
HIIT BURN®
CARB CYCLING RECIPES

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BREAKFAST

QUICK & EASY EGG CUPS

PREP TIME	COOK TIME	TOTAL TIME
15 mins	25 mins	40 mins

INGREDIENTS



- 12 eggs
- 1 cup (30 grams) fresh spinach, chopped
- A sprinkle of cheddar cheese
- Avocado oil, coconut oil, or ghee to grease pan
- Salt and pepper to taste

INSTRUCTIONS

- Preheat the oven to 350°F. Grease a muffin pan with oil.
- In a large bowl, whisk together eggs, salt and pepper. Stir in spinach and cheese.
- Divide the mixture evenly between the 12 muffin cups and bake for 20 to 25 minutes, or until the eggs are fully cooked.
- Remove from the oven and let cool for 10 minutes. Use a knife to loosen the muffins from the cups and remove.

NOTES

These are great for meal prep! They save well in an airtight container in the refrigerator. These will last for 5-7 days. Feel free add any veggies or meat that you like to the mix! You can also top your egg cup with salsa, avocado or cheese when you are ready to enjoy them!

QUICK & EASY EGG CUPS

DID YOU KNOW:

Eggs are packed with amazing nutrients! Not only are they a great source of protein but they are also rich in omega 3s, vitamin B2, selenium, vitamin D, B6, B12, vitamin K, and minerals such as zinc, iron and copper!

SEE RECIPE HERE: https://youtu.be/bZbjw6GPNfI

UPGRADED AVOCADO TOAST

PREP TIME	COOK TIME	TOTAL TIME
15 mins	15 mins	15 mins

INGREDIENTS



1 large sweet potato
1 egg, over easy
About 1/4 - 1/2 an avocado, sliced
Small handful of microgreens
Salt and pepper to taste

INSTRUCTIONS

Slice sweet potato into 1/4-inch long vertical slices.
Turn toaster all the way up to high and toast sweet potato slices two or three times, depending on how you prefer the consistency. If it isn't fully cooked or slightly browned after three times, you can toast it a fourth time.
Top sweet potato with egg, avocado, micro greens and salt and pepper to taste!

DID YOU KNOW:

Sweet potatoes are one of our go to healthy carbs! They are a great source of many nutrients such as vitamin A, vitamin B5, B6, thiamin, niacin and riboflavin. They are also high in carotenoids which have been said to help with skin and eye health!

SEE RECIPE HERE: https://youtu.be/tB6kVHenT5A

LOW CARB BREAKFAST CASSEROLE

PREP TIME	COOK TIME	TOTAL TIME
15 mins	90 mins	1 hr 45 mins

INGREDIENTS



12 eggs
2 tablespoons olive oil
2 cups chopped bacon
2 cups half and half
2 cups baby spinach, chopped
1½ cup cheddar cheese, grated
Salt and pepper to taste

INSTRUCTIONS

- Grease a 9x13 inch pan.
- In a large bowl, whisk eggs, half and half, season salt, cheese, and chopped bacon.
- Pour into your greased pan. Cover with foil and refrigerate for 2 hours or overnight.
- Preheat oven to 350 degrees. Bake covered in foil at 350 degrees for 90 minutes. Let rest for 10 minutes before serving.

NOTES

This makes a big batch so feel free to store the leftovers in an airtight container in the refrigerator. Leftovers will last for about 5-7 days. This is great for meal prep!

LOW CARB BREAKFAST CASSEROLE

DID YOU KNOW:

Eggs are full of lots of amazing nutrients! Not only are they a great source of protein but they are also rich in omega 3s, vitamin B2, selenium, vitamin D, B6, B12, vitamin K, and minerals such as zinc, iron and copper!

SEE RECIPE HERE: https://youtu.be/lCrlYxKdSjs

YOGURT BOWL

PREP TIME	COOK TIME	TOTAL TIME
15 mins	0 mins	15 mins

INGREDIENTS



1/2 to 1 cup (125-150 grams) of Greek Yogurt
A handful of blueberries
A handful of strawberries
1 tablespoon of any nut butter of your choice
A handful flax seeds
A handful of slivered almonds
A sprinkle of cinnamon

INSTRUCTIONS

- In a bowl, combine yogurt, berries, nut butter, flax seeds, almonds and cinnamon.

