THE OPEN WINDOW

Room to breathe, day by day



By The Summit Dad



I was about 30, and I weighed 240 lbs (110 kg).

One evening my kids were on the floor building Lego, and I sat down with them. It didn't last long. My back started to ache, so I crawled up onto the couch and watched them play from there. Without me.

My patience was low. Low on everything, really. Things I used to love stopped feeling like anything. And I kept telling myself I was fine.

That was the moment I knew something had to change.

Five kids don't care about your intentions. They feel your energy. Your mood. The air you bring into a room.

So I stopped forcing it and started opening the window instead. A little wider, a little more each day. The weight came off along the way, but it was never really the point. The point was getting back down on that floor.

The mountain's still there. Let's climb it.

– Johannes Samuelsson

This book shares what works for me. It's not medical advice. If you have a health condition, talk to your doctor before changing how you eat or train.

What the Window Is

The moment it finally made sense.

A while ago, life at home got really heavy. One day I sent a message I'm not proud of. Not cruel, but sharp.

A couple of weeks later, someone whose job is to support families called me. She didn't judge me. She just said:

> *"When I read that message, I could see you were outside your window of tolerance."*

I knew those words. I'd learned them in my training as a foster parent. But I'd only ever used them for the kids. Never on myself.

That's when everything made sense.

Every dad has a window. Psychiatrist Dr. Dan Siegel named it the window of tolerance: the space where you can handle life. Inside it, the noise and the mess don't get to you. You can sit on the floor, listen, and laugh at the same joke for the tenth time.

When it closes, the same day feels different. Some dads get short and loud. Others go quiet and are only half there. Same kids, same noise, a completely different dad.

It's not your personality. *It's your capacity.*

AND IT ISN'T RANDOM

After a night without sleep, the brain's alarm centre reacts about 60% more strongly.

When blood sugar drops, people get more irritable with the people closest to them.

The good news: a window can be widened. That's what this book is about.

Sources: Siegel, *The Developing Mind* (1999) · Yoo et al., *Current Biology* (2007), sleep loss and the amygdala · Bushman et al., *PNAS* (2014), low blood sugar and irritability between couples.

The Four Pillars

So how do you keep it open? For me, it comes down to four things.

This is what worked for me, and what this book is built on.

1 Energy Windows

Most dads think it's about eating less. It's not. It's about eating the right energy at the right time. Protein and fat early keeps my head clear for hours, no crash. Carbs later, when I start to dip, to refill my energy.

Same food, wrong timing, drains you. Right timing, it carries you.

2 Strength

This isn't about getting big. A stronger body moves more oxygen, clears stress faster, and sleeps deeper. That's a wider window, built into you. Two sessions a week is enough.

You're not training to look strong. You're training to carry a hard day without breaking, and still be up for whatever your kids are up for.

3 Recharge

Recharge is time that's just for you. And it's not selfish, it's biology. Twenty minutes doing something you love drops your stress hormones and pulls your body out of fight-or-flight. For me it's the mountains. That's what makes my thoughts lighter.

A dad with no room for himself has no room for anyone else.

Find your thing. The one that's only yours, and gives you energy.

4 Know Yourself

You can do the other three perfectly and still miss it, if you don't know your own pattern. So I started writing it down. Every time the guilt hit, every time I snapped or checked out, when, and why. After a few weeks I could see it coming.

Know yourself, and you catch it before it catches you.

Self-awareness is where all change starts. The fact that you're reading this book means you've already seen it: something needs to change.

That's the first stone. The rest of this book is how you lay the others.

When It Closes Anyway

Here's the truth: your window will still close sometimes. Mine does.

No dad gets it right every day. So there are two things to learn.

ONE

Catch it before

Your window gives signals before it closes. For me, it's when even the happy noises start to get to me. The kids laughing, singing, a song they love. That's when I know.

Other signals most dads know, but rarely name:

- Answering before they've finished
- Hearing the noise, not the words
- Counting down to bedtime
- Reaching for your phone to disappear

When you notice it, ask yourself one question:

> *"When did I last eat? Drink? Get a minute to myself?"*

Then step out for a moment. A glass of water, something to eat, five minutes outside. Or just one long, slow breath out. It's not running away. It's coming back as the dad you want to be.

