



IGNITE

6 WEEK TOTAL BODY
TRANSFORMATION
CHALLENGE

The
Recipes



INTRODUCTION

MOTIVATION

Motivation without strategy is what causes frustration when dieting. In our Recipe book you'll find it easy and simple to follow – as well as prepare.

Remember – done > perfect.

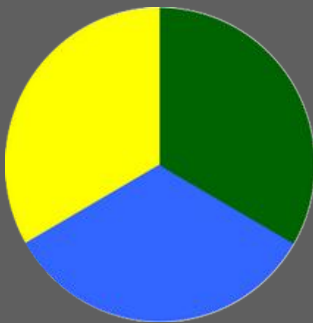
PREPARATION

Nobody succeeds on accident and preparation is key to winning. Forgetting to prepare your meals or cook is no longer an excuse when you have all of the tools you need right here.

ACCOUNTABILITY

Post your meals once a week on the private FB page – preferably after you meal prep for the week or upcoming days.

CODE



BLUE = PROTEIN
ORANGE = CARBOHYDRATE
YELLOW = FAT
GREEN = VEGGIE



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SWEET EGG SCRAMBLE



INGREDIENTS

- 3 egg whites
- 1/2 scoop vanilla protein
- 2/3 cup frozen berries
- 2 stevia packets
- ¼ tsp vanilla extract
- Dash of cinnamon

DIRECTIONS

Grease skillet with pam and bring to medium heat

Whisk egg whites, protein, and extras together in bowl then pour onto skillet

Once eggs are about halfway cooked, add the berries to the skillet and continue to cook (scrambling thoroughly) until eggs are fully cooked

Top with cinnamon or Walden Farms Pancake Syrup & your choice of a veggie side



EGG WHITE OMELET



INGREDIENTS

- 1 ¼ cup egg whites
- Handful of spinach (tear into pieces)
- 2/3 cup raw chopped sweet potato
- pico de gallo (to taste)
- dash cinnamon
- 2 stevia packets

DIRECTIONS

Place sweet potato in microwavable bowl, and poke Holes in slices with fork, proceed to spray with pam and place in microwave under 'potato' setting (count = 1 potato) Bring skillet greased with pam to medium heat and Sautee spinach sprayed with pam as well once spinach cooked - add the egg whites a top Flip about halfway through and continue to heat until cooked through Remove from heat and top with pico de gallo Top your sweet potato fries with cinnamon & 2 stevia packets



SAVORY TURKEY BAKE



INGREDIENTS

- 3oz cooked ground turkey
- 3 egg whites
- 1 cup finely chopped cauliflower /broccoli
 - ½ cup oats
- garlic salt

DIRECTIONS

Combine ALL ingredients in medium mixing bowl and whisk using a single serving size oven friendly dish (or two muffin tins) pour the mixture in and place in oven preheated to 350 Bake for 8-10 minutes, remove and serve with your choice of hot sauce or seasoning



BLUEBERRY

OVERNIGHT OATS

INGREDIENTS

- 1 ½ cup FF Greek Yogurt
- ¼ cup oats
- ¼ cup berries
- 1 tsp vanilla extract
- 2 stevia packets

DIRECTIONS

Mix Greek Yogurt with vanilla and stevia in one bowl In separate bowl, microwave oats with water until cooked In overnight jar, put oatmeal at the bottom, then add your frozen berries & finally top with your greek yogurt. Served with one side veggie



GUILT FREE FRENCH TOAST

INGREDIENTS

- 2-3 slices Ezeikiel Bread
- 1.25 cup egg whites
- 1 tsp vanilla
 - Dash of cinnamon
- Dash salt

DIRECTIONS

Lightly toast bread in toaster oven Mix egg whites with vanilla, cinnamon & salt in large shallow bowl. Soak bread slices in egg mixture, once soaked place on skillet at medium heat greased with pam Flip toast until eggs thoroughly cooked and remove from heat. Top with Walden Farms Pancake Syrup