DID YOU KNOW:

Did you know it is okay to include some berries on lower carb days? They are fairly low in carbs, therefore okay to include in moderation on those days. This would be a great post workout meal on a lower carb day as it is packed with protein. Adding in healthy carbs from the berries will help to refuel your muscles after training!

SEE RECIPE HERE:



LUNCH & DINNER

THAI CHICKEN SALAD

PREP TIME	COOK TIME	TOTAL TIME
15 mins	25 mins	40 mins

INGREDIENTS



Salad

1/2 Napa cabbage, thinly sliced
1/4 small red cabbage, thinly sliced
2 medium carrots, grated
3 green onions, thinly sliced
1/4 cup (15 grams) finely chopped cilantro
3 ounces cooked (85 grams), shredded chicken breast
3 tablespoons slivered almonds
1/2 an avocado
Salt and pepper to taste

Dressing

- 1 lime, juiced
- 3 tablespoons natural peanut butter
- 3 tablespoons coconut aminos or Braggs liquid aminos
- 2 teaspoons honey

INSTRUCTIONS

- In a large bowl, combine Napa cabbage, red cabbage, carrots, green onion, cilantro and chicken breast.
- In a small bowl, combine lime juice, peanut butter, liquid aminos and honey.
- Whisk until smooth.
- Toss all ingredients in bowl with the dressing.
- Garnish with almonds and avocado.

THAI CHICKEN SALAD

NOTES

This makes a large bowl. If you are planning on saving some for later, be sure to add the avocado and dressing when you are ready to serve so that it stores well.

DID YOU KNOW:

Coconut aminos are soy free and gluten free. They are also packed with minerals, vitamin C, and B vitamins. They are high in amino acids, containing 17 different types and, amino acids are the building blocks of protein, and are essential to our health and nutrition.

SEE RECIPE HERE: https://youtu.be/vnIJSXZl8mg

"UPGRADED" BLT ON SWEET POTATO TOAST

PREP TIME	COOK TIME	TOTAL TIME
10 mins	5 mins	15 mins

INGREDIENTS



- 1 large sweet potato
- 1 avocado
- 1 strip of bacon, cooked and crumbed
- Sun dried tomatoes
- Arugula
- Salt and pepper to taste

INSTRUCTIONS

Slice sweet potato into 1/4-inch long vertical slices.
Turn toaster all the way up to high and toast sweet potato slices twice. If it isn't fully cooked or slightly browned after two times, you can toast it a third time.
Mash avocado. Add mashed avocado to the top of the toasted sweet potato.
Add a handful of arugula, crumbled bacon and sun dried tomatoes.

NOTES

We are using a thin slice of sweet potato and therefore this can be included on lower carb days. In fact, it is great post workout fuel on those days!

DID YOU KNOW:

One of our go to healthy carbs is the sweet potato! They are a great source of many nutrients such as vitamin A, vitamin B5, B6, thiamin, niacin and riboflavin. They are also high in carotenoids which have been said to help with eye health! Note:

SEE RECIPE HERE: https://youtu.be/moXIGnHohw8

SLOW COOKER BEEF STEW

PREP TIME	COOK TIME	TOTAL TIME
10 mins	6-10 hrs	10 hrs

INGREDIENTS



1 pound beef stew cubes
5 large carrots, chopped
5 celery stalks, chopped
1 yellow onion, diced
4 red potatoes, cubed
1 ½ cups (240 grams) of beef broth
2 tablespoons onion powder

- 2 tablespoons garlic powder
- 1 tablespoons paprika
- 2 bay leaves
- Sea salt and pepper to taste

INSTRUCTIONS

Chop carrots, celery, and red potatoes.
Add all ingredients to slow cooker, top with bay leaves.
Cook on low for 6-10 hours.

NOTES

This makes a big batch and is great for meal prep!

