

1st Phorm Healthy Eating Cook Book



Grilled Taco and Lime Chicken

Ingredients

- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon smoked paprika (regular paprika works too)
 - 1/2 teaspoon garlic salt
- 3-4 medium to large boneless skinless chicken breasts
 - 2 limes, split

Directions

1. Preheat indoor or outdoor grill to medium high heat.
2. Place cumin, salt, pepper, paprika and garlic salt into a bowl. Stir to combine.
3. Place chicken breast into a large bowl or large Ziploc bag. Pour seasonings over chicken then squeeze the juice of one whole lime over chicken and seasonings. Stir chicken around with seasonings and lime. You can marinate up 1-5 hours if desired. Can be grilled immediately as well.
4. Spray grill lightly with cooking spray then carefully place chicken onto grill. Let grill 5-6 minutes each side, or until cooked through and juices run clear. Transfer chicken to a large plate and let rest for 10 minutes. Thinly slice chicken and squeeze with juice of last lime over tops. Thinly sliced chicken goes great inside tacos. Top with your favorite toppings.

Grilled Moroccan Chicken

Ingredients

- 1 cup extra-virgin olive oil,
- 4 cup scallion, chopped (white part)
 - 4 cup parsley, chopped
- 4 cup fresh cilantro, chopped
 - 1 tbsp garlic, minced
 - 2 tsp paprika
 - 2 tsp ground cumin
 - 1 tsp salt
 - 4 tsp turmeric
 - 4 tsp cayenne pepper
- 4 boneless chicken breast

Directions

1. Combine oil, scallions, parsley, cilantro, garlic, paprika, cumin, salt, turmeric and cayenne pepper in the container of a food processor.
 2. Process until smooth.
3. Rub the mixture on both sides of the chicken breasts and let stand 30 minutes.
 4. Preheat the grill to medium hot.
 5. Grill chicken breasts 5-7 minutes on each side, or until done.

Grilled Lemon-Rosemary Chicken

Ingredients

- 2 boneless, skinless chicken breast
 - 4 cup lemon juice
 - 2 cup olive oil
 - 3 sprig fresh rosemary
 - 2 clove garlic

Directions

1. Whisk lemon juice, olive oil, rosemary, and garlic together in a non-reactive bowl. Season to taste with salt and pepper. Add chicken breasts and marinate for 15 minutes. While chicken is marinating, heat grill (can use grill pan or grilling machine if desired).
2. Grill chicken for 3-5 minutes per side, or until chicken is no longer pink inside. Serve hot or cold.

Sweet & Sour Grilled Chicken

Ingredients

- 1/4 cup cider vinegar
- 3 tablespoons Dijon mustard
- 3 cloves garlic, minced
 - 1 lime, juiced
 - 1/2 lemon, juiced
- 1/4 cup brown sugar splenda
- 1 1/2 teaspoons kosher salt
- Ground black pepper to taste
- 1/4 cup extra virgin olive oil
- 6 skinless, boneless chicken breast halves

Instructions

1. Mix all ingredients together in a bowl except the olive oil
2. Drizzle in oil very slowly while whisking quickly
3. Put the chicken in a large Ziploc bag and pour between 1/2 ~ 3/4 of the marinade over it.
4. Put the chicken in the fridge and marinate at least 2 hours
5. Grill chicken over med/high heat and cook until juices run clear

Bagged Mexican Chicken

Ingredients

- 1 cup(s) dark Mexican lager beer
 - 1 teaspoon(s) flour
 - 2 teaspoon(s) olive oil
 - 1 teaspoon(s) minced garlic
 - 1/4 teaspoon(s) salt, for beer mixture
- 1 (6-ounce) zucchini, cut into 1/2-inch-thick slices
- 1 (6-ounce) yellow summer squash, cut into 1/2-inch-thick slices
 - 1 medium red onion, cut into rings
 - 2 teaspoon(s) ground chipotle chile
 - 2 teaspoon(s) ground cumin
 - 1/4 teaspoon(s) salt, for spice rub
- 4 (5-ounce) boneless, skinless chicken breast halves
 - 2 slice(s) lime

Directions:

1. Pour beer into a 4-quart saucepan and bring to a boil (it will foam up); boil 3 minutes, stirring down foam, until reduced to 1/2 cup. Remove from heat; whisk in flour until blended, then olive oil, garlic, and salt. Cool mixture to room temperature.
2. Heat oven to 375°F. In a bowl, toss together a zucchini, yellow summer squash, and red onion.
3. In a small cup, mix together chipotle Chile, cumin, and salt; rub spice mixture over chicken breast halves.
4. Fold 4 (15-inch) squares of parchment paper in half on the diagonal, then open up flat. Scatter the zucchini mixture on one triangular side of each piece of parchment and top with a chicken breast. Place 2 lime slices on center of each breast. Working with one portion at a time, spoon 2 tablespoons of the beer mixture over chicken. Fold the unfilled side of parchment over the chicken to cover, then fold the edges together, all the way around, sealing the packet tightly. Repeat with remaining packets.
5. Place packets on a large baking sheet. Bake 26 to 28 minutes or until the packets are puffed and lightly browned.

Slow Cooker Black Bean and Chicken Tacos

Ingredients:

- 12 oz raw skinless chicken tenders or breast
- 15 oz can low sodium black beans, drained and rinsed (Goya)
- 10 oz can tomatoes with mild green chiles (I used Rotel)
 - 1 1/8 tsp chili powder
 - 3/4 tsp. plus 1/8th tsp ground cumin
 - 1/4 tsp garlic powder
 - 1/4 tsp oregano
 - 1 medium scallion, diced
 - 1 tbsp. chopped cilantro (optional)

Directions

1. Season chicken with pinch of salt, garlic powder, oregano, 1/8 tsp of the chili powder and 1/8th tsp cumin.
2. Add the beans and tomatoes to the crock-pot and season with the remaining chili powder and cumin. Place chicken in the crock-pot and cover. Cook on HIGH 2 hours.
3. Remove chicken from the crock-pot and shred with two forks. Drain beans and transfer to a platter, or back to the crock-pot to keep warm. Top with shredded chicken, scallions and cilantro.

Spicy Asian Chicken Breast

Ingredients:

- 2 boneless chicken breasts, each cut into two halves.
 - 4 teaspoons olive oil
 - 1 teaspoon dried leaf oregano
- 4 medium garlic cloves, mashed and finely minced
 - 1 scant teaspoon salt
 - 1/8 teaspoon ground cayenne
 - dash black pepper
 - 2 teaspoons soy sauce.

Directions

1. Wash the chicken breasts and pat dry. Place them into a large resealable plastic bag.
2. In a medium-mixing bowl, combine the olive oil, oregano, minced garlic, salt, cayenne, soy sauce and black peppers. Pour mixture into the plastic bag containing the chicken.
3. Seal the plastic bag and shake gently to ensure that all the chicken is in contact with the marinade. Let it marinate for one hour or so.
4. Heat your skillet; grill your beautiful chicken breasts for 4 minutes on each side.
5. Garnish with some minced parsley.

Honey-Dijon Glazed Chicken Breast

Ingredients

- 4 skinless, boneless chicken breasts
- 1 tablespoon olive oil, plus 2 tablespoons to drizzle in the pan
 - 1 tablespoon Dijon mustard
 - ½ teaspoon salt
 - ¼ teaspoon black pepper
 - Honey-Dijon Glaze (recipe below)

Directions

1. Place the chicken breasts onto a large platter or plate, and drizzle over the 1 tablespoon of olive oil, the Dijon mustard, the salt and the black pepper; rub into the chicken breasts, and allow them to marinate while the pan is preheated.
2. Preheat a large pan over medium-high heat; once hot, add the 2 tablespoons of olive oil to the pan, and once the oil is hot, add the chicken breasts (either all at once, or in 2 batches of 2 breasts) to the pan; allow the breasts to sear on medium-high heat for about 6-8 minutes per side depending on thickness of the breasts, or until they have a golden brown crust on both sides and are cooked through; remove the breasts from the pan and place onto a clean plate or platter, and turn off the heat from under the pan, but keep it there on the stove; lightly tent the chicken with foil to keep warm while you prepare the Honey-Dijon Glaze (recipe below); once you have the Glaze prepared, add the chicken breasts back to the pan (the heat remains off under the pan), and pour the Honey-Dijon Glaze over the chicken breasts, turning them to coat them very well in the Glaze;

Honey-Dijon Glaze ingredients:

- ¼ cup honey
 - 2 tablespoons Orange Muscat Champagne Vinegar (or 1 ½ tablespoon fresh orange juice mixed with ½ tablespoon cider vinegar)
 - 1 ½ teaspoon Dijon mustard
1. In a small bowl, whisk together all ingredients until glossy and well combined, and set aside for the chicken.

