

51 Recipes To Melt Away Those Pesky Pounds



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Now that you've taken the first step towards success and gotten yourself started on a healthy weight loss diet, workout program, and are all ready with your Wu-long Tea, it's time to start gathering the tools and resources that you need to implement your new plan of action.

One of the biggest problems that many people experience with their diet plan is quickly growing bored with the foods they're eating and then turning to less than healthy options as a solution.

It's perfectly understandable that you would become bored from time to time if you're eating the same thing each and every day but fortunately, this is a very easy issue to overcome.

By taking the time to come up with some healthy recipes that you can use that will fit in with your plan and will keep your daily diet varied, you will have a much easier time staying the course and enjoying yourself more.

In addition to that, also remember that if you do happen to have a favorite recipe already that is less than healthy and can't fit on your plan for whatever reason, consider the option of making a few quick changes to that recipe to make it healthier.

There are many different ways that you can go about altering any given recipe from reducing back on the oil content, using a sweetener replacement rather than sugar, or choosing to use rolled oats rather than flour in your baking that will quickly improve the nutritional content and slash hundreds of calories per serving.

Very often you won't even find that you miss the unhealthy ingredients and you'll still be able to satisfy those food cravings with ease.

The following recipes are a perfect illustration of just how easy it is to maintain a healthy diet plan without having to sacrifice taste or quality. We've outlined a number of recipes across all your meals – breakfast, lunch, dinner, as well as snack recipes for the times in between and some sweet desserts for when the craving strikes.

All of the sweet desserts are much higher in total protein content than what you'd find with other dessert options, which will really help to speed your progress. When you choose these over going to the local grocery store and picking up a cake or baked good there, you will actually be helping your progress rather than hindering it.

Finally, we finished off with a listing of quick smoothie recipes that you can make for when you need some quality nutrition and are in a rush.

Again, these all have a very nice balance of protein, carbohydrates, and some of them contain dietary fat as well, so you can easily fit them right into your day.

Whether it's breakfast on the run or a mid-afternoon snack to tide you over to dinner, these will be a much smart move than picking up a smoothie from your local smoothie bar.

So take some time to read through the following recipes and pick out the ones you think you'll most enjoy. Then get busy in the kitchen and start livening up your fat loss diet.

Breakfast

Apple-Cinnamon Oatmeal

- ½ cup oatmeal (dry measurement)
- 1 sliced apple
- 1 tbsp raisins
- ½ scoop vanilla protein powder
- ½ cup skim milk
- 1 tsp cinnamon
- 1 tbsp brown sugar or Splenda brown sugar

Prepare oatmeal according to package directions. Meanwhile, while it's cooking slice the apple and sprinkle with the cinnamon and half of the sugar. Place in the over under the broiler for 3-5 minutes or until slightly tender and then cut into very small pieces.

From there, stir in the vanilla protein powder into the oatmeal until well mixed and then sprinkle on a little more cinnamon if desired. Stir in the remaining sugar, and top with the sliced apple and raisins, and then pour ½ cup of the skim milk on top. Serve.

Protein-Packed Low-Carb Pancakes

- 1 scoop whey protein powder (chocolate or vanilla work nice, but you can use any flavor)
- 4 egg whites
- 1 tbsp sugar or Splenda (or Stevia)

Whisk together the protein powder and egg whites and then stir in the sugar to distribute. From there, pour onto a hot griddle and cook as you would a normal pancake. Flip at halftime and then serve with some sugar-free maple syrup or smear with some natural peanut butter.

Eggs Over Easy

- 1 clove of garlic, minced
- 1 cup cherry or grape tomatoes, sliced in half
- Fresh dill chopped (amount depending on preference)

½ medium green onion, chopped
1 whole egg
4 egg whites
pepper

Place a very small amount of oil in a non-stick skillet and add the garlic to sauté for 30 seconds to a minute. From there, add the tomatoes to the pan for just one more minute and then toss in the dill and let cook for 20 seconds to allow the flavors to distribute. Remove from the heat and set aside.

Heat another small amount of olive oil in the pan and then crack the egg and egg whites into it, stirring frequently as they cook. Once scrambled, add back in the tomato mixture and sprinkle with green onion. Let heat through and then serve.