DID YOU KNOW:

Beef is great to include in your diet from time to time because it is high in nutrients such as zinc, iron, protein and B vitamins!

SEE RECIPE HERE: https://youtu.be/nnbSwFHnf1w

HEARTY WEDGE SALAD

PREP TIME	COOK TIME	TOTAL TIME
20 mins	10 mins	30 mins

INGREDIENTS



1 head of red cabbage (cut into quarters)
1 cup bacon, diced
2 cups (500 grams) Greek Yogurt
1 tablespoon cayenne
1 tablespoon black pepper, cracked
1 tablespoon smoked paprika
1 lemon (juice and zest)
1/4 cup apple cider vinegar

- 2 oz blue cheese (preferably cabrales)
- 1 handful cherry tomatoes, halved
- 1/2 red onion, minced
- 1/4 cup (35 grams) fried garlic

INSTRUCTIONS

In heavy bottomed pot, over medium high heat render bacon until cooked through and crispy. Transfer to paper towel.
In mixing bowl, mix Greek yogurt with apple cider vinegar, spices and 90% of the blue cheese to create dressing.
On a plate, place each wedge of cabbage, drizzle dressing over wedge. Garnish with rendered bacon, tomatoes, onions and remaining blue cheese. Sprinkle fried garlic over each salad and enjoy.

HEARTY WEDGE SALAD

NOTES

This recipe is brought to your by our guest chef, **Eric Gitenstein**! Chef Eric owns the food cart MF Tasty in Portland, Oregon and created this low carb recipe just for us.

DID YOU KNOW:

Red cabbage is full of vitamin C which helps with your immune system! It is also said to help inflammation, arthritis and maintain healthy bones.

SEE RECIPE HERE: https://youtu.be/7YkmHRlbo94


LOW
CARB
SNACKS

SALMON AVOCADO RICE CAKE

PREP TIME	COOK TIME	TOTAL TIME
5 mins	0 mins	5 mins

INGREDIENTS



1 Rice cake
1/2 an avocado
About 2 ounces of cooked salmon
Sea salt and pepper to taste

INSTRUCTIONS

Spread avocado onto rice cake.
Shred salmon into small pieces and add to top of rice cake.
Sprinkle with salt and pepper.

DID YOU KNOW:

Avocados are full of healthy fats and therefore great to enjoy on low carb days! They are also packed with great nutrients such as potassium, vitamin K and folate. Avocados are high in fiber and have even been shown to help with skin and hair health.

SEE RECIPE HERE: https://youtu.be/tBpfXc4zYIE

PIZZA BITES

PREP TIME	COOK TIME	TOTAL TIME
15 mins	25 mins	40 mins

INGREDIENTS



1 large eggplant, cut into 1/4 inch slices
Salt and pepper to taste
3 cloves garlic, minced
2 tablespoons olive oil
3 tablespoons basil
1/4 cup (40 grams) mini pepperoni pieces (optional)
1 cup (225 grams) marinara sauce
1 cup (50 grams) mozzarella, shredded
1/2 cup (50 grams) parmesan cheese

INSTRUCTIONS

Sprinkle eggplant with the salt, let sit on paper towels for 10-15 minutes and wipe dry.
Preheat oven to 400F.
Combine garlic, olive oil, basil, sea salt and pepper. Brush mixture onto both sides of the eggplant slices and bake for 15 minutes.

PIZZA BITES

Remove eggplant from oven and flip slices. Top each slice with a tablespoon of marinara sauce, pepperoni (optional), mozzarella and a sprinkle of cheese.
Return to oven and bake for another 10 minutes or until cheese is fully melted.

DID YOU KNOW:

Eggplants are nutrient dense and full of great vitamins and minerals like vitamin C, vitamin K, vitamin B6, thiamin, niacin, magnesium, phosphorous, copper, dietary fiber, folic acid, potassium, and manganese! They have been known to improve digestion, aid in weight management and even reduce the risk of anemia.