TWO

Repair after

When you miss it, go back. Sit at their level and keep it simple:

> *"I was short with you. That wasn't about you. I'm sorry."*
> *"I wasn't really with you earlier. I'm here now."*

1/3

Researcher Ed Tronick found that even in loving families, parents and babies are only in sync about a third of the time. What builds strong kids isn't a perfect dad. **It's a dad who comes back.**

Every repair teaches them that *love can handle a bad moment.*

Sources: Tronick & Gold, *The Power of Discord* (2020), mismatch and repair between parents and babies · Balban et al., *Cell Reports Medicine* (2023), slow breathing with long exhales and mood.

What Energy Is

For years, I had no idea how much food my body needed. Some days I skipped meals and had no patience left by the afternoon. Other days I ate too much and sank into the couch.

Food is *energy.*

It's what your body runs on, what you think with, and what your patience is made of.

TOO LITTLE

Your window shrinks. You get foggy, short and tired.

TOO MUCH

You feel heavy and slow, with nothing left for the floor with your kids.

But it's not just how much. It's also what, and when.

HOW MUCH

The right amount is different for every dad. You'll find yours on page 8.

WHAT

Two meals can have the same energy and feel completely different. One leaves you heavy an hour later. The other keeps you steady for hours.

WHEN

Skip a meal, and your energy is gone right when your kids need you most.

> *For me, it went further. I used to get a lot of migraines. It took me years to see the pattern. When I changed what and when I ate, they came far less often.*

That's what the three windows and the recipes in this book are for: **the right energy, at the right time.**

You might know it as calories, the number on every food label. It's the same thing. In this book, we call it energy.

Right after the three windows, on page 8, you'll find your number. It's not a diet number. It's how much energy your body needs to show up for the people at home.

Your Windows

Navigating your Energy Windows.

To keep steady energy through the day, we split it into three windows: Window 1, Window 2 and Window 3. Nothing complicated. Start clear, top up when you need it, wind down at night.

WINDOW 1

Patience & Focus

In the morning, I put protein and healthy fat first. A slice of bread under the eggs is fine, but protein and fat stay the focus of the meal. For me, that gives a clear head and steady energy for hours. Sharp at work, patient with the kids.

WINDOW 2

Power for the Second Shift

Somewhere after lunch, I feel it: now my body wants more. That's when I start eating more carbs. Whether you're training or just need energy to be present after work, this is where you top up.

WINDOW 3

Recharge & Restore

Rest is where you actually get stronger. Carbs and slow protein here help you wind down and sleep, so you wake up ready to go again.

Your day isn't always the same, and that's fine. These windows adapt to you, not the other way around.

- Missing protein or carbs at the end of the day? Pull a meal from any window.
- No two days look the same. The windows will meet you where you are.

Lean on the recipes to fill the gaps and keep going.

Your Numbers

Find what your body needs, and a rhythm you can keep.

No need to overcomplicate it. What you eat should match what you do. Pick the line that sounds most like your days:

Quiet days, want to lose some weight

LBS × 13
KG × 28

Active days, want to lose some weight

LBS × 14
KG × 30

Feel steady, stay where you are

LBS × 16
KG × 35

Training to build strength

LBS × 17
KG × 38

How to use it: Pick the one that fits most of your days. The Summit App can do the maths for you. Then follow it, day by day.

THE SIMPLE RULES

Protein first

Enough to repair your body, not more than that. Aim for about 0.7–0.9 g per lb (1.6–2 g per kg).

Carbs for energy

Energy for your workouts and for playing tag with your kids. In the evening, they help you wind down and sleep.

Room to live

The 80/20 rule. Room to breathe, not a rulebook. Stay close to your plan and don’t stress the small stuff.

HOW WE SHOW UP

We eat for energy, not restriction. Enough for your training, and enough to stay present with your family. Rhythms you can keep beat rules you can’t.

