




MODERN *slc*
INJECTIONS & AESTHETICS

Healthy habits

COOK
BOOK



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Common side effects + solutions

Nausea:

- Eat smaller portion sizes more frequently throughout the day
- Try not to eat within 3 hours of bedtime
- Limit difficult to digest foods such as fatty, processed, or high sugar foods

Constipation:

- Up your water intake
- Add fiber to your diet
- Stool softener such as Miralax

Common side effects + solutions

Diarrhea:

- Over the counter Immodium

Weight Plateau:

*Weight Plateaus are normal and to be expected through your journey

- Up your calorie intake if you feel you are eating lower calories
- Try switching up workout routine

Common side effects + solutions

Acid Reflux:

- Eat smaller amounts of food
- Lessen caffeine intake if possible
- Minimal alcohol, chocolate, spicy food, and greasy food
- Try to avoid eating after 6pm



Breakfast

PROTEIN OATS

INGREDIENTS

- 1/2 CUP OLD FASHIONED ROLLED OATS
- 1 CUP WATER
- 1/2 BANANA, SLICED (OPTIONAL)*
- PINCH OF SEA SALT
- 1/2 TEASPOON CINNAMON + 1/2 TEASPOON VANILLA, OPTIONAL
- 1 SCOOP PROTEIN POWDER
- YOUR FAVORITE TOPPINGS



INSTRUCTION

- ADD OATS, BANANA SLICES AND SEA SALT TO A POT. ADD WATER AND STIR TO COMBINE. ADD CINNAMON AND VANILLA, IF USING. HEAT OVER MEDIUM-HIGH HEAT FOR 8-10 MINUTES OR UNTIL ALL THE LIQUID HAS BEEN ABSORBED. BE SURE TO STIR THE OATS SEVERAL TIMES WHILE COOKING TO MAKE SURE THE BANANA SLICES MELT INTO THE OATS. YOU'LL KNOW THE OATMEAL IS DONE WHEN ALL THE LIQUID IS ABSORBED AND THE OATS ARE THICK AND FLUFFY.
- REMOVE OATS FROM THE HEAT AND STIR IN PROTEIN POWDER. IF THE CONSISTENCY OF THE OATS GETS TOO THICK, ADD IN A LITTLE MORE WATER OR MILK. TRANSFER OATS TO A BOWL AND TOP WITH YOUR FAVORITE OATMEAL TOPPINGS.

NUTRITION FACTS

325 CALORIES
5G FAT
26G PROTEIN
49G CARBS

TOTAL TIME

10 MINUTES

SPINACH, PEANUT BUTTER & BANANA SMOOTHIE

INGREDIENTS

- 1 CUP PLAIN KEFIR
- 1 TABLESPOON PEANUT BUTTER
- 1 CUP SPINACH
- 1 FROZEN BANANA
- 1 TABLESPOON HONEY (OPTIONAL)

INSTRUCTION

1. ADD KEFIR, PEANUT BUTTER, SPINACH, BANANA AND HONEY (IF USING) TO A BLENDER. BLEND UNTIL SMOOTH.



NUTRITION FACTS

324 CALORIES

TOTAL TIME

11G FAT

10 MINUTES

16G PROTEIN

45G CARBS

PROTEIN PANCAKES

INGREDIENTS

- 2 LARGE EGGS
- 1 TABLESPOON VANILLA EXTRACT
- 1 TEASPOON STEVIA GLYCERITE (EQUALS 1/3 CUP SUGAR)
- 1/2 CUP PLAIN GREEK YOGURT (NOT REGULAR YOGURT)
- 2 SCOOPS WHEY PROTEIN POWDER UNSWEETENED , NOT PACKED (ABOUT 40 GRAMS)
- 1 TEASPOON BAKING POWDER GLUTEN-FREE IF NEEDED
- COOKING SPRAY FOR THE GRIDDLE

