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# ***RECIPE BOOK***

# APPLE TURKEY BURGERS WITH CARAMELIZED ONIONS & BRIE

# MEAL 1

45 MINUTES · 4 SERVINGS



## INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil
- 2 Yellow Onion (peeled and finely sliced)
- 2 Apple (green, divided)
- 454 grams 93% Lean, 7% Fat Ground Turkey
- 10 grams Dijon Mustard
- 1/2 tsp Ground Sage
- 1/2 tsp Dried Thyme
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 113 grams Brie Cheese
- 1 head Green Lettuce (separated into leaves and washed)

## NUTRITION

### AMOUNT PER SERVING

Calories	345	Fiber	4g
Fat	18g	Protein	29g
Saturated	8g	Sodium	591mg
Carbs	18g	Potassium	234mg

## DIRECTIONS

- 01 Heat oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1 to 2 tbsp of water at a time to deglaze the pan. Set aside.
- 02 Take half your apple servings and shred into a bowl. Squeeze and remove excess juice.
- 03 In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
- 04 Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
- 05 Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

## NOTES

### NO GRILL

Cook burgers in the oven at 350 for 15 minutes per side.

### MORE CARBS

Serve on a bed of brown rice or in a brown rice tortilla wrap.

### LEFTOVERS

Can be frozen up to 6 months in an airtight container.

# 15 MINUTE GRILLED STEAK WITH PESTO

MEAL 2

15 MINUTES · 1 SERVING



## INGREDIENTS

- 2 tsps Pesto
- 126 grams Top Sirloin Steak (about 4.5 oz)
- 1/2 Yellow Bell Pepper (de-seeded and sliced into 1/4's)
- 40 grams Red Onion (sliced into 1/8's)
- 3/4 tsp Balsamic Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	327	Fiber	2g
Fat	18g	Protein	28g
Saturated	6g	Sodium	134mg
Carbs	11g	Potassium	723mg

## DIRECTIONS

- 01 Preheat grill to medium heat.
- 02 Season and rub steaks with salt and other desired seasonings. Place yellow peppers, red onion and steaks on the grill. Cook for 4 to 5 minutes and then turn. Cook for another 4 to 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
- 03 Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar. Divide onto plates. Add the steak and top with pesto. Enjoy!

## NOTES

### NO GRILL

Prepare steak as you normally would over a stove top or in an oven.

# MAPLE GLAZED CHICKEN WINGS

MEAL 3

30 MINUTES · 6 SERVINGS



## INGREDIENTS

907 grams Chicken Wings (about 2lbs)  
1/4 tsp Sea Salt  
1/4 cup Maple Syrup  
1/4 cup Tamari  
4 stalks Green Onion (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	332	Fiber	0g
Fat	19g	Protein	28g
Saturated	5g	Sodium	898mg
Carbs	10g	Potassium	349mg

## DIRECTIONS

- 01 Season the chicken with salt on all sides.
- 02 In a separate bowl, whisk together the maple syrup and tamari.
- 03 Grill the chicken over medium-high heat, turning frequently until golden brown, about 20 minutes.
- 04 Brush the maple tamari mixture onto the chicken and grill for 1 to 2 minutes per side. Divide onto plates, top with green onions and enjoy!

## NOTES

### SERVING SIZE

One serving is equal to approximately five chicken wings.

### MORE FLAVOR

Add some chili flakes for spice.

### NO TAMARI

Use coconut aminos or soy sauce instead.

### NO BBQ

Cover the chicken wings in oil and bake in the oven at 400°F (200°C) for 35 minutes or until cooked. Glaze and broil the wings for 1 to 2 minutes per side.

# CREAMY SUN DRIED TOMATO PASTA

MEAL 4

20 MINUTES · 4 SERVINGS



## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 2 Garlic (clove, minced)
- 1 tbsp Arrowroot Powder (or cornstarch)
- 1 1/2 cups Low Fat, 1% Milk
- 1/2 cup Sun Dried Tomatoes (drained)
- 1 tbsp Nutritional Yeast
- 1/2 tsp Sea Salt
- 1 tbsp Lemon Juice
- 227 grams Chickpea Pasta
- 1 cup Asparagus (trimmed, cut into bite-sized pieces)
- 1/4 cup Parsley (chopped)
- 1/2 tsp Chili Flakes (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	308	Fiber	10g
Fat	8g	Protein	21g
Saturated	1g	Sodium	432mg
Carbs	46g	Potassium	377mg

## DIRECTIONS

- 01 Heat oil in a pan over medium-low heat and add garlic. Cook for 1 minute. Add the arrowroot powder and cook for another minute. Then add the milk and stir to combine. Stir until the milk has thickened.
- 02 Pour the milk mixture into a blender along with the sun dried tomatoes, nutritional yeast, sea salt and lemon juice. Blend until smooth and creamy. Add more water to thin if needed. Set aside.
- 03 Meanwhile, cook the pasta according to package directions. Drain and add the pasta back to the pot.
- 04 In a pan over medium heat, add the asparagus and sauté until cooked through, about 5 to 7 minutes. Once cooked through, add the asparagus in with the pasta. Mix in the sun dried tomato sauce. Divide onto plates and top with parsley and chili flakes, if using. Serve and enjoy!

