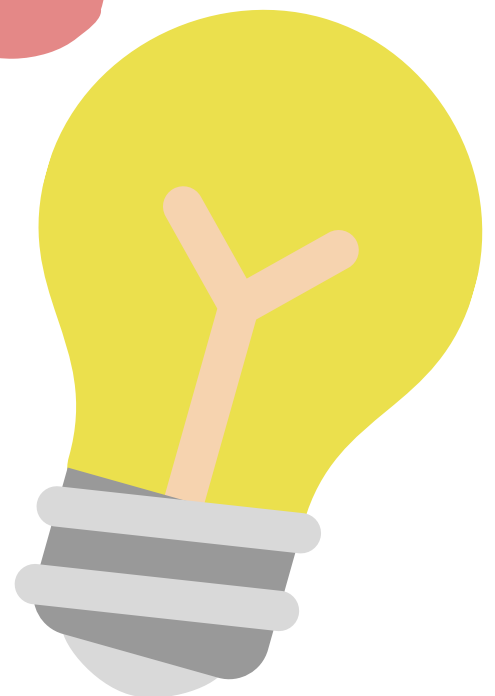
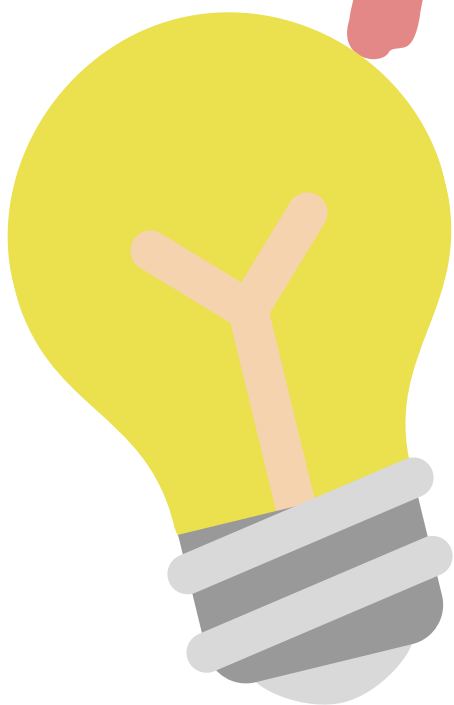


Easy-to- modify meal ideas



OATS NOTES

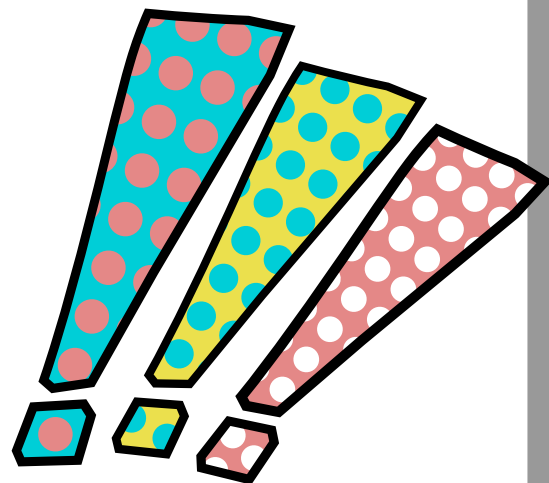
You can make any oats option overnight, on the stovetop, or in the microwave.

Some brands of oats may have slightly more protein & fiber than others so check labels.

Use a base of 1/2 cup oats & 1 scoop protein powder OR 1/2 cup egg whites and experiment with your own flavor combos.

Use toppings/mix-ins to tweak macros for your needs.

