

BSP's Recommended Recipes

Breakfast

My Favorite Breakfast Burrito

My Favorite Breakfast Burrito																													
Ingredients	Instructions	Nutrition Info																											
5 whole pastured or omega-3 eggs 1/2 cup chopped onions or scallions 1/2 cup chopped peppers 1/2 cup chopped broccoli 2 tbsp salsa dash sea salt, black pepper 1 sprouted-grain wrap 1 large handful baby spinach 2 tbsp guacamole	Saute veggies in a frying pan coated with an olive oil spray on medium heat for 3-5 minutes. In a separate bowl mix eggs with dash of sea salt and pepper. Pour eggs on top of veggies. Once the eggs begin to bubble around the edges, lift a portion of the eggs, allowing runny eggs on top to run underneath. Do this around entire perimeter of omelet. Flip omelet, and once bottom is solid remove from pan. While eggs are cooking place 2 tbsp guacamole on the sprouted-grain wrap. Lay spinach on top. Next place omelet and salsa on top. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>626</td> <td>313</td> </tr> <tr> <td>Protein</td> <td>42</td> <td>21</td> </tr> <tr> <td>Carbs</td> <td>47</td> <td>23.5</td> </tr> <tr> <td>Fiber</td> <td>12</td> <td>6</td> </tr> <tr> <td>Sugar</td> <td>9</td> <td>4.5</td> </tr> <tr> <td>Fat</td> <td>30</td> <td>15</td> </tr> <tr> <td>Sat</td> <td>7.5</td> <td>3.75</td> </tr> <tr> <td>Omega-3</td> <td>1.2</td> <td>0.6</td> </tr> </tbody> </table>		Large	Small	Calories	626	313	Protein	42	21	Carbs	47	23.5	Fiber	12	6	Sugar	9	4.5	Fat	30	15	Sat	7.5	3.75	Omega-3	1.2	0.6
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Scromelet & Toast

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Ingredients	Instructions	Nutrition Info																											
5 whole pastured or omega-3 eggs 1 tsp pastured butter 1 cup chopped broccoli 1/2 cup chopped tomatoes 1/2 cup chopped onions or scallions sea salt and pepper to taste 2 slices sprouted-grain bread	Melt butter in frying pan over medium heat. Add broccoli to pan and cover. Allow to cook for 2-3 minutes, stirring occasionally. Once broccoli is bright green, add tomatoes and scallions/onions. Cook for 1-2 more minutes. Then add eggs and stir until evenly mixed. While eggs are cooking, toast bread. Salt and pepper eggs to taste. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>620</td> <td>310</td> </tr> <tr> <td>Protein</td> <td>43</td> <td>22</td> </tr> <tr> <td>Carbs</td> <td>49</td> <td>35</td> </tr> <tr> <td>Fiber</td> <td>11</td> <td>5</td> </tr> <tr> <td>Sugar</td> <td>9</td> <td>14</td> </tr> <tr> <td>Fat</td> <td>28</td> <td>14.5</td> </tr> <tr> <td>Sat</td> <td>8.5</td> <td>5</td> </tr> <tr> <td>Omega-3</td> <td>1</td> <td>0.5</td> </tr> </tbody> </table>		Large	Small	Calories	620	310	Protein	43	22	Carbs	49	35	Fiber	11	5	Sugar	9	14	Fat	28	14.5	Sat	8.5	5	Omega-3	1	0.5
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Egg & Potato Scramble

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Ingredients	Instructions	Nutrition Info																											
3 medium red potatoes, chopped 1 onion, chopped 1 green pepper, chopped 1 tbsp extra virgin olive oil 5 whole pastured or omega-3 eggs 1 tsp pastured butter 2 large handfuls of spinach. 1 cup raspberries salt and pepper to taste	Place the chopped potatoes, onions and green peppers in a large pyrex dish. Drizzle on olive oil, and season to taste. Cook at 400F for ~45 minutes. This makes 3 large servings, which you can reheat in a pan as needed. Melt butter in a frying pan over medium heat. Add spinach and cover. Stir occasionally. Once spinach wilts, add eggs and stir until evenly mixed. While eggs are cooking, reheat potato mix in a separate pan. Have raspberries as dessert. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>647</td> <td>323.5</td> </tr> <tr> <td>Protein</td> <td>37</td> <td>18.5</td> </tr> <tr> <td>Carbs</td> <td>55</td> <td>27.5</td> </tr> <tr> <td>Fiber</td> <td>13.5</td> <td>6.75</td> </tr> <tr> <td>Sugar</td> <td>5.5</td> <td>2.75</td> </tr> <tr> <td>Fat</td> <td>31</td> <td>15.5</td> </tr> <tr> <td>Sat</td> <td>10</td> <td>5</td> </tr> <tr> <td>Omega-3</td> <td>1.2</td> <td>0.6</td> </tr> </tbody> </table>		Large	Small	Calories	647	323.5	Protein	37	18.5	Carbs	55	27.5	Fiber	13.5	6.75	Sugar	5.5	2.75	Fat	31	15.5	Sat	10	5	Omega-3	1.2	0.6
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Chicken Sausage Omelet with Oatmeal																													
Ingredients	Instructions	Nutrition Info																											
3 whole pastured or omega-3 eggs 1 natural chicken sausage 1 cup chopped broccoli 1/2 cup chopped tomatoes 1/2 cup chopped onions or scallions dash sea salt, black pepper 1/2 cup old-fashioned oats 4 z unsweetened vanilla almond milk 1/2 cup wild frozen blueberries 1 tbsp milled flax seed	Chop sausage. Saute veggies and sausage in a frying pan coated with olive oil spray on medium heat for 3-5 minutes. In a separate bowl mix eggs. Remove veggies, and pour eggs onto pan. Once the eggs begin to bubble around the edges, lift a portion of the eggs, allowing the runny egg on top to run underneath. Do this around entire perimeter of omelet. Flip it and once bottom is solid, pour veggies and sausage on top and fold in half. While cooking omelet, mix the oats with the almond milk, flax and half of the blueberries. Microwave on high for 2.5 minutes. Mix in rest of blueberries. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>615</td><td>307.5</td></tr> <tr><td>Protein</td><td>43</td><td>21.5</td></tr> <tr><td>Carbs</td><td>59</td><td>29.5</td></tr> <tr><td>Fiber</td><td>15</td><td>7.5</td></tr> <tr><td>Sugar</td><td>15</td><td>7.5</td></tr> <tr><td>Fat</td><td>23</td><td>11.5</td></tr> <tr><td>Sat</td><td>6</td><td>3</td></tr> <tr><td>Omega-3</td><td>2</td><td>1</td></tr> </tbody> </table>		Large	Small	Calories	615	307.5	Protein	43	21.5	Carbs	59	29.5	Fiber	15	7.5	Sugar	15	7.5	Fat	23	11.5	Sat	6	3	Omega-3	2	1
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Spinach & Mushroom Omelet with Toast																													
Ingredients	Instructions	Nutrition Info																											
5 whole pastured or omega-3 eggs 1 1/2 cups baby spinach 1 cup chopped mushrooms 1oz shredded cheese dash sea salt, black pepper 1 slice sprouted-grain bread 1 banana	Saute veggies in a frying pan coated with olive oil cooking spray on medium heat for 3-5 minutes. In a separate bowl mix the eggs. Remove veggies and pour eggs onto pan. Once the eggs begin to bubble around the edges, lift a portion of the eggs, allowing runny eggs on top to run underneath. Do this around entire perimeter of omelet. Flip omelet, and once bottom is solid, pour veggies and cheese on top and fold in half. Toast bread while omelet is cooking. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>650</td><td>325</td></tr> <tr><td>Protein</td><td>44</td><td>22</td></tr> <tr><td>Carbs</td><td>51</td><td>25.5</td></tr> <tr><td>Fiber</td><td>10</td><td>5</td></tr> <tr><td>Sugar</td><td>18</td><td>9</td></tr> <tr><td>Fat</td><td>30</td><td>15</td></tr> <tr><td>Sat</td><td>7</td><td>3.5</td></tr> <tr><td>Omega-3</td><td>1.2</td><td>0.6</td></tr> </tbody> </table>		Large	Small	Calories	650	325	Protein	44	22	Carbs	51	25.5	Fiber	10	5	Sugar	18	9	Fat	30	15	Sat	7	3.5	Omega-3	1.2	0.6
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Egg Sandwich																													
Ingredients	Instructions	Nutrition Info																											
4 whole pastured or omega-3 eggs 2 tsp pastured butter sea salt and pepper to taste 1 sprouted-grain English muffin 2 large tomato slices 2 large onion rings 1 large handful spinach 1 slice cheese	Saute veggies in a frying pan coated with an olive oil spray on medium heat for 3-5 minutes, or until spinach is wilted and onions are soft. Remove veggies and cook 4 over-easy eggs in the butter. While eggs are cooking, toast English muffin. Once done place on plate. When eggs are ready, place two on each side of the English muffin. Top with tomatoe slices, onion rings and spinach. Salt and pepper to taste. Add 1/2 of the slice of cheese to each English muffin. Eat as open-faced sandwiches. Enjoy! <i>Makes 1 large or 1 small serving</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>637</td><td>318.5</td></tr> <tr><td>Protein</td><td>42</td><td>21</td></tr> <tr><td>Carbs</td><td>43</td><td>21.5</td></tr> <tr><td>Fiber</td><td>9.5</td><td>4.75</td></tr> <tr><td>Sugar</td><td>6.5</td><td>3.25</td></tr> <tr><td>Fat</td><td>33</td><td>16.5</td></tr> <tr><td>Sat</td><td>13</td><td>6.5</td></tr> <tr><td>Omega-3</td><td>1</td><td>0.5</td></tr> </tbody> </table>		Large	Small	Calories	637	318.5	Protein	42	21	Carbs	43	21.5	Fiber	9.5	4.75	Sugar	6.5	3.25	Fat	33	16.5	Sat	13	6.5	Omega-3	1	0.5
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Breakfast

