

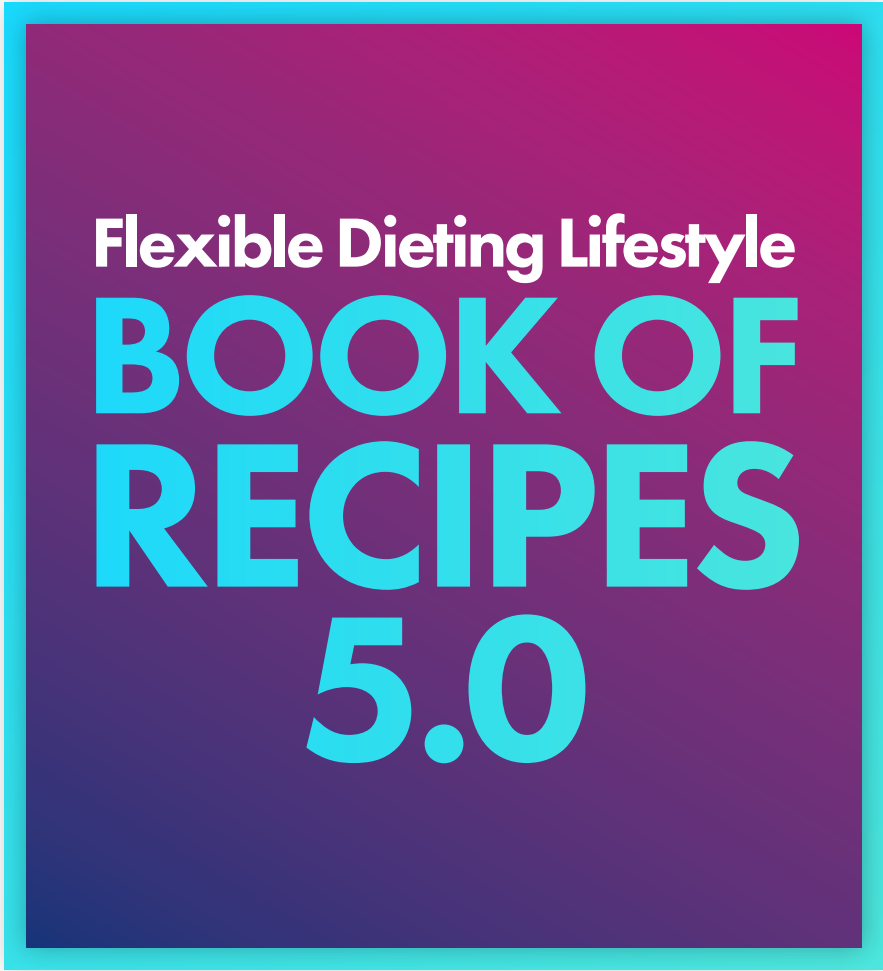


Flexible Dieting Lifestyle **BOOK OF RECIPES** 5.0



*250+ macro-friendly recipes that will
allow you to eat the foods you love
while living the life you desire.*



The image shows the front cover of a book. The cover has a vertical gradient background, transitioning from a deep purple at the bottom to a bright magenta at the top. A thick, solid cyan border frames the entire cover. The title is centered and reads: "Flexible Dieting Lifestyle" in a white, sans-serif font; "BOOK OF" in a large, bold, cyan sans-serif font; "RECIPES" in a large, bold, cyan sans-serif font; and "5.0" in a large, bold, cyan sans-serif font.

Flexible Dieting Lifestyle BOOK OF RECIPES 5.0

Thanks for joining the Flexible Dieting Lifestyle (FDL) family & beginning your FDL journey. This recipe book is going to be your go to resource for macro-friendly recipes that will make hitting your macros a piece of cake!

Well, seriously, with 250+ super tasty, macro-friendly recipes, you have an arsenal of exciting, fun meals to tackle any cravings - while not blowing your macros in the process!

Happy Cooking!

Zach Rocheleau

So, Who Am I?

My name is Zach Rocheleau.
I am the founder of
FlexibleDietingLifestyle.com.

There are THREE THINGS I love more
than anything in this world:

One

My Faith and Relationship with God.

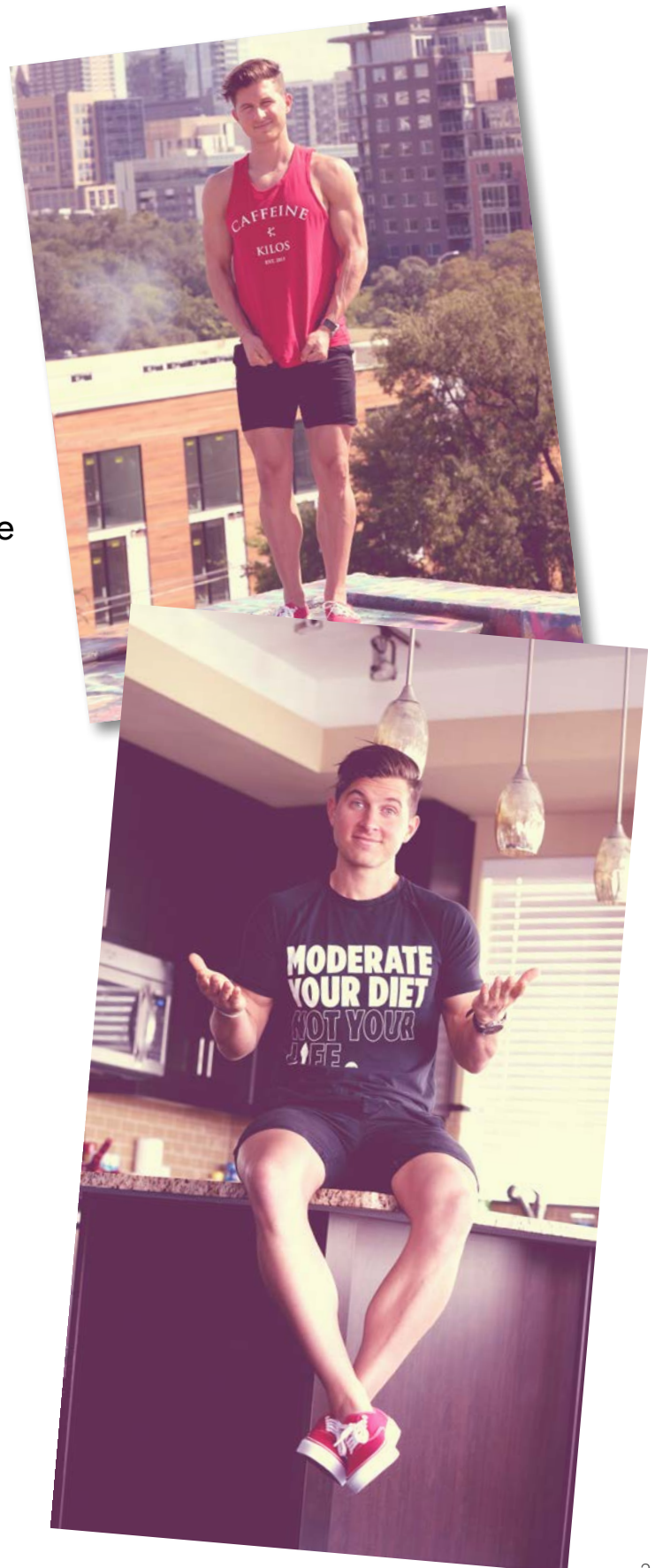
Two

My amazing family.

Three

I absolutely love FOOD!

Zach Rocheleau



Trusted Resources

Click any image of my favorite, trusted resources, and take advantage of awesome savings courtesy of the FDL discount codes



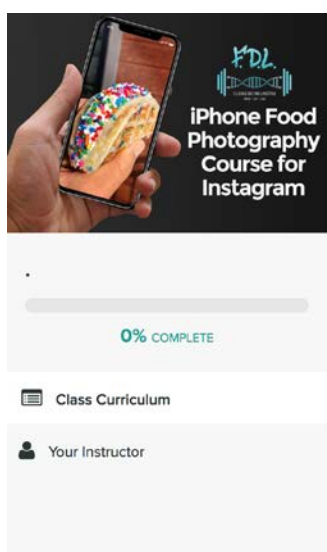
"FDL" for 15% OFF



"FDL" for 15% OFF



Everything you need to know from lighting, angles, taking the picture and editing in the Instagram app in order to create professional food pictures. In this course you will learn how I create stunning Instagram food pictures with just my iPhone and editing them in the Instagram app. This course is free to everyone who has the FDL 5.0 book of recipes.



Class Curriculum

[Start next lecture >](#)

Welcome! Here's How To Use This Course (2:34)

How To Use This Course

<input checked="" type="radio"/>	Welcome! Here's How To Use This Course (2:34)	Start
<input type="radio"/>	Lesson 1: Creating A Beautiful Food Creation (2:12)	Start
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<input type="radio"/>	Lesson 6: How To Edit Your Picture In Instagram To Make It World Class (12:45)	Start
<input type="radio"/>	What To Do Next (Must Watch) (2:00)	Start

Enter "Magician" at checkout to receive your free copy!

How To Use This Book Of Recipes

In this book of recipes, you will notice that I love to make massive recipes. I love to eat big meals so my recipes will reflect that - but you might not want to eat such big meals.

Does that mean you cannot use this recipe book!? Absolutely not! So how do you take these massive recipes and make them so they fit into your macros? Let me give an example and explain.

Let's say I make a massive homemade chipotle burrito bowl using cauliflower rice instead of white rice to save some carbs. This is a huge 3lb bowl full of food. The macros are: 582 calories, 49g carbs, 19g fat, 50 protein, 18g fiber.

And say you want to hit macros of 35g carbs, 15g fat and 30g protein for this meal. Well you can scale the meal by just taking away some of the veggies to lower the carbs, and take away a couple ounces of the 93/7 lean ground beef to save on the protein and fats. It's really that simple for the scaling of the recipes.

This recipe book is meant to be a general framework that can be scaled up or down in order to meet your individualized macro needs! So if you need to eat less, just scale the ingredients to the meal accordingly and then enjoy.

I cannot wait to see all the amazing creations and spin-off recipes you will make as a result of your creativeness. Now go and enjoy!

Share your creations with me at
@THEFLEXIBLEDIETINGLIFESTYLE
using **#FLEXIBLEDIETINGLIFESTYLE**
Links to my profiles next page!

So, What To Do Next?!

1. Pick FIVE of these recipes you are going to make and write down the ingredients necessary to make them. Then go to the store and get the ingredients necessary to make them!
2. Make these recipes and then post on social media and TAG ME in the pictures! I repost some of the best recreations to my page, so make sure to tag [@TheFlexibleDietingLifestyle](#) with all your amazing recreations to be featured!
3. Share this recipe book with any friends/family of your choice! I am really proud of this book and know it can help a lot of people, so I will not be upset if you share it with people you think could really benefit from it. Just don't blast it out there (pretty please)!
4. Experiment with these recipes and come up with better versions of them and then share them with me!
5. And last and most important of all, keep Being AWESOME!

Please join our Facebook group:

['FDL 5.0 Book Purchasers Community Group'](#)

for macro saving tips, recipe creations, and much more!

Social Media Links:

And to add to that shopping list, make sure to follow me on all my social media platforms by clicking the platform icon below!



Common Pro Tips

- Don't wash your baking tools in the dishwasher, because that'll ruin them. Hand wash them instead!
- Don't open the oven when you're baking, because that will change the baking temperature.
- Let baked items cool on a cooling rack until at room temperature instead of letting cool on the counter. If you let cool on the counter, the bottom won't cool.
- When making any Chalupa recipe, if you do not have a pan, you will wrap the pita or tortilla over one bar on the rack of your oven. Then just let it hang there and cook until it is golden. Photo below!
- For recipes that require baking (i.e. cookies, brownies) make sure to err on the side of caution to ensure they're not being overcooked. If they're soft to the touch (on top) out of the oven, that's okay! As they cool, they'll set.



Disclaimer Regarding Artificial Sweeteners: The research on artificial sweeteners is based on the idea that you'd take in the equivalent of 10-15 boxes of pudding mix a day for a whole year to have a negative effect. So, my advice would be to just keep in mind that 4g-8g here and there shouldn't be a huge stressor for you. Focus on eating whole, minimally process, micronutrient dense foods most of the time. Then, any of the (if any) negative effects of using these artificial sweeteners every once in a while will be negated.

Flour Substitutions 101

I know a lot of you will want to substitute certain flours such as all purpose flour, whole wheat flour, almond flour, coconut flour and oat flour. Those are the most popular ones. So I am going to keep this super simple with my suggestions if you want to substitute.

All of these flours have a 1:1 ratio except for coconut flour.

So let's say you had a recipe that called for 40g all purpose flour and you wanted to substitute oat flour for the all purpose flour. Then you'd just sub in 40g of oat flour since it is a 1:1 ratio.

When substituting coconut flour out of a recipe, you will want to be careful. It has a 4:1 ratio. That means if you substitute out coconut flour for any of the flour choices I mentioned above, you will need to use 4 times as much to yield a similar end product.

That means if a recipe called for 10g of coconut flour, you'd need to use 40g of any of those other flours.

This might be an option if you want to make a recipe either higher carb or higher fat. Baking with coconut flour is a game changer for macro friendly baking.

International Magicians...

For all my International Magicians...You may not have access to all the amazing ingredients found in my recipes that are only available in the United States. Don't fret! We are here to work with you the best we can to help you find substitutions so you can still make this Macro Magic! Feel free to post in the Facebook Group questions about substitutes and myself or one of my international magicians should be able to help!

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Customizable Protein Oatmeal Base

1 Serving Per Recipe	
Serving Size	Whole Bowl w/o Toppings
Amount Per Serving	
Calories	411
Total Fat 7g	
Total Carbohydrates 59g	
Protein 28g	



INGREDIENTS

15g PEScience Gourmet Vanilla Select Protein ("FDL" for 15% off)
 5g Coconut Flour
 50g Egg Whites
 80g Quick Oats
 390ml Water
 3g Zero Calorie Sweetener of your choice
 2g Vanilla Extract (optional)
 Dash of Sea Salt (this is a new addition, but is a must since it brings out so much flavor!)

DIRECTIONS

1. Put a bowl in the freezer while prepping your ingredients in a separate bowl
2. Place 80g of quick oats in a bowl with 240 ml of water. Stir the oats and water together, then put the bowl in the microwave for 2 minutes.
3. When you take the bowl out, most of the liquid should be all soaked up. Mix it all together, add exactly 150ml of water, then mix some more.
4. Put the bowl back in the microwave for 60-90 seconds. Keep an eye out so your oats don't overflow.
5. Take your bowl out of the microwave, add in 50g egg whites, then slowly stir until everything's mixed together.
6. Mix your dry ingredients (15g protein powder, 5g coconut flour, 3g zero calorie sweetener, sea salt) in a bowl to avoid clumping. Add that to your bowl of oatmeal and mix.
7. Take your bowl out of the freezer to add your oats to, then put it in the fridge until you're ready to smash it. For a quick set, place it in the freezer for 30 minutes and mix every 10 minutes to help with the cooling process.

PRO TIPS

- If you're using a whey protein (not a whey-casein blend), I recommend adding a little less water (20-30ml) at each step. This is because a whey is not as absorbent as a blend.
- Egg whites aren't necessary but will act as a thickener. When the oatmeal is already cooked, adding in your egg whites last will help them cook because the oatmeal is so hot.
- If you don't want to use egg whites (not essential), substitute in 40ml of water.
- If you want to make a smaller bowl of oats, proportion out the ingredients to match how many grams of oatmeal you want to use. For example, if you use just 40g then cut the ingredients in half at each step.
- You can add in 4g of sugar free/fat free pudding mix to make your oatmeal thicker and more flavorful. This is optional. All of the oatmeals do not have this ingredient in the recipe and pictured end product.

Frosted Strawberry Pop Tart Protein Oatmeal

1 Serving Per Recipe

Serving Size Whole Oatmeal WITH Toppings

Amount Per Serving

Calories **579**

Total Fat 11g

Total Carbohydrates 77g

Protein 43g



INGREDIENTS

FOR OATMEAL

80g Quick Oats
390ml of Water
15g PEScience Gourmet Vanilla Select Protein
5g Coconut Flour
4g Zero Cal Sweetener of your choice
1g Vanilla Extract (optional)
50g Egg Whites
70g No Sugar Added Homemade Strawberry Jam
Dash of Sea Salt (this is a new addition, but is a must since it brings out so much flavor!)

FOR PROTEIN ICING

15g PEScience Gourmet Vanilla Select Protein Powder ("FDL" saves you 15%)
5g Coconut Flour
2g Zero Cal Sweetener of your choice
30g Plain Nonfat Greek Yogurt
30ml Cold Water

REST OF TOPPINGS

10g Sprinkles

DIRECTIONS

1. Add a circular and rectangular (for your poptart) bowl to the freezer while prepping your ingredients in a separate bowl.
2. Place 80g of quick oats in a bowl with 240 ml of water. Stir the oats and water together, then put the bowl in the microwave for 2 minutes.
3. When you take the bowl out, most of the liquid should be all soaked up. Mix it all together, add exactly 150ml of water, then mix some more.
4. Put the bowl back in the microwave for 60-90 seconds. Keep an eye out so your oats don't overflow. You'll see the middle start to rise like a volcano when it's about to and that's when you'll want to take it out.
5. Take your bowl out of the microwave, add in 50g egg whites, then slowly stir until everything's mixed together.
6. Mix your dry ingredients (15g protein powder, 5g coconut flour, 4g zero calorie sweetener, sea salt) in a bowl to avoid clumping. Add that to your bowl of oatmeal and mix.
7. If you make this the night before and let it sit in the fridge, you'll get a super thick bowl of oatmeal. But if you want them sooner, let it sit in the freezer for about 30 minutes. Be sure to mix your oats around every 10 minutes! The longer you let it sit, the thicker it'll get :)
8. Mix your dry frosting ingredients in a bowl. Add in your greek yogurt and mix that in. Add in 10ml of cold water and mix. Repeat this process, but with only 5ml, until you get your desired consistency. You shouldn't need that much water so be cautious! Place your bowl in the fridge to cool.
9. Once everything has cooled, add half of your oatmeal to the rectangular bowl, your jam, then the rest of your oatmeal. Now you can add your frosting and sprinkles on top! Smile, take a bite, and enjoy :)

PRO TIP

If you want to scale this recipe to 40g of oats, just cut the ingredients in half. Then for 60g of oats, cut the ingredient down by 25%.

Frosted Cinnamon Roll Protein Oatmeal

1 Serving Per Recipe	
Serving Size	Whole Oatmeal With Frosting & Without Toppings
Amount Per Serving	
Calories	476
Total Fat 8g	
Total Carbohydrates 64g	
Protein 37g	



INGREDIENTS

FOR OATMEAL

80g Quick Oats
 390ml Water
 50g Egg Whites
 10g PEScience Snickerdoodle Select Protein (can use vanilla, but you'll have to add in 1g cinnamon)
 6g Powdered PB
 5g Coconut Flour
 3g Ground Cinnamon
 2g Vanilla Extract
 3g Zero Cal Sweetener of your choice
 Dash of Sea Salt (this is a new addition, but is a must since it brings out so much flavor!)

FOR PROTEIN ICING

8g PEScience Gourmet Vanilla Select Protein Powder ("FDL" saves you 15%)
 2g Coconut Flour
 1-2g Zero Cal Sweetener of your choice
 20g Plain Nonfat Greek Yogurt
 10ml Cold Water

TOPPINGS (NOT INCLUDED IN MACROS)

1 Serving (32g) Frosted Cinnamon Protein Cookie Butter
 15g Mini Chocolate Chips
 8g Crushed Cinnamon Toast Crunch

DIRECTIONS

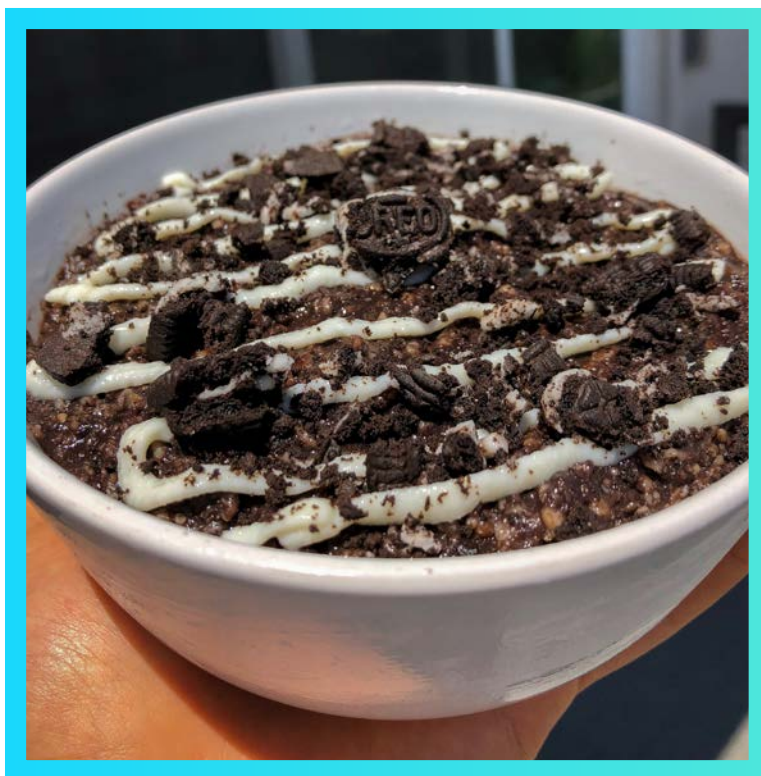
1. Add a bowl to the freezer while prepping your ingredients in a separate bowl.
2. Place 80g of quick oats in a bowl with 240 ml of water. Stir the oats and water together, then put the bowl in the microwave for 2 minutes.
3. When you take the bowl out, most of the liquid should be all soaked up. Mix it all together, add exactly 150ml of water, then mix some more.
4. Put the bowl back in the microwave for 60-90 seconds. Keep an eye out so your oats don't overflow. You'll see the middle start to rise like a volcano when it's about to and that's when you'll want to take it out.
5. Take your bowl out, add in 50g egg whites, then slowly stir until everything's mixed together.
6. Mix your dry ingredients (10g protein powder, 6g powdered peanut butter, 5g coconut flour, 3g zero calorie sweetener, 2-3g cinnamon, sea salt) in a bowl to avoid clumping. Add that to your bowl of oatmeal and mix.
7. If you make this the night before and let it sit in the fridge, you'll get a super thick bowl of oatmeal. But if you want them sooner, let it sit in the freezer for about 30 minutes. Be sure to mix your oats around every 10 minutes! The longer you let it sit, the thicker it'll get :)
8. Mix your dry frosting ingredients in a bowl. Add in your greek yogurt and mix that in. Add in 10ml of cold water and mix. Repeat this process, but with only 5ml, until you get your desired consistency. You shouldn't need that much water so be cautious! Place your bowl in the fridge to cool.
9. Once everything has cooled, add the frosting and cinnamon toast crunch on top of your oatmeal, and enjoy!

PRO TIP

If you want to scale this recipe to 40g of oats, just cut the ingredients in half. Then for 60g of oats, cut the ingredient down by 25%.

Oreo Lovers Protein Oatmeal

1 Serving Per Recipe	
Serving Size	Whole Oatmeal With Frosting & Without Toppings
Amount Per Serving	
Calories	468
Total Fat 8g	
Total Carbohydrates 65g	
Protein 34g	



INGREDIENTS

FOR OATMEAL

80g Quick Oats
 390ml of Water
 10g PEScience Gourmet Vanilla Select Protein
 10g Black Cocoa Powder
 5g Coconut Flour
 3g Zero Cal Sweetener of your choice
 1g Vanilla Extract (optional)
 50g Egg Whites
 Dash of Sea Salt (this is a new addition, but is a must since it brings out so much flavor!)

FOR PROTEIN ICING

8g PEScience Gourmet Vanilla Select Protein Powder ("FDL" saves you 15%)
 2g Coconut Flour
 1-2g Zero Cal Sweetener of your choice
 20g Plain Nonfat Greek Yogurt
 10ml Cold Water

OPTIONAL TOPPINGS (NOT INCLUDED IN MACROS)

5g Crushed Almonds
 8g Mini Chocolate Chips
 10g Fat Free Whipped Cream

DIRECTIONS

1. Add a bowl to the freezer while prepping your ingredients in a separate bowl.
2. Place 80g of quick oats in a bowl with 240 ml of water. Stir the oats and water together, then put the bowl in the microwave for 2 minutes.
3. When you take the bowl out, most of the liquid should be all soaked up. Mix it all together, add exactly 150ml of water, then mix some more.
4. Put the bowl back in the microwave for 60-90 seconds. Keep an eye out so your oats don't overflow. You'll see the middle start to rise like a volcano when it's about to and that's when you'll want to take it out.
5. Once you take your bowl out of the microwave, add in 100g pumpkin, then slowly stir until everything's mixed together.
6. Mix your dry ingredients (15g protein powder, 5g coconut flour, 3g zero calorie sweetener, 2g ground cinnamon, 1g pumpkin spice, sea salt) in a bowl to avoid clumping. Add that to your bowl of oatmeal and mix.
7. If you make this the night before and let it sit in the fridge, you'll get a super thick bowl of oatmeal. But if you want them sooner, let it sit in the freezer for about 30 minutes. Be sure to mix your oats around every 10 minutes! The longer you let it sit, the thicker it'll get :)
8. Mix your dry frosting ingredients in a bowl. Add in your greek yogurt and mix that in. Add in 10ml of cold water and mix. Repeat this process, but with only 5ml, until you get your desired consistency. You shouldn't need that much water so be cautious! Place your bowl in the fridge to cool.
9. Once everything has cooled, add the frosting on top of your oatmeal plus whatever toppings your little/big heart desires, and enjoy!

PRO TIP

If you want to scale this recipe to 40g of oats, just cut the ingredients in half. Then for 60g of oats, cut the ingredient down by 25%.

Pumpkin Spice Protein Oatmeal

1 Serving Per Recipe	
Serving Size	Whole Oatmeal With Frosting & Without Toppings
Amount Per Serving	
Calories	484
Total Fat 8g	
Total Carbohydrates 71g	
Protein 32g	



INGREDIENTS

FOR OATMEAL

80g Quick Oats
 390ml of Water
 15g PB Cookies Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 3g Zero Cal Sweetener of your choice
 1g Vanilla Extract (optional)
 1g Butterscotch Extract (optional)
 100g Pure Canned Pumpkin
 2g Ground Cinnamon
 1g Pumpkin Spice
 Dash of Sea Salt (this is a new addition, but is a must since it brings out so much flavor!)

FOR PROTEIN ICING

8g PEScience Gourmet Vanilla Select Protein Powder ("FDL" saves you 15%)
 2g Coconut Flour
 1-2g Zero Cal Sweetener of your choice
 20g Plain Nonfat Greek Yogurt
 10ml Cold Water

OPTIONAL TOPPING (NOT INCLUDED IN MACROS)

1 Reduced Fat Oreo

DIRECTIONS

1. Add a bowl to the freezer while prepping your ingredients in a separate bowl.
2. Place 80g of quick oats in a bowl with 240 ml of water. Stir the oats and water together, then put the bowl in the microwave for 2 minutes.
3. When you take the bowl out, most of the liquid should be all soaked up. Mix it all together, add exactly 150ml of water, then mix some more.
4. Put the bowl back in the microwave for 60-90 seconds. Keep an eye out so your oats don't overflow. You'll see the middle start to rise like a volcano when it's about to and that's when you'll want to take it out.
5. Take your bowl out, add in 50g egg whites, then slowly stir until everything's mixed together.
6. Mix your dry ingredients (10g protein powder, 10g black cocoa powder, 5g coconut flour, 3g zero calorie sweetener, sea salt) in a bowl to avoid clumping. Add that to your bowl of oatmeal and mix.
7. If you make this the night before and let it sit in the fridge, you'll get a super thick bowl of oatmeal. But if you want them sooner, let it sit in the freezer for about 30 minutes. Be sure to mix your oats around every 10 minutes! The longer you let it sit, the thicker it'll get :)
8. Mix your dry frosting ingredients in a bowl. Add in your greek yogurt and mix that in. Add in 10ml of cold water and mix. Repeat this process, but with only 5ml, until you get your desired consistency. You shouldn't need that much water so be cautious! Place your bowl in the fridge to cool.
9. Once everything has cooled, add the frosting on top of your oatmeal plus whatever toppings you want, and enjoy!

PRO TIP

If you want to scale this recipe to 40g of oats, just cut the ingredients in half. Then for 60g of oats, cut the ingredient down by 25%.

Vanilla Base Protein Donuts

6 Servings Per Recipe	
Serving Size	One Donut Without Frosting
Amount Per Serving	
Calories	65.25
Total Fat	1.25g
Total Carbohydrates	5g
Protein	8.5g

6 Servings Per Recipe	
Serving Size	One Donut With Frosting
Amount Per Serving	
Calories	89.5
Total Fat	1.5g
Total Carbohydrates	7g
Protein	12g



INGREDIENTS

FOR 6 DONUTS

45g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

15g Coconut Flour

5g Zero Cal Sweetener of your choice

5g Baking Powder

70g Nonfat Greek Yogurt

70g Unsweetened Apple Sauce

75g Egg Whites

10g Sprinkles

FOR PROTEIN FROSTING

20g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

6g Coconut Flour

45g Nonfat Greek Yogurt

3g Zero Cal Sweetener of your choice

8g Sprinkles

Cold Water until you get a frosting-like consistency

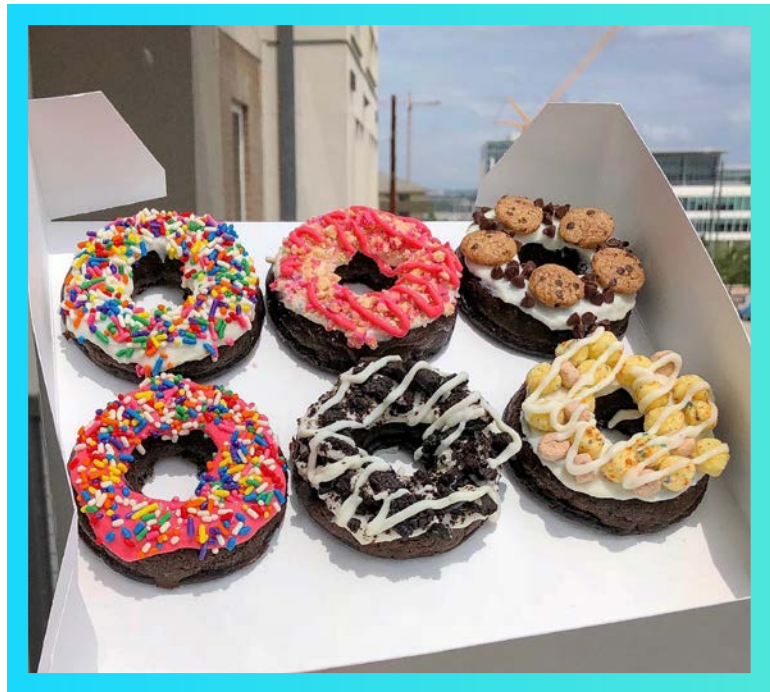
DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your dry donut ingredients in a bowl (except your sprinkles) to avoid clumping. Do the same with your wet ingredients, but in a separate bowl. Combine your dry ingredients with your wet and mix until you get a thick batter-like consistency. Now you can mix your sprinkles into your batter.
2. Take your donut pan and spray each mold with nonstick butter spray. Add your batter evenly into all 6 molds, then place it in the oven to bake for 10 minutes. When they're done, pop each donut out carefully, and let them cool for an hour (or until at room temperature) on a cooling rack.
3. Make your protein frosting by mixing all of your dry ingredients in a bowl. Add in your 45g nonfat greek yogurt and mix that in. Add in 10ml of cold water and mix some more. Repeat this process until you get a frosting-like consistency. Place it in the fridge while your donuts are cooling.
4. Once your donuts have cooled down, add your frosting on top, some extra sprinkles, then enjoy this heavenly treat!

Chocolate Base Protein Donuts

6 Servings Per Recipe	
Serving Size	One Donut Without Frosting
Amount Per Serving	
Calories	48.5
Total Fat	0.5g
Total Carbohydrates	4g
Protein	7g

6 Servings Per Recipe	
Serving Size	One Donut With Frosting
Amount Per Serving	
Calories	70.75
Total Fat	0.75g
Total Carbohydrates	5.5g
Protein	10.5g



INGREDIENTS

FOR 6 DONUTS

30g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 15g Black Cocoa Powder (can substitute with unsweetened baking cocoa, but you'll need to use twice as much then increase the coconut flour to 12g)
 8g Coconut Flour
 5g Zero Cal Sweetener of your choice
 5g Baking Powder
 70g Nonfat Greek Yogurt
 70g Unsweetened Apple Sauce
 75g Egg Whites
 10g Sprinkles

FOR PROTEIN FROSTING

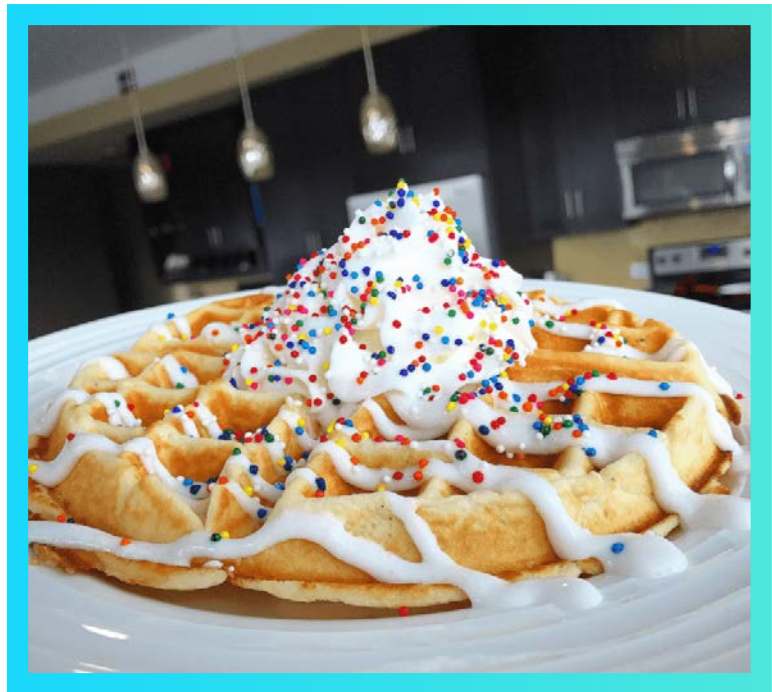
20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 6g Coconut Flour
 45g Nonfat Greek Yogurt
 3g Zero Cal Sweetener of your choice
 8g Sprinkles
 Cold Water until you get a frosting-like consistency

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your dry donut ingredients in a bowl (except your sprinkles) to avoid clumping. Do the same with your wet ingredients, but in a separate bowl. Combine your dry ingredients with your wet and mix until you get a thick batter-like consistency. Now you can mix your sprinkles into your batter.
2. Take your donut pan and spray each mold with nonstick butter spray. Add your batter evenly into all 6 molds, then place it in the oven to bake for 10 minutes. When they're done, pop each donut out carefully, and let them cool for an hour (or until at room temperature) on a cooling rack.
3. Make your protein frosting by mixing all of your dry ingredients in a bowl. Add in your 45g nonfat greek yogurt and mix that in. Add in 10ml of cold water and mix some more. Repeat this process until you get a frosting-like consistency. Place it in the fridge while your donuts are cooling.
4. Once your donuts have cooled down, add your frosting on top, some extra sprinkles, then enjoy this heavenly treat!

Vanilla Cake Batter Protein Belgian Waffle

1 Serving Per Recipe	
Serving Size	Whole Waffle
Amount Per Serving	
Calories	240
Total Fat 4g	
Total Carbohydrates 20g	
Protein 31g	



INGREDIENTS

1 Scoop (31g) PEScience Gourmet Vanilla Select Protein ("FDL" for 15% off)
 20g Bisquick Heart Healthy Pancake Mix
 5g Coconut Flour
 46g Egg Whites (can sub with a whole egg to make it even more fluffy if you can afford the fats in your macros)
 2g Zero Cal Sweetener of your choice (I've been using Sweet Leaf Stevia drops and they're amazing. If you use them, don't use the vanilla extract)
 1g Vanilla Extract
 2g Baking Powder
 Unsweetened Vanilla Almond Milk until you get a batter like consistency

DIRECTIONS

1. Mix your dry ingredients in a bowl to avoid clumping. Add your egg whites to another bowl and mix in your dry ingredients. Slowly add water or almond milk to get a thick but not too thick batter consistency.
2. Preheat your belgian waffle maker and cook until golden. Pro tip: if your batter is too runny, add it to the freezer to thicken up. Coconut flour will retain more liquid over time.
3. While that's cooking, you can make your optional protein icing to add on top. This will be with 10g PEScience Gourmet Vanilla Select Protein and 1g Zero Cal Sweetener of your choice. Add a very little amount of liquid and mix. Repeat this process until you get a nice, but not too thick icing. Add your icing to a mini icing bottle. You can always use a spoon too!
4. Once your waffle is done, let it cool. Then add your icing or whatever toppings you want. I added fat free reddy whip, my protein icing, and some sprinkles. Enjoy!

Protein Chocolate Chip Cookie Dough Waffles

1 Serving Per Recipe

Serving Size Whole Stack

Amount Per Serving

Calories 466

Total Fat 10g

Total Carbohydrates 54g

Protein 40g

Serving Size Each Waffle Without Toppings

Amount Per Serving

Calories 147.5

Total Fat 3.5g

Total Carbohydrates 17.5g

Protein 11.5g



INGREDIENTS

FOR WAFFLES

113g Canned Chickpeas
 20g PEScience Gourmet Vanilla select protein
 ("FDL" saves you 15%)
 5g All Purpose Flour
 5g Coconut Flour
 2g Baking Powder
 2g Xanthan Gum (Optional)
 2g Zero Cal Sweetener
 70g Egg Whites
 15g Mini Chocolate Chips
 Unsweetened Vanilla Almond Milk (enough to get a batter like consistency)

PROTEIN ICING

10g PEScience Gourmet Vanilla Select Protein
 ("FDL" saves you 15%)
 3g Coconut Flour
 30g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 10ml Cold Water

BREAKFAST

DIRECTIONS

1. Preheat your belgian waffle maker. Drain and rinse your chickpeas by running water over them for a few minutes. All your wet waffle ingredients to your food processor. That's your egg whites, chickpeas, and unsweetened almond milk. Be careful not to add too much liquid. You're trying to turn this into a puree.
2. Mix your dry ingredients in a bowl to avoid clumping. Add the puree to another bowl and slowly mix in your dry ingredients until you have a thick batter like consistency.
3. Spray your waffle maker with nonstick butter spray, add half of your batter to it, and cook until golden. Repeat this same process for your next waffle. Let both cool for 10-2 minutes, unless you love warm waffles!
4. While they're cooling, make your protein icing. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick icing-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
5. Stack your waffles however you'd like and top with some tasty ice cream. Enlightened Ice Cream is always a solid low cal option! Enjoy!

Protein Oreo Cookie Monster Butter Waffle Tower

1 Serving Per Recipe	
Serving Size	Whole Tower Without Oreos
Amount Per Serving	
Calories	386
Total Fat 6g	
Total Carbohydrates 31g	
Protein 52g	



INGREDIENTS

FOR PROTEIN WAFFLES

1 Scoop (31g) PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 20g Bisquick Heart Healthy Pancake Mix
 10g Coconut Flour
 46g Egg Whites
 2g Zero Cal Sweetener of your choice
 Water (to get your not too thick but not too runny batter)
 Optional 6g Sprinkles

FOR PROTEIN CHEESECAKE FROSTING

5g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 1g Coconut Flour
 15g Plain Nonfat Greek Yogurt
 1g Zero Cal Sweetener of your choice
 5-10ml (splash) Cold Water

FOR COOKIE MONSTER BUTTER

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 6g Powdered Peanut Butter
 5g Coconut Flour
 1-2g Zero Cal Sweetener of your choice
 8 Drops Natural Blue Food Coloring
 30g Unsweetened Vanilla Almond Milk

DIRECTIONS

1. Preheat your waffle maker. Mix your dry ingredients in a bowl to avoid clumping. Add your egg white to another and mix in your dry ingredients. Slowly add your water or almond milk to get a thick, but not too thick batter consistency.
2. Add the batter to your waffle maker and let cook.
3. While your waffle is cooking, make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Repeat the above process with your cookie butter. Add all of your dry ingredients to a bowl and mix it all together. Slowly mix in your almond milk. Repeat this process until you have a nice, thick cookie butter consistency. Add that to the freezer as well. Leave them both in there for about 15 minutes.
5. Once your waffle is done, let it cool to room temperature on a cooling rack.
6. It's time to put the tower together. Take your waffle and slice it into 4 pieces and lay 3 down flat. Add half your cookie butter to one waffle, the other half to another, and your frosting to the third waffle.
7. Now you'll stack your waffles. Start with the one topped with cookie butter, then the one covered in frosting, and your second cookie butter topped waffle after that. Top your tower off with the fourth waffle that doesn't have anything on it.
8. Add your oreo to the outside, if you want. But moral of the story is, you can now demolish this thing! Make sure to take a pic because it should be downright beautiful!

Cinnabon Oreo Protein Waffle Tower

1 Serving Per Recipe

Serving Size Whole Tower w/ Toppings

Amount Per Serving

Calories 457

Total Fat 9g

Total Carbohydrates 47g

Protein 47g

Serving Size Whole Tower Without Toppings

Amount Per Serving

Calories 240

Total Fat 4g

Total Carbohydrates 20g

Protein 31g



INGREDIENTS

FOR WAFFLES

31g PEScience Snickerdoodle Select Protein ("FDL" saves you 15%)

20g Bisquick Heart Healthy Pancake Mix

5g Coconut Flour

60g Egg Whites

2g Zero Cal Sweetener of your choice

2g Baking Powder

2g Ground Cinnamon

Water till you get the consistency of a thick batter

PROTEIN ICING

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

20g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

5-10ml Cold Water

OTHER INGREDIENTS

1 Whole Cinnamon Roll Oreo

70 Enlightened Vanilla Ice Cream

Chocolate sprinkles

DIRECTIONS

1. Mix your dry waffle ingredients in a bowl to avoid clumping. Mix in your egg whites. Add 10-15ml of water at a time and mix some more. You want to get a thick, but not too thick batter consistency. Add the batter to your waffle maker to cook until golden.
2. While that's cooking, you'll make your protein icing. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick icing-like consistency. You can add in another 5ml if it's not thick enough. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
3. Slice your waffle into 4 pieces, then stack one on top of the other to form a tower. Add your ice cream on top, icing all over, and the rest of your toppings!

Marshmallow Fruity Pebbles Protein Waffle Tower

1 Serving Per Recipe

Serving Size Whole Tower w/ Toppings

Amount Per Serving

Calories **357**

Total Fat 5g

Total Carbohydrates 35g

Protein 43g

Serving Size

Whole Tower Without Toppings

Amount Per Serving

Calories **318**

Total Fat 6g

Total Carbohydrates 33g

Protein 33g



INGREDIENTS

FOR WAFFLES

1 Scoop (31g) PEScience Gourmet Vanilla Select Protein ("FDL" Saves you 15%)

20g Bisquick Heart Healthy Pancake Mix

5g Coconut Flour

46g Egg Whites

3g Zero Cal Sweetener of your choice

2g Vanilla Extract

30g Unsweetened Vanilla Almond Milk

FOR PROTEIN ICING

8g PEScience Gourmet Vanilla Select Protein ("FDL" Saves you 15%)

2g Coconut Flour

20g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

5-10ml Cold Water

OTHER INGREDIENTS

35g Enlightened Vanilla

8g Marshmallow Fruity Pebbles

DIRECTIONS

1. Preheat your waffle maker. Mix your waffle ingredients in a bowl and add some water if you need to. You want a thick but not too thick batter. Add most of the batter to your waffle maker and cook until golden. Repeat that process with the rest of your batter. It should make up half the waffle maker.
2. While your waffles are cooling, you'll make your protein icing. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick icing-like consistency. You can add in another 5ml if it's not thick enough. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
3. Stack your waffles to form a tower, then add your icing down the sides. Add your Marshmallow Fruity Pebbles down the sides and a scoop of Enlightened Vanilla Ice Cream on top. Enjoy!

Reese's Oreo Protein Waffle Tower

1 Serving Per Recipe

Serving Size Whole Tower w/ Toppings

Amount Per Serving

Calories 404

Total Fat 8g

Total Carbohydrates 40g

Protein 43g

Serving Size Whole Tower Without Toppings

Amount Per Serving

Calories 240

Total Fat 4g

Total Carbohydrates 20g

Protein 31g



INGREDIENTS

FOR WAFFLES

1 Scoop (31g) PEScience Gourmet Vanilla Select Protein ("FDL" Saves you 15%)
 20g Bisquick Heart Healthy Pancake Mix
 5g Coconut Flour
 46g Egg Whites
 3g Zero Cal Sweetener of your choice
 2g Vanilla Extract
 30g Unsweetened Vanilla Almond Milk
 2g Baking Powder

FOR PROTEIN ICING

8g PEScience Gourmet Vanilla Select Protein ("FDL" Saves you 15%)
 2g Coconut Flour
 20g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 5-10ml Cold Water

OTHER INGREDIENTS

35g Enlightened Vanilla
 1 Reese's Oreo

DIRECTIONS

1. Preheat your waffle maker. Mix your waffle ingredients in a bowl and add some water if you need to. You want a thick but not too thick batter. Add most of the batter to your waffle maker and cook until golden. Repeat that process with the rest of your batter. It should make up half the waffle maker.
2. While your waffles are cooling, you'll make your protein icing. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick icing-like consistency. You can add in another 5ml if it's not thick enough. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
3. Stack your waffles to form a tower, then add your icing down the sides. Add your Reese's Oreo down the sides and a scoop of Enlightened Vanilla Ice Cream on top. Enjoy!

Oreo Cookies & Cream Cheesecake Protein Pancake Stack

1 Serving Per Recipe

Serving Size Whole Stack w/ Toppings

Amount Per Serving

Calories 481

Total Fat 9g

Total Carbohydrates 50g

Protein 50g

Serving Size

Whole Stack Without Toppings

Amount Per Serving

Calories 318

Total Fat 6g

Total Carbohydrates 33g

Protein 33g



INGREDIENTS

FOR PANCAKES

31g PEScience Gourmet Vanilla Select Protein ("FDL" Saves you 15%)
 40g Bisquick Heart Healthy Pancake Mix
 5g Coconut Flour
 46g Egg Whites
 30g Unsweetened Vanilla Almond Milk
 2g Zero Cal Sweetener of your choice
 2g Baking Powder
 6g Sprinkles

FOR CHEESECAKE FILLING

10g PEScience Gourmet Vanilla Select Protein ("FDL" Saves you 15%)
 3g Coconut Flour
 30g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 10ml Cold Water

FOR PROTEIN ICING + TOPPING

8g PEScience Gourmet Vanilla Select Protein ("FDL" Saves you 15%)
 2g Coconut Flour
 20g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 5-10ml Cold Water

DIRECTIONS

1. Preheat your stove top pan to medium heat. Mix your dry pancake ingredients in a bowl to avoid clumping. Slowly add your wet ingredients (add water if you need to) to your dry and mix. You want a thick but not too thick batter. Add the batter to your pan with enough to make 6 pancakes. Cook until golden.
2. Once all of your pancakes are done, let them cool and make your cheesecake filling. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
3. Now you'll make your protein icing. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick icing-like consistency. You can add in another 5ml if it's not thick enough. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Add a layer of your filling to each pancake, then stack to form a tower. Drizzle your icing down the sides, as well as 1/4th of a crumbled Oreo. Top your tower off with a whole Oreo on top and enjoy!

Fruity Loops Pancake Stack

1 Serving Per Recipe	
Serving Size	Whole Stack
Amount Per Serving	
Calories	406
Total Fat	6g
Total Carbohydrates	44g
Protein	44g



INGREDIENTS

FOR PANCAKES

31g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

40g Bisquick Heart Healthy Pancake Mix

5g Coconut Flour

46g Egg Whites

30g Unsweetened Vanilla Almond Milk

2g Zero Cal Sweetener of your choice

2g Baking Powder

8g Crushed Fruity Loops

FOR WHITE CHOCOLATE CHEESECAKE FILLING

10g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

3g Coconut Flour

30g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

10ml Cold Water

DIRECTIONS

1. Preheat your stove top pan on medium heat. Mix your pancake ingredients in a small bowl and slowly add in water until you get a nice thick batter. Place your silicone egg circles in your pan and add your batter. Place a cover on top and let the batter cook until the top is no longer runny. Once it's cooked, take the silicone circle off and flip. Repeat this process until all the batter is gone.
2. Now you'll make your cheesecake filling. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick icing-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
3. Add the filling in between your pancakes, stack them to the ceiling, and top it off with those glorious Fruity Loops.

Marshmallow Fruity Pebble Cheesecake Stuffed Protein Pancake Stack

1 Serving Per Recipe

Serving Size Whole Stack w/ Toppings

Amount Per Serving

Calories **455**

Total Fat 7g

Total Carbohydrates 46g

Protein 52g

Serving Size Whole Stack Without Toppings

Amount Per Serving

Calories **318**

Total Fat 6g

Total Carbohydrates 33g

Protein 33g



INGREDIENTS

FOR PANCAKES

31g PEScience Gourmet Vanilla Select Protein ("FDL" Saves you 15%)
40g Bisquick Heart Healthy Pancake Mix
5g Coconut Flour
46g Egg Whites
30g Unsweetened Vanilla Almond Milk
2g Zero Cal Sweetener of your choice
2g Baking Powder
6g Sprinkles

FOR WHITE CHOCOLATE CHEESECAKE FILLING

10g PEScience Gourmet Vanilla Select Protein ("FDL" Saves you 15%)
3g Coconut Flour
30g Plain Nonfat Greek Yogurt
2g Zero Cal Sweetener of your choice
10ml Cold Water

FOR PROTEIN ICING + TOPPING

8g PEScience Gourmet Vanilla Select Protein ("FDL" Saves you 15%)
2g Coconut Flour
20g Plain Nonfat Greek Yogurt
2g Zero Cal Sweetener of your choice
5-10ml Cold Water
10g Marshmallow Fruity Pebbles

DIRECTIONS

1. Preheat your stovetop pan to medium heat. Mix all of your pancake ingredients in a bowl and add some water if you need it. You want a thick but not too thick batter. Add the batter to your pan to make 6 pancakes and cook until golden.
2. While your pancakes are cooling, make your cheesecake filling. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
3. Now you'll make your protein icing. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick icing-like consistency. You can add in another 5ml if it's not thick enough. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Add a layer of your filling to each pancake and stack them to form a tower. Drizzle your icing down the sides along with your cereal. Enjoy!

Funfetti White Fudge Oreo Protein Pancakes

1 Serving Per Recipe	
Serving Size	Whole Stack Without White Fudge Oreos
Amount Per Serving	
Calories	416
Total Fat 8g	
Total Carbohydrates 42g	
Protein 44g	



INGREDIENTS

FOR PANCAKES

31g PEScience Gourmet Vanilla Select Protein ("FDL" for 15% off)
 40g Bisquick Heart Healthy Pancake Mix
 5g Coconut Flour
 46g Egg Whites
 30g Unsweetened Vanilla Almond Milk
 2g Zero Cal Sweetener of your choice
 2g Baking Powder
 6g Sprinkles

FOR WHITE CHOCOLATE CHEESECAKE FILLING

10g PEScience Gourmet Vanilla Select Protein ("FDL" for 15% off)
 3g Coconut Flour
 30g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 10ml Cold Water

DIRECTIONS

1. Mix your dry ingredients in a bowl to avoid clumping. Slowly mix in water until you have a nice thick batter. Add the batter to your silicone egg circles and let cook on medium heat until the top is no longer runny. Add a cover on your pan to ensure it cooks evenly. Once the one side is done, take the silicone circle off and flip to the other. Repeat this process until all the batter is gone.
2. Make up your protein cheesecake filling by adding all of those ingredients to a small bowl. Mix until you have a thick frosting like consistency.
3. Now add the filling to your pancakes, stack to the ceiling, and cover with whatever toppings your little/big heart desires!!

Stuffed French Toast Stick Dunkers

4 Servings Per Recipe	
Serving Size	One Dunker
Amount Per Serving	
Calories	71.5
Total Fat	0.5g
Total Carbohydrates	9.5g
Protein	7.25g



INGREDIENTS

FOR FRENCH TOAST

4 Slices of Bread
92g Egg Whites
30g Unsweetened Vanilla Almond Milk
3g Zero Cal Sweetener of your choice
2g Ground Cinnamon

FOR PROTEIN CHEESECAKE FILLING

20g Plain Nonfat Greek Yogurt
6g PEScience Gourmet Vanilla Select Protein (insert link)
1g Coconut Flour
1g Zero Cal Sweetener of your choice
10ml Cold Water

DIRECTIONS

1. Add all your protein cheesecake filling ingredient (except your cold water) to a bowl and mix. Once mixed, add in 10ml of cold water and mix some more. This should give you a nice icing-like consistency.
2. Preheat your stovetop pan to medium heat. Take your egg whites, almond milk, 2g zero cal sweetener, and 2g ground cinnamon to a bowl to create your french toast wash.
3. Take your slices of bread and cut off the crusts. Then take a wooden roller and roll the bread out flat. This will allow for the bread to be rolled with your cheesecake filling.
4. Take your cheesecake filling and spread it across your slice of bread along with any goodies you want to add to the inside. Leave about ½ inch around the edges and roll the slice as tight as you can. Add that to your french toast wash and let soak for 30 seconds. Then add it to your pan and toast the outsides by rolling periodically. I use tongs for this.
5. Once your french toast sticks are done toasting, add some low calorie pancake syrup of your choice to a small bowl to create that dunking station, and enjoy!!

Low Carb Everything Bagel

2 Servings Per Recipe	
Serving Size	One Bagel
Amount Per Serving	
Calories	98
Total Fat 4g	
Total Carbohydrates 8g	
Protein 7.5g	



INGREDIENTS

FOR BAGELS

21g Trader Joe's Light Shredded Mozzarella
21g Fat Free Cream Cheese
1 Whole Egg
15g All Purpose Flour
3g Coconut Flour
3g Baking Powder
Trader Joe's Everything Bagel Seasoning

DIRECTIONS

1. Preheat your oven to 450 degrees F. Put your light shredded mozzarella and fat free cream cheese in a microwave safe bowl. Add that to the microwave for 20 seconds. Take out, mix, add in your whole egg, then mix some more.
2. Add all dry ingredients (except your seasoning) to a bowl and mix. Add your dry ingredients with your wet and mix those together. Now, you can add in your seasoning.
3. Spray your donut pan with non stick cooking spray, then fill two spots with the batter. Place that in the oven for 10 minutes. Don't open the oven while your bagels are baking. When heat escapes, the temperature of your oven changes.
4. Once your bagels are done, add them to a cooling rack to ensure they cool evenly to room temperature. Then slice each bagel in half.
5. Add your cream cheese in between your bagel halves, cut in half, then enjoy!

