

## WEEK 4 CLASSIC 1700 calorie plan

### DAY 1

#### TOTAL MACROS

<b>Protein:</b>	<b>131.3g</b>
<b>Carb:</b>	<b>132.4g</b>
<b>Fat:</b>	<b>77.7g</b>
<b>Fibre:</b>	<b>37.7g</b>
<b>Net Carb:</b>	<b>94.7g</b>
<b>Sugar:</b>	<b>43.1g</b>
<b>Calories:</b>	<b><u>1695.7</u></b>

PRE-BREAKFAST -1 glass (500ml) of room temperature with lemon

MEAL #1 - Egg Muffins (4) + Avocado (30g) + 1 cup Bone Broth

MEAL #2 - Jerked Fish & Mango Salsa + Steamed Mixed Veggies + Butter (1 tbsp)

MEAL #3 - Chocolate Cherry Chia Pudding + Nut Butter (1 tbsp)

MEAL #4 - Curry Chicken & Quinoa with Peas + Sauteed Greens + Probiotic Pops (2)

### DAY 2

#### TOTAL MACROS

<b>Protein:</b>	<b>135.2g</b>
<b>Carb:</b>	<b>128.7g</b>
<b>Fat:</b>	<b>78.3g</b>
<b>Fibre:</b>	<b>30.9g</b>
<b>Net Carb:</b>	<b>97.8g</b>
<b>Sugar:</b>	<b>43.6g</b>
<b>Calories:</b>	<b><u>1699.7</u></b>

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + 2 tbsp apple cider vinegar

MEAL #1 - Strawberry Milkshake Smoothie

MEAL #2 – Curry Chicken & Quinoa with Peas + Sauteed Greens

MEAL #3 - Egg Muffins (4) + 1 cup Bone Broth + Kimchi + Avocado (50g)

MEAL #4 - Jerked Fish & Mango Salsa + 2 cups Steamed Mixed Veggies with Butter (1 tbsp) + Probiotic Pops (2)

### DAY 3

#### TOTAL MACROS

**Protein:** 155g  
**Carb:** 115.1g  
**Fat:** 70.9g  
**Fibre:** 41.3g  
**Net Carb:** 73.8g  
**Sugar:** 48.6g  
**Calories:** 1698.7

PRE-BREAKFAST -1 glass (500ml) of room temperature with lemon

MEAL #1 - Egg Muffins (4) + Avocado (30g) + Kimchi

MEAL #2 - Turkey Taco Wraps + Bone Broth (1 cup) + Steamed Mixed Veggies & Butter (1 tsp)

MEAL #3 - Chocolate Cherry Chia Pudding

MEAL #4 - Curry Chicken & Quinoa with Peas + Sauteed Greens + Probiotic Pops (2)

#### DAY 4

##### TOTAL MACROS

**Protein:** 126.8g  
**Carb:** 108.9g  
**Fat:** 78.9g  
**Fibre:** 37.8g  
**Net Carb:** 54.5g  
**Sugar:** 57.6g  
**Calories:** 1704

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + lemon

MEAL #1- Chunky Monkey Smoothie

MEAL #2 - Cobb Salad + 1 cup Bone Broth

MEAL #3 - Dark Chocolate Treat

MEAL #4 - Turkey Taco Wraps + Steamed Mixed Veggies + Butter (1 tbsp) + Probiotic Pops (2)

#### DAY 5

##### TOTAL MACROS

**Protein:** 131.3g

**Carb: 102.1g**  
**Fat: 81g**  
**Fibre: 27.8g**  
**Net Carb: 74.3g**  
**Sugar: 54.6g**  
**Calories: 1700**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + 2 tbsp apple cider vinegar

MEAL #1 - Strawberry Milkshake Smoothie

MEAL #2 – Turkey Taco Wraps + Sauteed Greens

MEAL #3 - Dark Chocolate Treat + Nut Butter ( 1tbsp)

MEAL #4 - Cobb Salad + Bone Broth (1 cup) + Probiotic Pops (2)