Incan Warrior Breakfast																													
Ingredients	Instructions	Nutrition Info																											
1/3 cup quinoa 2/3 cup water pinch sea salt and pepper dash of cinnamon, nutmeg, allspice 1 apple, cored and diced 1/2 cup raspberries 1 scoop Biotest Superfood 2 tbsp chopped walnuts 2 scoops vanilla protein powder	Cook quinoa by bringing the water to a boil in a small pot. Add quinoa and pinch of salt. Cover and simmer for about 12 minutes or until water is absorbed. Remove quinoa from pot, and place in a bowl. Add all ingredients and stir, adding more water or unsweetened vanilla almond milk as needed to help all ingredients mix. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>662</td> <td>331</td> </tr> <tr> <td>Protein</td> <td>61</td> <td>30.5</td> </tr> <tr> <td>Carbs</td> <td>73</td> <td>36.5</td> </tr> <tr> <td>Fiber</td> <td>14</td> <td>7</td> </tr> <tr> <td>Sugar</td> <td>21</td> <td>10.5</td> </tr> <tr> <td>Fat</td> <td>14</td> <td>7</td> </tr> <tr> <td>Sat</td> <td>1.5</td> <td>0.75</td> </tr> <tr> <td>Omega-3</td> <td>1.5</td> <td>0.75</td> </tr> </tbody> </table>		Large	Small	Calories	662	331	Protein	61	30.5	Carbs	73	36.5	Fiber	14	7	Sugar	21	10.5	Fat	14	7	Sat	1.5	0.75	Omega-3	1.5	0.75
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World's Best Oatmeal																													
Ingredients	Instructions	Nutrition Info																											
2/3 cup old fashioned oats 8oz unsweetened vanilla almond milk 2/3 cup wild frozen blueberries 1 tbsp milled flax seeds cinnamon to taste 1 scoop vanilla protein powder 1 scoop Biotest Superfood 1 tbsp chopped walnuts	Place oats, almond milk, flax and half of the blueberries in large bowl. Microwave on high for 2.5 minutes. Remove and add cinnamon, walnuts and the rest of the frozen blueberries, and stir to cool the oats. Once warm but no longer hot add in Superfood and protein powder and stir until completely mixed. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>507</td> <td>253.5</td> </tr> <tr> <td>Protein</td> <td>36</td> <td>18</td> </tr> <tr> <td>Carbs</td> <td>57</td> <td>28.5</td> </tr> <tr> <td>Fiber</td> <td>15</td> <td>7.5</td> </tr> <tr> <td>Sugar</td> <td>7</td> <td>3.5</td> </tr> <tr> <td>Fat</td> <td>15</td> <td>7.5</td> </tr> <tr> <td>Sat</td> <td>1.5</td> <td>0.75</td> </tr> <tr> <td>Omega-3</td> <td>2.1</td> <td>1.05</td> </tr> </tbody> </table>		Large	Small	Calories	507	253.5	Protein	36	18	Carbs	57	28.5	Fiber	15	7.5	Sugar	7	3.5	Fat	15	7.5	Sat	1.5	0.75	Omega-3	2.1	1.05
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Yogurt, Berries & Oats																													
Ingredients	Instructions	Nutrition Info																											
1.5 cups whole fat organic yogurt or 2% Greek yogurt 1 scoop vanilla protein powder 1/2 cup wild blueberries 1/2 cup raspberries 1 tbsp chia seeds 2 tbsp almonds and pecans 1/4 cup old-fashioned oats	Pour yogurt into a bowl. Add in protein powder and chia seeds and stir until well mixed. Next stir in oats until well mixed. Sprinkle berries and nuts on top. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>642</td> <td>321</td> </tr> <tr> <td>Protein</td> <td>45</td> <td>22.5</td> </tr> <tr> <td>Carbs</td> <td>57</td> <td>28.5</td> </tr> <tr> <td>Fiber</td> <td>13.5</td> <td>6.75</td> </tr> <tr> <td>Sugar</td> <td>28</td> <td>14</td> </tr> <tr> <td>Fat</td> <td>26</td> <td>13</td> </tr> <tr> <td>Sat</td> <td>10</td> <td>5</td> </tr> <tr> <td>Omega-3</td> <td>1.2</td> <td>0.6</td> </tr> </tbody> </table>		Large	Small	Calories	642	321	Protein	45	22.5	Carbs	57	28.5	Fiber	13.5	6.75	Sugar	28	14	Fat	26	13	Sat	10	5	Omega-3	1.2	0.6
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Lunch & Dinner

Pesto & Guacamole Chicken Wrap																													
Ingredients	Instructions	Nutrition Info																											
1 cooked chicken breast, chopped 1 sprouted-grain wrap 2 large handfuls baby spinach 1/4 cup chopped cucumbers 2 tbsp basil evoo pesto 1 tbsp guacamole 10 baby carrots 1 plum	Evenly spread pesto onto sprouted-grain wrap. Lay spinach on top in an even layer. Then lay down chicken breast on top of spinach and toss in diced cucumbers. Have baby carrots with guacamole on the side, and have the plum for dessert. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>636</td> <td>350</td> </tr> <tr> <td>Protein</td> <td>63</td> <td>32</td> </tr> <tr> <td>Carbs</td> <td>51</td> <td>33</td> </tr> <tr> <td>Fiber</td> <td>10</td> <td>6</td> </tr> <tr> <td>Sugar</td> <td>14</td> <td>12</td> </tr> <tr> <td>Fat</td> <td>20</td> <td>10</td> </tr> <tr> <td>Sat</td> <td>3</td> <td>1.5</td> </tr> <tr> <td>Omega-3</td> <td>0.3</td> <td>0.15</td> </tr> </tbody> </table>		Large	Small	Calories	636	350	Protein	63	32	Carbs	51	33	Fiber	10	6	Sugar	14	12	Fat	20	10	Sat	3	1.5	Omega-3	0.3	0.15
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Quinoa & Coconut Chicken																													
Ingredients	Instructions	Nutrition Info																											
1 chicken breast, chopped 1 whole pastured or omega-3 egg 3 tbsp quinoa or quinoa flakes 3 tbsp shredded unsweetened coconut 2 cups green beans and carrots 1 tsp extra virgin olive oil season to taste 1 kiwi	Whip the egg in a bowl. Place quinoa and coconut into a bowl and mix together. Dip each piece of chicken breast in the eggs, then dip into the quinoa and coconut mixture, evenly covering the piece. Place all covered pieces in a large pyrex dish, cover with tin foil and bake at 350 degrees for about 20 minutes, or until done. While chicken is cooking saute the green beans and carrots in olive oil in a covered pan over medium to medium-high heat. Season to taste. Have kiwi for dessert. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>662</td> <td>347</td> </tr> <tr> <td>Protein</td> <td>64</td> <td>32</td> </tr> <tr> <td>Carbs</td> <td>52</td> <td>30</td> </tr> <tr> <td>Fiber</td> <td>13</td> <td>8</td> </tr> <tr> <td>Sugar</td> <td>14</td> <td>12</td> </tr> <tr> <td>Fat</td> <td>22</td> <td>11</td> </tr> <tr> <td>Sat</td> <td>11</td> <td>5.5</td> </tr> <tr> <td>Omega-3</td> <td>0.4</td> <td>0.2</td> </tr> </tbody> </table>		Large	Small	Calories	662	347	Protein	64	32	Carbs	52	30	Fiber	13	8	Sugar	14	12	Fat	22	11	Sat	11	5.5	Omega-3	0.4	0.2
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Bison Burger																													
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8 oz lean ground bison 2 tsp ep canola oil mayo ketchup or salsa to taste mustard of choice to taste 1 tbsp of guacamole large handful baby spinach 1 sprouted-grain English muffin season to taste 1 clementine	Sprinkle seasonings of choice onto ground bison and form into a patty. Place patty on grill of choice and cook until you reach desired level of pink. I will recommend you not overcook bison, as it tends to dry out easily. While bison is grilling toast a sprouted-grain English muffin. Once toasted, spread on expeller pressed canola oil mayonnaise, mustard, guacamole, and ketchup or salsa. Once bison is done place on prepared English muffin with the spinach. Have clementine for dessert. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>659</td> <td>351.5</td> </tr> <tr> <td>Protein</td> <td>51</td> <td>26</td> </tr> <tr> <td>Carbs</td> <td>44</td> <td>27</td> </tr> <tr> <td>Fiber</td> <td>9.5</td> <td>6</td> </tr> <tr> <td>Sugar</td> <td>8</td> <td>7</td> </tr> <tr> <td>Fat</td> <td>31</td> <td>15.5</td> </tr> <tr> <td>Sat</td> <td>9</td> <td>4.5</td> </tr> <tr> <td>Omega-3</td> <td>0.5</td> <td>0.25</td> </tr> </tbody> </table>		Large	Small	Calories	659	351.5	Protein	51	26	Carbs	44	27	Fiber	9.5	6	Sugar	8	7	Fat	31	15.5	Sat	9	4.5	Omega-3	0.5	0.25
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Lunch & Dinner

