



Simply Spring Macro-Friendly Recipes

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BREAKFASTS

Nutritious Morning Kickstarts

Berry Green Collagen Smoothie



1 servings

Protein 23

Carbs 21

Fat 3

Ingredients:

- ½c Frozen Berry Medley
- ½ Frozen Banana (Medium)
- 1c Spinach (raw)
- 2 Scoops Vital Proteins Collagen Peptides
- ¾c Almond Milk (Unsweetened)
- 0.5c Ice

Directions:

1. Blend together, adjusting almond milk to desired consistency



BREAKFASTS

PB & J Chia Seed Pudding



1 servings

Protein **20**

Carbs **26**

Fat **16**

Ingredients:

- 1 TBSP peanut butter (Smooth)
- 1/3c almond milk (Vanilla, Unsweetened)
- 1/4c Egg Whites (from carton)
- 2 TBSP Chia Seeds
- 2 TBSP Powdered Peanut Butter
- 1/2c Strawberries
- 1tsp Cinnamon

Directions:

1. In a large bowl, whisk together the almond milk, cinnamon, egg whites and powdered PB until well combined.
2. Add chia seeds and mix thoroughly.
3. Add chopped strawberries, shake vigorously.
4. Place in fridge, shake about 30 minutes later.
5. Cover and refrigerate overnight.

Before serving, stir the mixture vigorously until it is completely mixed.

*May need a little additional almond milk. Top with 1T peanut Butter and enjoy!

BREAKFASTS

Yogurt Parfait



1 servings

Protein 28

Carbs 21

Fat 12

Ingredients:

- 1c Plain Non-Fat greek yogurt
- ½c Blueberries, strawberries, raspberries
- 2TBSP Sunflower seeds
- 1TBSP Coconut (Unsweetened, Shredded)
- 1tsp Cinnamon
- 1tsp Baking stevia

Directions:

1. In a bowl or glass add ½ cup of yogurt.
2. Top with 1 tablespoon sunflower seeds, cinnamon and ¼ cup berries.
3. Top with ½ cup greek yogurt, 1 tablespoon sunflower seeds, coconut, cinnamon and ¼ cup berries.
4. Top with optional stevia and serve.



BREAKFASTS

Cottage Cheese Pineapple Bowl



1 servings

Protein 17

Carbs 23

Fat 10

Ingredients:

- ½c 2% Lowfat Cottage Cheese
- ½c Pineapple
- 1TBSP Coconut (Unsweetened, Shredded)
- 1TBSP Chopped Walnuts
- ½TBSP Maple Syrup, Honey, Agave
- 1tsp Cinnamon

Directions:

1. Put all items in a bowl and eat it. Great to make ahead!



BREAKFASTS

Acai Bowl



1 servings

Protein 12

Carbs 42

Fat 28

Ingredients:

- 1 Pack Sambazon Acai (frozen)
- ½ Banana (Medium)
- 1c Almond Milk (Unsweetened)
- 1tsp Cinnamon
- ¼c Pumpkin Seeds Roasted
- 1Tbsp Peanut Butter (Smooth)
- 1Tbsp Chopped Walnuts
- ¼c Blueberries
- 1tsp Cacao Nips

Directions:

1. Blend everything in your high speed blender (except pumpkin seeds, peanut butter, walnuts, blueberries, cacao - these are toppings)
2. Top with toppings.



SALADS AND SIDES

Lighter Fare

Peach and Goat Cheese Salad



4 servings

Protein 08

Carbs 16

Fat 10

Ingredients:

- 5 Cups Spinach (raw)
- 2 Cups Baby Arugula Lettuce
- 1 Peach (Medium)
- 2oz Goat Cheese
- 3TBSP Basil (Fresh)
- ½c Almonds
- Balsamic

Directions:

1. Chop peaches into bite size pieces. Julienne (or chop) basil.
2. Toss the spinach and arugula with the roasted almonds, chopped peaches, basil leaf, and crumbled goat cheese.
3. Divide into 4 equal servings. Dress with balsamic just before serving.