Low Carb Cinnamon Brown Sugar Bagel

2 Servings Per Recipe	
Serving Size	One Bagel
Amount Per Serving	
Calories	98
Total Fat 4g	
Total Carbohydrates 8g	
Protein 7.5g	



INGREDIENTS

FOR BAGELS

21g Trader Joe's Light Shredded Mozzarella
21g Fat Free Cream Cheese
1 Whole Egg
15g All Purpose Flour
3g Coconut Flour
3g Baking Powder
2g Stevia
1g Ground Cinnamon
1g Vanilla Extract

FOR CINNAMON SUGAR TOPPING

5g Cinnamon Brown Sugar
5g Ground Cinnamon
5g Stevia

DIRECTIONS

1. Preheat your oven to 450 degrees F. Add your mozzarella and cream cheese to a microwaves safe bowl. Microwave that for 20 seconds to melt, then mix in your whole egg. It's not going to mix super well and will look clumpy. That's ok.
2. Mix your all purpose flour, coconut flour and baking powder in a bowl to avoid clumping. Add that to your bowl of wet ingredients and mix until you get a batter like consistency. This won't be a dough like consistency, but more of a hybrid between a cake batter/wet dough-like consistency. Mix in your ground cinnamon, stevia, and vanilla extract.
3. Take your donut pan and spray two donut cavities with non stick butter spray. Evenly add your bagel batter into each of them, then sprinkle some more bagel seasoning on top. Let that cook in your oven for 10-12 minutes. Make sure you watch your bagels since timing will vary depending on your oven. Don't open and close the oven door too much though, because that will mess with the inside temperature.
4. You'll know your bagels are done when the top is golden. Once done, let them cool on your cooling rack for 10-15 minutes. Then you can mix your cinnamon brown sugar ingredients in a bowl. Spray the tops of your bagels with non stick butter spray, then coat the outsides with your cinnamon brown sugar mixture. Slice your bagels in half, add toppings of your choice, and enjoy!

Low Carb Everything Bagel Breakfast Sandwich

2 Servings Per Recipe	
Serving Size	One Bagel (Plain)
Amount Per Serving	
Calories	98
Total Fat 4g	
Total Carbohydrates 8g	
Protein 7.5g	

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	211
Total Fat 11g	
Total Carbohydrates 10g	
Protein 18g	



INGREDIENTS

FOR TWO BAGELS

21g Trader Joe's Light Shredded Mozzarella
21g Fat Free Cream Cheese
1 Whole Egg
15g All Purpose Flour
3g Coconut Flour
3g Baking Powder
Trader Joe's Everything Bagel Seasoning

FOR REST OF SANDWICH

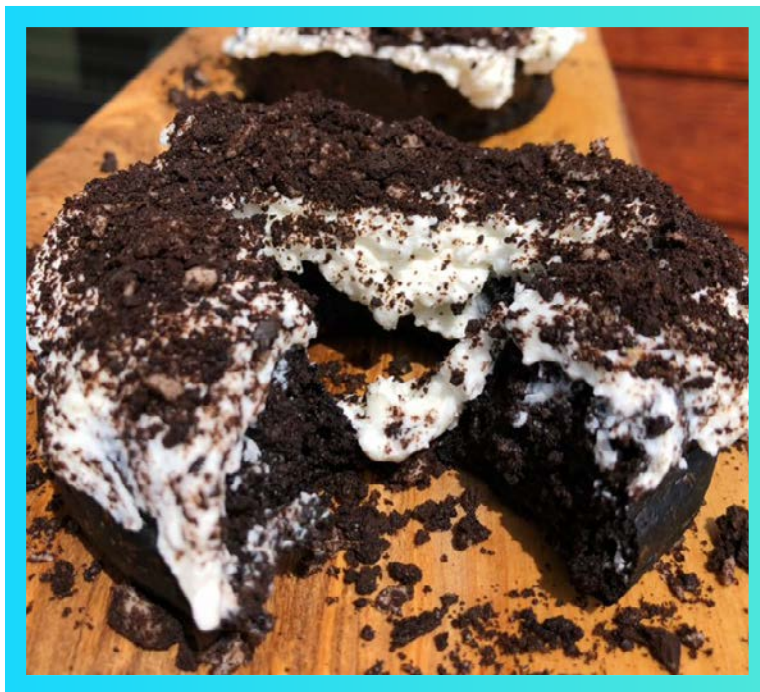
40g Egg Whites
1 Whole Egg
14g (½ oz) Fresh Avocado
5g Sriracha

DIRECTIONS

1. Preheat your oven to 450 degrees F. First, we'll make the bagels. Add your mozzarella cheese and cream cheese and to a microwaves safe bowl. Microwave that for 20 seconds. Once the cheese has melted, mix in your whole egg. It won't mix super well and will look clumpy, that's okay.
2. Mix your all purpose flour, coconut flour, and baking powder in a bowl to avoid clumping. Add that to your wet ingredients and mix until you get a batter like consistency. It won't be a dough-like consistency. It'll be more of a hybrid between a cake batter and wet dough-like consistency. Lastly, add in your bagel seasoning.
3. Take your donut pan and spray two donut cavities with non stick butter spray. Evenly add your batter into each of them and sprinkle some more seasoning on top. Place the pan in your oven for 10-12 minutes. Timing will vary due to your oven, so keep an eye out but don't open your oven too much. That'll mess with the inside temperature.
4. While the bagels are cooking, preheat your stove top pan. Take your silicone egg circle and add it to your pan to heat up the bottom. This will keep the egg whites from spewing out when you add them in. Do this for a minute or so. Slowly add 40g of your egg whites to the silicone circle and your whole egg to the other side of your pan. Add cover on top and cook the whole egg/egg white patty until the white around the yolk/top is no longer liquidy to the touch. Take the top off when your eggs are done. Flip your egg white patty over to the other side when the top is done cooking.
5. When your bagels are done, let them cool for a few minutes on your cooling rack. Once cool, slice them open, and add your mashed up avocado to both sides. Then add your egg white patty, sriracha, and whole egg. Enjoy!

Homemade Low Carb Oreo Lovers Big Bagel

1 Serving Per Recipe	
Serving Size	One Bagel
Amount Per Serving	
Calories	145.5
Total Fat 3.5g	
Total Carbohydrates 12g	
Protein 14g	



INGREDIENTS

INGREDIENTS FOR THE WHOLE BAGEL

(1 BAGEL SLICED IN HALF SHOWN)

30g Trader Joe's Reduced Fat Ricotta Cheese (this one has 4.5g Fat per 60g serving)
 28g Trader Joe's Light Mozzarella Cheese
 8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 8g All Purpose Flour (can use gluten free flour)
 5g Black Cocoa Powder
 3g Coconut Flour
 46g Egg Whites
 2g Baking Powder

FOR OREO TOPPINGS FOR BOTH BAGELS

56g Fat Free Cream Cheese (28g on each)
 2g Zero Cal Sweetener of your choice (I used Stevia)
 ½ Reduced Fat Oreo Crushed into pieces

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all of your dry ingredients in a bowl. Add your ricotta and mozzarella cheese to a microwave safe bowl. Microwave that for 20 seconds so the cheese can melt.
2. Take a spoon and mix, then add in your 46g egg whites and mix some more. Slowly add your dry ingredients, in 3 increments, to avoid clumping.
3. Take your mini angel food cake pan and spray it with nonstick butter spray. Add the batter to your pan and place your pan in the oven for 10-12 minutes.
4. While that's cooking, mix your cream cheese and stevia together in a small bowl. Add your bowl to the fridge if you want it to stay cold.
5. Once your bagel is golden, let it cool for a second before slicing it in half. Place both halves on a flat, oven safe pan (can be a pizza pan) with the open sides facing up. Spray the tops with a little butter spray. Add your pan to the oven so it can toast, like a bagel. Once the top's are golden on top, let cool on a cooling rack. Once cool, add your cream cheese and your crushed Oreo pieces on top. Enjoy! These are the best when eaten fresh out of the oven or shortly after!

SUBSTITUTIONS

- If you use a ricotta cheese with less fat, make sure to add a whole egg. This will ensure there's enough fat in the recipe for it to bake properly.
- You can sub cream cheese for ricotta in the dough, but if you use fat free cream cheese, you'll need to add in a whole egg. This will make sure there's enough fats in the recipe to bake properly.
- Any low fat mozzarella will work for this recipe, but not using fat free in the dough is essential for it to come out right.
- Can use a standard donut pan if you want, but the bagels will come out smaller, unless you have a jumbo pan.

Homemade Low Carb Fruity Pebble Lovers Big Bagel

1 Serving Per Recipe	
Serving Size	One Bagel
Amount Per Serving	
Calories	145.5
Total Fat 3.5g	
Total Carbohydrates 13.5g	
Protein 15g	



INGREDIENTS

INGREDIENTS FOR THE WHOLE BAGEL

(1 BAGEL SLICED IN HALF SHOWN)

30g Trader Joe's Reduced Fat Ricotta Cheese (this one has 4.5g Fat per 60g serving)
 28g Trader Joe's Light Mozzarella Cheese
 10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 10g All Purpose Flour (can use gluten free flour)
 5g Coconut Flour
 46g Egg Whites
 6g Crushed Fruity Pebbles
 2g Baking Powder

FOR FRUITY PEBBLE TOPPINGS FOR BOTH BAGELS

56g Fat Free Cream Cheese (28g on each)
 2g Zero Cal Sweetener of your choice (I used Stevia)
 4g Crushed Fruity Pebbles

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add all dry ingredients (except the Fruity Pebbles) to a bowl and mix. Add your ricotta and mozzarella cheese to a microwave safe bowl. Place the bowl in the microwave for 20 seconds so the cheese can melt.
2. Take a spoon and mix, then add in your 46g egg whites and mix some more. Slowly add your dry ingredients, in 3 increments, to avoid clumping.
3. Mix in 5g of your crushed Fruity Pebbles. Take your mini angel food cake pan and spray it with nonstick butter spray. Add the batter to your pan and sprinkle the last 1g of your Fruity Pebbles on top. Place your pan in the oven for 10-12 minutes.
4. While that's cooking, mix your cream cheese and stevia together in a small bowl. Add your bowl to the fridge if you want it to stay cold.
5. Once your bagel is golden, let it cool for a second before slicing it in half. Place both halves on a flat, oven safe pan (can be a pizza pan) with the open sides facing up. Spray the tops with a little butter spray. Add your pan to the oven so it can toast, like a bagel. Once the top's are golden on top, let cool on a cooling rack. Once cool, add your cream cheese and the rest of your Fruity Pebbles on top. Enjoy! These are the best when eaten fresh out of the oven or shortly after!

SUBSTITUTIONS

- If you use a ricotta cheese with less fat, make sure to add a whole egg. This will ensure there's enough fat in the recipe for it to bake properly.
- You can sub cream cheese for ricotta in the dough, but if you use fat free cream cheese, you'll need to add in a whole egg. This will make sure there's enough fats in the recipe to bake properly.
- Any low fat mozzarella will work for this recipe, but not using fat free in the dough is essential for it to come out right.
- Can use a standard donut pan if you want, but the bagels will come out smaller, unless you have a jumbo pan.

Homemade No Sugar Added Raspberry Jam

1 Serving Per Recipe

Serving Size Whole 8oz Batch

Amount Per Serving

Calories 132

Total Fat 0g

Total Carbohydrates 27g

Protein 6g

Serving Size 17g (1Tbsp)

Amount Per Serving

Calories 9

Total Fat 0g

Total Carbohydrates 2g

Protein 0.25g



INGREDIENTS

8oz Fresh Raspberries
4g Stevia
4 Drops Vanilla Stevia Extract (optional)
56ml (1/4 cup) Water
14ml (1 Tbsp) Lemon Juice
3g Knox Gelatin Powder

DIRECTIONS

1. Take your fresh raspberries and add them to your small food processor and blend into small pieces. You can do the same with a knife, but that will take longer. Then add them to a small stovetop pot, with 56ml (1/4 cup) of water, your stevia and stevia extract drops. Place a cover on top of the pot and turn the burner on medium heat. Cook that until the water starts to boil and wants to overflow. Take the cover off, turn the burner on low, and let that simmer for 20 minutes.
2. While your pot is boiling, take a small dish and add your lemon juice to it. Sprinkle your gelatin evenly across the top of the lemon juice and let that sit. Don't just throw it on there. That'll create a huge clump and won't work well when you want to add it to your jam later.
3. When your pot has been simmering for 20 minutes, break up the gelatin and lemon juice mixture. Add that to your pot, mix it in, and turn the burner off. Let the pot cool some more for another 20 minutes. Once cool, take the jam out and add it to an 8oz mason jar. Place that in the fridge to set. Trust me, it might seem too liquid before you let it sit but it'll thicken up.

Pro tip: I advise making this the night before you want to use it and letting it sit in the fridge overnight. That way, when you wake up, it's perfect!

Homemade No Sugar Added Black Raspberry Jam

1 Serving Per Recipe

Serving Size Whole 8oz Batch

Amount Per Serving

Calories 132

Total Fat 0g

Total Carbohydrates 27g

Protein 6g

Serving Size 17g (1Tbsp)

Amount Per Serving

Calories 9

Total Fat 0g

Total Carbohydrates 2g

Protein 0.25g



INGREDIENTS

8oz Fresh Black Raspberries
4g Stevia
4 Drops Vanilla Stevia Extract (optional)
56ml (1/4 cup) Water
14ml (1 Tbsp) Lemon Juice
3g Knox Gelatin Powder

DIRECTIONS

1. Take your fresh black raspberries and add them to your small food processor and blend into small pieces. You can do the same with a knife, but that will take longer. Then add them to a small stovetop pot, with 56ml (1/4 cup) of water, your stevia and stevia extract drops. Place a cover on top of the pot and turn the burner on medium heat. Cook that until the water starts to boil and wants to overflow. Take the cover off, turn the burner on low, and let that simmer for 20 minutes.
2. While your pot is boiling, take a small dish and add your lemon juice to it. Sprinkle your gelatin evenly across the top of the lemon juice and let that sit. Don't just throw it on there. That'll create a huge clump and won't work well when you want to add it to your jam later.
3. When your pot has been simmering for 20 minutes, break up the gelatin and lemon juice mixture. Add that to your pot, mix it in, and turn the burner off. Let the pot cool some more for another 20 minutes. Once cool, take the jam out and add it to an 8oz mason jar. Place that in the fridge to set. Trust me, it might seem too liquid before you let it sit but it'll thicken up.

Pro tip: I advise making this the night before you want to use it and letting it sit in the fridge overnight. That way, when you wake up, it's perfect!

Homemade No Sugar Added Blueberry Jam

1 Serving Per Recipe

Serving Size Whole 8oz Batch

Amount Per Serving

Calories 148

Total Fat 0g

Total Carbohydrates 32g

Protein 5g

Serving Size 17g (1Tbsp)

Amount Per Serving

Calories 11

Total Fat 0g

Total Carbohydrates 2.5g

Protein 0.25g



INGREDIENTS

8oz Fresh Blueberries
4g Stevia
4 Drops Vanilla Stevia Extract (optional)
56ml (1/4 cup) Water
14ml (1 Tbsp) Lemon Juice
3g Knox Gelatin Powder

DIRECTIONS

1. Take your fresh blueberries and add them to your small food processor and blend into small pieces. You can do the same with a knife, but that will take longer. Then add them to a small stovetop pot, with 56ml (1/4 cup) of water, your stevia and stevia extract drops. Place a cover on top of the pot and turn the burner on medium heat. Cook that until the water starts to boil and wants to overflow. Take the cover off, turn the burner on low, and let that simmer for 20 minutes.
2. While your pot is boiling, take a small dish and add your lemon juice to it. Sprinkle your gelatin evenly across the top of the lemon juice and let that sit. Don't just throw it on there. That'll create a huge clump and won't work well when you want to add it to your jam later.
3. When your pot has been simmering for 20 minutes, break up the gelatin and lemon juice mixture. Add that to your pot, mix it in, and turn the burner off. Let the pot cool some more for another 20 minutes. Once cool, take the jam out and add it to an 8oz mason jar. Place that in the fridge to set. Trust me, it might seem too liquid before you let it sit but it'll thicken up.

Pro tip: I advise making this the night before you want to use it and letting it sit in the fridge overnight. That way, when you wake up, it's perfect!

Homemade No Sugar Added Strawberry Jam

1 Serving Per Recipe

Serving Size Whole 8oz Batch

Amount Per Serving

Calories **92**

Total Fat 0g

Total Carbohydrates 18g

Protein 5g

Serving Size 17g (1Tbsp)

Amount Per Serving

Calories **6**

Total Fat 0g

Total Carbohydrates 1.25g

Protein 0.25g



INGREDIENTS

8oz Fresh Strawberries
4g Stevia
4 Drops Vanilla Stevia Extract (optional)
56ml (1/4 cup) Water
14ml (1 Tbsp) Lemon Juice
3g Knox Gelatin Powder

DIRECTIONS

1. Take your fresh strawberries and add them to your small food processor and blend into small pieces. You can do the same with a knife, but that will take longer. Then add them to a small stovetop pot, with 56ml (1/4 cup) of water, your stevia and stevia extract drops. Place a cover on top of the pot and turn the burner on medium heat. Cook that until the water starts to boil and wants to overflow. Take the cover off, turn the burner on low, and let that simmer for 20 minutes.
2. While your pot is boiling, take a small dish and add your lemon juice to it. Sprinkle your gelatin evenly across the top of the lemon juice and let that sit. Don't just throw it on there. That'll create a huge clump and won't work well when you want to add it to your jam later.
3. When your pot has been simmering for 20 minutes, break up the gelatin and lemon juice mixture. Add that to your pot, mix it in, and turn the burner off. Let the pot cool some more for another 20 minutes. Once cool, take the jam out and add it to an 8oz mason jar. Place that in the fridge to set. Trust me, it might seem too liquid before you let it sit but it'll thicken up.

Pro tip: I advise making this the night before you want to use it and letting it sit in the fridge overnight. That way, when you wake up, it's perfect!

Protein Pop Tart Dough Base (In Bulk)

10 Serving Per Recipe	
Serving Size	One Pop Tart Base
Amount Per Serving	
Calories	116.5
Total Fat 4.5g	
Total Carbohydrates 9.5g	
Protein 9.5g	



INGREDIENTS

FOR POP TARTS IN BULK

60g PEScience flavor of your choice ("FDL" saves you 15%)

40g Coconut Flour

40g Ultra Fine Almond Flour

40g All Purpose Flour

40g Powdered PB

56g Light Butter (this butter has around 5g fat per 14g)

56g Plain Nonfat Greek Yogurt (can add more in 10g increments if dough is too dry)

8g Stevia

FOR ONE POP TART

6g PEScience flavor of your choice ("FDL" saves you 15%)

4g Coconut Flour

4g Ultra Fine Almond Flour

4g All Purpose Flour

4g Powdered PB

5.5g Light Butter (this butter has around 5g Fat per 14g serving)

11g Plain Nonfat Greek Yogurt

1g Stevia

DIRECTIONS

FOR POP TARTS IN BULK

1. Add all of your dry ingredients to your food processor and pulse 5 times to combine to avoid clumping. Add in your wet ingredients and pulse 30-40 times until all of your ingredients are combined. You want a nice dough crumble-like consistency. Your wet ingredients might start sticking to the sides so try and scrape them off if this happens 10-15 pulses in.
2. Take the dough out of your food processor. It should weigh around 300g. Each dough ball for each pop tart should weigh 30g. Add the dough balls your plate, cover it in plastic wrap, and place it in the fridge. I left my dough balls in the fridge for the past 6 days and made a pop tart each day with them. They came out exactly the same each day!

FOR ONE POP TART

1. Add all of your dry ingredients to your small food processor and pulse to combine to avoid clumping. Add in your wet ingredient and pulse 20-30 times. You want a doughy crumble.
2. Take your dough out to combine and form into a ball. I recommend letting it sit in the fridge, covered in plastic, to cool for 10-15 minutes. Once cool, roll the dough out to make your pop tart.

Chocolate Protein Pop Tart Dough Base (In Bulk)

10 Serving Per Recipe	
Serving Size	One Pop Tart Base
Amount Per Serving	
Calories	114.5
Total Fat	4.5g
Total Carbohydrates	9.5g
Protein	9g



INGREDIENTS

FOR POP TARTS IN BULK

60g PEScience flavor of your choice ("FDL" saves you 15%)

40g Coconut Flour

40g Ultra Fine Almond Flour

40g All Purpose Flour

40g Black Cocoa Powder

56g Light Butter (this butter has around 5g fat per 14g)

56g Plain Nonfat Greek Yogurt (can add more in 10g increments if dough is too dry)

8g Stevia

FOR ONE POP TART

6g PEScience flavor of your choice ("FDL" saves you 15%)

4g Coconut Flour

4g Ultra Fine Almond Flour

4g All Purpose Flour

4g Black Cocoa Powder

5.5g Light Butter (this butter has around 5g Fat per 14g serving)

11g Plain Nonfat Greek Yogurt

1g Stevia

DIRECTIONS

FOR POP TARTS IN BULK

1. Add all of your dry ingredients to your food processor and pulse 5 times to combine to avoid clumping. Add in your wet ingredients and pulse 30-40 times until all of your ingredients are combined. You want a nice dough crumble-like consistency. Your wet ingredients might start sticking to the sides so try and scrape them off if this happens 10-15 pulses in.
2. Take the dough out of your food processor. It should weigh around 300g. Each dough ball for each pop tart should weigh 30g. Add the dough balls your plate, cover it in plastic wrap, and place it in the fridge. I left my dough balls in the fridge for the past 6 days and made a pop tart each day with them. They came out exactly the same each day!

FOR ONE POP TART

1. Add all of your dry ingredients to your small food processor and pulse to combine to avoid clumping. Add in your wet ingredient and pulse 20-30 times. You want a doughy crumble.
2. Take your dough out to combine and form into a ball. I recommend letting it sit in the fridge, covered in plastic, to cool for 10-15 minutes. Once cool, roll the dough out to make your pop tart.

Dark Chocolate Frosted Raspberry Protein Pop Tart

1 Serving Per Recipe	
Serving Size	Whole Pop Tart
Amount Per Serving	
Calories	186
Total Fat 6g	
Total Carbohydrates 18g	
Protein 15g	



INGREDIENTS

FOR POP TART DOUGH

6g PEScience Flavor of your choice ("FDL" saves you 15%)
 4g Coconut Flour
 4g Ultra Fine Almond Flour
 4g All Purpose Flour
 4g Powdered PB
 5.5g Light Butter (this butter has around 5g Fat per 14g serving)
 11g Plain Nonfat Greek Yogurt
 1g Stevia

FOR FILLING

34g Homemade No Sugar Added Raspberry Jam

FOR OREO COOKING FROSTING

5g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 3g Black Cocoa Powder
 1g Coconut Flour
 1g Zero Cal Sweetener of your choice
 10g Plain Nonfat Greek Yogurt
 5ml Cold Water

FOR PROTEIN FROSTING

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 2g Coconut Flour
 1g Stevia

EXTRA TOPPINGS

Non Pareil Sprinkles

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pop tart ingredients to your food processor and pulse to combine. Add in your wet ingredient and pulse 20-30 times until you get a doughy crumble.
2. Form your dough into a ball. I recommend letting that sit in the fridge, covered in plastic wrap, for 10-15 minutes to cool.
3. After it's cool, roll out your dough in between 2 pieces of parchment paper. The key is to make sure that your pieces of parchment paper aren't too big, so it doesn't slide around a lot. Roll your dough out as far tall and wide as you can! Take your pizza cutter and cut out a pop tart piece. Form the extra dough into a ball of dough, then roll that piece out just like you did before. You want to get a pop tart size piece of dough. Add 28g of your raspberry jam to the middle of that first piece of dough, leaving an inch around the edges. Add your other piece of dough on top and press down the edges with your fingers. Be gentle with the dough.
4. Spray the top of your pop tart with some butter spray, then take a fork and crimp the edges shut. If you want it to look super pretty, take a pizza cutter and cut off any extra dough that's not making the edges smooth. Using a fork, stab the top of the pop tart (long ways) to make sure there's room to breathe when it's baking and doesn't fill up with too much air. Add it to the oven for 8-10 minutes. The edges should be slightly brown when it's done. Don't let them burn.
5. While your pop tart is baking, mix your protein frosting ingredient in a bowl to avoid clumping. Add 10ml of cold water and mix. Repeat this process until you get a thick frosting like consistency. Place that in the fridge to cool. If you added too much liquid, add it to freezer to thicken up.
6. When your pop tart is done, add it to your cooling rack for 10-15 minutes. If you want it super cold, add it to your freezer afterwards. Once cool, add your frostings and some sprinkles on top, and enjoy!

Oreo Sundae Protein Pop Tart

1 Serving Per Recipe	
Serving Size	Whole Pop Tart
Amount Per Serving	
Calories	247
Total Fat 7g	
Total Carbohydrates 19g	
Protein 27g	



INGREDIENTS

FOR POP TART DOUGH

6g PEScience Flavor of your choice ("FDL" saves you 15%)
 4g Coconut Flour
 4g Ultra Fine Almond Flour
 4g All Purpose Flour
 4g Powdered PB
 5.5g Light Butter (this butter has around 5g Fat per 14g serving)
 11g Plain Nonfat Greek Yogurt
 1g Stevia

FOR OREO COOKING FILLING

5g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 3g Black Cocoa Powder
 1g Coconut Flour
 1g Stevia
 10g Plain Nonfat Greek Yogurt
 5ml Cold Water

FOR VANILLA ICE CREAM FILLING & ICING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 5g Powdered PB
 2g Coconut Flour
 1g Stevia
 20g Plain Nonfat Greek Yogurt
 10ml Cold Water

EXTRA TOPPING

3g Sprinkles

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pop tart ingredients to your small food processor, then pulse to combine and avoid clumping. Add in your wet ingredient and pulse 20-30 more times until you have a doughy crumble.
2. Take the dough out of your processor to form a ball shape. I recommend letting it sit in the fridge, covered in plastic wrap, for 10-15 minutes to cool. While your dough is cooling, mix your sugar cookie dough ingredients (except your water and sprinkles) in a bowl until you get a clumping/crumby like consistency. Add in 5ml of cold water and mix some more. You want to get the consistency of a wet cookie dough/frosting. Now you can add in your sprinkles. Put that in the fridge to chill while you roll out your dough. Repeat that process with your vanilla ice cream filling/frosting. Mix those ingredients in a bowl (except your water) until you get a crumbly-like consistency. Add in 10ml of cold water and mix some more. You want a filling/frosting-like consistency. Put that in the fridge to chill.
3. Place your ball of dough in between two pieces of parchment paper. The key is to make sure you don't use pieces that are too big or else the parchment paper will slide around a lot. Roll your dough out as far, tall, and wide as you can! Then take your pizza cutter and cut out a pop part piece. Form the extra dough into a ball of dough and roll that piece out just like you did before. You want to get a pop tart size piece of dough.
4. Now you'll make your rows of filling for that first piece of dough. First add your Oreo filling, then your vanilla ice cream, Oreo, then vanilla ice cream leaving about an inch around the edges. Place your other piece of dough on top and press the edges down. Be gentle with the dough!
5. Press the edges down with your fingers, spray the top with butter spray, and crimp the edges shut with a fork. If your fork sticks, periodically dip it in water. If you want it to look super pretty, use a pizza cutter and slice off any extra dough that's not making the dough smooth. Then take your fork and stab the top, long ways, to make sure your pop tart can breathe in the oven and doesn't fill up with too much air. Add it to the oven for 8-10 minutes. You'll know it's done because the edges will be crispy to the touch. Just make sure not to let it burn.
6. While your pop tart is baking, mix your protein frosting ingredients (except your water) in a bowl until you have a crumbly-like consistency. Add in 5ml of cold water and mix some more. If you don't have an icing like consistency, add another 5ml of water. Be careful not to add too much. If you do, just let it sit in the freezer to thicken up. Put your icing in the fridge to cool.
7. When your pop tart is done, add it to your cooling rack to cool for 10-15. If you want it super cold, add it your freezer to cool some more once it's at room temperature. Then you can add your frosting on top and enjoy!

PRO TIP: Add icing to ziplock bag and cut a small hole at the tip to use as an icing tool to make those pretty lines like I did!

Frosted Blueberry Protein Pop Tart

1 Serving Per Recipe	
Serving Size	Whole Pop Tart
Amount Per Serving	
Calories	169
Total Fat 5g	
Total Carbohydrates 15g	
Protein 16g	



INGREDIENTS

FOR POP TART DOUGH

6g PEScience Flavor of your choice ("FDL" saves you 15%)
 4g Coconut Flour
 4g Ultra Fine Almond Flour
 4g All Purpose Flour
 4g Powdered PB
 5.5g Light Butter (this butter has around 5g Fat per 14g)
 11g Plain Nonfat Greek Yogurt
 1g Stevia

FOR FILLING

34g Homemade No Sugar Added Blueberry Jam

FOR PROTEIN FROSTING

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 2g Coconut Flour
 1g Stevia

EXTRA TOPPINGS

Non Pareil Sprinkles

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pop tart ingredients to your small food processor and pulse to combine. Add in your wet ingredient and pulse 20-30 times until you get a doughy crumble.
2. Form your dough into a ball. I recommend letting that sit in the fridge, covered in plastic wrap, for 10-15 minutes to cool.
3. After it's cool, roll out your dough in between 2 pieces of parchment paper. The key is to make sure that your pieces of parchment paper aren't too big, so it doesn't slide around a lot. Roll your dough out as far tall and wide as you can! Take your pizza cutter and cut out a pop tart piece. Form the extra dough into a ball of dough, then roll that piece out just like you did before. You want to get a pop tart size piece of dough. Add 28g of your blueberry jam to the middle of that first piece of dough, leaving an inch around the edges. Add your other piece of dough on top and press down the edges with your fingers. Be gentle with the dough.
4. Spray the top of your pop tart with some butter spray, then take a fork and crimp the edges shut. If you want it to look super pretty, take a pizza cutter and cut off any extra dough that's not making the edges smooth. Using a fork, stab the top of the pop tart (long ways) to make sure there's room to breathe when it's baking and doesn't fill up with too much air. Add it to the oven for 8-10 minutes. The edges should be slightly brown when it's done. Don't let them burn.
5. While your pop tart is baking, mix your protein frosting ingredient in a bowl to avoid clumping. Add 10ml of cold water and mix. Repeat this process until you get a thick frosting like consistency. Place that in the fridge to cool. If you added too much liquid, add it to freezer to thicken up.
6. When your pop tart is done, add it to your cooling rack for 10-15 minutes. If you want it super cold, add it to your freezer afterwards. Once cool, add your frosting and some sprinkles on top, and enjoy!

Frosted Strawberry Protein Pop Tart

1 Serving Per Recipe	
Serving Size	Whole Pop Tart
Amount Per Serving	
Calories	165
Total Fat 5g	
Total Carbohydrates 14g	
Protein 16g	



INGREDIENTS

FOR POP TART DOUGH

6g PEScience Flavor of your choice ("FDL" saves you 15%)
 4g Coconut Flour
 4g Ultra Fine Almond Flour
 4g All Purpose Flour
 4g Powdered PB
 5.5g Light Butter (this butter has around 5g Fat per 14g)
 11g Plain Nonfat Greek Yogurt
 1g Stevia

FOR FILLING

34g Homemade No Sugar Added Strawberry Jam

FOR PROTEIN FROSTING

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 2g Coconut Flour
 1g Stevia

EXTRA TOPPINGS

Non Pareil Sprinkles

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pop tart ingredients to your small food processor and pulse to combine. Add in your wet ingredient and pulse 20-30 times until you get a doughy crumble.
2. Form your dough into a ball. I recommend letting that sit in the fridge, covered in plastic wrap, for 10-15 minutes to cool.
3. After it's cool, roll out your dough in between 2 pieces of parchment paper. The key is to make sure that your pieces of parchment paper aren't too big, so it doesn't slide around a lot. Roll your dough out as far tall and wide as you can! Take your pizza cutter and cut out a pop tart piece. Form the extra dough into a ball of dough, then roll that piece out just like you did before. You want to get a pop tart size piece of dough. Add 28g of your strawberry jam to the middle of that first piece of dough, leaving an inch around the edges. Add your other piece of dough on top and press down the edges with your fingers. Be gentle with the dough.
4. Spray the top of your pop tart with some butter spray, then take a fork and crimp the edges shut. If you want it to look super pretty, take a pizza cutter and cut off any extra dough that's not making the edges smooth. Using a fork, stab the top of the pop tart (long ways) to make sure there's room to breathe when it's baking and doesn't fill up with too much air. Add it to the oven for 8-10 minutes. The edges should be slightly brown when it's done. Don't let them burn.
5. While your pop tart is baking, mix your protein frosting ingredient in a bowl to avoid clumping. Add 10ml of cold water and mix. Repeat this process until you get a thick frosting like consistency. Place that in the fridge to cool. If you added too much liquid, add it to freezer to thicken up.
6. When your pop tart is done, add it to your cooling rack for 10-15 minutes. If you want it super cold, add it to your freezer afterwards. Once cool, add your frosting and some sprinkles on top, and enjoy!

Sugar Cookie Dough Protein Pop Tart

1 Serving Per Recipe

Serving Size Whole Pop Tart

Amount Per Serving

Calories **264**

Total Fat **8g**

Total Carbohydrates **20g**

Protein **28g**



INGREDIENTS

FOR POP TART DOUGH

6g PEScience Flavor of your choice ("FDL" saves you 15%)
 4g Coconut Flour
 4g Ultra Fine Almond Flour
 4g All Purpose Flour
 4g Powdered PB
 5.5g Light Butter (this butter has around 5g Fat per 14g)
 11g Plain Nonfat Greek Yogurt
 1g Stevia

FOR COOKIE DOUGH FILLING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 5g Powdered PB
 2g Coconut Flour
 1g Stevia
 20g Plain Nonfat Greek Yogurt
 10ml Cold Water
 6g Sprinkles

FOR PROTEIN FROSTING

(If you drizzle the icing on top like I did, you probably won't use it all)

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 2g Coconut Flour
 Dash of Stevia (less than 1 gram)
 10g Plain Nonfat Greek Yogurt
 5ml Cold Water

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pop tart ingredients to your small food processor, then pulse to combine and avoid clumping. Add in your wet ingredient and pulse 20-30 more times until you get a doughy crumble.
2. Take the dough out of your processor to form a ball shape. I recommend letting it sit in the fridge, covered in plastic wrap, for 10-15 minutes to cool. While your dough is cooling, mix your sugar cookie dough ingredients (except your water and sprinkles) in a bowl until you get a clumping/crumby like consistency. Add in 10ml of cold water and mix some more. You want to get the consistency of a wet cookie dough/frosting. Now you can add in your sprinkles. Put that in the fridge to chill while you roll out your dough.
3. Place your ball of dough in between two pieces of parchment paper. The key is to make sure you don't use pieces that are too big or else the parchment paper will slide around a lot. Roll your dough out as far, tall, and wide as you can! Then take your pizza cutter and cut out a pop tart piece. Form the extra dough into a ball of dough and roll that piece out just like you did before. You want to get a pop tart size piece of dough. Add your sugar cookie dough the center of your first piece of dough leaving an inch around the edges. Now add your other piece of dough on top and press the edges down. Be gentle!
4. Use your fingers to press the edges down, spray the top with butter spray, then take a fork and crimp the edges shut. If your fork sticks to the dough, periodically dip it in water. If you want your pop tart to look super pretty, take your pizza cutter and slice off any extra dough. Then take your fork and stab the top, long ways, to make sure your pop tart can breathe in the oven and doesn't fill up with too much air. Add it to the oven for 8-10 minutes. You'll know it's done because the edges will be slightly brown. Just make sure not to let it burn.
5. While your pop tart is baking, mix your protein frosting ingredients (except your water) in a bowl until you have a crumbly-like consistency. Add in 5ml of cold water and mix some more. If you don't have an icing like consistency, add another 5ml of water. Be careful not to add too much. If you do, just let it sit in the freezer to thicken up. Put your icing in the fridge to cool.
6. When your pop tart is done, add it to your cooling rack to cool for 10-15. If you want it super cold, add it your freezer to cool some more once it's at room temperature. Then you can add your frosting on top and enjoy!

PRO TIP: Add your icing to ziplock bag and cut a small hole at the tip, then use that as your icing tool to make those pretty lines.

Birthday Cake Flatbread Pop Tart

1 Serving Per Recipe

Serving Size Whole Pop Tart

Amount Per Serving

Calories 240

Total Fat 4g

Total Carbohydrates 23g

Protein 28g



INGREDIENTS

½ Joseph's Lavash Bread
20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
8g Coconut Flour
2g Stevia
45g Plain Nonfat Greek Yogurt
25ml Cold Water
6g Sprinkles

DIRECTIONS

1. Preheat your oven to 400 degrees F. Mix your protein powder, coconut flour, stevia and greek yogurt in a bowl until you get a crumbly-like texture. Add in your cold water and mix until you have a nice, thick icing like consistency.
2. Lay your lavash bread down. If you have a whole one, you'll want to slice it to where you have a top and bottom piece for 2 pop tarts (4 rectangles). I used a pizza cutter to do this. You'll use 2 of the rectangles for this pop tart.
3. To get your pop tart to seal, add water to a wide set bowl to dip the edges of the bottom piece of the lavash in. Add your lavash bread on an oven safe pan, then add half of your frosting (save the rest for later) leaving about an inch around the edges. Dip the edges of your top piece in your bowl of water and add it on top of your bottom piece. Use your fingers to press down and seal the edges, then take your fork and crimp those edges. Make sure you dip your fork in water so it doesn't stick to and rip your pop tart. If you want it to look super pretty, clean up the edges by slicing off those pieces with a pizza cutter.
4. Spray the top with butter spray, then add it to the oven for 10 minutes until golden on top. Once your pop tart is done, let it cool to room temperature on your cooling rack. Then you can add your icing and sprinkles on top. Enjoy!

Oreo Lover's Flatbread Pop Tart

1 Serving Per Recipe	
Serving Size	Whole Pop Tart
Amount Per Serving	
Calories	236
Total Fat 4g	
Total Carbohydrates 22g	
Protein 28g	



INGREDIENTS

FOR POP TART

½ Joseph's Lavash Bread
 10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 5g Black Cocoa Powder
 2g Coconut Flour
 1g Stevia
 20g Plain Nonfat Greek Yogurt
 10ml Cold Water

FOR PROTEIN FROSTING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 3g Coconut Flour
 1g Stevia
 20g Plain Nonfat Greek Yogurt
 10ml Cold Water
 1/2 Crumbled Reduced Fat Oreo

DIRECTIONS

1. Preheat your oven to 400 degrees F. Make your pop tart filling by mixing your protein powder, black cocoa, coconut flour, stevia, and greek yogurt in a bowl until you get a crumbly-like texture. Add in your cold water and mix some more until you get a nice, thick icing-like consistency.
2. Lay your lavash bread down. If you have a whole one, you'll want to slice it to where you have a top and bottom piece for 2 pop tarts (4 rectangles). I used a pizza cutter to do this. You'll use 2 of the rectangles for this pop tart.
3. To get your pop tart to seal, add water to a wide set bowl to dip the edges of the bottom piece of the lavash in. Add your lavash bread on an oven safe pan, then add half of your filling leaving about an inch around the edges. Dip the edges of your top piece in your bowl of water and add it on top of your bottom piece. Use your fingers to press down and seal the edges, then take your fork and crimp those edges. Make sure you dip your fork in water so it doesn't stick to and rip your pop tart. If you want it to look super pretty, clean up the edges by slicing off those pieces with a pizza cutter.
4. Spray the top with butter spray, then add it to the oven for 10 minutes until golden on top. While it's cooking, you'll make your frosting. Mix all of those ingredients (except your Oreo and water) in a bowl until you get a crumbly-like consistency. Add in your cold water and mix until you get a frosting-like consistency. Put that in the fridge to cool.
5. Once your pop tart is done, let it cool on your cooling rack to room temperature. Once cool, take your frosting out of the fridge. Add your frosting, Oreo crumbles, and sprinkles on top. Enjoy!

XL Oreo Cookies & Cream Birthday Cheesecake Protein Pop Tart

1 Serving Per Recipe	
Serving Size	Whole Pop Tart
Amount Per Serving	
Calories	449
Total Fat 5g	
Total Carbohydrates 58g	
Protein 43g	



INGREDIENTS

FOR POP TART DOUGH

45g All Purpose Flour
10g Unsweetened Baking Cocoa
50g Plain Nonfat Greek Yogurt
2g Baking Soda
1g Baking Powder
3g Zero Cal Sweetener of your choice

FOR PROTEIN CHEESECAKE FILLING & ICING

30g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
12g Coconut Flour
3g Stevia
60g Plain Nonfat Greek Yogurt
30ml Cold Water

ADDITIONAL TOPPINGS

1 Reduced Fat Oreo
Sprinkles to your hearts desire!

DIRECTIONS

1. Preheat your oven to 400 degrees F.
2. Add your dough ingredients to your food processor and blend until you get a nice piece of dough. This will take about 30 seconds. Let the dough cool for about 5 minutes.
3. Now you'll make your cheesecake filling and icing. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get an extremely thick consistency. Add in 30ml of cold water and mix some more. You want a thick frosting like consistency. If you accidentally add too much water, put the bowl in your freezer for 5-10 minutes to thicken up.
4. After it's cool, roll out your dough in between 2 pieces of parchment paper. The key is to make sure that your pieces of parchment paper aren't too big, so it doesn't slide around a lot. Roll your dough out as far tall and wide as you can! Take your pizza cutter and cut out a pop part piece. Form the extra dough into a ball of dough, then roll that piece out just like you did before. You want to get a pop tart size piece of dough. Add your cheesecake filling (save some to use as your icing later) to the middle of that first piece of dough, leaving an inch around the edges. Add your other piece of dough on top and press down the edges with your fingers. Be gentle with the dough. Place it in the oven for 12 minutes.
5. Once your pop tart is done, add it to your cooling rack to cool evenly to room temperature. When it's cool, you can add your icing, Oreo Crumbles, and sprinkles. Enjoy those pop tart gainzzz!

XL Cookie Crisp Birthday Cake Protein Pop Tart

1 Serving Per Recipe	
Serving Size	Whole Pop Tart
Amount Per Serving	
Calories	482
Total Fat 6g	
Total Carbohydrates 61g	
Protein 46g	



INGREDIENTS

FOR POP TART DOUGH

45g All Purpose Flour
12g Powdered Peanut Butter
50g Plain Nonfat Greek Yogurt
2g Zero Cal Sweetener of your choice
2g Baking Powder

FOR PROTEIN CHEESECAKE FILLING & ICING

30g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
12g Coconut Flour
3g Stevia
60g Plain Nonfat Greek Yogurt
30ml Cold Water

ADDITIONAL TOPPINGS

5g Mini Chocolate Chips
8g Cookie Crisp Cereal
Non Pareil Sprinkles

DIRECTIONS

1. Preheat your oven to 400 degrees F.
2. Add your dough ingredients to your food processor and blend until you get a nice piece of dough. This will take about 30 seconds. Let the dough cool for about 5 minutes.
3. Now you'll make your cheesecake filling and icing. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get an extremely thick consistency. Add in 30ml of cold water and mix some more. You want a thick frosting like consistency. If you accidentally add too much water, put the bowl in your freezer for 5-10 minutes to thicken up.
4. After it's cool, roll out your dough in between 2 pieces of parchment paper. The key is to make sure that your pieces of parchment paper aren't too big, so it doesn't slide around a lot. Roll your dough out as far tall and wide as you can! Take your pizza cutter and cut out a pop part piece. Form the extra dough into a ball of dough, then roll that piece out just like you did before. You want to get a pop tart size piece of dough. Add your cheesecake filling (save some to use as your icing later) to the middle of that first piece of dough, leaving an inch around the edges. Add your other piece of dough on top and press down the edges with your fingers. Be gentle with the dough. Place it in the oven for 12 minutes.
5. Once your pop tart is done, add it to your cooling rack to cool evenly to room temperature. Add your icing, extra toppings, and enjoy!

XL Reese's Lovers Protein Pop Tart

1 Serving Per Recipe	
Serving Size	Whole Pop Tart
Amount Per Serving	
Calories	543
Total Fat 7g	
Total Carbohydrates 67g	
Protein 53g	



INGREDIENTS

FOR POP TART DOUGH

45g All Purpose Flour
10g Unsweetened Baking Cocoa
50g Plain Nonfat Greek Yogurt
2g Zero Cal Sweetener of your choice
2g Baking Powder

FOR PEANUT BUTTER FILLING & FROSTING

30g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
12g Powdered PB
8g Coconut Flour
3g Stevia
60g Plain Nonfat Greek Yogurt
40ml Cold Water

FOR CHOCOLATE ICING

5g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
5g Unsweetened Baking Cocoa
1g Stevia
10g Plain Nonfat Greek Yogurt
10ml Cold Water (add more if it's still too thick)

OTHER

7g Reese's Puffs Cereal
25g Sugar Free Strawberry Jelly

DIRECTIONS

1. Preheat your oven to 400 degrees F. Now you'll make your peanut butter filling and frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get an extremely thick consistency. Add in 40ml of cold water and mix some more. You want a thick filling/frosting-like consistency. If you accidentally add too much water, put the bowl in your freezer for 5-10 minutes to thicken up.
2. While that is in the freezer, add all your protein pop tart dough ingredients to your mini food processor. Process until it has formed into a ball of dough. This might take a minute or two. Just be patient with it.
3. Once your ball of dough is formed, let it cool for 5-10. Then once cool, roll out your dough in between 2 pieces of parchment paper. The key is to make sure that your pieces of parchment paper aren't too big, so it doesn't slide around a lot. Roll your dough out as far tall and wide as you can! Take your pizza cutter and cut out a pop tart piece. Form the extra dough into a ball of dough, then roll that piece out just like you did before. You want to get a pop tart size piece of dough. Add your peanut butter filling (save some to use as your frosting later) to the middle of that first piece of dough, leaving an inch around the edges. Add your other piece of dough on top and press down the edges with your fingers. Be gentle with the dough.
4. Lay one side of your dough down and add your peanut butter filling (save some to use as your frosting) leaving about 1 inch around the edges. Fold the outside pieces over and add your top piece. Then fold the edges of the top piece under the sides, then press down and crimp with a fork or the dull side of a butter knife. Spray the top with some butter spray and add to your oven.
5. Let that cook in the oven for 10-12 minutes or until the top is golden. Now you'll make your chocolate icing. Add your greek yogurt to a bowl, and mix until you get an extremely thick consistency. Add in your 10ml of cold water and mix some

Jumbo Blueberry Protein Muffin

1 Serving Per Recipe

Serving Size One Jumbo Muffin

Amount Per Serving

Calories 162

Total Fat 2g

Total Carbohydrates 15g

Protein 21g



INGREDIENTS

18g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

8g Coconut Flour

30g Pure Pumpkin

30g Unsweetened Apple Sauce

46g Egg Whites

2g Zero Cal Sweetener of your choice

1g Vanilla Extract (optional)

2g Baking Powder

15g Fresh Blueberries

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all of your dry ingredients (save a few blueberries to add on top) in one bowl to avoid clumping. Add your wet ingredients to a slightly bigger bowl. Mix the dry and wet ingredients in their own bowls. This will prevent clumping when combining the two together.
2. Add half of your dry ingredients to the bowl with the wet and mix. Repeat this process until it's all mixed together.
3. Spray your jumbo muffin mold with nonstick butter spray and add your batter to the mold. Now add the rest of your blueberries on top and place in the oven for 12-15 minutes. You will know it's done when you touch the top and it's solid/crispy. Err on the side of caution because it'll continue to cook more once it's out of the oven.
4. Let your muffin sit for about 5 minutes, then take it out of the mold and place on your cooling rack for 15-20 minutes, Enjoy!

Cinnamon Brown Sugar Protein Oatmeal Jumbo Muffin

1 Serving Per Recipe	
Serving Size	One Jumbo Muffin
Amount Per Serving	
Calories	179
Total Fat	3g
Total Carbohydrates	21g
Protein	17g



INGREDIENTS

25g Quick Oats
10g PEScience Snickerdoodle Select Protein
("FDL" saves you 15%)
5g Coconut Flour
46g Egg Whites
2g Stevia
1g Vanilla Extract
2g Baking Powder
Dash of Cinnamon
Dash of Brown Sugar
15ml of Low Cal Maple Syrup of your
choice

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your oats to a microwave safe bowl, add enough water to cover the top of the oats, and microwave for 60 seconds. The oats will rise in the microwave, so make sure they don't overflow!
2. Once the oats are done cooking, slowly mix in your egg whites, vanilla extract, and maple syrup. Add your dry ingredients to a small bowl and mix to avoid clumping. Add the dry ingredients with your wet and mix until you get a thick, but not too thick consistency.
3. Add the batter to your silicone muffin mold and let that bake in the oven for 12-15 minutes (time will vary). You want to see some golden spots and the top not be liquidity to the touch. Let your muffin cool on your cooling rack to room temperature, then enjoy!

Flatbread Mini Cinnamon Rolls

6 Servings Per Recipe	
Serving Size	One Cinnamon Roll
Amount Per Serving	
Calories	36.5
Total Fat	0.5g
Total Carbohydrates	3.5g
Protein	4.5g



INGREDIENTS

1 Joseph's Lavash Bread

FOR FILLING

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

5g Coconut Flour

30g Plain Nonfat Greek Yogurt

2g Stevia

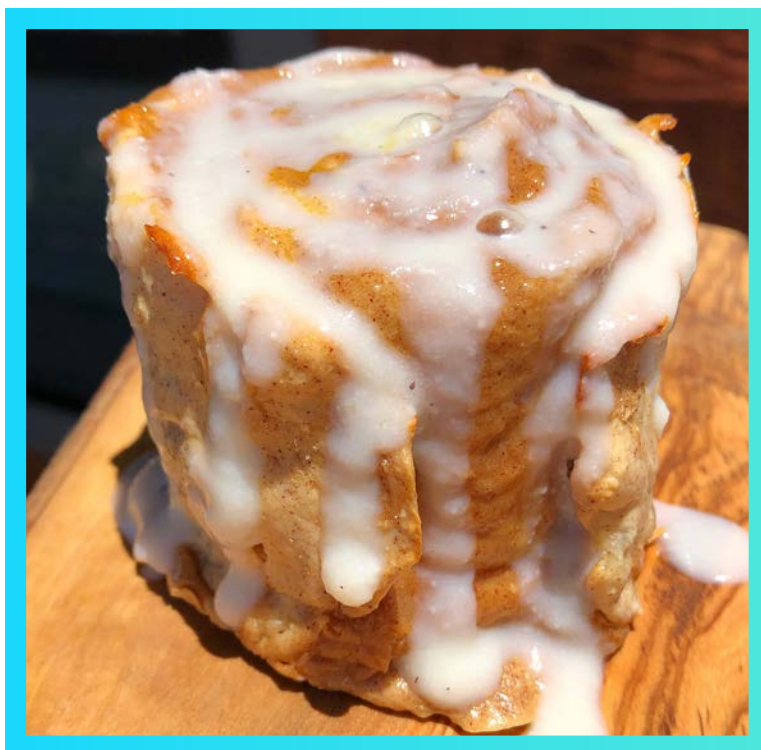
20ml Cold Water

DIRECTIONS

1. Mix your protein icing ingredients (except your water) in a bowl. Add in your water and mix some more until you get a thick, icing like consistency.
2. Lay your lavash bread flat and add $\frac{3}{4}$ of your icing, leaving about an inch around the outside edges. Place that in the oven for 6-8 minutes until the outside are golden brown.
3. Once done, slice your roll into 6 pieces. Add your leftover icing to a small icing bottle to add to your cinnamon rolls. Enjoy the too-good-to-be-true taste!

XL Protein Cinnamon Roll

1 Serving Per Recipe	
Serving Size	Whole Roll
Amount Per Serving	
Calories	341
Total Fat 9g	
Total Carbohydrates 21g	
Protein 44g	



INGREDIENTS

FOR CINNAMON ROLL DOUGH

28g Fat Free Cream Cheese (if you can only find light cream cheese, use 50g egg whites instead of the whole egg)

30g Plain Nonfat Greek Yogurt

14g Light Shredded Mozzarella

1 Whole Egg

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g All Purpose Flour (can use gluten free)

5g Coconut Flour

1g Ground Cinnamon

1ml Vanilla Extract

2g Stevia

3g Baking Powder

FOR PROTEIN FILLING

20g PEScience Snickerdoodle Select Protein ("FDL" saves you 15%)

2g Coconut Flour

1g Cinnamon

1g Stevia

FOR PROTEIN ICING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

1g Stevia

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your cream cheese and mozzarella together in a microwave safe bowl. Add that to the microwave for 20 seconds to melt, then add in your whole egg and mix it all together.
2. Mix your dry cinnamon roll ingredients in a bowl to avoid clumping. Add your wet dough ingredients to your dry and mix. Then, add in your vanilla extract and mix some more. You should have a thick but still wet batter.
3. Take your oven safe pan and line it with parchment paper. With a spoon, spread your dough to make 3 equal lines, about 3-4 inches wide, as wide and far without any holes. Dip your fingers in a small bowl of water and start to spread your dough out further. This will act a moisturizer so it stays moist. Add the pan to your oven for 10 minutes. You're baking it just enough so it can be rolled into a cinnamon roll.
4. While that's cooking, you can make your protein filling by mixing all of the ingredients in a bowl to avoid clumping. Add about 20ml of water and mix. Repeat this process until you have a runny but not too runny icing. We want it runny because the filling will bake when in the oven. Add that to the fridge.
5. Once the cinnamon rolls are cooked enough to roll, take your filling and spread it evenly across all 3 strips. Roll your first strip up, add it to your second strip, and roll that up. Now, add that to your last strip and roll. You should have a giant cinnamon roll! Place it on the pan (you don't need a piece of parchment paper on top), spray the top of your cinnamon roll with some butter spray and add it to the oven! Bake for another 8 minutes until crunchy on the outside!
6. While it's baking, make your protein icing. Mix all dry ingredients in a bowl to avoid clumping. Add 20ml of water and mix. You want a runny like icing so only add more water if you need to!
7. Once the cinnamon roll is done baking, take it out, drizzle your icing on top, and enjoy!

PRO TIPS

- You can sub 50g Egg Whites for a Whole Egg but I can't promise it'll come out as moist.
- If you can't find fat free cream cheese, you can use light cream cheese and use 50g egg whites.
- Err on the side of under cooking so you get that unreal melt-in-your-mouth roll!