YOUR DAY

Combine your windows to reach your number. Busy day? Double up on Window 1 or Window 2 to keep going.

WINDOW 1
ENERGY ~450
Morning focus. Protein and fat first.

+

WINDOW 2
ENERGY ~650
Power for the second shift. A balanced meal.

+

WINDOW 3
ENERGY ~250
Recharge for tomorrow. Protein and carbs.

That’s one meal for each window. Most days, I double one of them or add a snack until I reach my number.

Keep it simple: plan ahead. Don’t scramble for food once you’re already hungry. Pack what you can. Decisions made in advance don’t fail you later.

The Basics

Small habits, day to day.

You know the numbers now. These are the small habits that make them actually work.

HYDRATION

- **Aim for** about 100 oz (3 litres) a day.
- **Morning:** about 17 oz (half a litre) right after you wake up.
- **The gauge:** clear pee by noon. Too little water often shows up as brain fog.

SLEEP

- **Aim for** around 7 hours. Quality matters more than quantity.
- **Screens:** no work emails before bed. A series with your wife? That counts as rest.
- **Bad night?** Drink extra water the next day.

CHECK-IN

- **Energy:** how do you feel before coffee, at 3 PM, at bedtime?
- **Presence:** were you actually there today, or just in the room?
- **Weekly:** are you more at peace with yourself?

ALCOHOL

- **The deal:** we're climbers, not monks. Enjoyment is allowed.
- **Good to know:** alcohol slows things down for a while.
- **The idea:** choose lighter or sugar-free drinks, and stop before it ruins tomorrow.

SUPPLEMENTS

- **The truth:** real food first. Supplements help, but they're not magic.
- **What I use:** creatine (5 g) for strength, plus vitamin D3 and omega-3.

MOVEMENT

- **Your body:** around 8,000 steps a day. A few short walks get you most of the way there.
- **Your head:** an audiobook, music that makes you happy, or just the quiet. A 20-minute walk clears your head and lowers stress.
- **The point:** this isn't training. It's just staying human.

The Kitchen Basics

Small kitchen habits that make the rest easier.

COOK ONCE, EAT TWICE

MY GAME CHANGER

A lunch box for work, every day. Whatever protein we have for dinner, chicken, pork, anything, I make a little extra and turn it into a salad bowl for tomorrow. That's my Window 1 sorted, and I already know what I'm eating.

- **Cooking for the family?** Make enough for four, and pack the rest.

OIL

- Pouring straight from the bottle adds up faster than you think.
- A spray or a measured teaspoon does the job.
- Spend your energy on the meal, not the pan.

WEIGH IT RAW

- Rice, pasta and meat change weight when they cook.
- Weigh them before. That keeps your numbers right.

MORE ON THE PLATE

- **Still hungry?** Add vegetables, like broccoli, spinach or cucumber.
- **For flavour,** chili, lemon, soy and mustard add a lot without adding much energy.

AIR FRYER

- Crunch without the oil.
- Drop the oven temperature by about 35 °F (20 °C) and cut the time by a fifth.
- Shake the basket halfway.

Your First Week

One small stone a day.

DAY 1

Find your number on **page 8**.

DAY 2

Drink about 17 oz (half a litre) of water when you wake up.

DAY 3

Pick three recipes, one for each window, and buy what you need.

DAY 4

Turn tonight's protein into tomorrow's lunch box.

DAY 5

Notice when your window feels smallest. Just notice, no need to fix it.

DAY 6

Do one thing just for you, like a walk or an hour alone.

DAY 7

Look back. How did your evenings feel this week?

That's your first stone.

Next week, add your first strength session.

What's Next

This is everything I wish I'd known. The window, the energy, the rhythm, and fifty meals to lean on.

It won't be perfect. Some weeks you'll lay a lot of stones. Some weeks just one. Both count.

Ready for strength?
Two short sessions a week is enough to start. If you want a guide, the Summit App walks you through it.

You're not doing this alone.
Come say hi on Instagram, **@thesummitdad**. I read every message.