Protein: 1.9g

Carbs: 3.2g

Fat: 4.7g

Fibre: 1.4g

Net Carb: 1.8g

Sugar: 0.3g

Calories: 58g

#### DAY 6

#### **TOTAL MACROS**

**Protein: 115.2g**

**Carb: 112.7g**

**Fat: 82.7g**

**Fibre: 30.7g**

**Net Carb: 82g**

**Sugar: 53.6g**

**Calories: 1695**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + chlorophyll

MEAL #1 - Kefir Parfait

MEAL #2- Cobb Salad + 1 cup Bone Broth

MEAL #3 - Dark Chocolate Treat + Nut Butter (1 tbsp)

MEAL #4 - Turkey Taco Wraps + Steamed Mixed Veggies + Butter ( 1 tbsp)

#### DAY 7 - REFEED DAY

**\*FOR DINNER, CHOOSE ANY MEAL YOU PREFER THAT IS 625 CALORIES\***

## TOTAL MACROS

**Protein:** 102.9g  
**Carb:** 114.8g  
**Fat:** 81.7g  
**Fibre:** 22.2g  
**Net Carb:** 92.6g  
**Sugar:** 64.9g  
**Calories:** 1579

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + lemon

MEAL #1- Cocoa Berry Banana Crepe + Nut Butter (1tbsp)

MEAL #2 - Cobb Salad with 1 cup Bone Broth

MEAL #3 - Chunky Monkey Smoothie + Probiotic Pops (2)

MEAL #4 - REFEED MEAL - 625 CALORIE MEAL

## GROCERY LIST

*\*\*All produce to be organic when possible\*\**

### PRODUCE

	<u>QUANTITY NEEDED FOR RECIPES</u>
Avocados	3
Baby Spinach	1 cups
Banana	180g
Bell Peppers (red)	2
Bell Peppers (green)	1
Blueberries	1.5 cup
Cherry Tomatoes	700g
Cilantro	1 bunch

Cucumber		2
Garlic		1 bulb
Green onion		2 sprigs
Jalapeño pepper	1	
Leafy Greens		6 cups - your choice of spinach, swiss chard, collards, kale, beet greens etc.
Lemon		4
Lime		3
Mango		300g
Mixed Veggies	10 cups	- frozen veggie medley
Mushrooms		2 cups, sliced
Onion, white or yellow	2	
Onion, red		1 small
Raspberries		1/2 cup
Romaine Lettuce		2 bunches
Scotch Bonnet Pepper	1	(optional, this is very spicy)
Strawberries		3 cups

*\*\*All animal products to be organic\*\**

<u>PROTEIN</u>		<u>QUANTITY</u>
Chicken, breasts (cut into cubes or strips)		28oz total - 4oz each (approx. 7 breasts)
Eggs, organic, free run (whole)	1 dozen	
Liquid egg whites, organic		1.5 cups
Protein powder - Vanilla		1 tub
Turkey Bacon		2 packages
Turkey, ground	2 lbs	
White Fish Filets		8oz total-4oz each (approx. 2 filets)

*\*Choose wild, non-farmed fish - haddock, halibut, cod etc.*

<u>FATS</u>		
Butter <u>or</u> Ghee, organic		1 stick or 1 jar
Chia seeds, black or white		4 tbsp
Coconut Oil, extra virgin, cold pressed (glass bottle preferred)		1 bottle
Coconut Oil spray (non-aerosol)		1 bottle
Coconut butter		1 jar
Extra virgin olive oil, cold pressed		1 bottle
Hemp hearts		4 tbsp
Nut & Seed Butter organic such as:		
Almond		
Cashew		
Hazelnut		
Peanut (must be organic)		
Pumpkin Seed		
Sunflower Seed		

<u>CONDIMENTS</u>		
Apple Cider Vinegar		1 bottle
Bone Broth		5 cups
Braggs Aminos or Wheat Free Tamari Sauce		1 bottle

