



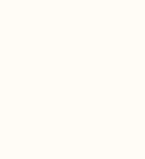
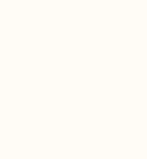
# the good food

A RECIPE BOOK

by [itsimplefitness.com](https://itsimplefitness.com)

# Recipe Quick Access

Click on any recipe thumbnail to go to the recipe page



SAMPLE

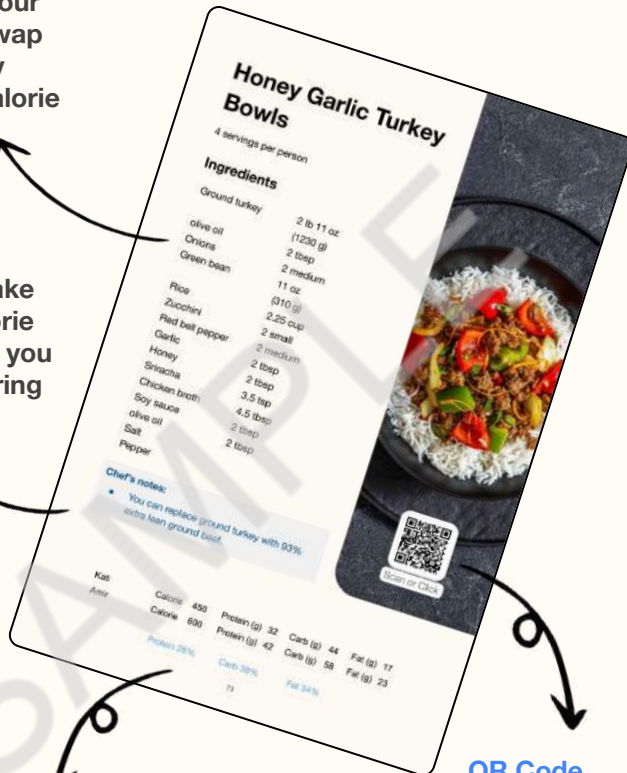
**Before you cook!**

# Recipe Book Guide

If there are veggies in the recipe that are not your favorites, you can swap them without greatly affecting the total calorie

## Chef's Note

Any changes that is recommended to make the recipe more calorie friendly or any notes you need to consider during cooking.



## QR Code

Scan or click QR code to see the Youtube video of the recipe

## Recipe Calorie & Macro Distribution

You can see calories per serving for each person and how total calorie is distributed, in percentage, between protein, carbs and fat for each recipe

# Blueberry Lemon Protein Pancakes

2 servings per person

## Ingredients

Egg	4 large
Egg white	6 large
Banana	2 medium
Rolled oat	1.75 cup
Whey protein	2 scoop
Baking powder	3.5 tsp
Lemon zest	2 lemon
Blueberries	1 cup
Nonfat greek yogurt	1 cup

### Chef's notes:

- Use oil spray for cooking the pancakes.
- We added greek yogurt for extra protein and fluffiness.



John	Calorie	500	Protein (g)	41	Carb (g)	71	Fat (g)	8
Jane	Calorie	300	Protein (g)	24	Carb (g)	43	Fat (g)	5

Protein 31%      Carb 55%      Fat 14%



# Mediterranean omelette

3 servings per person

## Ingredients

Onion	1.5 small
Red bell pepper	1.5 medium
Mushroom	9 medium
Scallions	1.5 medium
Oil	1.5 tbsp
Egg	9 large
Egg white	6 large
Feta cheese	0.75 cup
Parmesan cheese	2.25 cup
Salt	
Pepper	

### Chef's notes:

- We replaced some of the whole egg with white egg to make recipe more macro friendly.



John	Calorie	500	Protein (g)	35	Carb (g)	16	Fat (g)	32
Jane	Calorie	300	Protein (g)	21	Carb (g)	10	Fat (g)	19

Protein 28%      Carb 13%      Fat 59%

# Baked Oatmeal No.1

## Strawberries & Cream

4 servings per person

### Ingredients

Oatmeal	5 cup
Cream cheese	7 oz (190 g)
Whey powder	3.5 scoop
Baking powder	1.5 tsp
Strawberries	6.75 cup
Egg white	17 tbsp
Sugar alternative	3.5 tsp
Maple syrup	3.5 tbsp
Butter	1.5 tbsp
2% milk	3.25 cup
Sugar alternative	3.5 tbsp

### Chef's notes:

- We recommend monk fruit or stevia as natural zero sugar sweeteners. If sugar is all you have, go ahead; the amount in this recipe is not much to affect your total calorie big time.
- You can replace milk with non dairy options.



