



Vanilla Pudding Belgian Waffles

INGREDIENTS

60g white flour
31g vanilla casein protein powder
10g sugar free vanilla pudding mix (or any pudding flavor you prefer)
125g unsweetened almond milk
30g fat-free plain greek yogurt
1 egg
1 tbsp. zero calorie artificial sweetener
2g baking powder

DIRECTIONS

1. Mix dry and wet ingredients separately
2. Combine dry and wet ingredients and mix together with a spatula
3. Pre-heat waffle iron and spray with zero calorie nonstick spray
4. Scoop batter onto waffle iron
5. Top with sugar-free syrup
6. Eat up!



Chocolate Chip Pancakes

INGREDIENTS

75g white flour
40g protein powder
1 tsp. baking powder
3 packets sweetener
75g egg whites
2.5 oz. unsweet almond milk
113g plain Greek yogurt
Splash of vanilla extract
21 g. chocolate chips
Sugar free syrup

DIRECTIONS

1. Add dry ingredients to a mixing bowl
2. Add the wet ingredients into the same bowl and mix together
3. Warm up your pan with non-stick spray
4. Pour your batter onto the pan. Then add in the chocolate chips
5. You can make 6-8 small pancakes or 3-4 bigger pancakes. It's up to you.
6. Cook about 2-3 minutes per side.
7. Add your sugar free syrup and enjoy!



Oreo Cookie Donuts

INGREDIENTS

- 170g 0% greek yogurt
- 30g all purpose flour
- 14g coconut flour
- 60gr protein powder
- 8g zero cal sweetener
- 3g of baking powder

FROSTING INGREDIENTS

- 50g fat-free cream cheese
(room temperature)
- 5g zero calorie sweetener
- 1-2 Oreo cookies

DIRECTIONS

1. Mix all ingredients into a smooth batter
2. Spray your donut tray with non-stick
3. Pour mixture evenly into the tray
4. Bake for 6-8 minutes at 350 degrees
5. For the frosting, mix the room temperature cream cheese and sweetener together in a bowl.
6. Put the Oreo cookies in a ziplock bag and break them up using your hands or a utensil. Then pour the crumbled Oreos into a separate bowl.
7. Spread the frosting on each donut.
8. Dip the donut frosting size down into the Oreo crumble.
9. Enjoy!



Hash Brown, Sausage, Egg & Cheese Casserole

INGREDIENTS

-20 oz. hash browns (room temperature)
2lbs ground turkey sausage
2 cups reduced fat shredded cheddar cheese
2 cups unsweet almond milk
4 eggs
1 cup egg whites
1 bell pepper (chopped)
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. paprika
Salt and pepper

DIRECTIONS

1. Preheat oven to 350 degrees
2. Cook the ground turkey sausage on the stove
3. Spray your 12x8 baking dish with nonstick spray
4. Add the room temperate hash browns and spread evenly throughout the baking dish
5. Add the peppers and sausage
6. Add 1 cup of cheese
7. Mix up the hash browns, peppers, sausage and cheese in the baking dish
8. In a bowl, add the eggs, egg whites, almond milk and seasonings. Whisk together
9. Pour the egg mixture evenly over the casserole
10. Sprinkle 1 cup shredded cheese on top of the casserole
11. Bake for 35-40 minutes



Apple Cinnamon French Toast

INGREDIENTS

4 slices bread of your choice
200 g. egg whites
Dash of cinnamon
1/4 tsp. vanilla extract
1 tbsp. zero calorie sweetener
1 apple (diced)

DIRECTIONS

1. In a bowl, mix together all ingredients except the bread and apple.
2. Soak 1 slice of bread in the mixture until coated
3. Spray your pan with nonstick spray.
4. Cook the french toast on the stove (2-4 minutes per side).
5. Cook the diced apple in the same pan, around the french toast until slightly browned.
6. Top with sugar-free syrup and diced apple

Notes

For this recipe, I personally use:

- Sara Lee 45 calorie bread
- Walden Farms zero calorie syrup
- Swerve artificial sweetener



Chicken Avocado Sandwich

INGREDIENTS

- 100g skinless chicken thigh
- Wholly Guacamole 100 calorie pack
- 1 slice tomato
- 2 slices bread
- Salt and pepper

DIRECTIONS

1. Season your chicken thigh with salt and pepper
2. Cook in the Air Fryer at 350 degrees for 12 minutes. You can also grill or bake instead.
3. Toast your bread
4. Spread the guacamole on each slice of bread, add the tomato and cooked chicken thigh, and enjoy!