Quadruple Berry Protein Roll

1 Serving Per Recipe	
Serving Size	Whole Roll
Amount Per Serving	
Calories	280
Total Fat 8g	
Total Carbohydrates 24g	
Protein 28g	



INGREDIENTS

FOR BERRY ROLL DOUGH

28g Fat Free Cream Cheese (if you can only find light cream cheese, use 50g egg whites instead of the whole egg)

30g Plain Nonfat Greek Yogurt

14g Light Shredded Mozzarella

1 Whole Egg

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g All Purpose Flour (can use gluten free)

5g Coconut Flour

1ml Vanilla Extract

2g Stevia

2g Baking Powder

HOMEMADE NO SUGAR ADDED JAM RECIPES

17g Strawberry Jam

17g Blueberry Jam

17g Black Raspberry Jam

17g Raspberry Jam

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your cream cheese and mozzarella in a microwave safe bowl. Add that to the microwave for 20 seconds to melt. Once that's done, mix in your whole egg. It won't mix well and will look clumpy, but that's okay.
2. Mix your dry berry roll ingredients in a bowl to avoid clumping. Add that to your wet dough ingredients and mix. Then mix in your vanilla extract. You should have a thick but still wet batter when you're done.
3. Line your oven safe pan with parchment paper (you need this). With a spoon spread your dough out in 4 equal lines, about 3 inches wide and as far as you can without making holes. Once your lines are done, take a small bowl of water and dip your fingers in it and start to spread the dough out further. This will act a moisturizer for your dough and keep it moist. Place that in the oven for 6 minutes. You're baking it just enough to roll.
4. Once the dough is cooked, take your jam and add 17g of each jam flavor to a strip of their own. For example, blueberry, strawberry, raspberry, and black raspberry all get their own strip. Roll the first strip up, add it to your second, and roll that up. Add that to your third strip and roll that onto your last strip. You should have a giant berry roll! Add that to your pan (doesn't need to be on parchment paper), spray the top with some butter spray, and add it back to the oven. Bake for another 4 minutes.
5. When your berry roll is done, let it cool on the pan. Then when you're ready to eat... put a smile on your face and enjoy!

PRO TIPS

- You can sub 50g Egg Whites for a Whole Egg but I can't promise it'll come out as moist.
- If you can't find fat free cream cheese, you can use light cream cheese and use 50g egg whites.
- Err on the side of under cooking so you get that unreal melt-in-your-mouth roll!

Frosted Protein Funfetti Roll

1 Serving Per Recipe	
Serving Size	Whole Roll w/ Toppings
Amount Per Serving	
Calories	386
Total Fat	10g
Total Carbohydrates	24g
Protein	50g



INGREDIENTS

FOR FUNFETTI ROLL DOUGH

28g Fat Free Cream Cheese (if you can only find light cream cheese, use 50g egg whites instead of the whole egg)

30g Plain Nonfat Greek Yogurt

14g Light Shredded Mozzarella

1 Whole Egg

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g All Purpose Flour (can use gluten free)

5g Coconut Flour

1 ml Vanilla Extract

2g Stevia

2g Baking Powder

4g Sprinkles

FOR PROTEIN FILLING

20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

1g Stevia

FOR PROTEIN ICING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

1g Stevia

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your cream cheese and mozzarella in a microwave safe bowl. Add that to the microwave for 20 seconds to melt. Once that's done, mix in your whole egg. It won't mix well and will look clumpy, but that's okay.
2. Mix your dry funfetti roll ingredients in a bowl to avoid clumping. Add that to your wet dough ingredients and mix. Then mix in your vanilla extract. You should have a thick but still wet batter when you're done.
3. Line your oven safe pan with parchment paper (you need this). With a spoon spread your dough out in 3 equal lines, about 3-4 inches wide and as far as you can without making holes. Once your lines are done, take a small bowl of water and dip your fingers in it and start to spread the dough out further. This will act a moisturizer for your dough and keep it moist. Place that in the oven for 6 minutes. You're baking it just enough to roll.
4. While the dough is cooking, make your protein filling by mixing those ingredients in a bowl to avoid clumping. Add about 20ml of water and mix. Repeat this process until you have a runny, but not too runny icing. We want it runny because the filling will bake when in the oven. Place your filling in the fridge.
5. Once the dough is cooked enough to roll, take your filling and spread it evenly across all 3 strips. Roll the first strip up, add it to your second strip, and roll that up. Add that to your last strip and roll. You should have a giant funfetti roll! Add that to your pan (doesn't need to be on parchment paper), spray the top with some butter spray, and add it back to the oven. Bake for another 4 minutes until crunchy on the outside!
6. While that's baking, mix all of your protein icing in a bowl to avoid clumping. Add 20ml of water and mix. You want a runny-like icing, so only add more water if you need it to be a little more runny.
7. Once your funfetti roll is done baking, let it cool on the pan you cooked it on. When you're ready to eat, flip it over and you'll see all the icing that made its way to the bottom while in the oven! Drizzle your icing on top and enjoy

PRO TIPS

- You can sub 50g Egg Whites for a Whole Egg but I can't promise it'll come out as moist.
- If you can't find fat free cream cheese, you can use light cream cheese and use 50g egg whites.
- Err on the side of under cooking so you get that unreal melt-in-your-mouth roll!

Frosted Protein Oreo Roll

1 Serving Per Recipe	
Serving Size	Whole Roll w/ Toppings
Amount Per Serving	
Calories	361
Total Fat	9g
Total Carbohydrates	21g
Protein	49g



INGREDIENTS

FOR OREO ROLL DOUGH

28g Fat Free Cream Cheese (if you can only find light cream cheese, use 50g egg whites instead of the whole egg)

30g Plain Nonfat Greek Yogurt

14g Light Shredded Mozzarella

1 Whole Egg

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

8g All Purpose Flour (can use gluten free)

8g Black Cocoa Powder

3g Coconut Flour

1ml Vanilla Extract

2g Stevia

2g Baking Powder

FOR PROTEIN FILLING

20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

1g Stevia

FOR PROTEIN ICING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

1g Stevia

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your cream cheese and mozzarella in a microwave safe bowl. Add that to the microwave for 20 seconds to melt. Once that's done, mix in your whole egg. It won't mix well and will look clumpy, but that's okay.
2. Mix your dry oreo roll ingredients in a bowl to avoid clumping. Add that to your wet dough ingredients and mix. Then mix in your vanilla extract. You should have a thick but still wet batter when you're done.
3. Line your oven safe pan with parchment paper (you need this). With a spoon spread your dough out in 3 equal lines, about 3-4 inches wide and as far as you can without making holes. Once your lines are done, take a small bowl of water and dip your fingers in it and start to spread the dough out further. This will act a moisturizer for your dough and keep it moist. Place that in the oven for 6 minutes. You're baking it just enough to roll.
4. While the dough is cooking, make your protein filling by mixing those ingredients in a bowl to avoid clumping. Add about 20ml of water and mix. Repeat this process until you have a runny, but not too runny icing. We want it runny because the filling will bake when in the oven. Place your filling in the fridge.
5. Once the dough is cooked enough to roll, take your filling and spread it evenly across all 3 strips. Roll the first strip up, add it to your second strip, and roll that up. Add that to your last strip and roll. You should have a giant oreo roll! Add that to your pan (doesn't need to be on parchment paper), spray the top with some butter spray, and add it back to the oven. Bake for another 4 minutes until crunchy on the outside!
6. While that's baking, mix all of your protein icing in a bowl to avoid clumping. Add 20ml of water and mix. You want a runny-like icing, so only add more water if you need it to be a little more runny.
7. Once your oreo roll is done baking, let it cool on the pan you cooked it on. When you're ready to eat, flip it over and you'll see all the icing that made its way to the bottom while in the oven! Drizzle your icing on top and enjoy

PRO TIPS

- You can sub 50g Egg Whites for a Whole Egg but I can't promise it'll come out as moist.
- If you can't find fat free cream cheese, you can use light cream cheese and use 50g egg whites.
- Err on the side of under cooking so you get that unreal melt-in-your-mouth roll!

Breakfast Bacon, Egg & Cheddar Crunch Wrap

1 Serving Per Recipe

Serving Size Whole Crunch Wrap

Amount Per Serving

Calories **248**

Total Fat 9g

Total Carbohydrates 12g

Protein 28g



INGREDIENTS

- 1 Low Carb Tortilla (I used La Banderita Low Carb Tortillas)
- 92g Egg Whites
- 2 Slices Canadian Bacon
- 1 Slice Fat Free Sharp Cheddar Cheese

DIRECTIONS

1. Preheat your stovetop pan and add your silicone egg circle to the pan. This is what you'll make your egg white patty with.
2. Add your egg whites to your silicone egg circle and once it has preheated, put a cover on top.
3. Lay your tortilla flat and add your whole egg, face down. Then add your turkey bacon, cheese, and egg white patty. Fold it up like a crunch wrap and add some cheese on the bottom to seal it.
4. Toast up your crunch wrap in your pan. Make sure you get both the top and bottom, as well as the sides until golden. Slice it open and unveil all of the macro friendly gainz!

Egg White Delight Crunch Wrap

1 Serving Per Recipe	
Serving Size	Whole Crunch Wrap Without Egg on Top
Amount Per Serving	
Calories	291
Total Fat 3g	
Total Carbohydrates 15g	
Protein 31g	



INGREDIENTS

- 1 Low Carb Tortilla (I use La Banderita)
- 92g Egg Whites
- 14g Fat Free Shredded Sharp Cheddar Cheese
- 1 Whole Egg
- 1 Slice Turkey Bacon

DIRECTIONS

1. Preheat your stovetop pan and add your silicone egg circle to the pan. You'll use this to cook your whole egg and egg white patty. Once both are done cooking, pan fry your ham as well.
2. Lay your tortilla flat and add your canadian bacon. Then add your slice of fat free cheese and your egg white patty. Fold it up like a crunch wrap and add it to your pan, the folded side down, to seal it. Once sealed, flip and toast the top, as well as the sides to sear.
3. Once that is all done, you will take your crunch wrap, slice it in half and enjoy!

Breakfast Crunch Wrap

1 Serving Per Recipe

Serving Size Whole Crunch Wrap

Amount Per Serving

Calories

377

Total Fat 13g

Total Carbohydrates 37g

Protein 28g



INGREDIENTS

1 Trader Joe's Tortilla
125g Egg Whites
1 Whole Egg
14g Trader Joe's Light Shredded Mozzarella
14g Avocado
15g Sriracha Paste

DIRECTIONS

1. Preheat your oven to 525 degrees F or as hot as it can go. Preheat your stove top pan to medium heat and cook up your egg whites. Once the egg whites are done, take them off and add your whole egg. Make sure to add a cover on top so your egg cooks evenly.
2. When all of the ingredients are cooked, microwave your tortilla for 15 seconds to make easier to fold, then lay it flat on counter. Add your 15g sriracha paste, 14g avocado, whole egg face down, 14g mozzarella, and all of your egg whites. Fold up your crunch wrap and spray the top with some butter spray.
3. Add your wrap to the oven for 10-12 minutes until the top is golden. Then switch the oven over to broil, for a minute. Once the top is really golden, take your wrap out, and enjoy!

Breakfast Bacon, Egg & Cheddar Quesalupa

1 Serving Per Recipe	
Serving Size	Whole Quesalupa
Amount Per Serving	
Calories	416
Total Fat 16g	
Total Carbohydrates 26g	
Protein 42g	



INGREDIENTS

- 2 Joseph's Pitas (can use any low carb tortilla)
- 92g Egg Whites
- 3 Slices Fat Free Sharp Cheddar Cheese
- 2 Slices Turkey Bacon
- 32g On The Border Queso (any queso will work, just make sure it's 3g Fat or less)
- 1 Whole Egg

DIRECTIONS

1. Preheat your oven to 550 degrees F. Take one pita and spray both sides with nonstick butter spray, then add it to your taco holder. Place that in the oven to 3-5 minutes until golden. Keep an eye on it.
2. When golden, take it out. Spray your other pita with some butter spray, add 2 slices of your fat free cheese and 16g of your queso to it, then cover. Add that pita to the now hard shell pita and place it back in the taco holder. Let that cook in the oven for 3 minutes.
3. While that's happening, you'll want to make your omelette, bacon, and whole egg. You'll want the omelette to be about the same size of your pitas, so find a pan similar in size. Add your egg whites to the pan to cook, as well as your bacon. Lastly, fry up your whole runny egg.
4. Take your quesalupa shell out and add the last slice of your fat free cheese, rest of your queso, and bacon. Add it back to the oven for 2-3 more minutes. You'll know it's ready when cheese is dripping.
5. Enjoy the flavor bomb!

Breakfast Bacon, Egg & Cheese Low Carb Chalupa

1 Serving Per Recipe	
Serving Size	Whole Quesalupa
Amount Per Serving	
Calories	252
Total Fat 9g	
Total Carbohydrates 11g	
Protein 32g	



INGREDIENTS

- 1 Joseph's Low Carb Pita
- 92g Egg Whites
- 1 Slice Turkey Bacon
- 1 Slice Fat Free Sharp Cheddar Cheese
- 14g Fat Free Shredded Sharp Cheddar Cheese
- 1 Whole Egg

DIRECTIONS

1. Preheat your oven to 450 degrees F. Take your pita and spray both sides with nonstick butter spray. Take your oven safe taco pan, add your pita to it, and put that in the oven for 5 minutes until it starts to golden. Then take it out and flip your taco to have it facing down/bottom facing up on top of one of the wedges. Let it cook for another 2-3 minutes.
2. Cook your egg whites, turkey bacon, and whole egg. Add all of your egg whites, turkey bacon, and cheese to your chalupa. Put it in the oven until the cheese is melted and add your egg on top. Enjoy the crunch gainz!

Taco Bell Remake Breakfast A.M. Naked Chalupa

1 Serving Per Recipe	
Serving Size	Whole Quesalupa
Amount Per Serving	
Calories	232
Total Fat 8g	
Total Carbohydrates 7g	
Protein 33g	



INGREDIENTS

FOR CHALUPA

92g Egg Whites
8g Coconut Flour

FOR REST OF CHALUPA

92g Egg Whites
1 Slice Turkey Bacon
1 Slice Fat Free Sharp Cheddar Cheese
1 Whole Egg

DIRECTIONS

1. Preheat your oven to 550° F and your medium size stovetop pan to medium heat (5/10). Mix your chalupa ingredients in a small bowl with some sea salt and garlic powder. Add that to your pan and cook both sides until they're golden.
2. Take your taco pan and add your chalupa, facing down/bottom facing up, to it. This will let gravity form the chalupa shell. Place that in the oven for 8-10 minutes.
3. While that's baking, cook your egg whites, bacon, and whole egg in your pan.
4. Place your slice of cheese on top of your egg whites and let it melt. Add that, your bacon, and lastly, your whole runny egg to your chalupa. That's it! Enjoy!

5 Minute XL Bacon, Egg & Cheese Omelette Wrap

1 Serving Per Recipe	
Serving Size	Whole Wrap
Amount Per Serving	
Calories	390
Total Fat 12g	
Total Carbohydrates 24g	
Protein 46g	



INGREDIENTS

1 Joseph's Lavash Bread (can use any low carb flatbread)

130g Egg Whites

5g Coconut Flour

1 Whole Egg

2 Slices Turkey Bacon

2 Slice Fat Free Sharp Cheddar Cheese

50g Fresh Broccoli

25g Fresh Green Peppers

30g Broccoli Slaw

25g Fresh Spinach

Franks Red Hot Buffalo Sauce

DIRECTIONS

1. Lay your lavash bread flat. Add your meats to one side (leaving about 1 inch from the edge), your cheese, then your sauce.
2. Add your broccoli, green peppers, broccoli slaw, and spinach.
3. Make sure to watch the spinach part to see the rolling technique!
4. Then slice open and enjoy!

Low Carb XL Breakfast Wrap

1 Serving Per Recipe

Serving Size Whole Wrap

Amount Per Serving

Calories 352

Total Fat 12g

Total Carbohydrates 23g

Protein 38g



INGREDIENTS

- 1 Joseph's Lavash Bread
- 1 Whole Egg
- 150g Egg Whites
- 21g Light Shredded Mozzarella
- 14g Avocado
- 15g Sriracha Paste
- 85g Frozen Broccoli

DIRECTIONS

1. Preheat your oven to 450 degrees F and your stove top pan to a little over medium heat (6/10). Once preheated, add your egg whites to the pan and your egg to the middle. Place a cover on top of the pan so the top of the egg/egg whites cooks evenly. Once the top of the egg whites and the whites around the whole egg are cooked but the egg is still runny, take it off the pan.
2. While it's cooling, keep your pan hot and add your frozen broccoli. Cook it with a cover on top. Once the broccoli has softened, add some sea salt. This adds so much flavor! Once the broccoli is done, take it off the pan and chop it up into smaller florets. Once that's done, it's time to make your wrap.
3. Lay your lavash bread down flat. Add your sriracha paste, avocado, 11g of shredded mozzarella, your whole egg/egg whites omelette, broccoli florets, then the rest of your mozzarella.
4. Roll that all up as tightly as you can and spray with some non stick butter spray. Add that to your oven for 12-15 minutes!
5. Once it's done, take it out and enjoy the simple-oh so tasty monstrous wrap!

McDonalds Remake Egg White Delight

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	246
Total Fat 2g	
Total Carbohydrates 27g	
Protein 30g	



INGREDIENTS

- 1 Light English Muffin (23-26g Carbs)
- 92g Egg Whites
- 3 Slices Canadian Bacon
- 1 Slice Fat Free American or Sharp Cheddar Cheese

DIRECTIONS

1. Preheat your stovetop pan and add your silicone egg circle.
2. Add that mixture, a little at a time, to your silicone circle to make sure it doesn't spill out of the bottom and place a cover on top. When the top of the egg white patty is no longer liquidy, take the silicon circle off, and flip your patty.
3. Once that's done, add your canadian bacon to your pan and sear both sides.
4. Spray your english muffin with butter spray and add it to your toaster. Toast until both sides are golden.
5. Now layer your slice of cheese, egg white patty, and canadian bacon in between your english muffin. Then take that first bite and enjoy!

Canadian Bacon, Egg & Cheese Blueberry Waffle Sandwich

2 Servings Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	264
Total Fat 8g	
Total Carbohydrates 15g	
Protein 33g	



INGREDIENTS

FOR PROTEIN WAFFLE (MAKES 4)

10g Heart Healthy Bisquick Pancake Mix
or pancake mix of your choice

8g PEScience Select Gourmet Vanilla
Protein ("FDL" saves you 15%)

46g Egg Whites

3g Stevia

2g Baking Powder

30g Fresh Blueberries

Water until you get a watery but not super
thick batter (you want it right in between)

FOR REST OF SANDWICHES

2 Whole Eggs

2 Slices Fat Free Cheese

92g Egg Whites

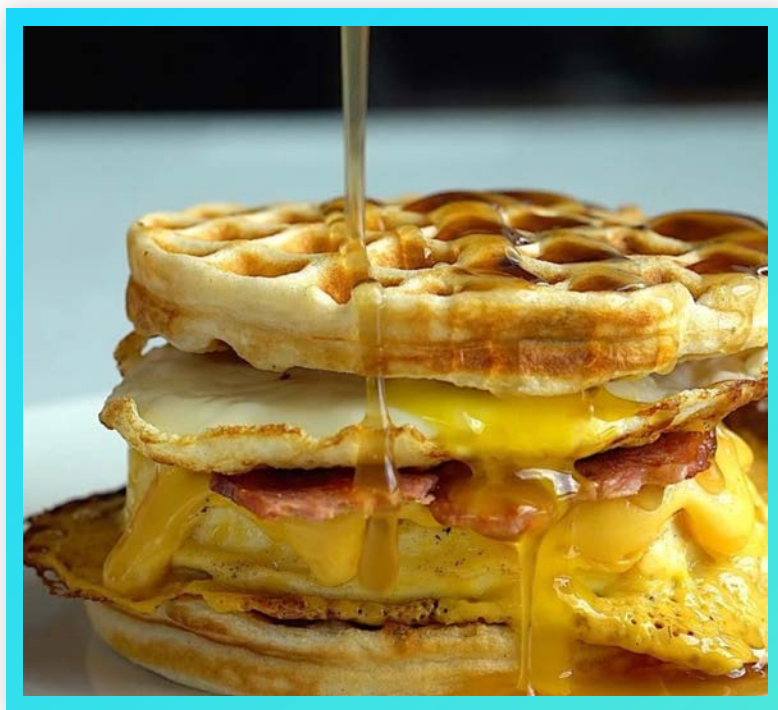
2 oz Cooked Spiral Ham

DIRECTIONS

1. Preheat your waffle maker.
2. Mix all of your waffle ingredients in a bowl. Slowly add water until you get that medium consistency. Let the batter sit for a few minutes to thicken up. This will take about 10-12 minutes.
3. Spray your waffle maker with nonstick butter spray, then add your batter.
4. Once you've added your batter, close the waffle maker, and flip it to one side for 5 minutes. Then flip it again to cook the other side for 2 minutes until golden brown.
5. Now you'll want to cook up your whole eggs and egg white patty (use a silicone egg circle), as well as pan fry your ham.
6. Slice your waffle into 4 pieces and put your sandwich together, like you see in the picture. Drizzle some low calorie pancake syrup on top, if you'd like, and enjoy!

Breakfast Bacon, Egg & Cheddar Waffle Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	342
Total Fat 10g	
Total Carbohydrates 21g	
Protein 42g	



INGREDIENTS

FOR PROTEIN WAFFLES

20g Bisquick Heart Healthy Pancake Mix
(any pancake mix should work)

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

5g Coconut Flour

46g Egg Whites

60g Unsweetened Vanilla Almond Milk

2g Zero Cal Sweetener of your choice

2g Baking Powder

FOR REST OF SANDWICH

92g Egg Whites

1 Slice Trader Joe's Turkey Bacon

1 Whole Egg

DIRECTIONS

1. Add your pancake ingredients to a small bowl and mix until you get a nice thick batter. Preheat your mini waffle maker and add half the batter to cook until golden. Repeat that for the rest of your batter.
2. Preheat your stovetop pan and add your egg whites to your silicone egg circle. Add a cover to the pan and let that cook. Once the top is no longer liquidy, take the silicone circle off, and flip.
3. Add your whole egg and turkey bacon to the pan to cook. When they're done, take both off the pan. Add a whole slice of fat free sharp cheddar cheese to the top of your egg white patty, add a little bit of water to your pan, and place a cover on top. Once the cheese has melted, put your sandwich together, and smother it in a low calorie pancake syrup. Enjoy this brunch time epic sandwich!

PB&J Waffle Breakfast Sandwich

1 Serving Per Recipe

Serving Size Whole Sandwich

Amount Per Serving

Calories 329

Total Fat 9g

Total Carbohydrates 22g

Protein 40g



INGREDIENTS

FOR WAFFLE BUNS

8g PEScience PB Cookie Select Protein ("FDL" saves you 15%)

15g Bisquick Heart Healthy Pancake Mix (can use any pancake mix you want)

3g Coconut Flour

35g Egg Whites

2g Baking Powder

2g Stevia

FOR PB&J SPREAD

12g Powdered PB

8g PEScience PB Cookie Select Protein ("FDL" saves you 15%)

3g Coconut Flour

1g Stevia

15g Chopped Fresh Strawberries

FOR REST OF SANDWICH

92g Egg Whites

1 Whole Egg

DIRECTIONS

1. Preheat your belgian waffle maker and medium sized stovetop pan. Mix your dry waffle ingredients in a small bowl to avoid clumping, then mix in your egg whites. Slowly add in 15ml of water until you get the consistency of a not too thick, but not too runny batter. Add the batter to one side of your waffle maker and cook until golden.
2. The pan I used to make the egg white patties is a stove top pan the same width as the belgian waffle maker. I did this because I wanted the patties to come out in a circular shape like the waffle. Slice your patty into 4ths (like a pizza) and use two slices in your sandwich. I did it for aesthetics! Cook your egg as well.
3. Mix all of your dry PB&J spread ingredients in a bowl to avoid clumping. Slowly add in 15ml of water and mix. Repeat this process until you get a spread-like consistency. Add in your chopped strawberries!
4. Add your egg white patty and whole egg to the bottom half of your waffle. Add your PB&J spread to the top half of your waffle, then put your sandwich together. Take a huge bite and enjoy!

1/2 Carb Waffle Breakfast Sandwich

1 Serving Per Recipe

Serving Size Whole Sandwich

Amount Per Serving

Calories 270

Total Fat 10g

Total Carbohydrates 8g

Protein 37g

Serving Size Each 1/2 Carb Waffle without Chocolate Chips

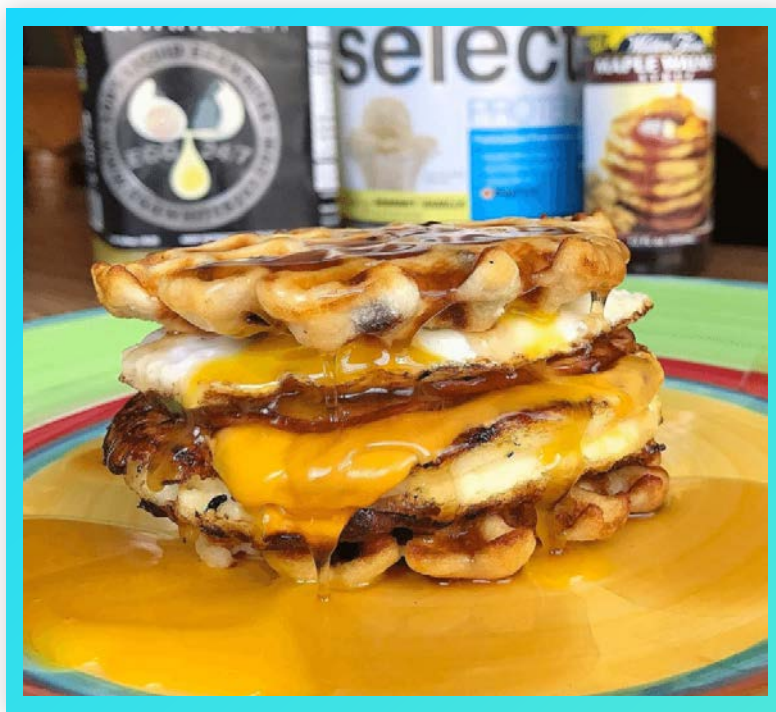
Amount Per Serving

Calories 60

Total Fat 2g

Total Carbohydrates 0.5g

Protein 10g



INGREDIENTS

1/2 CARB WAFFLE (MAKES 3)

1 Scoop (31g) PEScience Gourmet Vanilla Select Protein ("FDL" for 15% off)

1 Whole Egg

3g Zero Cal Sweetener of your choice

2g Baking Powder

2g Vanilla Extract

REST OF SANDWICH

7g Mini Chocolate Chips (optional for waffles)

92g Egg Whites

1 Slice Fat Free Sharp Cheddar Cheese

2 Slices Canadian Bacon

1 Whole Egg

DIRECTIONS

1. Preheat your mini waffle maker. Mix all waffle ingredients in a small bowl (add chocolate chips if you want) with water until you get a nice, but not too thick or runny consistency. Add the batter to your waffle maker and cook until both sides are golden. Repeat that process for all of your waffles.
2. While the waffles are cooking, preheat your stovetop pan to medium heat with your silicone egg circle on top. Add your egg whites to the silicone circle and place a cover on top. Once the top is no longer liquidy, take the silicone circle off, flip your patty, and melt your slice of fat free cheese on top. Don't forget to cook your whole egg and pan fry your canadian bacon.
3. Put your epic breakfast sandwich together, smother it in a sweet low calorie syrup, and enjoy!

Low Carb Waffle Burger

1 Serving Per Recipe	
Serving Size	Whole Burger
Amount Per Serving	
Calories	341
Total Fat 13g	
Total Carbohydrates 11g	
Protein 43g	



INGREDIENTS

FOR WAFFLE BUNS

10g Bisquick Heart Healthy Pancake Mix
8g PEScience PB Cookie Select Protein
("FDL" Saves you 15%)
5g Coconut Flour
46g Egg Whites
2g Baking Powder

FOR REST OF BURGER

4oz 96/4 Lean Ground Beef
14g Trader Joe's Light Shredded Mozzarella
1 Whole Egg

DIRECTIONS

1. Preheat your mini belgian waffle maker. Mix all of your waffle ingredients in a bowl until you get a batter-like consistency. Add the batter to your waffle maker and cook until both sides are golden. Repeat that process for all of your waffles.
2. While those are cooking, preheat your stovetop pan. Add your whole egg and cook, then add your 4oz burger (seasoned with some sea salt) to the pan to cook until medium rare. Add your mozzarella on top of the burger and turn the burner off. Add a little bit of water to your pan and place a cover on top to melt the cheese.
3. Add your burger and whole egg in between your waffles. Enjoy!

Breakfast French Toast Donut Burger

1 Serving Per Recipe	
Serving Size	Whole Burger
Amount Per Serving	
Calories	401
Total Fat 10g	
Total Carbohydrates 16g	
Protein 56g	

INGREDIENTS

FOR DONUTS

1/3rd Scoop (10g) PEScience Gourmet Vanilla Select Protein ("FDL" for 15% off)
 10g Coconut Flour
 20g Bisquick Heart Healthy Pancake Mix
 10g Pumpkin
 25g Unsweetened Apple Sauce
 46g Egg Whites
 2g Zero Cal Sweetener of your choice
 2g Baking Powder
 2g Ground Cinnamon
 Optional Unsweetened Vanilla Almond Milk/Water

FOR FRENCH TOAST WASH

46g Egg Whites
 10g Unsweetened Vanilla Almond Milk
 2g Ground Cinnamon
 2g Zero Cal Sweetener of your choice

FOR CINNAMON BROWN SUGAR SPRINKLE

3g Brown Sugar
 2g Ground Cinnamon
 2g Zero Cal Sweetener of your choice

FOR REST OF BURGER

4oz 96/4 Lean Ground Beef
 1 Whole Egg
 1 Slice Turkey Bacon
 1 Slice Fat Free Sharp Cheddar Cheese



DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all donut ingredients in a bowl until you get a thick, but not too thick consistency. Add the batter to your donut pan. I used my mini angel food cake pan and it worked amazing. Place your pan in the oven for about 10-12 minutes or until the tops of the donuts are no longer liquidy. Take the pan out and let your donuts cool to room temperature on a cooling rack.
2. Preheat your stovetop pan on medium heat (5/10). Add your french toast wash ingredients to a bowl that your donut can fit in. Let your donuts sit in the wash for 30 seconds on each side, then add it to your pan with a cover on top. Cook both sides until golden.
3. Once they're done, turn your pan on medium to high heat (7/10). Cook up your burger, egg, and bacon. Here's the game changer step. Take your ground beef and season it with your cinnamon brown sugar mixture. Add a few sprinkles of it, along with some sea salt, and it makes your burger heaven!
4. When your burger is almost done, add your slice of cheese on top to melt. Then put your burger together and enjoy the heaven that's about to go down.

Entrées

Pizza	80
Burgers	105
Hot Pockets & Crunch Wraps	122
Misc. Entrées	128

XL Pepperoni Pizza Frittata

4 Servings Per Recipe	
Serving Size	One Slice
Amount Per Serving	
Calories	138
Total Fat 1.25g	
Total Carbohydrates 10g	
Protein 17.5g	



INGREDIENTS

FOR FRITTATA

350g Frozen Broccoli
300g Fresh Green Peppers
100g Fresh Zucchini
368g Egg Whites
28g Shredded Fat Free Sharp Cheddar Cheese
28g Shredded Fat Free Mozzarella Cheese
15g Slices Turkey Pepperoni

PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano
1 tbsp (14g) Dried Basil
1 tsp (4g) Dried Rosemary
1.5 tbsp (21g) Dried Onion Flakes
1/4 tsp (1g) Dried Thyme
1 tsp (4g) Coarse Sea Salt
1/2 tsp (2g) Crushed Red Pepper Flakes
1/4 tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your oven to 550 degrees F. Add all of your veggies to your pan and cook until the broccoli is thawed out. You don't want them to be overcooked before going into the oven. Add the veggies to your 10.25in cast iron pan. Add your egg white son top of the veggies, then put that in the oven to bake for 15-20 minutes. You'll know it's done when all the egg whites are cooked and the top is solid.
2. Take your pan out, add your pizza ingredients on top, and put it back in the oven on broil for 3-5 minutes until the top is golden. Make sure you let your frittata cool off or you'll burn the heck out of your mouth!

Pepperoni Pizza French Toast

1 Serving Per Recipe	
Serving Size	Slice of French Toast
Amount Per Serving	
Calories	127
Total Fat 3g	
Total Carbohydrates 14g	
Protein 11g	



INGREDIENTS

FOR EACH SLICE

1 slice of Nature's Own Butterbread
 30g Egg Whites
 30g Marinara Sauce of your choice
 7g Trader Joe's Light Mozzarella
 (any Part Skim Mozzarella will work or
 cheese of your choice)
 7g Fat Free Shredded Sharp Cheddar
 Cheese
 (or cheese of your choice)
 4g Turkey Pepperonis
 Homemade Pizza Seasoning

PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano
 1 tbsp (14g) Dried Basil
 1 tsp (4g) Dried Rosemary
 1.5 tbsp (21g) Dried Onion Flakes
 1/4 tsp (1g) Dried Thyme
 1 tsp (4g) Coarse Sea Salt
 1/2 tsp (2g) Crushed Red Pepper Flakes
 1/4 tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your stove top pan on medium heat (5/10). Add your egg whites to a small plate that has a dip in it (to hold the egg whites) with a few pinches of your pizza seasoning. Let each side of your bread soak for 30 seconds.
2. Add your slice to the pan and cook each side until golden. Once it's done cooking, place on your pizza pan and add your pizza ingredients. Place that in the oven on broil for 2-3 minutes until everything is golden. That's it!

Low Carb Taco Pizza

8 Servings Per Recipe	
Serving Size	One Slice
Amount Per Serving	
Calories	41
Total Fat 1.4g	
Total Carbohydrates 1.8g	
Protein 5.5g	



INGREDIENTS

FOR PIZZA BASE

184g Egg Whites (can sub with a whole egg that weighs around 50g)

Note: if you do, you'll subtract 50g from 184g and will still need to add 134g of Egg Whites

5g Coconut Flour

2g Baking Powder

FOR REST OF PIZZA

60g Hunts Garlic & Herbs Pasta Sauce

14g Shredded Fat Free Sharp Cheddar Cheese

14g Shredded Fat Free Mozzarella Cheese

2oz 96/4 Lean Ground Beef

1 oz Fresh Avocado

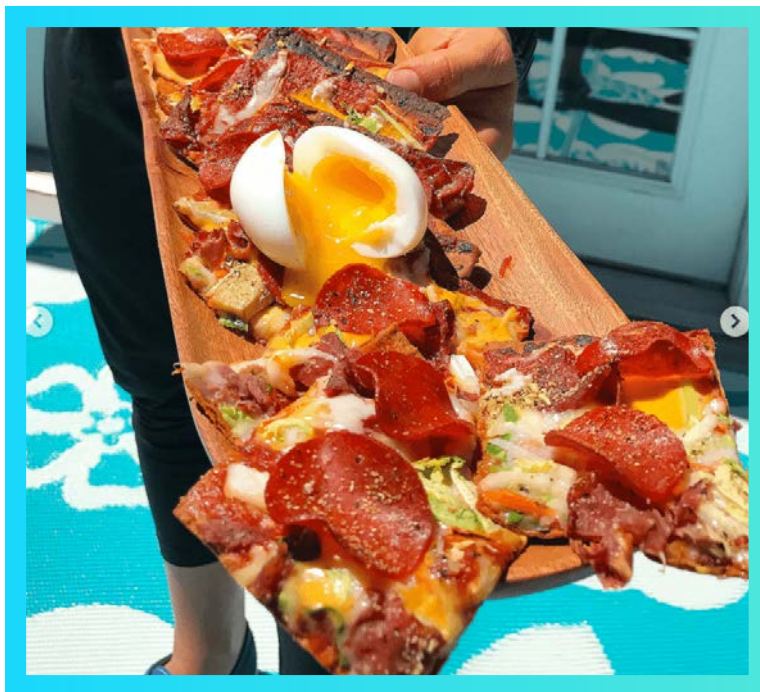
30g Bolthouse Farm Salsa Verda Avocado

DIRECTIONS

1. Preheat your oven to 550 degrees F and a stovetop pan on medium to high heat. Whisk your egg whites and coconut flour in a bowl along with some sea salt. Add that mixture to your stovetop pan to cook until the top is no longer liquidy, then flip and cook the other side until golden. While that's cooking, add your 2oz ground beef to another stovetop pan to cook. I like to add some sea salt to my ground beef.
2. Add your pizza ingredients on top of your base (except your avocados or bolthouse farms dressing) and let that cook in the oven for 5-7 minutes. Once golden, put the oven on broil for a minute or two so your pizza can really crisp up!
3. Go ahead and take your pizza out once it's done, then add your avocado and bolthouse farms dressing. Slice your pizza up and enjoy every macro friendly bite of pizza.

Low Carb Pepperoni & Pastrami Pizza

8 Servings Per Recipe	
Serving Size	One Slice
Amount Per Serving	
Calories	43
Total Fat 1g	
Total Carbohydrates 3.5g	
Protein 5.5g	



INGREDIENTS

1 Joseph's lavash Bread (can use any low carb flatbread or lavash)
 ½ Cup (125g) Hunt Garlic & Herbs Pasta Sauce
 21g Fat Free Shredded Sharp Cheddar Cheese
 21g Fat Free Mozzarella Cheese
 30g Turkey Pepperoni
 1 oz Deli Fresh Pastrami
 Homemade Pizza Seasoning

FOR PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano
 1 tbsp (14g) Dried Basil
 1 tsp (4g) Dried Rosemary
 1.5 tbsp (21g) Dried Onion Flakes
 1/4 tsp (1g) Dried Thyme
 1 tsp (4g) Coarse Sea Salt
 ½ tsp (2g) Crushed Red Pepper Flakes
 ¼ tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your oven to 450 degrees F. Add your lavash bread to your oven. Once golden, add your pizza ingredients (in the order you see in the picture).
2. Cook your pizza for another 3-5 minutes, with the last minute being on broil, then slice and enjoy!

XL Pizza Slice

1 Serving Per Recipe	
Serving Size	One Slice
Amount Per Serving	
Calories	125
Total Fat 2g	
Total Carbohydrates 14g	
Protein 16g	



INGREDIENTS

1 Joseph's Lavash Bread (can use any lavash, but macros might be different)
 1/2 oz (14g) Fat Free Shredded Sharp Cheddar Cheese
 1/2 oz (14g) Fat Free Shredded Mozzarella Cheese
 60g Hunts Garlic & Herbs Pasta Sauce
 Homemade Pizza Seasoning

FOR PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano
 1 tbsp (14g) Dried Basil
 1 tsp (4g) Dried Rosemary
 1.5 tbsp (21g) Dried Onion Flakes
 1/4 tsp (1g) Dried Thyme
 1 tsp (4g) Coarse Sea Salt
 1/2 tsp (2g) Crushed Red Pepper Flakes
 1/4 tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your oven to 550 degrees F. Lay your lavash bread down and slice it into a massive pizza slice using a pizza cutter. Start from the long end first. You can use the extra outside pieces for smaller pizza slices.
2. Put your slices on a pizza pan to cook until golden in the oven. Once golden, add your toppings, then add your pan back to the oven for 5-7 minutes.
3. When your pizza is done, enjoy that one slice or both since it's so macro friendly!

XL Pepperoni Pizza Protein Pop Tart

1 Serving Per Recipe

Serving Size Whole Pop Tart

Amount Per Serving

Calories **370**

Total Fat 10g

Total Carbohydrates 42g

Protein 28g



INGREDIENTS

FOR POP TART DOUGH

45g All Purpose Flour (can use gluten free flour for this)

12g Powdered PB (trust me, you won't taste this)

2g Baking Powder

45g Plain Nonfat Greek Yogurt

Dash of Oregano

FOR CHEESE PIZZA FILLING

28g Trader Joe's Light Mozzarella Cheese

60g Lower Carb Pasta Sauce of your choice (mine is 4g Carbs per 60g serving)

FOR TOPPINGS

30g Lower Carb Pasta Sauce of your choice

14g Trader Joe's Light Mozzarella Cheese

8 Turkey Pepperonis

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all pop tart dough ingredients to your food processor. I used a small Ninja one. Process until you get a nice, thick ball of dough. This should take a minute or so. If your ingredients aren't coming together like dough, take it all out of your food processor, add a little bit of flour to your hands, and roll it into 2 balls of dough.
2. Add some non-stick butter spray, along with a little sprinkle of flour, to your cooking pan and roll out your dough with a rolling pin. Be gentle. Form your dough into the best shaped pop tart piece of dough you can. This will be your bottom piece. Repeat this process for your top piece.
3. Once you've formed both pieces of dough, add your filling ingredients (your cheese first, then your sauce) to your bottom piece of dough. Flip the long edges of the bottom piece over and pinch them in, then fold the shorter sides over and pinch those in.
4. Add your top piece of dough and fold those edges under the bottom piece of dough. First long ways, then short ways. Press the edges down and crimp with the dull end of a butter knife. Spray the top with some non stick butter spray and add your pop tart to the oven for 8-12 minutes.
5. Once it's done, add your toppings, then place your pan back in the oven broil for 3-5 minutes or until the top is golden! Let your pop tart cool after you take it out of the oven because it will burn your mouth! Trust me:)

Homemade Low Carb Pepperoni Pizza Bagel

1 Serving Per Recipe

Serving Size One Pizza Bagel

Amount Per Serving

Calories 114

Total Fat 4g

Total Carbohydrates 10.5g

Protein 9g



INGREDIENTS

INGREDIENTS FOR THE WHOLE BAGEL

(1 BAGEL SLICED IN HALF SHOWN)

30g Trader Joe's Reduced Fat Ricotta Cheese (this one has 4.5g Fat per 60g serving)

28g Trader Joe's Light Mozzarella Cheese

20g All Purpose Flour (can use gluten free flour)

5g Coconut Flour

46g Egg Whites

1g Oregano

2g Baking Powder

FOR PIZZA TOPPINGS FOR BOTH BAGELS

60g Pasta Sauce (mine has 8g Carbs per 122g serving)

14g Trader Joe's Light Mozzarella

DIRECTIONS

1. Preheat your oven to 450 degrees F. Mix your dry ingredients together in a bowl. Add your ricotta and 28g mozzarella cheese in a microwave safe bowl and microwave for 20 seconds to let the cheese melt.
2. Once melted, use a spoon to mix everything together, then add in your 46g egg whites and mix some more. Slowly add in your dry ingredients, in 3 increments, to avoid clumping.
3. Take your [mini angel food cake pan](#) and spray with nonstick butter spray. Add the batter to your pan and place it in the oven for 10-12 minutes to cook.
4. Once golden, take the pan out and let your bagel cool before slicing it in half. Place your bagel on a flat oven safe pan (like a pizza pan), face up, and spray the top with some butter spray. Add the pan to the oven and let it toast like a bagel. Take it out when the top's golden, add your pizza toppings, then place it back in the oven on broil. Take your bagel out and enjoy!

SUBSTITUTIONS

- If you use a ricotta cheese with less fat, make sure to add in a whole egg. This will ensure there is enough fat in the recipe for it to bake properly.
- Any low fat mozzarella will work for this recipe. Not using fat free in the dough is essential for it to come out right. You can use a fat free mozzarella as a topping, if you want.
- Can use a standard donut pan if you'd like, but the bagels will come out smaller, unless you have a jumbo pan.

Low Carb Pepperoni Pizza Cups

1 Serving Per Recipe	
Serving Size	One Pizza Bagel
Amount Per Serving	
Calories	70
Total Fat 2g	
Total Carbohydrates 8g	
Protein 5g	



INGREDIENTS

- 1 Slice Sara Lee 45 Cal Bread
- 30g Pasta Sauce of your choice
- 14g Trader Joe's Light Mozzarella
- 1 Turkey Pepperoni

DIRECTIONS

1. Preheat your oven to 350 degrees F. Take your slice of bread and cut off the crust. If you want to be accurate with the macros, place the piece of bread (without the crust) on your scale. With the crust, this slice of bread is 22g but without the crust, it's only 15g.
2. Spray both sides of bread with butter spray and add it to your cupcake or muffin molds. I used one of my silicone cupcake molds that I got off Amazon. The same one I used in my protein cupcake recipe. If you use a bigger slice of bread, you'll probably need to use a bigger tin. Start with gently pressing the middle down until the whole slice is in the mold. Add that to your oven.
3. Let it cook for 5 minutes. Once you take it out, add your sauce, cheese and pepperoni. Then place it back in the oven for 3-5 more minutes! Let it cool for a little (you'll burn the hell out of your mouth if you don't, trust me), then enjoy!

Low Carb Personal Pan Stuffed Crust Pepperoni Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza
Amount Per Serving	
Calories	167
Total Fat 3g	
Total Carbohydrates 15g	
Protein 20g	



INGREDIENTS

1 Low Carb Tortillas (I used La Banderita Low Carb)
 40g Garlic & Herbs Pasta Sauce
 1 Slice Fat Free Sharp Cheddar Cheese
 14g Fat Free Shredded Sharp Cheddar Cheese
 14g Fat Free Shredded Mozzarella Cheese
 4 Turkey Pepperoni Slices
 Homemade Pizza Seasoning

FOR PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano
 1 tbsp (14g) Dried Basil
 1 tsp (4g) Dried Rosemary
 1.5 tbsp (21g) Dried Onion Flakes
 1/4 tsp (1g) Dried Thyme
 1 tsp (4g) Coarse Sea Salt
 1/2 tsp (2g) Crushed Red Pepper Flakes
 1/4 tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your oven to 550 degrees F. Add your tortilla to the microwave in between paper towels for 15 seconds.
2. Lay your tortilla flat and cut your fat free cheese slice into 6 equal pieces. Line the edges of your tortilla with those 6 lines of cheese. Roll the tortilla edges over your cheese to make the stuffed crust. Make sure you really pinch the edges down or the cheese will come out when you cook it. Repeat this process until the whole stuffed crust is finished.
3. Spray your pizza with some zero cal butter spray and put it in the oven for 5-7 minutes. Once golden, take it out and add your sauce, cheese, and pepperonis. Then put your pizza back in the oven on broil for 3-5 minutes. When it's done, take it out and enjoy!!!

Cheese Stuffed Low Carb Pepperoni Pizzas

2 Servings Per Recipe

Serving Size One Stuffed Pizza

Amount Per Serving

Calories **178**

Total Fat 2g

Total Carbohydrates 9g

Protein 31g



INGREDIENTS

276g Egg Whites (can sub with a whole egg that weighs around 50g)

Note: if you do, you'll have to subtract 50g from 276g and will still need 226 Egg Whites

10g Coconut Flour

2g Baking Powder

1/2 Cup (60g) Hunts Garlic & Herbs Pasta Sauce

14g Shredded Fat Free Sharp Cheddar Cheese

14g Shredded Fat Free Mozzarella Cheese

2 Slices Fat Free Sharp Cheddar Cheese

6 Turkey Pepperonis

Homemade Pizza Seasoning

FOR PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano

1 tbsp (14g) Dried Basil

1 tsp (4g) Dried Rosemary

1.5 tbsp (21g) Dried Onion Flakes

1/4 tsp (1g) Dried Thyme

1 tsp (4g) Coarse Sea Salt

1/2 tsp (2g) Crushed Red Pepper Flakes

1/4 tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your stove top pan on slightly above medium heat. Whisk your egg whites and coconut flour in a bowl along with some sea salt. Add half of this mixture to your stovetop pan with a cover on top until the bottom is golden and the top is fully cooked, then flip. Cook the other side until it's also golden. Repeat this process for your second pizza.
2. Take both of your pizzas off the pan. Add your pizza ingredients to one of your bases, then 3 slices of fat free cheese to the other. Put both in the oven on broil for 2 minutes. Take both out once they're done and stack one on top of the other. Add the one with your pizza ingredients on top of the one with your cheese. Place that stack on your pan (on slightly above medium heat) so the bottom can crisp up some more.
3. Once the bottom is crispy, take your stack off the pan, and slice. Now you can enjoy every macro friendly bite!

Low Carb Leaning Tower of Pepperoni Pizza Gainzz

1 Serving Per Recipe	
Serving Size	Whole Tower w/o Egg On Top
Amount Per Serving	
Calories	321
Total Fat 5g	
Total Carbohydrates 17g	
Protein 52g	



INGREDIENTS

276g Egg Whites (can sub with a whole egg that weighs around 50g)

Note: if you do, you'll have to subtract 50g from 276g and will still need 226 Egg Whites

10g Coconut Flour

2g Baking Powder

1 Cup (225g) Hunts Garlic & Herbs Pasta Sauce

21g Shredded Fat Free Sharp Cheddar Cheese

21g Shredded Fat Free Mozzarella Cheese

12 Turkey Pepperonis

Homemade Pizza Seasoning

Optional: 1 Whole Egg

FOR PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano

1 tbsp (14g) Dried Basil

1 tsp (4g) Dried Rosemary

1.5 tbsp (21g) Dried Onion Flakes

1/4 tsp (1g) Dried Thyme

1 tsp (4g) Coarse Sea Salt

1/2 tsp (2g) Crushed Red Pepper Flakes

1/4 tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your stovetop pan on medium heat. Spray your pan with some non stick butter spray and your silicone egg circle to your pan. Whisk your egg whites and coconut flour in a bowl with a little bit of your pizza seasoning.
2. Add that mixture to your silicone circle about 3/4th of the way up. Repeat this 4 times to make all of your pizza bases. Put a cover on your pan to cook until the top is no longer liquidy. If you choose to add a whole egg, cook that in your pan with a cover on top as well.
3. When all of your bases are done, add your pizza ingredients to each one, then let those broil in the oven for a few minutes. Once done, stack each one on top of the other. Place your tower back in the oven for 1-2 minutes, add your egg on top, and enjoy your pizza tower gainzzz!

Broccoli Pepperoni Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza
Amount Per Serving	
Calories	202
Total Fat 2g	
Total Carbohydrates 24g	
Protein 22g	



INGREDIENTS

250g Frozen Broccoli
 230g Egg Whites
 10g Coconut Flour
 2g Sea Salt
 85g HEB Spicy Roasted Red Pepper Pasta Sauce
 14g Fat Free Shredded Mozzarella Cheese
 14g Fat Free Shredded Cheddar Cheese
 8 Turkey Pepperonis

FOR PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano
 1 tbsp (14g) Dried Basil
 1 tsp (4g) Dried Rosemary
 1.5 tbsp (21g) Dried Onion Flakes
 1/4 tsp (1g) Dried Thyme
 1 tsp (4g) Coarse Sea Salt
 1/2 tsp (2g) Crushed Red Pepper Flakes
 1/4 tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your oven to 525 degrees F. Add your broccoli to a stovetop pan and saute until it's fully cooked. I like mine to be slightly burnt. Tastes amazing that way to me :)
2. Mix your egg whites and coconut flour in a bowl. Add your broccoli, then egg whites/coconut flour mixture to your cast iron pan.
3. Place your pan in the oven to cook for 15-20 minutes until there's no more liquid on top. You want it to be pretty firm. This is hard to overcook because of the moistness of the broccoli.
4. Once it's done, take the pan out, and add your pizza toppings. Then put it back in the oven on broil. When it's golden, you can take it out. Finally, enjoy! It's that simple!

Waffle Maker Pepperoni Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza
Amount Per Serving	
Calories	318
Total Fat 14g	
Total Carbohydrates 23g	
Protein 25g	



INGREDIENTS

FOR DOUGH

30g Reduced Fat Ricotta Cheese
 28g Trader Joe's Light Shredded Mozzarella Cheese
 1 Whole Egg
 20g All Purpose Flour
 5g Coconut Flour
 2g Baking Powder
 1g Oregano

FOR REST OF PIZZA

60g Pasta Sauce of your choice (I used one with 7g carbs per serving)
 28g Trader Joe's Light Mozzarella
 8 Slices Turkey Pepperoni

DIRECTIONS

1. Preheat your belgian waffle maker and oven to 450 degrees F. Add your ricotta cheese and 28g light shredded mozzarella to a microwave safe bowl. Place that in the microwave for 30 seconds.
2. Mix your dry ingredients with your ricotta/cheese mixture. You can use a spoon or whisk to do this. Know that it won't look like a dough you can handle with your hands, but more wet/messy than a regular piece of dough.
3. Add the dough to your waffle maker. Make sure you spread the dough out well because it'll rise. Cook for about 10 minutes until the dough is golden.
4. Once your waffle has cooled, add your pizza toppings on top of your waffle. Place that in the oven for 3-5 minutes, then on broil for 1-2 more minutes.

Homemade "Dominos" Large Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza
Amount Per Serving	
Calories	502
Total Fat	18g
Total Carbohydrates	45g
Protein	40g



INGREDIENTS

FOR DOUGH

60g Part Skim Ricotta Cheese
56g Trader Joe's Light Shredded Mozzarella Cheese
100g Egg Whites
40g All Purpose Flour
10g Coconut Flour
4g Baking Powder

FOR REST OF PIZZA

120g Pasta Sauce of your choice (mine has 7g Carbs per serving)
42g Trader Joe's Light Mozzarella

DIRECTIONS

1. Preheat your oven to 525 degrees F (or as hot as it can get). Put your 60g ricotta cheese and 56g light mozzarella in a microwave safe bowl and add that to the microwave for 30-45 seconds (depends on how powerful your microwave is). Take it out and mix together. Then add your egg whites and mix those in.
2. Add your dry ingredients to a separate bowl and mix to avoid clumping. Mix the dry ingredients with your ricotta/cheese mixture. You can use a spoon or whisk to do this. It won't look like a dough that you can just handle with your hand. It'll be a bit more wet and messy compared to a regular piece of dough.
3. Add a piece of parchment paper on top of your pizza pan. This is super important. Take the dough, add it to your pan covered in parchment paper, and spread it out with a spoon. Make sure to spread it out well because it'll rise. Take a small bowl of water (to dip your fingers in) and spread out your dough some more. This will help moisturize it. Add your pizza to the oven for 8-12 minutes until the dough is golden.
4. Once done, add your pizza toppings, then place your pizza back in the oven on broil for 3-5 minutes.

Mozzarella & Cheddar Deep Dish Cauliflower Pepperoni Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza
Amount Per Serving	
Calories	346
Total Fat 6g	
Total Carbohydrates 28g	
Protein 45g	



INGREDIENTS

300g Fresh Cauliflower Florets (fresh works best since the frozen one elicits too much liquid)

230g Egg Whites

10g Coconut Flour

2g Sea Salt

85g HEB Spicy Roasted Red Pepper Pasta Sauce

14g Trader Joe's Shredded Low Fat Mozzarella Cheese (3g Fat per serving)

14g Fat Free Shredded Cheddar Cheese

8 Turkey Pepperonis

DIRECTIONS

1. Preheat your oven to 525 degrees F. Add your egg whites and coconut flour to a bowl and mix together.
2. Slice your cauliflower into average size florets, then spread them out evenly along the bottom of your cast iron pan. Add your egg whites/coconut flour mixture to the pan as well. Place that in the oven to cook for 15-20 minutes until there's no more liquid on top. You want it to be pretty firm. This is hard to overcook because of the moistness of the cauliflower.
3. Once your pizza's done, take it out and add your pizza toppings. Then put it back in the oven on broil. Once your pizza is golden, take it out and enjoy!