Your kids don't need a perfect dad.
They need you, *with your window open.*

STONE BY STONE 🏔️

The Recipe Index

Your 50 meals, organized by window.

Not every recipe is for every day. Some are for when you just need quick energy. The ones I eat most are marked.

LEARNING TO EYEBALL IT

The point
The scale is just a teacher. It shows you what a portion looks like.

At first
Weigh your food for a while. Not forever, just until you get a feel for it.

Over time
You'll start to know a portion just by looking. Then the scale can go back in the drawer.

The goal
No measuring, no stress. Just knowing what your body needs.

Window 1

01. **Feta-Tomato Omelet** *450*
02. **Skyr Power Bowl** *330*
03. **Greek Chicken & Tzatziki** ❤ .. *320*
04. **Casein Mousse** ❤ *170*
05. **Spicy Avo-Toast** *340*
06. **Salmon & Egg Wrap** *270*
07. **Protein Egg Muffins** *270*
08. **Salsa & Bean Bowl** 385
09. **Ham & Cheese Waffle** *320*
10. **Greek Chicken Sandwich** *390*
11. **Yogurt Parfait (Low-Sugar)** ... *310*
12. **Chili Egg Plate** *380*
13. **Spicy Breakfast Burrito** *485*
14. **Indian Lentil Fritters** *335*
15. **Choco "Nice Cream"** *245*
16. **Turkey & Pesto Wrap** *360*
17. **Savory Protein Blinis** *425*

Window 2

18. **Chili-Lime Salmon** *605*
19. **Quick Chili Con Carne** *670*
20. **Chicken Fajita Pasta** *590*
21. **Roast Chicken & Wedges** ❤ *480*
22. **Quick Chicken Wok** ❤ *440*
23. **Asian Hoisin Meatballs** *550*
24. **Lean Beef Stir-Fry** *400*
25. **Chicken & Sweet Potato** *480*
26. **Chicken Burrito Bowl** *470*
27. **Chicken Meatballs (Tomato)** *615*
28. **Pork & Baked Potato** ❤ *440*
29. **Healthy Tikka Masala** *450*
30. **Penne w/ Marinara** *420*
31. **Teriyaki Tofu & Noodles** *580*
32. **Lentil Curry & Naan** *420*
33. **Bolognese & Linguine** *460*

Window 3

34. **The Hybrid Pizza** *350*
35. **The Wind-Down Porridge** *300*
36. **Rice Cakes w/ Topping** *160*
37. **Protein Pizza (Hybrid)** ❤ *550*
38. **Kebab Roll** ❤ *570*
39. **Apple & Cottage Cheese** *200*
40. **Baked Sweet Potato** *280*
41. **Protein Ice Cream (DIY)** *160*
42. **Yogurt & Granola Parfait** *180*
43. **Cereal w/ Casein Milk** *250*
44. **Protein Rice Porridge** *270*
45. **Rice Krispie Treat** *225*
46. **Cottage Cheese Blinis** *350*
47. **Creamy Fruit Salad** *160*
48. **Casein Mud Cake** ❤ 300
49. **Cottage Cheese & Honey Toast** . *180*
50. **Luxury Protein Pudding** ❤ *450*

01. Feta & Sun-dried Tomato Omelet

Steady protein, clear focus.

*Energy ~**450***	*Protein (g) **30***	*Fat (g) **25***	*Carbs (g) **20***



Key Ingredients

[ ] 3 Eggs
[ ] 50 g (1¾ oz) Spinach
[ ] 50 g (1¾ oz) Light Feta Cheese
[ ] 30 g (1 oz) Avocado
[ ] 20 g (¾ oz) Sun-Dried Tomatoes
[ ] 1/4 tsp Garlic Powder

Why It Works:
Protein and fat together keep you full, so you stay steady until your next meal.

How to Make It:

1. **PREP:** Whisk the **eggs.** Pat the **sun-dried tomatoes** dry to remove excess oil. Spray a pan with **3 sprays of oil**.