Chicken Pad Thai

Ingredients

- 2 cups cooked Brown rice Pad Thai Pasta
- 3-4, 4 oz. Chicken Breasts, cut into bite sized pieces
 - 1 cup sliced Mushrooms
 - 1/2 cup sliced Yellow Pepper
 - 1 tbsp. Fish Sauce
 - 1/4 cup chopped Cilantro
 - 1 tsp. Olive Oil
 - 1 tbsp. Natural Peanut Butter
 - 1 tbsp. Splenda
 - 1 tbsp. Red Chili Flakes

Directions

2. Prepare the pasta according to package directions.
3. Next, heat the oil in a skillet over medium heat.
4. Add the chicken and cook for 2-3 minutes.
5. Add the chicken and cook for 2-3 minutes.
6. Mix together the fish sauce, peanut butter, Splenda, and chili flakes.
7. Pour over chicken, cover, and simmer for 3-4 minutes.
8. Top with cilantro before serving.

Crock Pot Chicken Noodle Soup

Ingredients

- 1 1/2 cups carrots, chopped
 - 2 ribs celery, chopped
- 1 medium cooking onion, peeled and sliced (in large pieces so picky eaters can easily pick them out)
 - 2 slices ginger (approx. 1/4 inch thick each), peeled
 - 2-3 stocks fresh rosemary
- 10 boneless, skinless chicken thighs (I used a few more because the club-sized package was on sale)
 - 1 container low sodium chicken broth (approx: 1000ml)
 - Coarse salt and ground pepper to taste
 - 2 cups Brown Rice noodles

Instructions

1. Spray crockpot with non-stick spray.
2. Add carrots, celery, onion, ginger and rosemary.
3. Arrange chicken on top of vegetables.
4. Add broth, salt and pepper.
5. Cook on low for 8 hours.
6. Remove chicken, shred with two forks and put back into pot.
7. Add noodles and cook on high for 20-30 minutes.

Crock Pot Chicken Fajitas

Ingredients

- 2 lbs boneless skinless chicken breast halves
- 1 (14.5 oz) can petite diced tomatoes with green chilies
 - 1 red, orange and green bell pepper, julienned
 - 1 large yellow onion, halved and sliced
 - 4 cloves garlic, minced
 - 2 1/2 tsp chili powder
 - 2 tsp ground cumin
 - 1 tsp paprika
 - 3/4 tsp ground coriander
 - 1 tsp salt
 - 3/4 tsp pepper
 - 2 Tbsp fresh lime juice
 - 1 Tbsp honey

Directions

1. Pour half of the canned tomatoes into the bottom of a slow cooker and spread into an even layer. Top with half of the peppers and half of the onions. Sprinkle garlic in. Top with chicken breasts.
2. In a bowl whisk together chili powder, cumin, paprika, coriander, salt and pepper. Evenly sprinkle half of the seasoning over chicken breasts then flip chicken and sprinkle in remainder. Top with remaining half of the tomatoes, then layer in remaining peppers and onions.
3. Cover and cook on HIGH heat 3 - 4 hours or low heat 6 - 8 hours, until chicken has cooked through and veggies are tender (note that if you want to be able to cut chicken into strips cook more near lesser time on HIGH or LOW, otherwise it will probably just shred, which is also fine).
4. Remove chicken, and cut into strips, or shred. Ladle out 1 cup of the broth in slow cooker (mostly tomato liquid) and discard. In a small bowl whisk together lime juice and honey and add to slow cooker along with chicken and season with additional salt to taste if desired.