## NOTES

### MORE FLAVOR

Use reserved water from cooking the pasta to thin the sauce instead.

### VEGAN

Substitute unsweetened almond milk for the milk.

# CHICKEN PICCATA WITH PASTA

MEAL 5

30 MINUTES · 1 SERVING



## INGREDIENTS

57 grams Whole Wheat Spaghetti  
85 grams Boneless, Skinless Chicken Breast  
1 1/2 tbsps All Purpose Flour  
Sea Salt & Black Pepper (to taste)  
1 tbsp Extra Virgin Olive Oil (divided)  
1/2 Garlic (clove, minced)  
3/4 tsp Capers  
1/2 cup Organic Chicken Broth  
1/2 Lemon (juiced)  
1 1/2 tsps Arrowroot Powder  
1/4 cup Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	489	Fiber	10g
Fat	18g	Protein	29g
Saturated	2g	Sodium	560mg
Carbs	58g	Potassium	696mg

## DIRECTIONS

- 01 Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 02 Spread the chicken breast open, cut in half and pound thin to about 1/4-inch thickness.
- 03 On a large plate, toss the flour, salt and pepper until combined. Press chicken into the flour mixture on both sides and shake off the excess.
- 04 In a large skillet, heat half the olive oil over medium heat and add the chicken. Cook for 4 to 5 minutes each side until cooked through and golden. Transfer to a plate.
- 05 Add the remainder of olive oil, garlic and capers (lightly smashed) to the same skillet and cook for 3 minutes.
- 06 Add broth and lemon juice and bring to a boil. Gently scrape and stir the browned bits at the bottom of the pan. Whisk in the arrowroot powder to thicken the sauce. Add parsley, and adjust salt and pepper to taste.
- 07 Return chicken to the skillet and cook for 1 to 2 minutes. Serve immediately over brown rice spaghetti.

## NOTES

### MAKE IT SPICY

Garnish with red chilli flakes.

### NO CHICKEN BROTH

Use veggie broth or water.

### ARROWROOT POWDER

Substitute cornstarch.

# PESTO SHRIMP PASTA

MEAL 6

20 MINUTES · 1 SERVING



## INGREDIENTS

57 grams Fettuccine  
113 grams Shrimp (peeled, deveined)  
1/16 tsp Sea Salt  
1 1/2 tbsps Pesto

## NUTRITION

### AMOUNT PER SERVING

Calories	395	Fiber	3g
Fat	10g	Protein	32g
Saturated	2g	Sodium	424mg
Carbs	44g	Potassium	549mg

## DIRECTIONS

- 01 Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 02 Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 03 Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

## NOTES

### ADDITIONAL TOPPING

Red pepper flakes, fresh herbs, lemon juice.

# SPAGHETTI WITH CHICKEN, SPINACH & TOMATOES

## MEAL 7

30 MINUTES · 1 SERVING



### INGREDIENTS

2 tps Extra Virgin Olive Oil (divided)  
125 grams Cherry Tomatoes  
1/2 tsp Garlic Powder  
1/2 tsp Onion Powder  
1/4 tsp Sea Salt  
113 grams Boneless, Skinless Chicken Breast (sliced in halves)  
30 grams Baby Spinach  
57 grams Whole Wheat Spaghetti (dry)

### NUTRITION

#### AMOUNT PER SERVING

Calories	434	Fiber	9g
Fat	14g	Protein	36g
Saturated	2g	Sodium	673mg
Carbs	47g	Potassium	1145mg

### DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 02 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 03 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 04 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 05 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 06 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 07 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

### NOTES

#### SPICE IT UP

Add red pepper flakes to the pasta, and/or chili powder to the seasoning.



# VANILLA PROTEIN PANCAKES

MEAL 8

15 MINUTES · 1 SERVING



## INGREDIENTS

120 grams Banana (plus extra for topping)  
2 Egg  
25 grams Whey Protein Powder  
(preferably vanilla flavored)  
2 tbsps Sf Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	357	Fiber	3g
Fat	12g	Protein	32g
Saturated	3g	Sodium	233mg
Carbs	34g	Potassium	671mg

## DIRECTIONS

- 01 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 02 Heat large skillet over medium heat with non-stick spray. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 03 Transfer to a plate and top with SF syrup. Enjoy!

# CARROT CAKE PROTEIN BALLS

MEAL 9

15 MINUTES · 12 SERVINGS



## INGREDIENTS

50 grams Baby Carrots (shaved, drained of liquid)  
150 grams Rolled Oats  
60 grams Whey Protein Powder (preferably vanilla flavored)  
50 grams Pitted Dates (chopped)  
100 grams Unsweetened Applesauce  
35 grams Walnuts (chopped finely)  
1 tbsp Chia Seeds  
3 tbsps Water  
1 tsp Cinnamon  
1/4 tsp Nutmeg  
1/2 tsp Ground Ginger

## DIRECTIONS

- 01 Mix together chia seeds and water. Allow to sit for at least 5 minutes until chia seeds have thickened.
- 02 Measure out the protein powder and rolled oats in one bowl.
- 03 Add the applesauce and mix together until incorporated.
- 04 Chop the dates into bite-sized pieces and add to the mixture, along with remaining ingredients, including the thickened chia seeds.
- 05 Roll together into balls and allow to sit for 10-15 minutes. Enjoy!