SALADS AND SIDES

Caprese Cauliflower Salad



4 servings

Protein 08

Carbs 15

Fat 09

Ingredients:

- 4c Cauliflower Rice (Frozen or Fresh)
- 2c Cherry Tomatoes
- 4oz Mini Mozzarella Balls (Fresh)
- 1c Green Olives (Pitted)
- ½c Balsamic Vinegar
- Salt & Pepper (pinch to taste)

Directions:

1. Cook cauliflower rice per bag instructions.
2. Take out 4 individual containers, place 1 cup of cooked cauliflower into ea. Let cool.
3. While rice is cooling, cut cherry tomatoes in half and add ¼ of tomatoes to container. Cut olives in half, add ¼ cup of olives to each container.
4. Cut mozzarella balls into quarters, then add 1 oz to each container.
5. Add 2 T of balsamic to each container.
6. Add pinch of salt and pepper to each container.
7. Cover each container and shake well. Place containers in fridge overnight. The longer it marinades the better! Serve cold.



SALADS AND SIDES

Strawberry Chicken Wrap



1 servings

Protein **29**

Carbs **46**

Fat **17**

Ingredients:

- 1 Mission Garden Spinach Wrap
- ½c Chicken Breast (Lean) - fully cooked & chopped
- ½ Avocado (Small)
- ½c Lettuce
- ¼c Strawberries
- 1TBSP Marie's Salad Dressing (balsamic)

Directions:

1. Place all ingredients into wrap, top with dressing, fold wrap as desired. Slice in half & enjoy!



SALADS AND SIDES

Quinoa Spinach Salad



1 servings

Protein 06

Carbs 32

Fat 09

Ingredients:

- 1-2 tbsp, Basil, fresh
- 1c Blackberries - Raw
- 1c Blueberries - Raw
- 3c Strawberries, halved raw
- 1cup Cooked Quinoa
- ¾c Sliced Almonds
- ¼c Honey
- 3 Lemons or Limes
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Directions:

1. Chop basil and mix together with fruit, quinoa and nuts
2. Mix honey and citrus together
3. Drizzle over salad and mix thoroughly



SALADS AND SIDES

Vegetarian Mediterranean Salad



1 servings

Protein 14

Carbs 33

Fat 19

Ingredients:

- ¼c Hummus
- ½c Taboule (cedars or comparable)
- 1oz Crumbled Feta
- ¼c Kalamata Olives (halved)
- ¼c Cucumber (sliced)
- ¼c Grape Tomatoes (halved)
- 1c Mixed Salad Greens (Choice)

Directions:

1. Slice cucumber, tomatoes & olives
2. Top mixed greens, adding additional ingredients

*Recommend w/ lemon tahini, greek or balsamic dressing. Great w/ tofu or chicken.



THE MAIN COURSE

Pesto Chicken Salad



4 servings

Protein 28

Carbs 06

Fat 15

Ingredients:

- 2c Chicken, cooked
- 1c Grape tomatoes
- ½c finely chopped red onions
- ⅓c Basil pesto
- 2Tbsp Pine Nuts
- ½c Parmesan (shaved)

Directions:

1. Combine chicken and pesto; stir until combined.
2. Add parmesan, pine nuts, onions and grape tomatoes and mix.



THE MAIN COURSE

Quinoa Salad w/ Chicken, Grapes and Almonds



4 servings

Protein 27

Carbs 40

Fat 14

Ingredients:

- ¾c Quinoa - uncooked
- 12oz Chicken Breast (Lean)
- 2c Red Grapes, fresh, sliced in half
- ½c Almonds (whole) - chopped and toasted
- 4c Spinach (raw), chopped
- 3 Scallions - chopped
- 3Tbsp Bolthouse Classic Balsamic
- 2Tbsp Basil (Fresh)
- 1 Pinch Salt & Pepper

Directions:

1. Cook quinoa according to directions on box/bag, set aside to cool.
2. Add balsamic dressing, salt & pepper (to taste), and chopped basil to cooled quinoa and toss.
3. Add cooked/shredded chicken, grapes, nuts, chopped spinach, and scallions and toss.
4. Split into 4 equal servings
5. Serve at room temperature or chilled, if preferred

Tip: have chicken cooked and shredded or chopped ahead of time.



THE MAIN COURSE

Tuna Stuffed Avocado



1 servings

Protein 12

Carbs 06

Fat 23

Ingredients:

- 1 Can Chunk Light Tuna
- 2Tbsp Mayonnaise
- ½tsp Dried Dill
- 1 Pinch Salt & Pepper
- 1 Avocado (Medium)

Directions:

1. In a small mixing bowl stir tuna, mayo, and dill together. Season with salt & pepper to taste.
2. Fill each avocado half with half of the tuna mixture.