Crock Pot Roast & Red Potatoes

Ingredients

- 1 medium onion, chopped
- 2 medium sweet potatoes, peeled and chopped into 2-inch chunks
 - 2 medium carrots, peeled and chopped
 - 2 medium turnips, peeled and chopped
 - 3-lb bottom round roast, **trimmed**
 - 1 tsp salt
 - Freshly ground black pepper to taste
 - 3 tbsp all-purpose flour
 - 15-oz can no-salt-added tomato sauce
 - 2/3 cup splenda brown sugar
 - 2 tsp Chili Powder
 - 1 tsp ground cumin
- 1 tsp mustard powder sprigs, roughly chopped

Directions

1. Arrange onion, potatoes, carrots, and turnips in bottom of slow cooker.
2. Season beef with salt and black pepper. Rub flour on the beef. Place the beef on top of the vegetables.
3. In a medium bowl, combine the tomato sauce, brown sugar, chili powder, cumin, and mustard powder, stirring well. Pour the mixture over the beef.
4. Cover and cook on low for 12 hours or on high for 8 hours.

Grilled Marinated Flank Steak

INGREDIENTS

- 1/3 cup olive oil
- 2 cloves garlic, minced
- 2 Tbsp red wine vinegar
 - 1/3 cup soy sauce
 - 1/4 cup honey
- 1/2 teaspoon freshly ground black pepper
 - Other ingredients
- 2 pounds flank steak
 - Kosher salt
- Freshly ground pepper

Instructions

1. Score the surface of the steak with 1/4 inch deep knife cuts, about an inch apart, across the grain of the meat. Combine the marinade ingredients. Place steak and marinade ingredients in a large freezer bag. Coat the steak well with the marinade. Seal the bag and place in a bowl. Chill and marinate for at least 2 hours and up to overnight.
2. Using olive oil soaked onto a paper towel, coat the grill rack of your grill with olive oil. Preheat the grill with high, direct heat. The grill is hot enough when you hold your hand about an inch over it and you can only hold it there for about a second.
3. Take the steak out of the marinade bag and sprinkle generously on all sides with coarse salt and freshly ground pepper. The salt and pepper will help form a savory crust on the steak. Place steak on the hot grill. If you are using a gas grill, cover the grill. Grill for 4-6 minutes on each side. Half way through grilling on each side, turn the steak 90° so that you get more grill marks.
4. How do you know if the steak is done? The best way to tell is to poke it with your finger tips. While the steak is still raw, test it with your fingers; it will be quite squishy. That's what a very rare steak feels like. As the steak cooks the muscles contract and firm up. Touch the tip of your nose and that's what a very well done steak feels like. Here's a visual guide, the finger test to check the doneness of steak.
5. Flank steak is best eaten medium rare; well done will make it too tough. When the steak has cooked to your preferred level of doneness, remove from the grill and place on a cutting board. Cover with aluminum foil to hold in the heat and to keep the steak from drying out, and let rest for 10 minutes.
6. Make very thin slices, against the grain, and at a slight diagonal so that the slices are wide.

TERIYAKI GLAZED FLANK STEAK

Ingredients

- 1/4 Cup Sugar Free Honey
 - 1/4 Cup Apple Juice
 - 1/4 Cup Lite Soy Sauce
- 2 Tbsp. Splenda Brown Sugar
 - 1 Tsp. Ground Ginger
 - 1 Garlic Clove Minced
 - 1/4 Tsp. Black Pepper
- 1.5 Lb. Lean Flank Steak

Directions

1. Preheat oven to 450°F degrees. Combine all ingredients in a large bowl and mix thoroughly.
2. Place the flank steak in a heavy-duty zip lock bag and pour the teriyaki glaze into the bag.
3. Make sure that all of the flank steak is coated with the glaze.
4. Marinate the meat overnight for at least 12-24 hours.
5. Remove the flank steak from the bag and place on grill and cook until desired doneness.

High Protein Chili

Ingredients

- 1.5 pound lean ground beef (93/7) "can be replaced with ground turkey"
 - 1 onion, chopped
 - 1 green pepper, chopped
 - 3 tomatoes, chopped
 - 1 teaspoon chili powder
 - 1/2 teaspoon cumin powder
 - Dash ground red pepper
 - 1 16-ounce can red kidney beans
 - 1 15-ounce can chick-peas
 - 1 15-ounce can corn, rinsed and drained
 - 1 8-ounce can low-sodium tomato paste
 - 6 ounces water

Directions

1. Cook ground beef in large skillet until no longer pink. Drain fat.
2. Add remaining ingredients, first rinsing and draining beans, chick-peas and corn.
 3. Stir to ensure equal distribution.
 4. Cover and simmer for 1 hour, stirring occasionally.
 5. Keep Leftovers in fridge!