INSTRUCTION

- IN A MEDIUM BOWL, WHISK TOGETHER THE EGGS, VANILLA, STEVIA, AND YOGURT.
- ADD THE PROTEIN POWDER, AND WHISK THOROUGHLY UNTIL COMPLETELY SMOOTH AND BLENDED. USE A RUBBER SPATULA TO SCRAPE THE SIDES OF THE BOWL IF NEEDED.
- WHISK IN THE BAKING POWDER. THEN LET THE BATTER REST WHILE YOU HEAT THE GRIDDLE. IT SLIGHTLY THICKENS AS IT RESTS.
- HEAT A NONSTICK GRIDDLE OR A LARGE 14-INCH NONSTICK SKILLET OVER MEDIUM HEAT (NOT HIGHER). SPRAY WITH OIL.
- USING A 1.5-TABLESPOON COOKIE SCOOP, POUR MOUNDS OF THE BATTER INTO THE GRIDDLE. A DOUBLE-BURNER GRIDDLE WILL LIKELY ACCOMMODATE 8 PANCAKES, WHILE A SKILLET WILL HOLD 3 OR 4.
- COOK THE PANCAKES UNTIL THEY BUBBLE ON TOP, ONE MINUTE OR LESS. IT HAPPENS FAST! FLIP AND COOK THEM FOR JUST A FEW MORE (10-20) SECONDS ON THE SECOND SIDE. IT'S IMPORTANT NOT TO OVERCOOK THEM, OR THEY WILL TURN OUT DRY AND RUBBERY.
- TRANSFER THE COOKED PANCAKES TO A PLATE, COVER THEM WITH FOIL TO KEEP THEM WARM, AND COOK THE REMAINING PANCAKES. SERVE IMMEDIATELY.



NUTRITION FACTS

285 CALORIES
32G PROTEIN

TOTAL TIME

20 MINUTES

PEANUT BUTTER- BANANA ENGLISH MUFFIN

INGREDIENTS

- 1 WHOLE-WHEAT ENGLISH MUFFIN, TOASTED
- 1 TABLESPOON PEANUT BUTTER
- ½ BANANA, SLICED
- PINCH OF GROUND CINNAMON

INSTRUCTION

1. TOP ENGLISH MUFFIN WITH PEANUT BUTTER, BANANA AND CINNAMON.

NUTRITION FACTS

344 CALORIES

10G FAT

57G PROTEIN

11G CARBS

TOTAL TIME
5 MINUTES

SPINACH AND EGG ON TOAST & RASPBERRIES

INGREDIENTS

- 1 TEASPOON
CANOLA OIL
- 1 ½ CUPS BABY
SPINACH (1 ½
OUNCES)
- 2 LARGE EGGS,
LIGHTLY BEATEN
- PINCH OF KOSHER
SALT
- PINCH OF GROUND
PEPPER
- 1 SLICE WHOLE-
GRAIN BREAD,
TOASTED
- ½ CUP FRESH
RASPBERRIES

INSTRUCTIONS

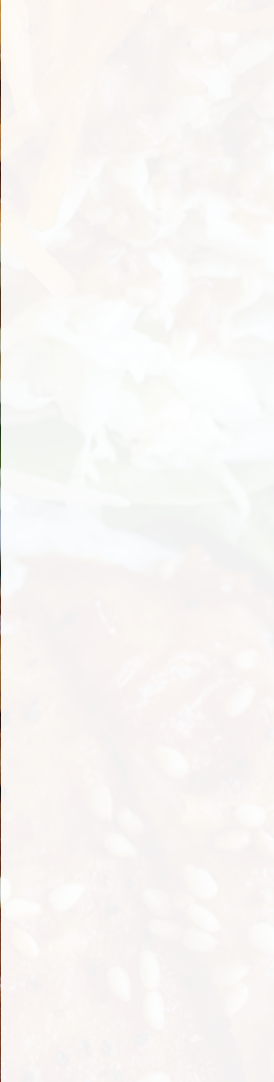
1. HEAT OIL IN A SMALL NONSTICK SKILLET OVER MEDIUM-HIGH HEAT. ADD SPINACH AND COOK UNTIL WILTED, STIRRING OFTEN, 1 TO 2 MINUTES. TRANSFER THE SPINACH TO A PLATE. WIPE THE PAN CLEAN, PLACE OVER MEDIUM HEAT AND ADD EGGS. COOK, STIRRING ONCE OR TWICE TO ENSURE EVEN COOKING, UNTIL JUST SET, 1 TO 2 MINUTES. STIR IN THE SPINACH, SALT AND PEPPER. SERVE THE SCRAMBLE WITH TOAST AND RASPBERRIES.