SEE RECIPE HERE: https://youtu.be/SDJrRSoydPE


LOW
CARB
SWEET TREATS

CINNAMON COOKIES

PREP TIME	COOK TIME	TOTAL TIME
15 mins	25 mins	40 mins

INGREDIENTS



2 cups (200 grams) almond meal/flour
1/2 cup (175 grams) ghee (melted)
1 egg
1 teaspoons vanilla extract
1 teaspoons ground cinnamon
2 teaspoons honey

INSTRUCTIONS

Preheat oven to 300 degrees. Add all ingredients to a mixing bowl and mix well until combined.
Roll about 1 tablespoon of mixture into balls and place on a greased cookie sheet, press dough down with a fork.
Return to oven and cook for 25 minutes.

DID YOU KNOW:

We love cooking with ghee! Ghee is made from grass-fed cows and is suitable for those with casein and lactose sensitivities. It has a high smoke point and it is rich in vitamins A, D and E!

SEE RECIPE HERE: https://youtu.be/4Yu6vD6Q5Z0

CHOCOLATE PEANUT BUTTER FUDGE

PREP TIME	COOK TIME	TOTAL TIME
20 mins	0 mins	20 mins

INGREDIENTS



5 tablespoon coconut oil
1/4 cup (65 grams) natural creamy peanut butter
2 tablespoons cacoa powder
1/4 cup (25 grams) powder
2 teaspoons maple syrup (optional)

INSTRUCTIONS

Combine coconut oil and peanut butter in a microwave-safe bowl and microwave about 15- 20 seconds, until coconut oil and peanut butter melt.
Stir cacoa powder into coconut oil mixture. Add protein powder and stir to combine. Add maple syrup for additional.
Quickly pour mixture into a mini muffin tin, filling cups about a third of the way to the top.
Freeze until fudge hardens.
Remove from muffin tin and enjoy! Store remaining fudge in the freezer or refrigerator.

NOTES

These are great for snacks, a quick energy boost, or curbing dessert cravings. For best results, store the bars in an airtight container in the refrigerator for up to 1 week.

CHOCOLATE PEANUT BUTTER FUDGE

DID YOU KNOW:

Protein powder is a great way to get additional protein to your diet! Protein can help to develop lean muscle, encourage fat loss, increase satiety, deliver essential nutrients and even improve metabolic activity!

When choosing a protein powder, we recommend avoiding ones that have added preservatives and sugars as these will be hard for your bodies to digest.

SEE RECIPE HERE: https://youtu.be/8mRL-P2P_eE



BREAKFAST

CHOCOLATE BANANA PROTIEN PANCAKES

PREP TIME	COOK TIME	TOTAL TIME
10 mins	15 mins	25 mins

INGREDIENTS



1 Banana
2 Eggs
1/8 tablespoon baking powder
2 tablespoons chocolate protein powder
Honey and Berries to add after cooking (optional)

INSTRUCTIONS

Mash the banana well.
Add the eggs, baking powder, and protein powder into a bowl and whisk until well combined.
Heat skillet on stove and coat with coconut oil. Add 2-3 tablespoons of the pancake mixture
Let the pancakes cook for 25-30 seconds before flipping and letting the other side cook for the same amount of time.
Remove to a plate and serve with fruit, and honey, or whatever else you'd like!
Enjoy these on a higher carb day!

CHOCOLATE BANANA PROTIEN PANCAKES

DID YOU KNOW:

Eggs are a great source of protein and nutrients! They are loaded with vitamin and minerals such as B2, selenium, vitamin D, B6, B12, vitamin D and minerals such as zinc, iron and copper!

SEE RECIPE HERE: https://youtu.be/Sth_jPvDycQ

CHOCOLATE CRANBERRY PROTEIN PANCAKES

PREP TIME	COOK TIME	TOTAL TIME
10 mins	15 mins	25 mins

INGREDIENTS



- 4 eggs
- 2 bananas
- 3/4 cup (75 grams) oats
- 1/4 cup (25 grams) chocolate protein powder
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon ground cinnamon
- A handful of dried cranberries
- Honey to drizzle on top (if desired)

INSTRUCTIONS

- Blend eggs, bananas and oats together, until bananas are fully mashed. Add protein powder, cocoa powder, and cinnamon and blend again on low for additional 30-45 seconds until well combined.
- Drop about 1/4 cup of mixture onto pre-heated skillet and cook until bubbles begin to form and edges are setting. Flip and cook through, about additional 2 minutes.
- Top with a drizzle of honey, dried cranberries and a sprinkle of cocoa powder. Serve immediately.

