



4EVERFIT

Favorite Recipes





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egg white bites

MAKES 12 SERVINGS

SIZE: 1 EGG BITE

73 CAL / 7.4P / .8C / 3.9F

INGREDIENTS

- 1 & 1/2 cups liquid egg whites (368g)
- 3/4 cup low-fat cottage cheese (165g)
- 4 ounces cheddar cheese (89g)
- 1/8 teaspoon pepper
- 1/4 teaspoon salt
- 40 grams crumbled, cooked bacon
- 20 grams diced bell pepper

INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. Lightly coat a 12-cup muffin tin with cooking spray.
3. Evenly spread bacon and bell pepper crumbles into each muffin cup.
4. In a blender, pulse the egg whites, cheeses, salt and pepper. Pour evenly into the muffin cups.
5. Bake in the oven for 20 minutes, or until eggs are set.
6. Let cool completely before storing in the refrigerator.

These are delicious cold or reheated in the microwave!

burrito bowls

INGREDIENTS FOR THE PINTO BEANS

- 1 pound pinto beans
- 1/2 large onion chopped (140g)
- 1 jalapeño, seeded and diced
- 2-3 cloves garlic
- water
- salt

INGREDIENTS FOR THE RICE

- 1 cup basmati or jasmine rice
- 2 cups water
- 1/2 tablespoon olive oil
- 1/2 onion, diced (140g)
- 2 cloves minced garlic
- 14 ounce can rotel tomatoes
- 2 tablespoon adobo sauce (from the can)

INGREDIENTS FOR THE BOWLS

- 25 ounces cooked boneless, skinless, chicken thighs
- 17 & 1/2 ounces cooked rice
- 10 ounces corn (frozen, canned, or fresh)
- 10 ounces pinto beans
- 2 & 1/2 ounces shredded mexican cheese blend

INSTRUCTIONS

1. Put all your pinto bean ingredients (except for the salt) in a pressure cooker and fill to mix line with water. Set to manual pressure high for 60 minutes. Natural or quick release pressure when done.
2. Rinse your rice well. Add to your rice cooker with water and 1/2 tablespoon salt.
3. Over medium high heat warm up your olive oil. Sauté the onions and garlic until translucent. Add the tomatoes and chipotle sauce, mix well. Pour into the rice cooker with the rice and water. Mix and turn on. If cooking rice over the stove, follow directions on the back of the bag.
4. Lay out 5 meal prep containers. To each container add: 3 & 1/2 ounces cooked rice, 5 ounces chicken thighs, 2 ounces corn, 2 ounces pinto beans, and 1/2 ounce cheese.
5. Let cool before covering with lids and placing in the refrigerator up to 5 days.



MAKES 5 SERVINGS

SERVING SIZE: 1 BOWL

516 CAL / 46.6P / 51.8C / 13.5F

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I love adding a couple tablespoons of chipotle flavored Bitchin sauce to my bowls. It's so good!

shepherd's pie

INGREDIENTS

- 1 & 1/2 pounds lean ground beef (93/7)
- 42g diced onions
- 107g diced carrots
- 90g diced celery
- 50g frozen corn
- 50g frozen peas
- 3 tablespoons tomato paste
- 1 & 1/2 tablespoons worcestershire sauce
- 3 tablespoons flour (22g)
- 2 teaspoons dried parsley
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary
- 1/8 teaspoon paprika
- salt and pepper
- 1 & 1/2 cups beef broth
- 4 ounce dried mashed potato packet (idahoan brand)
- 2 cups hot water



MAKES 5 SERVINGS
SERVING SIZE: 1 BOWL
438 CAL / 31.8P / 33C / 11F



INSTRUCTIONS

1. Preheat the oven to 400 degrees. Arrange oven safe dishes on a cookie sheet and lightly grease with cooking spray.
2. Over medium high heat, brown your meat with a bit of salt. Drain the fat once cooked through. Add the onions, carrots, celery, and all seasonings (plus salt and pepper to taste) and cook until the veggies are soft.
3. While the vegetables cook, in a mixing bowl combine 2 cups boiling hot water with the potato packet. Mix well and set aside.
4. Once veggies are soft, add in frozen peas, corn, broth, Worcestershire sauce, flour, and tomato paste. Stir well.
5. Evenly distribute the meat mixture into your 5 containers (about 1 cup each). Top each with a scoop of the mashed potatoes (about 1/3 cup). Bake in the oven for 30 minutes or until bubbly and the potatoes are turning golden brown on top.
6. Let cool before covering with lids and placing in the refrigerator up to 5 days.