TOTAL TIME
10 MINUTES

NUTRITION FACTS

16G FAT
18G PROTEIN
21G CARBS
296 CALORIES





MASON JAR POWER SALAD WITH CHICKPEAS & TUNA



INGREDIENTS

- 3 CUPS BITE-SIZED PIECES CHOPPED KALE
- 2 TABLESPOONS HONEY-MUSTARD VINAIGRETTE
- 1 2.5-OUNCE POUCH TUNA IN WATER
- ½ CUP RINSED CANNED CHICKPEAS
- 1 CARROT, PEELED AND SHREDDED

INSTRUCTIONS

1. TOSS KALE AND DRESSING IN A BOWL, THEN TRANSFER TO A 1-QUART MASON JAR. TOP WITH TUNA, CHICKPEAS AND CARROT. SCREW LID ONTO THE JAR AND REFRIGERATE FOR UP TO 2 DAYS.

1. TO SERVE, EMPTY THE JAR CONTENTS INTO A BOWL AND TOSS TO COMBINE THE SALAD INGREDIENTS WITH THE DRESSED KALE.

NUTRITION FACTS

23G FAT
26G PROTEIN
30G CARBS
430 CALORIES

TOTAL TIME

5
MINUTES

CHICKPEA & ROASTED RED PEPPER LETTUCE WRAPS WITH TAHINI DRESSING

INGREDIENTS

- ¼ CUP TAHINI
- ¼ CUP EXTRA-VIRGIN OLIVE OIL
- 1 TEASPOON LEMON ZEST
- ¼ CUP LEMON JUICE (FROM 2 LEMONS)
- 1 ½ TEASPOONS PURE MAPLE SYRUP
- ¾ TEASPOON KOSHER SALT
- ½ TEASPOON PAPRIKA
- 2 (15 OUNCE) CANS NO-SALT-ADDED CHICKPEAS, RINSED
- ½ CUP SLICED JARRED ROASTED RED PEPPERS, DRAINED
- ½ CUP THINLY SLICED SHALLOTS
- 12 LARGE BIBB LETTUCE LEAVES
- ¼ CUP TOASTED ALMONDS, CHOPPED
- 2 TABLESPOONS CHOPPED FRESH PARSLEY

TOTAL TIME

10 MINUTES

NUTRITION FACTS

28G FAT

16G PROTEIN

44G CARBS

498 CALORIES

INSTRUCTIONS

1. WHISK TAHINI, OIL, LEMON ZEST, LEMON JUICE, MAPLE SYRUP, SALT AND PAPRIKA IN A LARGE BOWL. ADD CHICKPEAS, PEPPERS AND SHALLOTS. TOSS TO COAT.
2. DIVIDE THE MIXTURE AMONG LETTUCE LEAVES (ABOUT 1/3 CUP EACH). TOP WITH ALMONDS AND PARSLEY. WRAP THE LETTUCE LEAVES AROUND THE FILLING AND SERVE.



TURKEY-CRANBERRY WRAP



INSTRUCTION

SPREAD CREAM CHEESE OVER ONE SIDE OF FLATBREAD. TOP WITH ROMAINE, TURKEY AND CRANBERRY SAUCE. ROLL UP FLATBREAD TO ENCLOSE FILLING.

INGREDIENTS

- 2 ½ TABLESPOONS WHIPPED REDUCED-FAT CREAM CHEESE SPREAD
- 1 FLATOUT® LIGHT ORIGINAL FLATBREAD
- 1 CUP TORN ROMAINE LETTUCE
- 3 OUNCES SLICED COOKED TURKEY OR CHICKEN BREAST MEAT
- 2 TABLESPOONS REDUCED-SUGAR OR LIGHT CRANBERRY SAUCE

NUTRITION FACTS

7G FAT
36G PROTEIN
34G CARBS
270 CALORIES

TOTAL TIME
5
MINUTES

TEX-MEX SALAD

INGREDIENTS

- 4 CUPS ROMAINE LETTUCE
- 1/3 CUP BLACK BEANS, RINSED AND DRAINED
- 1/2 CUP CHOPPED TOMATOES
- 1/4 CUP CORN
- 1/4 CUP SLICED RED ONION
- 1/4 AVOCADO - PEELED, PITTED AND DICED
- 5 GREEN SWEET PEPPER STRIPS
- 5 RED SWEET PEPPER STRIPS
- 1/4 CUP SHREDDED PART-SKIM MOZZARELLA CHEESE
- 1/4 CUP PICO DE GALLO (FRESH SALSA)

