



PART 2

21-Day Whole Recipes

DAY 1

BREAKFAST

Green Creamsicle Shake

INGREDIENTS

2 scoops Vanilla Life Shake
6 oz vanilla unsweetened almond
or milk of choice
1 peeled medium orange
1 tsp vanilla extract
¼ cup plain Greek nonfat yogurt
1 cup spinach
1 cup ice

DIRECTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth, enjoy!



318 CALORIES

7 g FAT

30 g PROTEIN

38 g CARBOHYDRATES

LUNCH

Arugula Barley Bowl Serves 2

INGREDIENTS

1 heaping cup sliced grilled chicken
breast or rotisserie chicken
½ tsp salt
¼ tsp pepper
¼ tsp garlic powder
¼ tsp paprika
1 cup cooked barley (or farro)
1 cup cherry tomatoes, halved
1 cup apples, diced
½ cup shaved Parmesan Romano
¼ cup red onion, diced
2-3 Tbsp fresh basil leaves, chopped
1 Tbsp lemon white balsamic vinegar
or any balsamic)
½ Tbsp fresh lemon
1 tsp olive oil
3-4 cup arugula
2 Tbsp roasted pistachios
Salt and pepper to taste

DIRECTIONS

1. Cook your barley according to package instructions.
2. If you are using rotisserie chicken breast, pull it apart. Heat a pan with a mist of olive or avocado oil spray until it's nice and hot. Season your chicken with the salt, pepper, garlic and paprika and throw it in the hot pan without stirring for just about a minute until fragrant. Flip and let cook for just another minute or less. Skip this step if you're using a yummy pre-seasoned grilled chicken.
3. In a large bowl, toss together your slightly cooled chicken, barley or farro, tomatoes, apples, parmesan, red onion, and basil. Drizzle with vinegar, lemon, and olive oil.
4. Add arugula, and top with roasted pistachios and salt and pepper to taste. Split into two bowls. Enjoy!

455 CALORIES

13 g FAT

38 g PROTEIN

44 g CARBOHYDRATES

DAY 1



DINNER

Foil-Baked Lemon Fish Serves 4

INGREDIENTS

4 fish fillets (about 4 oz each)

¼ cup diced carrots

¼ cup diced celery

¼ cup chopped green onion

2 Tbsp chopped fresh parsley

2 thinly sliced lemons

Salt and pepper to taste

1 cup jasmine rice

DIRECTIONS

1. Heat oven to 350 degrees F.
2. Cut four 2-foot lengths of foil and fold each in half to make a 1-foot square. Place 1 fish fillet on each square of foil.
3. Sprinkle ¼ cup carrots, celery, green onions, and parsley on each fillet. Season with lemon pepper seasoning, salt, pepper, and top with lemon slices. Wrap the fish in foil, crimp edges together slightly and place foiled-wrapped fish fillets on a baking sheet. Bake for 15-20 minutes or until fish flakes easily.
4. Cook rice according to package instructions and serve with baked fish.

*Keep in mind that the exact nutrition values can vary slightly based on the brand and specific type of food you use. Always refer to the nutrition label on the packaging for the most accurate information.

DAY 2

BREAKFAST

Strawberry Banana Bowl

INGREDIENTS

1 ½ cups frozen strawberries

1 large frozen banana, chopped

¾ cup plain nonfat Greek yogurt

⅓ – ½ cup vanilla unsweetened almond milk or milk of choice

2 scoops Vanilla or Strawberry Life Shake

DIRECTIONS

1. Add all ingredients to a high-speed blender. Start with 1/3 cup of milk and slowly add more if needed.
2. Blend until smooth and creamy. For a thinner consistency, add more milk. For a thicker one, add a bit more frozen banana or 1 - 3 ice cubes.
3. Pour into a bowl and top with your choice of toppings. Try granola, banana slices, strawberry slices, coconut flakes, or chia seeds.



467 CALORIES

6 g FAT

41 g PROTEIN

70 g CARBOHYDRATES

LUNCH

Harvest Kale Salad

INGREDIENTS

2 cups kale, chopped

1 Tbsp balsamic vinaigrette

Pinch of coarse salt

⅓ cup diced butternut squash, peeled and seeded

¾ cup (100g) chopped grilled chicken

¼ of an apple chopped small

2 Tbsp red onion diced

1 Tbsp dried cranberries golden raisins, or dried cherries

1 Tbsp toasted almonds chopped (or another favorite nut)

2 Tbsp crumbled goat cheese

DIRECTIONS

1. De-stem kale and chop into small pieces. Add to a large bowl and drizzle with vinegar and sprinkle with a pinch of salt. Toss well and set aside.
2. Place diced squash on a large cookie sheet. Spray with 1 Tbsp olive or avocado oil spray and sprinkle with salt, pepper, and a little garlic or rosemary. Roast for about 25 minutes at 425°F until tender.
3. Cook chicken (if not pre-cooked) in an air fryer, on the grill, or in a pan. Season as desired.
4. Build your salad: Top your tossed kale with roasted squash, chicken, apple, onion, cranberries, almonds, and goat cheese. Sprinkle with salt and pepper. Add balsamic vinegar to taste.