EGG WHITE MCMUFFINS



INGREDIENTS

- 1.25 cup egg whites
- 1 leafy veggie & 1 solid veggie of your choice (cooked prior)
- ½ cup oatmeal
- 1 tsp baking powder
- dash of salt

DIRECTIONS

Preheat oven to 350 Mix ALL ingredients in single bowl, and then portion evenly into 2-3 muffin tins. Bake for 10-12 minutes until cooked through center
Remove from oven and top with sauce of choice



SAVORY BREAKFAST OATS



INGREDIENTS

- ½ cup oatmeal
- 6oz ground turkey
- 1 handful spinach
- ¼ cup water
- Balsamic vinegar
- Garlic salt to taste

DIRECTIONS

Grease skillet with pam and bring to low-medium heat – add ground turkey Once turkey is about ½ way cooked, drizzle balsamic vinegar atop and then add oats and water Continue to cook until turkey is done and mixture becomes thick and sticks together before you add the spinach and drizzle balsamic vinegar again Remove from heat after spinach shrivels and then top with garlic salt to taste



CAULIFLOWER BREAKFAST PIZZA



INGREDIENTS

- 1 cup of finely diced cauliflower
- 1.25 cup egg whites
- ½ cup ground oats
- ½ small tomato
- oregano and salt to taste

DIRECTIONS

Add about ¼ cup water to cauliflower – use steam-friendly container and cook for about 5 minutes at medium power until soft. Mix cooked cauliflower, ground oats, eggs & oregano/salt in bowl Heat skillet to medium heat, grease with pam, then add egg mixture and bring to medium-low heat, placing lid on top to trap steam Wait about 4-5 minutes then flip mixture and cook until firm. Remove from heat and top with sliced tomato plus seasoning of choice



BLUEBERRY CHEESECAKE BOWL



INGREDIENTS

- 1 cup cottage cheese
- ½ scoop vanilla protein
- 1 ½ cup frozen berries
- 2 stevia packets

DIRECTIONS

Puree cottage cheese with protein powder and stevia in food processor, then add in frozen berries and serve immediately or for a thicker consistency place in freezer for 10-15 minutes



PROTEIN PANCAKES



INGREDIENTS

- ½ cup oatmeal
- ½ cup cottage cheese
- 3 egg whites (2/3 cup)
- 2 packets of stevia
- cinnamon to taste

DIRECTIONS

Grease skillet with pam and bring to medium heat Mix ALL ingredients together in bowl (or puree in food processor) Cook on skillet for about 2 minutes, then flip and leave on heat until firm. Top with Walden Farms Pancake Syrup or Cinnamon and Stevia



THE ULTIMATE

BREAKFAST SANDWICH

INGREDIENTS

- 2-3 slices ezeikiel bread
- 1 cup spinach
- 1 small sliced tomato
- 6 egg whites

DIRECTIONS

Place bread in toaster at desired level Heat skillet to low-medium heat, grease with pam, and sautee spinach in pan with balsamic vinegar until it shrinks, then add your egg whites and cook until firm Put eggs between toast when done and add tomato plus desired sauce (we like siracha on this one)



GARLIC SHRIMP



INGREDIENTS

- 6oz shrimp (tails removed)
- ½ tsp salt
- 2 tbsp minced garlic
- 1 cup cubed tomato
- red wine vinegar
- dried basil
- ½ cup white rice

DIRECTIONS

In medium sized bowl, combine the salt, garlic, tomato, vinegar & basil. Toss the shrimp in the mixture and thoroughly coat. Heat skillet greased with pam to medium heat and pour mixture on skillet. Cook until shrimp is fully colored then remove from heat and lay atop ½ cup of white rice.