NUTRITION FACTS

346 CALORIES

12G FAT

17G PROTEIN

43G CARBS

TOTAL TIME

10 MINUTES

INSTRUCTION

MIX LETTUCE, BLACK BEANS, TOMATOES, CORN, ONION, AVOCADO, GREEN PEPPERS, RED PEPPERS, AND CHEESE IN A MEDIUM BOWL. SPRINKLE PICO DE GALLO ON TOP.

BUFFALO CHICKEN GRAIN BOWL

INGREDIENTS

- $\frac{2}{3}$ cup cooked whole-wheat couscous (see associated recipe)
- 2 tablespoons honey-mustard vinaigrette, divided (see associated recipe)
- 1 roasted chicken thigh, sliced (see associated recipe)
- 2 stalks celery, chopped
- 1 carrot, peeled and cut into ribbons with a vegetable peeler
- 2 tablespoons crumbled blue cheese
- Hot sauce to taste



DIRECTIONS

1. Combine couscous and 1 tablespoon dressing a medium sealable container. Top with chicken, celery, carrot ribbons and blue cheese. Drizzle with the remaining 1 tablespoon dressing. Refrigerate for up to 5 days. Top with hot sauce just before serving.

TOTAL TIME
10 MINUTES

NUTRITION FACTS
576 CALORIES
32G FAT
32G PROTEIN
42G CARBS



Dinner



ITALIAN PENNE WITH TUNA



Ingredients

- 3 ounces dried multi-grain high-protein penne pasta
- 1 tablespoon olive oil
- $\frac{3}{4}$ cup thinly sliced leeks (white parts only)
- 2 cloves garlic, minced
- 4 cups fresh baby spinach
- 1 2.6-ounce pouch albacore tuna in water, broken into large chunks
- 3 tablespoons reduced-calorie Italian salad dressing
- 2 tablespoons dried tomatoes (not oil-packed), snipped
- Cracked black pepper

Directions

1. In a large saucepan cook pasta according to package directions; drain. Return to saucepan.
2. Meanwhile, in a 10-inch skillet heat oil over medium-low. Add leeks and garlic; cook 5 to 7 minutes or until tender, stirring occasionally. Turn off heat. Add spinach; stir until slightly wilted.
3. Stir spinach mixture into pasta. Stir in tuna, Italian dressing and dried tomatoes. If desired, sprinkle with cracked black pepper.

TOTAL TIME
20 MINUTES

305 CALORIES
11G FAT

16G PROTEIN
41G CARBS



BEEF & BLACK BEAN NACHO CASSEROLE

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 small onion, diced
- 8 ounces 90%-lean ground beef
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- 1 (14.5 ounce) can fire-roasted diced tomatoes
- 1 (28 ounce) can hominy, rinsed
- 1 (15 ounce) can no-salt-added black beans, rinsed
- 1 (4 ounce) can diced green chiles
- 2 cups corn tortilla chips, crushed into slightly smaller pieces
- 1 cup shredded sharp Cheddar cheese
- 4 cups chopped romaine lettuce
- ½ cup low-fat plain strained yogurt, such as Greek-style
- ¼ cup roughly chopped fresh cilantro
- 3 scallions, thinly sliced

DIRECTIONS

1. Preheat oven to 350°F. Lightly coat a 9-by-13-inch baking dish with cooking spray.
2. Heat oil in a large skillet over medium heat. Add onion; cook, stirring, until softened, about 5 minutes. Add beef; cook, stirring to crumble, until browned, about 5 minutes. Add chili powder, cumin and paprika; cook, stirring often, for 1 minute. Add tomatoes and their juices, hominy, beans and chiles; simmer, stirring occasionally, until the mixture has thickened slightly, about 5 minutes.
3. Pour the mixture into the prepared pan. Top with tortilla chips and cheese. Cover with foil and bake for 30 minutes. Uncover and bake until lightly browned and bubbling on the edges, about 10 more minutes.
4. Let stand for 10 minutes before serving. Serve with romaine, yogurt, cilantro and scallions.