2. **COOK:** Pour in eggs and incorporate the **spinach**, **feta**, and **sun-dried tomatoes.** Season with **salt**, **pepper**, and **1/4 tsp garlic powder.** Cook until set.

3. **SERVE:** Top with fresh **avocado** slices and the remaining **sun-dried tomatoes.**

02. Skyr/Quark Power Bowl

Morning Vitality. Fresh and Bright.

*Energy ~**330***	*Protein (g) **25***	*Fat (g) **8***	*Carbs (g) **35***



Key Ingredients

- [ ] 200g (7 oz) Plain Skyr or Quark
- [ ] 100g (3½ oz) Mixed Berries
- [ ] 1 tbsp Chia Seeds
- [ ] 10g (⅓ oz) Sliced Almonds

Why It Works:
A light, high-protein bowl that keeps you going without feeling heavy, so your head stays clear through the morning.

How to Make It:

1. **PREP:** Place the **Skyr/Quark** into a bowl.

2. **TOPPING:** Add the **mixed berries**, **chia seeds**, and **sliced almonds** on top.

3. **SERVE:** Serve immediately. Can be refrigerated for 5 minutes before serving for a thicker consistency.

03. Greek Chicken Bowl w/ Light Tzatziki

Simple, steady energy that lasts.

*Energy ~**320***	*Protein (g) **50***	*Fat (g) **6***	*Carbs (g) **15***



Key Ingredients

- [ ] 150g (5¼ oz) Pre-Cooked Chicken Breast
- [ ] 100g (3½ oz) Low Fat Greek Yogurt
- [ ] 50g (1¾ oz) Salad Greens
- [ ] 1 Tomato (Chopped)
- [ ] 75g (2½ oz) Cucumber
- [ ] 30g (1 oz) Light Feta or Olives
- [ ] Spices: Garlic Powder, Salt and Pepper

Why It Works:
Pre-cooked protein means no friction, no delay. This high-protein bowl steadies your energy fast, so your head stays clear for what matters.

How to Make It:

1. **PREP:** Make the **Tzatziki** by mixing the **Greek Yogurt**, grated **cucumber** (**approx. 25g (1 oz)**), and **1/4 tsp garlic powder** in a small bowl. Season with **salt** and **pepper**.

2. **ASSEMBLE:** Combine the **salad greens**, chopped **tomato**, remaining **cucumber**, and **pre-cooked chicken** in a bowl.

3. **SERVE:** Top the bowl generously with the **Tzatziki** sauce and crumble **Light Feta** over the top.

04. Casein Protein Mousse

Slow and steady — keeps you full for hours.

*Energy ~**170***	*Protein (g) **28***	*Fat (g) **2***	*Carbs (g) **11***



Key Ingredients

[ ] 30g (1 oz) Casein Protein Powder

[ ] 100ml (3½ fl oz) Milk (low-fat)

[ ] 30g (1 oz) Frozen Berries

Why It Works:
Casein forms a gel in your stomach, releasing amino acids slowly for hours. That means steady energy and real fullness, not just a quick fix.

How to Make It:

1. **MIX:** Pour the **milk** into a bowl. Gradually whisk in the **Casein Protein powder** while stirring **constantly** until it forms a thick **mousse** consistency.

2. **CHILL:** Refrigerate for at least 15 minutes to allow the mousse to fully set before serving.

3. **SERVE:** Top with frozen berries and serve.

05. Protein Toast w/ Spices & Avocado

A solid, balanced way to start the day.

Energy ~**340**	Protein (g) **30**	Fat (g) **12**	Carbs (g) **35**



Key Ingredients

- [ ] 2 Slices of Whole Grain Bread
- [ ] 150g (5¼ oz) Cottage Cheese
- [ ] 30g (1 oz) Avocado
- [ ] Chili Flakes, Paprika Powder and Oregano

Why It Works:
Cottage cheese gives you a solid dose of protein, and the avocado adds healthy fat. That keeps you full and steady through the morning.

How to Make It:

1. **PREP:** Toast the **bread slices** in a toaster or pan. In a small bowl, mix the **Cottage Cheese** with a pinch of **chili flakes**, **paprika powder**, and **oregano.** Taste to adjust perfect spices.

