



CRUSH YOUR CRAVINGS

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PROTEIN	CARBS	FAT
6 Grams	8 Grams	12 Grams

Protein Cookie Dough PB Cups

12
SERVINGS

Ingredients: Filling

- 62g Vanilla Protein
- 28g Almond Flour
- 60g Unsweetened Applesauce (can sub pumpkin)
- 1 tbsp. Mini Chocolate Chips

Ingredients: Coating

- 200g Cup Chocolate Almond Butter or Peanut Butter (can sub regular)
- 45g Melted Coconut Oil

Notes:

- Peanut butter – Feel free to use any kind of nut butter here, I thought the chocolate hazelnut was delicious but anything would be good here!
- Almond flour – I haven't tested this with any other flour but you could likely use coconut, just decrease to 1 Tbsp.
- Protein - I use PEScience protein and have not tested this recipe with anything else. I would not substitute with a whey protein, but any isolate blend should work.

Instructions

1. Line a muffin tin with nonstick cupcake liners.
2. In a small bowl, mix together protein, coconut flour, applesauce, almond extract. Fold in mini chocolate chips.
3. In a separate bowl, mix together peanut butter and melted coconut oil.
4. Using a tablespoon, pour a spoonful of melted peanut butter into each cupcake liner.
5. Place in freezer to harden for at least 20 minutes.
6. Remove from freezer and place a small spoonful of cookie dough in each cup.
7. Using the tablespoon, add the top layer (you may need to use the back of your tablespoon to push the cookie dough down so it's flat).
8. Place back in freezer and allow to harden. You'll need to keep these stored in the freezer due to the coconut oil. I suggest taking one out and letting it sit a minute or so for the perfect consistency.

MACROS PER SERVING

PROTEIN	CARBS	FAT
29 Grams	18 Grams	3 Grams

Frozen Hot Coco Shake



1
SERVING

Ingredients:

- 150g Unsweetened Cashew/Almond Milk
- 140g Ice
- 32g Vanilla Protein
- 1 Pack Reduced Calorie Swiss Miss Hot Chocolate
- 50g Frozen Riced Cauliflower
- 15g Light Hershey Syrup
- 1/4 tsp. Xanthan Gum

Instructions

1. In a high powered blender, combine all ingredients in listed order.
2. Blend on low-medium until ingredients are combined and ice is no longer crunching.
3. Blend on high for 20-30 seconds or until consistency is smooth.
4. Empty contents into cup and add any additional toppings if macros allow (I like to top with marshmallows and whip cream).

Notes:

- Protein – I like to use vanilla protein for a light chocolate taste (almost like a frosty) but if you like a stronger chocolate taste, you can use a chocolate protein.
- Cauliflower – I know, I know, this is weird. BUT just trust me, it gives it a nice creamy consistency and adds extra veggies!
- Xanthan Gum – This is an optional ingredient, but it adds a nice thickness to shakes can be found in any grocery store in the baking aisle.

MACROS PER SERVING

PROTEIN	CARBS	FAT
17 Grams	41 Grams	6 Grams

Peanut Butter Toasted Coconut Ice Cream

2
SERVINGS

Ingredients:

- 2 Bananas (250g) Frozen & Cut Into Chunks
- 30g Pb Fit or Any Powdered Peanut Butter
- 15g Shredded Unsweetened Coconut
- 1 Scoop (31g) PEScience Vanilla Protein
- 1/4 Cup Unsweetened Almond/Cashew Milk

Notes:

- Bananas – It's best to cut these into chunks, transfer to a large plastic bag and freeze. You could even pre-measure several and store them separately.
- Pb Fit – Any brand of powdered peanut or almond butter will work here, if you have a hard time hitting your fats, you may want to substitute for real nut butter.
- Shredded Coconut – If you don't like coconut, simply omit! Some other yummy toppings would be silvered almonds, light Hershey's syrup, or granola.

Instructions

1. Preheat oven to 400° degrees Fahrenheit and once ready, place shredded coconut on baking sheet and bake for 5-6 minutes or until brown and toasted.
2. Combine Pb Fit and protein with almond/cashew milk. Mix into thick paste, add additional liquid if needed but should be THICK.
3. Add to high powered food processor/blender with bananas. Blend until smooth (if you're using a blender you'll likely to scrape the sides down). Blend for about 45 seconds – 1 minute.
4. Pour into a bowl and top with shredded coconut. If you're only eating 1 serving, weigh the entire batch and divide by 2. Reserve the remaining serving in a freezer tight container and once ready to eat, allow thawing out for 1-2 minutes.

