

LIZA MARIE *Fit*



# MY MEAL GUIDE

*for weight loss*



before



after



Cottage Cheese  
Egg Hash



Strawberry Cheesecake  
Overnight Oats



Spicy Vegetarian  
Chicken Wrap



Turkey Pesto  
Club Wrap



Buffalo Chicken  
Dip with  
Carrots and  
Celery Sticks



Air Fried  
Quesadilla



Air Fried  
Nachos



Classic Baked  
Macaroni  
and Cheese  
with Chicken



Air Fried Cookie



Protein Brownie  
Mug Cake



## *Cottage Cheese Egg Hash*

Calories: 378 calories  
Protein: 29%  
Carbs: 40%  
Fat: 31%

Preparation Time:

5 min

Cooking Time:

15 min

Ingredients:

- 15g (~2 tbsps) Shredded Cheese, Mexican Style Four Cheese, Kraft
- 50g (~ $\frac{1}{3}$  cup) Blueberries
- 55g (~ $\frac{1}{3}$  cup) Strawberries
- 60g (2 pcs) Egg white, pasteurized
- 65g (~ $\frac{1}{3}$  cup) Cottage cheese, 2% milkfat, lowfat
- 80g (1 pc) Egg, whole
- 130g (~1  $\frac{1}{4}$  cup) Diced Hash Brown Potatoes, frozen, Ore-Ida
- 2-3 seconds Cooking spray

Procedure: 1. In a skillet, cook your potatoes until almost fully cooked with a little cooking spray. 2. While potatoes are cooking, mix together in a bowl egg, egg whites, cottage cheese, and any seasoning you would like. 3. When potatoes are almost fully cooked, lower the heat and push your potatoes to one side of the pan and pour your egg mixture to the other side and begin to slowly scramble them. 4. Once eggs are almost all the way done you can mix them with your potatoes, top with your cheese, and let your cheese melt. 5. Enjoy with berries on the side.



## *Strawberry Cheesecake Overnight Oats*

Calories: 402 calories  
Protein: 30%  
Carbs: 39%  
Fat: 31%

### Preparation Time:

10 min

### Ingredients:

- 10g (¼ packet) Instant Pudding Mix, any flavor, sugar free, fat free, Jell-O
- 15g (2/3 scoop) Whey protein powder, flavored
- 30g (~2.5 tbsps) Chia seeds
- 35g (~¼ cup) Strawberries, frozen
- 40g (~½ cup) Oats
- 70g (~⅓ cup) Greek yogurt, nonfat/0% fat
- 125g (~½ cup) Almond milk, plain, unsweetened
- 1-2 tbsp Lemon juice

### Procedure:

1. Add all of the ingredients into a large mason jar. Stir together.
2. Put on a lid and refrigerate over night.

### Comment:

Cheesecake pudding mix and vanilla protein powder are recommended for this recipe



## *Spicy Veggie Chicken Wrap*

Calories: 501 calories  
Protein: 30%  
Carbs: 40%  
Fat: 30%

### Preparation Time:

5 min

### Cooking Time:

5 min

### Ingredients:

15g Pickles, cucumber, dill or kosher dill, jarred

- 15g (¼ pc) Red onion
- 20g (2 leaves) Iceberg lettuce
- 20g (½ pc) Tomatoes
- 50g (~¼ cup) Total 5%, Plain Greek Yogurt, Fage
- 60g (3 pcs) Spreadable Cheese Wedges, Creamy Light, The Laughing Cow
- 95g (6 pcs) Plant-Based Chick'n Strips, Gardein
- 95g (2 pcs) Carb Counter Whole Wheat Wraps, La Banderita
- 120g (1 pc) Banana
- 1-2 tbsp Pickle juice
- 1-2 tsp Hot pepper sauce

### Procedure:

1. Make the sauce: combine yogurt, hot sauce, and pickle juice in a bowl and stir well.
2. First up, spread the laughing cow cheeses on your tortilla and then in this order, veggie chicken, sauce, tomato, chopped pickles, red onion, lettuce, more sauce.
3. Tuck and roll! Enjoy with fruit on the side.
4. Toast on a hot pan for 1-2 mins each side! Enjoy with any left over sauce!