Grilled Chile-Rub Flank Steak

INGREDIENTS

- For the spice rub
 - 1 teaspoon ground cumin
 - 1 tablespoon kosher salt, or to taste
 - 2 teaspoons ground coriander
 - 1 teaspoon paprika
 - 1 teaspoon freshly ground black pepper
 - 1 teaspoon garlic powder (optional)
 - 1/2 to 1 teaspoon cayenne pepper
 - For the steak
 - 1 flank steak (about 3 pounds)
 - Olive oil for the grill

DIRECTIONS

- Make the spice rub
 - 1. In a baking dish large enough to fit the steak, stir together all the ingredients.
 - Marinate the steak
- 2. Add the steak to the spice rub, turning to coat the meat thoroughly with the rub and pressing with your fingers to help the rub adhere to the meat. Cover and toss in the fridge for at least 1 hour and up to 6 hours.
 - Grill the steak
- 3. When you're ready to cook the steak, let it rest at room temperature while the grill is heating. Build a hot fire in a charcoal grill or preheat a gas grill to high. Using a grill brush, scrape the heated grill rack clean. Lightly coat a paper towel with oil and, holding it with long tongs, carefully rub the oiled towel over the grill rack.
- 4. Place the flank steak directly over the flame or heating element grill and let it cook, undisturbed, for about 3 minutes. Rotate the steak 90° and let it cook, undisturbed, for another 3 minutes. Flip the steak and repeat on the other side so it cooks another 3 minutes undisturbed, is rotated 90°, and then cooks 3 more minutes. If you like your steak medium-rare, it should be done at this point [an instant-read thermometer inserted into the thickest portion of the steak should read 130°F (54°C)]. If you like your steak medium or well done, transfer the steak to a cooler part of the grill for a few more minutes to cook to the desired doneness.
- 5. Transfer the steak to a cutting board, cover it loosely with foil, and let it rest for 10 minutes. Carve it against the grain into slices about 1/2 inch thick, pile them onto a platter, and serve immediately.

Crockpot Barbacoa beef

Ingredients

- 3 dried ancho chilies, seeded, stemmed, and torn into pieces
- 2 dried chipotle chilies, seeded, stemmed, and torn into pieces
 - 3 cloves garlic, peeled and smashed
 - 2 cups chicken broth, divided
 - 1 tablespoon dried oregano
 - 1 tablespoon ground cumin
 - 1 teaspoon ground coriander
 - 1 teaspoon salt
 - 2 tablespoons EVOO
 - 4 pounds chuck roast
 - 1 white onion, sliced

Instructions

1. Set a saute pan over medium heat and add the chilies and garlic. Toast until fragrant, about 5 minutes. Add 1½ cups broth to the pan and turn off the heat. Let the chilies soak and the broth cool for 10 minutes. Transfer to the bowl of a blender along with the oregano, cumin, coriander, and salt. Puree.
2. Return the pan to the stove, add 2 tablespoons of EVOO, and set over medium-high heat. Once the oil is shimmering, place the chuck roast in the pan and sear for 1 minute on each side. Remove from pan and place in the crock of a slow cooker.
3. Add the sliced onion to the hot pan and saute until golden, 8-10 minutes. Add the extra ½ cup of chicken broth to the pan and use a wooden spoon to scrape up any brown bits stuck to the bottom. Transfer the onions to the slow cooker.
4. Pour the pureed chili pepper mixture on top of the beef and onions. Set the slow cooker to low and cook for 8-10 hours, until fork tender.
5. Remove the beef from the cooker and shred with a fork. Skim the fat from the liquid in the slow cooker and toss the juices with the shredded meat.

Grilled Salmon

Ingredients

- 2 lbs salmon, cut into 4 pieces
- 1 tbs olive oil (I used light extra virgin olive oil)
 - 1 tsp salt
 - 1 tsp ground cumin
 - 1 tsp paprika powder
 - 1 tsp onion powder
 - ½ tsp ancho chili powder
 - 1 tsp black pepper
 - **for the Avocado salsa:**
 - 1 avocado, sliced
 - ½ small red onion, sliced
 - Juice from 2 limes
- 1-2 tbs finely chopped cilantro (depending on how big of a cilantro lover you are)
 - Salt to taste

Instructions

1. Mix the salt, chili powder, cumin, paprika, onion and black pepper together, rub the salmon fillets with olive oil and this seasoning mix
2. Refrigerate for at least 30 minutes.
3. Pre-heat the grill.
4. Combine the avocado, onion, cilantro, limejuice, and salt in a bowl and mix well, chill until ready to use.
5. Grill the salmon to desired doneness. (I grilled for about 5 minutes)
6. Top with avocado salsa and enjoy!

