HIIT BURN

21-DAY

RECIPES

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CARB CYCLING
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BY DENNIS & KELSEY HEENAN
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CARB CYCLING
RECIPES INTRODUCTION

Everything on the 21-Day Carb Cycle system is designed to be SIMPLE. And when putting together these recipes we had simplicity and “deliciousness” in mind. Below is where you will find 30 different recipes ranging from breakfast to snacks to appetizers. You will also find some of our favorite dinners and lunches when “on the go.” As I am sure you have read in the 90-Minute Meal Prep manual, it is possible to NEVER cook on this program aside from one day per week. That said, I understand that some people love to cook and WANT to cook (like us at times). That’s why I have included these amazing recipes. Plus, it’s a great way to change things up and get some new flavors into your meals. Each recipe page will indicate if it is a “Low Carb” or “High Carb” meal. Be sure to take a look at that, as well as your progress chart to see what day you are on.

If you have any questions please reach out to us at: dennis@hiitburn.com and we’d be more than happy to answer any questions you have or to just say hello!

P.S. Don’t forget our other sites... HIITBURN.com - Blog posts, videos, motivation, free gifts, free content, and more!

Join us on social media: Facebook.com/hiitburn/
Instagram: @HIITBURN
YouTube Channel: https://www.youtube.com/hiitburn/

Interested in coaching? We now offer a 90 Day Rapid Fat Loss program. Get in touch with us to learn more!

Dennis & Kelsey Heenan, Authors: 21-Day Carb Cycle & Founders: HIITBURN.com
CAULIFLOWER HASH BROWNS
LOW CARB

Ingredients
• 12 ounces grated fresh cauliflower (about 1/2 medium head)
• 4 slices bacon (chopped)
• 3 ounces chopped onions (about 1/2 cup)
• 1 tablespoon grass-fed butter (melted or softened)
• 1 teaspoon cayenne pepper
• salt and pepper

Directions
In a large skillet, cook the bacon and onion until they just start to brown. Add the cauliflower; cook and stir continually. Add butter throughout the cooking process until the cauliflower is tender and completely brown. Once cauliflower is fully cooked season with salt and pepper to taste.
SPINACH & RICOTTA STUFFED CHICKEN BREAST
LOW CARB

Ingredients

- 2 cups baby spinach
- 1 cup ricotta
- 2 tbsp fresh parsley, *finely chopped*
- 1 tsp garlic
- 4 small chicken breasts
- Coconut oil spray
- Salt and pepper, to taste

Directions

Heat oven to 400 degrees and line a tray with baking paper. Place your spinach in a bowl and cover with boiling water. Allow to sit for one minute before draining and rinsing under cold water to stop the cooking process. Squeeze out any excess water and finely chop the spinach. Place in a bowl with the ricotta, garlic and parsley and stir to combine. Season to taste with salt and pepper. Take each chicken breast and cut a deep pocket into the side. Stuff with the mixture and secure with a toothpick. Heat a large frying pan over high heat and spray with coconut oil. Cook the chicken for two minutes on each side, until golden. Transfer to the baking tray and cook for 15 minutes or until cooked through. Serve with steamed greens.
**EGG SCRAMBLE MUFFINS**

**LOW CARB**

**Ingredients**
- 6 eggs (whole) or 8 egg whites
- 1 pinch of salt and black pepper (each)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon garlic powder
- 1 handful of baby spinach (chopped or whole)
- 1/2 onion, chopped
- 1 jalapeño, finely sliced
- 1/2 cup mushrooms, chopped
- Coconut oil

**Directions**
Preheat oven to 350 degrees. Chop mushrooms and onion. Whisk eggs, salt, pepper, and garlic powder together. Stir in mushrooms, onion, jalapeño, and spinach. Coat muffin tin with coconut oil and fill each muffin with approximately 1/3 cup of the egg mixture (almost to the top). Bake for 20-25 minutes or until eggs are cooked through.
YOGURT BOWL
LOW CARB

Ingredients
• 1 cup greek yogurt
• 1/2 tsp honey
• Cinnamon, to taste
• 1 TBSP Peanut Butter

Directions
Scoop yogurt into bowl and add in honey, cinnamon, and peanut butter. Mix all ingredients together and enjoy.

