



EMBRACE CHANGE

7 DAY HEALTHY RECIPE GUIDE



CHALLENGE ACCEPTED

MY NAME:

MY START DATE:

MY WHY:

**HERE ARE SOME TIPS TO HELP
YOU GET STARTED!**

- **Mix and match the breakfast, lunch, and dinner options to fit your schedule**
- **Drink half your body weight in oz. of water daily**
- **Try to get at least 8 hours of sleep each night**
- **Incorporate protein when you can**
 - **Did you know that ISI Elite Training offers nutrition products?**
- **Incorporate exercise on a consistent basis**
 - **Let us help you reach your health & fitness goals!**
- **Interested in becoming a member?**
- **Email us for more info at: Denvernc@isielitetraining.com**

GROCERY LIST

**The grocery list follows utilizing all snacks and leftover recommendations

FRUITS & VEGGIES

- Bananas - 7
- Blueberries - 3 Cups
- Grapes - 1/2 Cup
- Lemon - 4
- Mangos (frozen) - 1 Cup
- Strawberries
- (frozen or fresh) - 6-7
- Bell pepper (red) - 5
- Broccoli - 3 Cups
- Cabbage (green and/or purple) - 6 Cups
- Carrots - 16
- Celery - 8 stalks
- Chives (optional)
- Cucumber - 1
- Garlic - 14
- Onion (red) - 2
- Onion (yellow) - 3
- Onion (green) - 10
- Parsley (fresh) - 3/4 cup
- Potatoes (red) - 1 lb
- Spinach - 2 Cups
- Sweet potatoes - 1 lb

SEASONINGS

- Bay leaves - 2
- Cumin
- Cayenne Pepper
- Cinnamon - 1 1/4 TBS
- Dill - 1 Tsp
- Ginger - 1 Tsp
- Italian seasoning - 4 TBS
- Oregano - 1 1/3 Tbsp
- Pepper
- Poppy seeds - 1 Tsp
- Red pepper flakes
- Salt
- Seseme seeds - 1 Tsp
- Smoked Paprika - 1 Tsp

HEALTHY PANTRY

- Avocado oil mayo - 2/3 Cup
- Almond extract - 1 Tsp
- Almond flour - 1 1/2 Cups
- Baking powder - 1 Tsp
- Baking soda - 1 Tsp
- Balsamic vinegar - 1/4 Cup
- Beef Broth - 1 Cup
- Buffalo sauce - 1/2 Cup
- Cacao nibs or chocolate chips - 1/2 Cup
- Cashews - 2 1/4 cups
- Chia seeds - 4 Tsp
- Chicken broth - 13.5 Cups
- Chickpeas - 1 Can
- Cocoa powder - 2 Tbsp
- Coconut aminos - 1/2 Cup
- Coconut flakes - 3/4 Cup
- Coconut flour - 6 Tbsp
- Coconut milk (full fat) - 1 Can
- Dijon mustard - 1/4 Cup
- Dry orzo or Banza chickpea rice - 1 1/2 Cups
- Fire-roasted diced tomatoes - 1 - 14.5 oz can
- Honey - 3/4 Cup
- Kalamata olives - 1 Cup
- Maple syrup - 4 Tsp
- Nut butter of choice - 1 1/4 Cup
- Olive oil - 3/4 Cup
- Pecans - 1/2 Cup
- Quinoa - 1 1/2 Cups
- Rainbow Sprinkles - optional
- Ranch dressing - 3/4 Cup
- Red wine vinegar - 1 Tbsp
- Rice vinegar - 2 Tbsp
- Rolled oats - 3 1/2 Cup
- Rotini noodles - 12 oz
- Tapioca flour - 1/4 Cup
- Tortilla chips - 1/2 cup
- Tortillas - 18 - 7.5 Inch
- Vanilla extract - 5 Tsp

DAIRY / PROTEIN / OTHER

- Bacon - 6 slices (optional)
- Breakfast sausage - 2 lb
- Butter - 3/4 cup
- Cheddar cheese - 1 Cup
- Chicken thighs - 1 1/2 lbs
- Chicken breast - 2 1/2 lb
- Chuck roast - 4-5 lb
- Eggs - 36
- Feta Cheese - 1/2 Cup
- Frozen or refrigerated hashbrowns - 3 cups
- Greek yogurt - 1/2 Cup
- Ground chicken - 1 1/2 lbs
- Ground pork - 2 lbs
- ISI Chocolate and/or Vanilla protein (optional)
- Milk of your choice - almond, rice or coconut milk - 5 Cups
- Parmesan cheese (grated) - 1/4 Cup
- Shrimp - 1 lb