2. **SPREAD:** Spread the seasoned **Cottage Cheese** mixture generously onto the warm toast.

3. **SERVE:** Top with **avocado** slices and enjoy immediately.

06. Salmon & Egg Wrap

Omega-3 Clean protein, steady focus.

*Energy ~**270***	*Protein (g) **30***	*Fat (g) **15***	*Carbs (g) **3***



Key Ingredients

- [ ] 2 Egg Whites + 1 Whole Egg
- [ ] 75g (2½ oz) Smoked Salmon
- [ ] 1 tbsp Fresh Dill (or Chives)
- [ ] 30g (1 oz) Fresh Spinach
- [ ] 10g (⅓ oz) Red Onion (sliced)

Why It Works:
Protein from the eggs and omega-3 fats from the salmon keep you full and steady, so you stay sharp through the morning.

How to Make It:

1. **PREP:** Whisk the **eggs/egg whites**. Spray the pan with **3 sprays of oil**.

2. **COOK:** Cook the **eggs** as a thin omelet or crepe. Season with **salt** and **pepper** during cooking.

3. **SERVE:** Lay the **smoked salmon**, **fresh spinach**, **red onion**, and **dill** on the cooked wrap. Fold it tightly and serve immediately.

07. Protein-Rich Egg Muffins

Grab it and go — steady energy either way.

*Energy ~**270***	*Protein (g) **30***	*Fat (g) **15***	*Carbs (g) **3***



Key Ingredients

[ ] 2 Whole Eggs + 3 Egg Whites

[ ] 50g (1¾ oz) Vegetables (peppers, onion, spinach)

[ ] 20g (¾ oz) Light Cheese (shredded)

Why It Works:
Protein from the eggs keeps you full, and the vegetables add volume and fibre. Make a batch, and mid-morning hunger stays away all week.

How to Make It:

1. **PREP**: Whisk the **eggs** together. Spray 3 muffin forms with **oil** and distribute the **vegetables** and **cheese** evenly into the forms.

2. **BAKE**: Pour the **egg mixture** into the forms. Bake at 350°F (180°C) for 15–20 minutes until set.

3. **SERVE**: Let them cool slightly before removing from the forms. Perfect for a quick, grab-and-go meal.

08. Egg & Black Bean Salsa Bowl

Filling, steady, and satisfying.

*Energy ~**385***	*Protein (g) **26***	*Fat (g) **20***	*Carbs (g) **27***



Key Ingredients

- [ ] 3 Eggs
- [ ] 100g (3½ oz) Black Beans (canned)
- [ ] 50g (1¾ oz) Medium Salsa
- [ ] 30g (1 oz) Avocado
- [ ] 25g (1 oz) Corn (canned or frozen)
- [ ] Hot Sauce

Why It Works:
Eggs and avocado give you protein and healthy fat, and the beans add fibre. That keeps you full and focused through a busy morning.

How to Make It:

1. **PREP**: Cook the **eggs** to your preference (scrambled or fried). Rinse and drain the **black beans.**

