

MOMMY TRAINER

SIX WEEK

FIT MOMMY CHALLENGE

MEAL PLAN





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OVERVIEW

Welcome to the nutrition portion of your Six Week Fit Mommy Challenge! I've created these meals with both taste and nutrition in mind, because it's no fun trying to be healthy if you don't enjoy what you're eating, right?

You're going to love these meal plans! They've each been handpicked and specially designed to provide variety to your diet and to allow you to customize your meals each day. That's right, you get to choose what you eat! Select a different breakfast, lunch, dinner, snack, and post-workout meal each day, or stick with your faves-it's up to you!

I've also included a printable meal planning template so that you can conveniently plan and record your weekly meals!

Each day will include breakfast, lunch, dinner, a post-workout meal, and two snacks, for a total of six



daily meals that you can mix and match according to your preferences. The macros and calories for each of the breakfasts, lunches, and dinners are pretty similar to each other, making it easy for you to totally customize your plan from day to day. I know that you have a lot going on, which is why I designed this program to be as user friendly as possible!

To make things even easier for you, I've also included a grocery list template that you'll want to download or print off and carry with you on your next shopping visit. After you've finished planning your meals for the week, create a checklist of all the ingredients you're going to need to make everything. You can cross anything off the list that you already have on hand, and then head to the grocery store to pick up the things you don't!

*On rest days mix up one scoop IdealRaw Organic Protein with your liquid of choice, and forego the carb treat that usually goes with it.

**The reported macros are for a single serving. Unless otherwise stated, each recipe makes 1 single serving.



EXAMPLE MEAL PLAN

	M, W, F	T, TH, SAT	SUN
Wake	20-32 oz Lemon Water	20-32 oz Lemon Water	20-32 oz Lemon Water
Breakfast	Chunky Monkey Oatmeal	Egg Veggie Scramble on Hash	You Pick
Snack 1	Jerky & Chocolate	Fruit 'n Veggies with Dip	You Pick
Lunch	Teriyaki Chicken Bowl	Tortilla Pizza	You Pick
Snack 2	Greek Yogurt Chocolate Chip Cookie Dough	Cottage Cheese Topped Rice Cake	You Pick
Dinner	Lean Tacos	Wrapped Burger	You Pick
Post Workout	Protein Shake with Ice Cream Sandwich Only	Chocolate Banana Shake	IdealRaw Organic Protein



BREAKFAST OPTIONS



Egg Muffin Bakes & Fancy Toast

Egg Muffin Bakes

Macros:

(Fat: 12g, Carbs: 26g, Protein: 22g)

2 Egg Muffin Bakes (see recipe below)

1/2 c strawberries

2 tbsp. powdered peanut butter (mixed with water for peanut butter consistency)

1 slice whole wheat toast

Egg Muffin Bakes *makes 12 muffins*

9 eggs

3 oz of lean chicken sausage, chopped

1/2 c chopped broccoli

1/2 c chopped peppers

1/2 c chopped zucchini

1/2 c shredded brussels sprouts

Spinach, to taste (if adding spinach, wait until most the veggies are cooked and soft then add green leafy for the last few mins to cook)

Any other veggies you want to add – onions, garlic, asparagus, etc.

Chop veggies and sausage and place in nonstick pan or pan sprayed with cooking spray. Sauté for 10-15 minutes on medium high heat. Beat nine eggs in a bowl and add any sea salt or spices you'd like. Evenly distribute into muffin cups. Spoon about 1/4 c of veggie chicken mixture into muffin cups and then a little under 1/4 c egg mixture into each muffin cup. Bake at 350 for 20 mins.

Fancy Toast

Macros:

(Fat: 2g, Carbs: 22g, Protein: 10g)

Toast bread, spread with powdered peanut butter and top with strawberries

Family Style:

Make a few batches of the Egg Muffin Bakes with the additions your family likes and keep in the fridge or freezer for a quick morning breakfast!



