

# Level-1 Chocolate Banana PB Protein French Toast

## Ingredients

Liquid Egg White  
Cacao Powder  
Vanilla Extract  
Level-1 Chocolate Banana,  
Milk Chocolate or German  
Chocolate Cake  
Whole Wheat Bread  
Banana, sliced  
Nut Butter

## Measurements

1/3 cup  
2 tsp  
1/2 tsp  
1 scoop  
2 slices  
1/4  
1 TBSP

## METHOD:

1. In a shallow bowl, whisk together egg whites, cacao powder, vanilla extract and Level-1 Protein Powder.
2. Soak bread in egg mixture, one slice at a time, until egg is absorbed.
3. In a large non-stick pan coated with cooking spray over medium heat, add bread slices one at a time and cook until underside is dark golden brown (about 2-3 minutes). Flip and cook until golden brown and slightly crisp (another 2-3 minutes)
4. Top with sliced banana and a drizzle of Nut Butter

## MACRO BREAKDOWN:

Servings: 1

Calories	500
Total Fat	15
Total Carbohydrates	45
Dietary Fiber	6.54
Protein	45



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# Summer Squash & Carmelized Onion Egg Cups

## Ingredients

Olive Oil	1 tsp
Summer Squash, small dice	1/2 cup
Onion, small diced	1/4 cup
Kosher salt	1/8 tsp
Garlic powder	1/8 tsp
Whole Eggs	6 each
Egg Whites	1/2 cup

## Measurements

## MACRO BREAKDOWN:

Yields: 6 muffins

Serving Size: 2 muffins

Calories	192
Total Fat	11
Total Carbohydrates	4
Dietary Fiber	0.7
Protein	18

## METHOD:

1. Preheat oven to 350 degrees.
2. Heat oil in a small pan over medium heat. Add the squash and onions and saute for about 8 minutes until tender and beginning to carmelize. Season with salt and garlic powder.
3. Spray muffin tins with coconut oil spray to coat.
4. In a large bowl, whisk together eggs and egg whites.
5. Portion the vegetable mixture evenly between the muffin tins. Pour mixture over veggies in the muffin tins
6. Bake for 20-25 minutes until the eggs set. Remove from the oven and allow to cool.
7. Store in a meal prep container for up to 4 days.



# Pesto Bruschetta Chicken Wrap

## Ingredients

## Measurements

## METHOD:

Whole Wheat Tortilla	1 Large
Trader Joes Kale Pesto	2 TBSP
Spinach	1/8 cup
Chicken Breast, Grilled, diced	4 oz
Red Onion, small diced	1 TBSP
Trader Joes Bruschetta Dip	1 TBSP
Balsamic Vinegar	1 tsp

1. Down the center of your tortilla, spread pesto.
2. Lay down your spinach leaves and top with diced chicken and red onion.
3. Top with bruschetta and balsamic vinegar
4. Roll and Enjoy!

## MACRO BREAKDOWN:

Servings: 1

Calories	410
Total Fat	17
Total Carbohydrates	26
Dietary Fiber	5.22
Protein	40

# Basic Buffalo Chicken Salad

## Ingredients

Chicken Breast, grilled  
Franks Red Hot Sauce  
Romaine Lettuce  
Red Onion, small diced  
Carrots, shredded  
Celery, diced  
Red Cabbage, Shredded  
Blue Cheese Crumbles  
Bolthouse Farms Classic Ranch  
Yogurt Dressing

## Measurements

4 oz  
1 TBSP  
2 cups  
1/4 cup  
1/4 cup  
1/8 cup  
1/8 cup  
1 oz  
2 TBSP

## METHOD:

1. Shred or chop up cooled grilled chicken and toss with Franks Red Hot Sauce.
2. Assemble your salad with the romaine lettuce, red onions, carrots, celery, cabbage and blue cheese.
3. Top with your buffalo chicken and drizzle with dressing!