DAY ONE

BREAKFAST

BLUEBERRY PEANUT BUTTER OVERNIGHT OATS

*Makes 2 servings

INGREDIENTS

- 1 Cup Rolled Oats
- 2 Scoops ISI Vanilla Protein Powder
- 1 Teaspoon Vanilla Extract
- 2 Teaspoons Maple Syrup
- 1 1/2 Cups Unsweetened Vanilla Almond Milk
- 2 Teaspoons Chia Seeds
- 1 1/2 Cups Fresh Blueberries
- 2 Tablespoons Creamy Peanut Butter plus more for topping

DIRECTIONS

- Start by whisking together the oats and protein powder in a medium-sized bowl.
- Next, add in the vanilla, maple syrup, milk, chia seeds, and stir. Then add in 1/2 cup of the blueberries and stir again.
- Grab your mason jar(s) and drizzle some peanut butter on the inside - you'll thank me later for this!
- Take your oat mixture and scoop it into the jars.
- Cover and refrigerate for a minimum of six hours.
- In the morning, top with remaining blueberries, more peanut butter drizzle, chia seeds, nuts, or toppings of your choice. And, most importantly, enjoy!



LUNCH

MEDITERRANEAN QUINOA SALAD

*Serves 4

Will eat leftovers on day 6

INGREDIENTS

Quinoa salad:

- 1 1/2 Cups Tricolored Quinoa
- 2 3/4 Cups Water
- 1/2 Teaspoon Kosher Salt
- 1 Large English Cucumber
- 1 Medium Red Bell Pepper chopped
- 1 Medium Red Onion
- 1 Cup Kalamata Olives pitted, halved
- 1/2 Cup Parsley coarsely chopped
- 1/2 Cup Feta Cheese crumbled

DIRECTIONS

- Rinse quinoa well, and add it to a medium saucepan with the salt and water.
- Bring to a boil over medium heat.
- Reduce heat to low, cover, and simmer until the quinoa is tender and all the liquid is absorbed about 15 minutes.
- Uncover and fluff with a fork.
- Transfer quinoa to a large bowl and place in the fridge to cool.
- Next, prep the dressing by whisking together all of the ingredients.
- Next, chop the veggies - cucumber, bell pepper, red onion, and olives.
- Remove quinoa from the fridge. Add the veggies in, along with the dressing. Taste and adjust seasonings. Sprinkle feta on top, and enjoy!



DAY ONE

DINNER

INSTANT POT CHICKEN NOODLE SOUP

*Serves 4-6

*Will eat leftovers on day 6

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 5 medium carrots, chopped into $\frac{1}{2}$ -inch coins
- 5 stalks celery, thinly sliced
- $\frac{1}{2}$ yellow onion, diced
- 2 cloves garlic, grated
- $1\frac{1}{2}$ pounds boneless, skinless chicken thighs
- 12 cups (96 fluid ounces) chicken broth
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 bay leaves
- 12 ounces rotini noodles
- Juice from one lemon (about 2 tablespoons worth of lemon juice)
- Fresh parsley, chopped, for garnish

DIRECTIONS

- Set the Instant Pot to the "saute" mode and add the olive oil to it. Once hot, add the carrots, onion, and celery and saute for 3-4 minutes, until soft and translucent.
- Add the garlic to the pot and stir to combine. Then, press the "cancel" button to turn the Instant Pot off.
- Add the chicken thighs, chicken broth, salt, pepper, and bay leaves to the pot.
- Secure the lid onto the Instant Pot and cook on high pressure for 7 minutes.
- Once the 7 minutes is up, either let the pressure release naturally or do it manually (by turning the pressure valve to "venting"). Remove the lid and transfer the chicken thighs to a large bowl to cool slightly.
- Set the Instant Pot back to "saute" mode. Once the soup is boiling, add the noodles, and let them simmer for about 5 minutes, until soft and cooked through.
- While the noodles are cooking, shred the chicken.
- Once the noodles are finished, press "cancel" on the Instant Pot to turn it off, and return the chicken to the pot. Then, stir in the lemon juice.
- Garnish the soup with parsley, serve, and enjoy!



DID YOU KNOW?

Most people feel and perform their best when they minimize processed foods, especially gluten and processed sugar.

So all of the recipes in this guide are Paleo-based.

