

# The Healthy Recipe Guide: Simple, Affordable Meals

 **Mindset Check:** You cannot out-train a bad diet. Weight loss is 80% nutrition and 20% exercise. The good news? Healthy eating does not require expensive, complex recipes that take three hours to cook.

Welcome to the Recipe Guide. This guide contains quick, delicious meals built on affordable whole foods that will fuel your body and promote fat loss without making you feel starved or deprived.

## The Golden Rules of Meal Prep

1. **Volume Eating:** Base your meals around vegetables. Vegetables are high in volume but extremely low in calories, keeping you full.
2. **Lean Proteins:** Chicken breast, turkey, eggs, fish, and tofu are your best friends. They are essential for muscle recovery.
3. **Limit Liquid Calories:** Stop drinking calories in the form of lattes, juice, and soda. Drink water, black coffee, or tea.
4. **Hydrate Before Eating:** Drink a large glass of water 15 minutes before every meal. Often, what you think is hunger is just dehydration.

## Breakfasts (Fast & Filling)

### 1. The Power Scramble

- **Ingredients:** 2 whole eggs + 2 egg whites, a handful of spinach, ¼ diced bell pepper, salt, pepper.
- **Instructions:** Sauté the peppers until soft. Add the spinach until it wilts. Whisk the eggs in a bowl and pour them into the pan. Scramble until cooked. Serve with a slice of whole-wheat toast or half an avocado.
- **Why it works:** Massive protein blast and healthy fats to start the day.

### 2. Overnight Oats (Prep the night before!)

- **Ingredients:** ½ cup rolled oats, ½ cup unsweetened almond milk, 1 scoop vanilla protein powder (optional), 1 tsp chia seeds, handful of berries.
- **Instructions:** Mix everything in a jar or container, seal it, and leave it in the fridge overnight. Eat it cold in the morning.
- **Why it works:** High in fiber and zero cooking required.

## Lunches (Packable & Nutrient-Dense)

### 3. The Turkey Salad Bowl

- **Ingredients:** Large bowl of mixed greens (spinach, arugula, kale), 4 oz diced cooked turkey breast, cherry tomatoes, cucumber slices, 1 boiled egg (sliced), 1 tbsp balsamic vinaigrette.
- **Instructions:** Toss everything into a bowl! Add lemon juice or hot sauce for extra flavor without the calories.
- **Why it works:** Huge volume, zero empty calories, ready in 5 minutes.

### 4. Tuna Salad Wrap

- **Ingredients:** 1 can of tuna (in water, drained), 1 tbsp light mayo or Greek yogurt, celery (diced), 1 whole-wheat tortilla or large lettuce leaf (for a low-carb wrap).
- **Instructions:** Mix the tuna, celery, and yogurt/light mayo in a bowl. Scoop it into your wrap or lettuce leaf.

## Dinners (Satisfying & Comforting)

### 5. Lemon Herb Baked Chicken with Sweet Potato

- **Ingredients:** 1 chicken breast, 1 medium sweet potato, ½ tablespoon olive oil, lemon juice, dried oregano, salt, pepper.
- **Instructions:** Preheat oven to 400°F (200°C). Dice the sweet potato, toss in half the oil, salt, and pepper. Bake for 25 minutes. Season the chicken breast with remaining oil, lemon juice, and oregano. Add it to the oven for the last 15-20 minutes until perfectly cooked (165°F internal).
- **Why it works:** Classic, clean, comforting, and packed with complex carbs for evening recovery.

### 6. Quick Shrimp Stir-Fry

- **Ingredients:** 6 oz raw shrimp (peeled), 2 cups frozen mixed stir-fry vegetables, 1 tbsp low-sodium soy sauce, ½ tsp sesame oil, garlic powder.
- **Instructions:** Heat a pan. Add the frozen veggies until they thaw and start to soften (about 5 mins). Push them to the side, add the shrimp. Cook until pink (3-4 mins). Toss everything together with the soy sauce and sesame oil.

## Smart Snacks

When you feel hungry between meals, do not reach for a bag of chips. Have these ready:

- **An apple** with 1 tablespoon of almond or peanut butter.
- **A handful of almonds** (about 12-15 nuts—portion control is key!).
- **Carrot and celery sticks** with 2 tablespoons of hummus.
- **A hard-boiled egg.**
- **A protein shake.**

 **Common Mistake:** Snacking straight from a bag or box leads to mindless eating. Always measure out your snack, put it on a physical plate, and eat it at a table, not on the couch.