



Pumpkin Spice & Everything Nice

Fall Favorites with Hybrid Em

Breakfast:

→ Protein Pumpkin Spice Pancakes: (option 1)

- ◆ $\frac{3}{4}$ cup flour
- ◆ 30 grams vanilla protein powder
- ◆ 1 tsp baking powder
- ◆ 1 tsp pumpkin spice
- ◆ $\frac{1}{2}$ tsp cinnamon
- ◆ $\frac{1}{4}$ tsp salt
- ◆ $\frac{3}{4}$ cup plain nonfat greek yogurt
- ◆ $\frac{1}{2}$ cup pumpkin puree
- ◆ 1 large egg
- ◆ $\frac{1}{2}$ unsweetened almond milk (or whatever milk you like best)
- ◆ Splash of vanilla
 - Whisk dry ingredients together, then mix in wet ingredients. It will make about 6 pancakes, cook for 3 mins on each side.
 - Macros per 2 pancakes:
 - 207 calories
 - 3 g fat
 - 27 g carb
 - 18 g protein

→ *Protein Pumpkin Spice Pancakes: (option 2)

- ◆ ½ cup oats (ground up)
- ◆ ½ tsp pumpkin spice
- ◆ 1 tsp baking powder
- ◆ ½ tsp cinnamon
- ◆ Pinch of salt
- ◆ ¼ cup pumpkin puree
- ◆ ½ cup low fat cottage cheese
- ◆ ½ cup egg whites
 - Combine all ingredients in a blender, cook for 2-3 mins on each side or till golden brown.
 - Macros per serving (makes 1 serving)
 - 315 calories
 - 5.4 g fat
 - 38.4 g carb
 - 30.4 g protein

→ **Apple Cinnamon Cottage Cheese Bake**

- ◆ 2 cups full fat or 2% small curd cottage cheese
- ◆ 3 large eggs
- ◆ 1 large apple finely diced
- ◆ ½ cup oats
- ◆ ¼ cup maple syrup
- ◆ 1 ½ tsp cinnamon
- ◆ 1 tsp vanilla extract
- ◆ 1 tsp baking powder
 - Preheat oven to 350 degrees. Grease 9x9 inch baking dish.
 - Whisk cottage cheese, eggs, maple syrup, and vanilla in a bowl.
 - Stir in oats, cinnamon, and baking powder.
 - Fold in apples
 - Pour into baking dish and spread evenly.
 - Bake for 35-40 minutes until golden and a toothpick comes out clean.
 - Let cool before consuming! Top it off with some sugar flavored creatine (from sneaky gainz;) or regular powdered sugar!
 - Pro-tip, to avoid excess moisture at the bottom of your pan, you can drain the cottage cheese in a strainer over a mesh sieve before throwing everything together.
 - Macros per serving (makes about 6 slices)
 - 196 calories
 - 6.3 g fat
 - 22.8 g carb

- 13.6 g protein

→ ***Overnight Pumpkin Pie Oats: (perfect if you have a busy morning)**

- ◆ ½ cup oats
- ◆ 3 tbsp pumpkin puree
- ◆ ½ cup unsweetened almond milk (or whatever milk you like)
- ◆ 1 scoop vanilla protein powder (roughly 30 grams)
- ◆ 1 tbsp maple syrup
- ◆ Splash of vanilla
- ◆ Pumpkin pie spice
 - Mix everything together in a bowl or jar, leave it until morning!
 - Macros
 - 358 calories
 - 5 g fat
 - 47 g carb
 - 31 g protein