DAY TWO

BREAKFAST HASHBROWN EGG CUPS

*Makes 12

INGREDIENTS:

For the Hashbrown Egg Cups:

- 3 Cups Refrigerated Hashbrowns you can also use frozen - just be sure to defrost them and press out the moisture.
- 1/2 Cup Finely-Grated Cheddar Cheese
- 1/4 Cup + 1 Tablespoon Butter melted
- 12 Large Eggs

Garnishes (optional):

- 6 Slices Crispy Bacon chopped finely
- Chives chopped

DIRECTIONS

- Start by preheating your oven to 400 F.
- Grease a standard muffin tin REALLY well with a neutral oil spray or butter. You don't want these egg cups to stick!
- In a bowl, add your hashbrowns, cheese, and melted butter.
- Fill each muffin tin cavity with the hashbrown/cheese/butter mixture. be sure to press the potatoes into the bottom and sides of the tins, so that they form that perfect muffin shape. The tins will be full when you fill them, but the hashbrowns will shrink as they bake.
- Bake for 23 minutes, then remove from the oven one done.
- Use a spoon to press down and form a well inside of each cup, to make room for the eggs.
- Then, crack an egg into each cup.
- Bake for 12 minutes until the eggs have cooked. I like a runnier yolk, so 12 minutes is perfect for me, but if you want a more "done" yolk, you can bake it for longer.
- Remove from oven. Let sit for about 20 minutes, or until they have cooled enough that you can take a knife and remove each cup gently, scraping around the edges if needed.
- Garnish with bacon, chives, or any garnish that you desire, and enjoy!



SNACK IDEA!

NO BAKE PROTEIN BITES

INGREDIENTS:

- 1 1/2 Cups Raw Cashews
- 3 Tablespoons Coconut Flour
- 1/4 Cup Coconut Sugar
- 1/4 Cup Collagen Peptides
- 2 Tablespoons Almond Milk
- 2 Teaspoons Vanilla Extract
- 1 Teaspoon Almond Extract
- 1 Pinch Sea Salt
- 1/2 Cup Rainbow Sprinkles

INSTRUCTIONS:

- Start by lining a baking sheet with parchment paper. Set aside.
- Add all of your ingredients (minus the sprinkles) to a food processor and pulse until smooth. You can use a rubber spatula to scrape down the sides of the food processor, as needed.
- Once you achieve a dough-like consistency, add in 1/4 cup of the rainbow sprinkles and pulse a couple of times.
- Using a cookie scoop, scoop some of the dough into your hands and roll it into a ball. Repeat until all of the dough is gone - this should make about 12 to 15 balls.
- Then, roll each ball in the remaining sprinkles.
- Freeze the balls for 30 minutes so that they harden.
- Then, plate and enjoy!



DAY TWO

LUNCH

CASHEW LEMON CHICKEN WITH BROCCOLI

*Serves 4

INGREDIENTS

- 1 pound skinless, boneless organic chicken breasts
- 3 cups broccoli florets (I used 1 1/2 packages of the precut florets from Trader Joe's)
- 1/4 cup grated parmesan cheese
- 3/4 cup raw cashews
- 2 tbsp Italian seasoning
- 1 tsp sea salt
- 2 organic pasture-raised eggs
- 2 lemons
- 1/4 cup olive oil or melted coconut oil or butter

DIRECTIONS

- Preheat oven to 400.
- Line a baking sheet with parchment paper.
- In a blender or food processor, pulse cashews until a meal forms.
- Pour contents into a medium bowl, then add the Italian seasoning, salt, and parmesan cheese.
- Mix to combine and set aside.
- In another bowl, add the zest of one lemon and the juice of one lemon.
- Then add the eggs, oil/butter, whisk together well, and set aside.
- Next, prepare the chicken. slice the chicken breasts so they are only about 1/2 inch thick. You don't want thick chicken breasts or else everything won't cook evenly!
- Dip each breast into the egg-lemon mixture, then the cashew mixture, and lay on the baking sheet.
- Repeat the process until all chicken has been covered.
- Slice the remaining lemon and add a piece to the top of each chicken.
- Place broccoli florets around the chicken. spray them with coconut oil and sprinkle with parmesan cheese.
- Bake for 20 minutes or until chicken is fully cooked through.
- ENJOY!



DINNER

BUFFALO CHICKEN MEATBALLS

*Makes 6 servings

INGREDIENTS

- 1 1/2 Pounds Ground Chicken both white and dark meat
- 1/2 Cup Tortilla Chips very finely crushed, or pulsed in a food processor
- 1 Egg beaten
- 1 Carrot finely grated
- 1 Celery Stalk finely grated
- 3 Green Onions finely minced
- 4 Garlic Cloves mashed
- 1/2 Teaspoon Paprika
- 3/4 Teaspoon Sea Salt
- 1/2 Teaspoon Black Pepper
- 1/2 Cup Buffalo Sauce
- 3/4 Cup Ranch Dressing



DIRECTIONS

- Preheat the oven to 400 F.
- Line a baking sheet with parchment paper or spray it well with cooking spray so that the meatballs don't stick.
- In a large bowl, mix the chicken, crushed tortilla chips, egg, 1/4 cup of the buffalo sauce, carrot, celery, green onions, paprika, salt, and pepper. I recommend using your hands to really mix everything together well.
- Use a spoon or small cookie scoop to form meatballs and line them up on the baking sheet.
- Bake for 18-20 minutes, or until the chicken is cooked through.
- Once cooked, transfer meatballs to a bowl and toss them with remaining 1/4 cup buffalo sauce.
- Sprinkle with extra green onion. Serve with ranch dressing on the side!
- Pairs well with rice and/or veggies!

