

## Homemade Protein Bars

(modified version of Martina Navratilova's recipe)

1) Grind Together in a blender:

- 1 cup oats
- 2 Tbsp nuts
- 4 large figs
- 3 scoops protein powder\*

2) Boil for 1 minute then mix into dry ingredients:

- 1/3 cup honey
- 1/4 cup 1% milk

3) Lay out in small pan and cover. Bake at 375 for 8 minutes. Remove cover and bake for another 2 minutes.

5 Servings per pan:

Per serving info:

- 276 calories
- 12 gms protein
- 7 gms fat

\* Protein powders vary. Whey based protein powders will be best if possible, with less than 2 grams of carbs and fat per serving. You will want to use as much powder as you need to give you 60 grams of protein for the recipe. Designer Whey, NOW or EAS whey proteins are good brands.

## **Protein Powered Pancakes (version 1)**

6 Egg Whites  
1 Whole Egg  
4 oz 1% Milk  
180 Calories of dry pancake mix

Mix all ingredients, make pancake, top with sugar free syrup.

Cut back to 150 calories of dry pancake mix and add 3 oz strawberries if desired.

### **Per Pancake (one pancake per batch):**

400 calories  
30 gms complete protein  
9 gms fat

## **Protein Powered Pancakes (version 2)**

1.25 cups flour  
1 tsp baking powder  
2 Tbsp sugar flakes  
½ tsp cinnamon  
¼ tsp salt  
Combine these ingredients and make a well in the center of the mix

8 egg whites  
1 cup FF cottage cheese  
1 cup NF plain yogurt  
Combine these ingredients, then pour into the well. Stir until moist then cook.

### **Whole Batch:**

972 calories  
84 gms protein  
24 gms fat

### **One pancake (@12 pancakes/Batch)**

81 calories  
7 gms protein  
2 gms fat

## Homemade Yogurt

- Microwave 7 cups of 2% milk for 14 minutes or until 180 degrees
  - Let cool to 110 degrees
  - In a separate cup, mix 2 Tbsp room temperature plain yogurt with some of the warm milk, then mix everything together
  - Add ¼ cup low fat powdered milk to help thicken
  - Cover bowl and place on heating pad covered with towels for 6-8 hours.
  - Place coffee filter in strainer and drain to desired consistency
  - Place in fridge until ready to eat
- (Total volume at end of batch: 23 oz)

Nutrition Information:

**Per Batch:**

946 calories

99 gms protein

34 gms fat

**Per Ounce:**

41 calories

4.5 gms protein

1.5 gms fat

**Per 5 oz serving:**

205 calories

22.5 gms protein

7.5 gms fat

**Per 6 oz serving:**

246 calories

27 gms protein

9 gms fat

## Homemade Lowfat Pizza w/ Cibelli's Crust

1 Small Pizza Dough from Cibelli's (18 oz)  
7 oz Fat Free Cheese (mozzarella or cheddar)  
9 oz Chicken Breast (can be marinated if desired) or 99% lean ground turkey  
1 Pouch Boboli Original Pizza Sauce (5 oz per pack)  
4 oz LF Mozzarella Cheese  
"Free" vegetables as desired

Buy small dough from Cibelli's  
Preheat oven to 500  
Lay dough out on pizza pan (sprinkled lightly with flour)  
Lay out ingredients as desired  
Cook for 12-15 minutes

**Per Serving:** (6 servings per pizza)

430 calories

31 gms protein

7 gms fat

### **Fat Free Version:**

Omit the Lowfat Mozzarella and the recipe re-calculates to:

**Per Serving** (6 servings per pizza):

324 Calories

21 gms protein

1 gm fat

(Then add salad dressing to a salad or another fat to the meal to meet your fat requirement).