## *Turkey Pesto Club Wrap*

Calories: 457 calories  
Protein: 30%  
Carbs: 40%  
Fat: 30%

### Preparation Time:

10 min

### Ingredients:

- 10g (~1.5 tsps) Mayonnaise, light, 26-28% fat
- 10g (~2 tsps) Basil pesto
- 10g (1 slice) Provolone cheese
- 15g (2 leaves) Iceberg lettuce
- 15g (½ pc) Tomatoes
- 15g (1 slice) Turkey bacon
- 55g (1 pc) Carb Counter Whole Wheat Wraps, La Banderita
- 60g (~¼ cup) Greek yogurt, nonfat/0% fat
- 70g (5 slices) Turkey, deli slices
- 145g (1 ½ pc) Banana

### Procedure:

1. Cook the turkey bacon until crispy. Mix the yogurt with the pesto, mayo, and salt and pepper.
2. In this order, tortilla, spoonful of sauce, turkey, cheese, tomato (salt and pepper) bacon, a little extra sauce if you wanna be saucy lol handful of your fav greens.
3. Tuck, Roll, ENJOY :). Eat the banana on the side.



## *Buffalo Chicken Dip with Carrots and Celery Sticks*

Calories: 405 calories  
Protein: 29%  
Carbs: 49%  
Fat: 22%

### Preparation Time:

10 min

### Cooking Time:

25 min

### Ingredients:

- 10g ( $\frac{1}{2}$  ounce) Blue cheese
- 20g (~1.5 tbsps) Cream cheese, plain, fat free
- 40g (1  $\frac{1}{2}$  stalk) Celery
- 45g (22 pcs) Almond Nut Thins, original, Blue Diamond
- 50g (2 ounces) Chicken breast fillet pieces, cooked, ready to eat
- 60g ( $\sim\frac{1}{4}$  cup) Cottage cheese, fat free
- 65g ( $\sim\frac{1}{4}$  cup) Buffalo Wings Sauce, Frank's RedHot
- 70g (1 pc) Carrots

### Procedure:

1. Preheat the oven to 400°F (gas) or 350°F (fan).
2. Combine the chicken, cream cheese, blue cheese, buffalo wing sauce, and cottage cheese in a bowl. Stir well to combine.
3. Place the mixture in an ovenproof baking dish and bake in the oven for 20-25 minutes, until the dish is hot and cheese has melted.
4. Rinse and slice the carrots and celery into sticks.
5. Serve the dip with the carrots, celery, and crackers. Enjoy!



## *Air Fried Nachos*

Calories: 401 calories  
Protein: 30%  
Carbs: 40%  
Fat: 30%

### Preparation Time:

10 min

### Cooking Time:

20 min

### Ingredients:

- 20g (~2.5 tbsps) Cheddar cheese, shredded, fat free, Kraft
- 20g (1 pc) Green onion/scallion
- 25g (~1.5 tbsps) Total 5%, Plain Greek Yogurt, Fage
- 30g White corn tortilla chips, plain, salted
- 30g (~2 tbsps) Salsa Con Queso, Medium, Tostitos
- 30g (1 ounce) Ground beef, 95% lean, 5% fat, raw
- 50g Tomato salsa
- 60g (1 pc) Lavash Bread, Flax, Oat Bran & Whole Wheat, Joseph's
- 2-3 seconds Cooking spray
- 1-2 tbsp Taco seasoning

### Procedure:

1. In a medium nonstick skillet cook the ground beef and add in a packet of Taco Seasoning. Follow the back of the instructions on the packet. Set aside once the ground beef has cooked through.
2. Cut the Joseph's wrap into triangles and add them to your air fryer basket. Spray with cooking spray and close your basket. Set your air fryer to 400 degrees and the timer for 3 minutes.
3. Lay half of the cooked chips on a plate, along with the regular chips and half of the ground beef. Add shredded cheese, queso sauce, yogurt, and salsa. Repeat with another layer and then enjoy!