DAY THREE

BREAKFAST

CREAMY TROPICAL GREEN SMOOTHIE

*Makes 2 servings

INGREDIENTS

- 2 frozen bananas
- 3 handfuls fresh spinach
- 1 cup frozen mango
- 2 teaspoons tahini
- 2 tablespoons almond butter
- 1 teaspoon cinnamon
- 2 1/2 cups almond milk
- 2 scoops ISI Protein (optional)



DIRECTIONS

- Blend all ingredients in a high speed blender, adjusting the liquid amount as needed until you reach your desired consistency. Note, you might have to remove the lid and scrape down the sides of the blender a few times, until everything is blended perfectly. Enjoy!



LUNCH

SWEET POTATO HASH

*Serves 4

INGREDIENTS

- 1 pound of sweet potatoes, peeled and chopped into 1/2 inch cubes
- 1/2 yellow onion, chopped
- 1 red bell pepper, chopped
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon coarse sea salt
- 1/4 teaspoon ground black pepper
- 1 pound breakfast sausage (either bulk sausage or fully cooked links chopped into 1/2 inch pieces)
- 1 tablespoon lemon juice
- 1/4 cup flatleaf parsley, chopped

DIRECTIONS

- Preheat the oven to 400°F and line a rimmed baking sheet with parchment paper.
- Toss the chopped sweet potatoes, onion, and bell pepper with the olive oil, salt, and pepper, then spread across the pan and bake for 20 minutes.
- After 20 minutes, pull the pan out of the oven, stir the mixture, then crumble the breakfast sausage over the sweet potatoes in 1/2-inch clumps. Return to the oven and bake for 20 minutes, until the sausage is browned and the sweet potatoes are fully cooked.
- Stir in the lemon juice and parsley and serve!

NOTES

- This recipe can be kept in the refrigerator for 4-5 days or frozen for up to 5 months. To reheat, microwave for 90 seconds on high or bake in a 350°F oven for 10-15 minutes.
- If using uncooked sausage, it may release a lot of fat depending on what you buy, simply drain any excess fat from the sheet pan and bake for an extra 5 minutes, if needed, to re-crisp.



DAY THREE

DINNER

INSTANT BALSAMIC BEEF ROAST

*Serves 8

*Will eat leftovers on day 7

INGREDIENTS

- 1, 4-5 lb chuck roast
- 2 teaspoons coarse sea salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 red onion
- 4 carrots, peeled
- 1/4 cup good quality balsamic vinegar
- 1 cup beef broth
- 2 teaspoons Italian seasoning



DIRECTIONS

- Cut the carrots into thirds, then peel the onion and cut it into sixths.
- Season the beef with salt and pepper. Add 1 tablespoon oil to the instant pot and set it to "sauté." Once hot, add the beef to the pot and sear for 4-5 minutes per side until the beef is browned. If your roast is too large to sear, cut it in half first. Remove the beef from the pot and set aside.
- Add the additional tablespoon of oil to the Instant Pot, then add the carrots and onions. Cook for 2 minutes, then flip and cook an additional 2 minutes.
- Add the broth, balsamic vinegar, and Italian seasoning into the pot with the carrots and onions. Place the beef on top of the vegetables, then place the lid on the pot, ensure that the valve is set to "sealed" rather than "venting," then press the "meat/stew" button and set it to cook for 60 minutes.
- Manually release the pressure after 60 minutes, then remove the beef and set the pot to sauté for 10-15 minutes, until the juices have reduced by about 1/2.
- Shred or slice the beef to your preference, then spoon the sauce over and serve alongside the onions and carrots. Enjoy!

NOTES

- Round roast or shoulder roast will also work here.
- To make in a crockpot: follow the instructions but add an additional cup of beef broth and cook on low for 8 hours or on high for 4.

SNACK IDEA!

CINNAMON BANANA BREAD

INGREDIENTS:

- 1 1/2 cup almond flour
- 1/4 cup tapioca flour
- 3 tbsp coconut flour
- 4 super ripe bananas (if they are large, use 3)
- 3 eggs
- 1 tsp vanilla extract
- 1 tbsp cinnamon
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp sea salt



Note: You can add any toppings you want, chocolate chips, nuts, etc.