Chunky Monkey Oatmeal

Macros:

(Fat: 9g, Carbs: 24g, Protein: 24g)

1/4 c oats

1/2 c water

1 scoop IdealRaw Organic Protein

1 tbsp. powdered peanut butter

Cook oats with water in the microwave on high for 1 1/2-2 minutes, stirring halfway through. When the oats are cooked, stir in protein powder, and 1/2 tbsp. peanut butter powder.

Mix the rest of the peanut butter powder in a little water and drizzle on top. If you like it sweeter, you can use any non-caloric sweetener.

Family Style:

Prepare a big batch of oatmeal to keep in the fridge to warm and top as your family likes!



Egg Veggie Scramble on Hash

Macros:

(Fat: 10g, Carbs: 35g, Protein: 20g)

2 whole eggs + 1 egg white
3 oz sweet potato, shredded
1/2 c chopped zucchini
1/4 c diced peppers
1 c strawberries

Add zucchini and peppers to nonstick pan or pan sprayed with cooking spray. Sauté for 5-10 minutes.

Beat whole eggs and egg white in a small bowl and add to sautéed veggies, stirring until eggs are set.

In a separate pan, cook shredded sweet potato for five minutes until cooked through. Flip over and cook another five minutes.

Top potatoes with egg/veggie mixture. Enjoy with strawberries on the side!

Family Style:

Double or triple the batch for everyone!



Protein Waffles

Macros:

(Fat: 9g, Carbs: 32g, Protein: 21g)

1/4 c high protein pancake mix
1 whole egg
1/4 c water
1/2 scoop IdealRaw Organic Protein, any flavor
1 c berries OR half a banana
zero-calorie maple syrup, optional

Mix high protein pancake mix, egg, water, and protein until smooth, and cook in a waffle iron. Top with banana slices or fruit glaze (mashed fruit) and zero-calorie maple syrup.

Family Style: Double or triple this batch to freeze. Waffles are awesome straight out of the toaster. Let everyone top them how they like.

French Toast

Macros:

(Fat: 11g, Carbs: 35g, Protein: 24g)

2 slices whole wheat bread
2 eggs + 1 egg white
1/4 tsp. cinnamon
2-3 tbsp. almond milk
1/4 c fruit
zero-calorie syrup, optional

In bowl, beat eggs and egg white, cinnamon, and milk. Dip bread on both sides and cook in nonstick pan or pan sprayed with cooking spray on medium high heat. Top with fruit and optional zero-calorie syrup.

Family Style: Double or triple this recipe too! These taste great warmed in the microwave or in the toaster.



Cheese Egg Breakfast Sandwich

Macros:

(Fat: 12g, Carbs: 26g, Protein: 28g)

1 English muffin
2 oz egg whites
1 slice Canadian ham
1 thin slice cheddar cheese

Cook the egg however you'd like and brown both sides of ham. Top the toasted muffin with cheese, eggs, and ham. Enjoy!

Strawberry Shortcake Protein Pancakes

Macros:

(Fat: 11g, Carbs: 24g, Protein: 15g)

1/2 serving high protein pancake mix (2 Pancakes)
2 large strawberries
1 tbsp. almond butter
2 tbsp. whipped cream

Make the pancakes according to the instructions on the box. Top with almond butter, strawberries, and whipped cream.



LUNCH OPTIONS



Chicken Salad Stuffed Pepper

Macros:

(Fat: 10g, Carbs: 28g, Protein 18g)

4 oz canned chicken, drained

2 oz of guacamole or avocado, smashed

1/2 sweet red pepper, hollowed out

1/2 c fruit

1/2 medium sweet potato (see preparation ideas below)

Chicken Salad Stuffed Pepper

Mix chicken and guacamole or avocado together. Stuff mixture into half of pepper and top with seasoning of choice. Add cherry tomatoes if you like.

Sweet potato

Sweet potato can be prepared as a mash or made into chips by slicing thin, sprayed lightly with cooking spray, sprinkled with salt, and cooking them in oven at 375 for 15-25 mins, flipping halfway through.

Enjoy with fruit on the side!

Family Style:

Make a big batch of the chicken salad and members of your family can eat it in peppers, on bread or with crackers!