DID YOU KNOW:

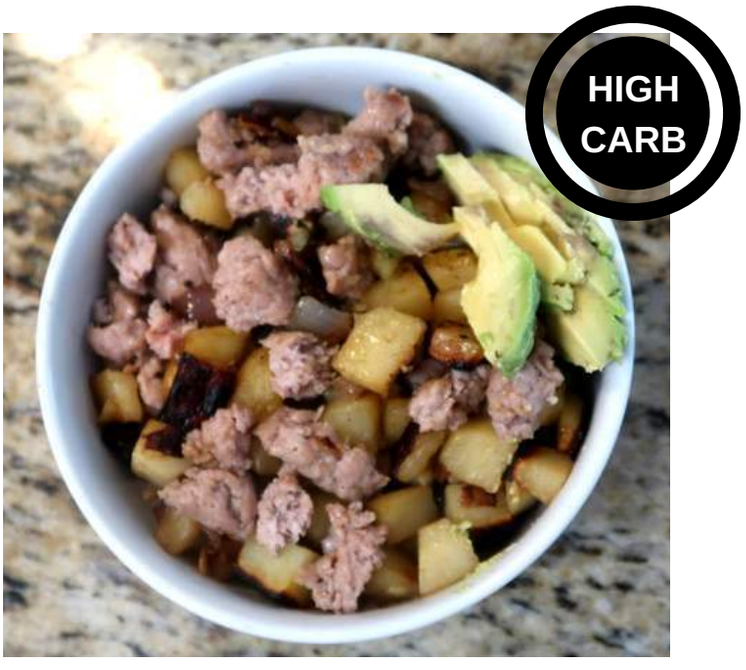
There are lots of protein powders that are good options, but our favorite is Organifi. The company uses very minimal ingredients and it's all organic, which is really great. You can see more about that product at: http://hiitburn.com/organifipro Another great option is Naked Whey. You can look into it more at: https://nkdnutrition.com. We can get you a 10% discount by using the coupon code: HIIT10

SEE RECIPE HERE: https://youtu.be/ywgok7Yj9is

SWEET POTATO HASH

PREP TIME	COOK TIME	TOTAL TIME
10 mins	15 mins	25 mins

INGREDIENTS



1 pound Sausage
2 tablespoons of olive oil
1 red onion, diced
2 sweet potatoes, peeled and diced
1/2 teaspoon of garlic powder
1 avocado
Salt and pepper to taste

INSTRUCTIONS

In a large skillet, brown breakfast sausage. Once sausage is browned, set aside.
Add olive oil to skillet and sauté onions. Cook over medium heat until they start to soften. Increase heat to high and add sweet potatoes to skillet.
Drizzle sweet potatoes with additional olive oil, to lightly coat them, and season with salt and pepper to taste and garlic powder. Stir often, until sweet potatoes are crispy on the outside and tender on the inside, about fifteen minutes.
Once potatoes are cooked, add in sausage. Stir well. Sprinkle with salt and pepper, add avocado to top and serve!

DID YOU KNOW:

Sweet potatoes are one of the best carb you can eat and should be eating them at least a few times per week. They are packed with tons of vitamins, antioxidants, anti-inflammatory nutrients, and more!