INSTRUCTIONS:

- Preheat oven to 350.
- Line a loaf pan with parchment paper (spray inside with oil first so paper sticks).
- In a medium bowl, whisk together dry ingredients. in a blender, blend the bananas and wet ingredients for about 10-15 seconds until just incorporated (some chunks are ok!).
- Pour wet ingredients into the bowl with the dry ingredients and mix lightly until combined. pour into the loaf pan and smooth out the top with a spatula.
- Bake for 40-45 minutes or until a toothpick comes out clean.
- Let cool, sprinkle a little more cinnamon on top and enjoy!

DAY FOUR

SNACK IDEA!

SPICY AIR FRYER CHICKPEAS

INGREDIENTS:

- 1 to 2 - 16oz cans of organic chickpeas
- Cumin
- Himalayan Sea Salt
- Cayenne Pepper

INSTRUCTIONS:

- Empty chickpeas into a strainer.
- Rinse and pat dry
- Add chickpeas into your air fryer compartment
- Add cumin, cayenne pepper and salt to taste
- Fry on 360 for 10-15 minutes
- Shake at 7 minutes to prevent sticking



BREAKFAST

FREEZER BREAKFAST BURRITOS

- *Makes 18 servings
- *Will eat leftovers on day 7

INGREDIENTS

- 1 pound potatoes (any variety – we used red-skinned potatoes), chopped into 1-inch cubes
- 1 pound breakfast sausage or bacon
- 2 red bell peppers, thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons butter
- 18 eggs
- 1/2 cup shredded cheese
- 18 (7.5-inch) tortillas*

DIRECTIONS

- Preheat the oven to 375 F.
- Place the potatoes and bell peppers on a sheet pan, then toss them with the olive oil, salt, and pepper and spread them over the pan.
- If you're using sausage: simply use your fingers to pull apart the sausage and add clumps of it onto the sheet pan with the potatoes and peppers. Bake all three together for 40 minutes.
- If you're using bacon: bake the peppers and potatoes for 20 minutes. After 20 minutes, lay the bacon on a separate sheet pan and transfer it to the oven to bake alongside the peppers and potatoes for an additional 20 minutes.
- While the peppers and potatoes bake, crack the eggs into a large bowl and whisk with salt and pepper.
- Add the butter to a large skillet over medium-low heat. Once melted, pour in the eggs and scramble until the desired texture is achieved, then remove from heat.
- To assemble your burritos: let the filling ingredients cool for about 10 minutes, then heat a tortilla in a skillet over medium-high heat for about 15 seconds per side and place it on a piece of cut parchment paper.
- Add your fillings to the middle of the tortilla, then top with shredded cheese. Fold the two opposite sides of the tortilla over the filling, then fold the other side over the filling and roll as tightly as you can, making sure to use your fingers to keep in all of the fillings while rolling.
- Wrap the parchment paper around the burritos, then secure with tape or a rubber band and place in a freezer-safe bag. Repeat until all burritos are assembled!
- To reheat: remove the tape and microwave on high for 60-90 seconds, or bake it at 350 F for 10-15 minutes until warmed through.
- NOTES
- For gluten-free, we used these Mission tortilla wraps. Siete's cassava or chickpea flour tortillas would make a great choice for grain-free!





LUNCH

CHICKEN SALAD WITH GRAPES AND PECANS

*Serves 5

*Will eat leftovers on day 7

INGREDIENTS

- 4 cups shredded chicken (either from a rotisserie chicken or 1 ½ pounds cooked boneless, skinless chicken breast)
- 2 stalks celery, chopped
- ½ cup halved red grapes
- ½ cup chopped raw pecans
- 2/3 cup avocado oil mayonnaise
- ¼ cup Dijon mustard
- 1 teaspoon dried dill
- 1 teaspoon poppy seeds
- ½ teaspoon coarse sea salt
- ¼ teaspoon ground black pepper

DIRECTIONS

- Place all ingredients in a large bowl and mix until fully combined. Taste for seasoning and add additional salt and pepper as needed.
- Spoon over mixed greens and eat immediately or store in the refrigerator for up to 5 days.

NOTE

Can eat as a wrap or sandwich & pair with veggies.