### Comment:

You need an air fryer for this recipe. You can also use parsley or cilantro instead of scallions.





## *Air Fried Quesadilla*

Calories: 394 calories  
Protein: 30%  
Carbs: 38%  
Fat: 32%

Preparation Time:

5 min

Cooking Time:

10 min

Ingredients:

- 15g (~½ cup) Spinach
- 25g (~¼ cup) Shredded Cheddar Jack, reduced fat, Sargento
- 45g (1 ½ ounce) Chicken breast fillet pieces, cooked, ready to eat
- 50g Tomato salsa
- 60g (~¼ cup) Plain yogurt, 0% fat
- 75g (2 pcs) Whole wheat tortilla
- 1-2 second Cooking spray

Procedure: 1. Preheat air fryer to 350°F. Shred the chicken. 2. Lightly spray one side of the tortilla with olive oil cooking spray. In the basket of your air fryer, place the tortilla, oil side down. Spread a layer of half of the shredded cheese, top with spinach and chicken and finish with the remaining half of the cheese (this is important as it helps the tortilla stick together)! 3. Fold the tortilla in half, creating a quesadilla and cook for about 8 minutes (flipping the quesadilla halfway through cooking to ensure both sides are evenly cooked). 4. Serve with salsa, and plain yog! (taste just like sour cream!)



## *Classic Baked Macaroni and Cheese with Chicken*

Calories: 403 calories  
Protein: 39%  
Carbs: 40%  
Fat: 21%

### Preparation Time:

15 min

### Cooking Time:

30 min

### Ingredients:

- 5g (~1 tsp) Butter, salted
- 5g (~2.5 tsps) All-purpose flour
- 40g Pasta, uncooked
- 40g (1 ½ ounce) Cheese, 7% fat (lowfat), cheddar or colby
- 55g (~¼ cup) Nonfat/skim milk
- 105g (3 ½ ounces) Chicken breast fillet, raw
- 50-100 ml Broth, any type, ready-to-use
- 1-2 second Cooking spray
- 1-2 pinch Paprika

### Procedure:

1. Preheat the oven to 325°F. Grease a baking dish with cooking spray and set aside.
2. Cook the pasta in a pot of lightly salted water for 1 minute less than the instructions on the packet for al dente, then drain.
3. Meanwhile, grate the cheese. Season the chicken with salt and pepper and dice into smaller pieces. Fry the chicken in a pan with a splash of water over medium-high heat for approximately 5-7 minutes, until golden, then set aside.
4. Melt the butter in a pot over medium heat. Sprinkle in the flour and whisk to combine. Cook for about 1 minute, whisking constantly. Slowly pour in half of the milk and broth, whisking constantly, until smooth. Slowly add in the rest of the milk and broth and whisk to combine until smooth.
5. Continue to cook the sauce over medium heat, whisking often, until it reaches a thick consistency. Remove from the heat and stir in ¾ of the cheese. Season with salt, pepper and paprika to taste and stir until the cheese is melted and smooth.
6. Combine the cheese sauce with the drained pasta and chicken and stir to mix well. Pour the mac 'n cheese into the greased baking dish and top with the rest of the shredded cheese.
7. Bake in the oven for 7-10 minutes or until the cheese is golden and bubbly.
8. Let the mac 'n cheese rest for 5-10 minutes before serving. Enjoy



## *Air Fried Cookie*

Calories: 394 calories  
Protein: 30%  
Carbs: 38%  
Fat: 32%

### Preparation Time:

5 min

### Cooking Time:

10 min

### Ingredients:

- 5g (~1 tsp) Coconut oil 10g
- (~2.5 tsps) Dark chocolate chips, dairy free 15g (~1 tbsp)
- Reduced fat milk, 2% fat 25g (1 scoop) Whey protein powder, flavored 25g (~ $\frac{1}{3}$  cup) Oats 45g ( $\frac{1}{2}$  pc) Banana 1-2 second
- Cooking spray 1-2 pinch
- Cinnamon 1 tsp Baking powder

### Procedure:

1. Preheat air fryer to 360°F (or preheat oven to 350°F).
2. Mix all ingredients except for the chocolate chips in a small bowl.
3. Form batter into a round ball and press into a cookie shape in the basket of the prepared air fryer (spray lightly with cooking spray) or on a prepared cookie sheet.
4. Add chocolate chips on top and gently press them into the top of the cookie.
5. Air fry for about 8-10 minutes (or bake in the oven for 15 minutes).
6. Enjoy!