XL Pepperoni Pizza Slice

1 Serving Per Recipe	
Serving Size	Whole Slice
Amount Per Serving	
Calories	541
Total Fat 21g	
Total Carbohydrates 47g	
Protein 41g	



INGREDIENTS

FOR PIZZA DOUGH

80g Part Skim Ricotta Cheese
 42g Trader Joe's Light Shredded Mozzarella Cheese
 100g Egg Whites
 40g All Purpose Flour
 10g Coconut Flour
 4g Baking Powder

FOR REST OF PIZZA

120g Pasta Sauce of your choice (mine has 7g Carbs per serving)
 42g Trader Joe's Light Mozzarella
 30g Turkey Pepperonis

DIRECTIONS

1. Preheat your oven to 525 degrees F (or as hot as your oven can go). Put your 80g ricotta cheese and 42g light mozzarella in a microwave safe bowl. Add that to the microwave for 30-45 seconds (depends on how powerful your microwave is). Once done, take your bowl and mix everything together. Add in your egg whites and mix some more.
2. Mix your dry ingredients in a separate bowl to avoid clumping. Add those ingredients with your ricotta/cheese mixture and mix. You can use a spoon or whisk to do this. It won't look like a dough that you can just handle with your hand. It'll be a bit more wet and messy than a regular piece of dough.
3. Line your pizza pan with a piece of parchment paper. This is super important. Add your dough, with a spoon, to the parchment paper to form a pizza slice shape. Make sure to spread your dough out well because it'll rise. Once it's spread out, dip your fingers in a small bowl of water, then spread the dough out some more. This will help moisturize the dough. Add your pan to the oven for 8-12 minutes until the dough is golden.
4. Once golden, add your pizza toppings on top. Put your oven on broil and add your pan to the oven for 3-5 minutes. Enjoy!

Quesadilla Pepperoni Pizza

4 Servings Per Recipe	
Serving Size	One Slice
Amount Per Serving	
Calories	60.5
Total Fat	1.7g
Total Carbohydrates	7.375g
Protein	4.375g

Serving Size	Whole Pizza
Amount Per Serving	
Calories	484
Total Fat	12g
Total Carbohydrates	59g
Protein	35g

INGREDIENTS

FOR PIZZA DOUGH

260g Canned Drained and Rinsed Chickpeas or Cannellini Beans

15g All Purpose Flour

10g Coconut Flour

70g Egg Whites

2g Baking Powder

3g Xanthan Gum (optional, it'll just help hold the dough stay together)

2g Sea Salt

2g Garlic Powder

Water as needed (should be 100g)

FOR TOPPINGS

60g Pasta Sauce

56g Light Shredded Mozzarella

30g Low Fat Queso (2.5g - 3.5g Fat per serving)

12g Turkey Pepperonis

Pizza Seasoning

FOR PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano

1 tbsp (14g) Dried Basil

1 tsp (4g) Dried Rosemary

1.5 tbsp (21g) Dried Onion Flakes

1/4 tsp (1g) Dried Thyme

1 tsp (4g) Coarse Sea Salt

1/2 tsp (2g) Crushed Red Pepper Flakes

1/4 tsp (1g) Garlic Powder



DIRECTIONS

1. Preheat your oven to 525 degrees F. Drain and rinse your chickpeas. Be sure to do this for at least 60-90 seconds to get that chickpea juice out! We don't want that taste in our pizza. I use this [cool colander](#).
2. Add your chickpeas, 70g egg whites and 100g water to your food processor. Process until you get a liquid consistency with no more chickpea chunks in it. Mix your dry dough ingredients in a separate bowl to avoid clumping. Add those dry ingredients to your food processor with your wet ingredients and blend until you get a super thick dough-like consistency. This is going to be more like a spreadable paste than a dough, so be aware of that. If your dough is still too thick, feel free to add 30ml of water at a time, and continue to blend until you get that desired consistency.
3. Once your dough is done, add a piece of parchment paper to your large pizza pan or 2 smaller pans. Take half of your dough and spread it out to the desired shape of your pizza. Repeat that process with the rest of your dough, so you have 2 separate pizzas. Spray the tops of each with butter spray and put both in the oven to cook for 10-12 minutes or until the bases are golden. Keep an eye on it.
4. When both pizza bases are golden brown, take them out, and turn your oven on broil. Add half of your cheese and all of your queso to one pizza. This will act as the base of your pizza. Top the other with your sauce, the rest of your cheese, and your pepperonis. Place that one on top of your base piece. Add that to the oven for 3-5 minutes. You want the cheese to be golden brown.

Chickpea Base Savory XL Pepperoni Pizza

8 Servings Per Recipe	
Serving Size	Each Slice
Amount Per Serving	
Calories	60.5
Total Fat 1.5g	
Total Carbohydrates 7.375g	
Protein 4.375g	

Serving Size	Whole Pizza
Amount Per Serving	
Calories	484
Total Fat 12g	
Total Carbohydrates 59g	
Protein 35g	



INGREDIENTS

FOR PIZZA DOUGH

260g Canned Drained and Rinsed Chickpeas or Cannellini Beans
 15g All Purpose Flour
 10g Coconut Flour
 70g Egg Whites
 2g Baking Powder
 3g Xanthan Gum (optional, it'll just help hold the dough together)
 2g Sea Salt
 2g Garlic Powder
 Water as needed (should be 100g)

FOR TOPPINGS

¼ Cup (120g) Pasta Sauce
 28g Light Shredded Mozzarella
 12 Turkey Pepperonis
 Pizza Seasoning

FOR PIZZA SEASONING (IN BULK)

1.5 tbsps (21g) Oregano
 1 tbsps (14g) Dried Basil
 1 tsp (4g) Dried Rosemary
 1.5 tbsps (21g) Dried Onion Flakes
 1/4 tsp (1g) Dried Thyme
 1 tsp (4g) Coarse Sea Salt
 ½ tsp (2g) Crushed Red Pepper Flakes
 ¼ tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your oven to 525 degrees F. Drain and rinse your chickpeas, for at least 60-90 seconds, to make sure you get the chickpea juice out. I use this [cool colander](#)!
2. Add your chickpeas, 70g egg whites and 100g water to your [food processor](#). Process until you get a liquid consistency with no more chickpea chunks in it. Mix your dry dough ingredients in a separate bowl to avoid clumping. Add those dry ingredients to your food processor with your wet ingredients and blend until you get a super thick dough-like consistency. This is going to be more like a spreadable paste than a dough, so be aware of that. If your dough is still too thick, feel free to add 30ml of water at a time, and continue to blend until you get that desired consistency.
3. Once your dough is done, add a piece of parchment paper to your large pizza pan. Start adding your dough to the pan in the shape of your desired pizza, then spray the top with some butter spray. Add that to the oven to cook for 10-12 minutes or until the base is golden. Keep an eye on it!
4. When the pizza base is golden brown, take your pan out, and turn your oven on broil. Add your pizza sauce and cheese to your pizza base, then put it back in the oven for 3-5 minutes. You want the cheese to be golden. Enjoy!

Mac & Cheese Crust Personal Pan Pizza

4 Servings Per Recipe	
Serving Size	One Slice
Amount Per Serving	
Calories	103
Total Fat 3g	
Total Carbohydrates 13.25g	
Protein 5.75g	

Serving Size	Whole Pizza
Amount Per Serving	
Calories	412
Total Fat 12g	
Total Carbohydrates 53g	
Protein 23g	



INGREDIENTS

56g Elbow Pasta
42g Trader Joe's Light Mozzarella
34g Archer Farms Queso
10g Coconut Flour

TOPPINGS

60g HEB Spicy Red Pepper Pasta Sauce
28g Trader Joe's Light Mozzarella

DIRECTIONS

1. Preheat your stovetop pot to high heat. Fill your pot 3/4ths of the way up with water, place on your stove (covered with a lid) and get it to a boil. Now, preheat your oven to 450 degrees F.
2. Once your water's boiling, bring it down to a medium (5/10) heat. Then add your macaroni and mix every minute for 4-6 minutes. This will keep it from sticking to the bottom.
3. When your macaroni is done, pour it into your colander, then back in your pot. Mix in your queso and mozzarella cheese, then sprinkle in your coconut flour. This will help keep the macaroni together when baking.
4. Line your pizza pan with a piece of parchment paper and spread your macaroni out to form a pizza shape. Add your pan in the oven to cook for 20-25 minutes.
5. Once done, take your pan out, and slide your pizza off the parchment paper. Add your pasta sauce and cheese toppings, then put your pizza back in the oven. You want the cheese to melt and the edges to be crispy. Enjoy!

Mac & Cheese Stuffed Pizza

1 Serving Per Recipe	
Serving Size	Whole Stuffed Pizza
Amount Per Serving	
Calories	437
Total Fat 17g	
Total Carbohydrates 45g	
Protein 26g	



INGREDIENTS

FOR MAC & CHEESE

28g Elbows Macaroni
 14g Trader Joe's Light Shredded Mozzarella
 16g Archer Farms Salsa Con Queso

FOR PIZZA DOUGH

42g Part Skim Ricotta
 21g Trader Joe's Light Shredded Mozzarella
 1 Whole Egg
 20g All Purpose Flour (can use gluten free)
 5g Coconut Flour
 3g Baking Powder
 Toppings for Pizza:
 60g Pizza Sauce of your choice
 21g Trader Joe's Light Shredded Mozzarella

DIRECTIONS

1. Preheat your oven to as hot as you can make it. Mine is 525 degrees F. Take a small stove top pot and fill it with water about ½ way up. Set your burner on high and bring the water to a boil. Add your macaroni, bring the burner down to a low heat, and add a cover on top. Cook the macaroni for 4-6 minutes until it's soft, but not too soft. Make sure you're constantly mixing the macaroni around so it doesn't stick to the bottom.
2. While that's cooking, add your 42g of ricotta cheese and 21g of mozzarella cheese to a microwave safe bowl and mix. Microwave that for 20 seconds, take the bowl out, and mix in your whole egg.
3. Add your dry pizza dough ingredients to a bowl and mix to avoid clumping. Mix your dry ingredients with your wet ingredients, then set that bowl aside.
4. Once your macaroni is done cooking, drain the water, and add the macaroni back to your pot. Add your queso and shredded cheddar cheese, then put your pot back on the burner on medium heat. Place a cover on top for a minute to let the cheese melt. Once the cheese has melted, mix the macaroni around.
5. Line your pan with a piece of parchment paper. This is super important. Take half of your dough, add it to your pan covered in parchment paper, and spread it out with your spoon. Make sure to spread the dough out because it'll rise. Take a small bowl of water, dip your fingers in it, and spread out the dough some more. This will help moisturize it. Add the macaroni to your dough, leaving about an inch around the outsides. Now add the rest of your dough on top of your macaroni to cover it. Repeat the same process with your bowl of water. Once you've done that, place your pan in the oven for 10-12 minutes until the dough is golden.
6. Once the dough is golden, take your pan out and put your oven on broil. Add your pizza toppings, then put your pan back in the oven until the top is golden brown. Enjoy!!

Large Zucchini Crust Pizza

8 Servings Per Recipe

Serving Size One Slice

Amount Per Serving

Calories 40.5

Total Fat 1.5g

Total Carbohydrates 3.75g

Protein 3g

Serving Size Whole Pizza

Amount Per Serving

Calories 324

Total Fat 12g

Total Carbohydrates 30g

Protein 24g



INGREDIENTS

PIZZA BASE

150g Shredded Zucchini
60g Part Skim Ricotta Cheese
28g Light Shredded Mozzarella Cheese
50g Egg Whites
20g All Purpose Flour (can use gluten free)
5g Coconut Flour
2g Baking Powder
Few Dashes of Garlic Powder

TOPPINGS

60g HEB Spicy Red Pepper Pasta Sauce
28g Light Shredded Mozzarella

DIRECTIONS

1. Preheat your oven to 525 degrees F or as hot as you can get it. Slice your zucchini into thin medallion slices so they fit into your food processor. Pulse until all of your zucchini is shredded.
2. Add your 60g of ricotta cheese and 28g of mozzarella to a microwave safe bowl and add that to the microwave for 40 seconds. Then add in your egg whites and mix those in.
3. Mix your zucchini into your ricotta/mozzarella/egg white mixture. Mix in your all purpose flour, coconut flour, baking powder, and garlic powder in a separate bowl to avoid clumping. Add your dry ingredients to the bowl with your wet and mix until everything is combined together.
4. Line your pizza pan with a piece of parchment paper. Take your dough and spread it into your desired pizza base shape. It should make about a 12in pizza. Add your pan to the oven to bake for 15-20. Make sure you keep an eye out because time will vary by oven.
5. When your pizza base is nice and golden, flip your dough over so the bottom is facing up. Turn your oven on broil, to make sure the bottom gets crispy. Broil that side for for about 2-3 minutes, then flip your pizza back over and broil the top for another 2 minutes. Take your pan out of the oven, add your toppings, then put your pizza back in the oven on broil. You want to see brown spots on your cheese. Once you do, take it out to slice up, and enjoy!

Low Carb Pepperoni Pizza Nachos

1 Serving Per Recipe

Serving Size	Whole Pan
Amount Per Serving	
Calories	418
Total Fat 15g	
Total Carbohydrates 36g	
Protein 47g	



INGREDIENTS

3 Joseph's Pitas
60g Hunts Garlic & Herbs Pasta Sauce
28g Shredded Fat Free Sharp Cheddar Cheese
28g Shredded Fat Free Mozzarella Cheese
34g On The Border Queso (3g Fat per serving)
30g Turkey Pepperonis
Homemade Pizza Seasoning

FOR PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano
1 tbsp (14g) Dried Basil
1 tsp (4g) Dried Rosemary
1.5 tbsp (21g) Dried Onion Flakes
1/4 tsp (1g) Dried Thyme
1 tsp (4g) Coarse Sea Salt
1/2 tsp (2g) Crushed Red Pepper Flakes
1/4 tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your oven to 450 degrees F. Lay one pita down flat and slice it like a pizza into 8 pieces. Repeat that with your other 2 pitas. Spray all pieces with zero cal butter spray and let those cook in the oven until golden for about 6-8 minutes.
2. Let them cool for 2-3 minutes once out of the oven. Then add your pasta sauce, queso, shredded cheese, pepperonis, and pizza seasoning.
3. Put your nachos back in the oven for 2-3 minutes, then enjoy!

Low Carb Pizza Crepe

1 Serving Per Recipe	
Serving Size	Whole Crepe
Amount Per Serving	
Calories	185
Total Fat 2g	
Total Carbohydrates 11g	
Protein 30g	



INGREDIENTS

92g Egg Whites
 5g Coconut Flour
 2 Slice Fat Free Sharp Cheddar Cheese
 30g Hunts Garlic & Herbs Pasta Sauce
 14g Shredded Fat Free Sharp Cheddar Cheese
 14g Shredded Fat Free Mozzarella Cheese
 4 Turkey Pepperonis
 Homemade Pizza Seasoning

FOR PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano
 1 tbsp (14g) Dried Basil
 1 tsp (4g) Dried Rosemary
 1.5 tbsp (21g) Dried Onion Flakes
 1/4 tsp (1g) Dried Thyme
 1 tsp (4g) Coarse Sea Salt
 1/2 tsp (2g) Crushed Red Pepper Flakes
 1/4 tsp (1g) Garlic Powder

DIRECTIONS

1. Preheat your stove top pan on medium heat. Whisk your egg whites and coconut flour in a bowl, then add in some pizza seasoning. Pour that mixture into your pan and place a cover on top. Cook until the bottom is golden, flip, and do the same with the other side.
2. Take your crepe and lay it flat on your pizza pan. Add two slices of your cheese on top, roll it up to form a crepe, then top it with your pizza ingredients. Let that cook in the oven on broil for 2-3 minutes. It's that simple. Enjoy!

Low Carb Personal Pita Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza
Amount Per Serving	
Calories	178
Total Fat 6g	
Total Carbohydrates 13g	
Protein 18g	



INGREDIENTS

1 Low Carb Joseph's Pita
60g Pizza Sauce
14g Kraft Fat Free Shredded Cheddar Cheese
14g Trader Joe's Fat Free Shredded Mozzarella Cheese
8 Pieces Turkey Pepperoni

DIRECTIONS

1. Preheat your oven to 450 degrees fahrenheit
2. Spray both sides of your low carb pita with butter spray and add it to the oven.
3. Once you take it out of the oven, put your pizza sauce, shredded cheese, and pepperoni on your pita.
4. Put the pizza back in the oven for 2-4 minutes. Then put it on broil for 1 minute.
5. Take it out of the oven, cut it up, and enjoy!

Low Carb XL Pizza Roll

1 Serving Per Recipe

Serving Size	Whole Pizza Roll
Amount Per Serving	
Calories	245
Total Fat 9g	
Total Carbohydrates 22g	
Protein 19g	



INGREDIENTS

FOR DOUGH

45g Part Skim Ricotta Cheese
21g Trader Joe's Light Shredded Mozzarella Cheese
50g Egg Whites
20g All Purpose Flour
5g Coconut Flour
2g Baking Powder

FOR REST OF PIZZA ROLL

45g Pasta Sauce of your choice (mine has 7g Carbs per serving)
21g Trader Joe's Light Mozzarella

DIRECTIONS

1. Preheat your oven to 450 degrees F. Add your 45g ricotta cheese and 21g Trader Joe's light mozzarella to a microwave safe bowl. Place that in the microwave for 30-45 seconds (depends on how powerful your microwave is). Once that's melted, mix in your egg whites. They won't mix in too well and might be clumpy, that's okay.
2. Add your dry ingredients in a separate bowl and mix to avoid clumping. Add those dry ingredients with your ricotta/cheese mixture and mix everything together. You can use a spoon or whisk to do this. It won't look like a dough that you can handle with your hand. It'll be more wet and messy than a regular piece of dough.
3. Take your oven safe pan and line it with parchment paper. This is super important. Add your dough to the pan in 3 equal lines in length and a few inches wide. Make sure to spread the dough out well because it'll rise. Dip your fingers in a small bowl of water and spread your dough out further. This will act a moisturizer, so it stays moist. Add the pan to your oven for 8-10 minutes to bake until the dough starts to turn golden. You want to still be able to roll the dough, so make sure not to overcook it.
4. Take your dough out of the oven and add your pizza toppings on top on each line. Save some cheese to add on top. Roll one line up, add that to the end of the second line and roll. Add that to the end of your last line and roll. You should now have a big pizza roll! Stand it up (like shown) and add the rest of your cheese on top. Put your roll in the oven on broil for 3-5 minutes. Once it's done, take it out to cool for a few minutes. Enjoy!

Low Carb Everything Bagel Burger Buns

1 Serving Per Recipe

Serving Size **Burger Buns Only**

Amount Per Serving

Calories **132**

Total Fat 4g

Total Carbohydrates 14g

Protein 10g

1 Serving Per Recipe

Serving Size **Whole Burger w/ Buns**

Amount Per Serving

Calories **403**

Total Fat 19g

Total Carbohydrates 17g

Protein 41g



INGREDIENTS

FOR BUN

30g Part Skim Ricotta

14g Trader Joe's Light Shredded Mozzarella

35g Egg Whites

15g All Purpose Flour (can use gluten free)

3g Coconut Flour

2g Baking Powder

Trader Joe's Everything But The Bagel Seasoning

FOR REST OF BURGER

4oz 96/4 Lean Ground Beef

14g Trader Joe's Light Shredded Mozzarella

28g (1 oz) Fresh Avocado

DIRECTIONS

1. Preheat your oven to 450 degrees F. Mix your ricotta and mozzarella cheese in a microwave safe bowl and microwave for 20 seconds. Take your bowl out and mix the cheeses together, then mix in your egg whites. It won't mix super well and will look clumpy, that's ok.
2. Mix your all purpose flour, coconut flour and baking powder in a bowl to avoid clumping. Add the dry ingredients to your wet and mix until you get a batter-like consistency. It won't be a dough-like consistency, but like a wet dough. Add in your bagel seasoning.
3. Line your pan with parchment paper and spread your dough out into a smooth dough ball. Don't spread it out too much, because it'll expand when you bake it. Sprinkle more everything bagel seasoning on top and place the pan in the oven for 15-20 minutes. Make sure to watch it cook, but don't open the too many times. That will mess with the oven temperature.
4. Once your bun is done, let it cool your cooling rack for 10 minutes. Then when you're ready to put your burger together, slice the bun in half and enjoy!

Spicy Jalapeno Chili Cheeseburger

1 Serving Per Recipe

Serving Size Whole Burger

Amount Per Serving

Calories 374

Total Fat 6g

Total Carbohydrates 42g

Protein 38g



INGREDIENTS

1.5 Hamburger Bun (2 bottoms, 1 top)
3oz 96/4 Lean Ground Beef
60g Hormel 97% Fat Free No Beans Turkey Chili
1 Slice Borden Fat Free Cheese
14g Trader Joe's Light Mozzarella
20g Fresh Sliced Jalapenos
10g Sriracha

DIRECTIONS

1. Preheat your stovetop pan to medium/high heat (7/10). Add your 3oz 96/4 lean ground beef to a plate, mix in some sea salt, and form a burger. Add that to your pan to cook one side, then the other. Once cooked, turn the burner off, and add your mozzarella cheese on top. Place a cover on top of the pan to melt the cheese.
2. Add your turkey chili to a small bowl in the microwave to heat up.
3. Place one of your bottom buns down, add your burger, 5g sriracha, sliced jalapenos, then your second bottom bun. Add your turkey chili, cheese slice, then the rest of your sriracha and jalapenos. Top with your top bun and enjoy!

Fajita Burger

1 Serving Per Recipe

Serving Size Whole Burger

Amount Per Serving

Calories 483

Total Fat 20g

Total Carbohydrates 40g

Protein 35g



INGREDIENTS

4oz 96/4 Lean Ground Beef
14g Lite Mexican Cheese Blend
1 Sesame Seed Hamburger Bun
2oz Avocado
50g Raw Green Pepper
50g Raw White Onion

DIRECTIONS

1. Preheat your stove top pan to a 7/10 heat.
2. Spray your pan, add veggies, and cover to saute.
3. Take your 96/4 beef and season with a little bit of sea salt, then form into a patty with your hands.
4. Place your burger on the stove top pan to cook.
5. Once the patty is cooked, add your cheese mixture on top (while still in the pan). Place a cover on top to help melt the cheese.
6. Smash your avocado with a fork.
7. Place your burger patty on the bottom half of the burger bun, then add your veggies. Spread your smashed up avocado on the top half of your bun and put your burger together. Enjoy!

Bacon Wrapped Egg & Cheddar Crunch Wrap

1 Serving Per Recipe

Serving Size Whole Burger

Amount Per Serving

Calories 461

Total Fat 22g

Total Carbohydrates 14g

Protein 50g



INGREDIENTS

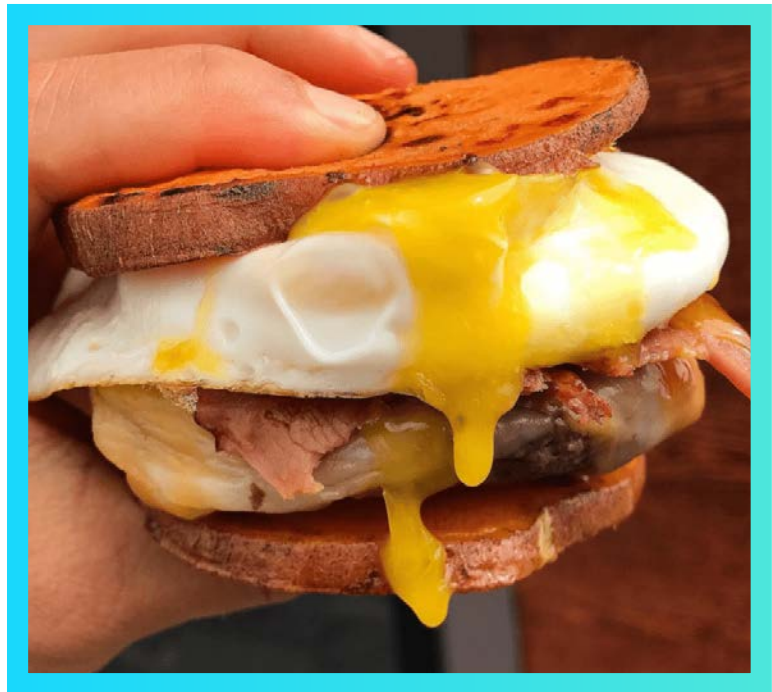
- 1 Low Carb Tortilla
- 3 oz 96/4 Lean Ground Beef
- 1 Whole Egg
- 1 Slice Fat Free Sharp Cheddar Cheese
- 14g Shredded Fat Free Cheddar Cheese
- 6 Slices Turkey Bacon

DIRECTIONS

1. Cook your burger and whole egg in your stovetop pan. Once both are done, lay your tortilla flat. Add your whole egg (face down), your cheese slice and shredded cheese, then your burger.
2. Now you'll lay out your bacon to wrap your crunch wrap in. Lay 4 slices of your bacon down, long ways, then 2 slices horizontally. Add your crunch wrap on top and fold how you did with your tortilla.
3. Add that to your pan on medium heat with the bottom facing down to make sure it seals. Make sure to add a cover on the pan to make sure everything cooks evenly. Once sealed, cook the the other side, as well as all sides to sear the bacon.
4. Slice your wrap open, unveil the beautiful gains, and enjoy!

Bacon, Egg & Cheese Sweet Potato Buns

1 Serving Per Recipe	
Serving Size	Whole Burger
Amount Per Serving	
Calories	351
Total Fat 11g	
Total Carbohydrates 21g	
Protein 42g	



INGREDIENTS

- 1 Fat Sweet Potato Sliced into two 45g Slices each (will cover how to do this)
- 4oz 96/4 Lean Ground Beef
- 1 Slice Fat Free Sharp Cheddar Cheese
- 1 Slice Trader Joe's Turkey Bacon
- 1 Whole Egg

DIRECTIONS

1. Preheat your stove top pan to medium/high heat. Poke a bunch of holes all around the sweet potato and add it to your microwave for 3 minutes to soften.
2. Add your bacon, egg, and burger patty to your pan to cook. Your sweet potato should now be done, so take a knife and slice of 2 pieces for your buns.
3. Place your slices on your stovetop pan to crisp up the edges. Add your slice of cheese on top of your burger to melt.
4. Put your burger together and enjoy!

Krispy Kreme Donut Burger

1 Serving Per Recipe

Serving Size Whole Burger

Amount Per Serving

Calories 482

Total Fat 24g

Total Carbohydrates 23g

Protein 39g



INGREDIENTS

- 1 Krispy Kreme Donut
- 4oz 96/4 Lean Ground Beef
- 1 Slice Fat Free Sharp Cheddar Cheese
- 2 Slices Turkey Bacon
- 1 Whole Egg

DIRECTIONS

1. Cook your burger, bacon, and whole egg in a stovetop pan. Once your burger is almost done, add your cheese slice on top to melt, and place a cover on top.
2. Slice your donut in half, add your burger to the bottom half, then your bacon and whole egg. Place the top half of your donut on top and enjoy the flavor bomb!

Pepperoni Pizza Grilled CheeseBurger

1 Serving Per Recipe

Serving Size Whole Burger

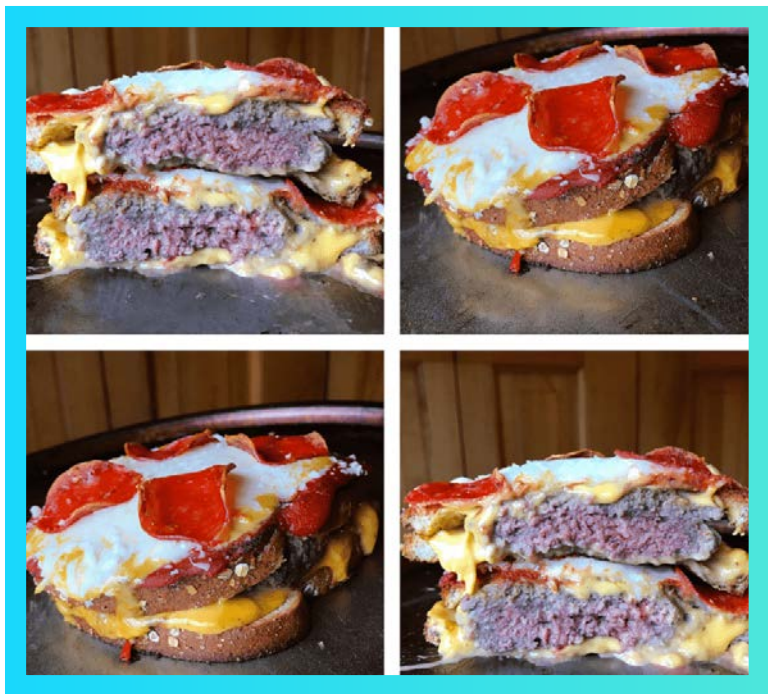
Amount Per Serving

Calories 379

Total Fat 8g

Total Carbohydrates 25g

Protein 51g



INGREDIENTS

2 Slices Sara Lee 45 Cals Bread
5oz 96/4 Lean Ground Beef
2 Slices Fat Free Sharp Cheddar Cheese
30g Hunt Garlic & Herbs Pasta Sauce
7g Fat Free Shredded Sharp Cheddar Cheese
7g Fat Free Shredded Mozzarella Cheese
4 Turkey Pepperonis

DIRECTIONS

1. You will need to season your ground beef with some oregano, sea salt and garlic powder. Then add burger to pan on 6/10 heat and sear each side. I personally like my burger medium well and I do not add a cover to my pan anymore and sear each side and leave the inside pretty pink. Once burger is done, you will put together grilled cheese.
2. Lay one slice of bread down flat, add a slice of cheese, add your burger, add another slice of cheese and then your top piece of bread. Add slice to stovetop pan on 5/10 heat 60-90 seconds and then flip over. Should be golden on both sides.
3. Now put your oven on broil. Add your pizza ingredients to the top of your grilled cheese burger and add to the oven until golden on top! Then take out, slice open and unveil heaven!!

Mac & Cheese

1 Serving Per Recipe

Serving Size Whole Bowl

Amount Per Serving

Calories 328

Total Fat 6g

Total Carbohydrates 48g

Protein 16g



INGREDIENTS

56g Elbow Pasta
21g Fat Free Shredded Cheddar Cheese
21g Trader Joe's Light Shredded Mozzarella
34g On The Border Queso (can use any queso with 3g Fat or less)

DIRECTIONS

1. Take a small stove top pot and fill it with water about $\frac{3}{4}$ way up. Set the burner on high and bring the water to a boil. Once it's boiling, add your macaroni, turn the burner on low, and put a cover on the pot. Cook the macaroni for 4-6 minutes until it's soft but not too soft. Make sure you're mixing the macaroni around, so it doesn't stick to the bottom.
2. Once the macaroni is done cooking, drain the water and add it back to your pan. Then add your queso and shredded cheeses to the mix. Put your burner on low with a cover for about a minute or two and let the cheese melt. Continue to mix until it's all melted.
3. Once all of the cheese is melted, enjoy!

Mac & Cheese Crunch Wrap Bun Fried Egg Burger

1 Serving Per Recipe	
Serving Size	Whole Burger
Amount Per Serving	
Calories	717
Total Fat 18g	
Total Carbohydrates 64g	
Protein 69g	



INGREDIENTS

2 La Banderita Low Carb Tortillas
42g Macaroni
32g On The Border Queso
2 Slice Fat Free Sharp Cheddar Cheese
28g Shredded Fat Free Sharp Cheddar Cheese
5oz 96/4 Lean Ground Beef
1 Whole Egg

DIRECTIONS

1. Fill a stovetop pot with water about $\frac{3}{4}$ of the way up. Set your burner on high and bring the water to a boil. Add your macaroni to the water, bring the burner to a low heat, then add a cover on top. Let that cook for 4-6 minutes until it's soft, but not too soft. Make sure you're constantly mixing the macaroni, so it doesn't stick to the bottom.
2. Once it's done, drain the water, and add the macaroni back to your pot. Add in your queso, shredded cheese, and 1 slice of your sharp cheddar cheese. Place the pot back on your burner on low heat, with a cover, for 1-2 minutes to let the cheese melt and mix.
3. Preheat your stovetop pan to medium heat. Lay your tortillas down flat, add your macaroni to each one, then fold like a crunch wrap. Add those to your pan with the bottom side down to make sure it's sealed.
4. When your crunch wraps are done, cook your egg, then your burger. Add your egg to the pan with a cover on top. Take your 5oz ground beef, add some sea salt and garlic powder, then form a patty. Place that in your pan on medium heat to cook. Once done, turn your burner off, add your cheese on top, and place a cover on top to let the cheese melt.
5. Put your burger together and enjoy!

Mac & Cheese As Buns Egg & Cheddar Burger

1 Serving Per Recipe	
Serving Size	Whole Burger
Amount Per Serving	
Calories	575
Total Fat 15g	
Total Carbohydrates 47g	
Protein 61g	



INGREDIENTS

MAC & CHEESE BUNS

42g Macaroni
32g On The Border Queso
1 Slice Fat Free Sharp Cheddar Cheese
28g Fat Free Shredded Sharp Cheese
8g Coconut Flour

REST OF BURGER

5oz 96/4 Lean Ground Beef
1 Slice Fat Free Sharp Cheddar Cheese
1 Whole Egg

DIRECTIONS

1. Preheat your oven to 450 degrees F. Fill a small stovetop pot with water about $\frac{3}{4}$ of the way up. Set your burner on high and bring the water to a boil. Add your macaroni, turn the water to a low heat, and add a cover on top. Let that cook for 4-6 minutes until it's soft, but not too soft. Make sure you're constantly mixing the macaroni, so it doesn't stick to the bottom.
2. Once it's done, drain the water, and add the macaroni back to your pot. Add in your queso, shredded cheese, and 1 slice of your sharp cheddar cheese. Place the pot back on your burner on low heat, with a cover, for 1-2 minutes to let the cheese melt and mix.
3. Add your mac & cheese to your mini cheesecake pans to bake in the oven for 8-10 minutes.
4. Cook your whole egg on your pan on medium heat with a cover on top. This will help make sure it cooks evenly and comes out runny. Season your 96/4 lean ground beef with some sea salt and garlic powder, then form it into a patty. Add it to your pan to cook on medium heat. Once cooked, turn your burner off, add your cheese on top, and place a cover on your pan.
5. Once your mac & cheese buns are done, put your burger together and enjoy!

Bacon Mac & Cheese Crunch Wrap Burger

1 Serving Per Recipe

Serving Size Whole Burger

Amount Per Serving

Calories 484

Total Fat 12g

Total Carbohydrates 56g

Protein 38g



INGREDIENTS

- 1 Trader Joe's Flour Tortilla
- 96/4 Lean Ground Beef
- 1 Slice Trader Joe's Turkey Bacon
- 28g Elbows Macaroni
- 14g Trader Joe's Light Shredded Mozzarella
- 16g Archer Farms Salsa Con Queso

DIRECTIONS

1. Preheat your oven to 450 degrees F. Take a small stovetop pot and fill it with water about ½ way. Set your burner on high and bring the water to a boil. Add your macaroni to the pot, bring the burner down to a low heat, and add a cover on top. Cook the macaroni for 4-6 minutes, until it's soft but not too soft. Make sure you mix the macaroni around, so it doesn't stick to the bottom.
2. Once your macaroni is done cooking, drain the water, and add it back to your pot. Add your queso and shredded cheddar cheese, then put the pot back on your burner on medium heat. Add a cover for a minute so the cheese can melt. Once the cheese has melted, mix it around.
3. Set the mac & cheese to the side and preheat your stovetop pan on a little higher than medium heat (6/10). Form your 4oz burger patty and season it with few pinches of sea salt. Add the patty with your slice of bacon to the pan. Don't add a cover on top. Flip both the burger and piece of bacon after about 3-4 minutes.
4. Once everything's done, lay your tortilla down flat. Add your mac & cheese, slice of bacon, then your burger patty. Fold the tortilla up like a crunch wrap, then add it to your oven safe pan. Spray the top with butter spray and place it in the oven for 8-10 minutes until the top is golden. You can add an optional whole, runny egg on top for show!

Mac & Cheese Shells Burger

1 Serving Per Recipe	
Serving Size	Whole Burger
Amount Per Serving	
Calories	356
Total Fat	8g
Total Carbohydrates	36g
Protein	35g



INGREDIENTS

MAC & CHEESE (USE ONLY 1/4 FOR THIS RECIPE)

56g Shells Pasta

42g Fat Free Shredded Cheddar Cheese

34g On The Border Queso (can use any queso with 3g Fat or less)

REST OF BURGER

4oz 96/4 Lean Ground Beef

1 Sesame Seed Hamburger Bun (macros are about the same for all buns at around 23g Carbs)

DIRECTIONS

1. Fill a small stovetop pot with water about $\frac{3}{4}$ of the way up. Set your burner on high and bring the water to a boil. Add your macaroni to the water, turn the water down, and add a cover to the pot. Cook your macaroni for 4-6 minutes until it's soft, but not too soft. Make sure you're constantly mixing it around, so it doesn't stick to the bottom.
2. While your macaroni is cooking, add some sea salt to your 4oz 96/4 lean ground beef, then let that cook on your stovetop pan on medium/high heat (7/10). Cook your burger however you'd like!
3. Once your macaroni is done, drain the water, and add it back to your pot. Add in your queso and shredded cheese, then place the pot back on your burner on low heat, with a cover, for 1-2 minutes. Mix the the cheese around once it has melted.
4. Now it's time to put your burger together. Lay down your bottom bun, burger patty on top, mac & cheese, then your top bun. Enjoy!

Mac & Cheddar Crunch Wrap Burger

1 Serving Per Recipe	
Serving Size	Whole Burger
Amount Per Serving	
Calories	333
Total Fat 6g	
Total Carbohydrates 29g	
Protein 38g	



INGREDIENTS

FOR MAC & CHEESE (MAKES 3 SERVINGS. ONLY USE ONE FOR THIS RECIPE)

56g Elbow Pasta
 1 Slice Fat Free Sharp Cheddar Cheese
 28g Fat Free Shredded Cheddar Cheese
 34g On The Border Queso (queso with 3g Fat or less)

REST OF INGREDIENTS

1 La Banderita Low Carb Tortilla
 2oz 96/4 Lean Ground Beef

DIRECTIONS

1. Preheat your oven to 525 degrees F or as hot as you can get it. Fill a small stovetop pot with water about $\frac{3}{4}$ of the way up. Set your burner on high and bring the water to a boil. Add your macaroni, bring the water down to a low heat, and add a cover. Let your macaroni cook for 4-6 minutes until it's soft but not too soft. Make sure you mix it around so no macaroni sticks to the bottom.
2. Once your macaroni is done, drain the water, and add it back to your pot. Add in your queso, shredded cheese, and slice of sharp cheddar cheese. Place the pot back on your burner on low heat, with a cover, for 1-2 minutes. Mix the the cheese around once it has melted.
3. Add your burger meat to a plate. Season it with some sea salt and garlic powder, then form it into a patty. Let that cook on your pan on medium heat.
4. Once your burger is done, lay your tortilla flat. Add your mac & cheese, then your burger, and fold. Place your crunch wrap on an oven safe pan with the folded sides down. Spray the top with butter spray and cook until golden. Then slice it open and enjoy the most epic burger ever!

Waffle Maker Pepperoni Pizza Burger

1 Serving Per Recipe

Serving Size	Whole Burger
Amount Per Serving	
Calories	435
Total Fat 15g	
Total Carbohydrates 25g	
Protein 50g	

2 Servings Per Recipe

Serving Size	One Pizza Waffle
Amount Per Serving	
Calories	90
Total Fat 4g	
Total Carbohydrates 11.5g	
Protein 21g	



INGREDIENTS

FOR WAFFLES

30g Trader Joe's Fat Free Ricotta (can use whatever Ricotta you want)
 14g Trader Joe's Light Shredded Mozzarella Cheese
 14g Fat Free Shredded Sharp Cheddar Cheese
 1 Whole Egg
 20g All Purpose Flour
 5g Coconut Flour
 2g Baking Powder
 1g Oregano

FOR REST OF PIZZA

60g Pasta Sauce of your choice (mine has 7g Carbs per 122g serving)
 8g Trader Joe's Light Mozzarella
 8g Fat Free Sharp Cheddar Cheese
 6 Slices Turkey Pepperoni
 1 oz Fresh Avocado

FOR REST OF BURGER

4oz Trader Joe's 96/4 Lean Ground Beef
 6g Trader Joe's Light Mozzarella
 6g Fat Free Shredded Sharp Cheddar Cheese

DIRECTIONS

1. Add your ricotta cheese, 14g light shredded mozzarella cheese, and fat free shredded sharp cheddar cheese to a microwave safe bowl. Microwave that for 30-45 seconds (time will depend on how powerful your microwave is) and mix.
2. Add your dry dough ingredients with your ricotta/monterey jack cheese mixture to a bowl and mix it all together. You can use a spoon or whisk to do this. It won't look like a dough that you can just handle with your hand. It'll look a little more wet and messy than a regular piece of dough.
3. Preheat your mini waffle maker and add half of your dough to the middle of it. Spread the dough until it covers the whole bottom iron and let your waffle cook. It'll take 3-5 minutes. Repeat this process with the rest of your dough.
4. While your waffles are cooking, turn your oven on broil. Preheat your stovetop pan on medium/high heat (7/10). Form your 4oz 96/4 lean ground beef into a burger to cook on your pan. Once your waffles are done, add your toppings, then let those cook in the oven. When your burger is almost done, turn off the burner, add your cheese on top, and place a cover to melt the cheese. Then put your burger together and enjoy!

Low Carb Fajita White Cheddar Rice Cake Burger

1 Serving Per Recipe

Serving Size Whole Burger

Amount Per Serving

Calories 324

Total Fat 12g

Total Carbohydrates 19g

Protein 35g



INGREDIENTS

2 White Cheddar Rice Cakes
4oz 96/4 Lean Ground Beef
14g Trader Joe's Light Mozzarella
25g Fresh Green Peppers
1 Whole Egg
10g Sriracha

DIRECTIONS

1. Preheat 2 stovetop pans to medium/high heat (7/10). Slice your fresh green peppers into strips and add those to one pan, with a cover on top, to saute. Add a little of water to your pan to help the peppers soften.
2. Season your 96/4 lean ground beef with some sea salt. Cook your whole egg on your second pan with a cover on top.
3. Once your egg is done, add your burger to the pan without a cover on top to cook until you see brown coming up the sides of the patty, then flip. Cook until the outsides are brown, then flip your patty back over to the other side. Turn your burner off, add your cheese, a little bit of water in the pan, and add a cover on top. This will help melt the cheese.
4. Lay one of your rice cakes down, then your burger, sriracha, green peppers, and egg. Top with your second rice cake and enjoy! I promise it won't crumble like you think.

Macro Friendly PB&J Crunch Wrap Burger

1 Serving Per Recipe

Serving Size Whole Burger

Amount Per Serving

Calories 403

Total Fat 11g

Total Carbohydrates 28g

Protein 48g



INGREDIENTS

4oz 96/4 Lean Ground Beef
12g PB2
2g Zero Cal Sweetener
17g Homemade No Sugar Added
Strawberry Jam
1 Low Carb Tortilla

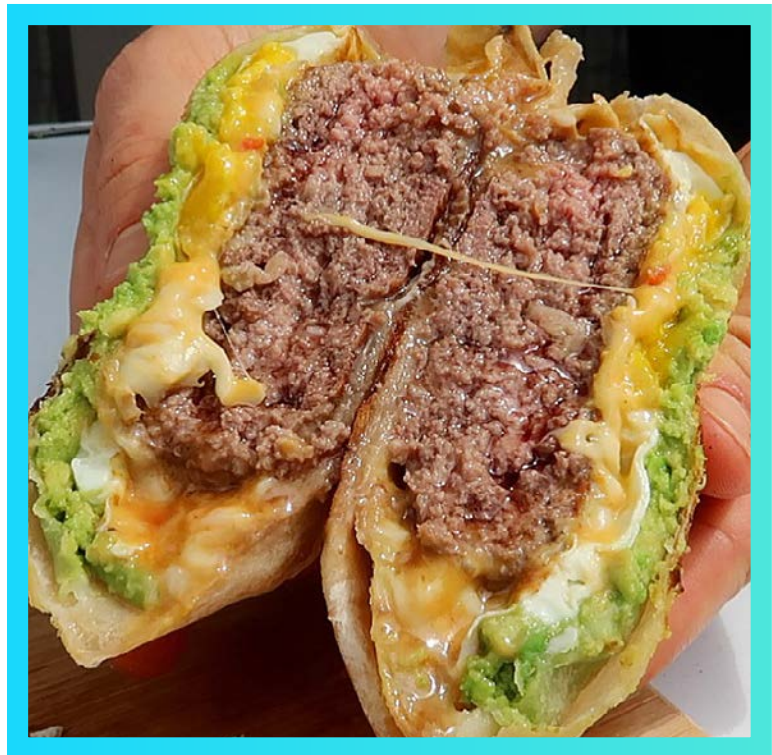
DIRECTIONS

1. Preheat your stovetop pan on medium heat. Take your 96/4 lean ground beef, form it into a burger, and cook.
2. While your burger is cooking, add your PB2 and 2g zero cal sweetener to a small bowl. Mix that together, then slowly add water until you have a nice thick peanut butter like consistency.
3. When your burger is done, lay your tortilla down flat. First add your jam, then your burger, and lastly, your peanut butter. Fold into a crunch wrap and add to your stovetop pan with the folded side down (to seal it). Once sealed, flip it over to cook the top, then roll on all sides to sear the edges! Finally, slice your crunch wrap open and enjoy!

Bacon, Egg & Cheddar XL Crunch Wrap Burger

1 Serving Per Recipe

Serving Size	Whole Burger
Amount Per Serving	
Calories	496
Total Fat 20g	
Total Carbohydrates 33g	
Protein 46g	



INGREDIENTS

- 1 Trader Joe's Large Flour Tortilla
- 4oz 96/4 Lean Ground Beef
- 1 Whole Egg
- 1 Slice Trader Joe's Turkey Bacon
- 14g Trader Joe's Light Mozzarella
- 16g Trader Joe's Light Queso
- 14g Fresh Avocado

DIRECTIONS

1. Preheat your stovetop pan to medium/high heat (7/10). Cook your bacon and egg first, then your 4oz lean ground beef.
2. Lay your tortilla flat. Add your whole egg, avocado, queso, 10g mozzarella, turkey bacon, burger, then your last 4g of mozzarella.
3. Fold your crunch wrap and add it to your stovetop pan, folded sides facing down, to cook on medium/high (7/10) heat. Once the bottom is sealed, let the other side cook.
4. Slice your crunch wrap in half and enjoy!

Low Carb Canadian Bacon Cheeseburger Hot Pocket

1 Serving Per Recipe	
Serving Size	Whole Hot Pocket
Amount Per Serving	
Calories	242
Total Fat 5g	
Total Carbohydrates 12g	
Protein 37g	



INGREDIENTS

- ½ Joseph's Lavash Bread (can use any lavash but macros might be different)
- 4oz 96/4 Lean Ground Beef
- 1 Slice Canadian Bacon
- 14g Fat Free Shredded Sharp Cheddar Cheese
- 1 Slice Fat Free Sharp Cheddar Cheese

DIRECTIONS

1. Take your 96/4 lean ground beef, add whatever seasonings you'd like, then form a rectangular patty that'll fit into your hot pocket. Cook your burger on a stovetop pan on medium/high heat. Add your slice of Canadian bacon to the pan and cook until golden.
2. Once your burger is done, lay your ½ lavash bread down, then add your Canadian bacon, 10g shredded cheese, and cheese slice (save a few grams to add at the end). Add your burger, then fold. You want to fold long ways first, then your two ends. Add the rest of your shredded cheese to help seal the bottom. Use a toothpick to hold everything together until you add it to your pan.
3. Take your toothpick out and add your hot pocket to the pan to seal the bottom edges first. Once sealed, flip it over and toast the other side. If the bottom side won't stay shut, add a little more shredded cheese, and flip again.
4. Slice open and enjoy!

Low Carb Veggie Pizza Hot Pocket

1 Serving Per Recipe

Serving Size Whole Hot Pocket

Amount Per Serving

Calories **200**

Total Fat **6g**

Total Carbohydrates **13g**

Protein **25g**



INGREDIENTS

½ Joseph's Lavash Bread (can use any lavash but macros might be different)

30g Turkey Pepperoni

14g Fat Free Shredded Mozzarella

14g Fat Free Shredded Sharp Cheddar

50g Frozen Broccoli

Homemade Pizza Seasoning

FOR PIZZA SEASONING (IN BULK)

1.5 tbsp (21g) Oregano

1 tbsp (14g) Dried Basil

1 tsp (4g) Dried Rosemary

1.5 tbsp (21g) Dried Onion Flakes

1/4 tsp (1g) Dried Thyme

1 tsp (4g) Coarse Sea Salt

½ tsp (2g) Crushed Red Pepper Flakes

¼ tsp (1g) Garlic Powder

DIRECTIONS

1. Saute your frozen broccoli in a stovetop pan. Lay your ½ lavash bread down, add your turkey pepperonis, cheese (save a few grams to add at the end), pizza seasoning, and broccoli. Fold to form your hot pocket, long ways first. Use a toothpick to hold everything together until you add it to your pan.
2. Take your toothpick out, add your hot pocket to your pan to seal the bottom edges, then flip to toast the top. If the bottom side won't stay shut, add a little more shredded cheese, and flip again.
3. Then slice open and enjoy that flavor bomb!

Low Carb Turkey & Cheddar Hot Pocket

1 Serving Per Recipe

Serving Size Whole Hot Pocket

Amount Per Serving

Calories 230

Total Fat 4g

Total Carbohydrates 16g

Protein 37g



INGREDIENTS

- ½ Joseph's Lavash Bread
- 4oz Deli Fresh Turkey
- 2 Slice Fat Free Sharp Cheddar Cheese

DIRECTIONS

1. Preheat your stovetop pan to medium heat. Lay your lavash bread down, then add your 2 slices of cheese and turkey. Fold to form your hot pocket, long ways first. Use a toothpick to hold everything together until you add it to your pan.
2. Take your tooth pick out and add your hot pocket to the pan to seal the bottom edges first. Once sealed, flip it over and toast the other side. If the bottom side won't stay shut, add a little more shredded cheese, and flip again.
3. Slice open and enjoy!

Low Carb Cheesy Broccoli Hot Pocket

1 Serving Per Recipe

Serving Size Whole Hot Pocket

Amount Per Serving

Calories 160

Total Fat 4g

Total Carbohydrates 18g

Protein 13g



INGREDIENTS

½ Joseph's Lavash Bread
100g Frozen Broccoli
30g Trader Joe's Light Queso
21g Trader Joe's Light Mozzarella

DIRECTIONS

1. Preheat your oven to 545 degrees F. Saute your broccoli, with some sea salt, on your stovetop pan on medium/high heat.
2. Add your 14g mozzarella, queso, broccoli, and rest of the mozzarella to the middle of your lavash bread.
3. Fold the long edges over first, then your ends. Add that to an oven safe pan, with the bottom folds facing down, and spray the top with butter spray.
4. Place your hot pocket in the oven to cook until golden. Let it cool, slice it open, and enjoy!

Rotisserie Deli Fresh Chicken, Broccoli + Cheddar Crunch Wrap

1 Serving Per Recipe

Serving Size Whole Crunch Wrap

Amount Per Serving

Calories **240**

Total Fat 3g

Total Carbohydrates 22g

Protein 29g



INGREDIENTS

- 1 Low Carb Tortilla
- 2 oz Deli Fresh Rotisserie Chicken
- 85g Frozen Broccoli
- 1 Slice Fat Free Sharp Cheddar Cheese
- 14g Shredded Fat Free Cheddar Cheese

DIRECTIONS

1. Saute your frozen broccoli in a pan with some sea salt and garlic pepper. Once you do that, pan fry your rotisserie chicken.
2. Add your slice of fat free cheese, shredded cheese, broccoli, and chicken to your tortilla. Fold it up like a crunch wrap, then add it to your pan with the folded side down first. Once the bottom is sealed, flip, and toast the top, as well as the sides.
3. Slice your crunch wrap in half and unveil the gains. Enjoy!

Rotisserie Chicken, Pepperoni & Cheese Crunch Wrap

1 Serving Per Recipe

Serving Size Whole Crunch Wrap

Amount Per Serving

Calories **284**

Total Fat **12g**

Total Carbohydrates **16g**

Protein **28g**



INGREDIENTS

1 La Banderita Low Carb Tortilla
2oz Deli Fresh Rotisserie Chicken
1oz Turkey Pepperoni
28g Trader Joe's Light Mozzarella Cheese
14g Trader Joe's Light Queso
14g Avocado

DIRECTIONS

1. Preheat your oven to 525 degrees or as hot as you can get it.
2. Lay your tortilla flat, then add your avocado, mozzarella, queso, pepperoni, and chicken. Make sure you're adding everything to the middle so it folds easily.
3. Fold your tortilla like a crunch wrap, spray the top with butter spray, and add it to your oven for 10-12 minutes until golden. Enjoy!

Bacon Cheeseburger Quesalupa

1 Serving Per Recipe

Serving Size Whole Quesalupa

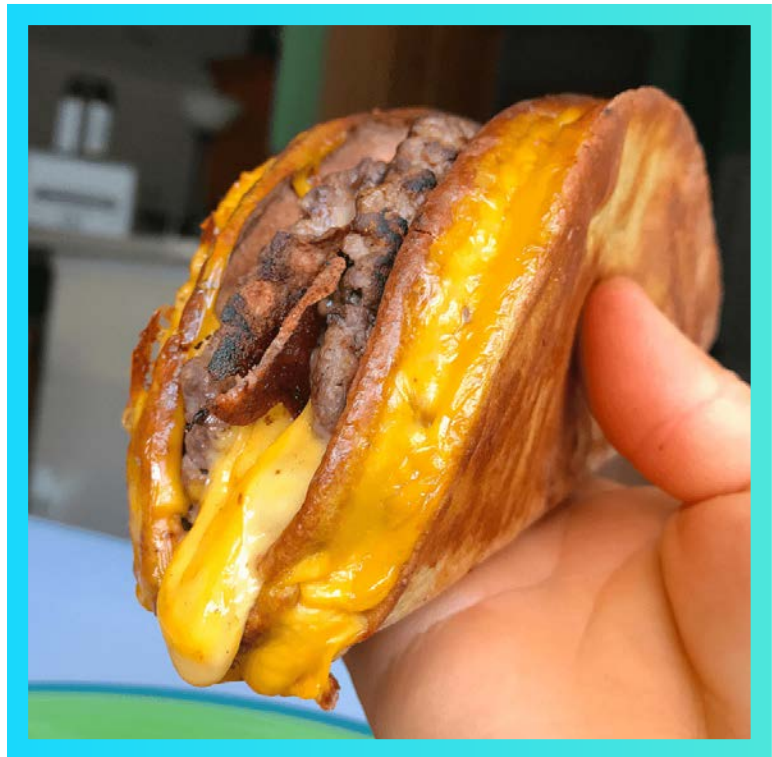
Amount Per Serving

Calories 440

Total Fat 16g

Total Carbohydrates 26g

Protein 53g



INGREDIENTS

- 2 Joseph's Pitas (can use any low carb tortilla)
- 4oz 96/4 Lean Ground Beef
- 3 Slices Fat Free Sharp Cheddar Cheese
- 2 Slices Turkey Bacon
- 32g On The Border Queso (any queso that's 3g Fat or less will work)

DIRECTIONS

1. Preheat your oven to 550 degrees F. Take one pita and spray both sides with nonstick butter spray, then add it to your taco holder. Place that in the oven to 3-5 minutes until golden. Keep an eye on it.
2. When golden, take it out. Spray your other pita with some butter spray, add 2 slices of your fat free cheese and 16g of your queso to it. Add that pita to the now hard shell pita and place it back in the taco holder. Let that cook in the oven for 3 minutes.
3. While that's happening, you'll want to make your burger and bacon. You'll want to make a thin patty with your ground beef in a similar circular shape as your pita. Add that to your pan on a 7/10 heat to cook for a minute or so on each side. Once that's done, cook your bacon.
4. Add your burger, 1 more slice of fat free cheese, the rest of your queso, and bacon to your quesalupa shell. Put your quesalupa back to the oven for 2-3 more minutes. You'll know it's ready when cheese is dripping.
5. Enjoy the flavor bomb!