DAY FOUR

DINNER

ONE-POT SHRIMP ORZO

*Serves 4

INGREDIENTS

- 1 1/2 cups dry orzo pasta OR one package Eat Banza Chickpea Rice looks like orzo
- 2 tablespoons olive oil
- 1 yellow onion diced
- 4 cloves garlic mashed
- 1 14.5 ounce can fire-roasted diced tomatoes
- 1 1/2 cups chicken broth I used BonaFide Provisions Bone Broth
- 3/4 cup full-fat coconut milk from the can
- 1 pound raw shrimp defrost if using frozen
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- Salt and black pepper to taste
- Optional garnishes: chopped avocado cheese, limes, cilantro



DIRECTIONS

- Pat and dry shrimp and set aside.
- Place a pot on the stove, add the olive oil, and turn the heat to medium.
- Once hot, add the diced onion.
- Stir for about three minutes so the onion begins to soften, then add the mashed garlic, and keep stirring.
- After about one minute, add the orzo, diced tomatoes, chicken broth, coconut milk, and the seasonings.
- Stir for another minute or two, making sure the orzo doesn't stick to the bottom of the pan, and then add the shrimp.
- Give one final stir, cover, reduce the heat to low, and cook for another 10 minutes or so. The liquid should be fully absorbed.
- Adjust seasonings, add garnishes and serve! Enjoy!

DAY FIVE

BREAKFAST

PROTEIN-PACKED PANCAKES

INGREDIENTS:

Pancake Ingredients:

- 1/2 Cup ground oats
- 1/4 Cup of almond milk
- 1 Mashed banana
- 1 Scoop ISI Chocolate or Vanilla protein
- Coconut or Olive oil for cooking

Sauce Ingredients:

- 1 Tsp nut butter
- 1 Tsp ISI Vanilla or Chocolate protein
- 1 Tsp honey
- 2 Tbsp hot water

DIRECTIONS

- Mix all pancake ingredients together. Add extra milk if required to reach a creamy consistency.
- Spray or add oil to the pan
- Pan-fry, covered with a lid and flipping when bubbles appear

To make the sauce

- Stir together all ingredients except for 1 Tbsp of hot water in a small bowl.
- Add additional Tbsp of hot water to create a thinner consistency if you would like

Top pancakes with sauce and your favorite toppings (we love blueberries, banana slices, and cacao nibs) and enjoy!



LUNCH

CHOCOLATE COVERED STRAWBERRY PROTEIN SMOOTHIE

*Makes 2 servings

INGREDIENTS

- 6-7 fresh or frozen strawberries
- 1/2 Cup Greek yogurt
- 1 Scoop ISI Chocolate or Vanilla protein
- 1 Tbsp cocoa powder
- 1/2 cup almond milk
- 4-5 Ice cubes

DIRECTIONS

- Blend all ingredients in a high-speed blender and Enjoy!

DAY FIVE

DINNER

EGG ROLL IN A BOWL

*Serves 4-5

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 pounds ground pork
- 1 small yellow onion, diced
- 4 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- ½ cup coconut aminos
- 2 tablespoons rice vinegar
- 1 teaspoon toasted sesame oil
- ½ teaspoon red pepper flakes
- ½ teaspoon coarse sea salt
- 6 cups finely chopped green and purple cabbage
(½ head of green and a ½ head of purple cabbage, chopped)
- 1 cup carrots, shredded
- ½ cup green onions, sliced
- 1 teaspoon sesame seeds

DIRECTIONS

- Add the olive oil to a skillet over medium-high heat. Once hot, brown the ground pork along with the chopped onion and minced garlic. Cook and crumble the pork mixture until the pork is browned and fully cooked through and the onions are translucent.
- To the skillet, add the ginger (fresh or ground), coconut aminos, rice vinegar, sesame oil, red pepper flakes, and salt, and toss to combine.
- Add the finely chopped cabbage and shredded carrots to the skillet and toss to coat in the sauce. Cover the pot and let the mixture steam for 5 minutes, until the cabbage is wilted.
- Once the mixture is wilted, add the green onions. Toss to combine, turn off the heat, and garnish with sesame seeds.
- Serve as-is or stretch the meal (and up the carb content) by serving over white rice.

NOTES

- To get a classic egg roll texture, make sure you crumble the ground pork into small pieces while it's cooking AND make sure you chop the cabbage as finely as possible. This paper-thin cabbage will result in the luscious filling you may be craving!



DID YOU KNOW?

Whey protein is packed with amino acids, which are proteins necessary for muscle recovery and growth, as well as building strength.

Grab your Chocolate Dream or Vanilla ISI Whey Protein to drink post-workout, between meals, as a snack, or as a treat, it doesn't matter. Our protein was formulated to be your any time of day protein powder!

