



EATING CLEAN

Adobe Chicken & Rice Bowl

PREP TIME: 10 MIN

COOKING TIME: 15 MIN

SERVES: 2

Ingredients

12 oz chicken breast, diced
2 tbsp adobo sauce (from
canned chipotle peppers)
1 tbsp olive oil
1 tbsp lime juice
½ tsp garlic powder
½ tsp smoked paprika
½ tsp salt
2 cups cooked rice
1 cup black beans, drained &
rinsed
½ red bell pepper, sliced
½ green bell pepper, sliced
1 tsp olive oil
½ tsp salt
½ tsp black pepper

Directions

- 1. Marinate the Chicken:** In a bowl, toss the diced chicken with adobo sauce, olive oil, lime juice, garlic powder, smoked paprika, and salt. Let it marinate for at least 15 minutes (or up to 2 hours for deeper flavor).
- 2. Grill the Peppers:** Heat 1 tsp olive oil in a pan over medium-high heat. Add sliced red and green bell peppers, season with salt and black pepper, and sauté until slightly charred (5-7 minutes). Set aside.
- 3. Cook the Chicken:** In the same pan, cook the marinated chicken over medium-high heat for about 4-5 minutes per side, or until fully cooked (internal temp: 165°F).
- 4. Assemble the Bowls:** Divide cooked rice into two bowls. Top each with black beans, grilled peppers, and adobo chicken. Add optional toppings like cilantro, avocado, and cotija cheese.
- 5. Serve & Enjoy!**
- 6.



Macros

- Calories 600/serving
- Protein 56g
- Carbs 70g
- Fat 12g

Steak Salad w/ Dill Yogurt Dressing

PREP TIME: 10 MIN

COOKING TIME: 25 MIN

SERVES: 1

Ingredients

8 oz sirloin steak
1 tbsp olive oil
2 cups romaine lettuce, chopped
1/2 cup fresh blueberries
1/2 cup baby carrots
1 hard-boiled egg, halved
1/2 cucumber, thinly sliced
1/2 cup plain Greek yogurt
1 tbsp fresh dill, finely chopped
Juice of 1/2 lemon
1 tsp olive oil
1 tsp honey
1 clove garlic, minced
Salt and pepper to taste

Directions

- 1. Prepare the Steak:** Season the sirloin steak with salt and pepper on both sides. Heat a grill or grill pan over medium-high heat and brush with olive oil. Grill the steak for 3-4 minutes per side for medium-rare, or cook to your desired doneness. Remove the steak from the grill and let it rest for 5-7 minutes before slicing thinly against the grain.
- 2. Make the Dill Yogurt Dressing:** In a small bowl, whisk together the Greek yogurt, dill, lemon juice, olive oil, honey, minced garlic, salt, and pepper until smooth. Adjust seasoning to taste.
- 3. Assemble the Salad:** Add the chopped romaine lettuce into bowl. Top salad with fresh blueberries, baby carrots, sliced cucumber, and slices of hard-boiled egg. Arrange the grilled steak slices on top of the salad. Drizzle the dill yogurt dressing over the salad or serve it on the side.
- 4. Serve**



Macros

- Calories 498/serving
- Protein 61g
- Carbs 15g
- Fat 25g

Mango Yogurt Bowl

PREP TIME: 10 MIN

COOKING TIME: 5 MIN

SERVES: 1

Ingredients

- 1 1/4 cup (8 oz) plain Greek yogurt (non-fat or 2%)
- 1/3 cup cooked oatmeal (plain, unsweetened)
- 1/4 cup fresh mango, chopped
- 1/4 cup fresh blueberries
- 12 whole almonds, roughly chopped
- 1 teaspoon honey or maple syrup (optional, for sweetness)

Directions

- Prepare the Base:** Spoon the Greek yogurt into a bowl and spread it evenly.
- Add the Oatmeal:** Scoop the cooked oatmeal on top of the yogurt. Spread it evenly or leave it in a mound.
- Add the Berries:** Arrange the sliced strawberries and blueberries over the yogurt.
- Top with Almonds:** Sprinkle the chopped almonds evenly across the bowl for crunch and healthy fats.
- Sweeten (Optional):** Drizzle honey or maple syrup over the top if desired for added sweetness.
- Serve:**