Tuna Cake with Fruit

Macros:

(Fat: 7g, Carbs: 31g, Protein: 22g)

2 oz canned tuna in water, drained

2 oz egg whites

1 slice whole wheat bread, broken up into small pieces

1/2 tbsp. butter or ghee (or other healthy fat like IdealRaw Coconut Oil, or olive oil mayo)

2 c salad greens + 2 oz carrots

1 c berries or fresh fruit of choice

Mix together tuna, egg whites, and bread pieces. Mold mixture into 1-2 tuna cakes.

Heat small amount of IdealRaw Coconut Oil or ghee in pan on medium heat and cook tuna cakes until browned on each side.

Serve tuna cakes on top of mixed greens and carrots. Enjoy with fruit!

Family Style:

Melt a little cheese on top of the cakes and everyone in the family will love these.



Teriyaki Chicken Bowl

Macros:

(Fat: 7g, Carbs: 30g, Protein: 25g)

2 1/2 oz raw chicken
1-1 1/2 c mixed veggies
1/2 tbsp. IdealRaw Coconut Oil
1/2 c cooked quinoa
1 tbsp. teriyaki sauce
1 c salad greens

Slice chicken into 1/4 inch strips and cook in nonstick pan on medium-high heat. Sauté veggies in coconut oil in another pan or steam veggies and save coconut oil to use as a dressing. Mix everything together in a bowl.

Family Style:

If you have quinoa haters in your family, cook some brown rice as an alternative option.



Tortilla Pizza

Macros:

(Fat: 11g, Carbs: 32g, Protein: 20g)

1 whole wheat tortilla (20g of carbs or less)
1/4 c tomato sauce
1.5 oz of lean chicken sausage, sliced thin
1 oz low-fat cheese, grated
1/2 c strawberries

Cover a cookie sheet with foil and place tortilla on top. Spread tomato sauce over tortilla, top with sausage slices and sprinkle with cheese. Cook in oven at 400 for 15- 25 mins. Let cool and eat like pizza OR roll it up like a burrito.

Family Style:

It's pizza! How can you go wrong?!

Chicken Wrap

Macros:

(Fat: 8g, Carbs: 33g, Protein: 23g)

1 whole wheat tortilla (20g of carbs or less)
1 tbsp. cream cheese
3 oz cooked chicken
tomatoes
lettuce
1 c fruit of choice

Spread cream cheese on tortilla and place remaining ingredients (except fruit) in wrap. Enjoy with fruit on side!

Family Style:

These are great cut into “pinwheels” for kids’ lunches. Be sure to make extra!



Tilapia Veggie Pita

Macros:

(Fat: 8g, Carbs: 35g, Protein: 22g)

3 oz tilapia (or any white fish)

1 whole wheat pita bread (56 g)

1 oz avocado, mashed or sliced

any other vegetable of choice (tomatoes, lettuce, olives, etc.)

1/2 c sliced cucumbers

Sauté or bake tilapia and place inside pita with other ingredients.

Family Style:

Warm your pitas and have a variety of things to fill it with. If members of your family don't like fish, you can use turkey slices or grilled chicken!



Turkey Bacon Ranch Wrap

Macros:

(Fat: 15g, Carbs: 26g, Protein: 25g)

1 low carb tortilla

1 tbsp. yogurt-based ranch dressing (15 calories worth)

2 oz thinly sliced turkey

2 slices cooked turkey bacon

1 slice thin American cheese

Romaine lettuce

2 tomato slices

Lay tortilla out on a clean flat surface. Spread 2 tbsp. of ranch dressing onto each tortilla. Top dressing with sliced turkey.

Top turkey with 2 slices bacon and one slice cheese. Add a little lettuce and tomato. Fold ends of tortilla up over fillings, then fold up burrito-style.

Slice in half and serve. Enjoy!



Ground Chicken, Sweet Potato, Black Bean Skillet (4 servings)

Macros:

(Fat: 11g, Carbs: 19g, Protein: 22g)

16 oz uncooked ground chicken

12 oz sweet potato

112g canned black beans

1/2 tbsp. olive oil

1/2 tbsp. chili powder

1/2 tbsp. cumin

optional: green onion, sriracha

Peel the sweet potato and cube into 1-inch pieces for quick cooking in the skillet. Set aside the amount you'll use.