Chewy Double Chocolate Pumpkin Protein Brownies

Ingredients

- 1 can of organic Pumpkin Puree
- 3 scoops 1st Phorm Level 1 Milk Chocolate Protein Powder
 - 1/3 cup of egg whites
 - 1/3 cup stevia
 - 3 tbsp Chocolate Chips 65% Cocoa
- 2 heaping tbsp Special Dark Cocoa powder
 - 1 tbsp Vanilla Extract
 - pinch of salt

Directions

In a mixing bowl combine the pumpkin puree, egg whites, and vanilla extract together and mix. With a whisk add in the stevia, protein powder, cocoa powder and salt. Mix thoroughly. Lastly add in the chocolate chips and mix.

Bake in the oven at 350 degrees for 15/20 minutes. Don't over bake, the key is to keep them moist and chewy.

Allow to cool, and serve.

Nutritional Info:

(Per serving) Divided into 8 pieces

Calories: 103

Carbs: 17 grams

Fat: 2.5 grams

Protein: 12 grams

Fiber: 2 grams

Japanese Sweet Potato Protein Cake with Chocolate Coconut Icing

Ingredients

- 2 cups Japanese Sweet Potato
- 4 egg whites and 1 whole egg
- 3 scoops 1st Phorm Phormula 1 Cinnamon Toast Crunch (you can buy this on my website www.yourbodydesign.com)
 - 1/4 cup truvia
 - 1 tbsp maple extract
 - 1 tsp baking powder
 - 1 tsp baking soda
- 3 tbsp Coconutter Chocolate Brownie Coconut Butter
 - 1 tbsp cocoa nibs

Directions

1. Preheat the oven to 350 degrees.
2. In a baking pan spread the 3 tbsp of Sweet Spreads coconut butter on the bottom of the baking pan
3. Place all the ingredients except for the cocoa nibs together in a blender. Blend until all the ingredients are mixed well together. Pour the batter in the baking pan, sprinkle the cocoa nibs on the top of the cake.
4. Bake the cake in the oven for 30 minutes or until fork comes out clean.
5. Allow the cake to cool. Slice and serve. You can top with some more chocolate coconut butter if so desired.

Apple & Maple Protein Donuts

Ingredients:

- 1st Phorm Phormula 1 Fruity Loopy Protein Powder
- 1st Phorm Phormula 1 Cinnamon Toast Crunch
 - 1 cup of cooked oat bran
 - 1/4 cup truvia
 - 1 cup egg whites
 - 1 cup dried apples
 - 1 tbsp cinnamon
 - 1 tsp nutmeg
 - 1 tsp baking powder
 - 1 tbsp maple extract
- 2 tbsp Coconutter Maple Pancakes coconut butter

Directions:

Step 1: microwave oat bran in a little water until cooked

Step 2: In the blender combine the egg whites, protein powder, spices, baking powder, truvia, oat bran, and maple extract. Blend thoroughly, and lastly the apple chips. Blend until mixed.

Step 3: Preheat oven to 350 degrees. Spray donut-baking pan with PAM.

Step 4: add teaspoons of Sweet Spreads Maple Pancakes Coconut butter to the bottom of the donut tins.

Step 5: Scoop in the batter into the donut molds. Bake at 350 for 30 minutes.

Step 6: Remove from molds and scoop out the Sweet Spreads from the bottom of the molds and sprinkle on the top of the donuts.