→ **Amish Style Cinnamon Apple Oat Bake**

- ◆ 3 cups old-fashioned rolled oats
- ◆ 1½ tsp baking powder
- ◆ 2 tsp ground cinnamon
- ◆ ¼ tsp ground nutmeg
- ◆ ¾ tsp salt
- ◆ ½ cup lightly packed brown sugar
- ◆ 2½ cups milk
- ◆ 2 large eggs
- ◆ 1 tsp vanilla extract
- ◆ 3 tbsp melted butter or coconut oil
- ◆ 2-3 large apples (Honeycrisp or Gala), peeled and diced
 - Prep: Grease a 9×13-inch baking dish. Preheat oven to 325°F.
 - Mix Dry Ingredients: Whisk oats, baking powder, cinnamon, nutmeg, salt, and brown sugar in a large bowl.
 - Combine Wet Ingredients: In a separate bowl, whisk milk, eggs, and vanilla.
 - Assemble: Pour wet ingredients into dry. Stir in melted butter.
 - Layer: Scatter apples in the dish. Pour oatmeal mixture over top.
 - Bake: 35-45 mins until golden and set. Cool slightly before serving and enjoy!
 - Macros per serving (makes about 8 slices)
 - 289 calories

- 9.4 g fat
- 41.8 g carb
- 8.2 g protein

Lunch/Dinner:

→ *Autumn Chopped Salad:

- ◆ 8 cups romaine hearts chopped
- ◆ 1 apple chopped
- ◆ 8 pieces bacon cooked and chopped (or you can use bacon bits)
- ◆ 1 cup maple pecans chopped
- ◆ ½ cup sharp cheddar cheese
- ◆ 1 cup dried cranberries
- ◆ ½ cup balsamic vinaigrette skinny girl
- ◆ ½ cup poppy seed dressing skinny girl
 - Chop romaine, cheese, bacon, and apple into ½-¾ inch pieces. The point of a chopped salad is to have all the ingredients close in size. Set aside.
 - Place romaine in the bottom of a large serving bowl. Top with apple, bacon, pecans, cheese, and cranberries.
 - Add dressings to a jar. Shake vigorously to combine. Pour dressing over salad. Use tongs to gently toss, and enjoy!
 - Macros per serving (makes about 6)
 - 339 calories
 - 22.4 g fat
 - 35.1 g carb
 - 9 g protein

→ Fall Harvest Chicken Salad

- ◆ 25 oz shredded chicken (fresh or canned)
- ◆ 2 apples
- ◆ 1 cup chopped celery
- ◆ ½ dried cranberries
- ◆ 2 garlic clove minced
- ◆ ¼ cup red onion diced
- ◆ 1 tbsp honey mustard
- ◆ ¼ cup light mayo
- ◆ 1 cup plain nonfat greek yogurt
- ◆ ¼ tsp nutmeg
- ◆ Salt and pepper to taste

- Combine everything in a bowl, mix well and enjoy on sandwiches, with crackers, etc.
 - Macros per serving (makes about 4)
 - 338 calories
 - 8.3 g fat
 - 32.7 g carb
 - 34.7 g protein

→ ***Creamy White Chicken Chili**

- ◆ 1 medium yellow onion, chopped
- ◆ 4 cloves garlic, minced or grated
- ◆ 1 jalapeño, seeded, if desired and chopped
- ◆ 2 tsp ground cumin
- ◆ 1 tsp smoked paprika
- ◆ ½ tsp chili powder
- ◆ salt and pepper to taste
- ◆ 2 lbs pound chicken
- ◆ 4-5 cups low-sodium chicken broth
- ◆ 4 oz cream cheese, at room temperature
- ◆ 1 can white beans, drained
- ◆ ½ cup salsa verde
- ◆ 1 cup shredded cheddar cheese
- ◆ ½ cup fresh cilantro, chopped
- ◆ avocado, cheddar cheese, and nonfat plain greek yogurt, lime zest and juice for serving (you will measure these separately)
 - In your crockpot, combine the onion, garlic, jalapeno, cumin, paprika, and chili powder. Add the chicken, then stir in 4 cups broth and cream cheese. Season with salt and pepper.
 - Cover and cook on low for 6-7 hours or high for 4-5 hours.
 - Shred the chicken using two forks. Stir in the white beans, salsa verde, cheddar, and cilantro.
 - Ladle the chili into bowls. Top, as desired, with yogurt/sour cream, cheese, avocado, cilantro, and green onions. Zest lime over each bowl. Eat and enjoy!
 - Macros per 1 cup (makes about 12 servings)
 - 233 calories
 - 6.9 g fat
 - 18 g carb
 - 24.3 g protein