Bacon Grilled Cheese

INGREDIENTS

- 1 slice bacon (cooked)
- 2 slices bread
- Butter
- 2 thin slices cheddar cheese

DIRECTIONS

1. Lightly butter one slice of bread and place it face down on a heated pan
2. Add the cheese and bacon on top of the heated bread.
3. Lightly butter the other slice of bread and place the buttered side face up on top of the cheese and bacon.
4. Flip after 1-2 minutes



Fat-Burning Quesadilla

INGREDIENTS

- 1 low carb tortilla
- 80 g reduced fat mozzarella

DIRECTIONS

1. Sprinkle the mozzarella cheese on half of your tortilla.
2. Fold the other half over.
3. Cook on a skillet over medium heat. 1-2 minutes on each side
4. Cut in half and enjoy!



French Fry Burger Bowl

INGREDIENTS

- 1lb 96/4 lean ground beef
- 1 medium potato
- Salt and pepper

DIRECTIONS

1. Cook the lean ground beef in a skillet over medium heat.
2. For the french fries, peel one potato and cut into french fries.
3. Season the fries with salt, pepper and any seasonings you prefer.
4. Cook the fries in the air fryer at 390 degrees for 12-15 minutes. You can cook in the oven if you don't have an air fryer.
5. When both are done, add your desired amount of ground beef to a bowl, along with your french fries.
6. Add any condiments you prefer - no sugar ketchup, mustard, relish, pickles, etc.



Toasted Turkey & Cheese Bagel Sandwich

INGREDIENTS

- 1 bagel thin (this is a thin 100 calorie bagel)
- 2 slices deli turkey
- 2 thin slices of cheese
- Tomato (sliced)

DIRECTIONS

1. Toast your bagel
2. Add the turkey and cheese
3. You can also add lettuce, tomato and any other low-calorie sandwich condiments
4. Enjoy!
5. Note - This goes great with cottage cheese on the side :)



Fat-Burning Spaghetti

INGREDIENTS

- 1 box Banza chickpea spaghetti noodles
- Sugar-free marinara sauce
- 96/4 lean ground beef (optional)

DIRECTIONS

1. Boil 8 cups of water in a pot
2. Once brought to a boil, add the spaghetti noodles and lower to a simmer.
3. Cook for 10 minutes.
4. Once cooked, drain and add 2 cups sugar-free marinara.
5. For extra protein, you can cook some 96/4 lean ground beef and add on top as your "meatballs".



Fat-Burning Chicken & Waffles

INGREDIENTS

- Two 4 ounce chicken breasts or skinless chicken thighs
- Salt and pepper
- Waffles - Use the recipe at the beginning of this cookbook
- Sugar-free syrup

DIRECTIONS

1. Season your chicken breasts or thighs
2. Cook in the air fryer at 390 degrees for 12 minutes (or until desired crispiness)
3. Use the waffle recipe from earlier in this cookbook
4. Once both are done, place the chicken on top of the waffles and drizzle in sugar-free syrup



BBQ Chicken Tacos

INGREDIENTS

- 8 ounces ground chicken
- 60g no-sugar bbq sauce
- 2-3 low carb tortillas

DIRECTIONS

1. Cook the ground chicken in a skillet over medium heat
2. Pour the sugar free bbq sauce in a bowl, then add in the cooked chicken and mix together.
3. Scoop the bbq chicken into each tortilla
4. Add any additional condiments you'd like, some great options are shredded lettuce, cheese and chopped onion.