Weigh the amount of black beans you want to include in the recipe. This can vary based on your macros. Beans are a great source of fiber so you'll want to include some, but if you're cutting also keep in mind how many grams of carbs you're adding with the beans. I personally like having more carbs from the sweet potato, so I used about 3/4 of a serving of black beans which is less than half a cup.

Heat a skillet over medium heat and add olive oil to prevent the chicken from sticking to the pan. Add the chicken to the skillet, along with cumin and chili powder, and cook thoroughly until brown (internal temperature of 165 degrees).

Next, add in about a half a cup of water and the sweet potato cubes. Cover and let the water come to a slow boil. Remove the cover, stir the chicken and sweet potato mixture, and lower the heat.

Continuing cooking, occasionally checking the sweet potato. When the sweet potato is nearly done, stir in the black beans and continue to cook until the water has cooked off.



Pita Pocket Chicken Sandwich

Macros:

(Fat: 13g, Carbs: 22g, Protein: 24g)

1 low-carb wheat pita pocket (60 calories)

2 oz. shredded chicken

1/4 c Greek yogurt

1 tbsp. slivered almonds

1 oz avocado

1/4 c diced green apple

1 tsp. paprika

Dash of salt and pepper

In a bowl mix all ingredients except pita pocket. Fill the pita with mixture and enjoy!



DINNER OPTIONS



Zachos

Macros:

(Fat: 10g, Carbs: 26g, Protein: 16g)

1/2 medium zucchini
1/2 medium yellow squash
1/2 c extra lean ground beef or turkey
diced onion, optional
1/2 c tomato sauce
diced tomatoes
jalapeno, optional
1 oz of guacamole or avocado
1/4 c black beans
optional chili powder and hot sauce

To make the zucchini/squash chips, spiralize or thinly slice zucchini and yellow squash, spray with a little cooking spray, and season with sea salt and pepper.

Bake in oven on a foil-lined pan in a single layer at 425 for 10-15 mins, turning once halfway through. This will give you a nice, crisp chip!

Brown ground meat in a pan with or without onions and season with chili powder and/or hot sauce. Once meat is cooked, drain juice, add tomato sauce and simmer.

Place zucchini chips on a plate, top with meat, diced tomatoes, jalapenos, beans, and guacamole.

Family Style:

Serve toppings on tortilla chips or even wrap in tortillas for those who want them!



Cauliflower Fried Rice

Macros:

(Fat: 11g, Carbs: 30g, Protein: 26g)

1 c cauliflower rice
1/4 c diced carrots
1/4 c peas
1/4 c broccoli, chopped fine
1 egg
1 oz diced ham
1 strip bacon
1/4 c water chestnuts
coconut aminos to taste

Sauté veggies, except cauliflower rice, in nonstick pan or pan sprayed with cooking spray on medium high heat until softened, about 5-10 minutes.

While veggies are cooking, scramble up egg in another pan, remove from pan and crisp bacon in the same pan. Let cool enough to break into pieces.

Add ham to veggies and cook an additional 5 minutes. In a nonstick pan, cook cauliflower rice on medium high heat for 5-10 mins then add all ingredients. Stir in coconut aminos.

Optional replacement for coconut aminos is soy sauce.

Family Style:

My family loves eating this recipe as is, but if your family doesn't like cauliflower rice you can cook up regular white or brown rice and use the same ingredients.



Wrapped Burger

Macros:

(Fat: 10g, Carbs: 24g, Protein: 15g)

1/2 turkey burger (75g)

lettuce

tomato slices

1 medium sweet potato (for fries/chips, as the burger “bun,” or as a mashed side)

1 thin slice cheese

side salad

Options for eating burger: Wrap in lettuce to make a burger, add to side salad, or roast 2 1/4-1/2 inch slices of sweet potato and use them as your “bun.”

To make sweet potato chips or fries, slice thinly or slice into fries, layer on parchment paper on pan in even layer, spray with cooking spray, sea salt and pepper to taste. Bake at 375 for 20-35 minutes or longer if making fries, flipping halfway through.