John	Calorie	500	Protein (g)	34	Carb (g)	78	Fat (g)	8
Jane	Calorie	300	Protein (g)	21	Carb (g)	47	Fat (g)	5

Protein 26%      Carb 59%      Fat 14%

# Chicken Broccoli Stir-Fry

4 servings per person

## Ingredients

Chicken breasts	3 lb 4 oz (1460 g)
olive oil	4.5 tbsp
Broccoli	2 lb 2 oz (975 g)
Onions	2 small
Mushrooms	1 lb 1 oz (485 g)
Rice	2.25 cup
Black pepper	
<b>Sauce:</b>	
Soy sauce	6.5 tbsp
Chicken broth	1.5 cup
Brown sugar	4.5 tbsp
Sesame oil	2 tbsp
Ginger	2 tsp
Garlic	4.5 cloves
Cornstarch	2 tbsp



John	Calorie	700	Protein (g)	61	Carb (g)	70	Fat (g)	20
Jane	Calorie	500	Protein (g)	43	Carb (g)	50	Fat (g)	14

Protein 35%      Carb 40%      Fat 25%



# Peanut Curry Chicken

4 servings per person

## Ingredients

Chicken thigh	2 lb 11 oz (1210 g)
Coriander	2 tsp
Cumin	2 tsp
Turmeric	1 tsp
Paprika	1 tsp
Cayenne pepper	0.5 tsp
Oil	2 tbsp
Onion	1 large
Ginger	1 tbsp
Garlic	6.5 cloves
Ketchup	0.5 cup
Peanut butter	0.75 cup
Brown sugar	1 tbsp
Chicken broth	3.75 cup
Zucchini	2 medium
Red bell pepper	1 medium
Green poblano pepper	1 medium
Peanut	0.5 cup
Rice	1.5 cup
Salt	
Pepper	



Scan or Click

### Chef's notes:

- We used unsweetened natural peanut butter.

John	Calorie	700	Protein (g)	51	Carb (g)	52	Fat (g)	34
Jane	Calorie	500	Protein (g)	36	Carb (g)	37	Fat (g)	24

Protein 29%      Carb 29%      Fat 42%

# Lemon Garlic Chicken & Herbed Pasta

4 servings per person

## Ingredients

Chicken breast	2 lb 9 oz (1165 g)
Pasta, dry	1 lb 1 oz (495 g)
Lemon juice	6.5 tbsp
Olive oil	0.75 cup
Garlic	5 cloves
Dijon mustard	1.5 tbsp
Italian seasoning	5 tsp
Garlic powder	1.5 tsp
Cayenne pepper	0.5 tsp
Basil	16 leaf
Parsely	0.5 cup
Spinach	0.75 cup
Salt	
Pepper	



John	Calorie	700	Protein (g)	49	Carb (g)	57	Fat (g)	32
Jane	Calorie	500	Protein (g)	35	Carb (g)	41	Fat (g)	23

Protein 28%      Carb 32%      Fat 40%

# Shepherd's Pie

4 servings per person

## Ingredients

Ground lamb	2 lb 6 oz (1080 g)
Onion	1 large
Garlic	4 cloves
Olive oil	3.5 tbsp
Wheat flour	5 tbsp
Rosemary	1 tsp
Thyme	1 tsp
Tomato paste	1 tbsp
Beef broth	2.5 cup
Carrots	4 medium
Green pea	1.75 cup
Potato	5 large
Butter	1 tbsp
2% milk	0.5 cup
Cheddar cheese	0.25 cup
Egg yolk	1 large
Salt	
Pepper	



Scan or Click

John	Calorie	700	Protein (g)	44	Carb (g)	61	Fat (g)	32
Jane	Calorie	500	Protein (g)	31	Carb (g)	44	Fat (g)	23

Protein 25%

Carb 35%

Fat 41%

# Beef Bourguignon

4 servings per person

## Ingredients

Stewing beef	3 lb 0 oz (1365 g)
Bacon	6 oz (170 g)
Olive oil	1 tbsp
Carrot	1 Large
Onion	1 Large
Garlic	6 cloves
Wheat flour	2 tbsp
Pearl onion (Optional)	12
Red wine	1 cup
Beef broth	4 cup
Tomato paste	2 tbsp
Thyme	1 tsp
Parsely	2 tbsp
Bay leave	2 leaves
Mushroom	1 lb 0 oz (455 g)
Butter	2 tbsp
Mashed potato	6 cup
Salt	
Pepper	



John	Calorie	700	Protein (g)	57	Carb (g)	55	Fat (g)	25
Jane	Calorie	500	Protein (g)	41	Carb (g)	39	Fat (g)	18

Protein 34%      Carb 33%      Fat 33%



# Crunchwrap Supreme

1 serving per person

## Ingredients

Ground beef	6 oz (170 g)
Cumin	0.5 tbsp
Cayenne	0.25 tbsp
Smoked paprika	0.25 tbsp
Garlic powder	0.25 tbsp
Onion powder	0.25 tbsp
Tortilla	2 (6")
Tortilla	2 (12")
Beef broth	0.5 tbsp
Tomato paste	0.5 tbsp
Shredded lettuce	0.5 cup
Sour cream	1.5 tbsp
Lime juice	0.25 tbsp
Hot sauce	0.5 tbsp
Monterey cheese	0.5 cup
Cherry tomato	
Pickled onion	
Salt	
Pepper	

### Chef's notes:

- We used 90% lean beef.