Cocoa Hazelnut Spread (100 cal/tbsp)	1 jar	
Dark Chocolate Bar, 70% or more		6 squares
Goat Cheese		1 small package
Granola, gluten free, low sugar	1/4 cup	
Honey Dijon Mustard		1 bottle
Honey, raw		1 tsp
Hot Sauce, sugar free, gluten free (Sririacha, Tabasco, Frank's Red Hot)	1 bottle	
Jalapeño olives (spicy) or plain	1 jar	
Jerk Marinade, gluten free, sugar free	1 jar	
Kefir, organic, vanilla or plain		1 tub
Kimchi or Sauerkraut		1 jar
Liquid Chlorophyll - mint flavour		1 bottle
Organic Ketchup		1 bottle
Organic canned Kidney beans	1 can	
Organic coconut milk (eg. Thai Kitchen)	1 can	
Tomato sauce, organic, sugar free		2 jars
Unsweetened, non dairy milk (almond, cashew, coconut, hemp, flax)	4 cups	

#### PANTRY & SPICES - dried

Baking Powder		
Black pepper		
Cacao Powder, unsweetened		2 tsp
Chilli flakes or powder		
Cinnamon, organic		
Cumin seeds		
Curry Powder		
Dried Cherries		2 tsp
Garlic powder		
Quinoa	1 cup	
Sage, ground		
Sea Salt - Celtic sea salt <u>or</u> Pink Himalayan salt		
Thyme		
Vanilla Extract		
Spice mixes, natural gluten free, sugar free such as: Flavour God, Hot		

#### **MEAL PREP RECIPES**

##### 1. WATER

Lemon & Cucumber Infused Water- *Make large batch - should last 2 days*

##### 2. CHICKEN

Pan Fried Herbed Chicken Strips

Curry Chicken

3. GROUND MEAT

Turkey Taco Wraps

4. FISH

Jerked White Fish

5. SALADS

Cobb Salad

6. SIDES

Caribbean Quinoa & Peas

Mango Salsa

7. EGGS

Egg Muffins

8. SUPER FOODS & SNACKS

Chocolate Cherry Protein Pudding

Dark Chocolate Treat

**PREPARE FRESH (day of)**

9. SMOOTHIES

Chunky Monkey Shake

Strawberry Milkshake Smoothie

10. VEGGIES

Sauteed Garlic Greens

Mixed Veggie Medley

11. MAIN MEALS - weekend

Cocoa Berry Banana Crepe

Kefir parfait

STORE BOUGHT (macros info only)

Avocado

Blueberries

Bone Broth

Kefir

Kimchi (spicy palate)

Sauerkraut (mild palate)

Turkey Bacon

## MEAL PREP RECIPES

### 1. INFUSED WATER

#### LEMON & CUCUMBER INFUSED WATER - makes 2L

120g cucumber, sliced

1/2 lemon, sliced (with skin) \* make sure to buy organic lemons and scrub well

#### INSTRUCTIONS

Use two 1L mason jars and divide ingredients evenly in each

Pour filtered water into jars

Allow flavours to develop for at least 2 hours

Mixture should last 2 days

### 2. CHICKEN

#### CURRY CHICKEN - makes 3 servings

12oz skinless chicken breast, chopped in cubes

1 tsp sea salt

1/4 tsp black pepper

3 tbsp curry powder

2 garlic cloves, chopped finely

50g red bell pepper, finely chopped

50g green bell pepper, finely chopped

100g onion, chopped

2 tsp coconut or olive oil

1/2 tsp dried thyme

1/4 tsp cumin seeds

1.5 tsp organic ketchup

1 tbsp hot pepper sauce

1.5 cups water

#### INSTRUCTIONS

Cut chicken into cubes (not too small)

Season chicken with salt, black pepper, 1.5 tsp curry powder and chopped garlic; put chicken in fridge for to absorb spices

Add cooking oil to saucepan and heat on high and sautee cumin seeds for 30 seconds

Then add chopped onion, green and red bell peppers, rest of curry powder & ketchup and cook until tender