415 CALORIES

14 g FAT

36 g PROTEIN

42 g CARBOHYDRATES



DINNER

Shrimp Tacos

Serves 4

INGREDIENTS

$\frac{3}{4}$ lb medium shrimp, peeled, deveined, and cooked

1 (15 oz) can black beans, rinsed and drained

$\frac{1}{4}$ cup sliced scallions

1 medium avocado, diced

$\frac{1}{4}$ tsp freshly ground black pepper

$\frac{1}{2}$ cup fresh or bottled salsa verde

$\frac{1}{4}$ cup chopped fresh cilantro

2 Tbsp fresh lime juice

8 (6 inch) corn tortillas

$1\frac{1}{4}$ cups red bell pepper strips ($\frac{1}{4}$ -inch strips, about 1 pepper)

Lime wedges, for serving

Chopped fresh cilantro, for serving

DIRECTIONS

1. Combine shrimp, beans, scallions, and avocado. Season with pepper. In a separate bowl, stir together the salsa, cilantro, and lime juice. Toss shrimp mixture with $\frac{1}{4}$ cup salsa mixture.
2. Arrange tortillas on a microwave-safe plate in batches of 5 or fewer.
3. Place a damp paper towel over the tortillas and microwave at HIGH for 30 seconds.
4. Arrange 3–4 pepper strips in the center of each tortilla. Top with $\frac{1}{2}$ cup of the shrimp-and-bean mixture. Drizzle about 1 Tbsp of the salsa Verde mixture over each taco. Serve with lime wedges and cilantro.

*Keep in mind that the exact nutrition values can vary slightly based on the brand and specific type of food you use. Always refer to the nutrition label on the packaging for the most accurate information.

DAY 3

BREAKFAST

Peanut Butter and Jelly Protein-Packed Overnight Oats

INGREDIENTS

½ cup rolled oats
2 scoops Vanilla Life Shake
2 Tbsp natural peanut butter
2 Tbsp fruit preserves (your choice)
1 cup almond milk

DIRECTIONS

1. In a jar or container, combine rolled oats and Vanilla Life Shake.
2. Add natural peanut butter and fruit preserves to the mixture.
3. Pour almond milk over the ingredients.
4. Stir the mixture well, ensuring that the Vanilla Life Shake powder is evenly distributed.
5. Seal the container and refrigerate overnight or for at least 4-6 hours.
6. In the morning, give the oats a good stir.
7. Optionally, top with additional fruit preserves or a dollop of peanut butter before serving.

490 CALORIES 21 g FAT 24 g PROTEIN 56 g CARBOHYDRATES

LUNCH

Honey Sriracha Salmon Bowl

INGREDIENTS

4 oz salmon fillet, skinless
½ cup brown rice, cooked
1 cup broccoli florets, steamed
½ cup carrots, julienned
¼ cup cucumber, sliced
2 Tbsp soy sauce (low-sodium)
1 Tbsp honey
1 Tbsp Sriracha sauce (adjust to taste)
1 Tbsp olive oil
Sesame seeds for garnish
Green onions, chopped, for garnish

DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Place the salmon fillet on a baking sheet lined with parchment paper.
3. In a small bowl, mix soy sauce, honey, and Sriracha sauce. Brush this mixture over the salmon.
4. Bake the salmon in the preheated oven for about 15-20 minutes or until cooked through and flakes easily with a fork.
5. While the salmon is baking, cook rice according to package instructions.
6. In a pan, heat olive oil over medium heat. Add julienned carrots and cook until slightly tender.
7. Assemble the bowl with rice as the base, topped with steamed broccoli, sautéed carrots, cucumber slices, and the baked honey Sriracha salmon.
8. Garnish with sesame seeds and chopped green onions.
9. Drizzle any remaining honey Sriracha sauce over the bowl if desired.