High Protein, High Fiber Muffins

1 ½ cups oat bran
½ cup bran buds
1 scoop vanilla protein powder
½ cup Splenda (or some other sweetener)
1 cup apple, peeled and shredded
1 tbsp baking powder
1 ½ cups unsweetened applesauce
2 egg whites
½ cup skim milk

Preheat the oven to 350 degrees Fahrenheit. Combine all the dry ingredients into a bowl until well mixed. Then in another bowl mix together all the wet ingredients until blended, and then making a well in the center of the bowl, pour the wet ingredients until the dry and continue to stir until well mixed.

Fill the muffin tins with the batter and then bake for 22-25 minutes.

Banana Pancakes

½ cup banana
1/3 cup oats
½ cup egg whites
1 tbsp Splenda or Stevia

Mix all ingredients in a blender and then pour over a sprayed hot pan or griddle. Cook just as you would a regular pancake, flipping at halftime. Serve with some smeared natural peanut butter on top.

Oat Protein Bread

3 cups rolled oats
1 ½ cups unsweetened applesauce
10 egg whites
2 scoops vanilla protein powder
1 tsp cinnamon

Mix all the dry ingredients together in a large bowl and then add in the applesauce and egg whites. Continue to mix until well moistened and then pour into a loaf tray and bake in the oven at 350 degrees Fahrenheit for about 45 minutes.

Serve with some sugar-free fruit preserves or some natural peanut butter.

Cottage Cheese Pancakes

1/3 cup oatmeal
1/3 cup cottage cheese
1/3 cup egg whites
½ tsp Cinnamon
1 tbsp Splenda
1 tsp vanilla extract

Combine all ingredients together in a bowl and then pour over a hot griddle and cook for 4-6 minutes. Flip and begin to cook on the other side. Serve with some sugar free maple syrup.

French Toast

2 slices whole wheat bread
2-3 egg whites
½ tsp cinnamon
1 tsp vanilla extract
1 tbsp Splenda

Combine together the egg whites, cinnamon, vanilla, and Splenda and then dip the bread slices in it to coat. Transfer over to a hot frying pan and cook as you would regular French Toast.

Serve with sugar-free maple syrup or with low-sugar raspberry jam.

Pumpkin Bran Muffins

¾ cup wheat bran
1 cup whole wheat flour
½ cup Splenda
1 tsp baking powder
1 tsp baking soda
2 tsp cinnamon
½ scoop vanilla protein powder

1 egg
1 cup canned pumpkin
½ cup milk

Stir dry ingredients together until well mixed and then add in the egg, canned pumpkin, and milk until well mixed. Pour into nine muffin cups that have been sprayed with non-stick cooking spray and then bake for 20-25 minutes in a 400 degree Fahrenheit oven.

Lunch

Potato Chowder

3 tbsp light butter
1 large onion, diced
1 pound russet potatoes, peeled and diced
¾ pound sweet potatoes, peeled and diced
½ pound snow peas, stemmed
freshly chopped chives (amount depending on preference)
3 cups skim milk
pepper
garlic

In a large sauce pan, heat the butter over medium heat until well melted. Add the onion and chives to the dish and stir-fry for a few minutes until softened. Add the potatoes and sweet potatoes to the pot along with 3 cups of water and bring to a boil.

Once boiling, reduce the heat and simmer until the potatoes are slightly tender. Add in the snow peas and let simmer once more for approximately 5-6 minutes and then remove from the burner and stir in the milk. Add pepper and garlic along with any other spices you may desire and let sit for a few minutes before serving.

Cottage Cheese Meatloaf

1 cup low-fat cottage cheese
1 egg lightly beaten
¼ cup tomato paste
2 tbsp chopped onion
1 tsp Dijon mustard
½ cup oats
1 tsp salt
1 tsp pepper
1 tsp garlic powder
½ tsp onion powder
1 lb ground turkey
1/3 cup reduced fat Parmesan cheese

Combine the cottage cheese, egg, tomato paste, onion, mustard, oats, salt, pepper, garlic, and onion powder in a bowl until well blended.

Next add in the turkey and mix with hands until well blended. Press into an 8 inch greased pan and back at 350 degrees Fahrenheit for 30 minutes. Remove from the oven and sprinkle with the Parmesan cheese and then bake for another 10 minutes.