Either use the recipes that follow as-is for easy logging or create your own recipe and save it as something like "Liz's Peach Protein Oats"



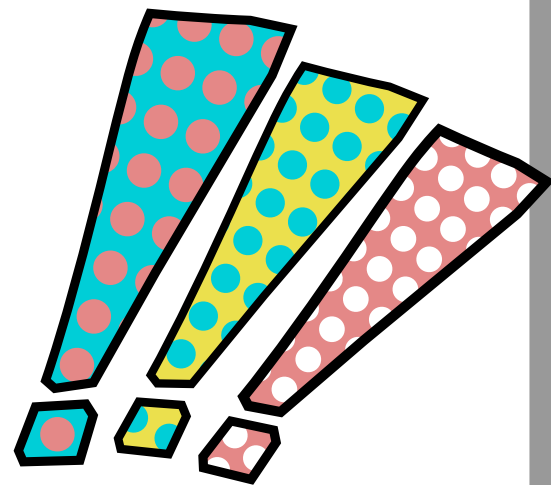
HASH NOTES

"Hash" is kinda a catch-all term for cooking a bunch of things together & calling it a meal.

They're a great reminder that you don't need to eat traditional breakfast foods at breakfast.
The world is your oyster.

Start with a base of 4-6 ounces of lean protein, a bunch of veggies, and add a starch and/or healthy fat as suits your needs.

Either use the Database recipes as-is for easy logging or create your own recipe and save it as something like "Jessica's Breakfast Hash"

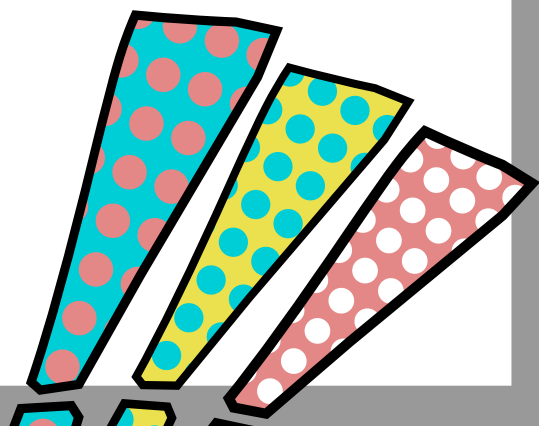


EGG DISH NOTES

Eggs are SO versatile. You can take the same ingredients but have them in a different format (omelet vs scramble vs frittata vs bake vs muffins vs quiche) and feel like you're having a totally different meal.

Use a base of 2 whole eggs + 1/2 cup egg whites for ~25g of protein and/or consider adding a second protein source (breakfast meat, salmon, shrimp) and experiment with your own combos.

Either use the Database recipes as-is for easy logging or create your own recipe and save it as something like "Stacy's Spinach Egg Bake"



YOGURT NOTES

Greek & some Icelandic yogurts are highest in protein. Fat content can affect calories substantially so make sure you're reading labels. Kite Hill is a high protein non-dairy alternative.

Consider adding a little bit of protein powder to your yogurt to increase protein without a lot more volume.

Use toppings/mix-ins to tweak macros for your needs.

This is probably easiest to log as separate ingredients but you can use our recipe as is or create your own if you know you'll have it the same way every time.



SMOOTHIE NOTES

You can prep your frozen & dry ingredients in advance so all you have to do in the morning is dump in the blender.

Use a base of 1/2 cup fruit & 1 scoop protein powder OR 1/2 cup Greek yogurt and experiment with your own flavor combos.

Use nuts, seeds, coconut, avocado to increase fat content.

Use cauliflower, spinach, zucchini to increase veggie/fiber content.

Either use the Database recipes as-is for easy logging or create your own recipe and save it as something like "Sam's PB&J Smoothie"



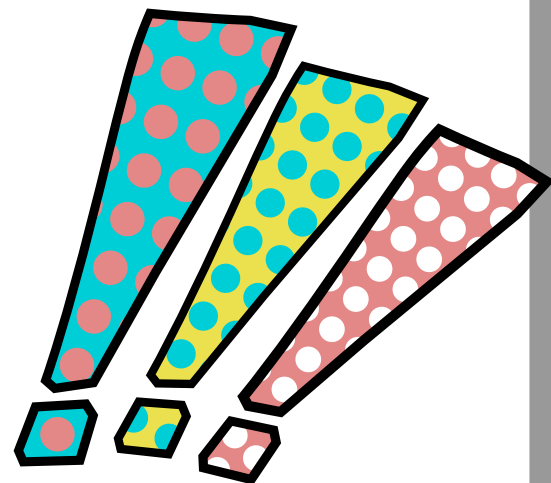
SALAD NOTES

Like hashes, salads are another really versatile way to combine a bunch of veggies & a protein and have yourself a meal.