SEE RECIPE HERE: https://youtu.be/EKXBIwqaIWA

SWEET POTATO EGG CUPS

PREP TIME	COOK TIME	TOTAL TIME
15 mins	30 mins	45 mins

INGREDIENTS



4 medium sweet potatoes
1/2 teaspoon of pink Himalayan sea salt
1/2 teaspoon of garlic salt
Pepper to taste
Sprinkle of cheese

INSTRUCTIONS

Preheat oven to 400 degrees.
Peel sweet potatoes, then slice into 1/2 inch thick discs.
Place sweet potatoes on a foil-lined baking sheet and bake at 400 degrees for 20 minutes.
After sweet potatoes are fully baked, scoop into a bowl and mash.
Add in spices and cheese and mix
Scoop a tablespoon of sweet potato mixture into individual muffin tins
Crack one egg into each muffin tin
Bake for 12-15 minutes (bake for 12-minutes if you like the egg more running)r

DID YOU KNOW:

We love starting our day with a high protein breakfast and eggs are a great way to do that! Eggs are also full of great nutrients like vitamin B2, vitamin K, selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper.

SEE RECIPE HERE: https://youtu.be/2d2yxamUcUw


HIGH
CARB
LUNCH&DINNER

QUINOA CHICKEN BURRITO BOWL

PREP TIME	COOK TIME	TOTAL TIME
15 mins	15 mins	30 mins

INGREDIENTS



1 cup (180 grams) Quinoa
2 grilled boneless, skinless chicken breasts, cooked and cut into pieces
1 (14-ounce) can black beans, rinsed and drained
1/2 cup (75 grams) fresh or frozen corn (thawed if frozen)
2 tomatoes, diced
1 small red onion, diced
1 jalapeño, seeded and diced

- 2 handfuls chopped fresh cilantro, plus additional for serving
- 14 tablespoons freshly squeezed lime juice, plus additional for serving
- 1 teaspoon ground chili powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper (use less or omit if sensitive to spice)
- 1/4 teaspoon black pepper
- 1/2 cup (125 grams) Siggis greek yogurt (unsweetened)
- 4 tablespoons salsa

INSTRUCTIONS

Bring 2 cups water to a boil and add the quinoa. Return to a boil, cover, and reduce the heat to medium. Let simmer until the liquid is absorbed, about 12 minutes. Remove from the heat, fluff with a fork, then re-cover and let sit for 15 minutes. Transfer to a large serving bowl.

QUINOA CHICKEN BURRITO BOWL

- To make the dressing, in a small bowl mix greek yogurt, lime juice, chili powder, cayenne pepper, black pepper and cilantro. Mix with the warm quinoa, then toss to combine.
- Stir in the prepared chicken, black beans, corn, tomatoes and red onion. Top with salsa and more cilantro. Serve warm with any desired topping.

DID YOU KNOW:

Quinoa is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids making it a complete protein! It is a great way for vegetarians to get additional protein in their diets. It is also high in fiber, magnesium, B-vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.

SEE RECIPE HERE: https://www.youtube.com/watch?v=UeZ9C26m5bI

SLOW COOKER BURRITO BOWL

PREP TIME	COOK TIME	TOTAL TIME
15 mins	3 hours	3 hrs and 45 mins

INGREDIENTS



- 1 pound boneless skinless chicken breasts
- 1 14.5-ounce can diced tomatoes
- 8 ounces chicken stock
- 1 tsp chili powder
- 1 tsp cumin
- 1 cup brown rice
- 1 15-ounce can black beans, drained and rinsed
- Salt to taste

Toppings:
• Chopped cilantro
• Unsweetened greek yogurt
• Salsa
• Diced green onions

INSTRUCTIONS

- Add chicken breast, beans, diced tomatoes, chicken stock, chili powder, salt, and cumin into the slow cooker. Cover and cook on low for 3 hours.
- Then add the rice into the slow cooker. Cover and continue cooking on low for another 3 hours. Stir occasionally. Once cooking time is done, shred the chicken and mix all ingredients well. Add to bowls and top with your favorite toppings!

NOTES:

This will make a big batch and it is great for meal prep!

SLOW COOKER BURRITO BOWL

DID YOU KNOW:

Brown Rice is rich in selenium, magnesium and antioxidants! It is also higher in fiber and therefore it takes longer to digest, so you are “full longer” which can help with weight management.