BREAKFAST

BLUEBERRY PEANUT BUTTER OVERNIGHT OATS

*Makes 2 servings

INGREDIENTS

- 1 Cup Rolled Oats
- 2 Scoops Vanilla or Unflavored Protein Powder
- 1 Teaspoon Vanilla Extract
- 2 Teaspoons Maple Syrup
- 1 1/2 Cups Unsweetened Vanilla Almond Milk
- 2 Teaspoons Chia Seeds
- 1 1/2 Cups Fresh Blueberries
- 2 Tablespoons Creamy Peanut Butter plus more for topping



DIRECTIONS

- Start by whisking together the oats and protein powder in a medium-sized bowl.
- Next, add in the vanilla, maple syrup, milk, chia seeds, and stir. Then add in 1/2 cup of the blueberries and stir again.
- Grab your mason jar(s) and drizzle some peanut butter on the inside - you'll thank me later for this!
- Take your oat mixture and scoop it into the jars.
- Cover and refrigerate for a minimum of six hours.
- In the morning, top with remaining blueberries, more peanut butter drizzle, chia seeds, nuts, or toppings of your choice. And, most importantly, enjoy!

DAY SIX

LUNCH

MEDITERRANEAN QUINOA SALAD

*Leftovers from day 1

INGREDIENTS

Quinoa salad:

- 1 1/2 Cups Tricolored Quinoa
- 2 3/4 Cups Water
- 1/2 Teaspoon Kosher Salt
- 1 Large English Cucumber
- 1 Medium Red Bell Pepper chopped
- 1 Medium Red Onion
- 1 Cup Kalamata Olives pitted, halved
- 1/2 Cup Parsley coarsley chopped
- 1/2 Cup Feta Cheese crumbled

DIRECTIONS

- Rinse quinoa well, and add it to a medium saucepan with the salt and water.
- Bring to a boil over medium heat.
- Reduce heat to low, cover, and simmer until the quinoa is tender and all the liquid is absorbed about 15 minutes.
- Uncover and fluff with a fork.
- Transfer quinoa to a large bowl and place in the fridge to cool.
- Next, prep the dressing by whisking together all of the ingredients.
- Next, chop the veggies - cucumber, bell pepper, red onion, and olives.
- Remove quinoa from the fridge. Add the veggies in, along with the dressing. Taste and adjust seasonings. Sprinkle feta on top, and enjoy!



DAY SIX

SNACK IDEA!

ALMOND JOY
PROTEIN BALLS
*Makes 48 1-inch balls

INGREDIENTS:

- 2 Scoops of ISI protein (your choice)
- 3/4 Cup raw almond butter
- 3/4 Cup organic coconut flakes
- 1 Tbs unsweetened cocoa powder
- 2 Tsp vanilla extract
- 1/3 Cup honey
- 1 Cup rolled oats
- 1/2 Cup cocoa nibs

Note:

INSTRUCTIONS:

- Mix all ingredients and roll into 1 inch balls



DINNER

INSTANT POT CHICKEN NOODLE SOUP

*Serves 4-6
*Leftovers from day 1

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 5 medium carrots, chopped into 1/2-inch coins
- 5 stalks celery, thinly sliced
- 1/2 yellow onion, diced
- 2 cloves garlic, grated
- 1 1/2 pounds boneless, skinless chicken thighs
- 12 cups (96 fluid ounces) chicken broth
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 bay leaves
- 12 ounces rotini noodles
- Juice from one lemon (about 2 tablespoons worth of lemon juice)
- Fresh parsley, chopped, for garnish

DIRECTIONS

- Set the Instant Pot to the "saute" mode and add the olive oil to it. Once hot, add the carrots, onion, and celery and saute for 3-4 minutes, until soft and translucent.
- Add the garlic to the pot and stir to combine. Then, press the "cancel" button to turn the Instant Pot off.
- Add the chicken thighs, chicken broth, salt, pepper, and bay leaves to the pot.
- Secure the lid onto the Instant Pot and cook on high pressure for 7 minutes.
- Once the 7 minutes is up, either let the pressure release naturally or do it manually (by turning the pressure valve to "venting"). Remove the lid and transfer the chicken thighs to a large bowl to cool slightly.
- Set the Instant Pot back to "saute" mode. Once the soup is boiling, add the noodles, and let them simmer for about 5 minutes, until soft and cooked through.
- While the noodles are cooking, shred the chicken.
- Once the noodles are finished, press "cancel" on the Instant Pot to turn it off, and return the chicken to the pot. Then, stir in the lemon juice.
- Garnish the soup with parsley, serve, and enjoy!