Thai Tuna Salad

2 cups spinach leaves
½ cups sliced red onion
½ sliced red bell pepper
1 can tuna
1 tbsp brown rice vinegar
2 tbsp peanut butter
1 tbsp soy sauce
1 clove garlic, chopped
1 tsp ginger
pepper

Toss the vegetables together in a large bowl. Remove the tuna from the can and set aside. In another bowl, combine the remaining ingredients to form the dressing and then mix half it with the canned tuna.

Place the tuna over the salad and then drizzled with reserved dressing. Toss one more time and then serve.

Black Beans With Tuna

1 clove of minced garlic
½ onion, diced
1 tsp oil

2 tbsp lemon juice
2 tbsp diced jalapeno peppers (optional)
4 tbsp chopped green chillies
½ cup kernel corn
19 oz can black beans, drained and rinsed
2 cans tuna, drained
19 oz chilli style tomatoes

Heat the garlic and onion in a pan with the oil. Once bubbling and slightly tender, add all the remaining ingredients and cook for another 5-6 minutes or until heated through.

Chicken Quinoa

1 cup of quinoa cooked using chicken broth
1 ½ lbs chicken breast
2 tbsp olive oil
1 sliced onion
1 yellow pepper, sliced
1 green pepper, sliced
1 cup of carrots, sliced
2 stalks of celery, diced
2 cloves of garlic
Oregano to taste
Parmesan cheese to taste

Cut the chicken into thin strips and then place in a heated pan with olive oil. Cook until tender and no pink remains. Set aside. Next add a small amount of chicken broth for moisture and stir-fry the remaining vegetables in the pan. Add the spices to the vegetables and then combine with cooked quinoa and the chicken breast strips.

Sprinkle with Parmesan cheese and then serve.

Healthy 'Fried' Rice

3 cups cooked brown rice
1 cup carrots
½ cup peas

1 stalk celery, thinly diced
¼ cup sliced onions
15 egg whites
1 tsp crushed garlic

Spray a non-stick skillet with a small amount of pan and add the crushed garlic. Add the peas, carrots, celery, and onions, and continue to heat until just tender over low heat. Remove from the pan and then spray the pan one more time. Add the egg whites, stirring as they cook until fully scrambled. Next add the brown rice and removed vegetables, and then continue to cook for another 5-10 minutes to gently 'fry' the rice.

Chicken Soup

5 skinless chicken breasts
1 tsp chicken bullion
6 cups water
2 stalks of celery, cut into 2 inch pieces
30 oz can diced tomatoes in tomato juice
3 medium carrots, sliced
3 medium stalks of celery, sliced
1 finely chopped onion
¼ cup barley
¼ cup onion soup mix
¼ tsp pepper
1 tsp oregano

Place the water, chicken bouillon, and celery in a large pot with water and chicken breasts. Bring to a boil and cook until chicken is no longer pink inside. Remove chicken breasts and slice into small pieces and then place back into the broth.

Add remaining ingredients into the pot and then simmer, covered for 2 hours.

Turkey Burgers

1 ½ lbs ground turkey
2 tbsp dry oats
2 tbsp finely diced onion
1 egg white, beaten
2 tbsp chopped fresh parsley
½ clove garlic, peeled and minced

½ tsp salt
1/8 tsp pepper

Lettuce
Tomato
Mustard

In a large bowl combine the turkey, oats, parsley, onion, garlic, salt, and pepper. Mix well and then form into five to six large patties. Cook in a skillet over medium heat (add a bit of oil if necessary), flipping after about 4-5 minutes.

Top with some lettuce, a tomato, and some mustard for flavor.

*Note if you aren't using a low carb diet you may want to have this on a whole wheat roll or in a whole grain wrap.

Dinner

Spiced Tilapia With Steamed Broccoli

2-4 tilapia fillets
½ cup brown rice flour
½ tsp cayenne pepper
2 tsp paprika
1 tsp garlic powder
1 tbsp olive oil

In a small bowl combine the flour, cayenne pepper, paprika, and garlic. Begin to coat the tilapia fillets in this mixture and then transfer to a pan, preheated over medium heat with a 1 tbsp of olive oil in it. Allow the fillets to cook for about 4-5 minutes before flipping and cooking the other side through.

Meanwhile, in a large pan, bring a small amount of water to a boil (about 1 inch in thickness) and then place in broccoli. Once boiling, cover with a lid and allow to steam for 2-3 minutes. Tilt the pan to drain out the water and then sprinkle with salt (if sodium is not a concern) and pepper. Drizzle a small amount of lemon juice over the broccoli if desired. Serve.