SEE RECIPE HERE: https://youtu.be/MHfIBYTWBKc

VEGETARIAN FALL QUINOA & BRUSSEL SPROUT DISH

PREP TIME	COOK TIME	TOTAL TIME
20 mins	50 mins	1 hr and 10 mins

INGREDIENTS



- 1 pound Brussels sprouts, halved
- 2 tablespoons ghee
- 3 cups (600 grams) acorn squash, cubed
- 2/3 cup (114 grams) dry quinoa
- 1 medium pomegranate, deseeded
- 1 pear, cubed
- 1/2 cup (65 grams) pecans, chopped
- See salt and pepper to taste

INSTRUCTIONS

Preheat oven to 375F.
Place Brussels sprouts on one baking sheet and acorn squash on the other. Drizzel 1 tbsp of ghee over both pans.
Bake for 20 minutes; remove Brussels sprouts and place in a large bowl.
Continue baking squash for 15 more minutes, until tender. Add to the bowl with the Brussels sprouts.
While the vegetables are baking, heat a small saucepan over medium heat; add quinoa. Cook for 1-2 minutes until lightly toasted. Add 1⅓ cups water; turn heat to high. Once boiling, reduce heat, cover and cook for 15 minutes, or until fluffy.
In the large bowl with the vegetables, the add quinoa, pear, pomegranate seeds, and pecans. Add salt and pepper to taste. Toss to combine.

VEGETARIAN FALL QUINOA & BRUSSEL SPROUT DISH

DID YOU KNOW:

Quinoa is known as a super grain. We love including it because it is packed with protein and fiber. Therefore, it is a great way to get a lot of healthy protein in a meal without including meat!

SEE RECIPE HERE: https://youtu.be/uKfe4lZfTco

SWEET POTATO NOODLE STIR FRY

PREP TIME	COOK TIME	TOTAL TIME
15 mins	8 mins	23 mins

INGREDIENTS



2 sweet potatoes, spiralized thin
1 pound white mushrooms, sliced
2 cups broccoli florets
8 ounces spinach
A splash of water
Slivered almonds and sliced green onion, for garnish

- Sauce:
- 1 tablespoon olive oil
- 1 teaspoon garlic
- 1/4 cup Braggs liquid aminos
- 1 tablespoon honey

INSTRUCTIONS

Heat the avocado oil and garlic in a large skillet. Add the sweet potato noodles, broccoli florets and mushrooms and a splash of water, cook until the sweet potato noodles are soft, about 6-8 minutes.
Whisk together the sauce ingredients.
Once sweet potato noodles are cooked, add the spinach and sauce to the noodles. Toss well to coat. Let cook until the spinach is wilted. Garnish with green onion and almond slivers.

DID YOU KNOW:

Sweet potatoes are one of our go-to healthy carbs! They are a great source of many nutrients such as vitamin A, vitamin B5, B6, thiamin, niacin and riboflavin. They are also high in carotenoids which have been said to help with eye health!

SEE RECIPE HERE: https://youtu.be/-pzXR_PlFpE


HIGH
CARB
SNACKS

VERY BERRY COLLAGEN PROTEIN SHAKE

PREP TIME	COOK TIME	TOTAL TIME
5 mins	0 mins	5 mins

INGREDIENTS



2 scoops Vital Proteins Collagen Peptides
1/2 cup (50 grams) of fresh or frozen mixed berries
8 ounces coconut water

INSTRUCTIONS

Add all ingredients to blender and blend on high until desired consistency is reached. Top with a small handful of oats if desired.

DID YOU KNOW:

Adding Collagen into your diet is a great idea! Collagen is a good source of protein and great for muscles and joints. Plus, it is also amazing for your hair, skin and nails! Vital Proteins is our favorite for getting in extra collagen! Get your Collagen Peptides here: **http://tracking.vitalproteins.com/SHu7**

SEE RECIPE HERE: https://youtu.be/wH6J0RYCj3I

BERRY APPLE CINNAMON RICE CAKE

PREP TIME	COOK TIME	TOTAL TIME
5 mins	0 mins	5 mins

INGREDIENTS



1/2 an apple, thinly sliced
1 rice cake with
2 tablespoons of honey
A handful of raspberries
A spinkle of cinnamon

INSTRUCTIONS

Thinly slice ½ an apple
Drizzle rice cake with about 1 to 2 tablespoons of honey
Top with sliced apple, raspberries and cinnamon

DID YOU KNOW:

They have a great crunch which really helps satiate your salty snack cravings and you can make them sweet, savory and anything in-between. Today's version of the Fancy Rice Cake is a great higher carb day treat. The fruit and honey are a great pair to help refuel your muscles and give you great energy.