TOTAL TIME
1 HR 20 MIN

295 CALORIES
12G FAT
28G PROTEIN
17G CARBS



LOADED BLACK BEAN NACHO SOUP

NUTRITION FACTS

350 CALORIES

17G FAT

10G PROTEIN

44G CARBS

TOTAL TIME

10 MINUTES

Ingredients

- 1 (18 ounce) carton low-sodium black bean soup
- ¼ teaspoon smoked paprika
- ½ teaspoon lime juice
- ½ cup halved grape tomatoes
- ½ cup shredded cabbage or slaw mix
- 2 tablespoons crumbled cotija cheese or other Mexican-style shredded cheese
- ½ medium avocado, diced
- 2 ounces baked tortilla chips

Instruction

1. Pour soup into a small saucepan and stir in paprika. Heat according to package directions. Stir in lime juice.
- 2.
3. Divide the soup between 2 bowls and top with tomatoes, cabbage (or slaw), cheese and avocado. Serve with tortilla chips.

LEMON CHICKEN PASTA

Instruction

1. Bring a saucepan of water to boil; cook pasta according to package directions. Drain and set aside.

2. Meanwhile, heat oil in a medium high-sided skillet over medium-high heat. Add chicken, salt and pepper; cook, stirring occasionally, until just cooked through, 5 to 7 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in wine, lemon zest and lemon juice; bring to a simmer.

3. Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide between 2 plates and top each serving with 1 tablespoon Parmesan.

Ingredients

- 4 ounces gluten-free penne pasta or whole-wheat penne pasta
- 1 tablespoon extra-virgin olive oil
- 8 ounces boneless, skinless chicken breast or thighs, trimmed and cut into bite-size pieces
- ¼ teaspoon salt
- ⅛ teaspoon ground pepper
- 2 cloves garlic, minced
- ¼ cup dry white wine
- Zest and juice of 1/2 lemon
- 5 cups chopped fresh spinach
- 2 tablespoons grated Parmesan cheese, divide

NUTRITION FACTS

413 CALORIES

13 G FAT

37G PROTEIN

48G CARBS

TOTAL TIME
25 MINUTES





SLOW-COOKER BRAISED BEEF WITH CARROTS & TURNIPS

TOTAL TIME
4 HOURS

CALORIES	PROTEIN	FATS	CARBS
318	35G	11G	13G

INGREDIENTS

- 1 tablespoon kosher salt
- 2 teaspoons ground cinnamon
- ½ teaspoon ground allspice
- ½ teaspoon ground pepper
- ¼ teaspoon ground cloves
- 3-3 1/2 pounds beef chuck roast, trimmed
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 3 cloves garlic, sliced
- 1 cup red wine
- 1 (28 ounce) can whole tomatoes, preferably San Marzano
- 5 medium carrots, cut into 1-inch pieces
- 2 medium turnips, peeled and cut into 1/2-inch pieces
- Chopped fresh basil for garnish
-

INSTRUCTIONS

1. Combine salt, cinnamon, allspice, pepper and cloves in a small bowl. Rub the mixture all over beef.
2. Heat oil in a large skillet over medium heat. Add the beef and cook until browned, 4 to 5 minutes per side. Transfer to a 5- to 6-quart slow cooker.
3. Add onion and garlic to the pan. Cook, stirring, for 2 minutes. Add wine and tomatoes (with their juice); bring to a boil, scraping up any browned bits and breaking up the tomatoes. Add the mixture to the slow cooker along with carrots and turnips.
4. Cover and cook on High for 4 hours or Low for 8 hours.
5. Remove the beef from the slow cooker and slice. Serve the beef with the sauce and vegetables, garnished with basil, if desired.

EASY WAYS TO HIT YOUR PROTEIN GOALS

10G. PROTEIN



9G. PROTEIN

15G. PROTEIN



30G. PROTEIN



9G. PROTEIN



10G. PROTEIN



REFERENCES

[HTTPS://WWW.EATINGWELL.COM/](https://www.eatingwell.com/)

[HTTPS://HEALTHYRECIPESBLOGS.COM/](https://healthyrecipesblogs.com/)