## NOTES

### VEGAN/VEGETARIAN

Substitute a plant-based protein powder.

## NUTRITION

### AMOUNT PER SERVING

Calories	110	Fiber	2g
Fat	4g	Protein	6g
Saturated	0g	Sodium	11mg
Carbs	15g	Potassium	128mg

# MAPLE PUMPKIN POPCORN

MEAL 10

15 MINUTES · 3 SERVINGS



## INGREDIENTS

65 grams Organic Popcorn Kernels  
1 1/2 tbsps Maple Syrup  
1 tbsps Pureed Pumpkin  
1/4 tsp Cinnamon  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	106	Fiber	3g
Fat	1g	Protein	2g
Saturated	0g	Sodium	198mg
Carbs	22g	Potassium	99mg

## DIRECTIONS

- 01 With a brown paper bag, place popcorn kernels in and microwave on high for 2 minutes.
- 02 Make the maple pumpkin syrup in the same pot while it is still hot. Stir together the maple syrup, pumpkin, cinnamon and salt.
- 03 Drizzle the syrup onto the popcorn. Gently toss, divide into 3 equal servings and enjoy!

## NOTES

### STORAGE

The popcorn is best had fresh but you can refrigerate the maple pumpkin syrup in an air-tight container up to 5-6 days.

# DARK CHOCOLATE AVOCADO PUDDING

MEAL 11

45 MINUTES · 2 SERVINGS



## INGREDIENTS

100 grams Frozen Avocado  
1/2 cup Unsweetened Almond Milk  
1/4 cup Dark Cocoa Powder  
40 grams Whey Protein Powder  
(preferably chocolate flavored)  
1 1/2 tsps Stevia Powder  
40 grams Strawberries (sliced)

## DIRECTIONS

- 01 Let frozen avocado thaw out on counter, about 15 minutes.
- 02 Place all ingredients together in a food processor or blender and blend until smooth.
- 03 Divide into portions, top with strawberries, and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	201	Fiber	6g
Fat	11g	Protein	19g
Saturated	1g	Sodium	115mg
Carbs	16g	Potassium	287mg

# CHOCOLATE PEANUT BUTTER ICE CREAM

MEAL 12

5 MINUTES · 1 SERVING



## INGREDIENTS

120 grams Banana (sliced and frozen)  
30 grams Whey Protein Powder (chocolate flavored)  
1 1/2 tbsps Pb2 Powdered Peanut Butter  
1 1/2 tsps Dark Cocoa Powder  
1/4 cup Soy Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	303	Fiber	5g
Fat	5g	Protein	30g
Saturated	0g	Sodium	146mg
Carbs	38g	Potassium	782mg

## DIRECTIONS

- 01 Place ingredients together in a blender and blend until smooth. Enjoy!
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

### SOY MILK

Substitute any other dairy alternative OR low fat, 1% milk.

# CHOCOLATE STRAWBERRY PEANUT BUTTER RICE CAKES

MEAL 13

5 MINUTES · 1 SERVING



## INGREDIENTS

3 tbsps Pb2 Powdered Peanut Butter  
2 Plain Rice Cake  
40 grams Strawberries (fresh, chopped)  
1 tbsp Organic Dark Chocolate Chips

## NUTRITION

### AMOUNT PER SERVING

Calories	263	Fiber	3g
Fat	8g	Protein	12g
Saturated	5g	Sodium	140mg
Carbs	33g	Potassium	338mg

## DIRECTIONS

01 Mix powdered peanut butter with appropriate amount of water. Spread on top of the rice cakes and top with strawberries and chocolate chips. Enjoy!

## NOTES

### NO STRAWBERRIES

Use raspberries or blueberries instead.

# CINNAMON RAISIN PROTEIN COOKIES

MEAL 14

30 MINUTES · 8 SERVINGS



## INGREDIENTS

360 grams Banana (ripe)  
180 grams Egg Whites  
60 grams Tahini  
100 grams Whey Protein Powder (preferably vanilla flavored)  
80 grams Oats (rolled or quick)  
1 tsp Cinnamon  
80 grams Organic Raisins  
50 grams Ground Flax Seed

## NUTRITION

### AMOUNT PER SERVING

Calories	249	Fiber	5g
Fat	8g	Protein	17g
Saturated	1g	Sodium	69mg
Carbs	30g	Potassium	393mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 03 Add in the remaining ingredients and mix well again.
- 04 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 05 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 06 Remove from oven, let cool completely on the baking sheet and enjoy!

## NOTES

### NO TAHINI

Use sunflower seed butter, almond butter or peanut butter instead.

### NO RAISINS

Use dried cranberries instead.

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