Add half cup of boiling water and, when sauce is boiling, add chicken

Fold in chicken until it is well covered with sauce and seasonings; add remaining cup of water and cover and bring to a rolling boil until chicken is tender and sauce thickens (about 1/2 hour)

Taste and adjust with salt, if needed

#### MACROS - 1 serving = 4oz chicken

Protein: 22.6

Carb: 8.8g

Fat: 7.4g

Fibre: 4.6g

Net Carb: 4.2g

Sugar: 2.9g

Calories: 190



PAN FRIED HERBED CHICKEN STRIPS - makes 4 servings, 1 serving = 4oz

16oz skinless chicken breast, cut into strips or cubes

2 tbsp mixed herbs of your choice

1/2 tsp sea salt

1/2 tsp black pepper

2 tbsp olive oil

INSTRUCTIONS

Season chicken with 1 tbsp olive oil, herbs, salt and pepper

Heat remaining oil in a skillet on medium heat

Add chicken pieces and cook for about 5 minutes each side or until it is completely opaque

Let cool and serve with **Cobb Salad**

MACROS

Protein: 21g

Carb: 0g

Fat: 8.3g

Fibre: 0g

Net Carb: 0g

Sugar: 0g

Calories: 160

### 3. GROUND MEAT

TURKEY TACO WRAPS - 1 serving

1/2 lb Lean ground turkey

1 tbsp coconut oil

1 cup frozen or fresh veggie medley

1/2 cup sliced mushrooms

2 jalapeño olives (or plain)

5 Hearts of Romaine leaves - to be used upon eating the meal

1/2 cup tomato sauce

2 tbsp Braggs aminos

1/4 tsp celtic sea salt or pink himalayan salt

1/4 tsp black pepper

1 tbsp hot sauce (optional)

INSTRUCTIONS

Heat pan or wok and add oil

Add turkey and begin to break the meat into very small pieces.

Add braggs and srircha hot sauce.

Separately, steam veggies

Once the meat is cooked add tomato sauce, steamed veggies, raw mushrooms, jalapeño olives and stir.

Peel off roughly five romaine leaves.

Fill leaves one at a time with your 'taco' mixture

MACROS

Protein: 51g

Carb: 24.2g

Fat: 17.4g

Fibre: 7.7g

Net Carb: 16.5g  
Sugar: 11.2g  
Calories: 449

#### 4. FISH

##### JERKED WHITE FISH & MANGO SALSA - 1 serving

4oz white fish fillet  
1/2 tsp ground sage  
1.5 tbsp Braggs Aminos  
1/2 tsp sea salt  
1/2 tsp ground black pepper  
2 tbsp sugar free, gluten free Jerk Marinade (macros based on “Memories of Montego Bay Fiery Jerk Sauce - Presidents Choice)

##### INSTRUCTIONS

Pre-heat oven on broil to 350 degrees  
Line baking sheet with parchment paper  
Combine sage, Braggs Aminos, sea salt, black pepper and Jerk marinade in a large bowl  
Pour evenly over fish fillets  
For more intense flavour, this can be done ahead of time - either the night before or a few hours before cook time, otherwise you can cook right away  
Place fish on prepared pan  
Broil for 10-15 minutes or until fish is opaque in the centre and can be flaked with a fork  
Remove fish from the oven and serve with your choice of steamed greens  
Top with mango salsa

##### MACROS - based on 4oz of halibut

Protein: 25.3g  
Carb: 39.5g  
Fat: 8.9g  
Fibre: 4.1g  
Net Carb: 35.4g  
Sugar: 4.2g  
Calories: 299

#### 5. SALADS

##### COBB SALAD - 1 serving

4oz herbed chicken strips (used from meal prep)  
2 strips nitrate free turkey bacon (crispy is better)  
1 cups chopped romaine lettuce  
1 hard boiled eggs, chopped  
30g avocado – sliced  
100g cherry tomatoes, halved  
100g cucumber, cubed  
Sea salt and pepper to taste  
Honey Mustard Vinaigrette  
1 tsp extra virgin olive oil  
1 tsp Dijon honey mustard