TURKEY TACOS



INGREDIENTS

- 6oz lean ground turkey
- 3-4 large pieces of romaine lettuce (taco 'shell')
- ½ cup pico de gallo
- ½ cup wild rice
- ½ tsp garlic powder
- ¼ tsp cayenne pepper
- 1 tsp onion powder
- 1 ½ tsp chili powder

DIRECTIONS

Heat skillet to medium-high heat (greased with pam) and sautee turkey with all of the spices listed above until meat is fully cooked. Once cooked add in the pico de gallo and continue to sautee, until thoroughly mixed. Remove from heat and add to ½ cup of rice. Evenly distribute between your lettuce 'shell's' and top with hot sauce of choice if desired.



CHICKEN VEGGIE STIR-FRY



INGREDIENTS

- 6oz cooked skinless chicken breast
- ½ cup cooked brown rice
- ½ cup snap peas
- ½ cup broccoli
- Bragg's Amino Acid Soy Sauce Alternative
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- Red Pepper flakes to taste

DIRECTIONS

Chop veggies into smaller pieces and sautee in skillet at medium heat in Bragg's AA, garlic powder, onion powder & red pepper flakes. Once thoroughly sautéed (about 3-4 minutes) add 'shredded' chicken (torn apart into thin pieces) and rice to pan. Continue to mix so entire dish is coated in seasoning and sauce blend then remove from heat and enjoy with or without added hot sauce.



GUILT FREE PULLED PORK



INGREDIENTS

- 6oz shredded pork
- ¼ cup balsamic vinegar
- 1 tbsp worshire sauce
- 1 tbsp minced garlic
- 2 packets stevia
- red pepper flakes to taste
- 2/3 cup mashed sweet potato

DIRECTIONS

Heat a skillet sprayed with pam to medium-low heat Combine all ingredients (minus potato) and then pour onto skillet Cover and let simmer for 5-6 minutes Remove from heat and pair with your baked potato Option to top potato with cinnamon/stevia as well



SWEET SUMMER SALAD



INGREDIENTS

- 6 oz cooked skinless chicken breast
- 2/3 cup mixed berries
- 2 cups spinach
- Handful of cherry tomatoes

DIRECTIONS

In a large bowl – toss spinach, tomatoes, and berries before topping with chicken.