Broccoli & Cheddar Low Carb Chalupa

1 Serving Per Recipe

Serving Size Whole Chalupa

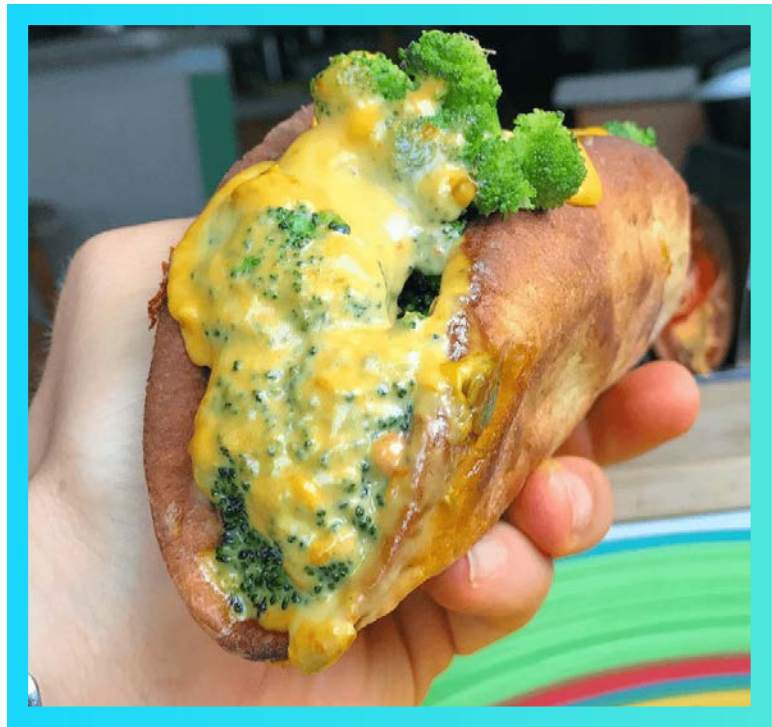
Amount Per Serving

Calories 138

Total Fat 2g

Total Carbohydrates 15g

Protein 16g



INGREDIENTS

- 1 Joseph's Low Carb Pita
- 85g Frozen Broccoli
- 1 Slice Fat Free Sharp Cheddar Cheese
- 14g Fat Free Shredded Sharp Cheddar Cheese

DIRECTIONS

1. Preheat your oven to 450 degrees F. Take your pita and spray both sides with nonstick butter spray. Take your oven safe taco pan, add your pita to it, and put that in the oven for 5 minutes until it starts to golden. Then take it out and flip your taco to have it facing down/bottom facing up on top of one of the wedges. Let it cook for another 2-3 minutes.
2. Cook your frozen broccoli on a stovetop pan on medium heat. Add some sea salt and garlic powder for extra flavor!
3. Add half your broccoli and shredded cheese to your chalupa. Then add the rest of your broccoli and your cheese slice. Put it in the oven until the cheese is melted, then enjoy the crunch!

Salad Gainzzz Bowl

1 Serving Per Recipe

Serving Size Whole Salad

Amount Per Serving

Calories 300

Total Fat 5g

Total Carbohydrates 42g

Protein 18g



INGREDIENTS

300g Lettuce
50g Spinach
200g Frozen Broccoli
200g Green Peppers
20g Jalapenos
100g Mushrooms
1 Medium Sliced Tomato
85g Broccoli Slaw
45g Bolthouse Farm Creamy Roasted Garlic Dressing
Mustard
Franks Red Hot Buffalo Sauce
Kernal Seasons White Cheddar and Nacho Cheddar

DIRECTIONS

1. Grab the biggest bowl you have in your house because this salad is a beast! Saute up your broccoli, green peppers and jalapenos. While those are cooking, chop your lettuce and add it to the bowl along with your spinach. Then take your sautéed veggies and add those on top. Then add the rest of the ingredients in order of the ingredient list! Honestly that's how simple it is! Enjoy!

Protein Peanut Butter Cookie Butter & Jelly Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	240
Total Fat 3g	
Total Carbohydrates 26g	
Protein 23g	



INGREDIENTS

2 Slices Pepperidge Farm Light 7 Grain Bread

30g Sliced Strawberries

34g Homemade No Sugar Added Strawberry Jam

FOR PB COOKIE BUTTER:

15g PESCience Peanut Butter Cookie ("FDL" saves you 15%)

5g Coconut Flour

6g PB2

30g Unsweetened Vanilla Almond Milk

DIRECTIONS

1. Mix your PB cookie butter ingredients in a bowl until you get a thick peanut butter consistency. Add water and mix some more. Repeat this process until you get that desired consistency, then put it in the freezer to thicken up some (about 10-15 minutes). Repeat this process. It's key to maximizing the volume of your cookie butter.
2. Once your cookie butter is done, add it to one slice of bread, then add your strawberry slices and strawberry jelly on top.
3. Place your other slice on top and enjoy!

Protein Peanut Butter Cookie Butter & Marshmallow FlufferNutter

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	251
Total Fat 3g	
Total Carbohydrates 32g	
Protein 24g	



INGREDIENTS

FOR PB COOKIE BUTTER

15g PEScience Peanut Butter Cookie ("FDL" saves you 15%)

5g Coconut Flour

6g PB2

30g Unsweetened Vanilla Almond Milk

2g Zero Cal Sweetener of your choice

FOR PROTEIN MARSHMALLOW FLUFF

60g Plain Nonfat Greek Yogurt

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

5g Coconut Flour

2g Zero Cal Sweetener of your choice

60g Unsweetened Vanilla Almond Milk

1g Xanthan Gum

DIRECTIONS

1. Add all dry peanut butter cookie butter ingredients to a bowl and mix to avoid clumping. Slowly add in your almond milk and mix. Repeat this process until you have a nice thick cookie butter consistency. Put that in the freezer to thicken up (about 10-15 minutes). This is the key to maximizing the volume of the cookie butter.
2. While your cookie butter is in the freezer, you will want to make your protein marshmallow fluff. Add your dry ingredients to a bowl and mix those together. Add 20g of your almond milk along with the rest of your wet ingredients to a separate bowl and mix together. Then add in your dry ingredients and mix with your hand mixer. Add the rest of your almond milk and mix. Repeat this process until you have a nice thick marshmallow fluff! Add that to the freezer for 5-10 minutes.
3. Now, take your peanut butter cookie butter and protein marshmallow fluff to your sandwich. Slice it in half and enjoy!

The Cheddar Cheese Dog Bread Bowl

1 Serving Per Recipe

Serving Size Whole Bowl

Amount Per Serving

Calories 193

Total Fat 2g

Total Carbohydrates 21g

Protein 21g



INGREDIENTS

97% Fat Free All Beef Frank

Deli Hot Dog Roll (mine has 20g Carbs per serving)

2 Slice Fat Free Cheddar Cheese

1/2oz (14g) Shredded Fat Free Sharp Cheddar

DIRECTIONS

1. Preheat your oven to 550 degrees F. Cook your hot dog on either a grill or stovetop pan. Poke holes in your hot dog to make sure it cooks all the way through.
2. Take your hot dog roll and slice off the top with a knife, then hollow out the bottom piece by taking out the breaded middle. Add 1 slice of your fat free cheese to the bottom piece, then top that with your hot dog, second slice of cheese, and shredded cheese.
3. Put it in the oven for 10 minutes until golden. Enjoy that cheesy hot dog crunch!

Low Carb Corn Dogs

2 Servings Per Recipe	
Serving Size	Each Corn Dog
Amount Per Serving	
Calories	226
Total Fat	10g
Total Carbohydrates	10g
Protein	24g



INGREDIENTS

FOR 2 CORN DOGS

21g Trader Joe's Light Shredded Mozzarella
45g Part Skim Ricotta Cheese
50g Egg Whites
20g All Purpose Flour (can sub for gluten free flour)
5g Coconut Flour
2g Baking Powder
2 Trader Joe's Garlic & Herb Chicken Sausage (can use any sausage you want, but these are bigger than a standard hot dog)

DIRECTIONS

1. Preheat your oven to 450 degrees F. Add your mozzarella and ricotta cheese to a microwave safe bowl. Mix your dry ingredients in another bowl to avoid clumping. Add your cheese mixture to the microwave for 15 seconds.
2. Once that's done, mix in your egg whites. It won't mix together well, so do the best you can. Now, add your dry ingredients add all your dry ingredients and mix together till you have a thick paste like consistency.
3. Take your pan and cover in parchment paper. Now add your sausage to your stick and then start coating the outsides of the sausage with your paste until it is all covered. Add to your parchment paper and add to your oven for 12-15 minutes until golden brown! Then take out, let cool and enjoy!

Broccoli, Egg & Cheese Bread Bowl

1 Serving Per Recipe

Serving Size Whole Bread Bowl

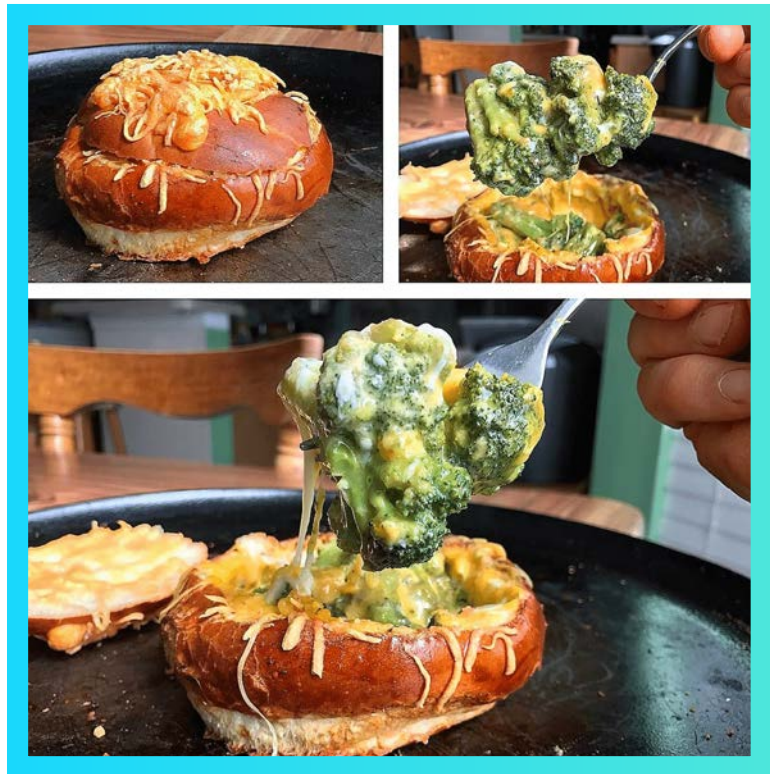
Amount Per Serving

Calories 355

Total Fat 6g

Total Carbohydrates 34g

Protein 29g



INGREDIENTS

- 1 Deli Kaiser Bun
- 150g Frozen Broccoli
- 1 Whole Egg
- 2 Slices Fat Free Cheddar Cheese
- 1 oz (28g) Shredded Fat Free Cheddar

DIRECTIONS

1. Preheat your oven to 450 degrees F. Saute your broccoli in your pan with some sea salt and garlic powder, then cook your whole egg. Since it'll continue to cook inside your bread bowl you don't want it to be fully cooked.
2. Slice off the top of your kaiser bun and take out the breaded middle to create a bowl shape. Add your broccoli, 2 slices of cheese, whole egg, then 21 g of your shredded cheese. Cover your bowl with the top of the bun and add the rest of your shredded cheese. Let that cook in the oven for 12-15 minutes until golden.
3. Once done, take off the top, and unveil epic gainzzz!

Low Carb & High Volume Spaghetti & Meatballs

1 Serving Per Recipe

Serving Size Whole Plate

Amount Per Serving

Calories 495

Total Fat 8g

Total Carbohydrates 42g

Protein 53g



INGREDIENTS

300g Zucchini Noodles ([heres link to the noodle maker I have](#))
250g Frozen Broccoli
200g Fresh Green Peppers
1 Cup (225g) Hunts Garlic & Herbs Pasta Sauce
6oz 96/4 Lean Ground Beef
46g Egg Whites
14g Fat Free Shredded Mozzarella Cheese
5g Reduced Fat Parmesan Cheese

DIRECTIONS

1. Slice the ends off your medium/large zucchini and use your noodle maker to make your zoodles. Saute your broccoli and green peppers in a stovetop pan on medium/high heat with some sea salt and garlic powder.
2. While those are cooking mix your lean ground beef, egg whites, 14g mozzarella cheese, garlic powder, and sea salt in a bowl. Form 6-8 meatballs, then add them to your stovetop pan on medium heat with a cover to cook.
3. Once all your veggies and meatballs are cooked, add your noodles to a pan on high heat for 1-2 minutes. Don't let them get soggy! Add your noodles to a plate and top with your veggies, sauce, meatballs, and parmesan cheese. Enjoy!

Dessert

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DESSERT PRO TIPS

1. Be sure to follow these directions to a T.
2. Using a whole egg (versus egg whites) will yield a better product.
3. When deciding which toppings you want to use, that's up to you!
4. For frosty recipes: If you only want 1 single serving, divide all of the ingredients by 4

FOR COOKIE BUTTERS

1. If you want to double (triple, etc.) the serving size, use 2x (3x, etc.) the ingredients.
2. Put it in the freezer for 20 minutes for a better end product.
3. Adding your bowl to the fridge overnight will yield the BEST end product
4. Using ice cold liquid (water or almond milk) will make it more absorbent and thicken up much more quickly!

"ZACH, HOW DID YOU FIGURE OUT THE NUMBER OF SERVINGS AND MACROS PER SERVING FOR THE COOKIE BUTTER/FROSTING MASON JARS?"

I am going to use the Classic Chocolate Chip Protein Cookie Butter as an example.

40g PEScience PB Cookie Select Protein
20g PEScience Gourmet Vanilla Select Protein
18g Powdered PB
18g Coconut Flour
6g Stevia
150ml Cold Water
30g Mini Chocolate Chips

First, add up all of the ingredients to find the total weight of the ingredients in your mason jar.

$40 + 20 + 18 + 18 + 6 + 150 + 30 = \mathbf{282g \text{ Total Weight}}$

Say you want a serving size of 32g (2 Tbsp). In order to find the number of servings in the jar, you'll divide the total weight (282g) by the serving size (32g), which gives us **8.8 servings**.

So to figure out the macros, you'll want to add all of the ingredients into MyFitnessPal to get the total number. For this recipe, they were:

518 Cals, 42g Carbs, 14g Fat, 56g Protein

Then you'll divide each number by **8.8**, since that's the number of servings in your jar. That gets you:

58.86 cals, 4.77g Carbs, 1.6g Fat, 6.4g Protein

Don't want chocolate chips in your recipe? It's as easy as taking them out. Just subtract 30g from the total weight (282g) to get your new total weight of 252g. Then to figure out how many 32g servings you have, divide 252g by 32g. That'll get you 7.875 servings.

You can also modify the recipe to make how much cookie butter you want.

If you want to make a single serving, just divide the recipe by 8. That'll give you (these are all rounded to give you even numbers):

5g PEScience PB Cookie Select Protein
3g PEScience Gourmet Vanilla Select Protein
2g Powdered PB
2g Coconut Flour
1g Stevia
20ml Cold Water
4g Mini Chocolate Chips

Classic Chocolate Chip Protein Cookie Butter

8.5 Servings Per Recipe	
Serving Size	32g (2 tbsp)
Amount Per Serving	
Calories	60
Total Fat 1.6g	
Total Carbohydrates 4.9g	
Protein 6.5g	



INGREDIENTS

TO FILL 8oz MASON JAR

40g PEScience PB Cookie Select Protein ("FDL" saves you 15%)

20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

18g Powdered PB

18g Coconut Flour

6g Stevia

150ml Cold Water

30g Mini Chocolate Chips

DIRECTIONS

1. Mix your dry ingredients (except your mini chocolate chips) in a bowl to avoid clumping.
2. Add 75ml of your cold water and mix, then mix in the other 75ml. You want to get a thick frosting/icing like consistency. Now you can add in your mini chocolate chips and mix those in. Add all of your cookie butter to an 8oz mason jar and place a cover on top. It's best to let this sit in the fridge for at least 1-2 hours to thicken up some more. Keeping it in the fridge overnight is best! Best to let sit in fridge for at least 1-2 hours to thicken up some more. Overnight is the best. And that's it!

NOTES:

- As long as there's a cover over your cookie butter while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Sugar Cookie Protein Cookie Butter

8.5 Servings Per Recipe	
Serving Size	32g (2 tbsp)
Amount Per Serving	
Calories	57.4
Total Fat 1.4g	
Total Carbohydrates 4.7g	
Protein 6.5g	



INGREDIENTS

TO FILL 8oz MASON JAR

60g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

18g Powdered PB

18g Coconut Flour

6g Stevia

150ml Cold Water

24g Sprinkles

DIRECTIONS

1. Mix your dry ingredients (except your sprinkles) in a bowl to avoid clumping.
2. Add 75ml of your cold water and mix, then mix in the other 75ml. You want to get a thick frosting/icing like consistency. Now you can add in your sprinkles and mix those in. Add all of your cookie butter to an 8oz mason jar and place a cover on top. It's best to let this sit in the fridge for at least 1-2 hours to thicken up some more. Keeping it in the fridge overnight is best! Best to let sit in fridge for at least 1-2 hours to thicken up some more. Overnight is the best. And that's it!

NOTES:

- As long as there's a cover over your cookie butter while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Fruity Pebble Lovers Protein Cookie Butter

8.5 Servings Per Recipe

Serving Size 32g (2 tbsp)

Amount Per Serving

Calories 48.8

Total Fat 0.8g

Total Carbohydrates 4.7g

Protein 5.7g



INGREDIENTS

TO FILL 8oz MASON JAR

60g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

18g Powdered PB

18g Coconut Flour

6g Stevia

150ml Cold Water

20g Fruity Pebbles

DIRECTIONS

1. Mix your dry ingredients (except your Fruity Pebbles) in a bowl to avoid clumping.
2. Add 75ml of your cold water and mix, then mix in the other 75ml. You want to get a thick frosting/icing like consistency. Crush up your Fruity Pebbles, either in a bowl or in your food processor, and mix those in. Add all of your cookie butter to an 8oz mason jar and place a cover on top. It's best to let this sit in the fridge for at least 1-2 hours to thicken up some more. Keeping it in the fridge overnight is best! Best to let sit in fridge for at least 1-2 hours to thicken up some more. Overnight is the best. And that's it!

NOTES:

- As long as there's a cover over your cookie butter while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Oreo Lovers Protein Cookie Butter

8.5 Servings Per Recipe	
Serving Size	32g (2 tbsp)
Amount Per Serving	
Calories	53
Total Fat 1g	
Total Carbohydrates 4.8g	
Protein 6.2g	



INGREDIENTS

TO FILL 8oz MASON JAR

60g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

24g Black Cocoa Powder

12g Coconut Flour

6g Stevia

150ml Cold Water

2 Reduced Fat Oreos

DIRECTIONS

1. Mix your dry ingredients (except your Oreos) in a bowl to avoid clumping.
2. Add 75ml of your cold water and mix, then mix in the other 75ml. You want to get a thick frosting/icing like consistency. Crush up your Oreos and mix those in. Add all of your cookie butter to an 8oz mason jar and place a cover on top. It's best to let this sit in the fridge for at least 1-2 hours to thicken up some more. Keeping it in the fridge overnight is best! Best to let sit in fridge for at least 1-2 hours to thicken up some more. Overnight is the best. And that's it!

NOTES:

- As long as there's a cover over your cookie butter while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Frosted Cinnamon Roll Protein Cookie Butter

8.5 Servings Per Recipe	
Serving Size	32g (2 tbsp)
Amount Per Serving	
Calories	53
Total Fat 1g	
Total Carbohydrates 4.5g	
Protein 6.5g	



INGREDIENTS

FOR COOKIE BUTTER BASE

25g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

25g PEScience Snickerdoodle Select Protein ("FDL" saves you 15%)

14g Powdered PB

14g Coconut Flour

6g Stevia

3g Ground Cinnamon

120ml Cold Water

20g Cinnamon Toast Crunch Cereal

FOR FROSTING SWIRLS

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

1g Stevia

20g Plain Nonfat Greek Yogurt

10ml Cold Water

DIRECTIONS

1. Mix your dry cookie butter ingredients (except your Cinnamon Toast Crunch) in a bowl.
2. Add 60ml of your cold water and mix until everything is soaked up. Then add in the other 60ml and mix some more. You'll get a thick frosting/icing like consistency. Now crush up your Cinnamon Toast Crunch cereal and mix that in to the cookie butter.
3. Repeat that process to make your frosting. Mix all of the dry ingredients in a bowl, then combine those with your greek yogurt until you get a crumble-like consistency.
4. Take an 8oz mason jar, add a little bit of your cookie butter, then swirl in your frosting. Repeat this until your jar is filled to the top. If you want it to look super aesthetic, make sure you're swirling in the frosting against the glass so it shows through. Once you've done that, add a cover on top and let your cookie butter sit in the fridge for 1-2 hours to thicken up. Keeping it in the fridge overnight is best!

NOTES:

- As long as there's a cover over your cookie butter while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Red Velvet Cheesecake Protein Cookie Butter

8.5 Servings Per Recipe	
Serving Size	32g (2 tbsp)
Amount Per Serving	
Calories	62.7
Total Fat 1.5g	
Total Carbohydrates 5.8g	
Protein 6.5g	



INGREDIENTS

FOR COOKIE BUTTER BASE

50g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

15g Unsweetened Baking Cocoa

6g Black Cocoa Powder

16g Coconut Flour

6g Stevia

120ml Cold Water

Natural Red Food Coloring

2 Red Velvet Oreos

FOR FROSTING SWIRLS

10g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

2g Coconut Flour

1g Stevia

20g Plain Nonfat Greek Yogurt

10ml Cold Water

DIRECTIONS

1. Mix your dry cookie butter ingredients in a bowl (except your Oreos) to avoid clumping.
2. Add 60ml of your cold water and mix until everything is soaked up. Then add in the other 60ml and mix some more. You'll get a thick icing/frosting like consistency. Start with 5 drops of your red food coloring and mix that in. Repeat this processes until you get your red velvet color. Now can crush up your Oreo and mix that in to the cookie butter.
3. Do the same as above to make your frosting. Mix all of the dry ingredients in a bowl, then combine those with your greek yogurt. Add in your water and mix until you get a crumble-like consistency. Add in your water, then mix some more until you get a frosting-like consistency.
4. Take an 8oz mason jar and add a little bit of the cookie butter, then swirl in your frosting and repeat. Do this until your mason jar is filled to the top. If you want it to look super aesthetic, make sure you're swirling in the frosting against the glass so it shows through. Once you've done that, add a cover on top and let your cookie butter sit in the fridge for 1-2 hours to thicken up. Keeping it in the fridge overnight is best!

NOTES:

- As long as there's a cover over your cookie butter while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Strawberry Shortcake Protein Cookie Butter

8.5 Servings Per Recipe

Serving Size 32g (2 tbsp)

Amount Per Serving

Calories 61.5

Total Fat 1.5g

Total Carbohydrates 5.3g

Protein 6.7g



INGREDIENTS

FOR COOKIE BUTTER LAYER

30g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

9g Powdered PB

9g Coconut Flour

3g Stevia

75ml Cold Water

4-6 Drops Natural Red Food Coloring

FOR STRAWBERRY SHORTCAKE LAYER

20g PEScience Strawberry Shortcake Select Protein ("FDL" saves you 15%)

If you don't have this protein flavor and only have vanilla, use that with 1-2ml of Strawberry Extract

10g PEScience PB Cookie Select Protein ("FDL" saves you 15%)

9g Powdered PB

9g Coconut Flour

3g Stevia

75ml Cold Water

EXTRA TOPPING

2 Strawberry Shortcake Oreos

DIRECTIONS

1. First we will make the strawberry cookie butter. Mix your dry ingredients in a bowl to avoid clumping.
2. Add 75ml of your cold water and mix until everything is soaked up, then add in the other 35 and mix some more. You want to get a thick frosting/icing like consistency. Add in your drops of food coloring and mix those in.
3. Now you'll make your strawberry shortcake cookie butter. Mix your dry ingredients in a bowl to avoid clumping.
4. Add about 35ml of your cold water and mix until it's all soaked up. Then add in the other 40ml and mix until you get a thick frosting/icing like consistency.
5. Add 1 crumbled Strawberry Shortcake Oreo to your strawberry cookie butter bowl and the other to your shortcake cookie butter bowl. Take an 8oz mason jar and layer a little bit of your strawberry cookie butter, then a little bit of your shortcake cookie butter. Do this until your mason jar is filled to the top. Once you've done that, add your toppings and place a cover on top. Let your cookie butter sit in the fridge for 1-2 hours to thicken up. Keeping it in the fridge overnight is best!

NOTES:

- As long as there's a cover over your cookie butter while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Rich Chocolate Birthday Cake Protein Cookie Butter

8.5 Servings Per Recipe

Serving Size 32g (2 tbsp)

Amount Per Serving

Calories 51.6

Total Fat 1.2g

Total Carbohydrates 4.4g

Protein 5.8g



INGREDIENTS

TO FILL 8oz MASON JAR

60g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

15g Unsweetened Baking Cocoa

6g Black Cocoa Powder

14g Coconut Flour

6g Stevia

60g Plain Nonfat Greek Yogurt

150ml Cold Water

24g Sprinkles

DIRECTIONS

1. Add your greek yogurt to a bowl. Mix your dry ingredients (except your sprinkles) in a separate bowl to avoid clumping. Add your dry ingredients to the bowl with your greek yogurt and mix until you get a crumble like consistency.
2. Add in 75ml of your cold water and mix until everything is soaked up. Then add in the other 75ml and mix some more. You will get a thick icing/frosting like consistency. Now you can mix in your sprinkles. Add all of your cookie butter to an 8oz mason jar and place a cover on top. It's best to let this sit in fridge for at least 1-2 hours to thicken up some more. Keeping it in the fridge overnight is best!

NOTES:

- As long as there's a cover over your cookie butter while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Chocolate Chip Protein Pumpkin Butter

8.5 Servings Per Recipe

Serving Size 32g (2 tbsp)

Amount Per Serving

Calories 52.1

Total Fat 1.3g

Total Carbohydrates 5g

Protein 5.1g



INGREDIENTS

TO FILL 8oz MASON JAR

50g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

14g Powdered PB

14g Coconut Flour

6g Stevia

Few Dashes of Pumpkin Spice

125g Pure Pumpkin

30g Mini Chocolate Chips

75ml Cold Water

DIRECTIONS

1. Add your pure pumpkin to a bowl. Add your dry ingredients together (except your mini chocolate chips) in a separate bowl and mix to avoid clumping. Add your dry ingredients to your pumpkin and mix until you get a super thick frosting like consistency. This stuff is thick. If it's too thick, add a little bit of cold water (10ml at a time) and mix until you get your desired consistency.
2. Now you can add in your mini chocolate chips. Add all of your pumpkin butter to an 8oz mason jar and place a cover on top. It's best to let this sit in fridge for at least 1-2 hours to thicken up some more. Keeping it in the fridge overnight is best!

NOTES:

- As long as there's a cover over your cookie butter while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Oreo Lovers Protein Frosting

8.5 Servings Per Recipe	
Serving Size	32g (2 tbsp)
Amount Per Serving	
Calories	42.6
Total Fat	0.6g
Total Carbohydrates	2.8g
Protein	6.5g



INGREDIENTS

TO FILL 8oz MASON JAR

50g PEScience Vanilla Select Protein ("FDL" saves you 15%)

20g Black Cocoa Powder

10g Coconut Flour

5g Stevia

110g Plain Nonfat Greek Yogurt

75ml Cold Water

DIRECTIONS

1. Add your greek yogurt to a bowl. Mix your dry ingredients together in a separate bowl to avoid clumping.
2. Add your dry ingredients to your greek yogurt and mix until you get a crumbly-like texture.
3. Once you achieve this, add 35ml of your cold water and mix. Add in the rest (40ml) of your cold water and mix until you get a thick frosting/icing-like consistency. Add your frosting to a mason jar, place a cover on top, and let it sit in fridge for a couple hours or even overnight!

NOTES:

- As long as there's a cover over your frosting while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Birthday Cake Protein Frosting

9 Servings Per Recipe	
Serving Size	32g (2 tbsp)
Amount Per Serving	
Calories	53.5
Total Fat 1.1g	
Total Carbohydrates 4.3g	
Protein 6.6g	



INGREDIENTS

TO FILL 8oz MASON JAR

60g PEScience Vanilla Select Protein ("FDL" saves you 15%)

20g Coconut Flour

5g Stevia

110g Plain Nonfat Greek Yogurt

24g Sprinkles

75g Cold Water

DIRECTIONS

1. Add your greek yogurt to a bowl. Mix your dry ingredients together in a separate bowl to avoid clumping.
2. Add your dry ingredients to your greek yogurt and mix until you get a crumbly-like texture.
3. Once you achieve this, add 35ml of your cold water and mix. Add in the rest (40ml) of your cold water and mix until you get a thick frosting/icing-like consistency. Now you can mix in your sprinkles. Add your frosting to a mason jar, place a cover on top, and let it sit in fridge for a couple hours or even overnight!

NOTES:

- As long as there's a cover over your frosting while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

PB Protein Frosting

8.5 Servings Per Recipe

Serving Size 32g (2 tbsp)

Amount Per Serving

Calories **44.6**

Total Fat **0.6g**

Total Carbohydrates **2.8g**

Protein **7g**



INGREDIENTS

TO FILL 8oz MASON JAR

50g PEScience PB Cookie Select Protein
("FDL" saves you 15%)

20g Powdered PB

10g Coconut Flour

5g Stevia

110g Plain Nonfat Greek Yogurt

75ml of Cold Water

DIRECTIONS

1. Add your greek yogurt to a bowl. Mix your dry ingredients together in a separate bowl to avoid clumping.
2. Add your dry ingredients to your greek yogurt and mix until you get a crumbly-like texture.
3. Once you achieve this, add 35ml of your cold water and mix. Add in the rest (40ml) of your cold water and mix until you get a thick frosting/icing-like consistency. Add your frosting to a mason jar, place a cover on top, and let it sit in fridge for a couple hours or even overnight!

NOTES:

- As long as there's a cover over your frosting while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Vanilla PB Protein Frosting

8.5 Servings Per Recipe	
Serving Size	32g (2 tbsp)
Amount Per Serving	
Calories	44.6
Total Fat	0.6g
Total Carbohydrates	2.8g
Protein	7g



INGREDIENTS

TO FILL 8oz MASON JAR

50g PEScience Vanilla Select Protein ("FDL" saves you 15%)

20g Powdered PB

10g Coconut Flour

5g Stevia

110g Plain Nonfat Greek Yogurt

75ml of Cold Water

DIRECTIONS

1. Add your greek yogurt to a bowl. Mix your dry ingredients together in a separate bowl to avoid clumping.
2. Add your dry ingredients to your greek yogurt and mix until you get a crumbly-like texture.
3. Once you achieve this, add 35ml of your cold water and mix. Add in the rest (40ml) of your cold water and mix until you get a thick frosting/icing-like consistency. Add your frosting to a mason jar, place a cover on top, and let it sit in fridge for a couple hours or even overnight!

NOTES:

- As long as there's a cover over your frosting while it's in the fridge, it should stay good for 7-10 days after you make it!
- If you want to make a smaller serving size for this recipe, I created step by step instructions on how to do this. Just [click here!](#)

Pimp My Rice Cakes

"Zach, I always see you eating delicious rice cakes topped with cookie butter and frosting combinations! How does one pimp out rice cakes!?"

Step 1: Take your rice cake

Step 2: Pick the flavor of cookie butter/frosting/jam you want. I'll typically add 1 serving of each to my rice cake

Step 3: Layer them onto your rice cake

Step 4: Take a "before" bite picture

Step 5: Take bite!

Step 6: Smile :)

Step 7: Take a "post" bite picture

Step 8: Put your phone down and enjoy the rest of your pimped out rice cake!

Here are some combinations that are BOMB...



BIRTHDAY CAKE FROSTING



OREO COOKIE BUTTER



CHOCOLATE CHIP COOKIE BUTTER



PB&J



PUMPKIN BUTTER + OREO FROSTING + CHOCOLATE CHIP COOKIE BUTTER



PROTEIN FROSTING + OREO COOKIE BUTTER + PB FROSTING + RASPBERRY JAM

Protein Cookie Butter Dough in Bulk

10 Servings Per Recipe

Serving Size One Whole Cookie Dough Bite

Amount Per Serving

Calories 53.6

Total Fat 0.8g

Total Carbohydrates 3.3g

Protein 8.3g

Serving Size Whole Batch

Amount Per Serving

Calories 536

Total Fat 8g

Total Carbohydrates 33g

Protein 83g



INGREDIENTS

75g PEScience PB Cookie Select Protein
("FDL" saves you 15%)
30g Powdered PB
15g Coconut Flour
5g Stevia
115g Plain Nonfat Greek Yogurt (optional/
can sub water)

DIRECTIONS

1. Add all dry ingredients to your food processor and pulse to combine. Add your greek yogurt in evenly (over all of the dry ingredients) to avoid clumping and pulse 20-30 times. It should be a little crumbly. Press and form your dough into a ball. Repeat this process to create 10 dough balls, weighing 24g each.

White Fudge Red Velvet Cheesecake Cookie Butter Bites

2 Servings Per Recipe	
Serving Size	One Whole Cookie Dough Bite
Amount Per Serving	
Calories	115.5
Total Fat	3.5g
Total Carbohydrates	12.5g
Protein	8.5g

See recipe linked here on how to make these cookie butter balls in bulk (10 at a time)



INGREDIENTS

10g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
10g Unsweetened Baking Cocoa
2g Coconut Flour
2g Stevia
8-10 Drops Red Natural Food Coloring
62g Plain Nonfat Greek Yogurt (optional/ can sub water)
10g Fat Free Cream Cheese
20g White Chocolate

DIRECTIONS

1. Add all your dry ingredients into your small food processor and pulse to combine them. Then add your greek yogurt in evenly over all the dry ingredients to avoid clumping. Then pulse 15-20 times. It should be a little crumbly but when you take the crumbles and press together, they turn into a ball. Then repeat this process creating 2 (24g) dough balls adding 5g of your fat free cream cheese to the middle of each one.
2. Add some parchment paper on top of a plate to ensure when you add your white chocolate, it doesn't stick to the plate when it hardens. Now take 20g of white chocolate and add to a microwave safe bowl. Add to microwave for 30 seconds to melt.
3. Then take each dough ball and dip the bottom in white chocolate and then add that side to the parchment. Then add rest of the white chocolate on top of these with a spoon and then use the spoon to cover the sides! Add to the fridge to let harden. Can add to freezer if you are in a hurry!
4. Then take out and enjoy! That simple :)

Chocolate Birthday Cake Cookie Butter Bites

2 Servings Per Recipe	
Serving Size	One Whole Cookie Dough Bite
Amount Per Serving	
Calories	130.5
Total Fat 4.5g	
Total Carbohydrates 12.5g	
Protein 10g	

See recipe linked here on how to make these cookie butter balls in bulk (10 at a time)



INGREDIENTS

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 6g Powdered PB
 3g Coconut Flour
 2g Stevia
 62g Plain Nonfat Greek Yogurt (optional and can sub water)
 6g Sprinkles
 20g Semi Sweet Chocolate (4.5g Fat per serving)

DIRECTIONS

1. Add all of your dry ingredients, except for your sprinkles, to your small food processor and pulse to combine. Add your greek yogurt in evenly over all the dry ingredients to avoid clumping and pulse 15-20 times. It should be a little crumbly. Press and form your dough into a ball. Repeat this process to create 2 (24g) dough balls. Add some sprinkles into each one.
2. Add a piece of parchment paper on top of your plate to ensure that your chocolate doesn't stick to the plate when it hardens. Take your 20g semi sweet chocolate and add it to a microwave safe bowl. Add that to the microwave for 30 seconds to melt.
3. Take each dough ball, dip the bottom in chocolate, and add that side to the parchment paper. Using a spoon, cover the top and sides with your melted chocolate. Add some sprinkles on top and add your plate to the fridge to let those harden. If you're in a hurry, you can add them to the freezer!
4. Once they've hardened, take them out and enjoy! That simple :)

White Fudge Chocolate Chip Cookie Butter Bites

2 Servings Per Recipe	
Serving Size	One Whole Cookie Dough Bite
Amount Per Serving	
Calories	136.5
Total Fat 4.5g	
Total Carbohydrates 14g	
Protein 10g	

See recipe linked here on how to make these cookie butter balls in bulk (10 at a time)



INGREDIENTS

15g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
 6g Powdered PB
 3g Coconut Flour
 2g Stevia
 62g Plain Nonfat Greek Yogurt (optional and can sub water)
 5g Mini Chocolate Chips
 20g White Chocolate

DIRECTIONS

1. Add all of your dry ingredients, except for your mini chocolate chips, to your small food processor and pulse to combine. Add your greek yogurt in evenly over all the dry ingredients to avoid clumping and pulse 15-20 times. It should be a little crumbly. Press and form your dough into a ball. Repeat this process to create 2 (24g) dough balls. Add some mini chocolate chips to each one, but save a few to add on top later.
2. Add a piece of parchment paper on top of your plate to ensure that your chocolate doesn't stick to the plate when it hardens. Take your 20g white chocolate and add it to a microwave safe bowl. Add that to the microwave for 30 seconds to melt.
3. Take each dough ball, dip the bottom in your white chocolate, and add that side to the parchment paper. Using a spoon, cover the top and sides with your white chocolate. Add some mini chocolate chips on top and add your plate to the fridge to let those harden. If you're in a hurry, you can add them to the freezer!
4. Once they've hardened, take them out and enjoy! That simple :)

White Fudge Fruity Pebbles Cookie Butter Bites

2 Servings Per Recipe	
Serving Size	One Whole Cookie Dough Bite
Amount Per Serving	
Calories	130
Total Fat 4g	
Total Carbohydrates 13.5g	
Protein 10g	

See recipe linked here on how to make these cookie butter balls in bulk (10 at a time)



INGREDIENTS

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
6g Powdered PB
3g Coconut Flour
2g Stevia
7g Fruity Pebbles
62g Plain Nonfat Greek Yogurt (optional and can sub water)
20g White Chocolate

DIRECTIONS

1. Add all of your dry ingredients, except for your Fruity Pebbles, to your small food processor and pulse to combine. Add your greek yogurt in evenly over all the dry ingredients to avoid clumping and pulse 15-20 times. It should be a little crumbly. Press and form your dough into a ball. Repeat this process to create 2 (24g) dough balls.
2. Add a piece of parchment paper on top of your plate to ensure that your white chocolate doesn't stick to the plate when it hardens. Take your 20g white chocolate and add it to a microwave safe bowl. Add that to the microwave for 30 seconds to melt.
3. Take each dough ball, dip the bottom in your white chocolate, and add that side to the parchment paper. Using a spoon, cover the top and sides with your white chocolate. Add your Fruity Pebbles on top and add your plate to the fridge to let those harden. If you're in a hurry, you can add them to the freezer!
4. Once they've hardened, take them out and enjoy! That simple :)

White Fudge Oreo Cookie Butter Bites

2 Servings Per Recipe	
Serving Size	One Whole Cookie Dough Bite
Amount Per Serving	
Calories	105.5
Total Fat 3.5g	
Total Carbohydrates 10.5g	
Protein 8g	

See recipe linked here on how to make these
cookie butter balls in bulk (10 at a time)



INGREDIENTS

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 10g Black Cocoa Powder
 2g Coconut Flour
 2g Stevia
 62g Plain Nonfat Greek Yogurt (optional and can sub water)
 20g White Chocolate

DIRECTIONS

1. Add all of your dry ingredients, except for your Fruity Pebbles, to your small food processor and pulse to combine. Add your greek yogurt in evenly over all the dry ingredients to avoid clumping and pulse 15-20 times. It should be a little crumbly. Press and form your dough into a ball. Repeat this process to create 2 (24g) dough balls.
2. Add a piece of parchment paper on top of your plate to ensure that your white chocolate doesn't stick to the plate when it hardens. Take your 20g white chocolate and add it to a microwave safe bowl. Add that to the microwave for 30 seconds to melt.
3. Take each dough ball, dip the bottom in your white chocolate, and add that side to the parchment paper. Using a spoon, cover the top and sides with your white chocolate. Add some crumbled Oreo pieces on top and add your plate to the fridge to let those harden. If you're in a hurry, you can add them to the freezer!
4. Once they've hardened, take them out and enjoy! That simple :)

White Fudge Sugar Cookie Butter Bites

2 Servings Per Recipe	
Serving Size	One Whole Cookie Dough Bite
Amount Per Serving	
Calories	124
Total Fat 4g	
Total Carbohydrates 12g	
Protein 10g	

See recipe linked here on how to make these
cookie butter balls in bulk (10 at a time)



INGREDIENTS

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
6g Powdered PB
3g Coconut Flour
2g Stevia
62g Plain Nonfat Greek Yogurt (optional and can sub water)
20g White Chocolate
4g Sprinkles

DIRECTIONS

1. Add all of your dry ingredients, except for your sprinkles, to your small food processor and pulse to combine. Add your greek yogurt in evenly over all the dry ingredients to avoid clumping and pulse 15-20 times. It should be a little crumbly. Press and form your dough into a ball. Repeat this process to create 2 (24g) dough balls.
2. Add a piece of parchment paper on top of your plate to ensure that your white chocolate doesn't stick to the plate when it hardens. Take your 20g white chocolate and add it to a microwave safe bowl. Add that to the microwave for 30 seconds to melt.
3. Take each dough ball, dip the bottom in your white chocolate, and add that side to the parchment paper. Using a spoon, cover the top and sides with your white chocolate. Add your sprinkles on top and add your plate to the fridge to let those harden. If you're in a hurry, you
4. Once they've hardened, take them out and enjoy! That simple :)

Protein Funfetti Cake Bites

1 Serving Per Recipe	
Serving Size	One Whole Cake Bite
Amount Per Serving	
Calories	360
Total Fat	4g
Total Carbohydrates	30g
Protein	51g



INGREDIENTS

8g Pescience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

3g Coconut Flour

5g Pure Pumpkin

15g Unsweetened Apple Sauce

20g Egg Whites

1g Stevia

1g Baking Powder

3g Sprinkles

10g White Chocolate for Outside Coating

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add all dry ingredients to one bowl and all wet ingredients to another. Mix the ingredients in each bowl to prevent clumping. Add the dry ingredients to the wet ingredients and mix some more.
2. Add the batter to your cupcake holder and let cook in the oven for about 10-12 minutes. You'll see the top start to golden.
3. Once it's done, let that cool for about 20 minutes.
4. Break the cupcake into pieces, then form into a ball shape. Take your white chocolate, add it to a microwave safe bowl, then microwave that for 20 seconds. Add the drizzle on top of your cake bites and spread the white chocolate, with a spoon, all around the bite until it's covered. Add some sprinkles on top and place it in the freezer to set. After 15-20 minutes, take it out and enjoy!

Double Chocolate Oreo Brownie Butter Cheesecake Dessert Crunch Wrap

1 Serving Per Recipe	
Serving Size	Whole Crunch Wrap Without Oreo
Amount Per Serving	
Calories	167
Total Fat 3g	
Total Carbohydrates 17g	
Protein 18g	



INGREDIENTS

FOR BROWNIE BUTTER

8g PEScience Chocolate Cupcake Select Protein ("FDL" saves you 15%)
 5g Black Onyx Powder
 3g Coconut Flour
 2g Zero Cal Sweetener of your choice
 30ml Unsweetened Vanilla Almond Milk

FOR CHEESECAKE FROSTING

5g PEScience Gourmet Vanilla Select Protein
 1g Coconut Flour
 15g Plain Nonfat Greek Yogurt
 1g Zero Cal Sweetener of your choice
 5-10ml (splash) Cold Water

REST OF THE INGREDIENTS

1 La Banderita Low Carb Tortilla
 Reduced Fat Oreo Crumbles (optional)

DIRECTIONS

1. Mix your dry brownie butter ingredients in a bowl to avoid clumping. Slowly add in your almond milk and mix until you get the consistency of a super thick brownie butter. Add that to the freezer.
2. Now you'll make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.

Cinnamon Toast Crunch Cookie Butter Stuffed Crunch Wrap Cookie

1 Serving Per Recipe	
Serving Size	Whole Crunch Wrap
Amount Per Serving	
Calories	229
Total Fat 5g	
Total Carbohydrates 25g	
Protein 21g	



INGREDIENTS

FOR CINNAMON COOKIE BUTTER

10g PEScience Peanut Butter Cookie Select Protein
("FDL" saves you 15%)

6g Powdered Peanut Butter

5g Coconut Flour

2g Zero Cal Sweetener of your choice

30g Unsweetened Vanilla Almond Milk

FOR CHEESECAKE FROSTING

5g PEScience Gourmet Vanilla Select Protein

1g Coconut Flour

15g Plain Nonfat Greek Yogurt

1g Zero Cal Sweetener of your choice

5-10ml (splash) Cold Water

FOR CINNAMON BROWN SUGAR SPRINKLE

2g Brown Sugar

2g Ground Cinnamon

2g Zero Cal Sweetener of your choice

REST OF THE INGREDIENTS

1 La Banderita Low Carb Tortilla

8g Cinnamon Toast Crunch

DIRECTIONS

1. Mix your dry cinnamon cookie butter ingredients in a bowl to avoid clumping. Slowly add in your almond milk and mix until you get the consistency of a super thick cookie butter. Add that to the freezer.
2. Preheat your stovetop pan on medium heat. Lay your tortilla flat, add your cookie butter to the middle, and fold like a crunch wrap. Place it, bottom down, on your pan to seal it. While your crunch wrap is cooking, turn your oven on broil. Once the bottom is sealed, take it off your pan. Spray the top with some butter spray and add it to your oven on broil. Once it's golden, take it out, add it to the freezer to cool.
3. While your crunch wrap is cooling, make your cheesecake frosting. Add your greek yogurt to one bowl, then mix your dry ingredients in another bowl to avoid clumping. Mix your dry ingredients with your greek yogurt until you get a thick frosting-like consistency. Put that in the freezer as well. Now you'll make your cinnamon brown sugar sprinkle. Mix those ingredients together in a bowl.
4. Once your crunch wrap is cool, add your frosting, cereal and top with your cinnamon brown sugar sprinkle. Enjoy!

Protein Sugar Cookie Butter Stuffed Crunch Wrap Cookie

1 Serving Per Recipe	
Serving Size	Whole Wrap
Amount Per Serving	
Calories	257
Total Fat 5g	
Total Carbohydrates 23g	
Protein 30g	



INGREDIENTS

1 La Banderita Low Carb Tortilla

PROTEIN SUGAR COOKIE BUTTER

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

6g Powdered Peanut Butter

5g Coconut Flour

2g Sugar Free/Fat Free Cheesecake Pudding Mix (optional)

3g Sprinkles

1g Zero Cal Sweetener of your choice

Unsweetened Almond Milk till you get the consistency of a nut butter

PROTEIN FROSTING

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

25g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

10ml Cold Water

DIRECTIONS

1. Mix your dry sugar cookie butter ingredients together in a bowl to avoid clumping. Slowly add in your almond milk and mix. Repeat until you get the consistency of a super thick cookie butter. Add in your sprinkles, then put in the freezer.
2. Preheat your stovetop pan on medium heat. Lay your tortilla flat, add your cookie butter to the middle, then fold like a crunch wrap. Add your crunch wrap to your pan, bottom down, to seal it. Turn your oven on broil. Once the bottom is sealed, spray your crunch wrap with butter spray, and place it in your oven to golden. When it's done, add it to your freezer to cool.
3. While it's cooling, make your white chocolate protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water and mix some more. You want to get a thick frosting-like consistency. If you need to add more water, that's okay. If you accidentally add too much, put it in the freezer for 5-10 minutes to thicken.
4. Once your crunch wrap has cooled, add your frosting on top and enjoy every bite!

Protein Cookie Dough Stuffed Crepe Crunch Wrap

1 Serving Per Recipe	
Serving Size	Whole Crunch Wrap
Amount Per Serving	
Calories	242
Total Fat 6g	
Total Carbohydrates 15g	
Protein 32g	



INGREDIENTS

FOR PROTEIN CREPE TORTILLA

45g Egg Whites
 5g Light Butter
 5g Unsweetened Apple Sauce
 10g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
 2g Stevia
 1g Vanilla Extract (optional)

FOR PROTEIN COOKIE DOUGH FILLING

20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 8g Powdered PB
 5g Coconut Flour
 2g Stevia
 7g Mini Chocolate Chips

DIRECTIONS

1. First you'll want to make your protein cookie dough filling. Mix all of your dry ingredients in a bowl to avoid clumping. Add 20ml of cold water to your dry ingredients and mix. Repeat this process by adding 10ml of cold water until you get a thick, cookie dough-like consistency. Add that to your freezer to cool while you cook your crepe. If you added a little too much water, that's okay. Just let it sit in freezer a little longer to thicken up.
2. Preheat your medium size stovetop pan (8in) on medium heat. Whisk your egg whites, light butter, applesauce and vanilla extract in a bowl. Add in your protein powder and stevia. Whisk those in. Make sure you don't have any chunks.
3. Add the batter to the middle of your stove top pan. In a circular motion spread your batter all across the pan. You want your crepe to be thin.
4. Cook until you see bubbles on top, then flip it over, and cook for another 30 seconds. Once it's done, take it off the pan, and immediately use it to make your burrito. Take your cookie dough out of the freezer, mix in your mini chocolate chips, and add that to the middle of your crepe. Roll your crepe up like a burrito, then add it back to the pan to seal the bottom edge. If you want it cold, add it back to the freezer, then enjoy!

Red Velvet Oreo Cookie Butter Cheesecake Dessert Crunch Wrap

1 Serving Per Recipe	
Serving Size	Whole Crunch Wrap
Amount Per Serving	
Calories	255
Total Fat 7g	
Total Carbohydrates 28g	
Protein 20g	



INGREDIENTS

FOR RED VELVET COOKIE BUTTER

10g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

5g Unsweetened Baking Cocoa

2g Coconut Flour

2g Zero Cal Sweetener of your choice

30ml Cold Water

Natural Red Food Coloring

FOR CHEESECAKE FROSTING

5g PEScience Gourmet Vanilla Select Protein

1g Coconut Flour

15g Plain Nonfat Greek Yogurt

1g Zero Cal Sweetener of your choice

5-10ml (splash) Cold Water

REST OF THE INGREDIENTS

1 La Banderita Low Carb Tortilla

1 Red Velvet Oreo

DIRECTIONS

1. Mix your dry cookie butter ingredients in a bowl to avoid clumping. Slowly add in 15ml of cold water, mix, and see how thick the consistency is. If you need to, add in another 15ml. Add in your red food coloring. If you aren't getting that red velvet color, add a few more drops, then put that in the freezer.
2. Now you'll make your cheesecake frosting. Add your greek yogurt to one bowl, then mix your dry ingredients in another bowl to avoid clumping. Mix your dry ingredients with your greek yogurt until you get a thick frosting-like consistency. Put that in the freezer as well.
3. Preheat your stove top pan on medium heat. Lay your tortilla flat. Add half of your protein frosting to the middle of the tortilla, half of your cookie butter, your Oreo, then the rest of your cookie butter and protein frosting. Fold your tortilla up like a crunch wrap.
4. Place your crunch wrap, bottom down, on your pan to seal it. While that's cooking, turn your oven on broil. Once the bottom is sealed, take it off the pan, spray the top with butter spray, and add to your oven on broil. When golden, take it out, and add to the freezer to cool.
5. When cool, slice your crunch wrap open, and reveal Red Velvet Heaven!

Birthday Cake Oreo Cookie Butter Cheesecake Dessert Crunch Wrap

1 Serving Per Recipe	
Serving Size	Whole Crunch Wrap
Amount Per Serving	
Calories	251
Total Fat 7g	
Total Carbohydrates 28g	
Protein 19g	



INGREDIENTS

FOR COOKIE BUTTER

8g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

4g Powdered Peanut Butter

2g Coconut Flour

2g Zero Cal Sweetener of your choice

30ml Cold Water

3g Sprinkles

FOR CHEESECAKE FROSTING

5g PEScience Gourmet Vanilla Select Protein

1g Coconut Flour

15g Plain Nonfat Greek Yogurt

1g Zero Cal Sweetener of your choice

5-10ml (splash) Cold Water

REST OF THE INGREDIENTS

1 La Banderita Low Carb Tortilla

1 Birthday Cake Oreo

DIRECTIONS

1. Mix your dry cookie butter ingredients in a bowl to avoid clumping. Slowly add in your almond milk and mix until you get the consistency of a nice, thick cookie butter. Add that to the freezer.
2. Now you'll make your cheesecake frosting. Add your greek yogurt to one bowl, then mix your dry ingredients in another bowl to avoid clumping. Mix your dry ingredients with your greek yogurt until you get a crumble-like consistency. Add in your water and mix some more. You want to get a thick frosting-like consistency. Put that in the freezer as well.
3. Preheat your stove top pan on medium heat. Lay your tortilla flat. Add half of your protein frosting to the middle of the tortilla, half of your cookie butter, your Oreo, then the rest of your cookie butter and protein frosting. Fold your tortilla up like a crunch wrap.
4. Then add the bottom to your pan to seal. While sealing, turn your oven on broil. Once bottom is sealed, take off pan, spray with butter spray and add to your oven on broil until it's golden. Then take out, add to the freezer to let cool.
5. Once it's cool, go ahead and slice your crunch wrap open to reveal that Birthday Cake Heaven!