### Comment:

Use a protein powder flavor of your choice for this recipe



## *Protein Brownie Mug Cake*

Calories: 404 calories  
Protein: 40%  
Carbs: 40%  
Fat: 20%

Preparation Time:

10 min

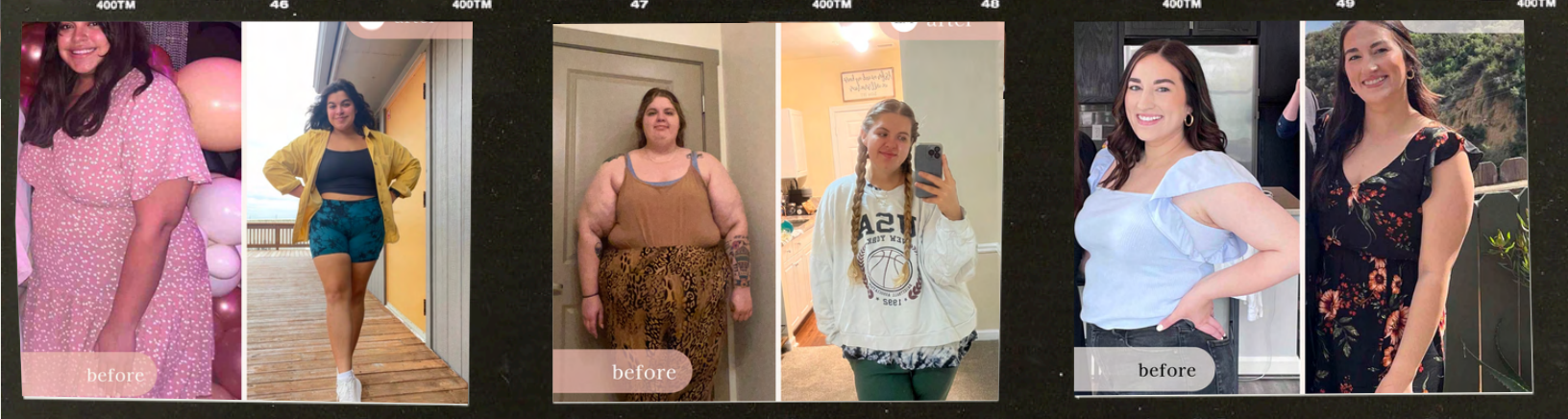
Cooking Time:

5 min

Ingredients:

- 10g (~1.5 tsps) Butter, salted
- 15g (~1.5 tbsps) Sukrin Gold
- 35g (1/3 scoop) Whey protein powder, flavored
- 50g (~1/3 cup) All-purpose flour
- 85g (3 pcs) Egg white, pasteurized
- 1/2-1 tsp Vanilla extract
- 1 pinch Salt
- 1-2 tsp Cocoa powder
- 1/2 tsp Baking powder

Procedure: 1. Melt the butter in a bowl in the microwave for about 10 seconds, then set aside. 2. Mix all the dry ingredients in a bowl. 3. Whip the egg whites in another bowl until they form stiff peaks. Add the melted butter, vanilla extract and egg whites to the dry ingredients and fold carefully. You may need to add some water if the batter is too dry. 4. Add the mixture to a large mug. Bake the brownie in the microwave for about 50 seconds at high power. If the cake is still not cooked give it another 10-15 seconds until it is baked. 5. Let the brownie cool a little before serving. Comment: Timings can differ depending on the microwave, so remember to keep an eye on the cake. A chocolate flavored protein powder is recommended for this recipe.



Ready for the real thing?

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