)
- ☐ 1 tbsp rice vinegar
- ☐ 1 tsp sriracha (optional)
- ☐ 1 can water chestnuts, drained + chopped
- ☐ 3 green onions, sliced
- ☐ 1 head butter lettuce or romaine hearts
- ☐ Sesame seeds for garnish

INSTRUCTIONS

- 1 Heat sesame oil in a large skillet over medium-high heat.
- 2 Add ground turkey, breaking up as it cooks. 5–6 min until browned.
- 3 Add garlic and ginger, stir 30 sec until fragrant.
- 4 Pour in coconut aminos, rice vinegar, and sriracha. Stir.
- 5 Add water chestnuts and green onions. Cook 2 more min.
- 6 Spoon into lettuce cups, top with sesame seeds, serve warm.

COACH'S TIP

Fun family dinner — kids love assembling their own wraps. Low-effort win.

MAKE IT YOUR WAY

Higher protein Add 1 cup cooked edamame to filling.

Different meats Ground chicken, beef, or crumbled tofu all work.

More veggies Add ½ cup grated carrots + diced bell pepper.





Honey-Dijon Salmon

Restaurant-quality dinner in 20 minutes

SERVES

4

TIME

20 MIN

PROTEIN

38g

CALORIES

395

INGREDIENTS

- ☐ 4 salmon fillets (6 oz each)
- ☐ 2 tbsp Dijon mustard
- ☐ 1 tbsp honey or maple syrup
- ☐ 2 cloves garlic, minced
- ☐ 1 tsp dried thyme
- ☐ Salt and pepper
- ☐ 1 lb asparagus, trimmed
- ☐ 2 cups cherry tomatoes
- ☐ 2 tbsp olive oil
- ☐ Lemon wedges for serving

INSTRUCTIONS

- 1 Preheat oven to 400°F. Line a sheet pan with parchment.
- 2 Whisk Dijon, honey, garlic, thyme in a small bowl. Set aside.
- 3 Toss asparagus and tomatoes with olive oil, salt, pepper.
- 4 Spread veggies on pan. Nestle salmon fillets among them.
- 5 Brush salmon generously with the honey-Dijon glaze.
- 6 Roast 12–15 min until salmon flakes easily with a fork.
- 7 Squeeze lemon over everything before serving.

COACH'S TIP

Omega-3 powerhouse — huge for mood, joints, and fighting inflammation on your journey.

MAKE IT YOUR WAY

Different fish? Cod or halibut work with the same glaze.

No honey? Use maple syrup or 1 tsp brown sugar.

Winter veggies? Swap asparagus for broccoli or Brussels sprouts.





Protein Chocolate Mousse

Dessert that fits your goals — 25g protein per serving

SERVES

2

TIME

5 MIN

PROTEIN

26g

CALORIES

215

INGREDIENTS

- ☐ 1 cup non-fat Greek yogurt
- ☐ 1 scoop chocolate protein powder
- ☐ 2 tbsp cocoa powder (unsweetened)
- ☐ 1 tbsp maple syrup or honey
- ☐ 1 tsp vanilla extract
- ☐ 2–3 tbsp almond milk (to thin)
- ☐ Pinch of sea salt
- ☐ Optional: berries, dark chocolate shavings, or crushed nuts

INSTRUCTIONS

- 1 In a bowl, whisk Greek yogurt, protein powder, and cocoa until smooth.
- 2 Add maple syrup, vanilla, and salt. Whisk again.
- 3 Add almond milk 1 tbsp at a time until mousse-like texture.
- 4 Divide between two glasses. Chill 15 min for best texture.
- 5 Top with berries, chocolate shavings, or crushed nuts.

COACH'S TIP

Perfect afternoon craving crusher — sweet, satisfying, and protein-forward.

MAKE IT YOUR WAY

Cottage cheese blend Blend 1 cup cottage cheese for creamier texture (+4g protein).

Peanut butter add Add 1 tbsp PB2 powder + swirl in real PB on top.

Frozen version Freeze 30 min for a soft-serve style treat.