## MACRO BREAKDOWN:

Servings: 1

Calories	375
Total Fat	16
Total Carbohydrates	17
Dietary Fiber	8.5
Protein	43

# Greek Pasta Salad

## Ingredients

Banza Cavatappi Pasta	6.5 oz Dry
Sundried Tomatoes, chopped	4 TBSP
Red Onion, small diced	1/2 cup
Feta Cheese	4oz
Kalamata Olives, pitted and diced	16 olives
English Cucumber, small diced	1 medium
Red Wine Vinegar	1/4 Cup
Olive oil	1/3 cup
Dried Oregano	1 tsp
Garlic Powder	1/2 tsp
Black Pepper	1/4 tsp
Kosher Salt	1/4 tsp

## Measurements

## METHOD:

1. Cook pasta according to directions in salted boiling water. Drain and rinse in cold water
2. In a large bowl, combine your cooked pasta, sun-dried tomatoes, red onion, feta cheese, cucumbers and kalamata olives.
3. In a small bowl, whisk together the red wine vinegar, olive oil, dried oregano, garlic powder, salt and pepper to make a greek style dressing - or use bottled greek dressing. Pour over the rest of your ingredients and toss to fully coat.
4. Chill for 30 mins and serve cold! Re-toss to ensure all dressing from the bottom is fully coating the pasta.

## MACRO BREAKDOWN:

Yields: 4 serving

Serving Size: 1.5 Cups

Calories	445
Total Fat	29
Total Carbohydrates	36
Dietary Fiber	5
Protein	16

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# Basic Pasta Salad

## Ingredients

Banza Cavatappi Pasta  
Broccoli, small pieces  
Mini Peppers, cut into rings, no stems or seeds  
Feta Cheese  
Italian Dressing

## Measurements

6.5 oz Dry  
315 g  
1/4 cup  
4oz  
8 TBSP

## METHOD:

1. Cook pasta according to directions in salted boiling water. Drain and rinse in cold water.
2. Blanch the broccoli for 30 seconds, until bright green but still crunchy. Drain and rinse in cold water.
3. In a large bowl, combine your cooked pasta, broccoli, peppers and feta cheese. Toss with your dressing to evenly coat.
4. Chill for 30 mins and serve cold! Re-toss to ensure all dressing from the bottom is fully coating the pasta.

## MACRO BREAKDOWN:

Yields: 4 serving  
Serving Size: 1.5 Cups

Calories	287
Total Fat	9
Total Carbohydrates	40
Dietary Fiber	14.6
Protein	18



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# Greek Feta Burger

## Ingredients

Non-fat Greek Yogurt, Plain	1 cup
Feta Cheese, Crumbled	1/4 cup
Dried Oregano	1 tbso
Lemon Juice	2 tbsp
Red Onion, small diced	1/4 cup
English Cucumber, small diced	1/4 cup
Grape Tomatoes, quartered	1/4 cup
Grass Fed Ground Beef	1 Lb
Whole Wheat Pita	2 each

## Measurements

## METHOD:

1. Preheat grill to medium-high
2. In a small bowl, mix yogurt, feta, oregano, lemon juice and a pinch of salt to make your dressing
3. In another small bowl, mix your onion, cucumber and tomatoes.
4. Form 4x4oz patties (or use pre-made ones) and grill over medium heat, flipping once until 160 degrees (about 4-6 minutes per side)
5. Cut pitas in half. To serve, place burger patty inside half the pita, top with feta dressing and cucumber salad.

## MACRO BREAKDOWN:

Servings: 4

Calories	323
Total Fat	10
Total Carbohydrates	28
Dietary Fiber	0.8825
Protein	33



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# Level-1 No Bake Cool Whip Cheesecake

## Ingredients

Light Cream Cheese,  
softened  
[Level-1 Strawberry Milkshake](#)  
[Protein Powder](#)  
[Level-1 Chocolate Banana,](#)  
[Milk Chocolate or German](#)  
[Chocolate Cake](#)  
Lite Cool Whip  
Premade Graham Cracker  
Crust  
Strawberries, halved

## Measurements

1 8oz package  
1 scoop  
1 scoop  
1 tub  
1  
5

## METHOD:

1. Using a hand mixer, whip your softened cream cheese until smooth and airy. Add in your Level-1 Protein powder and continue to mix with the hand mixer until smooth.
2. Fold in your cool whip until well combined
3. Pour your mixture into a pre-made Graham Cracker Crust (or make your own) and top with strawberries.
4. Chill in the refrigerator for 2-3 hours

## MACRO BREAKDOWN:

Yields: 8 servings

Serving Size: 1/8 of pie

Calories	181
Total Fat	10
Total Carbohydrates	13
Dietary Fiber	0
Protein	8

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