MACROS PER SERVING

PROTEIN	CARBS	FAT
3 Grams	5 Grams	8 Grams

Coco Rice Krispie Cups

18
SERVINGS

Ingredients:

- 200g Peanut Butter
- 45g Melted Coconut Oil
- 62g Coco Rice Krispies

Notes: N/A

Instructions

1. In a large bowl, combine melted coconut oil and peanut butter. Stir until smooth and consistency has thinned.
2. Stir in coco rice krispies.
3. Line in a mini muffin pan with mini baking cup liners and using a tablespoon, scoop mixture into each individual liner. You should get about 18, and may need to make 2 batches if you only have 1 – 12 cup pan.
4. Transfer to freeze and allow to harden. Store in freezer until consumption.

MACROS PER SERVING

PROTEIN	CARBS	FAT
16 Grams	38 Grams	9 Grams

Almond Joy Toasty

1
SERVING

Ingredients:

- 1 English Muffin
- 50g Light & Fit Vanilla Greek Yogurt
- 7g Light Chocolate Syrup
- 10g PEScience Chocolate Cupcake Protein
- 7g Chocolate Chips
- 15g Unsweetened Shredded Coconut

Instructions

1. In a small bowl, mix together Greek yogurt and chocolate protein.
2. Toast English muffin and spread yogurt onto toast.
3. Sprinkle on chocolate chips and coconut then drizzle on chocolate.

Notes:

- English Muffin – I used Thomas Whole Wheat English Muffin but you can use any kind. If you want to make this a lower carb option, you could even use rice cakes.
- Greek yogurt and protein – I used vanilla and chocolate but you can use any flavor Greek yogurt and protein.
- Coconut – If you don't like coconut or you want to cut down on the fats, you can omit it.

MACROS PER SERVING

PROTEIN	CARBS	FAT
10 Grams	17 Grams	3 Grams

Everything Bagel Chips

1
SERVING

Ingredients:

- 1 Joseph's Lavash Wrap
- 10g Everything But The Bagel Seasoning

** Recipe for large batch of seasoning if you cannot find in store:*

- 2 tablespoons poppy seeds
- 1 tablespoon white sesame seeds
- 1 tablespoon black sesame seeds
- 1 tablespoon dried minced garlic
- 1 tablespoon dried minced onion
- 2 teaspoons coarse salt or flaked salt

Instructions

1. Preheat oven to 400° Fahrenheit.
2. Using a pizza cutter, fold lavash in half and cut into triangles of desired size (the smaller the more to eat!).
3. Spread chips on a foil lined baking sheet and spray both sides with cooking oil. Sprinkle with 10g of Everything But The Bagel seasoning.
4. Cook for 10 minutes or until the chips are brown and toasted. Remove and allow to cool for 2-3 minutes. Eat plain or serve alongside hummus/ your favorite dip.

Notes:

- Lavash Wrap – Joseph's Lavash Wrap and Pitas are found at Walmart and several big-name grocery stores, and you can even order them off Amazon! They're really the star of this recipe because of their macro content.

MACROS PER SERVING (~ 4.5 Cups)

PROTEIN	CARBS	FAT
8 Grams	18 Grams	13 Grams

Chipotle Parmesan Popcorn

3
SERVINGS

Ingredients:

- 1 Package Skinny Pop Popcorn
- 1 Tsp. Chipotle Powder
- 50g Parmesan Cheese
- 2 Tsp. Butter or Coconut Oil

Notes:

- Popcorn – Can use any variety of popcorn here, although Skinny Pop is widely available and very macro-friendly.
- Butter/Coconut Oil – You can omit this if you want to cut down on fats, a good alternative would be to spray with I Can't Believe It's Not Butter.
- Spice It Up – If you like things extra spicy, add a dash of cayenne powder.

Instructions

1. Pop popcorn according to package directions and then transfer to large bowl.
2. Melt butter/coconut oil and pour over tossing lightly with hands to coat.
3. In a small bowl, mix together chipotle powder and parmesan cheese.
4. Sprinkle over popcorn and toss lightly with fingertips to coat.