*Siggis is our favorite brand of greek yogurt
CHICKEN PICATTA
LOW CARB

Ingredients

- 2 boneless, skinless chicken breast halves, halved horizontally
- 1/4 cup all-purpose coconut flour, sifted
- Coarse salt and freshly ground pepper
- 2 tablespoons coconut oil
- 3 tablespoons unsalted grass-fed butter
- 2 to 3 tablespoons dry white wine
- 3 tablespoons fresh lemon juice
- 2 tablespoons capers
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 teaspoon oregano

Directions

Place chicken between plastic wrap and pound evenly. Spread flour in a shallow dish; season with 1 teaspoon salt and 1/4 teaspoon pepper; whisk to combine. Place chicken in seasoned flour, turning to coat thoroughly, then tap off the excess. Heat the oil and 1 tablespoon butter in a large skillet over medium-high heat until butter starts to sizzle. Cook the chicken in batches, if necessary, to avoid crowding the pan (the cutlets should fit snugly in a single layer) until golden and cooked through, 2 to 5 minutes for each side. The cooking time will depend on the thickness of the cutlet. Transfer the chicken to a platter. Pour out any excess fat from the pan. Return pan to medium heat and add wine, scraping up any browned bits from the bottom of the pan with a wooden spoon. Cook until the liquid is reduced by half, about 30 seconds. (If the liquid is reducing too quickly -- before all the browned bits have been incorporated -- remove the pan from the heat.) Remove the pan from the heat. Add lemon juice, capers, and remaining 2 tablespoons butter and swirl until melted and combined, then add parsley and season with salt as desired. Immediately pour the sauce over the chicken, and serve.
CUCUMBER BOATS
LOW CARB

Ingredients
- 2 cucumbers (about 1 pound each)
- 2 tablespoons crumbled feta cheese
- 1/4 teaspoon salt
- 1 teaspoon fresh parsley or dill, chopped
- Freshly ground black pepper, to taste
- Oregano, to taste

Directions
Cut the cucumbers lengthwise, and remove the seeds, then cut a small strip off the bottom of one side so that the cucumber half will set level, without falling over. Use the other half of the cucumber and dice into 1/4 inch pieces. Combine the diced cucumbers with feta cheese, dill, salt and pepper. Divide the mixture between the 2 cucumber “boats”, then slice into 1 1/2 inch pieces.
BRUSSEL SPROUT SALAD WITH DIJON DRESSING
LOW CARB

Ingredients

- 1 tablespoon coconut oil
- 1 tablespoon grassfed butter
- 1 lb of brussel sprouts
- 1/2 cup raisins
- 1/2 cup pecans

Dressing Ingredients

- 2 tablespoons olive oil
- 1/2 teaspoon apple cider vinegar
- 1/2 teaspoon dijon mustard
- 1/4 teaspoon cayenne pepper
- Salt and pepper, to taste

Directions

- In a skillet, lightly grill brussel sprouts in olive oil on medium heat. (3-4 minutes each side)
- In the meantime, make dressing by mixing all ingredients well in a bowl.
- While brussel sprouts are grilling, lightly toast pecans in butter in a small skillet. (optional)
- When brussel sprouts are grilled, place on cutting board and chop into three pieces, rather than in half.
- Mix chopped brussel sprouts, raisins, pecans, and top with dressing.
GRILLED BALSAMIC-GARLIC CRUSTED PORK TENDERLOIN
LOW CARB DAY

Ingredients
- 4-5 garlic cloves, *finely minced or crushed*
- 2 tablespoons balsamic vinegar
- 2 1/2 teaspoons coarse salt
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons coconut oil
- 2 pork tenderloins (about 1 pound each)
- Additional 2 tablespoons coconut oil
  (if preparing in oven)

Directions
Stir together garlic, balsamic vinegar, salt, pepper, and 2 tbs coconut oil in a small bowl. Rub the paste all over pork. (If you like or have the time, marinate overnight).