Macro Friendly Nutella Oreo Cheesecake Protein Dessert Crunch Wrap

1 Serving Per Recipe	
Serving Size	Whole Crunch Wrap
Amount Per Serving	
Calories	280
Total Fat 8g	
Total Carbohydrates 29g	
Protein 23g	



INGREDIENTS

FOR CHEESECAKE FROSTING

15g PEScience Gourmet Vanilla ("FDL" saves you 15%)

5g Coconut Flour

30g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

20ml Cold Water

REST OF THE INGREDIENTS

1 La Banderita Low Carb Tortilla

1 Reduced Fat Oreo

12g Nutella

DIRECTIONS

1. Separate your Reduced Fat Oreo and take the inside cream layer out. Spread your nutella in between the two outside pieces, then put that in the freezer for 5 minutes.
2. Now you'll make your cheesecake frosting. Add your greek yogurt to one bowl, then mix your dry ingredients in another bowl to avoid clumping. Mix your dry ingredients with your greek yogurt to get a crumble-like consistency. Add in your water and mix some more. You want a thick frosting-like consistency. Put that in the freezer as well.
3. Preheat your stove top pan on medium heat.
4. Lay your tortilla down, add half of your protein frosting to the middle, your nutella Oreo on top, then the rest of your protein frosting. Now you can fold it up into a crunch wrap.
5. Add your crunch wrap to the pan, folded side facing down, to seal it. Once the bottom is sealed, flip it over to cook the top, and be sure to sear the sides.
6. Put that in the freezer for 45-60 minutes, then enjoy!

Protein Blueberry Cookie Butter Cheesecake Waffle Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	317
Total Fat 5g	
Total Carbohydrates 30g	
Protein 38g	



INGREDIENTS

FOR WAFFLES

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

20g Heart Healthy Bisquick Pancake Mix

5g Coconut Flour

46g Egg Whites

2g Baking Powder

2g Zero Cal Sweetener of your choice

20g Fresh Blueberries

As much Unsweetened Almond Milk to get a thick but not too thick pancake batter.

FOR COOKIE BUTTER

10g PEScience Peanut Butter Cookie Select Protein ("FDL" saves you 15%)

6g PB2

5g Coconut Flour

2g Zero Cal Sweetener of your choice

Optional Unsweetened Vanilla Almond Milk

FOR CHEESECAKE LAYER

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

20g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

5-10ml Cold Water

DIRECTIONS

1. Preheat your waffle maker. Mix all of your waffle ingredients in a bowl to make your batter. Add some water, mix and repeat until you get your desired consistency. Be careful with the amount of liquid you add at one time.
2. Add the batter to your waffle maker to cook.
3. While your waffles are cooking, you'll make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Mix your dry cookie butter ingredients in a bowl to avoid clumping. Slowly add in water or almond milk and mix. Repeat that process until you get a super thick, cookie butter-like consistency. Err on the side of caution when adding liquid. Add that to the freezer as well.
5. When your waffles are done, let them cool on your cooling rack to room temperature.
6. Once everything is cool, it's time to put your sandwich together. Lay one waffle down flat and add half your frosting to the bottom layer, along with your blueberries. Add your cookie butter to the other waffle, then put both sides together.
7. Slice open your sandwich and enjoy that gorgeous view!

Protein Pumpkin Butter Cheesecake Dessert Waffle Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	321
Total Fat 5g	
Total Carbohydrates 31g	
Protein 38g	



INGREDIENTS

FOR PUMPKIN WAFFLES

15g PEScience Peanut Butter Cookie Select Protein ("FDL" saves you 15%)

15g Heart Healthy Bisquick Pancake Mix

5g Coconut Flour

30g Pure Pumpkin

2g Pumpkin Spice

46g Egg Whites

2g Baking Powder

2g Zero Cal Sweetener of your choice

As much Unsweetened Almond Milk to get a thick but not too thick pancake batter

FOR PUMPKIN BUTTER

60g Pure Pumpkin

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

6g PB2

5g Coconut Flour

1g Pumpkin Spice

2g Zero Cal Sweetener of your choice

Optional Unsweetened Vanilla Almond Milk

FOR CHEESECAKE FILLING

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

20g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

5-10ml Cold Water

DIRECTIONS

1. Preheat your waffle maker. Mix all of your waffle ingredients in a bowl to make your batter. Add some water, mix and repeat until you get a batter-like consistency. Be careful with the amount of liquid you add at one time.
2. Spray your waffle maker with nonstick cooking spray and add the batter to cook.
3. While your waffles are cooking, you'll make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Mix your pumpkin butter ingredients in a bowl until you get a super thick, pumpkin butter-like consistency. Add water or almond milk if you need to, but err on the side of caution. Add that to the freezer for about 15 minutes.
5. When your waffles are done, let them cool on your cooling rack to room temperature.
6. Now it's time to put your sandwich together. Lay one waffle down flat. Add half of your frosting, your pumpkin butter, the rest of your frosting, then your second waffle on top to complete your sandwich.
7. Slice open your sandwich, and enjoy that gorgeous view!

Protein Oreo O's Cereal Butter Waffle Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	191
Total Fat	3g
Total Carbohydrates	18g
Protein	23g



INGREDIENTS

FOR WAFFLES

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
8g Bisquick Heart Healthy Pancake Mix
4g Coconut Flour
2g Zero Cal Sweetener
30g Egg Whites
1g Baking Powder

FOR CHEESECAKE FROSTING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
3g Coconut Flour
25g Plain Nonfat Greek Yogurt
2g Zero Cal Sweetener of your choice
10ml Cold Water

ADDITIONAL TOPPING

8g Oreo O's Cereal

DIRECTIONS

1. Preheat your waffle maker. Add your dry waffle ingredients to a small bowl and mix to avoid clumping. Slowly add in water and mix until you get a batter like consistency. You don't want it to be too runny or too thick. Add your batter to one side of the waffle maker.
2. Once your waffles are done cooking, add them to a cooling rack to ensure they cool evenly to room temperature. Now you'll make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally added too much, put your bowl in the freezer for 5-10 minutes to thicken.
3. When your waffles have cooled, slice them into two separate waffles. Add your protein frosting to one, top it with the other, then add your Oreo O's! You can add any other toppings your heart desires!

Protein Cookie Nookie Butter Protein Waffle Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	152
Total Fat 3.5g	
Total Carbohydrates 13g	
Protein 17g	



INGREDIENTS

FOR WAFFLES

10g PEsScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 8g Bisquick Heart Healthy Pancake Mix
 4g Coconut Flour
 2g Zero Cal Sweetener
 30g Egg Whites
 1g Baking Powder
 3g Sprinkles

FOR COOKIE BUTTER

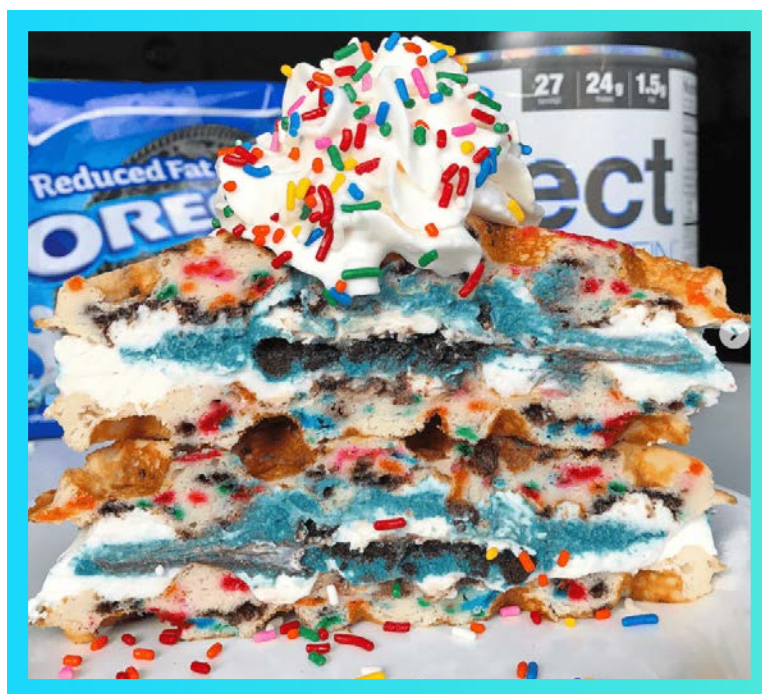
15g Gourmet Vanilla PEsScience Select Protein ("FDL" saves you 15%)
 6g Powdered PB
 5g Coconut Flour
 2g Zero Cal Sweetener of your choice
 7g Mini Chocolate Chips
 Unsweetened Vanilla Almond Milk or Water until you get the desired consistency

DIRECTIONS

1. Preheat your waffle maker. Mix all of your dry waffle ingredients in a bowl to avoid clumping. Slowly add in water and mix. Repeat this process until you get a batter-like consistency. You don't want it to be too runny or too thick.
2. Spray your waffle maker with nonstick butter spray and add the batter to one side.
3. Once your waffle is done cooking, add it to a cooling rack to cool to evenly to room temperature. Now you'll make your cookie butter by mixing those ingredients in a bowl. You want to get a thick cookie butter like consistency.
4. When your waffle has cooled, slice it into 2 separate waffles. Add your cookie butter to one and top it with the other. You can add any other toppings your heart desires!

Oreo Cookie Monster Butter Cheesecake Dessert Waffle Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich Without Oreos
Amount Per Serving	
Calories	316
Total Fat 4g	
Total Carbohydrates 20g	
Protein 50g	



INGREDIENTS

FOR WAFFLES

1 Scoop (31g) PESCience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Coconut Flour

46g Egg Whites

2g Zero Cal Sweetener of your choice

Water till you get the consistency of a not too thick but not too runny batter.

Optional 6g Sprinkles

FOR COOKIE MONSTER BUTTER

8g PESCience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

6g Powdered Peanut Butter

5g Coconut Flour

1g Zero Cal Sweetener of your choice

5 Drops Blue Food Coloring

30g Unsweetened Vanilla Almond Milk

FOR PROTEIN CHEESECAKE FROSTING

10g PESCience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

3g Coconut Flour

30g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

10ml Cold Water

OPTIONAL

1 Reduced Fat Oreo

DIRECTIONS

1. Preheat your waffle maker. Mix all of your waffle ingredients in a bowl to make your batter. Add some water, mix and repeat until you get a batter-like consistency. Be careful with the amount of liquid you add at one time.
2. Spray your waffle maker with nonstick cooking spray and add the batter to cook.
3. Now you'll make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Mix your dry cookie monster butter ingredients in a bowl to avoid clumping. Slowly add in your almond milk and mix. Repeat that process until you get a thick cookie butter consistency. Add that to the freezer as well.
5. When your waffles are done, let them cool on your cooling rack to room temperature.
6. Now it's time to put your sandwich together. Lay one waffle down flat. Add half of your frosting, your cookie monster butter, the rest of your frosting, then your second waffle on top to complete your sandwich. If you wanted to add an Oreo, you'd add half your cookie monster butter, your Oreo, then the rest of your cookie monster butter.
7. Slice open your sandwich, and enjoy that gorgeous view!

Protein Oreo Cookies & Cream Waffle Dessert Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	179
Total Fat 3g	
Total Carbohydrates 15g	
Protein 23g	



INGREDIENTS

FOR WAFFLES

10g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

8g Bisquick Heart Healthy Pancake Mix

4g Coconut Flour

2g Zero Cal Sweetener

30g Egg Whites

1g Baking Powder

3g Sprinkles

FOR PROTEIN CHEESECAKE LAYER

10g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

3g Coconut Flour

25g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

5-10ml Cold Water

OTHER TOPPINGS

2/3 Reduced Fat Oreo

DIRECTIONS

1. Preheat your waffle maker. Mix all of your dry waffle ingredients in a bowl to avoid clumping. Slowly add in water and mix. Repeat this process until you get a batter-like consistency. You don't want it to be too runny or too thick.
2. Spray your waffle maker with nonstick butter spray and add the batter to one side.
3. Once your waffle is done cooking, add it to a cooling rack to cool to evenly to room temperature. Now you'll make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. When your waffle has cooled, slice it into 2 separate waffles. Add your protein cheesecake to one, top it with the other, then add your Oreos. You can add any other toppings your heart desires!

Cookie Butter Frosted Cookie Protein Waffle Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	355
Total Fat 7g	
Total Carbohydrates 29g	
Protein 44g	



INGREDIENTS

FOR WAFFLES

10g Bisquick Heart Healthy Pancake Mix
 15g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 46g Egg Whites
 2g Baking Powder
 1g Zero Cal Sweetener of your choice
 Add water as need to get batter consistency

FOR COOKIE BUTTER

10g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
 6g Powdered PB
 5g Coconut Flour
 2g Zero Cal Sweetener of your choice
 Unsweetened Vanilla Almond Milk as needed till you get a cookie butter consistency

FOR PROTEIN COOKIE

10g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 8g Pure Pumpkin
 20 Unsweetened Apple Sauce
 30g Egg Whites
 1g Zero Cal Sweetener of your choice
 2g Baking Powder
 7g Mini Chocolate Chips

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all of your protein cookie ingredients in a bowl until you get a thick batter-like consistency. Add the batter to your mini cheesecake pan, then put it in the oven for 8-10 minutes until it's cooked but still moist. Let it cool for about 10-15 minutes before putting it in the fridge to cool some more.
2. Preheat your mini belgian waffle maker. Mix all waffle ingredients in a bowl until you get a batter-like consistency. Add half the batter to your waffle maker and cook until golden. Repeat with the rest of your batter.
3. While your cake is cooling, mix your cookie butter ingredients in a bowl until you get a nice and thick cookie butter-like consistency. Add that to your freezer for 10-15 minutes.
4. Take your cookie butter and decorate the top and bottom of your cake. Sandwich your cake in between your two waffles and cover the sides with the rest of your cookie butter. Go ahead and slice it open and enjoy this heavenly bliss!

Protein Oreo Cheesecake Dessert Waffle Sandwiches

2 Servings Per Recipe	
Serving Size	One Whole Sandwich
Amount Per Serving	
Calories	276
Total Fat 8g	
Total Carbohydrates 25g	
Protein 26g	

INGREDIENTS

FOR WAFFLES (CHOCOLATE CHIP & FUNFETTI)

40g Bisquick Heart Healthy Pancake Mix (can use any standard pancake mix)

30g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

5g Coconut Flour

3g Stevia

2g Baking Powder

1 Whole Egg

Water to consistency of waffle batter

7g Mini Chocolate Chips

6g Sprinkles

FOR CHEESECAKE FROSTING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

3g Coconut Flour

30g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

10ml Cold Water

FOR PROTEIN OREO FROSTING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

12g Black Cocoa Powder

5g Coconut Flour

2g Stevia

1g Vanilla Extract

Cold water to consistency of a frosting



DIRECTIONS

1. Mix your dry waffle ingredients in a bowl to avoid clumping. Add your whole egg and water. Mix until you get the consistency of a not too runny, but not too thick batter. Preheat your mini waffle maker. I have two of them so it worked perfectly!
2. Split the batter in half in two separate bowls. Add your mini chocolate chips to one and your sprinkles to the other. Mix those in. Add the batter to your waffle makers and cook until you have 4 waffles (2 chocolate chip and 2 funfetti). Let those cool.
3. While your waffles are cooling, you'll make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Now you'll make your protein oreo frosting. Mix all of your dry ingredients in a bowl to avoid clumping. Add in 10ml of cold water, then mix. Repeat that 3-4 times until you get a thick frosting. Put that in the freezer for 10 minutes.
5. Once everything's cool, add the frosting to your waffle sammies and enjoy!

Frosted Blueberry Pastry Cookie Stuffed Protein Waffle Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	288
Total Fat 4g	
Total Carbohydrates 25g	
Protein 38g	



INGREDIENTS

FOR WAFFLES

10g Bisquick Heart Healthy Pancake Mix
 15g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 46g Egg Whites
 15g Fresh Blueberries
 2g Baking Powder
 1g Zero Cal Sweetener of your choice
 Add water as need to get batter consistency

FOR PROTEIN COOKIE

10g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 8g Pure Pumpkin
 20 Unsweetened Apple Sauce
 30g Egg Whites
 1g Zero Cal Sweetener of your choice
 2g Baking Powder
 10g Fresh Blueberries

FOR PROTEIN FROSTING

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 2g Coconut Flour
 20g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 5-10ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all of your protein cookie ingredients in a bowl until you get a thick batter-like consistency. Add the batter to your mini cheesecake pan, then put it in the oven for 8-10 minutes until it's cooked but still moist. Let it cool for about 10-15 minutes before putting it in the fridge to cool some more.
2. Preheat your mini belgian waffle maker. Mix all waffle ingredients in a bowl until you get a batter-like consistency. Add half the batter to your waffle maker and cook until golden. Repeat with the rest of your batter.
3. While your cake is cooling, make your protein cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 5ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Take your frosting and decorate the top and bottom of your cake. Sandwich your cake in between your two waffles and cover the sides with the rest of your frosting. Go ahead and slice it open and enjoy this heavenly bliss!

½ Carb Waffle Ice Cream Sandwich

2 Servings Per Recipe	
Serving Size	Half of Sandwich
Amount Per Serving	
Calories	62
Total Fat 2g	
Total Carbohydrates 0.5g	
Protein 10g	



INGREDIENTS

FOR WAFFLES (MAKES 3 OF THEM)

1 Scoop (31g) PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
1 Whole Egg
3g Zero Cal Sweetener of your choice
2g Baking Powder
2g Vanilla Extract

REST OF INGREDIENTS

7g Mini Chocolate Chips (optional for waffles)
120g Enlightened Vanilla Ice Cream
Fat Free Whipped Cream
Sprinkles

DIRECTIONS

1. Preheat your mini waffle maker. Mix your waffle ingredients in a small bowl (add chocolate chips here if you want). Add water and mix. Repeat this process until you get a not too thick, not too runny batter. Add the batter to your waffle maker and cook until both sides are golden. Do this with the rest of your batter.
2. Once your waffles are done, add them to a cooling rack to cool to room temperature. Take your pint of Enlightened Ice Cream and slice it in half so you get a perfect fit for your sandwich. Add your waffles on each side to make the sandwich, then slice open. Add whatever toppings your heart desire!

Protein Waffle Taco

1 Serving Per Recipe	
Serving Size	Whole Taco Without Ice Cream
Amount Per Serving	
Calories	73
Total Fat 1g	
Total Carbohydrates 6g	
Protein 10g	



INGREDIENTS

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
8g Bisquick Heart Healthy Pancake Mix (can use any standard pancake mix)
1g Stevia
30g Egg Whites

DIRECTIONS

1. Preheat your oven to 350 degrees F, as well as your waffle cone maker. Mix your dry ingredients together in a bowl to avoid clumping. Add in your egg whites and mix until you get a batter-like consistency.
2. Add the batter to the middle of your waffle maker and clip it shut. Let it cook for 2-3 minutes until golden.
3. As soon as you take it out of the waffle maker, immediately try and shape it into a taco. Be careful not to rip it. Be gentle and it'll slowly take form. Once it's in the form of a taco, add a salt shaker to the end to hold it shut for a few minutes. This will help make sure it stays.
4. Using the rack bars in your oven, place your taco hanging downward to bake and create a crunchy taco. Let your taco bake for 1-2 minutes until it's golden and crunchy to the touch. Let it cool, then add your ice cream (or whatever your heart desires) to the middle and enjoy!

Cinnamon Toast Crunch Waffle Taco

1 Serving Per Recipe	
Serving Size	Whole Taco
Amount Per Serving	
Calories	357
Total Fat 5g	
Total Carbohydrates 32g	
Protein 46g	



INGREDIENTS

FOR PROTEIN WAFFLE

1 Scoop (31g) PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

20g Bisquick Heart Healthy Pancake Mix

5g Coconut Flour

46g Egg Whites

2g Ground Cinnamon

2g Zero Cal Sweetener of your choice

2g Baking Powder

FOR CINNAMON BROWN SUGAR SPRINKLE

(You will only use a sprinkle. Not the whole recipe on top)

3g Brown Sugar

2g Ground Cinnamon

2g Zero Cal Sweetener of your choice

FOR CHEESECAKE FILLING

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

5g Coconut Flour

35g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

15ml Cold Water

OTHER TOPPINGS

8g Cinnamon Toast Crunch Cereal

DIRECTIONS

1. Preheat your belgian waffle maker and oven to 450 degrees F. Mix your waffle ingredients in a bowl. Slowly add water and mix. Repeat this process until you get a batter like consistency. Be careful with the amount of water you add at once.
2. Spray your waffle maker with nonstick butter spray, add the batter, and cook your waffle.
3. While that's cooking, make your cheesecake filling. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. When your waffle is done, fold it like a taco, and add it to your oven. Lay it on its side to help form the taco shape. After a few minutes, flip it over. You'll know it's done when your waffle holds the taco shape. Place your waffle taco on a cooling rack to cool evenly to room temperature.
5. Once cool, take your waffle taco and add your cheesecake filling to the middle. Then add your Cinnamon Toast Crunch and cinnamon brown sugar sprinkle.
6. Pick your massive taco up and enjoy!

Cookie Crisp Cheesecake Dessert Waffle Taco

1 Serving Per Recipe	
Serving Size	Whole Taco
Amount Per Serving	
Calories	383
Total Fat	7g
Total Carbohydrates	34g
Protein	46g



INGREDIENTS

FOR PROTEIN WAFFLE

20g Bisquick Heart Healthy Pancake Mix
31g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)
5g Coconut Flour
46g Egg Whites
60g Unsweetened Vanilla Almond Milk
2g Zero Cal Sweetener of your choice
2g Baking Powder
7g Mini Chocolate Chips

FOR CHEESECAKE FILLING

15g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)
5g Coconut Flour
35g Plain Nonfat Greek Yogurt
2g Zero Cal Sweetener of your choice
15ml Cold Water

OTHER TOPPINGS

5g Cookie Crisp Cereal

DIRECTIONS

1. Preheat your belgian waffle maker and oven to 450 degrees F. Mix your waffle ingredients in a bowl. Slowly add water and mix. Repeat this process until you get a batter like consistency. Be careful with the amount of water you add at once.
2. Spray your waffle maker with nonstick butter spray, add the batter, and cook until golden.
3. While that's cooking, make your cheesecake filling. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. When your waffle is done, fold it like a taco, and add it to your oven. Lay it on its side to help form the taco shape. After a few minutes, flip it over. You'll know it's done when your waffle holds the taco shape. Place your waffle taco on a cooling rack to cool evenly to room temperature.
5. Once cool, take your waffle taco and add your cheesecake filling to the middle. Then add your Cookie Crisp on top and enjoy!

Funfetti Protein Sugar Cookie Butter Waffle Taco

1 Serving Per Recipe	
Serving Size	Whole Taco
Amount Per Serving	
Calories	130
Total Fat	2g
Total Carbohydrates	12g
Protein	16g



INGREDIENTS

FOR PROTEIN WAFFLE

8g Bisquick Heart Healthy Pancake Mix
5g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
3g Coconut Flour
1g Zero Cal Sweetener of your choice
1g Baking Powder
30g Egg Whites
3g Sprinkles

FOR SUGAR COOKIE BUTTER

8g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
6g Powdered PB
5g Coconut Flour
1g Zero Cal Sweetener
Unsweetened Vanilla Almond Milk or Water till you get the consistency of a cookie butter

DIRECTIONS

1. Preheat your mini belgian waffle maker. Mix your waffle ingredients in a bowl. Slowly add water and mix. Repeat this process until you get a batter like consistency. Be careful with the amount of water you add at once.
2. Spray your waffle maker with nonstick butter spray, add the batter, and cook until golden. While that's cooking, mix your dry sugar cookie butter ingredients in a bowl to avoid clumping. Slowly add in your almond milk and mix. Repeat this process until you get a thick cookie butter consistency. Add that to the freezer for 10-15 minutes. Coconut flour is cold activated, so it'll make things thicker when in cold temperatures.
3. When your waffle is done, let it cool to room temperature on your cooling rack. Once cool, add your sugar cookie butter, and form your waffle into the shape of a taco. Place that in the freezer for 20 minutes, then enjoy!

Vanilla Birthday Cake Protein Frosty

1 Serving Per Recipe

Serving Size Whole Frosty

Amount Per Serving

Calories 177

Total Fat 5g

Total Carbohydrates 8g

Protein 25g



INGREDIENTS

31g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
5g Coconut Flour
3g Zero Cal Sweetener of your choice
3g Xanthan Gum
360ml Unsweetened Vanilla Cashew Milk
450g Crushed Ice

DIRECTIONS

1. Add all of your frosty ingredients to your food processor and blend (on high) for 8-12 minutes. To help it blend, take a spoon and mix your frosty around throughout the process. The longer you let your food processor run, the more volume you'll get!
2. Mix all of your dry protein icing ingredients in a bowl to avoid clumping. Add in your greek yogurt and mix that in. Mix in your cold water until you get an icing-like consistency. Place that in the fridge to thicken up while your frosty is blending.

PRO TIPS

- If xanthan gum hurts your stomach, first make sure you're weighing it out perfectly on a food scale. 3g is a very small amount and you can easily add in 5-7g without even realizing it. If it's still bothering you, try using only 1-2g.
- If you want your frosty super thick and not as fluffy, use less liquid and ice. You're following the same process but using a smaller amount of the volumizing ingredients.
- If you're not using the same food processor, I can't promise your frosty will come out perfect. Its power level is what you need to create the best frosty. Most blenders are too powerful.
- If you want to make a half serving, just use half of the ingredients.

Oreo Protein Frosty

1 Serving Per Recipe	
Serving Size	Whole Frosty w/o Toppings
Amount Per Serving	
Calories	210
Total Fat 6g	
Total Carbohydrates 13g	
Protein 27g	



INGREDIENTS

31g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

15g Black Cocoa Powder

5g Coconut Flour

3g Zero Cal Sweetener of your choice

3g Xanthan Gum

360ml Unsweetened Vanilla Cashew Milk

450g Crushed Ice (can use whole cubes like I did)

PROTEIN ICING ON TOP (typically you'll only use 1/4th to drizzle on top; not included in macros above):

8g PEScience Gourmet Vanilla Select Protein Powder ("FDL" saves you 15%)

2g Coconut Flour

2g Zero Cal Sweetener of your choice

20g Plain Nonfat Greek Yogurt

10ml Cold Water

DIRECTIONS

1. Add all of your frosty ingredients to your food processor and blend (on high) for 8-12 minutes. To help it blend, take a spoon and mix your frosty around throughout the process. The longer you let your food processor run, the more volume you'll get!
2. Mix all of your dry protein icing ingredients in a bowl to avoid clumping. Add in your greek yogurt and mix that in. Mix in your cold water until you get an icing-like consistency. Place that in the fridge to thicken up while your frosty is blending.

PRO TIPS

- If xanthan gum hurts your stomach, first make sure you're weighing it out perfectly on a food scale. 3g is a very small amount and you can easily add in 5-7g without even realizing it. If it's still bothering you, try using only 1-2g.
- If you want your frosty super thick and not as fluffy, use less liquid and ice. You're following the same process but using a smaller amount of the volumizing ingredients.
- If you're not using the same food processor, I can't promise your frosty will come out perfect. Its power level is what you need to create the best frosty. Most blenders are too powerful.
- If you want to make a half serving, just use half of the ingredients.

Frosted Cinnamon Roll Protein Frosty

1 Serving Per Recipe	
Serving Size	Whole Frosty w/o Toppings
Amount Per Serving	
Calories	165
Total Fat 5g	
Total Carbohydrates 7g	
Protein 24g	



INGREDIENTS

31g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

5g Coconut Flour

3g Zero Cal Sweetener of your choice

3g Xanthan Gum

3g Ground Cinnamon

360ml Unsweetened Vanilla Cashew Milk

450g Crushed Ice (can use whole ice cubes)

PROTEIN ICING ON TOP (typically you'll only use 1/4th to drizzle on top; not included in macros above):

8g PEScience Gourmet Vanilla Select Protein Powder ("FDL" saves you 15%)

2g Coconut Flour

2g Zero Cal Sweetener of your choice

20g Plain Nonfat Greek Yogurt

10ml Cold Water

DIRECTIONS

1. Add all of your frosty ingredients to your food processor and blend (on high) for 8-12 minutes. To help it blend, take a spoon and mix your frosty around throughout the process. The longer you let your food processor run, the more volume you'll get!
2. Mix all of your dry protein icing ingredients in a bowl to avoid clumping. Add in your greek yogurt and mix that in. Mix in your cold water until you get an icing-like consistency. Place that in the fridge to thicken up while your frosty is blending.

PRO TIPS

- You can substitute the snickerdoodle protein powder for the vanilla flavored protein powder, you'll just have to add 2g ground cinnamon.
- If xanthan gum hurts your stomach, first make sure you're weighing it out perfectly on a food scale. 3g is a very small amount and you can easily add in 5-7g without even realizing it. If it's still bothering you, try using only 1-2g.
- If you want your frosty super thick and not as fluffy, use less liquid and ice. You're following the same process but using a smaller amount of the volumizing ingredients.
- If you're not using the same food processor, I can't promise your frosty will come out perfect. Its power level is what you need to create the best frosty. Most blenders are too powerful.
- If you want to make a half serving, just use half of the ingredients.

Strawberry Cheesecake Protein Frosty

1 Serving Per Recipe

Serving Size Whole Frosty w/o Toppings

Amount Per Serving

Calories **245**

Total Fat 5g

Total Carbohydrates 20g

Protein 25g



INGREDIENTS

31g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

5g Coconut Flour

3g Zero Cal Sweetener of your choice

3g Xanthan Gum

140g Frozen Strawberries

360ml Unsweetened Vanilla Cashew Milk

300g Crushed Ice (can use whole ice cubes)

DIRECTIONS

1. Add all of your frosty ingredients to your food processor and blend (on high) for 8-12 minutes. Seriously, just let it run and do it's thing. To help it blend, take a spoon and mix your frosty around throughout the process. The longer you let it run, the more volume you'll get.

PRO TIPS

- You can substitute the vanilla protein powder for the strawberry flavored protein powder.
- If xanthan gum hurts your stomach, first make sure you're weighing it out perfectly on a food scale. 3g is a very small amount and you can easily add in 5-7g without even realizing it. If it's still bothering you, try using only 1-2g.
- If you want your frosty super thick and not as fluffy, use less liquid and ice. You're following the same process but using a smaller amount of the volumizing ingredients.
- If you're not using the same food processor, I can't promise your frosty will come out perfect. Its power level is what you need to create the best frosty. Most blenders are too powerful.
- If you want to make a half serving, just use half of the ingredients.

No Bake Chocolate Chip Cookie Butter Protein Bar

1 Serving Per Recipe	
Serving Size	Whole Protein Bar
Amount Per Serving	
Calories	179
Total Fat 7g	
Total Carbohydrates 12g	
Protein 17g	



INGREDIENTS

15g PEScience PB Cookie Select Protein
("FDL" saves you 15%)
6g Powdered PB
5g Coconut Flour
2g Zero Cal Sweetener of your choice
(I used 1g of SweetLeaf Stevia's Vanilla
flavored drops)
5g Mini Chocolate Chips
7g 100% Unsweetened Baking Chocolate
Splash of Unsweetened Vanilla Almond
Milk

DIRECTIONS

1. Mix all dry ingredients (except for the baking chocolate) in a bowl to avoid clumping. Add a tiny bit of almond milk and mix. Repeat this process until you get a non sticky cookie dough-like consistency. You should be able to hold it in your hand. If you make it and it's a little too sticky, that's okay, just add it to the freezer to thicken up a bit.
2. When the dough is done, add it to your protein bar mold and press it down to the bottom. Add your baking chocolate to a microwave safe bowl and microwave for 15 seconds. Take your bowl out, mix the chocolate around, then microwave it one more time for 10 seconds. Add the melted chocolate to the top of your bar in the mold and. Place it in the freezer for around an hour to ensure it is set.
3. Carefully pop out your bar after the hour and enjoy! That simple!

Pro tip: If your bar doesn't pop out as well as you want, make sure to let it sit in the freezer a little longer. This will ensure it has time to set. If it doesn't pop out perfectly, you can shape the bar since the cookie butter should be like dough, then add it to the freezer to let sit for a bit!

No Bake Chocolate Chip Pumpkin Butter Protein Bar

1 Serving Per Recipe	
Serving Size	Whole Protein Bar
Amount Per Serving	
Calories	142
Total Fat	6g
Total Carbohydrates	10g
Protein	12g



INGREDIENTS

12g PEScience PB Cookie Select Protein
("FDL" saves you 15%)
4g Powdered PB
3g Coconut Flour
1g Stevia
20g Pure Pumpkin
5g Mini Chocolate Chips
7g 100% Unsweetened Baking Chocolate

DIRECTIONS

1. Add all dry ingredients (except your baking chocolate and mini chocolate chips) to a bowl and mix together to avoid clumping. Add in your pumpkin and mix some more until you get a non-sticky cookie dough-like consistency. Add in 3g worth of your mini chocolate chips. You should be able to hold the dough in your hand. If it's a little too sticky, just add it to the freezer to thicken up.
2. When your dough is done, add the rest of your mini chocolate chips to your protein bar mold, then press your dough in there. This will ensure you have chocolate chips on top!
3. Add your chocolate to a microwave safe bowl and microwave for 20 seconds. Take your bowl out, mix the chocolate around, then microwave once more for 10 seconds. Add the melted chocolate to the top of your protein bar. Place that in the freezer for around 1 hour to make sure it sets.
4. Carefully pop out your bar after an hour and enjoy! That simple!

Pro tip: If your bar doesn't pop out as well as you want, make sure to let it sit in the freezer a little longer. This will ensure it has time to set. If it doesn't pop out perfectly, you can shape the bar since the cookie butter should be like dough, then add it to the freezer to let sit for a bit!

No Bake White Chocolate Chip Pumpkin Butter Protein Bar

1 Serving Per Recipe	
Serving Size	Whole Protein Bar
Amount Per Serving	
Calories	132
Total Fat 4g	
Total Carbohydrates 13g	
Protein 11g	



INGREDIENTS

12g PEScience PB Cookie Select Protein
("FDL" saves you 15%)

4g Powdered PB

3g Coconut Flour

1g Stevia

20g Pure Pumpkin

12g Mini White Chocolate Chips

DIRECTIONS

1. Mix all of your dry ingredients (except your mini white chocolate chips) in a bowl to avoid clumping. Add in your pumpkin and mix until you get a non sticky cookie dough like consistency. Add in 3g of your mini white chocolate chips. You should be able to hold the dough in your hand. If you make it a little too sticky, that's ok, just add it to the freezer to thicken up a bit.
2. When your dough is done, add the rest of your mini white chocolate chips to your protein bar mold, then press your dough in there. This will ensure you have chocolate chips on top!
3. Add the rest of your white chocolate to a microwave safe bowl and microwave for 20 seconds. Take your bowl out, mix the chocolate around, then microwave once more for 10 seconds. Add the melted white chocolate to the top of your protein bar. Place that in the freezer for around 1 hour to make sure it sets.
4. Carefully pop out your bar after an hour and enjoy! That simple!

Pro tip: If your bar doesn't pop out as well as you want, make sure to let it sit in the freezer a little longer. This will ensure it has time to set. If it doesn't pop out perfectly, you can shape the bar since the cookie butter should be like dough, then add it to the freezer to let sit for a bit!

No Bake Sugar Cookie Butter Protein Bar

1 Serving Per Recipe	
Serving Size	Whole Protein Bar
Amount Per Serving	
Calories	183
Total Fat	7g
Total Carbohydrates	13g
Protein	17g



INGREDIENTS

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
6g Powdered PB
5g Coconut Flour
2g Zero Cal Sweetener of your choice
6g Sprinkles
7g 100% Unsweetened Baking Chocolate
Splash of Unsweetened Vanilla Almond Milk

DIRECTIONS

1. Mix all dry ingredients (except for the baking chocolate) in a bowl to avoid clumping. Add a tiny bit of almond milk and mix. Repeat this process until you get a non sticky cookie dough-like consistency. You should be able to hold it in your hand. If you make it and it's a little too sticky, that's okay, just add it to the freezer to thicken up a bit.
2. When the dough is done, add it to your protein bar mold and press it down to the bottom. Add your baking chocolate to a microwave safe bowl and microwave for 15 seconds. Take your bowl out, mix the chocolate around, then microwave it one more time for 10 seconds. Add the melted chocolate to the top of your bar in the mold and. Place it in the freezer for around an hour to ensure it is set.
3. Carefully pop out your bar after the hour and enjoy! That simple!

Pro tip: If your bar doesn't pop out as well as you want, make sure to let it sit in the freezer a little longer. This will ensure it has time to set. If it doesn't pop out perfectly, you can shape the bar since the cookie butter should be like dough, then add it to the freezer to let sit for a bit!

No Bake White Chocolate Sugar Cookie Protein Bar

1 Serving Per Recipe	
Serving Size	Whole Protein Bar
Amount Per Serving	
Calories	189
Total Fat 5g	
Total Carbohydrates 16g	
Protein 20g	



INGREDIENTS

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
6g Powdered PB
3g Coconut Flour
2g Stevia
4g Sprinkles
62g Plain Nonfat Greek Yogurt (optional and can sub with water)
8g White Chocolate

DIRECTIONS

1. Add all dry ingredients (except your sprinkles) to your small food processor and pulse to combine. Evenly add in your greek yogurt over the dry ingredients to avoid clumping, then pulse 15-20 times. Take the dough, form it into a big ball, and work your sprinkles in.
2. Take your protein bar mold and press in the dough. Add your 8g of white chocolate to a microwave safe bowl and microwave that for 20 seconds to melt.
3. Add the white chocolate on top of the bar and use a spoon to cover the sides. Place it in the freezer for 20 minutes to set, then take out and enjoy! That simple :)

Pro tip: If your bar doesn't pop out as well as you want, make sure to let it sit in the freezer a little longer. This will ensure it has time to set. If it doesn't pop out perfectly, you can shape the bar since the cookie butter should be like dough, then add it to the freezer to let sit for a bit!

No Bake Protein Sugar Cookie

1 Serving Per Recipe	
Serving Size	Whole Cookie With Toppings
Amount Per Serving	
Calories	161
Total Fat	5g
Total Carbohydrates	14g
Protein	15g



INGREDIENTS

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

6g Powdered PB

5g Coconut Flour

1g Stevia

5g Mini Chocolate Chips

6g Sprinkles

20g Plain Nonfat Greek Yogurt (can sub with 20ml of water)

DIRECTIONS

1. Add all dry ingredients (except your mini white chocolate chips) to a bowl and mix together to avoid clumping. Add your greek yogurt and mix until you get a non sticky cookie dough-like consistency. Add in 3g of your sprinkles. You should be able to hold the dough in your hand. If it's a little too sticky, that's ok, just add it to the freezer to thicken up a bit.
2. Once cool, wet your hands and form the dough into the shape of a cookie.
3. Add your white chocolate to a microwave safe bowl and place it in the microwave for 15 seconds. Take your bowl out, mix the chocolate around, and microwave it once more for 10 seconds (if not melted). Add your melted chocolate drizzle to the top of your cookie, then the rest of your sprinkles on top. Place it in the freezer for around an hour to ensure it's set.
4. When it's set, enjoy!

No Bake Double Layer Cookie Butter Bar

1 Serving Per Recipe	
Serving Size	Whole Bar
Amount Per Serving	
Calories	291
Total Fat 7g	
Total Carbohydrates 26g	
Protein 31g	



INGREDIENTS

FOR SUGAR COOKIE BUTTER SIDE

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

6g Powdered PB

5g Coconut Flour

1g Stevia

6g Sprinkles

30g Plain Nonfat Greek Yogurt

FOR COOKIES & CREAM SIDE

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Black Cocoa Powder

2g Coconut Flour

1g Stevia

7g Mini White Chocolate Chips (found at Whole Foods)

30g Plain Nonfat Greek Yogurt

DIRECTIONS

1. Add your dry sugar cookie butter side ingredients (except your sprinkles) to your small food processor and pulse to combine. Add your greek yogurt and pulse 20-30 more times. Once everything is combined together, form your dough pieces into a ball and place it in the fridge to cool. ,

2. Add your dry cookies & cream side ingredients (except your white chocolate chips) to your small food processor and pulse to combine. Add your greek yogurt and pulse 20-30 more times. Once you done that, form your dorm pieces into a ball and also place that in the fridge to cool.

3. Once both dough balls have cooled, add your sprinkles to the sugar cookie side and work them in with your hands. Repeat this process with your white chocolate chips and cookies & cream side.

4. Use your hands and work out each dough ball into a protein bar shape. Add one on top of the other and press the both together. Add your bar to the freezer to cool for 15 minutes, then take it out, and enjoy the flavor combo!

Starbucks Remake Candy Cane Protein Whoopie Pie

1 Serving Per Recipe	
Serving Size	Whole Pie
Amount Per Serving	
Calories	138
Total Fat 2g	
Total Carbohydrates 11g	
Protein 19g	



INGREDIENTS

FOR OUTSIDE OF WHOOPIE PIES

5g PEScience Chocolate Frosted Cupcake Select Protein ("FDL" saves you 15%)

5g PEScience White Chocolate Mint Select Protein ("FDL" saves you 15%)

7g Unsweetened Baking Cocoa

3 g Coconut Flour

30g Egg Whites

10g Pure Pumpkin

15g Unsweetened Apple Sauce

2g Zero Cal Sweetener of your choice

1g Baking Powder

FOR FILLING & ICING

5g PEScience White Chocolate Mint Select Protein ("FDL" saves you 15%)

1g Coconut Flour

15g Plain Nonfat Greek Yogurt

1g Zero Cal Sweetener of your choice

5-10ml (splash) Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your dry outside whoopie pie ingredients to a bowl to avoid clumping. Add your wet outside whoopie pie ingredients to another bowl and mix. Slowly mix your dry ingredients with your wet until you get a thick batter-like consistency. Line your baking pan with parchment paper and evenly spread your batter out to form the outsides of your whoopie pie. Add those to the oven for 8-12 minutes. You want the tops to be soft but not too runny. Be careful not to overcook them.
2. While those are cooking, make your filling. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put it in the freezer for 5-10 minutes to thicken. Once you use some as your filling, you're going to add your natural food coloring to the rest for your icing on top.
3. When your cookies are done, let them cool on your cooling rack to room temperature. This is a very important step. Once cool, add your protein filling in between your 2 pies, then add your icing on top. Put your whoopie pie in the freezer for 15 minutes, then enjoy!

Protein Oreo Whoopie Pie

1 Serving Per Recipe	
Serving Size	Whole Pie
Amount Per Serving	
Calories	130
Total Fat	2g
Total Carbohydrates	10g
Protein	18g



INGREDIENTS

FOR OUTSIDE OF WHOOPIE PIES

8g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

8g Black Onyx Cocoa Powder (can sub with Hershey's Special Dark Cocoa Powder, but you won't get as much of an Oreo flavor as the Onyx)

3g Coconut Flour

30g Pure Pumpkin

30g Egg Whites

2g Stevia

2g Baking Powder

FOR FILLING

5g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

1g Coconut Flour

15g Plain Nonfat Greek Yogurt

1g Zero Cal Sweetener of your choice

5-10ml (splash) Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all of your dry outside whoopie pie ingredients to a bowl to avoid clumping. Add your wet outside whoopie pie ingredients to another bowl and mix. Slowly mix your dry ingredients with your wet. You want a thick batter-like consistency but not one as thick as a cookie dough.
2. Line your baking pan with parchment paper and evenly spread your batter out to form the outsides of your whoopie pie. Add those to the oven for about 7 minutes. Err on the side of caution and take them out right when the tops are no longer wet to the touch. When your cookies are done, let them cool on your cooling rack.
3. While those are cooling, mix all of your protein filling ingredients in a bowl until you get a thick frosting-like consistency. Place that in the fridge to cool.
4. Once your cookies are cool, spread your frosting (I used an icing tip) to the middle, and enjoy!

XL Protein Oatmeal Cream Pie

1 Serving Per Recipe

Serving Size Whole Sandwich

Amount Per Serving

Calories **280**

Total Fat 4g

Total Carbohydrates 28g

Protein 33g



INGREDIENTS

FOR CAKE

½ Scoop (16g) PEs Science Gourmet Vanilla Select Protein ("FDL" saves you 15%)

5g Coconut Flour

20g Old Fashioned Oats

15g Unsweetened Apple Sauce

15g Pure Pumpkin

46g Egg Whites

30ml Unsweetened Vanilla Almond Milk

2g Vanilla Extract

3g Baking Powder

3g Zero Cal Sweetener of your choice

FOR CHEESECAKE FROSTING

10g PEs Science Gourmet Vanilla Select Protein ("FDL" saves you 15%)

3g Coconut Flour

30g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

10ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add all of your dry cake ingredients (except for 5g of your oats) to a bowl and mix together to avoid clumping. Mix your wet cake ingredients together in another bowl. Add your dry ingredients to your wet and mix until you have a nice batter like consistency. Add more water if you need to.
2. Add the batter to your two mini springform cheesecake pans, then sprinkle your last 5g oats on top. Place them in the oven for 12-15 minutes to cook until the tops are no longer liquidy.
3. Once they're done, take your pans out, and place the cakes on your cooling rack to ensure that they cool evenly to room temperature. This is a very important step.
4. While they're cooling, make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
5. Add your frosting to the top of one of the cakes and stack the other on top. Press the top cake down so the frosting starts to come out of the sides, then smooth the sides out for aesthetics. Slice open and enjoy!

Cosmic Chocolate Chip Protein Cookies

7 Servings Per Recipe	
Serving Size	One Cookie
Amount Per Serving	
Calories	48.2
Total Fat 1g	
Total Carbohydrates 4.8g	
Protein 5g	



INGREDIENTS

FOR COOKIES (MAKES 7)

30g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

12g Powdered PB

10g Coconut Flour

3g Stevia

3g Baking Powder

60g Canned Pure Pumpkin

60g Unsweetened Apple Sauce

50g Egg Whites

10g Rainbow Chocolate Chips

** To make these into sandwiches use the [Oreo Protein Frosting recipe](#) in between your cookies*

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your dry cookie ingredients (except your rainbow chocolate chips) in a bowl to avoid clumping. Add your wet ingredients to another bowl and mix. Combine your dry ingredients with your wet and mix until you get a nice, thick cookie dough-like consistency.
2. Line your oven safe baking pan with parchment paper. Place 7 cookie dough balls to your parchment paper covered pan with a cookie dough scooper. Add your rainbow chocolate chips on top of each cookie dough ball, then put your pan in the oven for 10 minutes!
3. After 10 minutes, take your pan out. Know that the cookies won't be solid to the touch, but that's okay. Don't bake them for any longer if you want moist cookies. Place them on your [cooling rack](#) to cool to room temperature for 15-20 minutes. Once they're cool, I'll add my cookies to the freezer for another 15-20 minutes. You can either eat them as cookies or make epic cookie sandwiches with your Oreo frosting! Enjoy!!

Protein Cookie Nookie Butter Chocolate Chip Cookie Sandwiches

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	180
Total Fat 4.5g	
Total Carbohydrates 15g	
Protein 20g	



INGREDIENTS

FOR COOKIES (MAKES 4)

2/3 Scoop (20g) Gourmet Vanilla Select Protein Powder ("FDL" saves you 15%)

10g Coconut Flour

30g Pure Pumpkin

30g Apple Sauce

46g Egg Whites

2g Vanilla extract

2g Baking Powder

3g Zero Cal Sweetener of your choice

8g Mini Chocolate Chips

FOR COOKIE NOOKIE BUTTER

15g Gourmet Vanilla PEScience Select Protein ("FDL" saves you 15%)

6g Powdered PB

5g Coconut Flour

2g Zero Cal Sweetener of your choice

7g Mini Chocolate Chips

2g Vanilla Extract

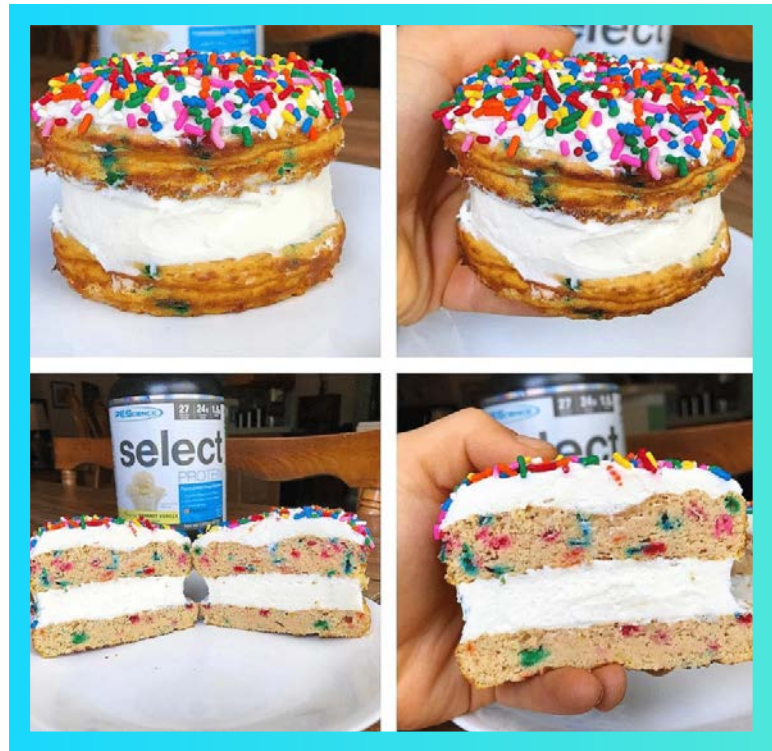
Water until you get consistency you want for your peanut butter

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all dry cookie ingredients (except for the chocolate chips) to a bowl and mix together to avoid clumping. Then add your wet cookie ingredients in another bowl. Now, mix your dry ingredients with your wet until you have a nice thick batter. Once you have it all mixed, add your chocolate chips. Line your cookie baking pan with parchment paper, add the batter to your pan in the form of 4 cookies, and put that in the oven for 8-10 minutes. You don't want to overcook them, so take the cookies out before you think they are ready.
2. While those are cooking, add your dry cookie nookie butter ingredients to a bowl and mix. Slowly mix in water until you get the consistency of a cookie butter.
3. When your cookies are done, take them off the pan, and place on your cooling rack to ensure that they cool evenly to room temperature. This is a very important step. Once they're cool, add your cookie butter in between the two cookies and enjoy those epic sammies!!

XL Protein Frosted Sugar Cookie Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	248
Total Fat 4g	
Total Carbohydrates 18g	
Protein 35g	



INGREDIENTS

FOR COOKIES

½ Scoop (16g) PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 15g Unsweetened Apple Sauce
 15g Pure Pumpkin
 46g Egg Whites
 60ml Unsweetened Vanilla Almond Milk
 2g Vanilla Extract
 3g Baking Powder
 3g Zero Cal Sweetener of your choice
 8g Sprinkles

FOR CHEESECAKE FROSTING & ICING

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 40g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 15ml Cold Water

TOPPINGS

4g Sprinkles

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all of your dry cookie ingredients to a bowl to avoid clumping. Mix your wet cookie ingredients in another bowl and mix. Add your dry ingredients to your wet and mix until you get a nice batter-like consistency. Add more water if you need to.
2. Add the batter to your two mini cheesecake pans. Place them in the oven for 12-15 minutes to cook until the tops are no longer liquidy.
3. Once your cookies are done, let them cool on your cooling rack to room temperature. This is very important to make sure they cool evenly.
4. While they're cooling, make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 15ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
5. Add 2/3 of your frosting to the top of one cookie and stack the other one on top. Press the top cookie down so the frosting comes out of the sides. I use this tool to smooth out the frosting for aesthetics. Add the rest of your frosting on top with your sprinkles, slice open, and enjoy!

XL Protein Chocolate Chip Cookie Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	248
Total Fat 4g	
Total Carbohydrates 18g	
Protein 35g	



INGREDIENTS

FOR COOKIES

½ Scoop (16g) PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 15g Unsweetened Apple Sauce
 15g Pure Pumpkin
 46g Egg Whites
 60ml Unsweetened Vanilla Almond Milk
 2g Vanilla Extract
 3g Baking Powder
 3g Zero Cal Sweetener of your choice
 8g Mini Chocolate Chips

FOR CHEESECAKE FILLING

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 40g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 15ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all of your dry cookie ingredients (except your chocolate chips) to a bowl to avoid clumping. Mix your wet cookie ingredients in another bowl and mix. Add your dry ingredients to your wet and mix until you get a nice batter-like consistency. Add more water if you need to. Now you can mix in your chocolate chips.
2. Add the batter to your two mini cheesecake pans. Place them in the oven for 12-15 minutes to cook until the tops are no longer liquidy.
3. Once your cookies are done, let them cool on your cooling rack to room temperature. This is very important to make sure they cool evenly.
4. While they're cooling, make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 15ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
5. Add your frosting to the top of one cookie and stack the other one on top. Press the top cookie down so the frosting comes out of the sides. I use this tool to smooth out the frosting for aesthetics. Add the rest of your frosting on top with your sprinkles, slice open, and enjoy!

Protein Peanut Butter Cookie Sandwich with Protein Oreo Cookie Frosting

3 Servings Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	157.25
Total Fat 5.25g	
Total Carbohydrates 12.5g	
Protein 15g	



INGREDIENTS

FOR COOKIES (MAKES 6)

100g Canned Drained & Rinsed Chickpeas
 16g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
 8g Powdered PB
 10g Coconut Flour
 1 Whole Egg
 2ml Vanilla Extract
 4g Baking Powder
 3g Stevia
 45ml Unsweetened Vanilla Almond Milk
 10g Crushed Peanuts

FOR FROSTING (FOR 3 SANDWICHES)

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 8g Coconut Flour
 10g Black Cocoa Powder (can sub with Hershey's Special Dark Cocoa Powder, but you won't get that strong Oreo flavor)
 1ml Vanilla Extract
 2g Stevia

DIRECTIONS

1. Preheat your oven on 350 Degrees F. Before we use the food processor and get it dirty, you'll want to use it to crush your peanuts. Add your 10g in there and blend up.
2. Now take your canned chickpeas and drain and rinse them. I use this collapsible colander. Run water over them for 90-120 seconds while also mixing them around with your hands. This will ensure you get the chickpea taste/smell completely gone!
3. Now add 100g of your chickpeas, 1 whole egg, 2ml vanilla extract and 45ml unsweetened vanilla almond milk to your mini food processor and process for 60-90 second until you have a liquid with no chunks of chickpeas in it!
4. Next, add your dry cookie ingredients into a bowl (save half your crushed peanuts to add on top of your cookies). Mix them together to avoid clumping. Then add to your wet ingredients and mix until you have a thick dough like consistency!
5. Now add your parchment paper on top of your pan. Now take your cookie dough scoop and add 6 equal dough balls. Make sure you leave some space because you will now take your spoon and spread them out a little bit into the shape of your cookie. They will spread out when they cook but not as much as a normal cookie. Now add the rest of your crushed peanuts on top and add your cookies into the oven for 6-8 minutes! You want to err on the side of undercooking them.
6. While they are cooking, add your dry sugar cookie frosting ingredients into a bowl. Mix together to avoid clumping. Then add 20ml of water and mix. Then add 10ml of water and mix. You want it to be a thick frosting but not a cookie dough like consistency. If you need to add more water than you can do so. Then once consistency is achieved, add your vanilla extract and mix that in. Then add to your fridge to chill.
7. Now once cookies are done, take them out and add to a cooling rack. Let get to room temp and then add to fridge to cool a bit longer. Then take your cookie dough scoop and add your frosting to your bottom cookie. Add the top cookie and push it down and smile because you are about to smash some life changing protein cookie sandwiches!