Use our Apple Cider Vinegarette for dressing



LOADED BAKED POTATO

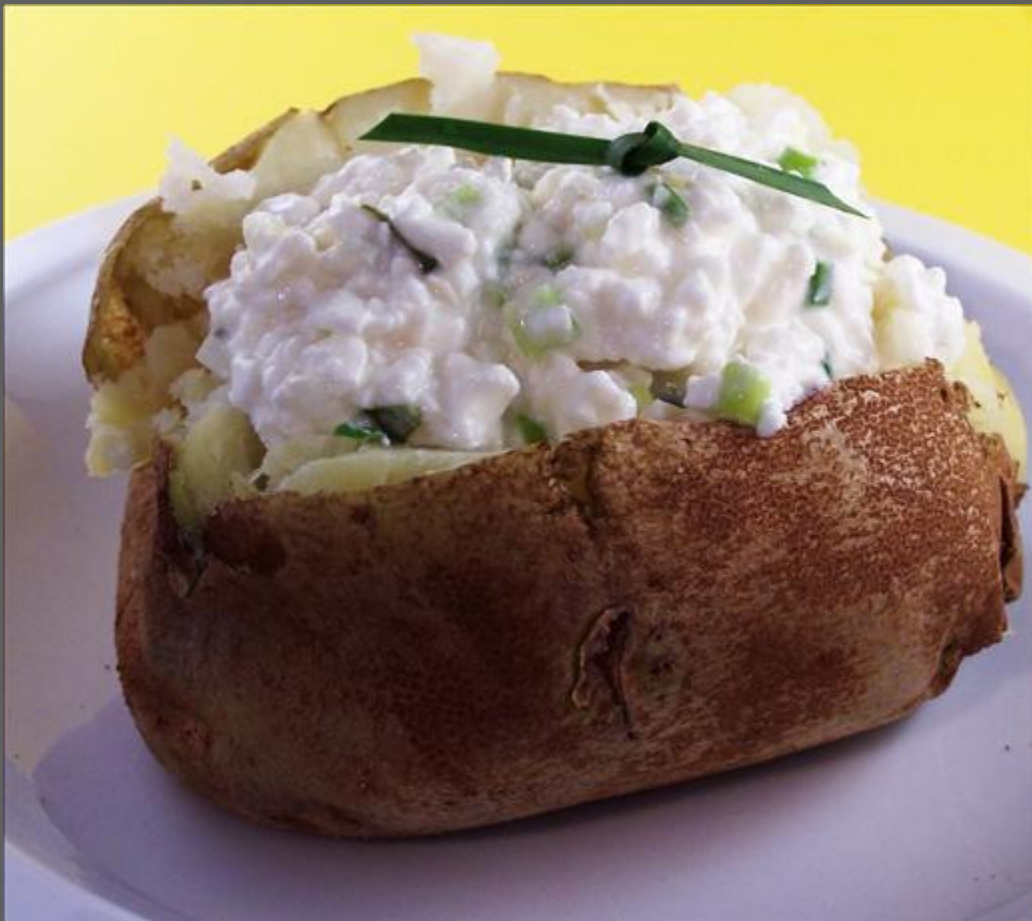


INGREDIENTS

- 1 small baked potato (about 2/3 cup size)
- 6oz nonfat cottage cheese
- ½ cup pico de gallo
- chopped green onion (1/4 cup)

DIRECTIONS

Bake potato in microwave until cooked through (poking holes with fork helps)
Layer on cottage cheese once done, and put under broiler for about 1 minute if you'd prefer the cheese melted. Top with salsa and green onion



GRILLED TUNA BURGER & SALAD



INGREDIENTS

- 1.5 cans tuna
- 1 egg white
- ½ cup dry oats
- ¼ tsp oregano
- ¼ tsp onion & garlic powder
- ½ cup mixed veggies of choice
- 2 cups romaine lettuce
- (choice of our 6WC friendly dressings to top)

DIRECTIONS

Mix together egg white, tuna, oats & spices and form into shape of a burger.

Cook on greased pan (pam) at a medium heat for about 3 minutes per side until finished. Serve with a side salad of lettuce and veggies along with your choice of dressing.



CHICKEN TACOS



INGREDIENTS

- 6oz cooked skinless chicken breast
- 1/2 cup black refried beans
- 1/4 cup chopped green onion
- 1/2 cup pico de gallo
- 4 pieces romaine lettuce
- 1/4 tsp red pepper flakes

DIRECTIONS

Heat beans in a sauce pan on medium-low heat until warm. Proceed to mix in green onion, pico de gallo & red pepper flakes. Remove from heat and evenly distribute into lettuce 'shells'. Slice chicken into thin strips and top into shells as well. Add salt or sauce to your liking.



HEALTHY FRIED RICE



INGREDIENTS

- ½ cup cooked brown rice
 - 3 oz cooked chicken
 - 3 egg whites
 - 1 cup mixed veggies
 - 1 tsp onion powder
 - 1 tsp chili powder
 - Bragg's Soy Sauce
- Alternative

DIRECTIONS

Spray a medium sized skillet with pam, bring to medium heat and add eggs. Continuously scramble eggs and add in rice and veggies Shred chicken and add last along with spices. Sautee entire mixture in Bragg's Soy Sauce

Alternative, remove from heat and serve



QUINOA CHICKEN SALAD



INGREDIENTS

- 6oz cooked skinless chicken breasts
- 1/2 cup cooked quinoa
- 1/2 cup garbanzo beans
- 1 1/2 cup fresh kale
- 1/4 cup chopped red onion

DRESSING

Juice and zest of one lemon 2 Tbsp.
white wine vinegar 1 tsp. ground cumin
Salt and pepper to taste

DIRECTIONS

Toss all ingredients together and top with dressing.