Fat-Burning Hot Dog Mac n Cheese

INGREDIENTS

- 2 turkey hot dogs
- 1 box Banza mac n cheese

DIRECTIONS

1. Follow the directions on the box to cook the Banza mac n cheese.
2. Heat up two turkey hot dogs, cut into small pieces, and stir into the mac n cheese
3. Eat up!



Bacon Cheeseburger w/ French Fries

INGREDIENTS

- 8 ounces 96/4 lean ground beef
- 2 slices bacon
- 2 thin slices cheddar cheese
- 2 hamburger buns (look for ones that are under 120 calories each)
- 1 medium potato
- Salt and pepper

DIRECTIONS

1. Form the ground beef into two patties
2. Grill the burgers or cook them on the stove over medium heat.
3. Cook the bacon in a skillet over medium heat
4. Once both are done, make them into two burgers and add the cheese and any condiments you'd like
5. French fries - peel the potato and cut into wedges or fries
6. Cook in the air fryer at 390 degrees for 12 minutes or until desired crispiness
7. Add the fries to your plate and enjoy!



Fat-Burning Strawberry Ice Cream

INGREDIENTS

- 400g frozen strawberries
- 300g unsweetened almond milk
- 1 tbsp. zero calorie sweetener of your choice
- 1 scoop vanilla protein powder
- 3g xanthum gum
- Ice

DIRECTIONS

1. Add all the ingredients in a blender.
2. Blend until smooth (usually 2-4 minutes)
3. May need to stop and mix up the ice cream with a spoon halfway through

NOTES:

- I use Swerve as my sweetener of choice
- I use PE Science for my protein powder



Brownie Blizzard

INGREDIENTS

- 70g unsweetened almond milk
- 50g chocolate protein powder
- 80g fat-free Greek yogurt
- 50g sugar free chocolate syrup
- 3g xanthum gum
- 2 tbsp. zero calorie sweetener
- 1 Fiber One Chocolate Fudge Brownie Bar
- Handful of ice

DIRECTIONS

1. Add all the ingredients (except the Fiber One bar) into a blender and blend until smooth.
2. Scoop the ice cream into a dish or bowl
3. Crumble up the brownie bar in the wrapper, then sprinkle on top of your ice cream

NOTES:

- I use Swerve as my sweetener of choice
- I use PE Science for my protein powder
- You can find the Fiber One bars in most grocery stores or online.



M&M Peanut Butter Cookies

INGREDIENTS

- 120g peanut butter
- 50g Swerve brown sugar
(this is a zero calorie sweetener)
- 2g salt
- 1 egg
- 30g egg whites
- 3g vanilla extract
- 2g baking powder
- 30g vanilla protein powder
- 15g oat flour
- Mini M&M's

DIRECTIONS

1. Preheat your oven at 350 degrees
2. Add all the ingredients except the M&M's in a bowl
3. Mix it up with a spatula. If your batter is still wet, add a little more protein powder
4. Add in a small handful or two of mini M&M's
5. Mix it all together
6. On a pan with parchment paper, scoop the batter into cookies
7. This recipe makes anywhere from 9-12 cookies, depending on how big you make them.
8. Form the cookies into circles.
9. Bake for 12-15 minutes



Chocolate Ice Cream

INGREDIENTS

- 300g unsweetened almond milk
- 40g casein chocolate protein powder
- 10g unsweetened cocoa powder
- 12g coconut flour
- 3g xanthum gum
- 2 tbsp. zero calorie artificial sweetener
- Ice

DIRECTIONS

1. Add all the ingredients to your blender.
2. Blend until smooth (about 2-4 minutes)

NOTES:

- I personally use PE Science protein powder and Swerve artificial sweetener.



Banana Pudding

INGREDIENTS

- 40g vanilla protein powder
- 2 fluid oz. sugar free syrup
- 5g cocoa powder
- 4g xanthum gum
- 10g zero calorie sweetener
- 2 frozen bananas
- 20g sugar-free banana cream pudding mix
- 200g water
- 100g ice

DIRECTIONS

1. Add all the ingredients to your blender.
2. Blend until smooth (about 2-4 minutes)

NOTES:

- I personally use PE Science protein powder, Walden Farms syrup and Swerve artificial sweetener.