Protein Sugar Cookie Sandwich

3 Servings Per Recipe

Serving Size	Whole Sandwich
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Amount Per Serving	
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Calories	160
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Total Fat	4.25g
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Total Carbohydrates	14.5g
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Protein	16g
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INGREDIENTS

FOR COOKIES (MAKES 6)

100g Canned Drained & Rinsed Chickpeas
16g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)
8g Powdered PB
10g Coconut Flour
1 Whole Egg
2ml Vanilla Extract
4g Baking Powder
3g Stevia
45ml Unsweetened Vanilla Almond Milk
8g Sprinkles

FOR FROSTING (FOR 3 SANDWICHES)

20g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)
8g Coconut Flour
6g Powdered PB
1ml Vanilla Extract
2g Stevia
4g Sprinkles

DIRECTIONS

1. Preheat your oven on 350 degrees F. Drain and rinse your canned chickpeas. I use this [collapsible colander](#). While running water over the chickpeas for 90-120 seconds, mix them around with your hands. This will make sure that you get the chickpea taste/smell completely gone!
2. Add 100g of your chickpeas, 1 whole egg, 2ml vanilla extract, and 45ml unsweetened vanilla almond milk to your [mini food processor](#). Process that for 60-90 second until you get a liquid with no chunks of chickpeas in it.
3. Mix your dry cookie ingredients in a bowl to avoid clumping. Add in your wet ingredients and mix until you get a thick dough-like consistency!
4. Line your pan with a piece of parchment paper. Using your [cookie dough scoop](#) add 6 equal dough balls to your pan. Make sure you leave some space in between each dough ball, because you're going to take a spoon to spread each one out into the shape of a cookie. They'll spread out some in the oven, but not as much as a normal cookie would. Add some more sprinkles on top, if you want, and add your pan to the oven for 6-8 minutes! You want to err on the side of undercooking them.
5. While your cookies are baking, add your dry protein sugar cookie frosting ingredients to a bowl. Mix to avoid clumping. Add 20ml of water and mix, then add 10ml of water and mix some more. You want to get a thick frosting, but not a cookie dough-like consistency. If you need to add more water than you can do so. Once that consistency is achieved, mix in your vanilla extract. Place it in your fridge to chill.
6. When the cookies are done, let them cool to room temperature on your [cooling rack](#), then in the fridge to cool a little longer. Take your cookie dough scoop and add your frosting to your bottom cookie. Place your top cookie on top, press down, and take a bite! Don't forget to smile because you're about to smash some life changing protein cookie sandwiches!

Protein Pumpkin Butter Stuffed Chocolate Chip Cookie Sandwich

1 Serving Per Recipe	
Serving Size	Whole Stuffed Sandwich
Amount Per Serving	
Calories	257
Total Fat	5g
Total Carbohydrates	27g
Protein	26g



INGREDIENTS

FOR 2 CHOCOLATE CHIP COOKIES

16g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

5g Coconut Flour

23g Unsweetened Apple Sauce

7g Pure Pumpkin

8g Mini Chocolate Chips

1g Vanilla Extract

1g Baking Powder

2g Zero Cal Sweetener of your choice

Splash of Unsweetened Vanilla Almond Milk

FOR PUMPKIN BUTTER

8g PEScience PB Cookie Select Protein (code
"FDL" saves you 15%)

60g Pure Pumpkin

5g Coconut Flour

2g Zero Cal Sweetener of your choice

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add all of your dry cookie ingredients (except for chocolate chips) to a small bowl and mix. Add your wet cookie ingredients to another bowl and mix those together. Add your dry ingredients to your wet and mix until you have a nice, thick batter like consistency. Now you can add in your mini chocolate chips, but be sure to save a few to add on top. Add the batter to your cookie baking sheet. I've recently been using this [silicone sheet](#) and it's unreal! Place your cookies in the oven and cook until they're no longer liquidy at the top. No longer than that. This should take between 6-8 minutes.
2. While those are cooking, add your dry pumpkin butter ingredients to a bowl and mix. Slowly mix in your dry ingredients with your wet. Add water and mix some more. Repeat this process until you have a super thick frosting like consistency. Add that to the freezer.
3. Once the cookies are done, place them on your [cooling rack](#) to ensure that they cool evenly. This is a very important step. Then add your pumpkin butter in between your cookies and put the sandwich together. Put that in the freezer for 10-15 minutes, take it out and enjoy this heavenly treat!

Protein Overnight Oat Cookie Sandwiches

6 Servings Per Recipe	
Serving Size	One Cookie Without Toppings
Amount Per Serving	
Calories	40.5
Total Fat 0.5g	
Total Carbohydrates 5g	
Protein 4g	

3 Servings Per Recipe	
Serving Size	One Protein Cookie Sandwich
Amount Per Serving	
Calories	62.75
Total Fat 0.75g	
Total Carbohydrates 6g	
Protein 8g	



INGREDIENTS

FOR OAT COOKIES (MAKES 6)

40g Quick Oats

Enough water to cover your oats

50g Egg Whites

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

5g Coconut Flour

3g Stevia

2g Vanilla Extract

FOR PROTEIN FROSTING FILLING

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

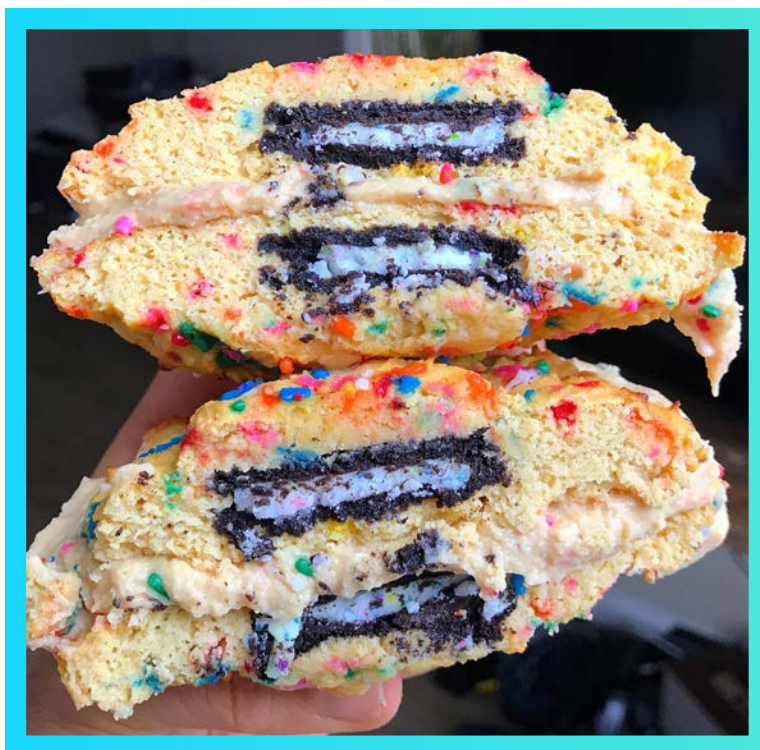
2g Stevia

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your oats and water into a microwave safe bowl. Remember to add just enough water to cover the oats. Microwave your oats for 90 seconds. Make sure your oats don't overflow. It shouldn't happen but microwaves vary in power.
2. Now that a lot of the water should be soaked up, mix in your egg whites. Add the rest of your dry ingredients to a separate bowl and mix together to avoid clumping. Add your dry ingredients to the bowl with your wet. You want a thick, cookie batter-like consistency. If it's still too runny, let it sit in the fridge for 20 minutes to thicken up.
3. Line your pan with some parchment paper. Add whatever toppings you'd like in your cookies. I split my cookie dough into 3 different bowls. I added sprinkles to one, Fruity Pebbles to another, and kept the third like an oatmeal cream pie.
4. Add 6 balls of dough to your parchment into the shape of fat cookies. They won't move much in the oven, so you can shape them into whatever shape you want. Let those cook for 8-10 minutes.
5. While your cookies are baking, mix your dry frosting filling ingredients in a bowl to avoid clumping. Add 10ml of cold water and mix. Repeat this process until you get a thick, frosting-like consistency. Add that to the fridge to let cool some more. It'll also thicken up while in the fridge.
6. Once the cookies are done, add them to your cooling rack to cool to room temperature. Then add your frosting to the middle and enjoy!

Oreo Stuffed Protein Big Fat Sugar Cookie Butter Sandwich

1 Serving Per Recipe	
Serving Size	Whole Sandwich
Amount Per Serving	
Calories	392
Total Fat 8g	
Total Carbohydrates 42g	
Protein 38g	



INGREDIENTS

FOR BIG FAT COOKIES

20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 10g Coconut Flour
 30g Unsweetened Apple Sauce
 15g Pure Pumpkin
 46g Egg Whites
 2g Zero Cal Sweetener of your choice
 2g Baking Powder
 6g Sprinkles
 2 Reduced Fat Oreos

FOR COOKIE BUTTER

15g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 6g Powdered PB
 2g Zero Cal Sweetener
 30-40ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all of your dry cookie ingredients (except your Oreos) in a bowl to avoid clumping. Add your wet cookie ingredients to another and mix those together. Mix your dry ingredients with your wet until you get a thick batter-like consistency. Add a spoon full of the batter to your baking sheet, place an Oreo on top, then add another spoonful of the batter on top. Repeat this to make your other cookie. Place those in the oven to bake for 10-12 minutes.
2. While those are baking, mix your dry cookie butter ingredients together in a bowl to avoid clumping. Add 15ml of water, mix, and repeat. If you accidentally add too much water, put it in the freezer to thicken up.
3. Once the cookies are done, take them off the pan, and place them on a cooling rack to ensure they cool evenly. This is a very important step!
4. Once cool, add your cookie butter to one cookie, then top it off with the other! Slice open and enjoy this glorious sandwich!

Protein Double Chocolate Birthday Cheesecake Cookie Sandwich

1 Serving Per Recipe	
Serving Size	Whole Cookie Cake
Amount Per Serving	
Calories	163
Total Fat	3g
Total Carbohydrates	12g
Protein	22g



INGREDIENTS

FOR COOKIES

10g PEScience Chocolate Frosted Cupcake Select Protein ("FDL" saves you 15%)

10g Unsweetened Baking Cocoa

3g Coconut Flour

46g Egg Whites

20g Pure Pumpkin

8g Unsweetened Apple Sauce

2g Zero Cal Sweetener of your choice

1g Baking Powder

6g Sprinkles

FOR CHEESECAKE FILLING

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

20g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

5-10ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all of your dry cookie ingredients (except your sprinkles) in a bowl to avoid clumping. Add your wet cookie ingredients to another and mix those together. Mix your dry ingredients with your wet until you get a thick batter-like consistency. Now you can mix in your sprinkles, but save a few to add on top. Add the batter to your baking sheet. I've been using this [silicone sheet](#) and it's unreal. Place your cookies in the oven to bake until the tops are no longer liquidy. This should take between 6-8 minutes.
2. While those are in the oven, add your cheesecake filling ingredients to a bowl and mix until you get a super thick frosting like consistency. Add that to the freezer.
3. When your cookies are done, place them on a [cooling rack](#) to ensure they cool evenly! Once cool, add your cheesecake filling in between your cookies, then put your sandwich together. Add it to the freezer for 10-15 minutes, then enjoy this heavenly treat!

Birthday Cake Oreo Stuffed Protein Sugar Cookie

4 Servings Per Recipe	
Serving Size	One Stuffed Cookie
Amount Per Serving	
Calories	168
Total Fat	4g
Total Carbohydrates	21g
Protein	12g



INGREDIENTS

30g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Coconut Flour

5g Arrowroot Starch (this isn't essential and just helps the cookies rise, don't stress if you don't have it)

60g Unsweetened Apple Sauce

20g Pure Pumpkin

70g Egg Whites

2g Vanilla Extract

2g Baking Powder

2g Zero Cal Sweetener of your choice

6g Sprinkles

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add all of your cookie ingredients (except your Oreo) to a bowl and mix until you have a thick batter. Take a spoon full of your batter to your baking sheet. Place your Oreo on top, then cover with another spoonful of your batter, and bake in the oven for 10-12 minutes. You can repeat this process with the rest of your batter.
2. Once done, take off the pan and place on your cooling rack to ensure that they cool evenly to room temperature. This is a very important step. Enjoy!

Protein Oreo Lover Overnight Oat Cake

1 Serving Per Recipe	
Serving Size	Whole Cake
Amount Per Serving	
Calories	432
Total Fat 8g	
Total Carbohydrates 50g	
Protein 40g	



INGREDIENTS

FOR PROTEIN CAKE

40g Quick Oats
 Enough water to cover the oats
 50g Egg Whites
 15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 2g Stevia
 1g Vanilla Extract

FOR WHITE CHOCOLATE PROTEIN FROSTING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 3g Coconut Flour
 30g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 10ml Cold Water

FOR PROTEIN OREO ICING + TOPPING

5g PEScience Gourmet Vanilla Select Protein tein ("FDL" saves you 15%)
 10g Black Cocoa Powder
 2g Coconut Flour
 2g Stevia
 1 Reduced Fat Oreo

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your oats and water into a microwave safe bowl. Remember you want just enough water to cover the oats. Add the bowl to your microwave for 90 seconds. Make sure your oats don't overflow. It shouldn't happen but microwaves vary in power.
2. A lot of the water should be soaked up. Mix your egg whites into the bowl. Add the rest of your dry ingredients to another bowl and mix those together to avoid clumping. Now, combine the dry ingredients with your wet and mix until you get a thick natter like consistency.
3. Take your cake pan and add the batter to it. Place that in the oven for 8-10 minutes until the top of the cake it solid. Once it's done, let the cake cool in the pan for 10-15 minutes.
4. While the cake is baking, make your white chocolate protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
5. Now you'll make your protein oreo icing. Mix your dry ingredients in a bowl to avoid clumping. Carefully add 10ml of cold water and mix. Repeat this 2-3 times until you get a thick icing like consistency. Put that in the fridge until you're ready to frost your cake.

Protein Cookie Monster Butter Chocolate Chip Cookie Cake

1 Serving Per Recipe	
Serving Size	Whole Cake
Amount Per Serving	
Calories	220
Total Fat 4g	
Total Carbohydrates 21g	
Protein 25g	



INGREDIENTS

FOR COOKIE CAKE

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

15g Pumpkin

15g Unsweetened Apple Sauce

5g Coconut Flour

46g Egg Whites

2g Vanilla Extract

2g Zero Cal Sweetener of your choice

1g Baking Powder

7g Mini Chocolate Chips

7g Cookie Crisp Cereal (optional)

Water till you get batter consistency

FOR COOKIE MONSTER BUTTER FROSTING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

3g Coconut Flour

30g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

10ml Cold Water

Natural Blue Food Coloring

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your dry cookie cake ingredients to a bowl and mix together to avoid clumping. Add your wet cookie ingredients to another bowl and mix those together. Add your dry ingredients to your wet and mix until you get a thick batter consistency. Add the batter to your mini cheesecake pan, then to your oven for 8-10 minutes. You want your cake cooked but still moist. When your cake is done, add it to a cooling rack to ensure it cools evenly.
2. While it's cooling, make your protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken. Mix in drops of your blue food coloring until you get that epic blue cookie monster color!
3. Decorate your cake with your frosting using this tool. Once it's super duper pretty, slice it open and enjoy the heavenly bliss!!

Frosted Blueberry Pop Tart Double Layer Protein Cake

1 Serving Per Recipe	
Serving Size	Whole Cake
Amount Per Serving	
Calories	279
Total Fat 3g	
Total Carbohydrates 24g	
Protein 39g	



INGREDIENTS

FOR CAKE

20g Scoop PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Coconut Flour

35g Unsweetened Apple Sauce

10g Pure Pumpkin

46g Egg Whites

45ml Unsweetened Vanilla Almond Milk

2g Vanilla Extract

2g Baking Powder

3g Zero Cal Sweetener of your choice

30g Blueberries

FOR PROTEIN FROSTING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

3g Coconut Flour

30g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

10ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your dry cookie cake ingredients (except your mini chocolate chips) to a bowl and mix together to avoid clumping. Add your wet cookie ingredients to another bowl and mix those together. Add your dry ingredients to your wet and mix until you get a thick batter consistency. Add the batter to your mini cheesecake pan, then to your oven for 8-10 minutes. You want your cake cooked but still moist. Once it's done, place your cake on a cooling rack to ensure it cools evenly! This is a very important step.
2. While your cake is baking, make your protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 15ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
3. Now add 1/3 of your frosting to the top of each cake, leaving 2/3 for the rest of the cake. Stack your cakes to create a double layer tower. Cover the outsides with your frosting. I use this tool to help me with that. Once your cake is frosted, add the rest of your toppings, then slice open and enjoy!! :)

Protein Pumpkin Butter Frosted Chocolate Chip Cookie Cake

1 Serving Per Recipe	
Serving Size	Whole Cake
Amount Per Serving	
Calories	199
Total Fat 3g	
Total Carbohydrates 18g	
Protein 25g	



INGREDIENTS

FOR COOKIE CAKE

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

15g Pumpkin

15g Unsweetened Apple Sauce

5g Coconut Flour

46g Egg Whites

2g Vanilla Extract

2g Zero Cal Sweetener of your choice

1g Baking Powder

5g Mini Chocolate Chips

Water till you get batter consistency

FOR PUMPKIN BUTTER FROSTING

½ Scoop (15g) PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

6g Powdered PB

5g Coconut Flour

60g Pure Canned Pumpkin

2g Zero Cal Sweetener

DIRECTIONS

1. Preheat oven to 350 degrees F. Add all of your dry cookie cake ingredients (except for your mini chocolate chips) to a bowl and mix to avoid clumping. Then add your wet ingredients to another bowl and mix those together. Add your dry ingredients to your wet and mix until you get a thick batter consistency. Now you can mix in your mini chocolate chips. Add the batter to your mini cheesecake pan and put it in the oven for 8-10 minutes. You want it cooked but still moist. Once your cake is done, place it on a cooling rack to ensure it cools evenly! This is a very important step.
2. While your cake is cooling, take your pumpkin butter frosting ingredients to a bowl and mix until you have a nice thick frosting like consistency. Add that to the freezer for 10-15 minutes to cool.
3. Now you can start to decorate your cake with your frosting! I use this tool. Once it's super duper pretty, slice open and enjoy the heavenly bliss!!

Protein Oreo Cookie Butter Frosted Oreo Stuffed Cake

1 Serving Per Recipe	
Serving Size	Whole Stuffed Cookie Cake
Amount Per Serving	
Calories	256
Total Fat 4g	
Total Carbohydrates 25g	
Protein 30g	



INGREDIENTS

FOR COOKIE CAKE

15g PEScience PB Cookie Select Protein ("FDL" saves you 15%)

15g Pure Pumpkin

30g Unsweetened Apple Sauce

5g Coconut Flour

46g Egg Whites

2g Vanilla Extract

2g Zero Cal Sweetener of your choice

1g Baking Powder

Water till you get batter consistency (be careful not to add too much water)

1 Reduced Fat Oreo

FOR OREO COOKIE BUTTER FROSTING

8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

8g Black Onyx Powder

3g Coconut Flour

40g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

20ml Cold Water

TOPPING

Oreo outside cookie crumbles (not included in macros)

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix all dry cookie cake ingredients in a bowl to avoid clumping. Add all wet ingredients to another bowl and mix. Slowly mix your dry ingredients with your wet until you get a thick batter consistency. Add half the batter to your mini cheesecake pan, then your Oreo, and lastly, cover the Oreo with the rest of your batter. Put that in the oven for 8-10 minutes until it's cooked but still moist. Once your cake is done, let it cool for 10-15 minutes.
2. While your cake is cooling, add your greek yogurt to a bowl, then add your dry oreo protein frosting ingredients on top, and mix until you get a crumbly consistency. Now add 20ml of cold water and mix some more. You want to get a thick frosting like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
3. Once both your cake and frosting have cooled, start decorating the cake with your frosting! I use this tool. If you'd like, add your Oreo crumbles on top. Then once it's super duper pretty, slice it open, and enjoy the heavenly bliss!!

Protein Cookie Nookie Frosted Cookie Cake

1 Serving Per Recipe	
Serving Size	Whole Cake
Amount Per Serving	
Calories	155
Total Fat	3g
Total Carbohydrates	9g
Protein	22g



INGREDIENTS

FOR COOKIE CAKE

10g PEsScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

15g Pumpkin

15g Unsweetened Apple Sauce

5g Coconut Flour

46g Egg Whites

2g Zero Cal Sweetener of your choice

1g Baking Powder

Water until you get batter consistency

FOR COOKIE NOOKIE BUTTER FROSTING

8g PEsScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

3g Powdered PB

2g Coconut Flour

1g Zero Cal Sweetener

3.5g Mini Chocolate Chips

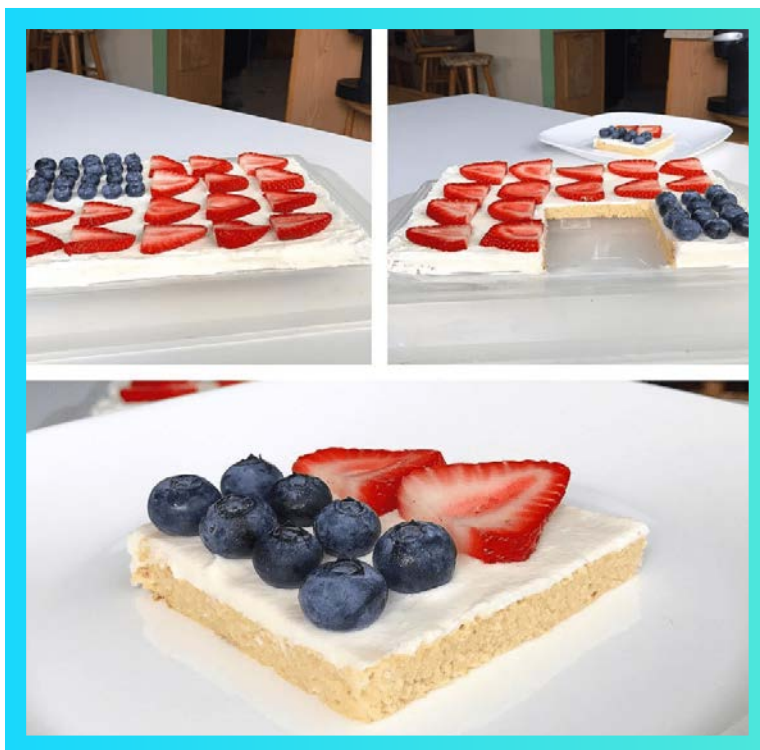
Splash of Unsweetened Vanilla Almond Milk

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your dry cookie cake ingredients (except your mini chocolate chips) to a bowl and mix together to avoid clumping. Add your wet cookie ingredients to another bowl and mix those together. Add your dry ingredients to your wet and mix until you get a thick batter consistency. Add the batter to your mini cheesecake pan, then to your oven for 8-10 minutes. You want your cake cooked but still moist. Once it's done, place your cake on a cooling rack to ensure it cools evenly! This is a very important step.
2. While your cake is cooling, take your cookie nookie butter frosting ingredients to a bowl and mix until you have a nice thick frosting like consistency. Add that to the freezer for 10-15 minutes to cool.
3. Now start to decorate your cake with your frosting! I use this tool. Once it's super duper pretty, slice open and enjoy the heavenly bliss!!

American Flag Protein Cake

1 Serving Per Recipe	
Serving Size	Whole Cake
Amount Per Serving	
Calories	380
Total Fat 4g	
Total Carbohydrates 32g	
Protein 54g	



INGREDIENTS

FOR CAKE

1 (31g) Scoop PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Coconut Flour

45g Unsweetened Apple Sauce

15g Pure Pumpkin

70g Egg Whites

30ml Unsweetened Vanilla Almond Milk

2g Vanilla Extract

3g Baking Powder

3g Zero Cal Sweetener of your choice

FOR PROTEIN FROSTING

20g PEScience Gourmet Vanilla ("FDL" saves you 15%)

8g Coconut Flour

45g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

20ml Cold Water

TOPPINGS

60g Fresh Sliced Strawberries

20g Blueberries

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add all of your dry cake ingredients to a bowl and mix to avoid clumping. Then mix your wet cake ingredients in another bowl. Add your dry ingredients to your wet and mix until you get a nice batter like consistency. Add more water if you need to.
2. Add the batter to your pan and put it in the oven for 12-15 minutes. You'll know your cake's done when the top is no longer liquidy.
3. Place your cake on a cooling rack to ensure it cools evenly! This is a very important step.
4. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get an extremely thick consistency. Once you get to a crumbly-like consistency, add 20ml of cold water and mix some more. You want to get a thick frosting like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
5. Now start to decorate your cake with your frosting! I use this tool. Thinly slice your strawberries. Add them, along with your blueberries on your cake to look like the USA Flag! Cut a slice and enjoy!

Triple Layer Cheesecake Stuffed Strawberry Protein Cake

1 Serving Per Recipe	
Serving Size	Whole Cake
Amount Per Serving	
Calories	380
Total Fat 4g	
Total Carbohydrates 29g	
Protein 57g	



INGREDIENTS

FOR CAKE

1 (31g) Scoop PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Coconut Flour

45g Unsweetened Apple Sauce

15g Pure Pumpkin

70g Egg Whites

30ml Unsweetened Vanilla Almond Milk

2g Vanilla Extract

3g Baking Powder

3g Zero Cal Sweetener of your choice

1g Strawberry Extract (optional for a strong strawberry flavor)

FOR CHEESECAKE FILLING

1 oz (28g) Fat Free Cream Cheese

2g Zero Cal Sweetener of your choice

FOR PROTEIN FROSTING

20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

8g Coconut Flour

45g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

20ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add all of your dry cake ingredients to a bowl and mix to avoid clumping. Then mix your wet cake ingredients in another bowl. Add your dry ingredients to your wet and mix until you get a nice batter like consistency. Add more water if you need to. Now make your cheesecake filling by mixing those ingredients together in a small bowl.
2. Add about half of the batter to each of your 3 mini springform cheesecake pans, some of your cheesecake filling, then the rest of your batter. Do this for each pan. Add those to the oven for 12- 15 minutes. You'll know your cakes are done when the tops are no longer liquidy.
3. When your cakes are done, place them on a cooling rack to ensure it cools evenly! This is a very important step.
4. While they're cooling, make your protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get an extremely thick consistency. Once you get to a crumbly-like consistency, add 20ml of cold water and mix some more. You want to get a thick frosting-like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
5. Stack your cakes into a triple layer tower and cover the outsides with your frosting. I use this tool to help me with that. Once frosted, add the rest of your toppings to the outsides of the cake, slice open and enjoy!!

Triple Layer Fruity Crisp Oreo Protein Cookie Cake

1 Serving Per Recipe	
Serving Size	Whole Cake (No Toppings)
Amount Per Serving	
Calories	392
Total Fat 4g	
Total Carbohydrates 35g	
Protein 54g	



INGREDIENTS

FOR CAKE

1 (31g) Scoop PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Coconut Flour

30g Unsweetened Apple Sauce

30g Pure Pumpkin

70g Egg Whites

90ml Unsweetened Vanilla Almond Milk

2g Vanilla Extract

3g Baking Powder

3g Zero Cal Sweetener of your choice

7g Crushed Fruity Pebbles

FOR PROTEIN FROSTING

20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

8g Coconut Flour

45g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

20ml Cold Water

TOPPINGS

15g Fruity Pebbles

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your dry cake ingredients (except your Fruity Pebbles) to a bowl and mix together to avoid clumping. Add your wet cake ingredients to another bowl and mix those together. Add your dry ingredients to your wet and mix until you get a nice batter consistency. Add more water if you need to. Make your protein frosting by mixing those ingredients together in a small bowl.
2. Add about half of the batter to each of your 3 mini springform cheesecake pans, some of your cheesecake filling, then the rest of your batter. Do this for each pan. Add those to the oven for 12- 15 minutes. You'll know your cakes are done when the tops are no longer liquidy.
3. When your cakes are done, place them on a cooling rack to ensure it cools evenly! This is a very important step.
4. While they're cooling, you'll make your protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get an extremely thick consistency. Once you get to a crumbly-ike consistency, add 20ml of cold water and mix some more. You want to get a thick frosting like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
5. Stack your cakes into a triple layer tower and cover the outsides with your frosting. I use this tool to help me with that. Once frosted, add the rest of your toppings to the outsides of the cake, slice open and enjoy!!

Oreo Cheesecake

Triple Layer

Protein Cake

1 Serving Per Recipe	
Serving Size	Whole Cake (No Toppings)
Amount Per Serving	
Calories	418
Total Fat 6g	
Total Carbohydrates 36g	
Protein 55g	



INGREDIENTS

FOR CAKE

1 (31g) Scoop PEScience Chocolate Cupcake Select Protein ("FDL" saves you 15%)
 10g Coconut Flour
 5g Black Onyx Cocoa Powder
 30g Pure Pumpkin
 30g Unsweetened Apple Sauce
 70g Egg Whites
 60ml Unsweetened Vanilla Almond Milk
 3g Baking Powder
 3g Zero Cal Sweetener of your choice

FOR PROTEIN FROSTING

20g PEScience Gourmet Vanilla ("FDL" saves you 15%)
 8g Coconut Flour
 45g Plain Non Fat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 20ml Cold Water

TOPPINGS

1 Crushed Reduced Fat Oreo

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your dry cake ingredients to a bowl and mix together to avoid clumping. Add your wet cake ingredients to another bowl and mix those together. Add your dry ingredients to your wet and mix until you get a nice batter consistency. Add more water if you need to. Make your protein frosting by mixing those ingredients together in a small bowl.
2. Add about half of the batter to each of your 3 mini springform cheesecake pans, some of your cheesecake filling, then the rest of your batter. Do this for each pan. Add those to the oven for 12- 15 minutes. You'll know your cakes are done when the tops are no longer liquidy.
3. When your cakes are done, place them on a cooling rack to ensure it cools evenly! This is a very important step.
4. While they're cooling, add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get an extremely thick consistency. Once you get to a crumbly-like consistency, add 20ml of cold water and mix some more. You want to get a thick frosting like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
5. Add 1/3 of your frosting to the top of each cake and leaving 2/3 for the rest of the cake. Stack your cakes to form a triple layer tower, then cover the outsides with your frosting. I use this tool to help me with that. Once the cake is frosted, add your crushed up Oreos to the outsides to the outsides, slice open and enjoy!!

Cheesecake Stuffed Double Chocolate Cake

1 Serving Per Recipe	
Serving Size	Whole Cake
Amount Per Serving	
Calories	186
Total Fat 2g	
Total Carbohydrates 15g	
Protein 27g	

INGREDIENTS

FOR CAKE

10g PEScience Chocolate Cupcake Select Protein ("FDL" saves you 15%)

5g Coconut Flour

5g Black Onyx Cocoa Powder (can sub with unsweetened baking cocoa)

30g Egg Whites

15g Pure Pumpkin

10g Unsweetened Apple Sauce

2g Zero Cal Sweetener of your choice

1g Baking Powder

Unsweetened Almond Milk until you get the consistency of cake batter

FOR CHEESECAKE FILLING

28g Fat Free Cream Cheese

1g Zero Cal Sweetener of your choice

FOR CHEESECAKE FROSTING

5g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

1g Coconut Flour

15g Plain Nonfat Greek Yogurt

1g Zero Cal Sweetener of your choice

5-10ml (splash) Cold Water

FOR CHOCOLATE PROTEIN ICING

5g PEScience Chocolate Frosted Cupcake Select Protein ("FDL" saves you 15%)

2g Black Onyx Cocoa Powder

1g Zero Cal Sweetener of your choice



DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your dry cake ingredients to a bowl and mix to avoid clumping. Mix your wet ingredients to another bowl. Add your dry ingredients with your wet and mix. Slowly add water and mix some more. You want a thick batter consistency. Mix your cheesecake filling ingredients in a bowl, then form that into the shape of a ball.
2. Add about half of the batter to your mini springform cheesecake pans, your cheesecake filling, then the rest of your batter. Place your pan in the oven for 8-10 minutes until it's cooked, but still moist. Once your cake is cooked, add it to your cooling rack to cool evenly to room temperature.
3. Now you'll make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get a crumbly-like consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Start decorating your cake with your frosting, icing, and optional Oreo crumbs on top. Once it's super duper pretty, slice it open and enjoy the heavenly bliss!!

Frosted Funfetti Protein Cupcake

1 Serving Per Recipe

Serving Size Whole Cupcake w/ Frosting

Amount Per Serving

Calories **122**

Total Fat 2g

Total Carbohydrates 9g

Protein 17g



INGREDIENTS

FOR CUPCAKE

8g Pescience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

3g Coconut Flour

5g Pure Pumpkin

15g Unsweetened Apple Sauce

20g Egg Whites

3 Drops Vanilla Sweet Leaf Stevia (can sub with 1g zero cal sweetener of your choice)

1g Baking Powder

3g Sprinkles

FOR PROTEIN FROSTING

8g Pescience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

2g Coconut Flour

20g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

5-10ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add all dry ingredients to one bowl and all wet ingredients to another. Mix the ingredients in each bowl to prevent clumping. Add the dry ingredients with the wet ingredients and mix
2. Add the batter to your cupcake holder (I used a silicone one that is a game changer off Amazon) and place it in the oven to cool for about 10-12 minutes. You'll see it start to golden on the top.
3. Now you'll make your cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get a crumbly-like consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Once your cupcake is done, let it cool for about 20 minutes, then add your frosting. I went fancy and used frosting tips to add mine. Add a few more sprinkles on top and boom, cupcake gainz!

Funfetti Protein Oat Cupcake

6 Servings Per Recipe	
Serving Size	Whole Cupcake w/ Frosting
Amount Per Serving	
Calories	75.5
Total Fat	1.5g
Total Carbohydrates	8.5g
Protein	7g



INGREDIENTS

FOR CUPCAKES

40g Quick Oats (can sub Old Fashioned but might not bake as well)

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Coconut Flour

46g Egg Whites

2g Baking Powder

2g Vanilla Extract

2g Stevia

12g Sprinkles

FOR PROTEIN FROSTING

20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

8g Coconut Flour

45g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

20ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your quick oats to a microwave safe bowl with enough water to where it's an inch above covering the top of your oats. Now, microwave for 90 seconds. Watch carefully so they don't overflow.
2. Once your oats are done, take them out. Slowly mix in your egg whites and vanilla extract. Then add your dry ingredients to a small bowl and mix them together to avoid clumping. Now, add the dry to your wet ingredients. Mix until you have a thick but not too thick consistency.
3. Add your sprinkles to the batter and mix them in. Then add to your silicone cupcake molds and place in the oven. Cook for 10-12 minutes until the tops of your cupcakes start getting some golden spots and no longer liquidy to the touch. When they're done, take them out and let cool to room temperature on your cooling rack.
4. While they're cooling, make your protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get an extremely thick consistency. Once you get to a crumbly-like consistency, add 20ml of cold water and mix some more. You want to get a thick frosting like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
5. Once everything is cool, add your frosting to the top of your cupcakes and enjoy! That simple. And if you want to be fancy like me, I used frosting tips to make mine look super pretty!

Cookie Butter Stuffed & Frosted Protein Cupcake

1 Serving Per Recipe

Serving Size Whole Cupcake w/ Frosting

Amount Per Serving

Calories 164

Total Fat 4g

Total Carbohydrates 13g

Protein 19g



INGREDIENTS

FOR CUPCAKE

5g Pescience Frosted Chocolate Cupcake Select Protein ("FDL" saves you 15%)

5g Black Onyx Cocoa Powder

2g Coconut Flour

20g Pure Pumpkin

20g Egg Whites

1g Zero Cal Sweetener of your choice

1g Baking Powder

FOR FILLING & FROSTING

10g PEScience PB Cookie Select Protein ("FDL" saves you 15%)

6g Powdered PB

3g Coconut Flour

2g Zero Cal Sweetener of your choice

5g Mini Chocolate Chips

Splash of Unsweetened Vanilla Almond Milk

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add all of your dry cookie butter ingredients to a small bowl and mix. Add 15ml of almond milk and mix. Repeat this process until you get the consistency of a frosting. Place that in the freezer for a few minutes.
2. Add all of your dry cupcake ingredients in one bowl and mix to avoid clumping. Mix all of your wet ingredients in another. Then add the dry ingredients to the bowl with your wet ingredients and mix.
3. Add half the batter to your cupcake holder, a small glob of your cookie butter, then the rest of your batter. Place that in the oven for about 10-12 minutes until you see the top start to golden.
4. Once your cupcake is done, let it cool for about 20 minutes, then add your frosting! I went fancy and used frosting tips.

Protein Chocolate Chip Cookie Skillet Cake

1 Serving Per Recipe	
Serving Size	Whole Skillet
Amount Per Serving	
Calories	326
Total Fat 8g	
Total Carbohydrates 35g	
Protein 35g	



INGREDIENTS

130g Canned Drained & Rinsed Chick Peas
 60g Canned Pure Pumpkin
 5g Coconut Flour
 46g Egg Whites
 31g (1 Scoop) PEScience Gourmet Vanilla
 Select Protein ("FDL" saves you 15%)
 3g Vanilla Extract
 4g Zero Cal Sweetener of your choice
 3g Baking Powder
 15g Mini Chocolate Chips

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add all of the ingredients (except your protein powder, coconut flour and chocolate chips) to your food processor. Process until everything is smooth.
2. Mix in your protein powder and coconut flour. You want to get a cookie dough consistency. Mix 7g of your chocolate chips to the batter. Spray your 8in cast iron pan, add your batter, and top it off with the rest of your chocolate chips.
3. Put your cake in the oven for 10-12 minutes. You'll know it's done when the whole top is solid (not dry) but still moist. Err on the side of caution. Take the pan out before you think it's done to make sure it's not dry. Let your cake cool to room temperature on your cooling rack, then add it to the freezer for 30 minutes (if you want).

Cookie Monster Butter Frosted Protein Skillet

1 Serving Per Recipe	
Serving Size	Whole Skillet Cookie
Amount Per Serving	
Calories	163
Total Fat 3g	
Total Carbohydrates 14g	
Protein 20g	



INGREDIENTS

FOR SKILLET COOKIE

8g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

2.5g Coconut Flour

2g Zero Cal Sweetener of your choice

15g Pumpkin

15g Unsweetened Apple Sauce

46g Egg Whites

1g Baking Powder

4g Mini Chocolate Chips

FOR COOKIE MONSTER BUTTER

15g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)

5g Coconut Flour

6g Powdered PB

2g Zero Cal Sweetener of your choice

5g Drop Blue Food Coloring

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your dry skillet cookie ingredients in a small bowl to avoid clumping. Add your wet skillet cookie ingredients to another bowl and mix. Add your dry ingredients to the wet and mix. Slowly add water and mix until you get a thick batter like consistency. You can do this with unsweetened vanilla almond milk as well. Add the batter to your mini cast iron pan. Put that in the oven for 10-12 minutes.
2. While your cookie is cooking, mix your cookie monster butter ingredients in a bowl. Slowly add water and mix until you get a super thick frosting! Put it in the freezer to chill and thicken for 10-15 minutes.
3. Once it's done, let your cookie cool for about 10 minutes. Add your frosting and whatever toppings your heart desires! Enjoy!

Mint Chocolate Chip Protein Skillet Cookie

4 Servings Per Recipe	
Serving Size	One Slice With Ice Cream
Amount Per Serving	
Calories	93
Total Fat 2g	
Total Carbohydrates 9g	
Protein 11g	



INGREDIENTS

¼ Scoop (8g) White Chocolate Mint PEScience Select Protein (can sub vanilla but you'll need to add 2g mint extract) ("FDL" saves you 15%)

5g Coconut Flour

15g Pure Pumpkin

15g Unsweetened Apple Sauce

30g Egg Whites

30g Unsweetened Almond Milk

2g Zero Cal Sweetener of your choice

1g Baking Powder

5g Mini Chocolate Chips

TOPPINGS

70g Enlightened Mint Chocolate Chip Ice Cream

Chocolate Sprinkles

5g Drop Blue Food Coloring

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your dry skillet cookie ingredients (except your mini chocolate chips) in a small bowl to avoid clumping. Add your wet skillet cookie ingredients to another bowl and mix. Add your dry ingredients to the wet and mix. Slowly add water and mix until you get a thick batter like consistency. You can do this with unsweetened vanilla almond milk as well. Mix in your mini chocolate chips.
2. Add the batter to your mini cast iron pan. Put that in the oven for 10-12 minutes.
3. Once your cookie is done, add your ice cream, watch it melt, and enjoy!

XL Frosted Sugar Cookie Protein Skillet Cookie

1 Serving Per Recipe

Serving Size Whole Cookie (No Sprinkles)

Amount Per Serving

Calories 419

Total Fat 7g

Total Carbohydrates 35g

Protein 54g



INGREDIENTS

FOR SKILLET COOKIE

1 (31g) Scoop PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Coconut Flour

60g Unsweetened Apple Sauce

30g Pure Pumpkin

70g Egg Whites

90ml Unsweetened Vanilla Almond Milk

2g Vanilla Extract

3g Baking Powder

3g Zero Cal Sweetener of your choice

12g Sprinkles

FOR PROTEIN FROSTING

20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

8g Coconut Flour

45g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

20ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. Mix your dry skillet cookie ingredients (except your sprinkles) in a small bowl to avoid clumping. Add your wet skillet cookie ingredients to another bowl and mix. Add your dry ingredients to the wet and mix. Slowly add water and mix until you get a thick batter like consistency. You can do this with unsweetened vanilla almond milk as well. Mix in your sprinkles.
2. Spray your 6.5in cast iron pan with some non stick butter spray, then add your batter. Put your pan in the oven for 10-15 minutes. While it's cooking, you'll want to make your protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get a crumbly-like consistency. Once you get to a crumbly-like consistency, add 20ml of cold water and mix some more. You want to get a thick frosting like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
3. When your cookie is done, let it cool for about 10-15 minutes before adding your frosting. Once it's at room temperature, you can add it to the freezer to cool some more, then add your frosting and how many ever sprinkles fits into your macros. Enjoy!

Chocolate Chip Protein Blondie Bar

1 Serving Per Recipe	
Serving Size	Whole Blondie Bar
Amount Per Serving	
Calories	164
Total Fat 4g	
Total Carbohydrates 16g	
Protein 16g	



INGREDIENTS

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

3g Coconut Flour

¼ Can (65g) Drained and Rinsed Chickpeas

46g Egg Whites

2g Vanilla Extract

2g Zero Cal Sweetener of your choice

1g Baking Powder

30g Unsweetened Almond Milk

7g Mini Chocolate Chips

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your canned chickpeas to a colander and run water on them for a few minutes. Be sure to really mix them around with your hands to get the chickpea smell/taste out. You'll want to weight out 65g after you wash them..
2. Add the chickpeas to your food processor. I used this mini food processor. If you only have a big one, I'd advise you quadruple this recipe so you have enough to blend everything up.
3. Add your almond milk, egg whites and vanilla extract, then blend for 1-2 minutes until you have a puree like consistency. You don't want any leftover chunks of chickpeas.
4. Mix all of your dry ingredients in a bowl (save a chocolate chips to add on top) together to avoid clumping. Take out the blade from your food processor, add in 1/3 of your dry ingredients and mix. Repeat this process until all of your dry ingredients are mixed in. You should get a thick batter like consistency.
5. Add the batter to your brownie pan. If you quadruple this recipe, you should be able to add it to a normal 11x7 brownie pan. Spray the pan with some non stick butter spray, add your batter to the bar cavity, and the rest of your chocolate chips on top. Place the pan in your oven to cook for 8-10 minutes. You want the top to be no longer liquidity. Err on the side of caution when cooking these, so they don't overcook and become dry. Once cooked, take then pan out and let your blondie bar cool a cooling rack. Then enjoy!

Funfetti Protein Blondie Bar

1 Serving Per Recipe	
Serving Size	Whole Blondie Bar
Amount Per Serving	
Calories	155
Total Fat	3g
Total Carbohydrates	16g
Protein	16g



INGREDIENTS

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

3g Coconut Flour

¼ Can (65g) Drained and Rinsed Chickpeas

46g Egg Whites

2g Vanilla Extract

2g Zero Cal Sweetener of your choice

1g Baking Powder

30g Unsweetened Almond Milk

6g Sprinkles

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your canned chickpeas to a colander and run water on them for a few minutes. Be sure to really mix them around with your hands to get the chickpea smell/taste out. You'll want to weight out 65g after you wash them..
2. Add the chickpeas to your food processor. I used this mini food processor. If you only have a big one, I'd advise you quadruple this recipe so you have enough to blend everything up.
3. Add your almond milk, egg whites and vanilla extract, then blend for 1-2 minutes until you have a puree like consistency. You don't want any leftover chunks of chickpeas.
4. Mix all of your dry ingredients in a bowl (save a few sprinkles to add on top) together to avoid clumping. Take out the blade from your food processor, add in 1/3 of your dry ingredients and mix. Repeat this process until all of your dry ingredients are mixed in. You should get a thick batter like consistency.
5. Add the batter to your brownie pan. If you quadruple this recipe, you should be able to add it to a normal 11x7 brownie pan. Spray the pan with some non stick butter spray, add your batter to the bar cavity, and the rest of your sprinkles on top. Place the pan in your oven to cook for 8-10 minutes. You want the top to be no longer liquidity. Err on the side of caution when cooking these, so they don't overcook and become dry. Once cooked, take then pan out and let your blondie bar cool a cooling rack. Then enjoy!

Super Fudgy Double Chocolate Protein Brownies

3 Servings Per Recipe	
Serving Size	One Brownie
Amount Per Serving	
Calories	174
Total Fat	6g
Total Carbohydrates	16g
Protein	14g



INGREDIENTS

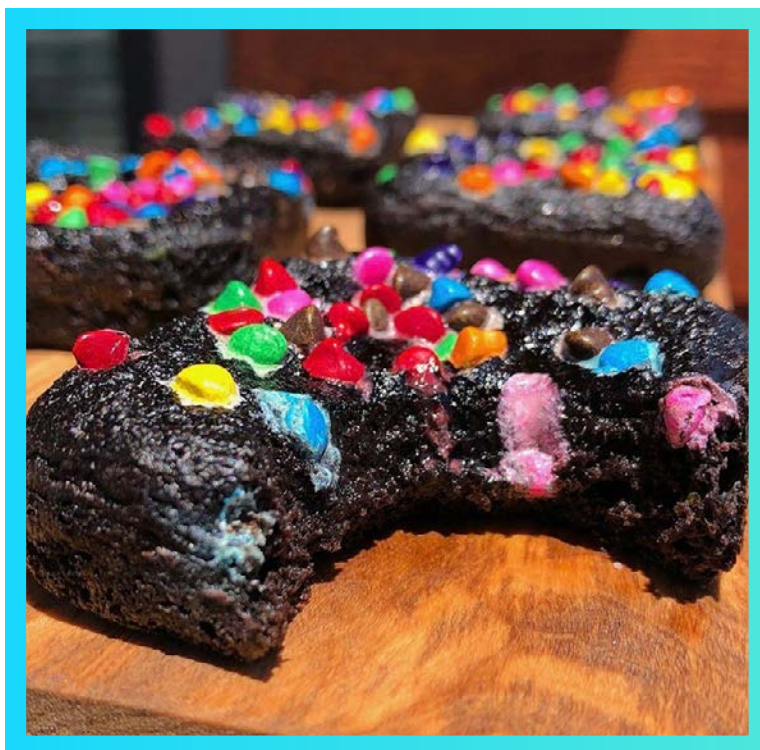
100g Canned Black Beans
31g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
15g Black Onyx Cocoa Powder
10g Coconut Flour
2g Baking Soda
80g Pure Pumpkin
1 Whole Egg
14g Light Butter
45ml Unsweetened Vanilla Almond Milk
2g Vanilla Extract
2g Stevia

DIRECTIONS

1. Preheat your oven to 350 degrees F. Drain and rinse 100g of your canned black beans in a colander. Run water over them and mix the beans around with your hands for 2-3 minutes. Add it to your food processor, along with 45ml of your unsweetened vanilla almond milk. Blend until there aren't any more chunks. Add that to a bowl with the rest of your wet ingredients and mix everything together.
2. Add all of your dry ingredients to another bowl and mix to avoid clumping. Once mixed, add 1/3 of your dry ingredients to your wet and mix. Repeat this process 2 more times until all of your dry ingredients are mixed and you have a thick brownie batter-like consistency.
3. I have a personal pan brownie pan so I added these to 3 different brownie slots. You could use an 8x8 brownie pan lined with parchment paper. Once the batter's added to your pan, place it in the oven for about 15 minutes. Let your brownies cool until you can touch them with your hands, then add them to your cooling rack. When they've cooled to room temperature, take a big bite, and smile!

Protein Cosmic Brownies

6 Servings Per Recipe	
Serving Size	One Brownie
Amount Per Serving	
Calories	55.75
Total Fat	1.75g
Total Carbohydrates	4.25g
Protein	5.75g



INGREDIENTS

31g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

15g Black Cocoa Powder (can sub with Hershey's Special Dark Cocoa Powder)

10g Coconut Flour

2g Baking Powder

3g Stevia

1 Whole Egg

100g Fresh Zucchini

45ml Unsweetened Vanilla Almond Milk

FOR PROTEIN FROSTING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Black Cocoa Powder

2g Coconut Flour

2g Stevia

ADDITIONAL TOPPINGS

15g Wilton Rainbow Chip Crunch

DIRECTIONS

1. Preheat your oven to 350 degrees F. Chop your zucchini into slices so they fit into your small food processor. Add your whole egg and almond milk to the food processor. Blend for 60-90 seconds until you get a green mixture with no chunks of zucchini. It should look like a hulk juice!
2. Add your dry ingredients to a bowl and mix together to avoid clumping. Mix the dry ingredients to your hulk juice or add your hulk juice another bowl before adding in the dry ingredients. Mix everything together until you get a thick brownie batter like consistency.
3. Take your personal pan brownie pan and spray 5 slots with non stick butter spray. Evenly add your brownie batter to each one. Then add your rainbow crunch evenly to the top of each brownie. Place in the oven for 8-10 minutes. Take the brownies out right at 12 minutes if you want them to be fudgy, The middle will still feel uncooked but that's okay!
4. While your brownies are cooking, add your dry protein frosting ingredients to a bowl and mix. Add 20ml of cold water and mix, then 10ml of cold water and mix again. You should have a thick but not stuck to the spoon-like consistency. Place your frosting in the fridge for 20 minutes to thicken up some more.
5. Once your brownies are done, take the pan out of the oven and let cool (in the pan) for 10 minutes. After they've cooled, pop them out and let cool to room temperature on your cooling rack. When you're ready to demolish them, add your frosting on top along with your rainbow chip crunch and enjoy!

Protein Slu**ty Birthday Brownies

2 Servings Per Recipe	
Serving Size	One Brownie
Amount Per Serving	
Calories	227.5
Total Fat 7.5g	
Total Carbohydrates 25g	
Protein 15g	



INGREDIENTS

FOR BROWNIE LAYER

8g PEScience PB Cookie Select Protein ("FDL" saves you 15%)

8g Black Cocoa Powder (can sub with Hershey's Special Dark Cocoa Powder)

5g Coconut Flour

2g Stevia

1g Baking Powder

FOR COOKIE LAYER

8g PEScience PB Cookie Select Protein ("FDL" saves you 15%)

8g PB2

5g Coconut Flour

2g Stevia

1g Baking Powder

WET INGREDIENTS

100g Drained and Rinsed Chickpeas

1 Whole Egg

45ml Unsweetened Vanilla Almond Milk

1ml Pure Vanilla Extract

REST OF INGREDIENTS

2 Reduced Fat Oreos

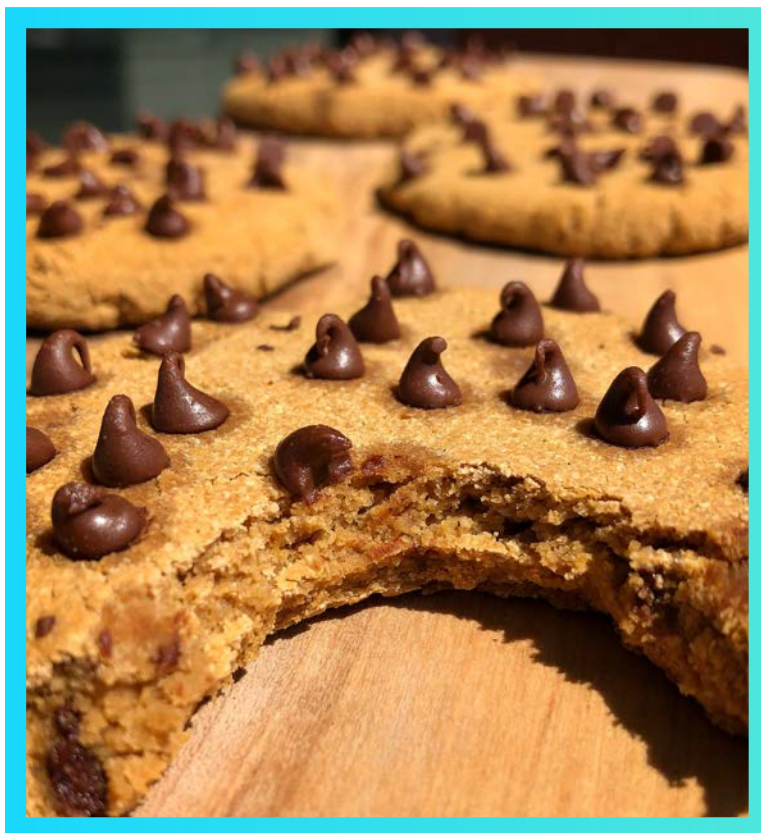
6g Sprinkles

DIRECTIONS

1. Preheat your oven to 350 degrees F. This next part is super important! Add your chickpeas to a colander and run water over them. With the water still running, use your hands to mix the chickpeas around for 90-120 seconds. This will drain and rinse them, and help get the smell out.
2. Add the chickpeas to your mini food processor along with your egg, vanilla extract and almond milk. Blend that for 60-90 seconds. It should come out to a pure liquid with no chunks.
3. Add that liquid to two separate bowls. Mix your dry brownie ingredients in another bowl to avoid clumping. Add that to one of your bowls with the liquid in it and mix until you get a thick batter like consistency. Mix your dry cookie layer ingredients together in a separate bowl. Add that to your second bowl with just the liquid in it. Mix until you get a nice thick batter. Now you can add in your sprinkles.
4. Take your brownie pan and spray two cavities with non stick butter spray. Add the brownie batter, then your Oreo, and top with the cookie layer batter. You can add additional sprinkles on top!
5. Place the pan in your oven for 10-12 minutes. Err on the side of caution of undercooking. We want these to be fudgy. The tops will be a little doughy when you take them out but that's ok. Let the brownies cool in the pan for 20 minutes, then add them to your cooling rack to cool for another 10 minutes. Enjoy!