Grill preparation:
Sear the tenderloins on all sides, then grill for about 20-30 minutes, rotating every 10 minutes, until the internal temperature is 160 degrees. Try to let it rest before slicing.

Oven preparation:
Preheat oven to 400 degrees.
Heat coconut oil in a large, heavy sauté pan over medium-high heat. Working in batches if necessary, add pork, and brown all over, about 4 minutes. Transfer pan to oven. Roast pork, turning occasionally, until the internal temperature is 160 degrees, about 20 minutes. Transfer pork to a cutting board, and try to let it rest 10 minutes before slicing.
BAKED ARTICHOKE
LOW CARB

Ingredients
• 4 whole artichokes
• 1/2 cup of parmesan cheese
• 4 cloves garlic, chopped
• 4 tbsp of coconut oil
• 1 lemon
• Salt, to taste
• Fresh cracked pepper, to taste
• 1/4 cup of water

Directions
Preheat the oven to 400 degrees. Wash artichokes under cold water. Cut the stem off of the artichoke so it lies flat. Slice off top quarter and trim petal tips. Spread the petals open and push the garlic and oil down into the hollows. Put the four artichokes in a casserole dish and salt and pepper them. Add Parmesan cheese on top. Pour water in the bottom of the casserole dish and cover tightly with foil. Bake in the oven for an hour. Add lemon on top for a little zest.
SALMON & AVOCADO BETTER BOWL
LOW CARB

Ingredients

• 4 tablespoons Braggs Liquid Aminos
• 2 tablespoons honey
• 1 tablespoon ginger
• 1 clove minced garlic
• 2 portions salmon
• 3 medium zucchini, spiralized
• 1 avocado
• Sea salt and black pepper, to taste

Directions

Mix Braggs Aminos, honey, ginger and garlic in a bowl to make sauce. Add sauce to salmon in a airtight container or ziplock bag. Let salmon and sauce marinate for at least 30 minutes. In a nonstick skillet, sear salmon skin side up for about 3 minutes. Save remaining marinade for later. Flip so skin side is down, cover, and turn heart to low. Cook for another 4 minutes, or until fish is cooked through. Blanch the spiralized zucchini noodles in boiling water for 1 minute. Remove cooked fish from pan and add remaining marinade. Bring to a gentle simmer. Stir noodles in with sauce. Add noodles to bowl and top with salmon. Garnish with green onions and avocado, if desired.
Ingredients
- 12 asparagus spears
- 6 prosciutto slices/strips
- Coconut oil for frying

Directions
Wash asparagus and cut off about 1 inch of the bottom of each. Cut prosciutto strips into two halves, going lengthways, you should end up with 12 strips. Place each prosciutto strip on a chopping board at a 45 degree angle. Place one of the asparagus spears on top of the meat, perpendicular to it. The tip of the asparagus should be lined up with the bottom of the prosciutto strip. Wrap the bottom end of prosciutto over the asparagus and holding the meat tight, start rolling the asparagus up. The prosciutto strip will wrap around the whole length of the spear because it’s on an angle. You can try a different wrapping method but I find this is a very quick to do it. Don’t worry if parts of the asparagus spears are not covered completely. Heat some coconut oil in a large, flat frying pan to sizzling hot. Fry wrapped asparagus spears for 1-2 minutes on each side or until prosciutto is brown and crispy.
AVOCADO SALAD
LOW CARB

Ingredients
• 2 pints cherry tomatoes, sliced
• 1 chicken breast
• 1/4 of a large red onion, cut in half
• 2 avocados (cut into bite-size chunks)
• 2 tbsp fresh parsley, chopped
• 1 garlic clove, minced
• 1 tsp dried oregano
• 1/4 tsp cayenne pepper
• Red wine vinegar
• Olive oil
• Salt
• Freshly ground black pepper