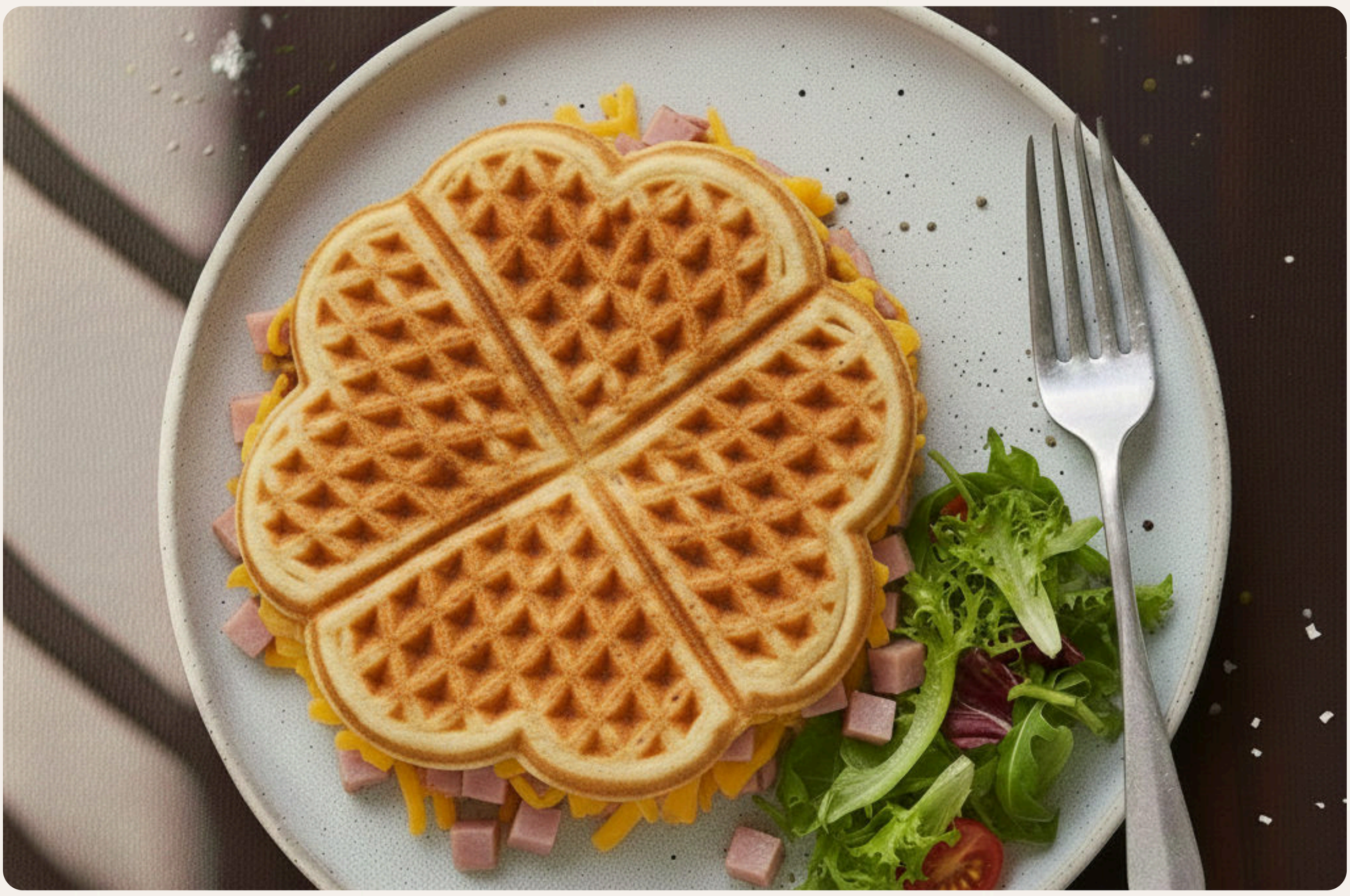
2. **ASSEMBLE**: Combine the **black beans, corn** and **salsa** in a bowl. Microwave for 30-60 seconds if a warm meal is preferred.

3. **SERVE**: Top with the cooked **eggs** and fresh **avocado** slices. Finish with a dash of **hot sauce** for an extra kick.

09. Ham & Cheese Protein Waffles

A savory, satisfying start.

*Energy ~**320***	*Protein (g) **35***	*Fat (g) **10***	*Carbs (g) **20***



Key Ingredients

- [ ] 50g (1¾ oz) Protein Waffle/Pancake Mix
- [ ] Water or Milk (as per mix instructions)
- [ ] 50g (1¾ oz) Low-fat Ham (diced)
- [ ] 20g (¾ oz) Light Cheese (shredded)
- [ ] Salt, Pepper, and 1 tbsp Chives
- [ ] Handful of Mixed Greens

Why It Works:
Ham, cheese and the protein mix give you a solid dose of protein, so you stay full and your focus holds all morning.