Turkey Chili

12 oz ground turkey breast
½ cup corn
1 large diced red pepper
½ cup diced onion

1 can diced green chilis
14 oz can diced tomatoes
1 tsp cumin
1 can chilli style beans, drained
1 tbsp olive oil

Place olive oil in a skillet and heat through. Add the ground turkey breast, stirring until cooked through. Next add the remaining ingredients to the pan and cover, simmering for 20 minutes total. Uncover and simmer for another 20 minutes or until desired consistency is reached.

Oat-Salmon Loaf

2 cans of salmon, drained and deboned
1 egg
¾ cup skim milk
1 cup bread crumbs (2-3 slices)
½ cup oatmeal
½ small onion, minced
½ tsp hot pepper sauce
1 ½ tsp Worcestershire sauce
¼ tsp ground black pepper
½ cup very thinly sliced celery

Heat the oven to 350 degrees Fahrenheit. Spray four mini loaf pans or one large loaf pan with some cooking spray and set aside.

Begin to mix the salmon and egg together in a large bowl and then stir in milk and the remaining ingredients.

Spoon into the pan and then place on a cookie sheet to bake in the oven. Bake for 35 minutes or until the center of the loaf has set.

Low Carb Chicken Pizza

Crust Ingredients:

4 oz fat free cream cheese
2 eggs
1/3 cup cream
¼ cup light Parmesan cheese
½ tsp Italian seasoning

¼ tsp garlic powder
2 cups reduced fat mozzarella cheese

Topping Ingredients:

½ cup low-sodium tomato sauce
2 grilled chicken breast, cut into slices
Peppers, onions, mushrooms, tomatoes

Begin to prepare the crust by beating together the cream cheese and eggs until smooth. Next stir in the cream, Parmesan cheese, as well as the spices. Pour into a 10X15 flat baking sheet. Press so mixture forms a thin crust and then bake at 350 degrees Fahrenheit for 20-25 minutes or until golden brown.

Spread the tomato sauce over top and then lay on the sliced chicken breasts as well as vegetables. Top with the low-fat cheese and then place in the oven again for another 10 minutes or until cheese is melted.

Spicy Thai Chicken Stir-Fry

1 ½ lb boneless, skinless chicken breasts, cut into chunks
1 medium red bell pepper, cut into strips
1 medium red onion, sliced into strips
1 cup snow peas, ends sliced off
½ cup sliced carrots
1 cup sliced celery
½ cup sliced red cabbage
3 tbsp natural peanut butter, chunky style
2 tsp Thai red curry past
1 tbsp soy sauce
¼ cup chicken broth

Spray the wok with a non-stick cooking spray or a small amount of olive oil and then place the chicken into the pan and cook through. Remove from the pan and set aside.

Add the chicken broth to the pan and bring to a boil. Place all the vegetables into the pan and let stir-fry for 5-10 minutes or until the vegetables are tender.

From there, add the peanut butter and Thai curry paste and continue to stir until distributed. Stir back in the removed chicken and heat through before serving.

Serve over a bed of brown rice or quinoa if desired.

Avocado Salad

½ of an avocado
1 cup of spinach
3-4 small cherry tomatoes
1 can of tuna
½ of a lemon

Mix together the spinach, tomatoes, and then mash the avocado and place over top of the spinach. Put the tuna on top of the salad and then drizzle with the juice of a lemon.

Cabbage Soup

1 ½ lbs ground turkey breast
1 small head of cabbage, sliced
3 cans of low sodium chicken stock
2 stalks celery, thinly sliced
2 large carrots, thinly sliced
1 cup mushrooms, sliced
½ cup barley
½ cup low-sugar ketchup
1 can diced tomatoes

Mix all ingredients together in the pot and simmer for about 15-20 minutes until ground turkey is cooked and the vegetables are tender.

Slow Cooked Oriental Chicken

2 lbs chicken breast, cut into strips
½ cup diced onion
½ cup sliced carrots
½ cup sliced celery
1 cup broccoli florets
½ cup low-sodium soy sauce
¼ cup rice vinegar
2 tbsp sesame seeds
½ tbsp ginger
½ tsp garlic powder
1 tbsp Splenda or sugar

Combine the soy sauce, vinegar, sesame seeds, ginger, garlic, and Splenda in a bowl to make the sauce. Next place the chicken and all the vegetables except broccoli in a slow cooker to cook over lower heat for four hours. Before placing the lid on, pour the sauce over the mixture to fully cover.