2 tbsp apple cider vinegar

Option to use low sugar, low carb dressing

### INSTRUCTIONS

Combine ingredients in a mason jar and toss with dressing when ready to eat

### MACROS

Protein: 27.8g

Carb: 13.8g

Fat: 22.1g

Fibre: 4.2g

Net Carb: 9.6g

Sugar: 3.4g

Calories: 433

## **6. SIDES**

### CARIBBEAN QUINOA & PEAS - makes 4 servings

1/4 cup canned, organic Kidney beans

1 cup water

1 cup organic coconut milk

1 garlic clove, minced

1/2 small onion, chopped

1 tsp sea salt

1/4 tsp black pepper

1/2 tsp dried thyme

1/4 Scotch Bonnet Pepper - this is optional as it is very spicy

1 cup quinoa, cooked measure

### INSTRUCTIONS

Place water and coconut milk in large saucepan and bring to a boil

Add garlic, chopped onion, and black pepper and cook for 10 minutes or until veggies are soft on medium heat

Add kidney beans and continue to cook for 5 minutes on medium heat

Stir in thyme and scotch bonnet pepper (if you like it hot)

Stir in quinoa and bring water back up to a boil

Turn heat to low, cover pot and cook until all water is absorbed (about 15 to 20 min)

Fluff up quinoa with fork before serving

Serve with Curry Chicken

### MACROS - 1/4 cup = 1 serving

Protein: 4.3g

Carb: 17.8g

Fat: 9.9g

Fibre: 3g

Net Carb: 14.8g

Sugar: 2.6g

178

Calories:

### MANGO SALSA-1 serving

100g mango, chopped  
100g cherry tomatoes, quartered  
30g red onion, chopped finely  
1 tbsp cilantro, chopped  
3 tbsp lime juice  
Pinch of sea salt  
Pinch of black pepper  
1 tsp olive oil  
Pinch of chilli flakes

#### INSTRUCTIONS

Mix all ingredients together in bowl and serve atop of Jerked Fish

MACROS - 1 serving

Protein: 1.3g

Carb: 36.6g

Fat: 4.7g

Fibre: 1.7g

Net Carb: 34.9g

Sugar: 4.2g

Calories: 142

## 7. EGGS

EGG MUFFINS - makes 12, 1 serving = 4 muffins

5 whole eggs

1 ½ cup egg whites (you can use an organic liquid egg white for this part for less waste)

½ bell pepper (red, green, yellow etc.), chopped

1 cup raw spinach chopped

2 green onions, chopped

1 jalapeño pepper, chopped

4 slices of low sodium organic turkey bacon half cooked or turkey slices

¼ cup tomato sauce

Healthy coconut, ghee or butter spray

1 tbsp goat cheese

Hot sauce to taste

INSTRUCTIONS

Pre-heat oven to 375

Bake bacon until mostly cooked while prepping veggies

Whisk eggs and add tomato sauce, salt-free spice (example Ms Dash or other) and pepper.

Chop veggies and bacon into small pieces by hand or in food processor

Spray muffin tin with a natural coconut, ghee or butter spray.

Place sliced veggies and bacon in the muffin tins

Pour egg mix over top

Place in the oven and bake for 25-30 minutes

Take out of the oven, place on a rack to cool so they do not become mushy

Top with hot sauce & goat cheese

Once cool, move to Tupperware and store in the fridge for up to 3 days. If traveling with them, put hot sauce in a small Tupperware to add later

MACROS (4 muffins)

Protein: 29.7g

Carb: 6.4g

Fat: 9.8  
Fibre: 1.1g  
Net Carb: 5.3g  
Sugar: 8g  
Calories: 241.7

## 8. SUPERFOODS & SNACKS

### CHOCOLATE CHERRY CHIA PUDDING

2 heaping tbsp of black or white chia seeds  
1 scoop of protein powder - any flavour you prefer  
1/2 tsp cinnamon  
1 tsp cacao powder  
1 tsp dried cherries  
1-2 cups unsweetened coconut, almond or cashew milk