SEE RECIPE HERE: https://youtu.be/69OypVZn9Fw



SWEET TREATS

COCONUT CHOCOLATE CHIP COOKIES

PREP TIME	COOK TIME	TOTAL TIME
15 mins	15 mins	30 mins

INGREDIENTS



3 tablespoons
unsweetened coconut milk
3/4 teaspoon vanilla
extract
1 teaspoon honey
1/8 teaspoon sea salt
8 ounces almond flour
1/2 cup (50
grams) unsweetened
shredded coconut
1/4 cup (25 grams)
organic chocolate chips

INSTRUCTIONS

Preheat the oven to 350F; line a large baking sheet with parchment paper.
Whisk together the coconut milk, vanilla, honey, and salt in a medium bowl until smooth. Stir in the almond flour and dried coconut. Add chocolate chip and mix.
Cover the dough and chill in the freezer for 5 minutes.
Roll dough into 1 tablespoon-sized balls. Arrange the balls on the prepared baking sheet. Use the palm of your hand to slightly flatten each ball.
Bake until the cookies are a very light golden color on the bottom, about 14 to 16 minutes.
Cool before removing and serving. Enjoy on a higher carb day!

COCONUT CHOCOLATE CHIP COOKIES

DID YOU KNOW:

Coconut supports immune system health as it has anti-viral, anti-bacterial, anti-fungal, and anti-parasite properties. Provides a natural source of quick energy and enhances physical and athletic performance. Improves digestion and absorption of nutrients, vitamins, and minerals. And of course, it is great for your hair, skin and nails!

SEE RECIPE HERE: https://youtu.be/6PDgMbkRiDI

PROTEIN RICH CANTELOUPE BOWL

PREP TIME	COOK TIME	TOTAL TIME
5 mins	0 mins	5 mins

INGREDIENTS



- 1 cantaloupe
- 2 cups (270 grams) plain Greek yogurt (we use Siggis Greek Yogurt)
- 1/2 cup (50 grams) fresh or frozen berries
- 1/2 cup (50 grams) granola
- 2 tablespoons honey
- Cinnamon to taste

INSTRUCTIONS

Cut cantaloupe in half and scoop out all seeds.
Add about 1 cup of yogurt into each cantaloupe half.
Top with berries, granola and honey and cinnamon

DID YOU KNOW:

Honey is a wonderful natural sweetener! We find that adding honey to plain greek yogurt is a great and healthy way to add some sweetness. Honey also has some health benefits and has been shown to help improve your immune system as well as help with allergies!

SEE RECIPE HERE: https://youtu.be/EmQ4oFwa-Cg


MODERATE
CARB
GREAT OPTION
FOR ANY DAY!

APPLE CINNAMON COCONUT WATER

PREP TIME	COOK TIME	TOTAL TIME
5 mins	0 mins	5 mins

INGREDIENTS



Apple cinnamon coconut water

- 8 oounce coconut water

1/2 apple

1/4 tablespoon cinnamon

1 scoop collagen peptides

INSTRUCTIONS

Chop 1/4 of an apple into cubes and place into a glass.
Sprinkle cinnamon and collagen over the apples.
Pour coconut water into a glass.
Stir until cinnamon is mixed and collagen is dissolved.
Optional: add ice!

DID YOU KNOW:

This drink includes yummy apples (lots of vitamins and antioxidants), cinnamon (great for lowering blood sugar), coconut water (super hydrating), and collagen peptides (excellent for hair, skin, nails, and extra protein!).

Get your Collagen Peptides here:
http://bit.ly/HIITBURNcollagenpeptides

SEE RECIPE HERE: https://youtu.be/aJOdx1lafHg