Seared Whitefish with Cous-Cous Cucumber

INGREDIENTS

- 6oz white fish
- 1 cup couscous
- 2 tbsp minced garlic
- 1 cup chopped cucumber
- ½ cup diced red onion
- 2 tbsp fresh lemon juice
- 2 tbsp fresh chopped mint leaves

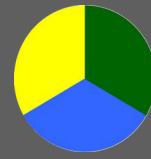
Salad

DIRECTIONS

Add salt and pepper to both sides of white fish and set aside. Reheat quinoa in microwave – then stir in onion, mint, lemon and lastly cucumber. Serve fish on the side with fresh squeezed lemon



THAI BEEF SALAD



INGREDIENTS

- 6 oz lean steak
- 100g baby cos lettuce hearts
- ½ cup mint and coriander
- ½ cup bean sprouts
- ½ cup tomato
- ½ cucumber, sliced
- ½ red onion, thinly sliced
- 1 tbsp fresh Lime Juice
- 1 tsp Bragg's soy sauce alternative
- 1 tsp chilli flakes

DIRECTIONS

Marinate steak in soy sauce, fish sauce & 1 tbsp lime juice. Cook steak for 2-3 minutes per side until cooked to desired texture. Set aside. Place the tomato, bean sprouts, cucumber, onion, chilli, mint, coriander, lime juice in a bowl and mix well. Thinly slice steak across the grain and add atop the vegetable mix.



AVOCADO TUNA SALAD



INGREDIENTS

- ½ avocado
- 1.5 cans tuna
- 1 cup diced tomato
- 1.5 tbsp lime juice
- ½ tsp chili powder
- siracaha chili sauce to taste

DIRECTIONS

Mash avocado and combine with tuna and tomato Once mashed stir in the lime juice and chili powder
Top with siracha



Spicy Thai Shrimp Salad



INGREDIENTS

- 6 oz jumbo shrimp (without tail)
- 1 tablespoons lime juice
- 1 teaspoon fish sauce
- 2 tablespoons coconut oil
- 2 stevia packets
- 1/2 teaspoon crushed red pepper
- 2 handfuls of mixed greens and another veggie of choice

DIRECTIONS

Whisk lime juice, fish sauce, oil, stevia and crushed red pepper in a large bowl. Add shrimp, veggies and fresh herbs if desired. Toss to coat salad



THAI PEANUT CHICKEN



INGREDIENTS

- 6oz skinless chicken breast
- 2 tbsp peanut butter
- 2 tbsp bragg's soy sauce alternative
- 1 tbsp lemon juice
- 1 tbsp rice vinegar
- ¼ tsp cayenne pepper
- 1 cup mixed veggies of choice

DIRECTIONS

In a bowl, combine your peanut butter (slightly microwaved), Bragg's soy sauce, 1 Tbsp, lemon juice, rice vinegar, cayenne pepper and whisk until thick. Shred chicken, then toss chicken and cup of veggies into peanut sauce, top with salt to taste and serve



CRISPY CHICKEN AND BRUSSEL SPROUTS



INGREDIENTS

- 6oz skinless chicken breast
- 1 cup brussel sprouts (halved)
- 2 tbsp coconut oil
- ¼ tsp garlic powder
- 1 tbsp lemon juice

DIRECTIONS

Preheat oven to 425 degrees Toss brussel sprouts in mixture of ONE tbsp. coconut oil, garlic powder, and salt to taste Heat up a skillet for chicken and turn on medium-high, add the other 1tbsp of coconut oil, and then fry thinly sliced chicken breast in oil. Allow the sides to get crispy, once they are done add in the brussel sprouts and continue to sauté at a medium low heat while adding the lemon juice