Directions:
Place the sliced tomatoes on a serving platter. Arrange the slices of red onion and the chunks of avocado over the tomatoes. Sprinkle with parsley, garlic and oregano. Drizzle everything with red wine vinegar and olive oil. Sprinkle with salt and freshly ground black pepper. Serve immediately
SALAD TO-GO
LOW CARB

Ingredients
- 1 Bag of Spinach
- 1 cup chopped carrot
- ½ cup chopped onions
- 1 chopped chicken breast
- ½ cup chopped almonds
- 1 chopped hardboiled egg

Dressing
- Olive Oil
- Balsamic Vinaigrette
- 2-3 of your favorite spices

Directions
Mix all your ingredients together in a big bowl the night before and place it in the refrigerator overnight. The next morning, grab your bowl of salad and top it with your homemade salad dressing.
AVOCADO COCONUT SMOOTHIE
LOW CARB

Ingredients
- 1/2 avocado
- 1/4 cup coconut milk
- 1 1/2 scoops whey protein
- 2-4 tablespoons water (to thickness you enjoy)
- Sprinkle of Cinnamon
- 1/2 – 1 cup ice

Directions
Blend all ingredients together

GREEN MACHINE
LOW CARB

Ingredients
- 1 cup of water
- 2 big handfuls of spinach
- 1 heaping scoop of almond butter
- 1 1/2 scoops of protein powder
- 3-4 ice cubes
- Cinnamon to taste

Directions
Blend all ingredients together

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COCONUT
TOASTED
ALMONDS
LOW CARB

Ingredients
• 1 large bag of almonds
• 2-3 tablespoons Coconut Oil
• Cinnamon

Directions
Preheat the oven to 350 degrees. In a large bowl, mix almonds and coconut oil together so that all the almonds get coated. To toast the almonds, arrange in a single layer on a baking sheet. Bake for 6 to 8 minutes at 350 degrees. Once removed from the oven, immediately sprinkle on the cinnamon and let cool for 20-30 minutes.
ROASTED BRUSSEL SPROUTS, SWEET POTATOES AND BACON

HIGH CARB OR LOW CARB
(FOR LOW CARB, TAKE OUT SWEET POTATO)

Ingredients
• 1 container fresh brussels sprouts
• 2 big sweet potatoes, peeled and cubed
• Coconut oil
• 1 teaspoon dried thyme
• sea or kosher salt and fresh black pepper
• 3 slices bacon

Directions
• Preheat oven to 400 degrees F. Grease a large baking sheet or pan with coconut oil. Remove any tough outer leaves from the brussels sprouts and slice them in half. Add to a large bowl along with the sweet potatoes, drizzle liberally with coconut oil, sprinkle with thyme and season well with salt (about 1 teaspoon) and pepper.
Toss with your hands rubbing the oil and spices into the vegetables and adding more coconut oil if needed. Spread out them out on baking sheet and drizzle again lightly with coconut oil. Bake about 25-30 minutes or until sweet potatoes are tender and brussels sprouts are browned. Meanwhile cook bacon however you like it.
I like to put it in a separate baking pan and bake it about 12-15 minutes or until crispy. Drain on paper towels and crumble on top when cool enough to handle. Sprinkle bacon over cooked vegetables, toss well and serve.
PUMPKIN PROTEIN SHAKE
HIGH CARB

Ingredients
- 2 tbsp pumpkin
- 2 tbsp greek yogurt
- 1-2 scoops vanilla protein powder
- 1/2 banana
- 1 tbsp cinnamon
- 1/4 tsp pumpkin pie spice
- 1/4 tsp vanilla extract
- 3-4 ice cubes
- 1/4 cup almond milk (adjust to create desired consistency)