Asian Chicken & Broccoli																													
Ingredients	Instructions	Nutrition Info																											
1 cooked chicken breast, chopped 2 cups broccoli 2 cups mushrooms 1.5 tbsp expeller pressed sesame oil 1 tbsp low sodium soy sauce ginger and garlic to taste 1 orange or other piece of fruit	Pour reduced sodium soy sauce and sesame oil in a large frying pan on medium heat. Add chicken, broccoli and mushrooms and allow to cook for 2-3 minutes, sprinkle on garlic and ginger powder to taste. Cook until broccoli is bright green. Have orange for dessert. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>623</td> <td>359.5</td> </tr> <tr> <td>Protein</td> <td>64</td> <td>33</td> </tr> <tr> <td>Carbs</td> <td>40</td> <td>31</td> </tr> <tr> <td>Fiber</td> <td>10.5</td> <td>7.5</td> </tr> <tr> <td>Sugar</td> <td>23</td> <td>20</td> </tr> <tr> <td>Fat</td> <td>23</td> <td>11.5</td> </tr> <tr> <td>Sat</td> <td>4</td> <td>2</td> </tr> <tr> <td>Omega-3</td> <td>0.1</td> <td>0</td> </tr> </tbody> </table>		Large	Small	Calories	623	359.5	Protein	64	33	Carbs	40	31	Fiber	10.5	7.5	Sugar	23	20	Fat	23	11.5	Sat	4	2	Omega-3	0.1	0
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Tuna Salad Wrap																													
Ingredients	Instructions	Nutrition Info																											
1 can tuna 1 tbsp ep canola oil mayo 1/4 cup chopped onions 1/4 cup chopped cucumbers 1/2 mashed avocado 2 large handfuls baby spinach 1 sprouted-grain wrap sea salt and pepper to taste 1 plum	In a large bowl mix tuna, expeller pressed canola oil mayo, onions, cucumbers, and avocado. Set aside. Lay spinach on top of sprouted-grain wrap. Spoon tuna salad onto bed of spinach. Sea salt and pepper to taste. Roll wrap up tightly. Have plum for dessert. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>654</td> <td>343</td> </tr> <tr> <td>Protein</td> <td>48</td> <td>24</td> </tr> <tr> <td>Carbs</td> <td>48</td> <td>28</td> </tr> <tr> <td>Fiber</td> <td>13.5</td> <td>7.5</td> </tr> <tr> <td>Sugar</td> <td>9</td> <td>4.5</td> </tr> <tr> <td>Fat</td> <td>30</td> <td>15</td> </tr> <tr> <td>Sat</td> <td>4</td> <td>2</td> </tr> <tr> <td>Omega-3</td> <td>1.6</td> <td>0.8</td> </tr> </tbody> </table>		Large	Small	Calories	654	343	Protein	48	24	Carbs	48	28	Fiber	13.5	7.5	Sugar	9	4.5	Fat	30	15	Sat	4	2	Omega-3	1.6	0.8
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Pork Tenderloin & Quinoa																													
Ingredients	Instructions	Nutrition Info																											
8oz Pork Tenderloin, Teriyaki 12 asparagus spears 1 tbsp evoo sea salt and pepper to taste season to taste 1/3 cup quinoa 2/3 cup water	Cook pork tenderloin according to instructions. In a large frying pan on medium heat add extra virgin olive oil, asparagus, sea salt, pepper and other seasonings to taste. Saute until asparagus is cooked to desired level. While pork is cooking bring 2/3 cup water to a boil in a small sauce pan. Add in 1/3 cup quinoa, and bring heat down to low. Let simmer for 10-15 minutes or until all water is absorbed by quinoa. <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>636</td> <td>318</td> </tr> <tr> <td>Protein</td> <td>55</td> <td>27.5</td> </tr> <tr> <td>Carbs</td> <td>50</td> <td>25</td> </tr> <tr> <td>Fiber</td> <td>7</td> <td>3.5</td> </tr> <tr> <td>Sugar</td> <td>8</td> <td>4</td> </tr> <tr> <td>Fat</td> <td>24</td> <td>12</td> </tr> <tr> <td>Sat</td> <td>5</td> <td>2.5</td> </tr> <tr> <td>Omega-3</td> <td>0.2</td> <td>0.1</td> </tr> </tbody> </table>		Large	Small	Calories	636	318	Protein	55	27.5	Carbs	50	25	Fiber	7	3.5	Sugar	8	4	Fat	24	12	Sat	5	2.5	Omega-3	0.2	0.1
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BSP's Recommended Recipes

Lunch & Dinner

Quinoa, Feta, Spinach & Beef

Quinoa, Feta, Spinach & Beef																													
Ingredients	Instructions	Nutrition Info																											
8oz sirloin strips 1/3 cup quinoa 2/3 cup water 2 tsp extra virgin olive oil 2 cloves garlic, minced 2 cups fresh spinach 1 oz feta cheese	<p>In a small pot bring 2/3 cup water to a boil. Add in 1/3 cup quinoa, and bring heat down to low. Simmer for 10-15 minutes or until all the water is absorbed by the quinoa.</p> <p>While the quinoa is cooking heat two skillets over medium heat. In one cook your sirloin strips to desired level of pink. In the other, add the olive oil and garlic. Cook the garlic until the edges start to turn light brown, being careful not to burn. When quinoa is done, add it to the skillet with the spinach. Stir together until spinach wilts. Add the feta and stir to combine. Enjoy!</p> <p><i>Makes 1 large or 2 small servings</i></p>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>671</td> <td>328</td> </tr> <tr> <td>Protein</td> <td>66</td> <td>32</td> </tr> <tr> <td>Carbs</td> <td>41</td> <td>24</td> </tr> <tr> <td>Fiber</td> <td>6</td> <td>6</td> </tr> <tr> <td>Sugar</td> <td>1</td> <td>15</td> </tr> <tr> <td>Fat</td> <td>27</td> <td>13.5</td> </tr> <tr> <td>Sat</td> <td>9</td> <td>4.5</td> </tr> <tr> <td>Omega-3</td> <td>0.5</td> <td>0</td> </tr> </tbody> </table>		Large	Small	Calories	671	328	Protein	66	32	Carbs	41	24	Fiber	6	6	Sugar	1	15	Fat	27	13.5	Sat	9	4.5	Omega-3	0.5	0
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Salmon & Sweet Potatoes

Salmon & Sweet Potatoes																													
Ingredients	Instructions	Nutrition Info																											
8oz wild-caught salmon 1.5 tsp honey 1.5 tsp brown sugar 1.5 tsp dijon mustard olive oil spray sea salt & pepper 1 medium sweet potato cinnamon to taste 1 tsp pastured butter 2 cups broccoli	<p>As much as I dislike the microwave, microwave your sweet potato on high for approximately 10 minutes. Wrap in tin foil and set aside.</p> <p>Preheat oven to 350. Place a sheet of tin foil on top of a baking sheet. Place salmon on top of tin foil. Lightly spritz salmon with olive oil and sprinkle with a dash of salt of pepper. Set aside.</p> <p>Mix brown sugar, honey and dijon mustard in a bowl until evenly mixed. Spread mixture evenly onto salmon. Place salmon and sweet potato in oven for about 20 minutes or until done. While salmon and sweet potato are cooking, steam broccoli. Enjoy!</p> <p><i>Makes 1 large or 2 small servings</i></p>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>596</td> <td>298</td> </tr> <tr> <td>Protein</td> <td>52</td> <td>26</td> </tr> <tr> <td>Carbs</td> <td>52</td> <td>26</td> </tr> <tr> <td>Fiber</td> <td>15</td> <td>7.5</td> </tr> <tr> <td>Sugar</td> <td>24</td> <td>12</td> </tr> <tr> <td>Fat</td> <td>20</td> <td>10</td> </tr> <tr> <td>Sat</td> <td>3</td> <td>1.5</td> </tr> <tr> <td>Omega-3</td> <td>4.5</td> <td>2.25</td> </tr> </tbody> </table>		Large	Small	Calories	596	298	Protein	52	26	Carbs	52	26	Fiber	15	7.5	Sugar	24	12	Fat	20	10	Sat	3	1.5	Omega-3	4.5	2.25
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Spinach, Chicken & Feta Salad

Spinach, Chicken & Feta Salad																													
Ingredients	Instructions	Nutrition Info																											
1 cooked chicken breast, chopped 3 cups baby spinach 1/2 cup chopped red onion 1 tbsp extra virgin olive oil 1 tbsp red wine vinegar 2 tbsp feta cheese 5 large calamata olives 1/3 cup quinoa 2/3 cup water	<p>In a small pot bring 2/3 cup water to a boil. Add in 1/3 cup quinoa, and bring heat down to low. Simmer for 10-15 minutes or until all the water is absorbed by the quinoa.</p> <p>Mix quinoa with rest of ingredients into a great salad. Enjoy!</p> <p><i>Makes 1 large or 2 small servings</i></p>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>707</td> <td>353.5</td> </tr> <tr> <td>Protein</td> <td>66</td> <td>33</td> </tr> <tr> <td>Carbs</td> <td>50</td> <td>25</td> </tr> <tr> <td>Fiber</td> <td>10</td> <td>5</td> </tr> <tr> <td>Sugar</td> <td>5</td> <td>2.5</td> </tr> <tr> <td>Fat</td> <td>27</td> <td>13.5</td> </tr> <tr> <td>Sat</td> <td>7</td> <td>3.5</td> </tr> <tr> <td>Omega-3</td> <td>0.1</td> <td>0.05</td> </tr> </tbody> </table>		Large	Small	Calories	707	353.5	Protein	66	33	Carbs	50	25	Fiber	10	5	Sugar	5	2.5	Fat	27	13.5	Sat	7	3.5	Omega-3	0.1	0.05
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BSP's Recommended Recipes