During the last 30 minutes of the cooking time place the broccoli into the cooker as well and continue cooking until finished. Serve over brown rice.

Snacks

Banana Avocado Fruit Dip

½ cup ripe avocado
2 ripe bananas
½ cup Greek Yogurt
½ cup cottage cheese

Mix all ingredients together in a food processor and then serve with freshly chopped veggies. This dip provides healthy fats, protein, and fiber all in one making for a complete snack to meet your nutritional needs.

Whole Wheat Cinnamon Crisps

1 whole wheat tortilla
1 tsp olive oil
Cinnamon
Brown sugar or Splenda brown sugar

Brush the tortilla with a small amount of oil and then sprinkle with cinnamon and brown sugar. Cut into very small pieces and then place on a baking sheet lined with parchment paper. Bake at 400 degrees Fahrenheit for about 4-6 minutes.

Serve with your favorite low-fat fruit dip (see avocado recipe above for one idea).

Oatmeal Banana Blueberry Cookies

1 cup quick oats
½ cup frozen blueberries
2 mashed bananas
2 tbsp honey
1 scoop vanilla protein powder
2 tsp cinnamon
½ cup Splenda
2 egg whites

Mix all the ingredients together in a bowl until well blended and then spoon onto a cookie sheet. Place in a pre-heated 350 degree oven for 15-20 minutes.

Banana Flax Muffins

¾ cup ground oat flour
¾ cup flax meal
2 tsp baking soda
1 tsp baking powder
.5 tsp salt
1 tsp cinnamon
1 cup Splenda or other sweetener
1 ripe banana
2 egg whites
¾ cup water
1 tsp vanilla

Combine together all the dry ingredients in one bowl. Once well mixed, combine the egg whites, water, and vanilla, and then add in the mashed banana. Fold the wet mixture into the dry mix and combine until moistened. Pour into 9 muffin tins and bake at 350 degrees Fahrenheit for about 12-15 minutes or until a toothpick comes out clean.

Chocolate-Peanut Butter Protein Bars

5 tbsp natural peanut butter
½ cup oats
½ cup oat flour
6 scoops of chocolate protein powder
1 tsp vanilla
2 tbsp flaxseeds
1 cup non-fat dry milk
½ cup water
¼ cup peanuts

Mix all the dry ingredients to the bowl, and then stir in the peanut butter until well distributed. Add in the water and vanilla, continuously stirring and then place into a greased 8X8 pan. Sprinkle with peanuts on top and then place in the fridge for 4-5 hours or until hardened.

Protein Hot Cocoa

2 cups non-fat dry milk powder
½ cup unsweetened cocoa powder

1 cup Splenda
½ tsp salt
2 scoops chocolate whey protein powder
1 tsp vanilla extract

Combine all ingredients together to make hot cocoa mix and then bring one cup of water to a boil. Once boiling, add ¼ cup of the cocoa mix and mix well. Let cool for a few minutes and then serve.

Berry Protein Bars

5 tbsp almond butter
½ cup oats
½ cup oat flour
6 scoops berry flavoured protein powder
1 tsp vanilla
2 tbsp flax seeds
1 cup non-fat dry milk
½ cup water
¼ cup dried cranberries

Mix together the oats, flour, protein powder, flaxseeds, dry milk powder, and cranberries. Once well mixed, stir in the oat butter, vanilla, and water. Place into an 8X8 inch sprayed pan and then refrigerate until hardened. Cut into 9 squares and wrap in tin foil to store.

Banana Poppy Seed Muffins

¾ cup ground oats
1 cup whole wheat flour
½ scoop vanilla protein powder
2 tsp baking powder
¼ tsp salt
½ cup margarine
½ cup Splenda or some other sweetener
1 large egg
2 tbsp lemon juice
1 banana, mashed
4 tsp poppy seeds
½ cup milk

Preheat the oven to 375 degrees Fahrenheit. Spray a 12 cup muffin tin with non-stick cooking spray and then set aside.

In a large bowl mix together the oats, flour, baking powder, protein powder, and salt. In another bowl, cream the butter and then add in the Splenda until well mixed and maintaining a fluffy appearance. Add in the egg, lemon juice, and banana, beating to blend thoroughly.

