



PROTEIN COOKBOOK VOLUME I



CEREAL PROTEIN BOMB

- Fage Nonfat Plain Greek Yogurt (3 3/4 Cup)
- Fruity Pebbles (1 Cup)
- Generic Crystal Light (3/4 tsp)

INGREDIENTS



~632 Calories
~58g Carbs
~1.4g Fat

97g
Protein



EZEKIEL LOX BREAD

- Ezekiel Bread (1 Slice)
- Lox(Salmon) (~4 oz)
- 0 Fat Cream Cheese (1 1/2 tbsp) x 3

INGREDIENTS



~771 Calories
~69g Carbs
~15g Fat

~90g
Protein

LOW FAT STRING CHEESE



200 Calories
4g Carbs
10g Fat
24g Protein

GREAT ROAD PROTEIN



~480 Calories
~32g Carbs
~10g Fat
~60g Protein



LOW CARB SPICY 'RICE' BOWL

- Kraft Light Mayo (1 Tbsp)
- Sriracha (1 Tbsp)
- Cauliflower Rice (1 Cup)
- Stevia (To Taste)
- Ground Beef (93/7) (1 lbs)

INGREDIENTS



715.5 Calories
5g Net Carbs
35.5g Fat

94g
Protein

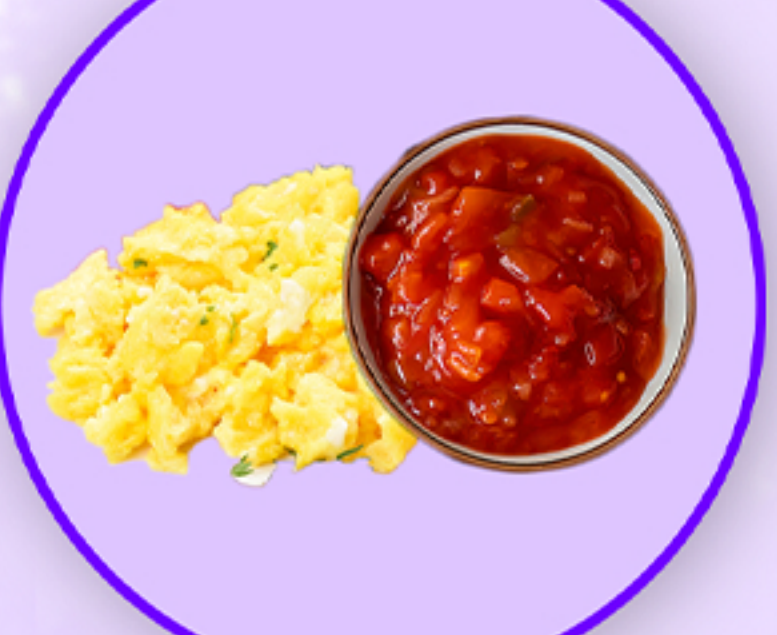
COREPOWER SHAKES



- Fairlife Core Power Elite Protein Milkshake (2 Bottles)

460 Calories
16g Carbs
7g Fat

84g
Protein



MICROWAVE SALSA EGG WHITES

- Bob Evans Egg Whites (32 oz)
- Herdez Casera Mild Salsa (2 Tbs)

INGREDIENTS



408 Calories
2g Carbs
0g Fat

100g
Protein



CHOCOLATE PROTEIN CEREAL

- Premier Protein Cereal (3 Cup)
- Chocolate Premier Protein Shake (1 Shake)

INGREDIENTS



714 Calories
~48g Carbs
18g Fat

90g
Protein



TUNA PROTEIN BOMB

- Albacore Premium Tuna (12 oz)
- Fage Nonfat Plain Greek Yogurt (1 1/2 Cup)
- Yellow Mustard (To taste)

INGREDIENTS



394 Calories
5g Carbs
4.2g Fat

84g
Protein



SUGAR FREE COCKTAIL SHRIMP

- Frozen XL Shrimp (12 oz)
- Primal Kitchen Unsweetened Cocktail Sauce (1/4 Cup)

INGREDIENTS



630 Calories
33g Carbs
12g Fat

92.7g
Protein



CHOCOLATE EGG WHITE PROTEIN BOMB

- Bob Evans Egg Whites (32 oz Carton)
- Sugar Free Hershey's Syrup (2 Tbsp)

INGREDIENTS



~412 Calories
3g Carbs
0g Fat

100g
Protein



PROTEIN NACHOS

- Quest Ranch Chips: (2 bag)
- Chobani Nonfat Plain Greek Yogurt: (2 Cup)
- Hormel Chili No Beans: (1 Can)
- Pico De Gallo (2 Tbs)

INGREDIENTS



1044 Calories
63g Carbs
37g Fat

~115g
Protein