Lunch & Dinner

Apple Chicken Curry																													
Ingredients	Instructions	Nutrition Info																											
1 chopped onion 2 tbsp grass-fed butter 6 tbsp whole wheat flour 1/4 cup curry powder 1/8 tsp ginger 1/2 tsp salt 2 cups low-sodium chicken broth 2 cups whole-fat grass-fed milk 3 chopped & cooked chicken breasts 1/4 cup raisins & 2 chopped apples 1/2 cup cashews	Saute the onion in the butter until soft. Add the flour and spices. Stir in the milk and the chicken broth, bring to a boil until thickened. Add the chicken, raisins and apple, and cook until heated through. Serve over 1/2 cup of rice of choice with each serving. <i>Makes 4 large or 8 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>664</td> <td>418</td> </tr> <tr> <td>Protein</td> <td>53</td> <td>27</td> </tr> <tr> <td>Carbs</td> <td>68</td> <td>55</td> </tr> <tr> <td>Fiber</td> <td>9</td> <td>5</td> </tr> <tr> <td>Sugar</td> <td>8</td> <td>4</td> </tr> <tr> <td>Fat</td> <td>20</td> <td>10</td> </tr> <tr> <td>Sat</td> <td>7</td> <td>4</td> </tr> <tr> <td>Omega-3</td> <td>0.2</td> <td>0.1</td> </tr> </tbody> </table>		Large	Small	Calories	664	418	Protein	53	27	Carbs	68	55	Fiber	9	5	Sugar	8	4	Fat	20	10	Sat	7	4	Omega-3	0.2	0.1
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Pork, Quinoa & Green Beans																													
Ingredients	Instructions	Nutrition Info																											
1 lb pork chops 1 whole pastured or omega-3 egg ~1/2 cup quinoa flakes; or 1/2 cup whole-wheat bread crumbs 4 cups green beans 1 tbsp pasture-raised butter salt to taste extra virgin olive oil spray	Place the egg in a bowl and whip until well blended. Place quinoa flakes on a small separate plate. One pork chop at a time, dip in the egg, covering evenly. Place pork chop in the plate with the quinoa, covering evenly. Repeat with second pork chop. In medium frying pan, spray with extra virgin olive oil and place on medium-high. Cook pork chops until done. Flip occasionally and spray more olive oil as needed to help quinoa brown. In large frying pan melt butter on medium-high. Add green beans, stir until the butter is evenly coated. Sea salt to taste. Stir often. <i>Makes 2 large or 4 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>599</td> <td>299.5</td> </tr> <tr> <td>Protein</td> <td>56</td> <td>28</td> </tr> <tr> <td>Carbs</td> <td>33</td> <td>16.5</td> </tr> <tr> <td>Fiber</td> <td>9</td> <td>4.5</td> </tr> <tr> <td>Sugar</td> <td>1.5</td> <td>0.75</td> </tr> <tr> <td>Fat</td> <td>27</td> <td>13.5</td> </tr> <tr> <td>Sat</td> <td>10</td> <td>5</td> </tr> <tr> <td>Omega-3</td> <td>0.4</td> <td>0.2</td> </tr> </tbody> </table>		Large	Small	Calories	599	299.5	Protein	56	28	Carbs	33	16.5	Fiber	9	4.5	Sugar	1.5	0.75	Fat	27	13.5	Sat	10	5	Omega-3	0.4	0.2
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Chicken & Cheese Pizza																													
Ingredients	Instructions	Nutrition Info																											
1 sprouted-grain wrap 1 cooked & chopped chicken breast 4 garlic cloves, chopped or minced 1/4 cup organic shredded cheese 1/2 cup dry sun-dried tomatoes soaked, drained and chopped 2 teaspoons dried basil 1 teaspoon thyme 1 plum	Preheat the oven to 425 F. Place tortilla onto pizza stone. Arrange chicken, garlic, cheese and tomatoes on top of tortilla. Sprinkle basil and thyme evenly over pizza. Bake on the lowest rack of the oven until the tortilla turns brown and the toppings are hot, about 15-20 minutes. Serve immediately. Have plum as dessert. Enjoy! <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>601</td> <td>322.5</td> </tr> <tr> <td>Protein</td> <td>68</td> <td>35</td> </tr> <tr> <td>Carbs</td> <td>53</td> <td>31</td> </tr> <tr> <td>Fiber</td> <td>10</td> <td>6</td> </tr> <tr> <td>Sugar</td> <td>10</td> <td>8</td> </tr> <tr> <td>Fat</td> <td>13</td> <td>6.5</td> </tr> <tr> <td>Sat</td> <td>4.5</td> <td>2.25</td> </tr> <tr> <td>Omega-3</td> <td>0.1</td> <td>0.1</td> </tr> </tbody> </table>		Large	Small	Calories	601	322.5	Protein	68	35	Carbs	53	31	Fiber	10	6	Sugar	10	8	Fat	13	6.5	Sat	4.5	2.25	Omega-3	0.1	0.1
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BSP's Recommended Recipes

Lunch & Dinner

My Wife's Chili																														
Ingredients	Instructions	Nutrition Info																												
1.3 lbs of 93% lean ground beef 1 large onion, chopped 1 large green pepper, chopped 2 cans stewed tomatoes, 14oz each 1 can tomato sauce, 16oz 1 can light red kidney beans 1 can dark red kidney beans 1 can garbanzo beans 1 small can of corn 2 tbsp chili powder 2 tbsp extra virgin olive oil	Cook the beef, onion, and green pepper in a large skillet over medium heat with 2 tbsp extra virgin olive oil. In a large pot combine the tomatoes, tomato sauce, kidney beans, garbanzo beans, corn and chili powder and cook over medium heat. Do not drain canned goods. Once the beef, onion and green pepper mixture is thoroughly cooked, add to the large pot. Stir and simmer uncovered for 15 minutes. Enjoy! <i>Makes 5 large or 10 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #d9e1f2;"> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>609</td> <td>304.5</td> </tr> <tr> <td>Protein</td> <td>46</td> <td>23</td> </tr> <tr> <td>Carbs</td> <td>68</td> <td>34</td> </tr> <tr> <td>Fiber</td> <td>19</td> <td>9.5</td> </tr> <tr> <td>Sugar</td> <td>14</td> <td>7</td> </tr> <tr> <td>Fat</td> <td>17</td> <td>8.5</td> </tr> <tr> <td>Sat</td> <td>3</td> <td>1.5</td> </tr> <tr> <td>Omega-3</td> <td>0.2</td> <td>0.1</td> </tr> </tbody> </table>			Large	Small	Calories	609	304.5	Protein	46	23	Carbs	68	34	Fiber	19	9.5	Sugar	14	7	Fat	17	8.5	Sat	3	1.5	Omega-3	0.2	0.1
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Irish Beef Stew																														
Ingredients	Instructions	Nutrition Info																												
2 lbs lean beef, cut into 1" pieces 2 tbsp extra virgin olive oil 6 garlic cloves, minced 8 cups of canned beef broth 2 tbsp tomato paste 1 tbsp sugar 1 tbsp dried thyme & 2 bay leaves 1 tbsp Worcestershire sauce 1/4 stick pastured butter 2 lbs potatoes, peeled & chopped 4 cups carrots & onions, chopped	Heat oil in a large heavy pot over medium-high heat. Add beef and sauté until brown on all sides (about 5 minutes). Add garlic and sauté 1 minute. Add beef broth, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir to combine and bring mixture to a boil. Reduce heat to medium-low, then cover and simmer 1 hour, stirring occasionally. In another large pot, melt butter over medium heat. Add potatoes, onion, carrots, and mushrooms. Sauté vegetables until golden, about 20 minutes. Add veggies to stew. Simmer uncovered until vegetables and beef are tender, about 40 minutes. Discard bay leaves before serving <i>Makes 5 large or 10 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #d9e1f2;"> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>565</td> <td>282.5</td> </tr> <tr> <td>Protein</td> <td>52</td> <td>26</td> </tr> <tr> <td>Carbs</td> <td>51</td> <td>25.5</td> </tr> <tr> <td>Fiber</td> <td>6</td> <td>3</td> </tr> <tr> <td>Sugar</td> <td>8</td> <td>4</td> </tr> <tr> <td>Fat</td> <td>17</td> <td>8.5</td> </tr> <tr> <td>Sat</td> <td>4</td> <td>2</td> </tr> <tr> <td>Omega-3</td> <td>0.2</td> <td>0.1</td> </tr> </tbody> </table>			Large	Small	Calories	565	282.5	Protein	52	26	Carbs	51	25.5	Fiber	6	3	Sugar	8	4	Fat	17	8.5	Sat	4	2	Omega-3	0.2	0.1
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Lisa's Wheatberry Salad with Chicken																														
Ingredients	Instructions	Nutrition Info																												
2 cooked chicken breasts, chopped 1 cup hard winter wheatberries 1 finely diced red onion 4 tbsp extra virgin olive oil 2 tbsp balsamic vinegar 1/2 red bell pepper, diced 1 stalk celery, diced 1.5 cups red grapes, halved sea salt and pepper to taste	Place the wheatberries and 3 cups of salted water in a saucepan and cook, uncovered, for 45 minutes or until soft. Drain. Saute the red onion in 1 tbsp of olive oil over medium-low heat until translucent, about 5 minutes. Turn off heat and add remaining 3tbsp olive oil and the balsamic vinegar. In a large bowl combine the warm wheatberries, sauted onions, celery, red pepper, chicken, grapes, and about 1/2 tsp sea salt and pepper or to taste. Allow to sit for at least 30 minutes for wheatberries to absorb the sauce. Enjoy! <i>Makes 3 large or 6 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #d9e1f2;"> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>625</td> <td>312.5</td> </tr> <tr> <td>Protein</td> <td>43</td> <td>21.5</td> </tr> <tr> <td>Carbs</td> <td>66</td> <td>33</td> </tr> <tr> <td>Fiber</td> <td>11</td> <td>5.5</td> </tr> <tr> <td>Sugar</td> <td>16</td> <td>8</td> </tr> <tr> <td>Fat</td> <td>21</td> <td>10.5</td> </tr> <tr> <td>Sat</td> <td>4.5</td> <td>2.25</td> </tr> <tr> <td>Omega-3</td> <td>0.3</td> <td>0.15</td> </tr> </tbody> </table>			Large	Small	Calories	625	312.5	Protein	43	21.5	Carbs	66	33	Fiber	11	5.5	Sugar	16	8	Fat	21	10.5	Sat	4.5	2.25	Omega-3	0.3	0.15
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BSP's Recommended Recipes