Stir in the poppyseeds and then fold in the flour mixture. Stir until just moistened and then spoon into the muffin tins. Bake for about 20-25 minutes or until golden brown on top.

Banana Protein Bars

1 ½ large bananas, ripened
½ cup skim milk
1 ½ cup oats
2 scoops vanilla whey protein powder
3 scoops banana whey protein powder
1 package sugar-free, fat-free banana pudding powder
8 egg whites

Mix all the dry ingredients together in a bowl. From there, add in skim milk, stirring until moistened, and then add in the remaining egg whites.

Pour into a pan and bake at 350 degrees Fahrenheit for 20-30 minutes.

Protein-Packed Deli Wraps

2 egg whites
½ scoop non-flavored protein powder
2 slices turkey breast low-sodium deli meat
Spinach leaves
Sliced tomato
Sliced cucumber

Combine the egg whites with protein powder until thin paste is formed. Pour onto a non-stick pan over medium-high heat and form into a very thin pancake or crepe.

Flip once the edges are bubbling and then cook on the other side. Once cooked through, remove from pan and place on a plate. Top with deli meat, tomato, cucumber, and spinach leaves, and add any mustard or other low-calorie condiments desired.

Wrap up and serve.

Desserts

Mock Healthy Ice Cream

- 1 frozen banana
- 1 scoop chocolate or vanilla protein powder
- ½ cup skim milk
- 1 tsp vanilla extract

Place all ingredients into a blender and blend until desired consistency is reached. Pour into a bowl and place back in the freezer for about 30 minutes or until 'ice cream' has set.

Protein Oatmeal Cookies

- 1 cup ground oats
- 1 cup rolled oats
- ¼ cup Splenda (or another sweetener)
- ½ cup vanilla protein powder
- 1 cup unsweetened applesauce
- 1 tsp cinnamon
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp vanilla extract
- 4 egg whites
- ½ cup water

Mix all the dry ingredients except for the regular rolled oats together. Next add in all the wet ingredients and stir until blended. Once well mixed, fold in the one cup of regular oats and then place in the fridge for about 3 hours to 'set'.

From there, roll into small balls and then place on a lined baking tray and into a 180 degree Fahrenheit pre-heated oven for 8-10 minutes. Let cool before serving. Note that for extra flavor, you can sprinkle a mixture of cinnamon and Splenda on top of the cookie before placing it in the oven to bake.

Protein Pudding

- 1 package sugar-free, fat-free chocolate pudding powder
- 1 ½ cups skim milk
- 1 scoop chocolate whey protein powder

Beat the milk into the pudding as indicated by the package directions. Once mixed thoroughly and a thick pudding consistency is formed, add in the scoop of chocolate protein powder and continue to beat until well blended.

Note that with some brands of protein powder you'll have to add more milk to thin this down while others, the protein powder itself will thin the consistency.

Meringue Cookies

2 egg whites
1/8 tsp cream of tartar
1 ½ tsp vanilla extract
2 tbsp DaVinci Syrup, raspberry, peach, vanilla, hazelnut (or any other flavor you prefer)
¼ cup Splenda (or Stevia)

Combine the extra and syrup together in a very small cup. In another bowl, beat the egg whites until stiff peaks form and then add in the cream of tartar until well mixed. Continue beating and then stir in the vanilla extract, flavoured syrup, as well as the Splenda or Stevia. Once stiff peaks are formed again, spoon out onto parchment paper on a cookie sheet and swirl with a spoon to get a meringue cookie effect.

Bake at 225 degrees Fahrenheit for 90 minutes and then turn off the oven and let dry while in the oven.

Frozen Yogurt

½ cup low-fat cottage cheese
1 tbsp flaxseeds
½ scoop vanilla or berry flavoured protein powder
¼ cup oats
¼ cup low-sugar frozen yogurt
¼ cup berries

Combine all the ingredients together in a bowl until gently mixed and then place in the fridge or freezer for about 30-60 minutes.

Chocolate Peanut Butter Pie

4 tbsp natural peanut butter
1 tbsp sugar free syrup
1 ½ cups rice crispy cereal
1 package sugar-free, fat free chocolate pudding powder
1 ½ cups skim milk

In a small bowl combine the peanut butter and the syrup. Microwave this mixture for about 20 seconds to soften and then stir in the cereal. Combine until well mixed and then press into a 9" pie plate that's been sprayed with non-stick cooking spray. Chill for approximately one hour.