520 CALORIES 21 g FAT 29.2 g PROTEIN 58 g CARBOHYDRATES

DAY 3

DINNER

Chicken Tacos Serves 5

INGREDIENTS

MARINATED CHICKEN

2 lbs chicken breast

1 orange, squeezed

1 lime, squeezed

6 cloves garlic, minced

2 tsp ancho chili powder

2 tsp onion powder

2 tsp smoked paprika

2 tsp salt

2 tsp pepper

MANGO SLAW

2 mangos, diced small

1 small red onion, diced small

1 cup shredded red cabbage

¼ cup fresh cilantro leaves

2 limes, squeezed

Salt to taste

TACOS

12–18 corn tortillas, street taco size

2 avocados, sliced

Extra limes for serving (optional)

Tomatillo salsa (optional)



DIRECTIONS

1. Mix all the marinade ingredients (everything after chicken) in a medium container fitted with a lid. Whisk or shake with lid on until fully incorporated. Add the chicken thighs and marinate at least 30 minutes or overnight if possible.
2. Heat oven to 425°F. Place the marinated chicken on a baking rack set on top of a rimmed baking sheet. Roast the chicken until the internal temperature reaches 165°F, about 20 minutes.
3. While the chicken is baking, mix the mangos, red onion, red cabbage, cilantro, juice of two limes, and salt to taste in a bowl; set aside.
4. Assemble the tacos by adding sliced chicken to warm tortillas and topping with mango slaw and sliced avocado. Serve with extra lime and tomatillo salsa if desired.

*Keep in mind that the exact nutrition values can vary slightly based on the brand and specific type of food you use. Always refer to the nutrition label on the packaging for the most accurate information.

DAY 4

BREAKFAST

Vanilla Almond Overnight Oats

INGREDIENTS

½ cup rolled oats
2 scoops Vanilla Life Shake
½ tsp vanilla extract
1 Tbsp almond butter
1 Tbsp chia seeds
1 cup almond milk

DIRECTIONS

1. In a jar or container, combine rolled oats, Vanilla Life Shake, and vanilla extract.
2. Add almond butter and chia seeds to the mixture.
3. Pour almond milk over the ingredients and stir well, ensuring that the Vanilla Life Shake powder is evenly distributed.
4. Seal the container and refrigerate overnight or for at least 4–6 hours.
5. In the morning, give the oats a good stir.
6. Top with sliced almonds or fresh berries if desired.

420 CALORIES

18 g FAT

20 g PROTEIN

48 g CARBOHYDRATES

LUNCH

Thai Chicken Crunch Salad Serves 4

INGREDIENTS

16 oz boneless, skinless chicken breasts—cooked and chopped
1/2 Napa cabbage or any greens of choice, thinly sliced
1/4 small red cabbage, thinly sliced
2 medium carrots, grated
3 green onions, thinly sliced
1/4 cup chopped cilantro
2 Tbsp roasted almonds, crushed

DIRECTIONS

1. In a small bowl, combine the lime juice, peanut butter, soy sauce, agave, rice vinegar, ginger, and garlic. Whisk thoroughly.
2. In a large salad bowl, combine all the veggies and chicken breast. Toss with the dressing.
3. Garnish with the roasted almonds and serve.

THAI-DRESSING

1 lime, juiced
3 Tbsp natural peanut butter
2 Tbsp low-sodium soy sauce
3 tsp agave nectar (or honey)
1 Tbsp ginger root, grated
2 garlic cloves, minced
2 tsp rice vinegar



280 CALORIES

9 g FAT

30 g PROTEIN

23 g CARBOHYDRATES



DINNER

Pad Thai Spaghetti Squash Serves 5

INGREDIENTS

1 small spaghetti squash cooked*
 2 chicken breasts (or 525g),
 chopped into bite-sized pieces
 Salt, pepper, and garlic powder
 1 bell pepper sliced thin
 ½ white onion sliced thin
 4 green onions chopped
 1 cup carrots shredded
 or cut into matchsticks
 1 cup mung bean sprouts
 5-6 shishito peppers chopped
 1 bunch of cilantro, chopped
 1 egg + 2 whites whisked

SAUCE

3 Tbsp soy sauce
 2 Tbsp natural peanut butter
 2 Tbsp rice vinegar
 2 Tbsp ginger minced
 2 cloves garlic minced
 (or 2 frozen cubes)
 1 Tbsp honey
 1 tsp sesame oil
 1 tsp sriracha
 ½ lime juiced