John	Calorie	750	Protein (g)	44	Carb (g)	82	Fat (g)	28
Jane	Calorie	375	Protein (g)	22	Carb (g)	41	Fat (g)	14

Protein 23%

Carb 43%

Fat 33%

# Quinoa Tabbouleh Salad

2 servings per person

## Ingredients

Quinoa	3.75 cup
Green onion	1 cup
Mint	7.5 tbsp
Parsley	1 cup
Cucumber (chopped)	2 cup
Canned chickpeas	2 cup
Garlic	4 clove
Lemon juice	7.5 tbsp
Olive oil	5.5 tbsp
Tomato	2 large
Feta cheese	11.5 tbsp
Salt	
Pepper	



Scan or Click

John	Calorie	700	Protein (g)	23	Carb (g)	76	Fat (g)	36
Jane	Calorie	500	Protein (g)	16	Carb (g)	54	Fat (g)	26

Protein 13%      Carb 42%      Fat 45%

# Chicken Mango Avocado Salad

2 servings per person

## Ingredients

Chicken breast	1 lb 10 oz (725 g)
Olive oil	1.5 tsp
Garlic powder	1 tsp
Lettuce	9.5 cup
Cherry tomato	0.5 cup
Cucumber	1 medium
Mango	1 medium
Avocado	1 fruit
Onion	0.5 small
Cilantro	0.25 cup
Sliced almond	0.25 cup
Olive oil	0.5 cup
Apple cider vinegar	2.5 tbsp
Dijon mustard	1.5 tsp
Honey	1.5 tsp
Garlic	1 clove
Salt	
Pepper	



John	Calorie	700	Protein (g)	53	Carb (g)	21	Fat (g)	46
Jane	Calorie	500	Protein (g)	38	Carb (g)	15	Fat (g)	33

Protein 30%      Carb 12%      Fat 58%

# Microwave Flourless Protein Brownie

1 servings per person

## Ingredients

Greek yogurt	8 oz (240 g)
Cocoa	6.5 tbsp
Baking powder	3 tsp
Whey protein	3 scoop
Stevia	6.5 tsp
Water	6.5 tbsp

### Chef's notes:

- Use your favorite flavor of the greek yogurt.
- This recipe would work best if you use chocolate whey but any whey protein flavor would work.
- If your whey is sweet enough, you can skip the stevia.



Scan or Click

John	Calorie	400	Protein (g)	60	Carb (g)	38	Fat (g)	4
Jane	Calorie	300	Protein (g)	45	Carb (g)	29	Fat (g)	3

Protein 56%      Carb 36%      Fat 8%



# Shakes

The protein powder that we used for calculating calories has 27g of protein and 110 calorie.

## Green Goddess

Calorie: 389  
Protein: 33g

1 cup unsweetened coconut milk from carton  
¼ avocado  
½ banana  
1 cup spinach  
1 cup kale  
1 medjool date  
1 scoop whey  
Ice (optional)

## Skinny Peanut Butter Cup

Calorie: 309  
Protein: 36g

1 cup unsweetened almond milk  
2 tbsp peanut powder  
1 tbsp cocoa  
1 banana  
1 scoop whey  
Ice (optional)

## Skinny Mocha

Calorie: 291  
Protein: 31g

½ cup oat milk  
1 cup cold brew coffee  
1 tbsp cocoa  
1 banana  
1 scoop whey  
Ice (optional)

## Almond Raspberry

Calorie: 374  
Protein: 33g

1 cup unsweetened almond milk  
1 cup raspberry  
1 medjool date  
1 tbsp almond butter  
1 scoop whey  
Ice (optional)

## Pumpkin Pie

Calorie: 347  
Protein: 37g

1 cup unsweetened almond milk  
1 cup pumpkin puree  
2 tsp honey  
2 tbsp oat  
¼ cup 2% greek yogurt  
1 scoop whey  
Ice (optional)

## Orange Carrot

Calorie: 274  
Protein: 31g

1/2 cup water  
1 orange  
1 carrot grated  
2 tbsp fresh ginger  
1 tbsp lemon juice  
1 tbsp ground flaxseed  
¼ tsp turmeric  
1 scoop whey  
Ice (optional)

