

Arise Fitness Healthy Meal Guide

Breakfast Recipes

Kodiak Muffins



Ingredients:

- 2 cups Kodiak Cakes Power Cakes + Flapjack Mix
- 1/2 tsp baking soda
- 1 egg
- 2/3 cup milk
- 1/3 cup plain nonfat Greek yogurt
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 3 tbsp pure maple syrup
- 1/4 cup coconut oil, melted
- 1 cup mixed frozen berries
- Turbinado Sugar (sprinkling on top)

Overnight Peanut Butter Cup Oats



Ingredients:

- 40 g Old Fashioned Oats or Quick Oats
- 6 oz Unsweetened Almond Milk
- 1/2 scoop ISOTOPE Whey Protein
- 1-2 T Cocoa Powder (real cocoa powder)
- 1 tsp Stevia/Splenda
- 1 tsp Pure Vanilla Extract
- 1/4 tsp Sea Salt
- 24 g Peanut Butter
- 1 tsp Coconut Oil or Organic Butter

Protein Waffles



Ingredients:

- 6 large eggs
- 2 cups cottage cheese
- 2 cups old fashioned oats
- 1/2 teaspoon vanilla extract
- Pinch of salt

Lunch & Dinner Recipes



Easy Ranch Chicken



Ingredients:

- 4 boneless chicken breast
- 1 package ranch dressing mix
- 1 cup dry breadcrumbs
- 2 eggs
- Use salt pepper butter (optional) to taste

Creamy Lemon Chicken



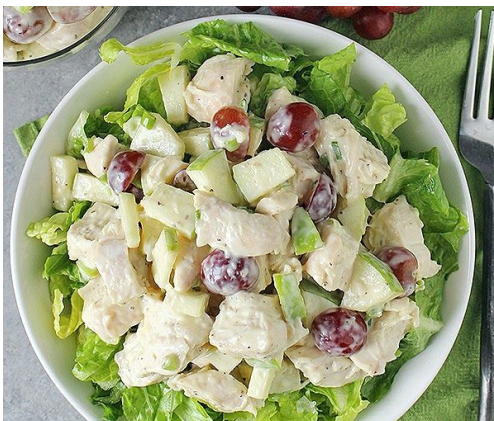
Ingredients:

- 3-4 large chicken breasts
- 2 tbsp coconut oil
- 3 garlic cloves crushed
- 8 asparagus spears cut into 1 inch pieces
- 8 oz sliced mushrooms
- 3/4 cup coconut milk the (canned)
- Juice of 1 lemon
- Zest of 1 lemon
- Salt to taste

Instructions

- Begin by heating up a large skillet to medium-medium high heat. Once hot, add 1 tbsp coconut oil.
- Place chicken in pan, heat about 3 minutes per side, and set aside (chicken will not be cooked through).
- Add remaining coconut oil if needed. Toss in crushed garlic, asparagus, and mushrooms.
- Saute until asparagus is crispy, and mushrooms are soft and fragrant (about 10 minutes)
- Return the chicken to the pan. Add in coconut milk, lemon juice, and lemon rind.
- With the skillet on medium high heat, cover. Wait until the mixture bubbles, then lower to medium low. Cook for an additional 3-5 minutes or until chicken is cooked through.
- Salt to taste and serve with rice, pasta, or zoodles.

Paleo Whole 30 Chicken Salad



- 2 pounds chicken, cooked and chopped into bite size pieces (about 5 cups)
- 1 cup sliced red grapes
- 1 green apple, diced

1/3 cup chopped green onion
2/3-1 cup paleo mayo
1/2 teaspoon salt
1/2 teaspoon black pepper

Snack Recipes

Pineapple Ginger Smoothie



Ingredients:

1 Scoop Whey Protein
200 g Pineapple (canned or fresh)
50g Ginger
Ice and 6 oz Unsweetened Almond Milk



Fruit and Nut “Monkey” Bowl



Ingredients:

1 banana sliced
1/4 cup mixed berries
1/4 cup mixed nuts of choice
2 tablespoons raisins, sultanas or dried cranberries
1 tablespoon almond or peanut butter
Dark chocolate chips

Coconut flakes (optional)

Superfood Yogurt Power Bowl



Ingredients:

- 1 cup plain Greek yogurt
- 1/2 tablespoon flaxseed meal
- 1/2 tablespoon chia seeds
- 1 tablespoon almond butter
- 1 cup assorted fresh fruit
- 2 tablespoons granola
- drizzle of honey
- sprinkle of coconut flakes

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