Side Dishes

Mediterranean Salad

Mediterranean Salad		
Ingredients	Instructions	Nutrition Info
1 large cucumber 1 large red tomato 1 tbsp extra virgin olive oil salt to taste	Simply chop the cucumber and tomato into small cubes, then toss with the olive oil and salt. Serve chilled. Enjoy! <i>Makes 2 servings</i>	<u>Serving</u> Calories 103 Protein 2 Carbs 8 Fiber 2 Sugar 5 Fat 7 Sat 1 Omega-3 0.1

Grilled Peppers & Tomatoes

Grilled Peppers & Tomatoes		
Ingredients	Instructions	Nutrition Info
2 medium bell peppers 2 medium tomatoes 1 large onion 1 tbsp extra virgin olive oil salt and pepper to taste optional spices: bay leaf, turmeric, curry, parsley, oregano, basil, etc	Split the bell peppers in half and remove stems, seeds and membrane. Chop all vegetables into 1-inch squares, then sauté in a skillet with the olive oil for about 5 minutes on medium-high heat, until the peppers start to become soft and the tomatoes start to dissolve. If you opt for using additional spices, simply sprinkle them on during the sauté process. Enjoy! <i>Makes 2 servings</i>	<u>Serving</u> Calories 151 Protein 3 Carbs 19 Fiber 5 Sugar 10 Fat 7 Sat 1 Omega-3 0.05

Guacamole

Guacamole		
Ingredients	Instructions	Nutrition Info
3 medium avocados, peeled and pits removed 1 medium tomato, chopped 1 tsp lemon juice salt to taste	Combine all ingredients in a large bowl and mix thoroughly. Leave as chunky or smooth as you desire. Enjoy! <i>Makes 10 servings</i>	<u>Serving</u> Calories 105 Protein 1 Carbs 5 Fiber 4 Sugar 1 Fat 9 Sat 1.5 Omega-3 0

BSP's Recommended Recipes

Desserts

Blueberry Apple Crisp

Blueberry Apple Crisp																						
Ingredients	Instructions	Nutrition Info																				
4 Gala apples 2 tbsp lemon or orange juice 2 tsp cinnamon 1 cup frozen wild blueberries 1 cup old-fashioned oats 1/3 cup buckwheat flour 2 tbsp brown sugar 4 tsp extra virgin olive oil	Spray a 9x9 pyrex dish with 1 tsp of the olive oil. Mix the apple slices with 1 tbsp lemon or orange juice and 1 tsp cinnamon. Place in the dish. Sprinkle the blueberries evenly over the apple mixture. Mix all other ingredients together and then evenly cover the the blueberries and apples. Bake in pre-heated oven at 350-375 degrees for about 35-40 minutes or until apples are tender and bubbling, and the topping is lightly browned. Optional - you can sprinkle some milled flax or unsweetened shredded coconut on top prior to cooking. <i>Makes 6 servings</i>	<table border="1"> <thead> <tr> <th colspan="2">Nutrition Info</th> </tr> <tr> <th></th> <th>Serving</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>196</td> </tr> <tr> <td>Protein</td> <td>3</td> </tr> <tr> <td>Carbs</td> <td>37</td> </tr> <tr> <td>Fiber</td> <td>6</td> </tr> <tr> <td>Sugar</td> <td>17.5</td> </tr> <tr> <td>Fat</td> <td>4</td> </tr> <tr> <td>Sat</td> <td>0.5</td> </tr> <tr> <td>Omega-3</td> <td>0</td> </tr> </tbody> </table>	Nutrition Info			Serving	Calories	196	Protein	3	Carbs	37	Fiber	6	Sugar	17.5	Fat	4	Sat	0.5	Omega-3	0
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Nancy's Pumpkin Cheesecake

Nancy's Pumpkin Cheesecake																						
Ingredients	Instructions	Nutrition Info																				
2 whole eggs & 1 egg white 1.5 cups cottage cheese 1/3 cup milk 1 tbsp molasses & 1 tbsp vanilla 2 cans pumpkin 3 scoops vanilla protein powder 2 tbsp milled flax 2 tbsp cinnamon 1 cup pecans dash nutmeg, pumpkin pie spice dash of salt & stevia to taste	Preheat oven to 325. 9x9 pan coated with canola oil spray. Whip eggs in a bowl, then add cottage cheese and blend until creamy. Add the molasses, milk and vanilla and blend. Add pumpkin one can at a time and blend. Add all dry ingredients except nuts and blend. Lastly, add nuts and blend until crushed or completely incorporated. Pour into pan and bake for 80 min, rotate pan halfway through. The cheesecake will have big cracks across the top, this is normal. Cool fully and cover with plastic wrap. Keep in the refrigerator overnight. This must sit overnight at a minimum. <i>Makes 8 servings</i>	<table border="1"> <thead> <tr> <th colspan="2">Nutrition Info</th> </tr> <tr> <th></th> <th>Serving</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>239</td> </tr> <tr> <td>Protein</td> <td>20</td> </tr> <tr> <td>Carbs</td> <td>15</td> </tr> <tr> <td>Fiber</td> <td>9</td> </tr> <tr> <td>Sugar</td> <td>6</td> </tr> <tr> <td>Fat</td> <td>11</td> </tr> <tr> <td>Sat</td> <td>2</td> </tr> <tr> <td>Omega-3</td> <td>0.5</td> </tr> </tbody> </table>	Nutrition Info			Serving	Calories	239	Protein	20	Carbs	15	Fiber	9	Sugar	6	Fat	11	Sat	2	Omega-3	0.5
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Dark Chocolate & Dried Fruit

Dark Chocolate & Dried Fruit																						
Ingredients	Instructions	Nutrition Info																				
0.5 oz 85%+ cacao dark chocolate 1 serving dried fruit of choice (about 4-5 pieces)	Enjoy! <i>Makes 1 serving</i>	<table border="1"> <thead> <tr> <th colspan="2">Nutrition Info</th> </tr> <tr> <th></th> <th>Serving</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>191</td> </tr> <tr> <td>Protein</td> <td>2</td> </tr> <tr> <td>Carbs</td> <td>30</td> </tr> <tr> <td>Fiber</td> <td>5</td> </tr> <tr> <td>Sugar</td> <td>16</td> </tr> <tr> <td>Fat</td> <td>7</td> </tr> <tr> <td>Sat</td> <td>3.5</td> </tr> <tr> <td>Omega-3</td> <td>0</td> </tr> </tbody> </table>	Nutrition Info			Serving	Calories	191	Protein	2	Carbs	30	Fiber	5	Sugar	16	Fat	7	Sat	3.5	Omega-3	0
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BSP's Recommended Recipes