Directions
Blend all ingredients together.
MAPLE-DIJON
SALMON
HIGH CARB

Ingredients
• 1-1/2 lb salmon fillet
• 1/4 cup maple syrup
• 2 tbsp grainy Dijon mustard
• 1/4 tsp cayenne pepper
• 1/2 tsp salt
• 1/4 tsp pepper

Directions
Soak one 12- x 7-inch (30 x 18 cm) untreated cedar plank in water for 30 minutes or for up to 24 hours; place salmon on top. In small bowl, whisk together maple syrup, mustard, salt and pepper; brush half over salmon. Place plank on grill over medium-high heat; close lid and cook, brushing once with remaining maple mixture, until fish flakes easily when tested, 20 to 25 minutes.

Tip: Check your grocery store for other types of untreated wooden planks, such as hickory and maple.
SWEET POTATO AND BEAN STEW WITH QUINOA
HIGH CARB

Ingredients
• ½ cup quinoa
• 1 cup water
• 1 tablespoon coconut oil
• 1 medium sweet potato, peeled and cubed
• ¼ small onion, diced
• 1 clove garlic
• ¾ teaspoon cumin
• ¼ teaspoon ginger
• ¼ teaspoon cayenne pepper
• ¼ teaspoon red pepper
• ¼ teaspoon salt
• 1 15oz can diced tomatoes
• ½ cup heavy cream
• 1 cup garbanzo beans
• 2 handfuls of spinach

Directions
Rinse quinoa thoroughly. Combine quinoa and water in a small pan, bring to a boil. Cover, reduce to a simmer, and let cook for 12 minutes. Water should be absorbed and quinoa should be tender. Set aside. In a large pan, heat coconut oil over medium. Add in onions and cook, stirring occasionally, until soft. Stir in the garlic and spices, cooking for one more minutes. Next, stir in the sweet potatoes, tomatoes, heavy cream, and garbanzo beans. If you are using canned, be sure to drain and rinse the beans. Let stew cook down for 20 minutes. Finally, roughly chop spinach and stir into the stew. Continue to cook until spinach has slightly wilted, about another 1-2 minutes. Spoon half of the quinoa into a bowl and top with half of stew. Add a piece of chicken on the side for your protein!
FROZEN HOT CHOCOLATE
HIGH/LOW CARB

**Ingredients**
- 1 1/2 cups unsweetened almond milk or water
- 1-2 scoops chocolate protein powder
- 1 frozen banana
- 4 ice cubes

*FOR LOW CARB DAY SUBSTITUTE WATER FOR THE ALMOND MILK*

**Directions**
Blend together all ingredients.
QUINOA FRUIT SALAD
HIGH CARB

Ingredients
• 1 cup quinoa
• 1 large lime, juiced
• 3 tablespoons honey
• 2 tablespoons finely chopped fresh mint
• 1 1/2 cups blackberries, halved
• 1 1/2 cups strawberries, sliced
• 1 1/2 cups kiwi, chopped
• 2 cups water
• Lemon zest

Directions:
Rinse quinoa under cold water using a strainer. Add quinoa, water and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes then turn heat to low and let simmer for 15 minutes or until water is absorbed. Remove from heat, fluff with a fork and let cool. In a medium bowl whisk lime juice, honey and mint and set aside. In a large bowl combine quinoa and fruit and pour mint/lime/honey “dressing” over and mix well. Can be served cold or at room temperature
**QUINOA PILAF**

**HIGH CARB**

**Ingredients**
- ½ cup quinoa
- 1 cup water
- 1 tablespoon coconut oil
- 1 medium sweet potato, peeled and cubed
- ¼ small onion, diced
- 1 clove garlic
- ¾ teaspoon cumin
- ¼ teaspoon ginger
- ¼ teaspoon cayenne pepper
- ¼ teaspoon red pepper
- ¼ teaspoon salt
- 1 15oz can diced tomatoes
- ½ cup heavy cream
- 1 cup garbanzo beans
- 2 handfuls of spinach