Vegan Melt In Your Mouth Protein Chocolate Chip Cookies

4 Servings Per Recipe	
Serving Size	One Cookie
Amount Per Serving	
Calories	62.75
Total Fat 0.75g	
Total Carbohydrates 7.25g	
Protein 6.75g	



INGREDIENTS

30g Brown Rice Protein (I used Naked Nutrition Brand Brown Rice Protein. This is key. Pea Protein won't work the same)
 10g Bob's Red Mills Egg Replacer
 7g Coconut Flour
 3g Bob's Red Mill Arrowroot Starch
 20g Pure Pumpkin
 40g Unsweetened Apple Sauce
 2g Vanilla Extract
 3g Stevia of your choice (I used SweetLeafStevia)
 2g Baking Powder
 8g Vegan Mini Semi Sweet Chocolate Chips (can always add more if you want)

DIRECTIONS

1. Preheat your oven to 350 degrees F. Add your 10g of egg replacer and 30g of water in a bowl and mix together. Then take a separate bowl and mix the rest of your dry ingredients together to avoid clumping.
2. Mix the rest of your wet ingredients to the bowl with the egg replacer. Slowly add your dry ingredients with the wet and mix.
3. Line your pan with parchment paper, form 4 individual cookies, and place those on your pan. You can make however many small or huge ones you want!
4. Put your pan in the oven for 10-12 minutes or until they're done! Make sure not to over cook them, so err on the side of caution.
5. Once your cookies are done, let them cool on a cooling rack to make sure they cool evenly to room temperature. Enjoy!

Protein Cookie Nookie Butter Cheesecake Dessert Chalupa

1 Serving Per Recipe	
Serving Size	Whole Chalupa
Amount Per Serving	
Calories	282
Total Fat 6g	
Total Carbohydrates 25g	
Protein 32g	



INGREDIENTS

FOR COOKIE BUTTER

15g Gourmet Vanilla PEScience Select Protein ("FDL" saves you 15%)
 6g Powdered PB
 5g Coconut Flour
 7g Mini Chocolate Chips
 1g Zero Cal Sweetener of your choice
 Unsweetened Vanilla Almond Milk till you get the consistency of your Cookie Butter

FOR CHALUPA & FILLING

1 Joseph's Low Carb Pita
 10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 3g Coconut Flour
 30g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 10ml Cold Water

DIRECTIONS

1. Preheat your oven to 450 degrees F. Spray your pita with zero calorie butter spray, then add it to your oven safe taco pan. Put your pan in the oven for 5 minutes. When it's golden, take your taco out, and place it facing down/bottom up on one of the wedges. Let it cook like that for another 2-3 minutes, then add it to your cooling rack to cool to room temperature. Once cool, place it in the freezer to cool some more.
2. Mix your dry cookie butter ingredients in a bowl to avoid clumping. Slowly add in your almond milk and mix. Repeat this process until you have a nice thick cookie butter consistency. Put that in the freezer for 15 minutes.
3. Now you'll make your protein cheesecake filling. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get a crumble-like consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
4. Add the filling, then your cookie butter to your chalupa shell. Enjoy the epic crunch of every bite!

Oreo Cookies & Cream Protein Dessert Birthday Quesadilla

1 Serving Per Recipe

Serving Size Whole Quesadilla

Amount Per Serving

Calories 420

Total Fat 8g

Total Carbohydrates 46g

Protein 41g



INGREDIENTS

2 La Banderita Low Carb Tortillas

FOR PROTEIN ICING CHEESECAKE FROSTING

30g PEScience Gourmet Vanilla ("FDL" saves you 15%)

12g Coconut Flour

60g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

30ml Cold Water

OTHER TOPPINGS

1 Reduced Fat Oreo

10g Fat Free Whipped Cream

Sprannkles to your heart 's desire

DIRECTIONS

1. Preheat your stovetop pan on medium heat and toast the bottom side of each tortilla. Once one side of each tortilla is toasted, add them to the freezer to chill.
2. While they're chilling, make your protein cheesecake frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get a crumble-like consistency. Add 30ml of cold water and mix some more. You want to get a thick frosting like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
3. Take your tortillas out of the freezer. Add half of your frosting to one, then place your second tortilla on top. Now add the rest of your frosting along with your crushed Oreo pieces, whipped cream, and sprinkles. Enjoy!
4. Take your tortillas out of the freezer. Add half of your frosting to one, then place your second tortilla on top. Now add the rest of your frosting along with your protein icing, crushed Oreo pieces, whipped cream, and sprinkles. Enjoy!

Protein Dessert Burritos

1 Serving Per Recipe	
Serving Size	Whole Burrito
Amount Per Serving	
Calories	180
Total Fat 4g	
Total Carbohydrates 20g	
Protein 16g	



INGREDIENTS

FOR OREO CHEESECAKE DESSERT BURRITO

- 1 Low Carb Tortilla (La Banderita Low Carb is the one I used)
- 10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
- 3g Coconut Flour
- 30g Plain Nonfat Greek Yogurt
- 2g Zero Cal Sweetener of your choice
- 10ml Cold Water
- 2 Outsides Pieces of a Reduced Fat Oreo

FOR FRUITY PEBBLES CHEESECAKE DESSERT BURRITO

- 1 Low Carb Tortilla (La Banderita Low Carb is the one I used)
- 10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
- 3g Coconut Flour
- 30g Plain Nonfat Greek Yogurt
- 2g Zero Cal Sweetener of your choice
- 10ml Cold Water
- 9g Fruity Pebbles

DIRECTIONS

1. Preheat your stove top pan on medium heat (5/10).
2. Take your greek yogurt, coconut flour and sweetener to a bowl and mix until you get a super thick cheesecake frosting. Mix in either your crushed Oreo's or Fruity Pebbles.
3. Now you'll make your protein cheesecake filling. Add your greek yogurt to a bowl, then add your dry ingredients (minus your Oreo pieces and Fruity Pebbles) on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken. Then mix in either your crushed Oreo pieces or Fruity Pebbles.
4. Fold your tortilla into a burrito. Watch [this video](#) to see a step by step tutorial on how to do this. Add the burrito to your pan, folded side down, to seal it. Then roll your burrito to sear each side.
5. Put it in the freezer for 45-60 minutes, then enjoy!!

Large Protein Crepe Tortilla Base Recipe

1 Serving Per Recipe	
Serving Size	One Tortilla
Amount Per Serving	
Calories	101
Total Fat 3g	
Total Carbohydrates 2g	
Protein 19g	



INGREDIENTS

70g Egg Whites
7g Light Butter
7g Unsweetened Apple Sauce
15g PEScience Select Protein flavor of your choice ("FDL" saves you 15%)
2g Stevia
1g Vanilla Extract (optional)

DIRECTIONS

1. Preheat your 12in stovetop pan on medium heat. Whisk your egg whites, light butter, applesauce and vanilla extract in a bowl together. Then whisk in your protein powder and stevia.
2. Add the batter to the middle of your stovetop pan in a circular motion. You want a thin crepe, so spread the batter spread all across the pan.
3. Cook that until you see bubbles on top, then flip it over and cook the other side for another 30 seconds. When it's done, immediately take it off your pan and make your burrito or crunch wrap (it's easiest to work with for those two recipes right off the pan).

Protein Crepe Chocolate Chip Cookie Dough Burrito

1 Serving Per Recipe	
Serving Size	Whole Burrito
Amount Per Serving	
Calories	412
Total Fat 12g	
Total Carbohydrates 28g	
Protein 48g	



INGREDIENTS

FOR PROTEIN CHOCOLATE CHIP CREPE TORTILLA

70g Egg Whites
7g Light Butter
7g Unsweetened Apple Sauce
15g PEScience PB Cookie Select Protein
2g Stevia
1g Vanilla Extract (optional)
7g Mini Chocolate Chips

FOR PROTEIN COOKIE DOUGH FILLING

30g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)
12g Powdered PB
8g Coconut Flour
2g Stevia
7g Mini Chocolate Chips

DIRECTIONS

1. First you'll want to make your protein cookie dough filling. Mix all of the dry ingredients (except for your mini chocolate chips) in a bowl to avoid clumping. Add 20ml of cold water at a time and mix. Repeat this process until you get a thick cookie dough-like consistency. Place that in your freezer to cool while your crepe is cooking. It's okay if added a little too much water, just let it sit in freezer a little longer to thicken up.
2. Preheat your 12in stove top pan on medium heat. Whisk your egg whites, light butter, applesauce, and vanilla extract in a bowl. Then add in your protein powder and stevia. Make sure to whisk everything together like crazy, so you don't have any chunks.
3. Add that to the middle of your stove top pan and in a circular motion spread the batter all across the pan. You want your crepe to be thin.
4. Cook until you see bubbles on top, then flip it over, and cook for another 30 seconds. Once it's done, take it off the pan, and immediately use it to make your burrito. Take your cookie dough out of the freezer, mix in your mini chocolate chips, and add that to the middle of your crepe. Roll your crepe up like a burrito, then add it back to the pan to seal the bottom edge. If you want it cold, add it back to the freezer, then enjoy!

Birthday Cake Cookie Dough Oreo Protein Crepe Burrito

1 Serving Per Recipe	
Serving Size	Whole Burrito
Amount Per Serving	
Calories	412
Total Fat 12g	
Total Carbohydrates 28g	
Protein 48g	



INGREDIENTS

FOR PROTEIN CREPE TORTILLA

70g Egg Whites
7g Light Butter
7g Unsweetened Apple Sauce
8g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
8g Black Cocoa Powder
2g Stevia
1g Vanilla Extract (optional)

FOR PROTEIN COOKIE DOUGH FILLING

30g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
12g Powdered PB
8g Coconut Flour
2g Stevia
6g Sprinkles
Optional Reduced Fat Oreo in the middle of the cookie dough

DIRECTIONS

1. First you'll want to make your protein sugar cookie dough filling. Mix all of your dry ingredients in a bowl to avoid clumping. Add 20ml of cold water and mix. Repeat this process until you get a thick, cookie dough-like consistency. Place that in your freezer to cool while you cook up your crepe. If you added too much water, that's ok. Just let it sit in freezer a little longer to thicken up.
2. Preheat your 12in stove top pan on medium heat. Whisk your egg whites, light butter, applesauce, and vanilla extract in a bowl. Add your dry ingredients to another bowl and mix to avoid clumping. Mix your dry ingredients with your wet and whisk like crazy to get rid of any chunks.
3. Add the batter to the middle of your stove top pan. In a circular motion spread the batter across the pan to get a thin crepe.
4. When you see bubbles start to form on top, flip your crepe over to the other side and cook for another 30 seconds. Once both sides are cooked, make your burrito. Take the cookie dough out of the freezer and add half to the middle of your crepe. Place your Oreo on top, then use the rest of your cookie dough to cover the Oreo. Roll that up like a burrito and add it to your pan to seal the bottom edge. If you want it cold, add it to the freezer. Enjoy!

Protein Oreo Cookies & Cream Dessert Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza
Amount Per Serving	
Calories	126
Total Fat	2g
Total Carbohydrates	13g
Protein	14g



INGREDIENTS

½ Joseph's Lavash Bread

FOR PROTEIN ICING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

3g Coconut Flour

30g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

10ml Cold Water

ADDITIONAL TOPPING

Outside cookies of 1 Reduced Fat Oreo

DIRECTIONS

1. Preheat your oven to 450 degrees F. Take your lavash bread and slice it diagonally to make 2 massive slices. Add one to the oven to cook until golden. While that's cooking, make your protein cheesecake filling. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
2. When your slice is golden, place it on a cooling rack to ensure it cools evenly to room temperature. This is very important. Once cool, add your frosting, sprinkles, and outside pieces of your Oreo on top. Enjoy the epic crunch!

Chickpea Based XL Cookie Crisp Birthday Cheesecake Protein Dessert Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza Without Cereal or Ice Cream
Amount Per Serving	
Calories	519
Total Fat 7g	
Total Carbohydrates 44g	
Protein 70g	

Serving Size	Crust Only
Amount Per Serving	
Calories	379
Total Fat 7g	
Total Carbohydrates 36g	
Protein 43g	



INGREDIENTS

FOR DESSERT PIZZA BASE

200g Canned Drained and Rinsed Chickpeas or Cannellini Beans
 30g PEsScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 6g Powdered Peanut Butter
 5g Coconut Flour
 70g Egg Whites
 2g Vanilla Extract
 2g Baking Powder
 3g Zero Cal Sweetener of your choice
 120ml Unsweetened Vanilla Almond Milk

FOR PROTEIN FROSTING (CAN SUB WITH MORE OF THE ICING RECIPE BELOW)

20g PEsScience Gourmet Vanilla ("FDL" saves you 15%)
 8g Coconut Flour
 45g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 20ml Cold Water

FOR PROTEIN ICING

10g PEsScience Gourmet Vanilla ("FDL" saves you 15%)
 2g Coconut Flour
 1g Zero Cal Sweetener of your choice

OPTIONAL TOPPINGS

15g Cookie Crisp Cereal
 50g Halo Top Birthday Cake Ice Cream
 Non Pareil Sprinkles

DIRECTIONS

1. Preheat your oven to 450 degrees F. Drain and rinse your chickpeas. Be sure to do this for at least 60-90 seconds to get that chickpea juice out of there! We don't want that taste in our dessert pizza! I use this [cool colander](#).
2. Add your chickpeas, 70g egg whites and 120ml almond milk to your [food processor](#). Process until you get a liquid consistency with no more chickpea chunks in it. Add the rest of your dough ingredients to your food processor and blend until you get a super thick, dough-like consistency. This will be more like a spreadable paste than a dough. If your dough is still too thick, feel free to add in 30ml of water at a time and continue to process until you get that desired consistency. It should be like a wet cookie dough.
3. Add a piece of parchment paper to your large pizza pan and start to add your dough in the desired shape of your pizza. Spray the top with butter spray and add it to the oven to cook for 15 minutes.
4. When the pizza base has turned golden brown, take it out of the oven to cool. While it's cooling, make your protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get a crumbly-like consistency. Add 20ml of cold water and mix some more. You want to get a thick frosting like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
5. Now you'll make your protein icing. Add those ingredients to another bowl and mix. Add in 10ml of cold water and mix some more. Repeat that process until you get a nice icing-like consistency. If you add too much water, put it in the freezer to thicken up.
6. Once your pizza has cooled, add your frosting, Cookie Crisp cereal, ice cream, protein icing, sprinkles, and whatever else your heart desires! Enjoy!!

Protein Funfetti Oreo Cheesecake Dessert Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza
Amount Per Serving	
Calories	335
Total Fat 11g	
Total Carbohydrates 23g	
Protein 36g	



INGREDIENTS

FOR DOUGH

28g Fat Free Cream Cheese (use the lowest fat cream cheese you can)

28g Trader Joe's Light Shredded Mozzarella Cheese (trust me you won't even taste it!)

1 Whole Egg (if you use a full fat cream cheese, you could probably sub out the egg for 60g egg whites, but I can't since I haven't tried it)

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g All Purpose Flour

5g Coconut Flour

2g Baking Powder

2g Zero Cal Sweetener of your choice

6g Sprinkles

FOR PROTEIN FROSTING

10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

3g Coconut Flour

30g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

10ml Cold Water

OPTIONAL TOPPING (NOT INCLUDED IN MACROS)

1 Reduced Fat Oreo

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add your cream cheese and light mozzarella cheese to a microwave safe bowl and microwave for 30 seconds. Once it's done, mix everything together, and add in your whole egg.
2. Mix all dry ingredients together in a side bowl to avoid clumping. Add those to the bowl with your wet ingredients and mix. You can use a spoon or whisk to do this. It won't look like a dough that you can handle with your hand, but more wet/messy than a regular piece of dough.
3. Line your pizza pan with parchment paper. Place a small bowl of water next to you to prevent the dough from sticking to your hands when handling it. Take the dough and add it to middle of your pan. Dip your fingers in the water and spread out the dough to form a pizza. Repeat this process until you have a solid sized pizza. Before putting it into the oven, poke holes in the dough to avoid any bubbles.
4. Cook your pizza for about 10 minutes until the dough is golden. While it's cooking, you'll make your protein cheesecake filling. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken.
5. Once the pizza is done, let it cool, then add your frosting and 12g sprinkles on top. Enjoy!

Chickpea Based XL Reese's Lovers Protein Dessert Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza Without Cereal or Ice Cream
Amount Per Serving	
Calories	527.5
Total Fat 7.5g	
Total Carbohydrates 44g	
Protein 71g	

Serving Size	Crust Only
Amount Per Serving	
Calories	367
Total Fat 7g	
Total Carbohydrates 35g	
Protein 42g	



INGREDIENTS

FOR DESSERT PIZZA BASE

200g Canned Drained and Rinsed Chickpeas or Cannellini Beans
 30g PEScience Chocolate Peanut Butter Cup Select Protein ("FDL" saves you 15%)
 6g Unsweetened Baking Cocoa
 5g Coconut Flour
 70g Egg Whites
 2g Vanilla Extract
 2g Baking Powder
 3g Zero Cal Sweetener of your choice
 120ml Unsweetened Vanilla Almond Milk

FOR PROTEIN FROSTING (CAN SUB WITH MORE OF THE ICING RECIPE BELOW)

20g PEScience Gourmet Vanilla ("FDL" saves you 15%)
 8g Powdered PB
 3g Coconut Flour
 50g Plain Nonfat Greek Yogurt
 2g Zero Cal Sweetener of your choice
 20ml Cold Water

FOR PROTEIN ICING

10g PEScience Gourmet Vanilla ("FDL" saves you 15%)
 2g Coconut Flour
 1g Zero Cal Sweetener of your choice

OPTIONAL TOPPINGS

15g Reese's Puffs Cereal
 50g Halo Top Chocolate Ice Cream

DIRECTIONS

1. Preheat your oven to 450 degrees F. Drain and rinse your chickpeas. Be sure to do this for at least 60-90 seconds to get that chickpea juice out of there! We don't want that taste in our dessert pizza! I use this [cool colander](#).
2. Add your chickpeas, 70g egg whites and 120ml almond milk to your [food processor](#). Process until you get a liquid consistency with no more chickpea chunks in it. Add the rest of your dough ingredients to your food processor and blend until you get a super thick, dough-like consistency. This will be more like a spreadable paste than a dough. If your dough is still too thick, feel free to add in 30ml of water at a time and continue to process until you get that desired consistency. It should be like a wet cookie dough.
3. Add a piece of parchment paper to your large pizza pan and start to add your dough in the desired shape of your pizza. Spray the top with butter spray and add it to the oven to cook for 15 minutes.
4. When the pizza base has turned golden brown, take it out of the oven to cool. While it's cooling, make your protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get a crumbly-like consistency. Add 20ml of cold water and mix some more. You want to get a thick frosting like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
5. Once your pizza has cooled, add your frosting, Reese's Puff cereal, ice cream, sprinkles, and whatever else your heart desires! Enjoy!!

Low Carb PB Birthday Cake Protein Dessert Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza
Amount Per Serving	
Calories	289
Total Fat 5g	
Total Carbohydrates 25g	
Protein 36g	



INGREDIENTS

FOR PIZZA CRUST

1 Joseph's Lavash

FOR PB ICING

20g PB Cookie Select Protein
("FDL" saves you 15%)

8g Powdered PB

3g Coconut Flour

50g Plain Nonfat Greek Yogurt

2g Zero Cal Sweetener of your choice

20ml Cold Water

DIRECTIONS

1. Preheat your oven to 450 degrees F and add your lavash bread to the oven to cook. When it's golden, take your lavash bread out, and place it on a cooling rack to cool to room temperature. This is very important.
2. While it's cooling, make your protein frosting. Add your greek yogurt to a bowl, then add your dry ingredients on top, and mix until you get a crumbly-like consistency. Add 20ml of cold water and mix some more. You want to get a thick frosting like consistency. If you accidentally add too much water, put your bowl in the freezer for 5-10 minute to thicken up.
3. Lay your pizza flat, add your icing and whatever toppings your heart desires, then slice it up! Enjoy!!

Chocolate Chip Pumpkin Butter Cheesecake Dessert Pizza

1 Serving Per Recipe	
Serving Size	Whole Pizza
Amount Per Serving	
Calories	305
Total Fat 9g	
Total Carbohydrates 27g	
Protein 29g	



INGREDIENTS

FOR PUMPKIN BUTTER

100g Pure Pumpkin
 10g PEScience PB Cookie Select Protein
 ("FDL" saves you 15%)
 6g Powdered Peanut Butter
 5g Coconut Flour
 2g Zero Cal Sweetener of your choice
 1g Pumpkin Spice
 Dash of Ground Cinnamon

FOR CHEESECAKE CHUNKS

5g PEScience Gourmet Vanilla Select Protein
 ("FDL" saves you 15%)
 1g Coconut Flour
 15g Plain Nonfat Greek Yogurt
 1g Zero Cal Sweetener of your choice
 5-10ml (splash) Cold Water

REMAINING INGREDIENTS

1 Joseph's Lavash Bread
 8g 100% Chocolate

DIRECTIONS

1. Preheat your oven to 450 degrees F. Add your lavash bread to the oven to cook. Once golden, take your lavash bread out, and place it on a cooling rack to cool to room temperature. This is very important.
2. Mix your dry pumpkin butter ingredients in a bowl to avoid clumping, then add in your wet ingredients with a little bit of water. Mix until you get the consistency of a thick frosting. Now you'll make your cheesecake chunks. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken. Then you can add your icing to a mini icing bottle.
3. Add your pumpkin butter to your pizza, then place your cheesecake chunks all over. Chop up your chocolate and sprinkle that on your pizza. Slice and enjoy every bite!

McDonalds Remake Low Carb Baked Apple Pie

1 Serving Per Recipe

Serving Size Whole Pie

Amount Per Serving

Calories 102

Total Fat 2g

Total Carbohydrates 15g

Protein 6g



INGREDIENTS

1/2 Joseph's Lavash Bread
85g No Sugar Added Apple Pie Filling

CINNAMON BROWN SUGAR SPRINKLE ON TOP

(YOU WILL ONLY USE A SPRINKLE. NOT THE
WHOLE RECIPE ON TOP)

3g Brown Sugar
2g Ground Cinnamon
2g Zero Cal Sweetener of your choice

DIRECTIONS

1. Preheat your oven to 450 degrees F.
2. Slice your lavash bread in half and lay that side flat. Add your apple pie filling to the middle, leaving about an inch around the edges. Fold the long edges over first (to cover the insides), then fold the shorter edges over to close the whole pie. Flip your pie over and spray the top with butter spray. Cut slits along the top with a knife.
3. Add your pie to the oven to cook until it's close to golden. Mix your cinnamon brown sugar sprinkle ingredients in a small bowl.
4. When your pie is almost golden, take it out, and spray the top once more with butter spray. Sprinkle your cinnamon brown sugar on top and place it back in the oven to bake until golden!
5. Once you take your pie out, let it cool for a few minutes, then slice it open. Enjoy the macro friendly apple pie heaven!

Low Cal Baked Cherry Pie

1 Serving Per Recipe

Serving Size Whole Pie

Amount Per Serving

Calories 106

Total Fat 2g

Total Carbohydrates 16g

Protein 6g



INGREDIENTS

1/2 Joseph's Lavash Bread
85g No Sugar Added Cherry Pie Filling
Zero Cal Sweetener of your choice

DIRECTIONS

1. Preheat your oven to 450 degrees F.
2. Slice your lavash bread in half and lay that side flat. Add your cherry pie filling to the middle, leaving about an inch around the edges. Fold the long edges over first (to cover the insides), then fold the shorter edges over to close the whole pie. Flip it over and spray the top with butter spray. Cut slits along the top with a knife. Add your pie to the oven to cook until it's close to golden.
3. Once you take your pie out, let it cool. Sprinkle a little bit of your sweetener on top, then slice it open. Enjoy every macro friendly bite of cherry pie heaven!

Low Cal Baked Pumpkin Butter Pie

1 Serving Per Recipe	
Serving Size	Whole Pie
Amount Per Serving	
Calories	166
Total Fat 2g	
Total Carbohydrates 21g	
Protein 16g	



INGREDIENTS

FOR PUMPKIN BUTTER

60g Pure Pumpkin
 10g PEScience PB Cookie Select Protein ("FDL" saves you 15%)
 5g Coconut Flour
 2g Zero Cal Sweetener
 1g Pumpkin Spice
 Dash of Ground Cinnamon

CINNAMON BROWN SUGAR SPRINKLE ON TOP

(YOU WILL ONLY USE A SPRINKLE. NOT THE WHOLE RECIPE ON TOP)

3g Brown Sugar
 2g Ground Cinnamon
 2g Zero Cal Sweetener of your choice

OTHER INGREDIENTS

1/2 Joseph's Lavash Bread

DIRECTIONS

1. Preheat your oven to 450 degrees F. Mix your dry pumpkin butter ingredients in a bowl. Add your dry ingredients to your wet and mix. If you need to, add some almond milk, and mix some more. Remember that we want this to be super thick though. Add that to the freezer for 5-10 minutes.
2. Slice your lavash bread in half and lay that side flat. Add your pumpkin butter to the middle, leaving about an inch around the edges. Fold the long edges over first (to cover the insides), then fold the shorter edges over to close the whole pie. Flip your pie over and spray the top with butter spray. Cut slits along the top with a knife.
3. Add your pie to the oven to cook until it's close to golden. Mix your cinnamon brown sugar sprinkle ingredients in a small bowl.
4. Take your pie out when it's almost golden, sprinkle your cinnamon brown sugar on top, then slice open. Enjoy every macro friendly bite of peanut butter pie heaven!

Protein Sugar Cookie Butter Low Carb Oreo Pie Cup

4 Servings Per Recipe	
Serving Size	One Cup Without Cookie Butter
Amount Per Serving	
Calories	33.25
Total Fat 1.25g	
Total Carbohydrates 3.25g	
Protein 2.25g	

Serving Size	One Cup With Cookie Butter
Amount Per Serving	
Calories	97.75
Total Fat 2.75g	
Total Carbohydrates 8.5g	
Protein 9.75g	



INGREDIENTS

FOR 4 OREO PIE CRUSTS

6g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)
4g Coconut Flour
4g Ultra Fine Almond Flour
4g All Purpose Flour
4g Black Cocoa Powder
5.5g Light Butter (this one has around 5g Fat per
14g serving)
11g Plain Nonfat Greek Yogurt
1g Stevia

FOR PROTEIN COOKIE BUTTER (FILLS 4 CUPS)

31g PEScience Gourmet Vanilla Select Protein
("FDL" saves you 15%)
12g Powdered PB
8g Coconut Flour
2g Stevia
12g Sprinkles

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pie cup ingredients to your small food processor. Pulse to combine everything together and avoid clumping. Add in your wet ingredient and pulse 20-30 times until you get a doughy crumble.
2. Take the dough out of your food processor and form it into a ball. Before rolling it out to make the dough for your cup, I suggest letting it sit in the fridge covered in plastic wrap for 10-15 minutes to cool. Roll it out to make the dough for your cup.
3. Once it's cool, roll your dough out in between 2 pieces of parchment paper. They is to make sure that you don't use pieces that are too big. If you do, the parchment will slide around a lot. Roll your dough as far tall and wide as you can, then take your silicone cupcake molds, and press little dough pieces into the molds. Start at the bottom and work your way up the sides. This will make it much easier to add, instead of cutting out a circle and trying to add that way. Repeat this process until all 4 cups are filled. If your fingers start to stick to the dough, dip them in water periodically to lessen the stickiness.
4. Spray the tops with non stick butter spray and add your cups to the oven to bake for 5-7 minutes.
5. While those are cooking, whip up your protein cookie butter. Mix all of the dry ingredients (except for your sprinkles) in a bowl to avoid clumping. Slowly add in 30ml of cold water and mix. Then add in 15ml at a time until you get a super thick, icing-like consistency. Add that to the freezer for 15-20 minutes once you get that consistency, so it can thicken up and maximize the volume.
6. Once your pie cups are done, let them cool for 10-15 minutes. Take your cookie butter from the freezer, add your sprinkles, then fill your cups with the cookie butter! Just look at that bite!

Pro tip: Even if you want to just make one, I highly suggest you make at least 4 pie cups. This will make the dough easier to work with and it'll stay good for a couple days in the fridge. The cookie butter also stays super well in the fridge 3-4 days too. But if you really only want one serving, just use 1/4th all the ingredients. Do the same with the water as well.

Oreo Cheesecake Protein Cookie Butter Low Carb Pie Cup

4 Servings Per Recipe	
Serving Size	One Cup Without Cookie Butter
Amount Per Serving	
Calories	33.25
Total Fat 1.25g	
Total Carbohydrates 3.25g	
Protein 2.25g	

Serving Size	One Cup With Cookie Butter
Amount Per Serving	
Calories	94.75
Total Fat 2.75g	
Total Carbohydrates 8.5g	
Protein 9g	



INGREDIENTS

FOR 4 PIE CRUSTS

6g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 4g Coconut Flour
 4g Ultra Fine Almond Flour
 4g All Purpose Flour
 4g Powdered PB
 5.5g Light Butter (this butter has around 5g fat per 14g serving)
 11g Plain Nonfat Greek Yogurt
 1g Stevia

FOR PROTEIN COOKIE BUTTER (FILLS 4 CUPS)

31g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 12g Black Cocoa Powder
 8g Coconut Flour
 2g Stevia
 12g Sprinkles

FOR CHEESECAKE FILLING (FILLS 4 CUPS)

20g Fat Free Cream Cheese

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pie cup ingredients to your small food processor. Pulse to combine everything together and avoid clumping. Add in your wet ingredient and pulse 20-30 times until you get a doughy crumble.
2. Take the dough out of your food processor and form it into a ball. Before rolling it out to make the dough for your cup, I suggest letting it sit in the fridge covered in plastic wrap for 10-15 minutes to cool. Roll it out to make the dough for your cup.
3. Once it's cool, roll your dough out in between 2 pieces of parchment paper. They is to make sure that you don't use pieces that are too big. If you do, the parchment will slide around a lot. Roll your dough as far tall and wide as you can, then take your silicone cupcake molds, and press little dough pieces into the molds. Start at the bottom and work your way up the sides. This will make it much easier to add, instead of cutting out a circle and trying to add that way. Repeat this process until all 4 cups are filled. If your fingers start to stick to the dough, dip them in water periodically to lessen the stickiness.
4. Spray the tops with non stick butter spray and add your cups to the oven to bake for 5-7 minutes.
5. While those are cooking, whip up your protein Oreo cookie butter. Mix all of the dry ingredients (except for your sprinkles) in a bowl to avoid clumping. Slowly add in 30ml of cold water and mix. Then add in 15ml at a time until you get a super thick, icing-like consistency. Add that to the freezer for 15-20 minutes once you get that consistency, so it can thicken up and maximize the volume.
6. Once your pie cups are done, let them cool for 10-15 minutes. Take your Oreo cookie butter from the freezer and add your sprinkles. Add half of the cookie butter to your cups, then 5g of fat free cream cheese, then the rest of your cookie butter on top. Take a bite and enjoy!

Pro tip: Even if you want to just make one, I highly suggest you make at least 4 pie cups. This will make the dough easier to work with and it'll stay good for a couple days in the fridge. The cookie butter also stays super well in the fridge 3-4 days too. But if you really only want one serving, just use 1/4th all the ingredients. Do the same with the water as well.

Protein Chocolate Chip Cookie Butter Low Carb Pie Cup

4 Servings Per Recipe	
Serving Size	One Cup Without Cookie Butter
Amount Per Serving	
Calories	33.25
Total Fat 1.25g	
Total Carbohydrates 3.25g	
Protein 2.25g	

Serving Size	One Cup With Cookie Butter
Amount Per Serving	
Calories	101
Total Fat 3g	
Total Carbohydrates 8.75g	
Protein 9.75g	



INGREDIENTS

FOR 4 PIE CRUSTS

6g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 4g Coconut Flour
 4g Ultra Fine Almond Flour
 4g All Purpose Flour
 4g Powdered PB
 5.5g Light Butter (this butter has around 5g fat per 14g serving)
 11g Plain Nonfat Greek Yogurt
 1g Stevia

FOR PROTEIN COOKIE BUTTER (FILLS 4 CUPS)

31g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
 12g Powdered PB
 8g Coconut Flour
 2g Stevia
 15g Mini Chocolate Chips

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pie cup ingredients to your small food processor. Pulse to combine everything together and avoid clumping. Add in your wet ingredient and pulse 20-30 times until you get a doughy crumble.
2. Take the dough out of your food processor and form it into a ball. Before rolling it out to make the dough for your cup, I suggest letting it sit in the fridge covered in plastic wrap for 10-15 minutes to cool. Roll it out to make the dough for your cup.
3. Once it's cool, roll your dough out in between 2 pieces of parchment paper. They is to make sure that you don't use pieces that are too big. If you do, the parchment will slide around a lot. Roll your dough as far tall and wide as you can, then take your silicone cupcake molds, and press little dough pieces into the molds. Start at the bottom and work your way up the sides. This will make it much easier to add, instead of cutting out a circle and trying to add that way. Repeat this process until all 4 cups are filled. If your fingers start to stick to the dough, dip them in water periodically to lessen the stickiness.
4. Spray the tops with non stick butter spray and add your cups to the oven to bake for 5-7 minutes.
5. While those are cooking, whip up your protein cookie butter. Mix all of the dry ingredients (except for your chocolate chips) in a bowl to avoid clumping. Slowly add in 30ml of cold water and mix. Then add in 15ml at a time until you get a super thick, icing-like consistency. Add that to the freezer for 15-20 minutes once you get that consistency, so it can thicken up and maximize the volume.
6. Once your pie cups are done, let them cool for 10-15 minutes. Take your cookie butter from the freezer and add your chocolate chips. Add half of the cookie butter to your cups and enjoy!

Pro tip: Even if you want to just make one, I highly suggest you make at least 4 pie cups. This will make the dough easier to work with and it'll stay good for a couple days in the fridge. The cookie butter also stays super well in the fridge 3-4 days too. But if you really only want one serving, just use 1/4th all the ingredients. Do the same with the water as well.

Protein Cookie Dough Personal Pan Pie

1 Serving Per Recipe	
Serving Size	Whole Pie
Amount Per Serving	
Calories	156
Total Fat 4g	
Total Carbohydrates 13.5g	
Protein 16.5g	



INGREDIENTS

FOR PIE CRUST (MAKES 4 CRUSTS)

6g PEScience Select Protein flavor of your choice ("FDL" saves you 15%)

4g Coconut Flour

4g Ultra Fine Almond Flour

4g All Purpose Flour

4g Powdered PB

5.5g Light Butter (this butter has around 5g Fat per 14g serving)

11g Plain Nonfat Greek Yogurt

1g Stevia

FOR PROTEIN COOKIE DOUGH (FOR 1 PIE)

15g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

6g Powdered PB

4g Coconut Flour

2g Stevia

7g Mini Chocolate Chips

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pie ingredients to your small food processor and pulse to combine to avoid clumping. Add in your wet ingredient and pulse 20-30 times until you get a doughy crumble.
2. Combine and form your dough into a ball. I recommend letting your dough sit in the fridge, covered in plastic wrap, for 10-15 minutes to cool.
3. Roll out your dough in between 2 pieces of parchment paper. The key is to make sure that your pieces of parchment paper aren't too big, so it doesn't slide around a lot. Roll your dough out as far tall and wide as you can! Take your mini pie pans and gauge the size of the circles you should cut out. Once you've done that, cut out 4 circles to add to your pie pans. Gently add your dough pieces to each pie crust mold pressing the sides and bottom in. If you get a rip, use the extra dough to cover those areas. Spray the tops with non stick butter spray and let those bake in the oven for 5-7 minutes.
4. While those are baking, make your protein cookie dough. Mix all of your dry ingredients (except your mini chocolate chips) in a bowl to avoid clumping. Add 20ml of cold water at a time and mix. Repeat this process until you get a thick cookie dough-like consistency. Place that to fridge to chill. If you added too much liquid, add it to freezer to thicken up. And if you want to make enough dough for 4 pies, multiply the ingredient list by 4.
5. When your pie crusts are done, take them out to cool for 10-15 minutes. Once cool, take your cookie dough out of the fridge/freezer and add your mini chocolate chips. Add the dough to your pie crust and enjoy! I mean, just look at that bite!

Low Carb Ice Cream Pie Cups

4 Servings Per Recipe	
Serving Size	One Cup Without Ice Cream
Amount Per Serving	
Calories	33.25
Total Fat	1.25g
Total Carbohydrates	3.25g
Protein	2.25g



INGREDIENTS

6g PEScience Flavor of your choice ("FDL" saves you 15%)

4g Coconut Flour

4g Ultra Fine Almond Flour

4g All Purpose Flour

4g Powdered PB

5.5g Light Butter (this butter has around 5g Fat per 14g serving)

11g Plain Nonfat Greek Yogurt

1g Stevia

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pie cup ingredients to your small food processor. Pulse to combine everything together and avoid clumping. Add in your wet ingredient and pulse 20-30 times until you get a doughy crumble.
2. Take the dough out of your food processor and form it into a ball. Before rolling it out to make the dough for your cup, I suggest letting it sit in the fridge covered in plastic wrap for 10-15 minutes to cool. Roll it out to make the dough for your cup.
3. Once it's cool, roll your dough out in between 2 pieces of parchment paper. They is to make sure that you don't use pieces that are too big. If you do, the parchment will slide around a lot. Roll your dough as far tall and wide as you can, then take your silicone cupcake molds, and press little dough pieces into the molds. Start at the bottom and work your way up the sides. This will make it much easier to add, instead of cutting out a circle and trying to add that way. Repeat this process until all 4 cups are filled. If your fingers start to stick to the dough, dip them in water periodically to lessen the stickiness.
4. Spray the tops with non stick butter spray and add your cups to the oven to bake for 5-7 minutes.
5. When your pie cups are done, let them cool for 10-15 minutes. Once cool, add your ice cream and enjoy!

Low Carb Jumbo Ice Cream Pie Cups

2 Servings Per Recipe	
Serving Size	One Jumbo Cup
Amount Per Serving	
Calories	66.5
Total Fat 2.5g	
Total Carbohydrates 6.5g	
Protein 5g	



INGREDIENTS

6g PEScience Flavor of your choice ("FDL" saves you 15%)
 4g Coconut Flour
 4g Ultra Fine Almond Flour
 4g All Purpose Flour
 4g Powdered PB
 5.5g Light Butter (this butter has around 5g Fat per 14g serving)
 11g Plain Nonfat Greek Yogurt
 1g Stevia

DIRECTIONS

1. Preheat your oven to 400 degrees F. Add all of your dry pie cup ingredients to your small food processor. Pulse to combine everything together and avoid clumping. Add in your wet ingredient and pulse 20-30 times until you get a doughy crumble.
2. Take the dough out of your food processor and form it into a ball. Before rolling it out to make the dough for your cup, I suggest letting it sit in the fridge covered in plastic wrap for 10-15 minutes to cool. Roll it out to make the dough for your cup.
3. Once it's cool, roll your dough out in between 2 pieces of parchment paper. They is to make sure that you don't use pieces that are too big. If you do, the parchment will slide around a lot. Roll your dough as far tall and wide as you can, then take your jumbo silicone muffin molds, and press little dough pieces into the molds. Start at the bottom and work your way up the sides. This will make it much easier to add, instead of cutting out a circle and trying to add that way. Repeat this process until all 4 cups are filled. If your fingers start to stick to the dough, dip them in water periodically to lessen the stickiness.
4. Spray the tops with non stick butter spray and add your cups to the oven to bake for 5-7 minutes.
5. When your pie cups are done, let them cool for 10-15 minutes. Once cool, add your ice cream and enjoy!

Low Cal Chocolate Covered Banana Uncrustable

1 Serving Per Recipe	
Serving Size	Whole Uncrustable
Amount Per Serving	
Calories	142
Total Fat	2g
Total Carbohydrates	19g
Protein	12g



INGREDIENTS

2 Slices Sara Lee 45 Cal Bread
6g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
6g Black Onyx Cocoa Powder
2g Coconut Flour
25g Plain Non Fat Greek Yogurt
1g Stevia
15g Sliced Fresh Banana
10ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F and add your pan to the oven to heat it up as well. This will make sense later. Then take all your dry ingredients except for your bread, greek yogurt and banana and add to a bowl. Mix together to avoid clumping. Add your greek yogurt to another bowl and then add you mixed dry ingredients with the greek. Mix until you have a crumbly like consistency. Then add you 10ml of cold water and mix until you have a thick frosting like consistency.
2. Now you will take your two slices of bread and lay them on a pan or cutting board. Now take a pizza cutter and slice off the crust of both slices. Then slice off the edges to make it circular. Add your bread back on your scale to weigh it out because since the crusts are off, the macros will be different. The serving size for this bread is normally 45g per 2 slices and when I sliced off the crust, it was 31g. So that almost makes it the macros for a little bit more than 1 slice.
3. Then lay down on of your slices and add your protein chocolate butter and sliced bananas to the middle of your slice. Leave some room around the edges. Then take your other slice and add that piece on top. Press down the edges to seal them. Then take a small fork, dip it in water and crimp the edges. Repeat dipping it in water every couple crimps because it will help seal it.
4. Once crimped, spray the top with some non stick butter spray and add to your oven to cook for 5-7 minutes until you touch the top of the pie and it is solid, golden and crunchy! Then let cool on your cooling rack. Once cool, take a bite and smile at this heavenly treat!

Fruity Pebbles Lovers Uncrustable

1 Serving Per Recipe	
Serving Size	Whole Uncrustable
Amount Per Serving	
Calories	145
Total Fat	1g
Total Carbohydrates	20g
Protein	14g



INGREDIENTS

2 Slices Sara Lee 45 Cal Multi Grain Bread
10g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
3g Coconut Flour
2g Stevia
20g Plain Non Fat Greek Yogurt
10ml Cold Water
7g Fruity Pebbles

DIRECTIONS

1. Preheat your oven to 350 degrees F, then add your pan to the oven to heat up as well. This will make sense later. Mix all of your dry ingredients (except your bread and Fruity Pebbles) in a bowl to avoid clumping. Add your greek yogurt to another bowl. Mix your dry ingredients with your greek yogurt until you get a crumble consistency. Add in your 10ml of cold water and mix some more. You want a thick icing-like consistency. Now mix your Fruity Pebbles in.
2. Add your two slices of bread on a pan or cutting board. Take a pizza cutter and slice the crust off both pieces. Put your bread back on your scale to weight it out. Since the crusts are off, the macros will be different. The serving size for this bread is normally 45g per 2 slices and when I sliced off the crust, it was 30g. So that makes it the macros for 1 slice.
3. Lay down one of your slices and add your Fruity Pebbles icing to the middle of it. Leave some room around the edges. Take your other slice and add that on top. Seal the edges by pressing them down. Take a small fork, dip it in water and crimp the edges. Repeat this process for every couple of crimps because it'll help seal it.
4. After the edges are all crimped, spray the top with some non stick butter spray and add to your oven to cook for 5-7 minutes. When you touch the top of the pie, you want it to be solid, golden and crunchy! When it's done, add it to your cooling rack. Once cool, take a bite and smile at this heavenly treat!

Red Velvet Oreo Protein Cookie Dough Cone

2 Servings Per Recipe

Serving Size One Cone

Amount Per Serving

Calories **284**

Total Fat 6g

Total Carbohydrates 36g

Protein 21.5g

Serving Size Whole Bowl

Amount Per Serving

Calories **536**

Total Fat 12g

Total Carbohydrates 64g

Protein 43g



INGREDIENTS

FOR WHOLE BOWL OF COOKIE DOUGH:

260g Canned Drained & Rinsed Chickpeas

30g PEScience Select Protein Gourmet Vanilla ("FDL" saves you 15%)

10g Unsweetened Baking Cocoa

8g Coconut Flour

30g Low Calorie Pancake Syrup of your choice (optional)

120ml Unsweetened Vanilla Almond Milk

5g Stevia

3g Vanilla Extract

1 oz Fat Free Cream Cheese

10 Drops Natural Red Food Coloring

1 Red Velvet Oreo

DIRECTIONS

1. Drain and rinse your chickpeas. Be sure to do this for at least 60-90 seconds to get the chickpea juice out! We don't want that taste in our cookie dough. I use this [cool colander](#) off Amazon.
2. Add your chickpeas, 120ml almond milk, 30g pancake syrup to your [food processor](#). Process until you get a liquid consistency with no more chickpea chunks. Mix the rest of your dry cookie dough ingredients (except your Oreo) in a bowl to avoid clumping. Add those to your food processor with your wet ingredients. Blend everything up until you get a super thick dough-like consistency. Add your food coloring in, a few drops at a time, and process some more until you get a red velvet color.
3. When your dough is done, add it to a bowl. Place that in the freezer to cool for about 30 minutes. Once cool, add in your fat free cream cheese. Try and streak them in so you have those chunks. Don't forget to add your crushed Oreo in there too!
4. You can either eat it straight from the bowl or take your ice cream scooper and add it to an ice cream cone. Enjoy!

Sugar Cookie Protein Cookie Dough Cone

2 Servings Per Recipe	
Serving Size	One Cone
Amount Per Serving	
Calories	382
Total Fat 6g	
Total Carbohydrates 34.5g	
Protein 22.5g	

Serving Size	Whole Bowl
Amount Per Serving	
Calories	532
Total Fat 12g	
Total Carbohydrates 61g	
Protein 45g	



INGREDIENTS

FOR WHOLE BOWL OF COOKIE DOUGH:

260g Canned Drained & Rinsed Chickpeas
30g PEScience Select Protein Gourmet Vanilla Protein ("FDL" saves you 15%)
12g Powdered PB
8g Coconut Flour
150ml Unsweetened Vanilla Almond Milk
5g Stevia
3g Vanilla Extract
12g Sprinkles

DIRECTIONS

1. Drain and rinse your chickpeas. Be sure to do this for at least 60-90 seconds to get the chickpea juice out! We don't want that taste in our cookie dough. I use this [cool colander](#) off Amazon.
2. Add your chickpeas, 150ml almond milk, and vanilla extract to your food processor. Process until you get a liquid consistency with no more chickpea chunks. Mix the rest of your dry cookie dough ingredients (except your sprinkles) in a bowl to avoid clumping. Add those to your food processor with your wet ingredients. Blend everything up until you get a super thick dough-like consistency.
3. When your dough is done, add it to a bowl. Place that in the freezer to cool for about 30 minutes. Once cool, add in your sprinkles!
4. You can either eat it straight from the bowl or take your ice cream scooper and add it to an ice cream cone. Enjoy!

Oreo Cookies & Cream Protein Cookie Dough Cone

2 Servings Per Recipe	
Serving Size	One Cone
Amount Per Serving	
Calories	277
Total Fat	5g
Total Carbohydrates	35g
Protein	23g

Serving Size	Whole Bowl
Amount Per Serving	
Calories	522
Total Fat	10g
Total Carbohydrates	62g
Protein	46g



INGREDIENTS

FOR WHOLE BOWL OF COOKIE DOUGH:

260g Canned Drained & Rinsed Chickpeas
 30g PEScience Select Protein Gourmet Vanilla ("FDL" saves you 15%)
 12g Powdered PB
 8g Coconut Flour
 150ml Unsweetened Vanilla Almond Milk
 5g Stevia
 3g Vanilla Extract
 2oz Fat Free Cream Cheese
 1 Reduced Fat Oreo

DIRECTIONS

1. Drain and rinse your chickpeas. Be sure to do this for at least 60-90 seconds to get the chickpea juice out! We don't want that taste in our cookie dough. I use this [cool colander](#) off Amazon.
2. Add your chickpeas, 150ml almond milk, and vanilla extract to your food processor. Process until you get a liquid consistency with no more chickpea chunks. Mix the rest of your dry cookie dough ingredients (except your Oreo) in a bowl to avoid clumping. Add those to your food processor with your wet ingredients. Blend everything up until you get a super thick dough-like consistency.
3. When your dough is done, add it to a bowl. Place that in the freezer to cool for about 30 minutes. Once cool, add in your fat free cream cheese. Try and streak them in so you have those chunks. Don't forget to add your crushed Oreo in there too!
4. You can either eat it straight from the bowl or take your ice cream scooper and add it to an ice cream cone. Enjoy!

Homemade Protein Acai Bowl

3 Servings Per Recipe	
Serving Size	One Bowl
Amount Per Serving	
Calories	96
Total Fat	1.5g
Total Carbohydrates	12g
Protein	9g



INGREDIENTS

1 Scoop PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

70g Frozen Blueberries

140g Frozen Strawberries

3g Acai Powder

10g Coconut Flour

3g Zero Cal Sweetener of your choice

120ml Unsweetened Vanilla Almond Milk

50g Crushed Ice

DIRECTIONS

1. Blend all of your ingredients in your food processor for about 2-3 minutes. Make sure all of the ice is processed.
2. Add your acai to the vessel of your choice and top with whatever toppings your heart desires! Enjoy!!

Fruit Loops Cheesecake Toast

1 Serving Per Recipe

Serving Size One Toast

Amount Per Serving

Calories **113**

Total Fat 1g

Total Carbohydrates 17g

Protein 9g



INGREDIENTS

- 1 Slice Sara Lee Light 45 Cal Bread
- 5g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)
- 1g Coconut Flour
- 15g Plain Nonfat Greek Yogurt
- 1g Zero Cal Sweetener of your choice
- 5-10ml (splash) Cold Water
- 8g Fruit Loops

DIRECTIONS

1. Spray both sides of your bread with some non stick butter spray, then add it to your toaster. While it's toasting, make your cheesecake layer. Add your greek yogurt to a bowl, then add your dry ingredients on top and mix until you get an extremely thick consistency. Mix in 10ml of cold water until you get a thick frosting-like consistency. If you need to add more, that's okay. If you accidentally add too much, put your bowl in the freezer for 5-10 minutes to thicken. Then you can add your icing to a mini icing bottle.
2. Once both are cool, add your frosting on top of your toast along with your Fruity Loops and enjoy!

Protein Dunkaroo Dip w/ Protein Dippers

For Protein Dunkaroo Dip	
Serving Size	Whole Bowl
Amount Per Serving	
Calories	163
Total Fat 3g	
Total Carbohydrates 13g	
Protein 21g	

For Protein Dunkaroo Dippers	
Serving Size	All Dippers
Amount Per Serving	
Calories	188
Total Fat 4g	
Total Carbohydrates 13g	
Protein 25g	



INGREDIENTS

FOR PROTEIN DUNKAROO DIPPERS

1 Scoop (31g) PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

10g Coconut Flour

40g Unsweetened Apple Sauce

20g Pure Pumpkin

70g Egg Whites

2g Stevia

2g Baking Powder

FOR PROTEIN DUNKAROO DIP

20g PEScience Gourmet Vanilla Select Protein ("FDL" saves you 15%)

8g Coconut Flour

2g Zero Cal Sweetener of your choice

45g Plain Nonfat Greek Yogurt

6g Sprinkles

20ml Cold Water

DIRECTIONS

1. Preheat your oven to 350 degrees F. First we'll make the dunkaroos. Mix your dry ingredients in a bowl. Add your wet ingredients to another bowl and mix. Add half the dry ingredients to your wet and mix to avoid clumping. Repeat this process with the rest of your dry ingredients.
2. Line your pan with parchment paper and add your Dunkaroo batter to your pan in small cookie shapes. These will expand so err on the side of caution with how big you make each one. Place the pan in your oven and cook for 8-10 minutes until tops have no more wet batter.
3. Mix your Dunkaroo Dip ingredients (except your water and sprinkles) in a bowl, then add in your water and mix some more. You want a thick icing-like consistency. Now you can mix in your sprinkles. Put your bowl in the fridge to chill. If you accidentally add too much water, place it in the freezer to thicken up.
4. Once your Dunkaroos are done, add them to your cooling rack. Once they've cooled to room temperature, take your Dunkaroo Dip out of the fridge and enjoy this childhood classic!

Gluten Free? No Worries!

A good amount of recipes on the FDL Macro Magician Program are already gluten-free believe it or not! The ones that aren't usually only contain an ingredient or two that isn't gluten-free so converting them to gluten-free isn't that hard what so ever! Let's go through a few gluten-free items that you can use in your recipes! Special thanks to our FDL Gluten Free Specialist Dante Cabral - [@gluten.free.gainz](https://www.instagram.com/gluten.free.gainz).

CEREAL

Fruity Pebbles
Lucky Charms
Cinnamon Chex
Honey Nut Chex
Blueberry Chex
Chocolate Chex
Cherrios
Honey Nut Cherrios
Frosted Cherrios
Pumpkin Cherrios
Apple Cinnamon Cherrios
Very Berry Cherrios
Any other gluten-free cereal!

COOKIES

Glutino Vanilla Creme Cookies
Enjoy Life Cookies
Cookies from the Macro Magician Club
Any other gluten-free cookies!

CANDY

Chocolate Chips
Reese's Peanut Butter Cups
York Peppermint Patties
Most M&M's
Skittles
Hershey Kisses
Marshmallows
Any other gluten-free candies!

I know that it is also sometimes hard to find gluten-free items like bread and wraps but I have composed a list below of what I use and recommend and where I have found it!

BREAD

Udi's Bread: I usually use the whole grain version because it tends to be a bit bigger and is a bit more durable than the normal Udi's bread!
Can be found at: Stop and Shop, Target, Market Basket

Rudi's Bread: I usually don't use this bread because I don't like the taste as much as Udi's bread and it isn't as durable either.

Can be found at: Market Basket

WRAPS/TORTILLAS

Rudi's Wraps: I recently discovered these wraps and I like using these the most out of all the other wraps I've tried!

Can be found at: Stop and Shop

Joseph's Wraps: These wraps work well too. They just aren't as durable as the Rudi's ones!

Can be found at: Market Basket

Toufayan Wraps: These are the same as Joseph's wraps. They work well and are a bit bigger than Joseph's wraps.

Can be found at: Hannaford

Mission Tortillas: These tortillas are ok. They taste fine they just break apart easily and turn kind of pasty once they enter your mouth

Can be found at: Hannaford

Food for Life Brown Rice Wraps: If you find these, I recommend to stay away from them. They taste like cardboard and break apart as easy as tissue paper.

Can be found at: Market Basket, Lees (Local store in Westport, MA)

PITA BREAD

Against the Grain: These are ok. I've only had these once and haven't tried to use them for a recipe yet.

Can be found at: Market Basket

PANCAKE MIX

Bisquick: This is the only pancake mix that I have ever experimented with. I have had no issues with it so far!

Can be found at: Market Basket

Special Thanks To My FDL Team!

Huge shout-out to my Flexible Dieting Lifestyle team!
Without them this book would not be possible!



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Thank you again for joining the Flexible Dieting Lifestyle (FDL) family & beginning your FDL journey. I hope this recipe book is your go to resource for macro-friendly recipes that will make hitting your macros a piece of cake!

Zach Rocheleau