Quick & Easy Snacks

Hard Boiled Eggs & Hummus																													
Ingredients	Instructions	Nutrition Info																											
4 pastured or omega-3 eggs 10 baby carrots 3 tbsp hummus	<p>In a medium pot filled half-way with water, place eggs in pot. Place on burner on high, once water starts to boil then begin 10 minute timer.</p> <p>Remove eggs and place in bowl of cold water. Remove and discard shells, place shell-less on a plate.</p> <p>Enjoy eggs with half of the hummus, and baby carrots with the other half.</p> <p>For the smaller serving you can cut back to two eggs, but keep the carrots and hummus the same.</p> <p><i>Makes 1 large or 1 small serving</i></p>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>404</td> <td>267</td> </tr> <tr> <td>Protein</td> <td>28</td> <td>15</td> </tr> <tr> <td>Carbs</td> <td>19</td> <td>18</td> </tr> <tr> <td>Fiber</td> <td>4.5</td> <td>4.5</td> </tr> <tr> <td>Sugar</td> <td>8</td> <td>7</td> </tr> <tr> <td>Fat</td> <td>24</td> <td>15</td> </tr> <tr> <td>Sat</td> <td>6</td> <td>3</td> </tr> <tr> <td>Omega-3</td> <td>0.8</td> <td>0.4</td> </tr> </tbody> </table>		Large	Small	Calories	404	267	Protein	28	15	Carbs	19	18	Fiber	4.5	4.5	Sugar	8	7	Fat	24	15	Sat	6	3	Omega-3	0.8	0.4
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Dried Fruit & Nuts																				
Ingredients	Instructions	Nutrition Info																		
1 serving dried figs or unsweetened dried fruit of choice 1/4 mixed nuts of choice	<p>I am not particularly picky about the choice in fruit or nuts, I would just state that the fruit have no added sugar or sweetener, and at least one of the nuts could be slightly salted if desired. It makes the nuts more enjoyable, and encourages fluid consumption.</p> <p>Enjoy!</p> <p><i>Makes 1 serving</i></p>	<table border="1"> <thead> <tr> <th></th> <th>Serving</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>291</td> </tr> <tr> <td>Protein</td> <td>6</td> </tr> <tr> <td>Carbs</td> <td>33</td> </tr> <tr> <td>Fiber</td> <td>6</td> </tr> <tr> <td>Sugar</td> <td>21</td> </tr> <tr> <td>Fat</td> <td>15</td> </tr> <tr> <td>Sat</td> <td>2</td> </tr> <tr> <td>Omega-3</td> <td>0.2</td> </tr> </tbody> </table>		Serving	Calories	291	Protein	6	Carbs	33	Fiber	6	Sugar	21	Fat	15	Sat	2	Omega-3	0.2
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Apple & Cheese																													
Ingredients	Instructions	Nutrition Info																											
2oz organic sharp cheddar cheese or hard cheese of choice 1 large apple	<p>I prefer Organic Valley raw sharp cheddar cheese myself, but as long as you choose a hard cheese that is from grass-fed cows, then whatever you choose is completely fine.</p> <p>I prefer Gala apples with hard cheese, but again just personal preference, any apple will work.</p> <p>For the small serving you can cut back to 1oz cheese, but still have entire apple.</p> <p>Enjoy!</p> <p><i>Makes 1 large or 1 small serving</i></p>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>346</td> <td>237</td> </tr> <tr> <td>Protein</td> <td>15</td> <td>8</td> </tr> <tr> <td>Carbs</td> <td>31</td> <td>31</td> </tr> <tr> <td>Fiber</td> <td>5</td> <td>5</td> </tr> <tr> <td>Sugar</td> <td>23</td> <td>23</td> </tr> <tr> <td>Fat</td> <td>18</td> <td>9</td> </tr> <tr> <td>Sat</td> <td>12</td> <td>6</td> </tr> <tr> <td>Omega-3</td> <td>0.1</td> <td>0.05</td> </tr> </tbody> </table>		Large	Small	Calories	346	237	Protein	15	8	Carbs	31	31	Fiber	5	5	Sugar	23	23	Fat	18	9	Sat	12	6	Omega-3	0.1	0.05
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BSP's Recommended Recipes

Quick & Easy Snacks

Ants on a Log																													
Ingredients	Instructions	Nutrition Info																											
<p>3 large celery stalks 3 tbsp natural peanut butter 1/2oz raisins</p>	<p>Spread peanut butter evenly over the two celery stalks. Place raisins on top of peanut butter. Enjoy this timeless classic! To make a small serving, reduce to 2 celery stalks, and 2 tbsp of peanut butter.</p> <p style="text-align: center;"><i>Makes 1 large or 1 small serving</i></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e1eef6;"> <th></th> <th style="text-align: center;">Large</th> <th style="text-align: center;">Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td style="text-align: center;">376</td><td style="text-align: center;">260</td></tr> <tr><td>Protein</td><td style="text-align: center;">12</td><td style="text-align: center;">8</td></tr> <tr><td>Carbs</td><td style="text-align: center;">28</td><td style="text-align: center;">21</td></tr> <tr><td>Fiber</td><td style="text-align: center;">7</td><td style="text-align: center;">5</td></tr> <tr><td>Sugar</td><td style="text-align: center;">15</td><td style="text-align: center;">13</td></tr> <tr><td>Fat</td><td style="text-align: center;">24</td><td style="text-align: center;">16</td></tr> <tr><td>Sat</td><td style="text-align: center;">4.5</td><td style="text-align: center;">3</td></tr> <tr><td>Omega-3</td><td style="text-align: center;">0</td><td style="text-align: center;">0</td></tr> </tbody> </table>		Large	Small	Calories	376	260	Protein	12	8	Carbs	28	21	Fiber	7	5	Sugar	15	13	Fat	24	16	Sat	4.5	3	Omega-3	0	0
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Apple, Almond Butter & Cinnamon																													
Ingredients	Instructions	Nutrition Info																											
<p>1 large apple 3 tbsp natural almond butter cinnamon to taste</p>	<p>This one is as easy as it gets. Core and slice the apple, slather on some almond butter (or peanut butter if you prefer) on each slice, sprinkle on a little cinnamon, and enjoy! Don't be afraid to get creative and use a pear, or different types of apples, or cashew butter. Small changes make big differences and make tired snack choices fresh again. To make a small serving, reduce to a small apple and 2 tbsp of almond butter.</p> <p style="text-align: center;"><i>Makes 1 large or 1 small serving</i></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e1eef6;"> <th></th> <th style="text-align: center;">Large</th> <th style="text-align: center;">Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td style="text-align: center;">443</td><td style="text-align: center;">282</td></tr> <tr><td>Protein</td><td style="text-align: center;">10</td><td style="text-align: center;">5</td></tr> <tr><td>Carbs</td><td style="text-align: center;">40</td><td style="text-align: center;">25</td></tr> <tr><td>Fiber</td><td style="text-align: center;">9.5</td><td style="text-align: center;">7</td></tr> <tr><td>Sugar</td><td style="text-align: center;">26</td><td style="text-align: center;">17</td></tr> <tr><td>Fat</td><td style="text-align: center;">27</td><td style="text-align: center;">18</td></tr> <tr><td>Sat</td><td style="text-align: center;">3</td><td style="text-align: center;">2</td></tr> <tr><td>Omega-3</td><td style="text-align: center;">0.2</td><td style="text-align: center;">0.1</td></tr> </tbody> </table>		Large	Small	Calories	443	282	Protein	10	5	Carbs	40	25	Fiber	9.5	7	Sugar	26	17	Fat	27	18	Sat	3	2	Omega-3	0.2	0.1
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VPX Zero Impact Bar or Quest All Natural Protein Bar																													
Ingredients	Instructions	Nutrition Info																											
<p>VPX - Pumpkin Supreme Quest - Chocolate Peanut Butter</p>	<p>Both bars are fantastic, and are reasonably priced as well. They are perfect for athletes and regular fitness enthusiasts as they combine high quality protein, carbs and fats, don't use any artificial sweeteners and taste great! They each have several different flavors, any of them are fine by me! These bars should only be used on an occasional basis, not daily. For a large serving, have a VPX Zero Impact Bar, for a small serving have a Quest All Natural Bar.</p> <p style="text-align: center;"><i>Makes 1 large or 1 small serving</i></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e1eef6;"> <th></th> <th style="text-align: center;">Large</th> <th style="text-align: center;">Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td style="text-align: center;">413</td><td style="text-align: center;">225</td></tr> <tr><td>Protein</td><td style="text-align: center;">30</td><td style="text-align: center;">20</td></tr> <tr><td>Carbs</td><td style="text-align: center;">35</td><td style="text-align: center;">25</td></tr> <tr><td>Fiber</td><td style="text-align: center;">7</td><td style="text-align: center;">17</td></tr> <tr><td>Sugar</td><td style="text-align: center;">11</td><td style="text-align: center;">1</td></tr> <tr><td>Fat</td><td style="text-align: center;">17</td><td style="text-align: center;">5</td></tr> <tr><td>Sat</td><td style="text-align: center;">3</td><td style="text-align: center;">2</td></tr> <tr><td>Omega-3</td><td style="text-align: center;">?</td><td style="text-align: center;">?</td></tr> </tbody> </table>		Large	Small	Calories	413	225	Protein	30	20	Carbs	35	25	Fiber	7	17	Sugar	11	1	Fat	17	5	Sat	3	2	Omega-3	?	?
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BSP's Recommended Recipes