**Directions**

Rinse quinoa thoroughly. Combine quinoa and water in a small pan, bring to a boil. Cover, reduce to a simmer, and let cook for 12 minutes. Water should be absorbed and quinoa should be tender. Set aside. In a large pan, heat coconut oil over medium. Add in onions and cook, stirring occasionally, until soft. Stir in the garlic and spices, cooking for one more minutes. Next, stir in the sweet potatoes, tomatoes, heavy cream, and garbanzo beans. If you are using canned, be sure to drain and rinse the beans. Let stew cook down for 20 minutes. Finally, roughly chop spinach and stir into the stew. Continue to cook until spinach has slightly wilted, about another 1-2 minutes. Spoon half of the quinoa into a bowl and top with half of stew. Add a piece of chicken on the side for extra protein.
APPLE PIE SMOOTHIE
HIGH CARB

Ingredients
• 1 1/2 cups unsweetened almond milk
• 1-2 scoops vanilla protein powder
• 1 apple, chopped
• 1 tbsp almond butter
• 1 tsp cinnamon
• 3-4 ice cubes

Directions
Blend all ingredients together

VERY BERRY CINNAMON
HIGH CARB

Ingredients
• 1/3 cup frozen berries (strawberries, raspberries, blueberries, blackberries)
• 1/4 cup coconut water
• 1-2 scoops whey protein
• 1/2 teaspoon vanilla extract
• sprinkle of cinnamon

Directions
Blend all ingredients together
COCO BERRY
HIGH CARB

Ingredients
• ½ cup greek style yogurt
• Handful of strawberries
• 1 banana
• ¼ cup coconut milk
• 1 scoop of chocolate protein powder
• 4 ice cubes

Directions
Blend all ingredients together

BANANA ALMOND
“OATMEAL”
HIGH CARB

Ingredients
• 1 smashed banana
• 1 heaping spoonful of almond butter
• 1 scoop of protein powder
• Cinnamon to taste

Directions
Smash the banana in a bowl until you have a “liquidy” consistency. Add in your almond butter and protein powder and mix well. Let sit in the fridge for 20-30 minutes until cool. Top with cinnamon.
BANANA PROTEIN PANCAKES
HIGH CARB

Ingredients
• 2 ripe bananas
• 1 egg
• 1 heaping tablespoon of almond butter
• 1 scoop protein powder (vanilla or chocolate)
• Grass fed butter (for coating the pan)
• Maple syrup
• Cinnamon

Directions
Mix banana, egg, almond butter, and protein powder in a bowl very well until the consistency is smooth and thick. Heat a griddle or pan on a medium heat. Coat the pan with grass fed butter and add 1-2 tablespoons of the mixture. Cook thoroughly until the pancakes are brown on both sides. Top with maple syrup and cinnamon.
**TROPICAL DELIGHT**

**HIGH CARB**

**Ingredients**
- 1 cup frozen strawberries
- 1 cup coconut milk
- 1 ½ scoops of protein powder
- ½ tablespoon coconut oil

**Directions**
Blend all ingredients together
QUINOA & CHICKEN
BURRITO BOWL
HIGH CARB

Ingredients
• 1 cup quinoa
• 2 grilled boneless, skinless chicken breast, cooked and cut into pieces
• 1 (14-ounce) can of black beans, rinsed and drained
• 1/2 cups fresh or frozen corn (thawed if frozen)
• 2 tomatoes, diced
• 1 small red onion, diced
• 1 jalapeño, seeded and diced
• 1/2 cup of chopped fresh cilantro
• 1/4 cup freshly squeezed lime juice plus additional for serving
• 1 teaspoon ground chili powder
• 1/2 teaspoon kosher salt
• 1/4 teaspoon cayenne pepper
• 1/4 teaspoon black pepper
• 1/2 cup Siggis greek yogurt (plain)
• 4 tablespoons salsa

Directions
Bring 2 cups of 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 recover and let sit for 15 minutes. Transfer to a large serving 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.