### INSTRUCTIONS

Mix dry ingredients well (chia seeds, protein powder, cinnamon, cacao, dried cherries)  
Pour non dairy milk and mix well until mixture starts to thicken  
Refrigerate for minimum 30 minutes or prepare the night before  
Stir well before serving and add a bit of water or unsweetened non-dairy milk unit desired texture is achieved

### MACROS

Protein: 28.3g  
Carb: 25.4g  
Fat: 11.4g  
Fibre: 17.1g  
Net Carb: 8.3g  
Sugar: 4.4g  
Calories: 316

### LIME STRAWBERRY KEFIR PROBIOTIC POPS – makes 1 popsicle, yields ½ cup

¼ cup organic vanilla kefir  
40g organic strawberries, chopped  
2 tsp. Lime juice  
½ tbsp. lime zest

### INSTRUCTIONS

Blend together in a small blender such as the Magic Bullet  
Add mixture to popsicle mold – each one should take ½ cup of the mixture

### MACROS – 2 popsicles

Protein: 4.6g  
Carb: 18.8g  
Fat: 2g  
Fibre: 2.2g  
Net Carb: 16.6g  
Sugar: 16g  
Calorie: 110

### DARK CHOCOLATE TREAT - 1 serving

2 squares of 70% (or higher) dark chocolate

1/2 cup organic blueberries

1/4 tsp cinnamon

#### INSTRUCTIONS

Sprinkle cinnamon on berries and enjoy with your dark chocolate

MACROS - based on 70% Lindt Dark Chocolate

Protein: 2.2g

Carb: 22.1g

Fat: 9.8g

Fibre: 5.3g

Net Carb: 16.8g

Sugar: 13.6g

Calories: 177

#### PREPARED FRESH RECIPES

### **9. SMOOTHIES**

#### *\*General Smoothie Instructions\**

Place all the ingredients in a blender (except protein powder) and blend at high speed until smooth. Add protein at the end and blend for a few seconds only

*Aim between 25-30g protein per scoop\**

#### STRAWBERRY MILKSHAKE SMOOTHIE

1 scoop vanilla protein - whey isolate or vegan

1/2 cup frozen strawberries (organic)

1/2 tsp organic cinnamon

1 tbsp hemp hearts

1 tbsp raw coconut butter

1 cup cashew milk (unsweetened) + 1 cup of water (depending on desired texture)

#### MACROS

Protein: 31.8g

Carb: 16g

Fat: 17g

Fibre: 5g

Net Carb: 11g

Sugar: 8.1g

Calories: 343

#### CHUNKY MONKEY SMOOTHIE

1 scoop vanilla or chocolate protein powder

1 tbsp organic peanut butter or other nut butter of your choice

60g frozen banana

2 cups unsweetened cashew, almond or coconut milk

*\*freeze 1 cup of non-dairy milk into ice cubes*

#### MACROS

Protein: 30.2g

Carb: 24g

Fat: 16.4g  
Fibre: 3.1g  
Net Carb: 20.9g  
Sugar: 11.4g  
Calories: 375

## **10. VEGGIES**

### STEAMED MIXED VEGETABLES

1 cup mixed veggie medley  
1/4 tsp sea salt and herbs to taste

#### INSTRUCTIONS

Lightly steam veggies for about 5-7 minutes and serve with sea salt and desired herbs

MACROS – 1 cup (85g) based on Presidents Choice Mixed Vegetable Medley

Protein: 2g

Carb: 6g

Fat: 0.2g

Fibre: 2g

Net Carb: 4g

Sugar: 2g

Calories: 25

### SAUTEED GARLIC GREENS

2 cups your choice of leafy greens (spinach, swiss chard, collard greens, kale)