Quick & Easy Snacks

Greek Raspberry "Custard"																													
Ingredients	Instructions	Nutrition Info																											
1 cup Plain Greek Yogurt 2% 1 scoop vanilla protein powder 1 cup frozen raspberries 2 tbsp chopped walnuts	Stir all ingredients into a large bowl. Makes a nice thick creamy custard-like mixture. Allow to sit for a few minutes to let raspberries thaw. Enjoy! <p style="text-align: center;"><i>Makes 1 large or 2 small servings</i></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e1eef6;"> <th></th> <th style="text-align: center;">Large</th> <th style="text-align: center;">Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td style="text-align: center;">460</td><td style="text-align: center;">230</td></tr> <tr><td>Protein</td><td style="text-align: center;">50</td><td style="text-align: center;">25</td></tr> <tr><td>Carbs</td><td style="text-align: center;">26</td><td style="text-align: center;">13</td></tr> <tr><td>Fiber</td><td style="text-align: center;">9</td><td style="text-align: center;">4.5</td></tr> <tr><td>Sugar</td><td style="text-align: center;">14</td><td style="text-align: center;">7</td></tr> <tr><td>Fat</td><td style="text-align: center;">16</td><td style="text-align: center;">8</td></tr> <tr><td>Sat</td><td style="text-align: center;">4</td><td style="text-align: center;">2</td></tr> <tr><td>Omega-3</td><td style="text-align: center;">1.5</td><td style="text-align: center;">0.75</td></tr> </tbody> </table>		Large	Small	Calories	460	230	Protein	50	25	Carbs	26	13	Fiber	9	4.5	Sugar	14	7	Fat	16	8	Sat	4	2	Omega-3	1.5	0.75
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Pumpkin Pie Cottage Cheese																													
Ingredients	Instructions	Nutrition Info																											
1 cup cottage cheese 1/2 cup canned pumpkin 1 scoop vanilla protein powder 1 tbsp milled flax seed 1/2 tsp cinnamon dash nutmeg 1 tbsp chopped walnuts	Stir all ingredients in a large bowl. Enjoy. Yes its that simple. <p style="text-align: center;"><i>Makes 1 large or 2 small servings</i></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e1eef6;"> <th></th> <th style="text-align: center;">Large</th> <th style="text-align: center;">Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td style="text-align: center;">442</td><td style="text-align: center;">221</td></tr> <tr><td>Protein</td><td style="text-align: center;">57</td><td style="text-align: center;">28.5</td></tr> <tr><td>Carbs</td><td style="text-align: center;">22</td><td style="text-align: center;">11</td></tr> <tr><td>Fiber</td><td style="text-align: center;">9</td><td style="text-align: center;">4.5</td></tr> <tr><td>Sugar</td><td style="text-align: center;">12</td><td style="text-align: center;">6</td></tr> <tr><td>Fat</td><td style="text-align: center;">14</td><td style="text-align: center;">7</td></tr> <tr><td>Sat</td><td style="text-align: center;">2.5</td><td style="text-align: center;">1.25</td></tr> <tr><td>Omega-3</td><td style="text-align: center;">2.1</td><td style="text-align: center;">1.05</td></tr> </tbody> </table>		Large	Small	Calories	442	221	Protein	57	28.5	Carbs	22	11	Fiber	9	4.5	Sugar	12	6	Fat	14	7	Sat	2.5	1.25	Omega-3	2.1	1.05
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Vanilla & Berry Cottage Cheese																													
Ingredients	Instructions	Nutrition Info																											
1 cup cottage cheese 1 scoop vanilla protein powder 1/2 cup frozen blueberries 1/2 cup frozen raspberries 1 tbsp chopped walnuts 1 tbsp milled flax seed	Stir all ingredients together in a large bowl. Enjoy! <p style="text-align: center;"><i>Makes 1 large or 2 small servings</i></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e1eef6;"> <th></th> <th style="text-align: center;">Large</th> <th style="text-align: center;">Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td style="text-align: center;">462</td><td style="text-align: center;">231</td></tr> <tr><td>Protein</td><td style="text-align: center;">56</td><td style="text-align: center;">28</td></tr> <tr><td>Carbs</td><td style="text-align: center;">28</td><td style="text-align: center;">14</td></tr> <tr><td>Fiber</td><td style="text-align: center;">10</td><td style="text-align: center;">5</td></tr> <tr><td>Sugar</td><td style="text-align: center;">16</td><td style="text-align: center;">8</td></tr> <tr><td>Fat</td><td style="text-align: center;">14</td><td style="text-align: center;">7</td></tr> <tr><td>Sat</td><td style="text-align: center;">2.5</td><td style="text-align: center;">1.25</td></tr> <tr><td>Omega-3</td><td style="text-align: center;">2.2</td><td style="text-align: center;">1.1</td></tr> </tbody> </table>		Large	Small	Calories	462	231	Protein	56	28	Carbs	28	14	Fiber	10	5	Sugar	16	8	Fat	14	7	Sat	2.5	1.25	Omega-3	2.2	1.1
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BSP's Recommended Recipes

Super Smoothies

Chocolate Cherry Bliss																													
Ingredients	Instructions	Nutrition Info																											
6oz each unsweetened vanilla and chocolate almond milk 2 scoops chocolate protein powder 1 cup spinach 2 cups frozen dark sweet cherries 1 tbsp milled flax seed 1 tbsp chopped walnuts 1 tbsp cacao nibs	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #d9d9d9;"> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>588</td><td>294</td></tr> <tr><td>Protein</td><td>57</td><td>28.5</td></tr> <tr><td>Carbs</td><td>54</td><td>27</td></tr> <tr><td>Fiber</td><td>13.5</td><td>6.75</td></tr> <tr><td>Sugar</td><td>36</td><td>18</td></tr> <tr><td>Fat</td><td>16</td><td>8</td></tr> <tr><td>Sat</td><td>2</td><td>1</td></tr> <tr><td>Omega-3</td><td>2.2</td><td>1.1</td></tr> </tbody> </table>		Large	Small	Calories	588	294	Protein	57	28.5	Carbs	54	27	Fiber	13.5	6.75	Sugar	36	18	Fat	16	8	Sat	2	1	Omega-3	2.2	1.1
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Apple, Cinnamon & Vanilla																													
Ingredients	Instructions	Nutrition Info																											
8oz unsweetened vanilla almond milk 2 scoops vanilla protein powder 1 cup spinach 1 Gala apple, cored and sliced 1/2 cup uncooked oats 1 tbsp milled flax seed 1 tbsp slivered almonds cinnamon to taste ice cubes as desired	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #d9d9d9;"> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>615</td><td>307.5</td></tr> <tr><td>Protein</td><td>61</td><td>30.5</td></tr> <tr><td>Carbs</td><td>60</td><td>30</td></tr> <tr><td>Fiber</td><td>13.5</td><td>6.75</td></tr> <tr><td>Sugar</td><td>19</td><td>9.5</td></tr> <tr><td>Fat</td><td>14.5</td><td>7.25</td></tr> <tr><td>Sat</td><td>0.75</td><td>0.375</td></tr> <tr><td>Omega-3</td><td>1.6</td><td>0.8</td></tr> </tbody> </table>		Large	Small	Calories	615	307.5	Protein	61	30.5	Carbs	60	30	Fiber	13.5	6.75	Sugar	19	9.5	Fat	14.5	7.25	Sat	0.75	0.375	Omega-3	1.6	0.8
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Chocolate, PB & Banana																													
Ingredients	Instructions	Nutrition Info																											
12oz unsweetened chocolate almond milk 2 scoops chocolate protein powder 1 cup spinach 1 extra large banana 1 tbsp milled flax seed 1 tbsp natural peanut butter 1 tbsp cacao nibs ice cubes as desired	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #d9d9d9;"> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>645</td><td>322.5</td></tr> <tr><td>Protein</td><td>63</td><td>31.5</td></tr> <tr><td>Carbs</td><td>50</td><td>25</td></tr> <tr><td>Fiber</td><td>12</td><td>6</td></tr> <tr><td>Sugar</td><td>20</td><td>10</td></tr> <tr><td>Fat</td><td>21.5</td><td>10.75</td></tr> <tr><td>Sat</td><td>3.4</td><td>1.7</td></tr> <tr><td>Omega-3</td><td>1.6</td><td>0.8</td></tr> </tbody> </table>		Large	Small	Calories	645	322.5	Protein	63	31.5	Carbs	50	25	Fiber	12	6	Sugar	20	10	Fat	21.5	10.75	Sat	3.4	1.7	Omega-3	1.6	0.8
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BSP's Recommended Recipes

