



# MEALS & RECIPES

## SNACK RECIPES

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# Greek Yogurt Tuna Salad Rollups

## Ingredients

- 6 ounces Greek Yogurt
- ½ can tuna packed in water
- 2 ribs celery
- 2 tablespoon chopped onion
- Lettuce leaves for serving

## Directions

1. In a small bowl, combine the yogurt with the tuna, celery and onion. Season with salt and pepper to taste.
2. To serve, spoon the tuna salad mixture into a lettuce leaf and roll up.



**1** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 30 g  
**Fat:** 2 g  
**Carbohydrates:** 7 g

**Calories: 160**



# Chocolate Chip "Cheesecake"

## Ingredients

- ½ cup low fat ricotta cheese
- 2 tablespoons vanilla protein powder (1/2 scoop)
- 1 tablespoons chocolate chips
- ½ teaspoon vanilla extract

## Directions

1. Combine all the ingredients in a small bowl. Eat with a spoon, and savor the cheesecake like flavor!



**1** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 26 g  
**Fat:** 11 g  
**Carbohydrates:** 17 g

**Calories: 245**





# COTTAGE CHEESE WITH HONEY AND WALNUTS





# Cottage Cheese with Honey and Walnuts

## Ingredients

- 1 cup cottage cheese
- 1 teaspoon honey
- 2 tablespoons chopped and toasted walnuts

## Directions

1. Drizzle the cottage cheese with the honey and the walnuts. Grab a spoon and enjoy!



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 35 g  
Fat: 13 g  
Carbohydrates: 15 g

**Calories: 321**



# High Protein Combo

## Ingredients

- 1 hardboiled egg
- 10 raw almonds
- ½ cup cottage cheese

## Directions

1. Top the cottage cheese with the almonds if desired, peel the egg, and serve.



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 26 g  
Fat: 13 g  
Carbohydrates: 7 g

**Calories: 245**



# Vegetarian Chili

## Ingredients

- 4 large eggs
- 16 ounces tofu, burger mix
- 1 large onion diced
- 1 cup chopped sweet bell green pepper
- ½ cup sliced carrots
- 3 garlic cloves
- 16 ounces crushed canned tomato
- 16 ounces tomato sauce
- 16 ounces canned kidney beans
- 2 tablespoons chili powder
- ¾ teaspoon cumin seed
- ½ teaspoon cayenne pepper

## Directions

1. Make four burgers from a package of burger mix tofu. Cook the burgers according to the package's instructions.
2. Chop the onions, green peppers and garlic.
3. Combine the rest of the ingredients into one large pot.
4. Crumble the burgers with your fingers, and add them to the chili sauce in the pot.
5. Simmer for half an hour and serve.



**4** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 28 g  
**Fat:** 14 g  
**Carbohydrates:** 22 g

**Calories: 332**





# Strawberries and Coconut Quinoa

## Ingredients

- 1 cup quinoa
- 2 cups water
- 1 can light coconut milk
- ¼ teaspoon salt
- 2 tablespoons honey or to taste
- 1 cup sliced strawberries

## Directions

1. Combine the quinoa with water in a pot, cover and cook over medium-low heat until cooked through, about 30 minutes.
2. Combine coconut milk, salt, and honey in a pan over medium-low heat and simmer, stirring, for 5 minutes.
3. Divide the coconut milk mixture in two. Pour one half of the mixture over the cooked rice.
4. Divide the quinoa into servings, spooning the rest of the coconut milk mixture over them. Garnish with sliced strawberries.



**1** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 11 g  
**Fat:** 9 g  
**Carbohydrates:** 60 g

**Calories: 367**



## POWER PARFAIT





# Power Parfait

## Ingredients

- 2 - 6 oz containers Green Yogurt
- ¼ c whole grain granola
- ½ c raspberries
- ½ c strawberries

## Directions

1. Mix together ingredients in a bowl and serve.
2. Serve cold.



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 41 g  
Fat: 8 g  
Carbohydrates: 44 g

**Calories: 410**



# Mass Building Meal

## Ingredients

- 2 scoops chocolate whey protein
- $\frac{3}{4}$  cup oats
- 1 tablespoon peanut butter
- 2 cups low fat milk
- A few ice cubes

## Directions

1. Mix all the ingredients in a blender and drink up.



**1** Servings



## Nutritional Analysis (Per Serving)

Protein:	70 g
Fat:	21 g
Carbohydrates:	70 g

**Calories: 740**



# Devilled Eggs on Toast

## Ingredients

- 1 teaspoon Dijon mustard
- 6 large hard-boiled eggs
- ½ teaspoon cayenne pepper
- 1 ½ tablespoons olive oil
- 1 tablespoon minced chives
- 6 pieces flaxseed toast

## Directions

1. Shell eggs and cut in half lengthwise.
2. Remove the yolks and mash them in a mixing bowl. Add olive oil, mustard, and cayenne. Mix well. Season with salt and pepper.
3. Spoon the mixture back into the egg whites and sprinkle with chives. Serve chilled on toast.



**6** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 8 g  
**Fat:** 8 g  
**Carbohydrates:** 10 g

**Calories: 142**





# Cinnamon Apple Oatmeal

## Ingredients

- 1 cup oatmeal
- 1 ½ cups water
- 1 cup 2% milk
- 1 teaspoon salt
- 1 apple, cored and sliced
- 1 pinch ground cinnamon
- ¼ cup crushed almonds

## Directions

1. In a saucepan, combine the oats, water, milk, salt, and cinnamon. Bring to a boil, then reduce heat to low, and simmer until the liquid has been absorbed, stirring frequently. Add apples and crushed almonds, stir to combine, and serve.



**2** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 11 g  
**Fat:** 9 g  
**Carbohydrates:** 43 g

**Calories: 289**



# Almond Butter Apples

## Ingredients

- 1 large apple, sliced
- 2 tablespoons almond butter
- Handful Raisins (optional)

## Directions

1. Spread almond butter on apple slices. Top with raisins/dates (optional). Serve immediately.



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 6 g  
Fat: 15 g  
Carbohydrates: 24 g

**Calories: 255**