Macros

- Calories 460/serving
- Protein 28g
- Carbs 64g
- Fat 14g

Green Protein Smoothie

PREP TIME: 10 MIN

COOKING TIME: 5 MIN

SERVES: 1

Ingredients

- 1 cup fresh spinach
- ½ cup cucumber, chopped
- 1 banana (frozen for creaminess)
- ½ cup Greek yogurt (plain, unsweetened)
- 1 scoop French Vanilla
- Transparent Labs whey protein
- ½ cup almond mil
- 3 ice cubes

Directions

1. **Prepare for blending:** Add all ingredients to a blender.
2. **Blend:** On high speed until smooth and creamy.
3. **Serve:** Pour into glass.



Macros

- Calories 350/serving
- Protein 35g
- Carbs 40g
- Fat 5g

Korean Style Chili Beef Bowl

PREP TIME: 15 MIN

COOKING TIME: 20 MIN

SERVES: 2

Ingredients

- 1 cup cooked jasmine rice
- ½ lb (10 oz) lean ground beef (90/10 or leaner)
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup kale, chopped
- 1 tbsp gochujang
- 1 tbsp soy sauce
- 1 tsp white wine vinegar
- 1 tsp crispy chili oil
- ½ tbsp olive oil
- ½ tsp sesame oil
- ½ cucumber, thinly sliced (
- 1.4 cup cashews (optional, for garnish)

Directions

- Cook the Beef:** Heat olive oil in a large pan over medium heat. Add the diced onion and cook for 2-3 minutes until softened. Stir in the minced garlic and cook for another 30 seconds until fragrant. Add the ground beef, breaking it apart with a spatula. Cook until browned and fully cooked through, about 5-7 minutes.
- Season & Add Kale:** Stir in the gochujang, soy sauce, white wine vinegar, and crispy chili oil. Mix well until the beef is evenly coated. Add the chopped kale and cook for another 2-3 minutes until wilted. If using, drizzle with sesame oil for added flavor.
- Assemble the Bowl:** Place cooked rice in a bowl. Top with the spicy beef and kale mixture.
- Garnish & Serve:** Arrange thinly sliced cucumber on the side. Sprinkle cashews on top for extra crunch.
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Macros

- Calories 500/serving
- Protein 45g
- Carbs 45g
- Fat 22g

Peanut Butter Protein Pancakes

PREP TIME: 10 MIN

COOKING TIME: 10 MIN

SERVES: 3

Ingredients

- 1 ½ cup flour
- ¼ cup oat flour
- 2 tablespoon sugar
- 1 ½ tablespoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 scoop (30g) Transparent Labs peanut butter whey protein
- 2 tablespoons PB2
- 1 ½ cup unsweetened almond milk
- ½ cup cottage cheese
- ½ cup applesauce
- 2 tablespoon neutral oil

Directions

- Mix Dry Ingredients:** In a large bowl, whisk together the all-purpose flour, oat flour, sugar, baking powder, baking soda, salt, whey protein, and PB2.
- Blend Wet Ingredients:** In another large bowl, combine the almond milk, cottage cheese, applesauce, and oil. Use an immersion blender to smooth the mixture.
- Combine Wet & Dry:** Gradually add the dry ingredients to the wet ingredients, folding gently until just combined. The batter will be slightly thick but should still be pourable. If needed, add more almond milk to adjust consistency.
- Cook Pancakes:** Heat a griddle or non-stick skillet over medium heat. Lightly grease if necessary. Pour the batter in ¼-cup portions onto the griddle. Cook until the edges appear set and bubbles form on the surface, about 1-2 minutes. Flip and cook for another 1-2 minutes until golden brown and cooked through.
- Serve:** Enjoy warm and top with fresh fruit, Greek yogurt, or a drizzle of honey.
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Macros

- Calories 650/serving
- Protein 39g
- Carbs 76g
- Fat: 22g