→ ***Chicken Orzo Tomato Soup:**

- ◆ 2 tsp Extra Virgin Olive Oil
- ◆ 4 cloves garlic, thinly sliced or minced
- ◆ ¼ cup Tomato Paste
- ◆ ½ tsp Italian seasoning
- ◆ 4 cups chicken broth
- ◆ salt to taste
- ◆ 1 cup Orzo Pasta
- ◆ 2 cups shredded cooked chicken (I use the pulled meat from a rotisserie chicken)
- ◆ ¼ cup heavy cream
- ◆ 1–2 cups water as desired to get the consistency you like
- ◆ parmesan, herbs, red pepper flakes, and lemon for serving
 - Heat the olive oil in a soup pot over medium high heat. Add the garlic; sauté for 1-2 minutes until soft and fragrant but not browned.
 - Add the tomato paste and Italian seasoning; cook until it becomes caramelized and turns a deep red color, about 5 minutes.
 - Add the broth gradually until the mixture incorporates into a smooth liquid. This is a good time to add salt; I recommend tasting the liquid to see how much salt it needs depending on how salty your broth was. Otherwise just add 1/2 teaspoon to start, and add from there.
 - Add the orzo and bring the whole thing to a simmer for about 10 minutes until the orzo is soft. If needed, add a cup more of water and/or broth to get your desired consistency. Stir in heavy cream.
 - Add the chicken and squeeze in a bunch of lemon juice to wake the whole thing up.
 - Serve topped with Parmesan, herbs, red pepper flakes, and hot crusty bread. If you want, serve with a little side of pesto for dipping the bread in before dunking in the soup. YUM. So good!
 - Macros per serving (makes 4)
 - 336 calories
 - 8.4 g fat
 - 38.5 g carb
 - 25.3 g protein

→ **Kale Orzo Salad with Maple Lime Vinaigrette:**

- ◆ 1 honeynut squash, peeled with seeds removed and cubed
- ◆ 1, 15 oz can chickpeas, rinsed and drained
- ◆ 6 large stalks of kale, stems removed and cut into bite size pieces
- ◆ 1 tsp garlic powder
- ◆ ½ tsp dry thyme, optional

- ◆ Drizzle of high heat oil
- ◆ 1 cup dry orzo
- ◆ ⅓ cup parsley
- ◆ ⅓ cup pistachios, chopped
- ◆ ¼ cup dried cranberries
- ◆ 2 cups shredded cooked chicken

Dressing ingredients:

- ◆ 1 small shallot, finely diced
- ◆ 1-2 small cloves garlic, grated
- ◆ Zest and juice from one large lime, about 1 1/2 tablespoons
- ◆ 1 tbsp white wine vinegar
- ◆ 1 tbsp maple syrup
- ◆ 1 tsp Dijon mustard
- ◆ 1/4 cup extra virgin olive oil
- ◆ 1/2 tsp thyme
- ◆ Salt and pepper to taste
 - Preheat the oven to 425F. Dry the chickpeas well using a clean kitchen towel then add onto one large sheet pan along with the cubed squash. Generously drizzle with oil and season with garlic powder, salt and pepper. Toss to evenly coat, spread the mixture out in a single layer and then place in the oven for 25 minutes.
 - Place your kale on a separate sheet pan, season with a pinch of salt and pepper. After the squash and chickpeas roast, give them a flip and place the tray back in the oven along with the tray of kale to roast for 7 minutes.
 - While baking, bring a medium pot of water to a boil and salt generously then cook the orzo until al dente according to package instructions. Drain the pasta, place back in the pot. To prevent clumping, drizzle the pasta with a little olive oil and toss to coat.
 - Combine the dressing ingredients together in a jar or bowl. If using a jar, seal the jar and shake the dressing ingredients until it emulsifies (becomes uniform). If in a bowl, use a whisk to whisk the ingredients together vigorously until it emulsifies.
 - Now assemble the salad. To a large salad bowl add the kale, chicken, orzo, roasted squash and chickpeas, parsley, pistachios, and dry cranberries. Drizzle the dressing over top and then toss the salad until everything is coated evenly and well distributed. Serve and enjoy!
 - Macros per serving (makes about 4)
 - 586 calories
 - 29.4 g fat
 - 55.5 g carb