Next, mix together the pudding and milk and then pour into pie crust and place in the oven for one more hour or until set. Serve with some low-fat whipped topping if desired.

Chocolate Fudge Balls

8 scoops chocolate protein powder
2/3 cup ground oats
1/3 cup whole oats
1/3 cup natural peanut butter
3 tbsp honey
¼- ½ cup water
1 tsp vanilla extract

Mix together the protein powder, ground oats, and regular oats until well combined. Next add in the peanut butter, honey, and water, adding only a small amount of water at a time until the mixture is sticky but not runny.

Form into small 1 inch balls and then roll on a plate filled with oats combined with a few tbsps of Splenda. Place on a cookie tray and freeze for about one hour, and then store in the fridge (or freezer if being stored for a longer period of time).

Pumpkin Pie

2 ½ cups finely chopped oats (use a food processor to chop regular oats)
2 egg whites
¾ cup Splenda
1/3 cup butter or lower calorie substitute

1 can pumpkin puree
1/3 cup Splenda
1 scoop vanilla whey protein powder
1 egg white
2 tsp pumpkin pie spice
1 tbsp cinnamon

Mix together the egg whites, finely chopped oats, Splenda, and butter in a large bowl and then press into a greased pie plan. Place in the oven at 425 degrees Fahrenheit for 10 minutes.

In another bowl mix together the pumpkin puree, Splenda, protein powder, egg white, and spices and then pour into the baked pie crust. Place back in the oven for another 15 minutes and once those are up, reduce the temperature to 350 degrees and cook for another 20-25 minutes.

Garnish with some low-calorie whipped topping.

Bread Pudding

4 egg whites
1 cup skim milk
1 tsp cinnamon
1 tsp vanilla
1 tbsp Splenda or Stevia
4 slices Ezekiel bread

Combine the egg whites, skim milk, cinnamon, and vanilla in a bowl, beating until well mixed. Start tearing the bread apart and then place in a sprayed loaf pan forming the bottom layer. Pour the egg white mixture over the bread and allow to soak for at least two hours in the fridge.

Once soaked, place in the oven for about one hour at 350 degrees Fahrenheit until the top is browned. Serve with some low-fat, sugar-free vanilla yogurt if desired.

Healthy Smoothies

Orange Creamsicle Smoothie

1 cup sugar-free, fat-free vanilla yogurt
½ cup cottage cheese
1 cup orange juice
1 scoop vanilla protein powder
½ cup skim milk
5-6 ice cubes (or enough to get desired consistency)

Place all ingredients in a blender and then blend until smooth.

Berry Smoothie

2 cups frozen strawberries
½ scoop vanilla protein powder
½ scoop berry flavoured protein powder

1 cup skim milk
½ cup fruit flavoured yogurt

Place all ingredients in a blender and blend until smooth.

Peanut Butter-Choco Smoothie

1 tbsp natural peanut butter
1 scoop chocolate whey protein powder
1 cup skim milk
5-6 ice cubes

Place all ingredients in a blender and blend until smooth.

Iced Coffee Protein Smoothie

1 cup pre-made coffee (chilled)
1 scoop vanilla protein powder
2-3 tbsp Splenda or some other Sweetener
3-4 ice cubes
½ cup skim milk

Place all ingredients in a blender and blend until smooth.

PB Banana Smoothie

2 frozen bananas
1 scoop banana protein powder
2 tbsp natural peanut butter
1 cup skim milk
3-4 ice cubes

Place all ingredients in a blender and blend until smooth.

Pina Colada Smoothie

1 scoop banana flavoured protein powder
1 frozen banana
2 tbsp dried coconut

1 cup skim milk
½ cup sugar-free, fat-free vanilla yogurt
3-4 ice cubes

Place all ingredients in a blender and blend until smooth.

Double Chocolate-Fudge Smoothie

1 scoop chocolate protein powder
2 tbsp fat-free, sugar-free chocolate pudding powder mix
1 cup skim milk
3-4 ice cubes
1 tbsp flax seeds

Place all ingredients in a blender and blend until smooth.

Peanut Butter-Banana Smoothie

2 frozen bananas
1 tbsp natural peanut butter
1 scoop vanilla protein powder
½ cup skim milk
½ cup fat-free, sugar-free yogurt
1 tbsp flaxseeds
3-4 ice cubes.

Place all ingredients in a blender and blend until smooth.