Family Style:

Have buns on hand to make traditional burgers. And everyone will love the sweet potato fries – just don’t forget the ketchup!



Lean Tacos

Macros:

(Fat: 7g, Carbs: 31g, Protein: 22g)

2 oz cooked extra lean ground beef or turkey
1/4 c beans
1/4 c salsa
1/4 medium avocado
2 c greens
1 medium peach

Wrap the meat and toppings in lettuce for a taco or eat like a taco salad. Eat the peach on the side.

Family Style:

Warm corn tortillas or serve with tortilla chips!

Pork Burritos

Macros:

(Fat: 7g, Carbs: 33g, Protein: 22g)

2 1/2 oz cooked pork sirloin
1/4 c salsa
1 whole wheat tortilla (20g of carbs or less)
leafy greens
1/4 c black beans

Place all ingredients into tortilla and wrap into burrito.

Family Style:

Add some cheese and it's a winner for everyone!



Caprese Chicken with Asparagus and Basmati Rice (chicken is for 4 servings)

Macros:
(Fat: 13g, Carbs: 30g, Protein: 25g)

1 lb boneless skinless chicken breasts
1 tbsp. olive oil
salt and pepper to taste
1 tsp. dry Italian seasoning (or equal parts of garlic powder dried oregano and dried basil)
4 thick slices of ripe tomato
4 1-oz slices of fresh mozzarella cheese
2 tsp. balsamic glaze or balsamic reduction
2 tbsp. thinly sliced basil
16 spears asparagus
2 c cooked basmati rice

Heat a grill or grill pan over medium high heat. Drizzle 1 tbsp. olive oil over chicken breasts and season to taste with salt and pepper. Sprinkle Italian seasoning over the chicken.

Place the chicken on the grill and cook for 3-5 minutes per side, or until done. Cook time will vary depending on the thickness of your chicken breasts.

When chicken is done top with a slice of mozzarella cheese and cook for 1 more minute.

Remove from heat and place chicken breasts on a plate. Top each breast with 1 slice of tomato, thinly sliced basil and salt and pepper to taste.

Drizzle with balsamic glaze and serve with 4 prepared spears of asparagus and 1/2 c of cooked basmati rice.



Fresh Mex Chicken Tacos

(6 servings)

Macros:

(Fat: 11g, Carbs 17g, Protein: 26g)

1 1/2 lbs boneless, skinless chicken breasts
1 c zesty Italian dressing
2 tsp. minced garlic
1/2 tbsp. chili powder
1/2 tbsp. ground cumin
3 tbsp. ranch dressing mix
1/2 c water

Spray inside of crockpot with cooking spray. Add chicken to crockpot.

In a small bowl combine Italian dressing, minced garlic, chili powder, cumin, ranch dressing and water. Pour over chicken and cook on HIGH for 3-4 hours.

Remove chicken from crockpot and shred. Add chicken back to juices in crockpot and serve with salad/burritos/tacos. ENJOY!

Place chicken on top of 2 corn tortillas with 1 tbsp. each of salsa and plain non-fat Greek yogurt.



One Pan Italian Sausage and Veggies

Macros:

(Fat: 14g, Carbs: 26g, Protein: 19g)

2 large carrots (~2 c)
2 red potatoes (~2 c)
1 small-medium zucchini (~2 1/3 c)
2 red peppers (~2 c)
1 head broccoli (~1 1/2 c)
16 oz Italian turkey or chicken sausage

1/2 tbsp. EACH: dried basil, dried oregano, dried parsley, garlic powder
1/2 tsp. EACH: onion powder, dried thyme
1/8 tsp. red pepper flakes (optional)
1/3 c parmesan cheese (freshly grated, optional)
4 1/2 tbsp. olive oil
Optional: fresh parsley, salt and pepper

Preheat the oven to 400 degrees. Line a large sheet pan with parchment paper or foil (easy clean-up) and set aside.

Prep the veggies:

It is important to prep the veggies according to directions to ensure they all cook at the same time.