Super Smoothies

Berry Blast																													
Ingredients	Instructions	Nutrition Info																											
12oz unsweetened vanilla almond milk 2 scoops strawberry protein powder 1 cup spinach 1 cup wild frozen blueberries 1 cup frozen strawberries 1 tbsp milled flax seed 1 tbsp slivered almonds	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>501</td><td>250.5</td></tr> <tr><td>Protein</td><td>58</td><td>29</td></tr> <tr><td>Carbs</td><td>38</td><td>19</td></tr> <tr><td>Fiber</td><td>14.5</td><td>7.25</td></tr> <tr><td>Sugar</td><td>17</td><td>8.5</td></tr> <tr><td>Fat</td><td>13</td><td>6.5</td></tr> <tr><td>Sat</td><td>0.3</td><td>0.15</td></tr> <tr><td>Omega-3</td><td>1.6</td><td>0.8</td></tr> </tbody> </table>		Large	Small	Calories	501	250.5	Protein	58	29	Carbs	38	19	Fiber	14.5	7.25	Sugar	17	8.5	Fat	13	6.5	Sat	0.3	0.15	Omega-3	1.6	0.8
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Vanilla Pumpkin Pie																													
Ingredients	Instructions	Nutrition Info																											
12oz unsweetened vanilla almond milk 2 scoops vanilla protein powder 1 cup canned pumpkin 1/2 cup uncooked oats 1 tbsp milled flax seed 1 tbsp chopped walnuts cinnamon and nutmeg to taste ice cubes as desired	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>617</td><td>308.5</td></tr> <tr><td>Protein</td><td>63</td><td>31.5</td></tr> <tr><td>Carbs</td><td>53</td><td>26.5</td></tr> <tr><td>Fiber</td><td>19.5</td><td>9.75</td></tr> <tr><td>Sugar</td><td>8</td><td>4</td></tr> <tr><td>Fat</td><td>17</td><td>8.5</td></tr> <tr><td>Sat</td><td>1</td><td>0.5</td></tr> <tr><td>Omega-3</td><td>2.2</td><td>1.1</td></tr> </tbody> </table>		Large	Small	Calories	617	308.5	Protein	63	31.5	Carbs	53	26.5	Fiber	19.5	9.75	Sugar	8	4	Fat	17	8.5	Sat	1	0.5	Omega-3	2.2	1.1
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Peaches & Cream																													
Ingredients	Instructions	Nutrition Info																											
12oz unsweetened vanilla almond milk 2 scoops vanilla protein powder 1 cup spinach 2 cups frozen peaches 1 tbsp chia seeds 1 tbsp chopped walnuts	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>501</td><td>250.5</td></tr> <tr><td>Protein</td><td>57</td><td>28.5</td></tr> <tr><td>Carbs</td><td>39</td><td>19.5</td></tr> <tr><td>Fiber</td><td>10</td><td>5</td></tr> <tr><td>Sugar</td><td>26</td><td>13</td></tr> <tr><td>Fat</td><td>13</td><td>6.5</td></tr> <tr><td>Sat</td><td>0.5</td><td>0.25</td></tr> <tr><td>Omega-3</td><td>1.8</td><td>0.9</td></tr> </tbody> </table>		Large	Small	Calories	501	250.5	Protein	57	28.5	Carbs	39	19.5	Fiber	10	5	Sugar	26	13	Fat	13	6.5	Sat	0.5	0.25	Omega-3	1.8	0.9
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BSP's Recommended Recipes

Super Smoothies

Strawberry & Banana Cream																													
Ingredients	Instructions	Nutrition Info																											
12oz unsweetened vanilla almond milk 2 scoops vanilla protein powder 1 cup spinach 1 small banana 1 cup frozen strawberries 1 tbsp chia seeds 1 tbsp chopped walnuts	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>530</td> <td>265</td> </tr> <tr> <td>Protein</td> <td>57</td> <td>28.5</td> </tr> <tr> <td>Carbs</td> <td>44</td> <td>22</td> </tr> <tr> <td>Fiber</td> <td>12</td> <td>6</td> </tr> <tr> <td>Sugar</td> <td>19</td> <td>9.5</td> </tr> <tr> <td>Fat</td> <td>14</td> <td>7</td> </tr> <tr> <td>Sat</td> <td>0.6</td> <td>0.3</td> </tr> <tr> <td>Omega-3</td> <td>2</td> <td>1</td> </tr> </tbody> </table>		Large	Small	Calories	530	265	Protein	57	28.5	Carbs	44	22	Fiber	12	6	Sugar	19	9.5	Fat	14	7	Sat	0.6	0.3	Omega-3	2	1
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Omega-3	2	1																											

Calming Pear																													
Ingredients	Instructions	Nutrition Info																											
8oz unsweetened vanilla almond milk 2 scoops vanilla protein powder 1 cup spinach 1/2 medium banana 1 pear, cored and sliced 1 tbsp milled flax seed 1 tbsp slivered almonds	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>523</td> <td>261.5</td> </tr> <tr> <td>Protein</td> <td>57</td> <td>28.5</td> </tr> <tr> <td>Carbs</td> <td>49</td> <td>24.5</td> </tr> <tr> <td>Fiber</td> <td>12.5</td> <td>6.25</td> </tr> <tr> <td>Sugar</td> <td>24</td> <td>12</td> </tr> <tr> <td>Fat</td> <td>11</td> <td>5.5</td> </tr> <tr> <td>Sat</td> <td>0.3</td> <td>0.15</td> </tr> <tr> <td>Omega-3</td> <td>1.6</td> <td>0.8</td> </tr> </tbody> </table>		Large	Small	Calories	523	261.5	Protein	57	28.5	Carbs	49	24.5	Fiber	12.5	6.25	Sugar	24	12	Fat	11	5.5	Sat	0.3	0.15	Omega-3	1.6	0.8
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Refreshing Apple																													
Ingredients	Instructions	Nutrition Info																											
8oz unsweetened vanilla almond milk 2 scoops vanilla protein powder 1 cup spinach 1 apple, cored and sliced 1/2 medium banana 1/2 cup frozen strawberries 1 tbsp chia seeds 1 tbsp chopped walnuts 1 tbsp unsweetened shredded coconut	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1"> <thead> <tr> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>579</td> <td>289.5</td> </tr> <tr> <td>Protein</td> <td>57</td> <td>28.5</td> </tr> <tr> <td>Carbs</td> <td>54</td> <td>27</td> </tr> <tr> <td>Fiber</td> <td>13</td> <td>6.5</td> </tr> <tr> <td>Sugar</td> <td>30</td> <td>15</td> </tr> <tr> <td>Fat</td> <td>15</td> <td>7.5</td> </tr> <tr> <td>Sat</td> <td>3.5</td> <td>1.75</td> </tr> <tr> <td>Omega-3</td> <td>1.9</td> <td>0.95</td> </tr> </tbody> </table>		Large	Small	Calories	579	289.5	Protein	57	28.5	Carbs	54	27	Fiber	13	6.5	Sugar	30	15	Fat	15	7.5	Sat	3.5	1.75	Omega-3	1.9	0.95
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BSP's Recommended Recipes

Super Smoothies

Yogurt & Apricot																													
Ingredients	Instructions	Nutrition Info																											
6oz unsweetened vanilla almond milk 6oz plain whole-fat yogurt 2 scoops vanilla protein powder 1 cup spinach 10 dried apricots 1 tbsp chia seeds 1 tbsp chopped walnuts	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e1eef6;"> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>665</td><td>332.5</td></tr> <tr><td>Protein</td><td>63</td><td>31.5</td></tr> <tr><td>Carbs</td><td>65</td><td>32.5</td></tr> <tr><td>Fiber</td><td>10.5</td><td>5.25</td></tr> <tr><td>Sugar</td><td>35</td><td>17.5</td></tr> <tr><td>Fat</td><td>17</td><td>8.5</td></tr> <tr><td>Sat</td><td>3.5</td><td>1.75</td></tr> <tr><td>Omega-3</td><td>1.8</td><td>0.9</td></tr> </tbody> </table>		Large	Small	Calories	665	332.5	Protein	63	31.5	Carbs	65	32.5	Fiber	10.5	5.25	Sugar	35	17.5	Fat	17	8.5	Sat	3.5	1.75	Omega-3	1.8	0.9
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Tropical Awesomeness																													
Ingredients	Instructions	Nutrition Info																											
12oz unsweetened vanilla almond milk 2 scoops vanilla protein powder 1 cup spinach 1 small banana 1/2 cup frozen mango 1/2 cup frozen pineapple chunks 1 tbsp chia seeds 1 tbsp extra virgin coconut oil	Simply add all ingredients to a blender and blend until smooth! Enjoy! If trying to gain weight you can substitute almond milk with 12oz organic whole milk, yogurt or kefir. If this is for post-training and you are trying to gain weight you can substitute the whole fat dairy and add 1/2 cup old-fashioned oats as well. <i>Makes 1 large or 2 small servings</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e1eef6;"> <th></th> <th>Large</th> <th>Small</th> </tr> </thead> <tbody> <tr><td>Calories</td><td>643</td><td>321.5</td></tr> <tr><td>Protein</td><td>56</td><td>28</td></tr> <tr><td>Carbs</td><td>53</td><td>26.5</td></tr> <tr><td>Fiber</td><td>10.5</td><td>5.25</td></tr> <tr><td>Sugar</td><td>26</td><td>13</td></tr> <tr><td>Fat</td><td>23</td><td>11.5</td></tr> <tr><td>Sat</td><td>12</td><td>6</td></tr> <tr><td>Omega-3</td><td>1.3</td><td>0.65</td></tr> </tbody> </table>		Large	Small	Calories	643	321.5	Protein	56	28	Carbs	53	26.5	Fiber	10.5	5.25	Sugar	26	13	Fat	23	11.5	Sat	12	6	Omega-3	1.3	0.65
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NOTES

- Unsweetened almond milk is available at most supermarkets and all Whole Foods. Those with a nut allergy can replace it and nuts with unsweetened hemp milk or cow's milk.
- Chia seeds, cacao nibs and extra virgin coconut oil are available at Whole Foods or Amazon.com. I recommend Navitas Naturals for all of them.
- Milled flax seeds (aka ground flax and flax meal) are available at most supermarkets and all Whole Foods. I recommend Barlean's Forti-Flax.
- There are a lot of great cookbooks out there that can provide you with hundreds of nutritious and delicious recipes. Below are two of my favorites.
- Gourmet Nutrition v2 by Dr. John Berardi. Metabolic Cooking by Dave Ruel.
- These meals and snacks can be manipulated in many ways. You can substitute in different proteins, veggies, starches, fruits and healthy fats. You can also play around with portion sizes depending on needs, goals, activity levels, hunger and fullness cues, and most importantly - results!