- 31 g protein

→ ***Roasted Veggie And Sausage Sheet Pan: (quick and so easy)**

- ◆ 3 cups brussel sprouts, edges trimmed, cut in half, and tossed in 2 tbsp olive oil and salt (to taste)
- ◆ 1 ½ lbs sweet potato diced, tossed in 2 tbsp olive oil, 3 tbsp maple syrup, ½ tsp cinnamon
- ◆ ½ cup pumpkin seeds
- ◆ 1 cup dried cranberries
- ◆ 2-4 tbsp maple syrup
- ◆ Package of Aidell's chicken and apple sausage
 - Preheat the oven to 400 degrees. Lightly spray the baking sheet.
 - Toss brussel sprouts together in a mixing bowl, once evenly coated, place on the baking sheet with the prepared sweet potato and cook for 20-25 mins. About half way through, mix them around.
 - Slice up the sausages, with about 7-10 mins left on the timer for the veggies, through the sausages on the pan.
 - Once everything is done cooking, combine sheet pan mix with the pumpkin seeds and dried cranberries. Drizzle 2-4 tbsp of maple syrup over the top and serve!
 - Macros per serving (makes about 8)
 - 372 calories
 - 14.9 g fat
 - 47.6 g carb
 - 11 g protein

→ **Slow Cooker Enchilada Orzo**

- ◆ 4 oz cream cheese
- ◆ 1 cup black beans drained
- ◆ 1 cup canned corn
- ◆ 14.5 oz can fire roasted tomatoes
- ◆ 4.5 oz green chiles chopped
- ◆ 10 oz mild red enchilada sauce
- ◆ ½ cup low sodium chicken or beef broth
- ◆ 2 cups orzo
- ◆ Nonfat plain greek yogurt, lime juice, chopped cilantro for topping (you'll measure this separately). You can also add shredded chicken or lean ground beef to increase protein!

- Place diced tomatoes, enchilada sauce, green chiles, broth, corn and black beans into a 6-qt slow cooker.; season with salt and pepper, to taste. Stir until well combined. Top with cream cheese.
- Cover and cook on low heat for 7-8 hours or high heat for 3-4 hours.
- Uncover and stir until cream cheese is well combined. Stir in orzo. Cover and cook on high heat for an additional 15-30 minutes. Add more broth as needed until the desired consistency is reached.
- Add toppings of choice and enjoy!
 - Macros per 1.5 cup (makes about 6-7 servings)
 - 242 calories
 - 8.3 g fat
 - 32.1 g carb
 - 7 g protein

Snacks/Desserts

→ Choc. Chips Pumpkin Banana Muffins: (snack on the go)

- ◆ 2 Bananas
- ◆ ¼ cup pumpkin puree
- ◆ 2 eggs
- ◆ 1 tsp vanilla extract
- ◆ ¾ cup plain low fat greek yogurt
- ◆ ¼ cup maple syrup
- ◆ 2 cups flour
- ◆ 1 scoop vanilla protein powder
- ◆ 2 tsp baking powder
- ◆ Cinnamon and pumpkin spice to your liking
- ◆ ½ cup chocolate chips
 - Combine all wet ingredients in a large mixing bowl, then pour in dry ingredients. Mix well and scoop into muffin tin (either sprayed down or with liners).
 - Bake 350 for about 15-18 minutes.
 - Macros per serving (makes about 12)
 - 174 calories
 - 3.1 g fat
 - 30.7 carb
 - 6.7 g protein

→ Pumpkin Pie Protein Smoothie:

- ◆ 1 frozen banana

- ◆ 2 soaked dates
- ◆ 1/3 cup pumpkin puree
- ◆ 1 scoop vanilla protein powder
- ◆ Almond milk (or water, to make it the consistency you like)
 - Blend all together, top with low calorie whip cream and enjoy!
 - Macros per serving
 - 373 calories
 - 6.7 g fat
 - 57.3 g carb
 - 24.3 g protein

→ **Apple Pie Protein Balls: (great preworkout snack or snack on the go)**

- ◆ 1/2 cup oats
- ◆ 1 cup apple cinnamon chips
- ◆ 1 scoop vanilla protein powder
- ◆ 1/2 tsp cinnamon
- ◆ 1/4 tsp nutmeg
- ◆ 1/4 tsp ground cloves
- ◆ 3/4 cup almond butter (or nut butter of your choice)
- ◆ 1/4 cup maple syrup
 - Combine dry ingredients, mix, then add nut butter and maple syrup.
 - Mix until you reach a cookie dough consistency, use hands (it makes the mixing easier).
 - Put it in the fridge after rolling into smaller bowls, let it harden, then enjoy!
 - Macros per serving (makes about 15)
 - 121 calories
 - 7.7 g fat
 - 11.3 g carb
 - 4.6 g protein

→ ***3 ingredient Pumpkin Cookie: (extremely low calorie...so delicious)**

- ◆ 1 can of pumpkin
- ◆ 1 box spice cake mix
- ◆ 3/4 cup chocolate chips
- ◆ Cinnamon and pumpkin spice (optional)
 - Combine all 3 ingredients, mix well.
 - Set oven to 375 degrees, bake for 12-15 minutes.
 - Macros per serving (makes about 40, using small cookie scoop)
 - 55 calories

- 1.2 g fat
- 10.8 g carb
- .7 g protein

→ ***Vanilla Pumpkin Protein Coffee**

- ◆ 1 cafe late premier protein
- ◆ About 200 grams Stok coffee
- ◆ About 2-4 tsp sugar free french vanilla and pumpkin spice syrup
- ◆ Dash of cinnamon and pumpkin spice
 - Macros per serving
 - ~169 calories
 - 3 g fat
 - 6.8 g carb
 - 30 g protein

→ ***Pumpkin Chia Pudding**

- ◆ 1 can pumpkin puree
- ◆ 1 cup whole milk
- ◆ 2 tbsp maple syrup
- ◆ ¼ tsp salt
- ◆ 1 tsp cinnamon
- ◆ ⅓ cup chia seeds
- ◆ 2 tbsp zero sugar reddy whip
 - Combine all ingredients in a bowl, let sit for 3-4 hours in the fridge.
 - Top with whip cream and enjoy!
 - Macros per ½ cup (makes about 7 servings or 3 ½ cups)
 - 94 calories
 - 3.6 g fat
 - 13.3 g carb
 - 2.7 g protein

→ **Caramel Apple Pie Yogurt Bowl**

- ◆ 1 cup vanilla greek yogurt
- ◆ 1 medium apple diced
- ◆ 1 tsp butter
- ◆ ½ tsp cinnamon
- ◆ ½ tbsp maple syrup or brown sugar
- ◆ 2 tbsp granola or crushed graham cracker
- ◆ 2 tbsp caramel sauce

- Sauté Apples: Heat butter or coconut oil in a small skillet over medium heat. Add diced apples, cinnamon, and maple syrup. Cook 5–6 min, stirring occasionally, until tender and syrupy. Remove from heat and let cool 2–3 min.
- Prepare Yogurt: Divide Greek yogurt into two bowls. Swirl 1 tbsp caramel sauce into each for a marbled effect.
- Assemble Bowl: Spoon warm apples over yogurt. Top with granola or crushed graham crackers and drizzle extra caramel. Add optional sea salt or pecans.
- Serve Immediately: Enjoy the contrast of warm apples and cool yogurt.
 - Macros per serving (makes 2 servings)
 - 245 calories
 - 2.4 g fat
 - 45 g carb
 - 12.1 g protein