THE MAIN COURSE

Shrimp Zoodle Caprese



2 servings

Protein 20

Carbs 04

Fat 11

Ingredients:

- 1 Zucchini (Medium)
- 14 Cooked Jumbo Shrimp, tails removed (2 servings) or 1/2 lb total
- ½c Cherry Tomatoes (halved)
- 1.5Tbsp Extra-virgin Olive Oil
- 1.5Tbsp Minced Garlic
- 1Tbsp Lemon Juice
- 2Tbsp Parsley
- 1Tbsp Grated Parm Cheese

Directions:

1. Make zoodles and set aside.
2. Saute shrimp in olive oil, garlic, and lemon juice until fully heated.
3. Then, add zoodles and tomatoes to pan and cook for 3-5 minutes until al dente.
4. Remove pan from stove and transfer to serving bowl. Top with fresh parsley and grated Parmesan. Serve immediately.



THE MAIN COURSE

Herb Crusted Salmon



4 servings

Protein 28

Carbs 01

Fat 12

Ingredients:

- 16oz Fish (salmon, sword, tuna) - cut into 4x4oz. filets
- 1Tbsp Coconut Flour
- 1Tsp Thyme (Dried)
- 0.5Tbsp Parsley (dried)
- 1tsp Rosemary (Dried)
- 1 Pinch Salt & Pepper (pinch)
- 1Tbsp Olive Oil
- 1Tbsp Dijon Mustard

Directions:

1. Preheat oven to 450°F and line a baking sheet with foil or parchment paper
2. Pat salmon dry and lay on line baking sheet, sprinkle evenly with olive oil then mustard
3. In a small bowl, mix together coconut flour and spices, sprinkle evenly over oil/mustard topped salmon and then rub in with your hands
4. Place salmon in oven and cook for 10-15 minutes or until cooked to the preferred doneness



SNACKS & SWEETS

Pineapple Coconut Smoothie



4 servings

Protein 18

Carbs 16

Fat 12

Ingredients:

- 1c Almond Milk (Unsweetened)
- 1c Rainbow Swiss Chard
- ¼ Avocado (Small)
- 1Tbsp Hemp Hearts (Manitoba)
- 0.5c Pineapple - CUP
- 2Tbsp Great Lakes Gelatin Collagen Hydrolysate Beef

Directions:

1. Add everything to the blender and whirl it up until smooth.



SNACKS & SWEETS

No Bake Lemon Coconut Balls



4 servings

Protein 04

Carbs 05

Fat 14

Ingredients:

- ½c coconut (or vanilla) protein powder
- ½c melted coconut oil
- ¾c unsweetened shredded coconut
- 2Tbsp honey
- 2Tbsp Lemon Juice
- 2Tbsp Coconut Flour

Directions:

1. Combine ingredients in a mixing bowl. Roll batter into 12 balls.
2. Refrigerate for at least 45 minutes.



SNACKS & SWEETS

PB Yogurt Dip



1 servings

Protein 04

Carbs 05

Fat 14

Ingredients:

- 1 Fage 2% Greek Yogurt - 7 OUNCE CONTAINER
- 2Tbsp PBfit (powdered peanut butter)
- 1Tsp Honey

Directions:

1. Combine all ingredients and use as a dip or eat plain!



SNACKS & SWEETS

Fresh Berries with Mango Coconut Cream



1 servings

Protein 03

Carbs 37

Fat 23

Ingredients:

- 0.75c Coconut Milk - (Canned)
- 1c Mango, frozen
- 1tsp Vanilla Extract
- 2c Blueberries

Directions:

1. To a blender, add coconut milk and frozen mango. Blend on high until smooth.
2. Add vanilla and blend again for several seconds.
3. Evenly divide berries among four dishes. Top with coconut cream.



SNACKS & SWEETS

Cherry Greek Yogurt Popsicles



6 servings

Protein 16

Carbs 20

Fat 01

Ingredients:

- 4c Plain Non-Fat Greek Yogurt
- 2.5c Frozen cherries
- 2Tbsp Maple Syrup, Honey, Agave
- 0.5tsp Vanilla Extract

Directions:

1. Mix maple syrup and vanilla extract into Greek Yogurt.
2. Blend the cherries up using a food processor or high-powered blender.
3. Pour the pureed cherries into the Greek yogurt, if you want them to be swirled then just barely mix them in.
4. Divide among your popsicle containers and freeze for 4 hours or overnight.
5. To remove popsicle from the shell, let it run under hot water for 10 seconds or so and it should pop right out!

*Recipe via www.hungryhobby.net