Peel and very thinly slice the carrots. Wash and (if desired peel, we love the peel on) chop the red potatoes. You want the pieces quite small here (I halve the potatoes and then cut each half into 10-12 pieces). Halve the zucchini and then cut thick coins of zucchini. Coarsely chop the broccoli. Remove the stems and seeds from the peppers and chop into medium-sized pieces.

Chop the sausage into thick coins.

Pour all the veggies and sausage on the sheet pan.

In a small bowl combine all of the seasonings and salt and pepper if desired (I use about 1/8 teaspoon pepper and 1/2 teaspoon salt) with the olive oil. Stir to combine. Pour the seasoning & oil mixture on top of the veggies and sausage and thoroughly toss to coat.

Place in the heated oven for 15 minutes. Remove and toss around the veggies and sausage and return to the oven for another 10-20 minutes or until veggies are crisp tender.

Remove and top, if desired, with freshly grated Parmesan cheese and fresh parsley.



SNACK OPTIONS



Jerky & Chocolate

Macros:

(Fat: 7g, Carbs: 20g, Protein: 27g)

2 oz turkey jerky

1/4 (12g) 85% dark chocolate bar

1/2 c strawberries

Cottage Cheese Topped Rice Cake

Macros:

(Fat: 9g, Carbs: 20g, Protein: 26g)

1/2 c low-fat cottage cheese

1 brown rice cake

1/4 c cherry tomatoes

6 almonds

Eat separately or top rice cake with cottage cheese, tomatoes, crushed almonds, and salt and pepper.

Family Style:

Cottage cheese and rice cakes are easy to keep on hand for a quick snack for everyone.



Apple Nachos

Macros:

(Fat: 10g, Carbs: 27g, Protein: 21g)

2 oz apples, sliced super thin
2 tbsp. powdered peanut butter
1/2 scoop Vanilla IdealRaw Organic Protein
1 1/2- 2 tbsp. water
1 tbsp. chocolate chips

Layer apples on plate. Mix peanut butter powder and protein together and add water. 2 tbsp will make it thin enough, but you can add a little more water for desired drizzle consistency.

Spread or drizzle on top of apples and top with chocolate chips.

Family Style:

This snack screams “after school snack!” Be sure to have extras to offer to your littles or you might not get to eat much of your own :)

Protein Bar

Macros:

(Fat: 8g, Carbs: 20g, Protein: 20g)

Any protein bar that has around 20g protein, 20g carbs, and 0-8g fat. A great option is any flavor of IdealLean Protein Bars!



Fruit 'n Veggies with Dip

Macros:

(Fat: 8g, Carbs: 24g, Protein: 15g)

1 c popped popcorn

1/2 medium apple

celery

2 tbsp. powdered peanut butter

1/2 c IdealRaw Organic Protein, any flavor

5g walnuts

Mix peanut butter powder and protein together with water to desired consistency for dip.

Family Style:

Kids love to dip, and that's a fact. Even kids who don't like veggies will often eat them if they can dip them!



Turkey with Veggies & Hummus

Macros:

(Fat: 11g, Carbs: 20g, Protein: 14g)

Raw veggies, any you like
1/2 c carrots, sliced
3 baby bell peppers, sliced
4 tbsp. hummus dip
6 deli turkey slices

Homemade Hummus Dip:

1 can garbanzo beans, drained
1 garlic clove, minced
1 large lemon, juiced (about 1/4 c)
1/4 c tahini
2-3 tbsp. water
2 tbsp. extra virgin olive oil
sea salt to taste
cumin and paprika to taste, optional

Add beans, garlic, half of the lemon juice, tahini, water, olive oil, and sea salt to food processor and process until smooth.

If hummus is too thick, pulse in more water, a tablespoon at a time, until the desired consistency is reached. Taste, adding more salt and lemon juice as needed.

Family Style:

The homemade recipe makes a bunch! Keep chopped veggies at little ones' arms reach so they can grab a healthy snack when they start turning into hangry monsters ;)



Chocolate Chip PB Greek Yogurt

Macros:

(Fat: 9g, Carbs: 31g, Protein: 17g)

1 c plain nonfat Greek yogurt
1 tbsp. peanut butter
2 tbsp. IdealRaw Organic Protein, any flavor
18g chocolate chips
stevia and vanilla extract to taste, optional

Mix all ingredients together in a bowl. Enjoy!