Pumpkin Pie Protein Brownies

Ingredients:

- 1 can 100% pure pumpkin
- 1 scoop 1st Phorm - Phormula 1 Cinnamon Toast Crunch Protein
- 2 scoops 1st Phorm - Level 1 - IceCream Sandwich Protein
 - 8 oz egg white (approx 1 cups)
 - 1 tsp Pumpkin Spice extract
 - 1 tbsp pumpkin pie spice
 - 1/8 cup Truvia or Stevia

Icing Ingredients

- 2 tbsp Better n' Peanut Butter
 - 1 tbsp Truvia
- 1 tbsp ground Cinnamon

Directions:

1. Preheat oven to 325 degrees. Spray baking pan with PAM and set aside.
2. In a blender combine the pumpkin, egg whites, spices, truvia, and extract. Blend thoroughly. Add in the protein powder and blend until all ingredients are mixed together well.
3. In a separate bowl combine the peanut butter, tbsp of truvia and cinnamon and mix together. If the consistency is too thick, melt it a bit in the microwave until you have a very smooth mix. Set Aside
4. Pour cake batter in baking pan and bake for 20 min, remove from oven and spread the peanut butter mix on top. The cake should be almost fully baked, so that the peanut butter does not sink to the bottom. Place back in oven for another 10 minutes. Remove and cool completely. Serve with some sugar free cool whip

Protein Banana Nut Muffins

Ingredients:

- 3 small bananas
- 1 scoop Level 1 Ice-cream sandwich protein powder
- 1 scoop Cinnamon Toast Crunch protein powder
 - 1 cup egg whites
 - 1 tbsp banana extract
 - 1 tsp cinnamon
 - 1 tsp all-spice
- 1 cup gluten free pancake mix
 - 1 tsp baking powder
 - 1 tsp baking soda
 - Pinch of salt

Icing mix:

- 1 cup fat free Greek yogurt
- 1 scoop Phormula-1 CTC
- 2 tbsp sugar free maple syrup
 - 3 packets stevia
 - 1 tsp xanthan gum
 - 1 tsp banana extract

Directions

1. In a blender, combine the bananas, egg whites and spices together and mix well. Add in the protein powder, pancake mix and baking powder & soda, blend until all ingredients are mixed. Pour batter into baking cups and bake in the oven for 30 minutes.
2. Icing: While the cupcakes are in the oven, clean the blender in preparation of making your icing. Combine the yogurt, banana, maple syrup, stevia protein powder and extract in the blender and mix well. Add in the xanthan gum to thicken the icing. After cupcakes have cooled spread icing on top of muffins and top with cool whip and crushed walnuts if so desired

No Bake Protein bars

Ingredients

- 2C Quick Oats
- 1/2C natural peanut butter
- 1T flaxseed (optional)
 - 1/2C water
- 4 scoops 1stPhorm Level-1 Vanilla Ice Cream Protein
 - 1-1/2 t cocoa powder
- 1/8 C Enjoy Life mini chocolate chips
- 1/4C dried cranberries(optional)

Directions

1. Using a loaf pan, line with parchment paper.
2. Using clean hands or 2 wooden spoons, kneed all ingredients together in a large prep bowl
3. Spread dough evenly into loaf pan, pressing to flatten and freeze for 30 min. Remove from freezer and lift parchment paper and slice loaf into 6 bars.
4. I like to wrap each bar in wax paper and place in a plastic baggie. This way they are individually wrapped and great for a grab and go meal.
5. Store in refrigerator until ready to eat.

Muffin Tray Egg Soufflé

❖ Makes 8 Soufflé's

Ingredients

- 8 whole eggs
- 8 egg whites or Liquid egg whites
- 1 cup Turkey Sausage Crumbles
 - ½ cup Fat Free Cheese
- Veggies (onions, tomatoes, mushrooms, etc.)

Directions

1. Preheat oven to 350 degrees. Grease 8 muffin cups or use cupcake liners.
2. Whisk all eggs in a large bowl. Add in turkey sausage and veggies and stir.
3. Evenly distribute the mix into the 8 muffin cups. Sprinkle cheese on top.
4. Bake in the preheated oven until muffins are set in the middle, 18 to 20 minutes.

Store in your fridge and use them for breakfast throughout the week.

Women: Eat 2 for breakfast or snack

Men: Eat 4 for breakfast or snack

❖ Add salsa on top or use hot sauces to add extra flavor.

Protein Mug Cake

In a coffee mug add

- 1 Scoop Level-1 Protein Powder (Ice-cream Sandwich favor)
 - 1 tsp baking powder
 - Stir those together
- Add 1 splash of liquid egg whites & then water until it's a cake batter consistency

Microwave for 20-40 seconds depending on how fast yours cooks. I leave mine a little wet because it tastes like icing ☺ It cooks fast so watch it close. (It will rise high but come back down after cooling for a few seconds)