DIRECTIONS

1. Heat oven to 400°F.
2. Cut spaghetti squash in half lengthwise and scoop out the seeds. Drizzle the insides lightly with olive oil and sprinkle with salt and pepper. Poke a few holes in the skin of the squash with a fork and place it cut side down on a baking sheet. Roast for 40- 45 minutes or until the inside is tender and soft.
3. Mix all of the sauce ingredients. Set aside.
4. When the squash is done cooking, scrape out the entire inside with a fork so that the squash looks like noodles. Set aside.
5. Chop chicken breasts into bite-sized pieces. Heat a large, skillet or cast-iron pan over high heat with a spritz of avocado oil spray. Sprinkle chicken liberally with salt, garlic powder, and some cracked pepper and add to the very hot pan in a single layer. Let them sit undisturbed for 2-3 minutes to get some color before flipping and cooking on the other side for another 2 minutes or until done. Remove from the pan and set aside.
6. Add the white onion and cook for 1-2 minutes until fragrant and tender. Then add bell pepper, green onions, carrots, bean sprouts, and shishito peppers (if using.) Add in your eggs and whites. Stir and cook veggies and eggs for 1-2 minutes, then mix in your spaghetti squash, and sauce.
7. Add the chicken back to the pan along with the cilantro and turn off the heat. Toss well and enjoy!

*Keep in mind that the exact nutrition values can vary slightly based on the brand and specific type of food you use. Always refer to the nutrition label on the packaging for the most accurate information.

DAY 5

BREAKFAST

Cinnamon Roll Overnight Oats

INGREDIENTS

- ½ cup rolled oats
- 2 scoops Vanilla Life Shake
- ½ tsp ground cinnamon
- 1 Tbsp honey or maple syrup
- ½ cup Greek yogurt
- ½ cup almond milk

DIRECTIONS

1. In a jar or container, combine rolled oats, Vanilla Life Shake, and ground cinnamon. Add honey or maple syrup.
2. Mix in Greek yogurt and almond milk.
3. Stir well, ensuring that the Vanilla Life Shake powder is evenly distributed.
4. Seal the container and refrigerate overnight or for at least 4-6 hours.
5. In the morning, give the oats a good stir.
6. Top with additional cinnamon and a drizzle of honey if desired.

400 CALORIES

10 g FAT

25 g PROTEIN

55 g CARBOHYDRATES

LUNCH

Citrus Chicken Quinoa Salad Serves 4

INGREDIENTS

- 1 ½ cups cooked quinoa
- 1 lb chicken breast, skinless, boneless, cut into small pieces
- 2 Tbsp olive oil
- 2 cloves roasted garlic, finely chopped
- ½ tsp salt
- Pepper, to taste
- ½ tsp smoked paprika
- 1 large orange, peeled and segmented
- 1 apple, chopped
- 1 ripe avocado, peeled and cubed
- 2 cup baby spinach
- 1 Tbsp chia seeds

DIRECTIONS

1. Cook quinoa according to package directions. Transfer cooked quinoa to a large bowl and let it cool.
2. Pour olive oil into a large skillet over medium heat. Add chicken and roasted garlic. Sprinkle with smoked paprika, pepper and salt. Stir and cook until chicken is done, about 8-10 minutes.
3. Add cooked chicken, oranges, apples, baby spinach and avocado to the quinoa. Stir to combine.
4. Whisk together cilantro, lime juice, and honey dressing and add to the quinoa.
5. Sprinkle chia seeds and enjoy!

DRESSING

- Juice of 1 lime
- ⅓ cup chopped fresh cilantro
- 1 Tbsp honey

OPTIONAL Roasted Almonds

397 CALORIES

16 g FAT

28.5 g PROTEIN

37 g CARBOHYDRATES

DAY 5



DINNER

Quick Chicken and Butternut Gratin

INGREDIENTS

1 lb fresh or frozen
butternut squash cubes

6 oz cooked chicken breast,
cut into bite-size pieces

½ cup chopped celery

⅓ cup whole-grain breadcrumbs

¼ cup sliced green onion

¼ cup low-sodium vegetable broth

2 Tbsp shredded cheddar
or asiago cheese

¼ tsp dried sage

¼ tsp black pepper (optional)

DIRECTIONS

1. Cook squash until almost done.
2. Spray a microwave-safe casserole dish with nonstick cooking spray. Add 2 cups of squash, chicken, celery, breadcrumbs, onions, and broth.
3. Sprinkle with cheese. Microwave 2-3 minutes, or until mixture is heated through.
4. Season with pepper.

*Keep in mind that the exact nutrition values can vary slightly based on the brand and specific type of food you use. Always refer to the nutrition label on the packaging for the most accurate information.

358 CALORIES

8.5 g FAT

34 g PROTEIN

35 g CARBOHYDRATES