** For complete accuracy, weigh out entire batch and divide by 3 for serving size.*

PROTEIN	CARBS	FAT
30 Grams	9 Grams	6 Grams

Buffalo Chicken Sticks

1
SERVING

Ingredients:

- 1 Serving (3.5 Oz.) Creamy Buffalo Chicken*
- 3 Stalks – Celery
- 2 Tbsp. Bolthouse Farms Ranch

Ingredients: Creamy Buffalo Chicken

- 2 lbs. Chicken Breast
- 1/2 Cup Frank's Red Hot Buffalo Sauce + 1/4 Cup
- 2 Oz. Light Cream Cheese
- 3 Oz. Plain Non-Fat Greek Yogurt
- 100g (1 small) Yellow Onion, Quartered
- 3 Garlic Cloves, Pressed
- 1/2 Cup Chicken Broth (or water or if you like extra spicy, you could add an additional 1/2 cup Frank's)

Notes:

- Creamy Buffalo Chicken: Recipe above. I make a batch of this and use it throughout the week, it's also called for in another KTC recipe, so make a big batch and you'll be sure to use it up!
- Bolthouse Dressing – Any light ranch dressing can be substituted here. The avocado ranch is also delicious! They're sold at Walmart and/or Target.

Instructions:

1. Wash celery stalks and cut in 1/2.
2. Spoon buffalo chicken onto celery and spread apart evenly.
3. Drizzle ranch dressing over celery sticks or reserve on side and dip sticks in.

Instructions: Creamy Buffalo Chicken (Instapot)

1. In instapot, combine chicken, Frank's, onion, garlic and water or chicken broth.
2. Set IP to pressure cook for 20 minutes. Manually release, remove chicken and shred in a stand mixer or with 2 forks until finely shredded.
3. Add additional Frank's (1/4 cup), cream cheese and Greek yogurt, mix well until combined.

Instructions: Creamy Buffalo Chicken (Slow Cooker)

1. Combine chicken, Frank's, onion, garlic and water or chicken broth.
2. Cook on low for 6-8 hours or high for 4 hours.
3. Move chicken and shred with stand mixer or 2 forks.
4. Add additional Frank's (1/4 cup), cream cheese and Greek yogurt, mix well until combined.

PROTEIN	CARBS	FAT
34 Grams	12 Grams	5 Grams

Buffalo Chicken Taquitos

2
SERVINGS

Ingredients:

- 1 Joseph's Lavash Wrap
- 7 Oz. Creamy Buffalo Chicken*
- 1/4 Cup Fresh Pico De Gallo
- 1/4 Cup Shredded Light Mozzarella Cheese
- 2 Tbsp. Bolthouse Ranch Dressing

Instructions

1. Preheat oven to 400° Fahrenheit.
2. Cut lavash wrap into fourths spread about 1.75 oz of creamy buffalo chicken onto each portion.
3. Sprinkle 7g of cheese onto each and roll up long ways.
4. Place on a foil lined baking sheet and bake for 6-7 minutes each side, flipping halfway through.
5. Remove and top with Pico De Gallo and Bolthouse Ranch dressing.

Notes:

- Joseph's Lavash – I highly suggest using these wraps for this recipe, they're available at Walmart and on Amazon.
- Pico De Gallo – I usually just get store bought, found in the produce department of most grocery stores.
- Bolthouse Dressing – You can sub any light ranch dressing here but again, the macros on this brand is great. This brand is widely available, found in most Walmart, Target, and grocery stores.

MACROS PER SERVING

PROTEIN	CARBS	FAT
18 Grams	31 Grams	11 Grams

Jumbo Pizza Bites

1
SERVING

Ingredients:

- 1 English Muffin
- 31g Pizza Sauce
- 30g Part Skim Ricotta Cheese
- 6 Slices Turkey Pepperoni
- 28g Reduced Fat Mozzarella Cheese

Instructions

1. Preheat oven to 400° Fahrenheit.
2. Toast English muffin for 3-4 minutes or until slightly crisp, remove and keep heat in oven.
3. In a small bowl, mix together ricotta and pizza sauce. Spread mixture on toasted English muffin.
4. Top with pepperonis and cheese, return to oven and bake for 5 minutes.

Notes:

- Pizza Sauce – Most are very similar, check a few labels and select the one with the least amount of sugar/ carbs.
- Turkey Pepperoni – You can find this either in the deli department or near the remade pizza crusts and sauces.