Family Style:

When you mix this up for you, make extras for your littles.

Snack Pack Mix

Macros:

(Fat: 10g, Carbs: 19g, Protein: 24g)

1 low-fat string cheese
2 small dark chocolate squares (80 calories worth)
1 peach
4 deli turkey slices

Add ingredients to a plate or platter, kick up your feet and enjoy!

Family Style:

Kids love variety – filling a plate with a variety of nutritious proteins, carbs, and fats will fill them up and keep them happy!



Yogurt Goodness

Macros:

(Fat: 7g, Carbs: 20g, Protein: 21g)

1/2 scoop IdealRaw Organic Protein, any flavor

1/2 c plain nonfat Greek yogurt

1/4 c berries

12 almonds

Mix yogurt and protein together and top with berries and almonds or mix everything together. Toasting the almonds makes it extra yummy!

Family Style:

Yogurt is always a great snack for everyone in the family – these can be prepared in advance and ready to grab and go!



Chocolate Dipped Peanut Butter Banana Bites

Macros:

(Fat: 12g, Carbs: 30g, Fat: 15g)

1/2 banana, sliced into an even amount and frozen

2 tbsp. powdered peanut butter

1/2 scoop IdealRaw Organic Protein, any flavor
water, as needed

1 tbsp. chocolate chips

1/4 tbsp. IdealRaw Coconut Oil

Mix peanut butter powder and protein powder with enough water to make like consistency of peanut butter. On half of the banana slices, spread the protein mixture. Top with another banana slice to make a sandwich.

Melt chocolate chips and coconut oil together and dip bananas into melted chocolate. Refrigerate or freeze and enjoy!

Family Style:

These can be make in bulk and kept in the fridge for a sweet treat any time!

Rice Crackers and Cottage Cheese

Macros:

(Fat:8g, Carbs: 26g, Protein: 26g)

1 serving (16 crackers) of Rice Crackers

1/2 c of cottage cheese



Caramel Peanut Butter Rice Cakes

Macros:

(Fat: 8g, Carbs: 28g, Protein: 15g)

2 caramel rice cakes

1 tbsp. peanut butter

2 slices of turkey, on the side



POST WORKOUT OPTIONS



On rest days mix up one scoop IdealRaw Organic Protein with your liquid of choice, and forego the carb treat that usually goes with it.

Protein Shake and Rice Cake

Macros:

(Fat: 6g, Carbs: 26g, Protein: 17g)

1 scoop IdealRaw Organic Protein mixed in 8-16 oz water or 8 oz unsweetened almond milk + 2 caramel rice cakes

Protein Shake with Ice Cream Sandwich

Macros:

(Fat: 8g, Carbs: 29g, Protein: 18g)

1 scoop IdealRaw Organic Protein mixed in 8-16 oz water or 8 oz unsweetened almond milk + 1 low-calorie ice cream sandwich



Green Banana Protein Smoothie

Macros:

(Fat: 11g, Carbs: 21g, Protein: 19g)

1 scoop IdealRaw Organic Protein (any flavor)

2 c unsweetened vanilla almond milk

1/2 frozen medium banana

1 c spinach, blended into a smoothie.

Chocolate Banana Protein Shake

Macros:

(Fat: 9g, Carbs: 33g, Protein: 17g)

1 scoop IdealRaw Organic Protein (any flavor)

1 tbsp. cocoa powder

1/4 medium banana

8 oz chocolate almond milk, blended until smooth.

Carrot Cake Protein Smoothie

Macros:

(Fat: 8g, Carbs: 24g, Protein: 16g)

1/2 - 1/4 medium banana, peeled, frozen

1/2 c diced carrots, peeled

1 scoop Vanilla IdealRaw Organic Protein

1/2 c unsweetened almond milk

1/2 - 1 tbsp. sugar-free cheesecake pudding powder

1/2 tsp. ground cinnamon

1/4 tsp. ground ginger

1/4 tsp. ground nutmeg

liquid stevia to taste

Ice, desired amount

Blend all ingredients and enjoy!