Start with a base of greens, 4-6 ounces of lean protein, add whatever veggies you like, supplement with higher fat and carb options like nuts, seeds, oils, fruit, squash, potatoes.

You can wash & chop a bunch of different options at the beginning of the week, store separately for freshness, and portion out throughout the the week.

Either use the Database recipes as-is for easy logging or create your own recipe and save it as something like "Wendy's Cobb Salad"



WRAP & SANDWICH NOTES

There are a few brands of high-fiber wraps that are pretty macro friendly:

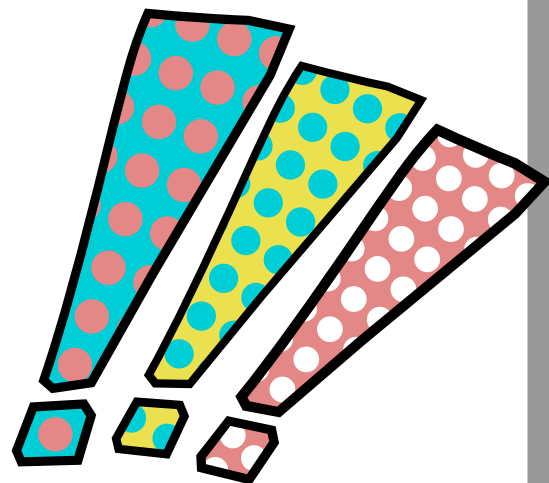
Mission Carb Balance

Tumaro's

Xtreme Wellness

Experiment with different bread options to find one you like that works for your calorie needs - they can vary from ~40 calories/slice to >100.

These are probably easiest to log as separate ingredients but you can use our recipes as is or create your own if you know you'll have it the same way every time.

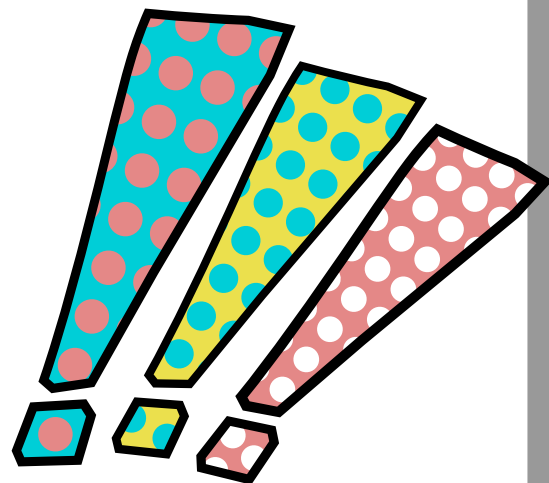


BENTO BOX NOTES

Think Starbucks Bistro Boxes but much cheaper and better aligned with your goals.

Combine small amounts of a couple foods from each macronutrient category and make yourself an Adult Lunchable. Use the Macro Cheat Sheets to help you with ideas and quantities.

These are probably easiest to log as separate ingredients but you can use our recipes as is or create your own if you know you'll have it the same way every time.



MIX & MATCH NOTES

One of the simplest ways to make lunch is to pair 4-6 ounces of protein with veggies & a starchy carb and/or fat.

The recipes that follow are for 1 serving but we recommend batch cooking a few options once or twice per week, combine in different ways, & having enough to last a few days.

These are probably easiest to log as separate ingredients but you can use our Database recipes as is or create your own if you know you'll have it the same way every time.



MISC NOTES

Meals don't have to look a certain way and while you can keep things very simple (which we recommend in the beginning), you can also get creative and make incredibly tasty meals that fit your targets.

You have access to an entire database of recipes in your Member Dashboard whenever you want to branch out and try some new meals.

Go to www.estheravant.com/recipes to check them out and make sure to watch the walk-thru video to help you make the most of it!