### **Yogurt Panna Cotta:**

1 cup 1% Milk  
1/3 cup sugar  
1 envelope plain powdered gelatin  
2 Tbsp cold water  
2 cups Nonfat Greek Yogurt  
1 tsp vanilla extract  
4 cups mixed berries

- 1) Heat the milk and sugar in a pan over low heat, stirring until the sugar is dissolved (about minutes)
- 2) In a small bowl, mix the gelatin and water and let stand for 2 minutes
- 3) Whisk the gelatin into the warm milk then let cool
- 4) In a medium bowl, whisk together the yogurt and vanilla extract
- 5) Whisk in the milk
- 6) Pour 1/2 cup of the mixture into 8 serving glasses (or whatever you want to serve the dessert in)
- 7) Refrigerate until set (about 2 hours)
- 8) Top with fruit and serve

### **PER 1 CUP SERVING:**

Calories          130

Gms Protein    6 gms

Gmd Fat        .5 gms

Gms Carbs     24 gms **Add whatever carbs you need to make each of these recipes a full meal for your parameters.**

## Turkey Stroganoff

2 lbs (99%lean) ground turkey breast  
16 oz fat free sour cream  
16 oz LF sour cream  
1 packet mushroom or beef soup mix  
Cook turkey in pan, mix in sour cream and dry soup mix, simmer until done

### Whole Batch:

1900 calories  
270 gms protein  
74 gms fat

### 10 servings at 5.5 oz each:

190 calories  
27 gms protein  
8 gms fat

## Turkey Meatloaf/Meatballs/ Turkey burgers

2 lbs (99% lean ground) turkey breast  
5 oz dry oatmeal  
4 egg whites  
Mix all ingredients, put in pan for meatloaf, or shape into meatballs or burgers, then cook

### Whole Batch:

1500 calories  
236 gms protein  
43 gms fat

### 16 servings at 3 oz each:

93 calories  
15 grams protein  
3 grams fat

### 10 servings at 5 oz each:

150 calories  
24 grams protein  
4.5 grams fat

## Turkey Lasagna:

1 lb (99% lean) ground turkey breast  
1 lb FF cheddar cheese (shredded)  
8 oz LF mozerella cheese (shredded)  
2 cups tomato sauce  
15 oz LF ricotta cheese  
1 whole egg  
8 oz dry no-bake lasagna noodles  
Italian spices

Heat oven to 375, cook turkey in pan, add tomato sauce. Mix ricotta, egg and italian spices separately.  
Assemble in 13x9x2 pan as follows: Thin layer pasta sauce, lasagna noodles (don't overlap), ricotta mix, meat sauce, cheese  
Repeat until out of ingredients (2-3 layers)  
Cover in foil, bake 30 minutes, uncover, bake another 10 minutes.

### Whole batch:

3480 calories  
377 gms protein  
97 gms fat

### 12 servings per pan: (each serving):

290 calories  
32 gms protein  
8 gms fat

## **CARBS**

	<u>Calories</u>	<u>gms prot</u>	<u>gms fat</u>
9 oz apples	150	0	1
10 oz apple cider	150	0	0
4.5 Tbsp apple butter	150	0	0
1.5 cups apple sauce	150	0	0
11 oz apricot	150	0	0
6 oz banana	150	0	0
9.5 oz blueberries	150	0	1
15 oz cantaloupe	150	0	2
7.5 oz cherries (w/pits)	150	0	2
2 oz dates	150	0	0
7 oz figs	150	0	1
14 oz grapefruit	150	0	1
7.5 oz grapes	150	0	2
15 oz honeydew	150	0	0
3 Tbsp NS jam	150	0	0
8 oz mango	150	0	1
11 oz nectarine	150	0	1
11 oz orange	150	0	1
11 oz OJ	150	0	0
12 oz peach	150	0	0
10 oz pears	150	0	0
10 oz pineapple	150	0	0
9 oz plums	150	0	0
2.25 oz prunes	150	0	1
11 oz raspberries	150	0	2
17 oz strawberries	150	0	0
17 watermelon	150	0	2
2 oz breads	150	0	1
3 oz corn tortillas	150	0	0
1.5 oz cereal	150	0	0
1.25 oz baked chips	150	0	0
4 oz pasta (cooked)	150	0	0
.75 cups pasta	150	0	0
.75 cups rice	150	0	0
.75 cups corn	150	0	0
.75 cups beans	150	0	0
1.5 oz popcorn (unpopped)	150	0	0
5 oz baked potato	150	0	0
5 oz yams	150	0	0