1 garlic clove, minced

1/4 tsp sea salt

1/4 tsp pepper

2 tsp olive oil

#### INSTRUCTIONS

Remove any stems from veggies and chop loosely (not applicable with spinach)

Warm oil on medium heat and sautee garlic for 2 minutes

Add greens and sautee until softened

Add sea salt and pepper to taste

#### MACROS

Protein: 1.9g

Carbs: 3.2g

Fat: 4.7g

Fibre: 1.4g

Net Carb: 1.8g

Sugar: 0.3g

Calories: 58g

## 10. MAIN MEALS

### KEFIR PARFAIT

1 cup plain kefir  
2 tbsp hemp hearts  
1 tsp raw, organic honey  
1 tsp vanilla extract  
1/2 cup raspberries, fresh or frozen (leave out to thaw a bit if frozen)  
1/4 cup granola, low sugar, gluten free (eg. Kind Granola)

### INSTRUCTIONS

Whisk the kefir, honey and vanilla extract  
Add layer of berries at bottom of tall glass  
Sprinkle layer of hemp hearts and granola  
Cover with layer of kefir  
Repeat with additional layers of berries, hemp hearts, granola and kefir

### MACROS

Protein: 19.2g

Carb: 40.6g

Fat: 14.2g

Fibre: 7.5g

Net Carb: 33.1g

Sugar: 20.4g

Calories: 366

### COCOA BERRY BANANA PROTEIN CREPE-1 serving - 2 large crepes

2 eggs

1/2 scoop protein powder

2 tbsp water

1 tsp baking powder

1 tsp cinnamon

60g banana, sliced

60g strawberries, sliced

Natural coconut oil spray

2 tbsp cocoa hazelnut spread (200 calories worth)

### INSTRUCTIONS

Whisk eggs & protein powder with hand blender  
Add water and baking powder after  
Coat pan with coconut oil spray and put on medium heat  
Pour batter and spread out thinly to the edges of the pan  
When batter is bubbling, flip and brown the other side  
Remove crepe onto plate and fill half of the ingredients as this should make 2 crepes  
Sprinkle with cinnamon and enjoy

### MACROS - 2 large crepes

Protein: 28.3g

Carb: 54.2g

Fat: 33.2g

Fibre: 10.7g

Net Carb: 43.5g

Sugar: 32.1g

Calories: 531

### **STORE BOUGHT MACROS**



AVOCADO

MACROS – 30g (1/8)

Protein: 0.6g

Carb: 2.56g

Fat: 4.4g

Fibre: 0.2g

Net Carb: 2.36g

Sugar: 0.1g

Calories: 48

BLUEBERRIES

MACROS - 1/2 cup

Protein: 0.5g

Carb: 10.7g

Fat: 0g

Fibre: 1.8g

Net Carb: 9g

Sugar: 7.4g

Calories: 42

BONE BROTH

MACROS - 1 cup (based on Pacific Organics)

Protein: 9g

Carb: 0g

Fat: 0g

Fibre: 0g

Net Carb: 0g

Sugar: 0g

Calories: 35

KIMCHI

MACROS - 4 tbsp

Protein: 1g

Carb: 2g

Fat: 0g

Fibre: 2g

Net Carb: 0g

Sugar: 1g

Calories: 15

NUT BUTTER

MACROS - based on 1 tbsp almond butter, but you can use of any of the nut/seed butters listed

Protein: 3g  
Carb: 4g  
Fat: 8g  
Fibre: 2g  
Net Carb: 2g  
Sugar: 2g  
Calories: 95

SAURKRAUT

MACROS - 4 tbsp

Protein: 0g  
Carb: 4g  
Fat: 0g  
Fibre: 4g  
Net Carb: 0g  
Sugar: 0g  
Calories: 20

TURKEY BACON – 2 slices

MACROS – based on Trader Joes Nitrate Free Uncured Turkey Bacon

Protein: 12g  
Carb: 0g  
Fat: 4g  
Fibre: 0g  
Net Carb: 0g  
Sugar: 0g  
Calories: 60

Mommas or Mrs.Dash etc.