BREAKFAST

FREEZER BREAKFAST BURRITOS

*Makes 18 servings

*Leftovers from day 4

INGREDIENTS

- 1 pound potatoes (any variety – we used red-skinned potatoes), chopped into 1-inch cubes
- 1 pound breakfast sausage or bacon
- 2 red bell peppers, thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons butter
- 18 eggs
- 1/2 cup shredded cheese
- 18 (7.5-inch) tortillas*

DIRECTIONS

- Preheat the oven to 375 F.
- Place the potatoes and bell peppers on a sheet pan, then toss them with the olive oil, salt, and pepper and spread them over the pan.
- If you're using sausage: simply use your fingers to pull apart the sausage and add clumps of it onto the sheet pan with the potatoes and peppers. Bake all three together for 40 minutes.
- If you're using bacon: bake the peppers and potatoes for 20 minutes. After 20 minutes, lay the bacon on a separate sheet pan and transfer it to the oven to bake alongside the peppers and potatoes for an additional 20 minutes.
- While the peppers and potatoes bake, crack the eggs into a large bowl and whisk with salt and pepper.
- Add the butter to a large skillet over medium-low heat. Once melted, pour in the eggs and scramble until the desired texture is achieved, then remove from heat.
- To assemble your burritos: let the filling ingredients cool for about 10 minutes, then heat a tortilla in a skillet over medium-high heat for about 15 seconds per side and place it on a piece of cut parchment paper.
- Add your fillings to the middle of the tortilla, then top with shredded cheese. Fold the two opposite sides of the tortilla over the filling, then fold the other side over the filling and roll as tightly as you can, making sure to use your fingers to keep in all of the fillings while rolling.
- Wrap the parchment paper around the burritos, then secure with tape or a rubber band and place in a freezer-safe bag. Repeat until all burritos are assembled!
- To reheat: remove the tape and microwave on high for 60-90 seconds, or bake it at 350 F for 10-15 minutes until warmed through.
- NOTES
- For gluten-free, we used these Mission tortilla wraps. Siete's cassava or chickpea flour tortillas would make a great choice for grain-free!



DID YOU KNOW?

Turmeric & ginger are powerful spices that reduce Inflammation and stomach and digestion problems.

Reducing Inflammation boosts muscle recovery, helps with Injury recovery, aids in weight loss, gives you energy, and reduces your chances of chronic diseases and cancer.

You can incorporate these spices into your diet by adding them to your meals, snacks, and smoothies!



LUNCH

CHICKEN SALAD WITH GRAPES AND PECANS

*Serves 5

*Leftovers from day 4

INGREDIENTS

- 4 cups shredded chicken (either from a rotisserie chicken or 1 ½ pounds cooked boneless, skinless chicken breast)
- 2 stalks celery, chopped
- ½ cup halved red grapes
- ½ cup chopped raw pecans
- 2/3 cup avocado oil mayonnaise
- ¼ cup Dijon mustard
- 1 teaspoon dried dill
- 1 teaspoon poppy seeds
- ½ teaspoon coarse sea salt
- ¼ teaspoon ground black pepper
- Mixed greens, for serving

DIRECTIONS

- Place all ingredients in a large bowl and mix until fully combined. Taste for seasoning and add additional salt and pepper as needed.
- Spoon over mixed greens and eat immediately or store in the refrigerator for up to 5 days.

NOTE

Can eat as a wrap or sandwich & pair with veggies.

DAY SEVEN

DINNER

INSTANT BALSAMIC BEEF ROAST

*Serves 8

*Leftovers from day 3

INGREDIENTS

- 1, 4-5 lb chuck roast
- 2 teaspoons coarse sea salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 red onion
- 4 carrots, peeled
- 1/4 cup good quality balsamic vinegar
- 1 cup beef broth
- 2 teaspoons Italian seasoning

DIRECTIONS

- Cut the carrots into thirds, then peel the onion and cut it into sixths.
- Season the beef with salt and pepper. Add 1 tablespoon oil to the instant pot and set it to "saute." Once hot, add the beef to the pot and sear for 4-5 minutes per side until the beef is browned. If your roast is too large to sear, cut it in half first. Remove the beef from the pot and set aside.
- Add the additional tablespoon of oil to the Instant Pot, then add the carrots and onions. Cook for 2 minutes, then flip and cook an additional 2 minutes.
- Add the broth, balsamic vinegar, and Italian seasoning into the pot with the carrots and onions. Place the beef on top of the vegetables, then place the lid on the pot, ensure that the valve is set to "sealed" rather than "venting," then press the "meat/stew" button and set it to cook for 60 minutes.
- Manually release the pressure after 60 minutes, then remove the beef and set the pot to sauté for 10-15 minutes, until the juices have reduced by about 1/2.
- Shred or slice the beef to your preference, then spoon the sauce over and serve alongside the onions and carrots. Enjoy!

NOTES

- Round roast or shoulder roast will also work here.
- To make in a crockpot: follow the instructions but add an additional cup of beef broth and cook on low for 8 hours or on high for 4.



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