How to Make It:

1. **PREP:** Mix the **protein waffle mix** with water or milk until a thick batter forms. Gently fold in the **diced ham**, **light cheese**, and **chives**.

2. **COOK:** Season the batter with **salt** and **pepper**. Spray the waffle iron with **3 sprays of oil** and pour in the batter.

3. **SERVE:** Cook until golden brown and crispy. Serve immediately, optionally with a side of **fresh greens.**

10. Greek Chicken Salad Sandwich

Mediterranean flavor, steady energy.

*Energy ~**390***	*Protein (g) **45***	*Fat (g) **7***	*Carbs (g) **30***



Key Ingredients

- [ ] 125g (4½ oz) Chicken Breast
- [ ] 2 Slices of Whole Grain Bread
- [ ] 3 tbsp Light Greek Yogurt
- [ ] 1 tbsp Chopped Olives
- [ ] 1 tbsp Fresh Lemon Juice
- [ ] 50g (1¾ oz) Cucumber & 1 tbsp Dill
- [ ] Handful of Mixed Greens
- [ ] Spices: Garlic & Onion Powder
- [ ] Oregano, Salt and Pepper

Why It Works:
Two protein sources, chicken and Greek yogurt, keep you full for hours. The lemon, dill and greens keep it fresh.

How to Make It:

1. **PREP:** Sauté the **chicken in 3 sprays of oil, salt, pepper, garlic powder, onion powder**, and **oregano.** Shred and mix with **Greek yogurt, olives, lemon juice, cucumber** and dill.

2. **ASSEMBLE:** Season with **salt, pepper,** and **oregano.** Toast the **bread** until golden.

3. **SERVE:** Spread the **chicken salad** generously onto one slice and top with the second. Cut in half and serve immediately.

11. Greek Yogurt Parfait (Low Sugar)

Quick to make, easy to trust.

Energy ~**310**	Protein (g) **29**	Fat (g) **6**	Carbs (g) **30**



Key Ingredients

- [ ] 250g (9 oz) 0% Greek Yogurt (Plain)
- [ ] 75g (2½ oz) Mixed Berries (Fresh or Frozen)
- [ ] 1 tbsp Chia Seeds
- [ ] 15g (½ oz) Low-Sugar Granola
- [ ] 1/2 tsp Cinnamon

Why It Works:
A big bowl of Greek yogurt gives you a solid dose of protein, and the berries and chia add fibre. That keeps you full and focused all morning.

How to Make It:

1. **PREP:** Place half of the **Greek Yogurt** in a bowl or glass and top with half of the **mixed berries.**

2. **ASSEMBLE:** Layer the remaining **yogurt** and **berries.** Sprinkle the **chia seeds, cinnamon** and **low-sugar granola** on top for a satisfying crunch.

3. **SERVE:** Enjoy immediately or refrigerate for 5 minutes to allow the **chia seeds** to soften.

12. Hard-Boiled Egg & Chili Plate

Simple, protein-forward, no fuss.

Energy ~***380***	*Protein (g)* ***25***	*Fat (g)* ***28***	*Carbs (g)* ***9***



Key Ingredients

- [ ] 4 Hard-Boiled Eggs
- [ ] 50g (1¾ oz) Avocado
- [ ] Salt, Pepper, Paprika, and Chili Powder
- [ ] Squeeze of Fresh Lemon
- [ ] 1 tsp Balsamic glaze

Why It Works:
Eggs and avocado give you protein and healthy fat, so your energy stays steady for hours. The chili and lemon add the flavour.

How to Make It:

1. **PREP:** Slice the **hard-boiled eggs** and the **avocado.** Arrange them neatly on a plate or in a bowl.

2. **SEASON:** Drizzle with a squeeze of **fresh lemon juice** and 1 tsp **balsamic glaze.** Season generously with **salt**, **pepper**, **paprika powder**, and **chili powder.**

3. **SERVE:** Enjoy **immediately** as a high-protein snack or a quick, nutrient-dense lunch.

13. Breakfast Burrito (Spicy Filling)

A hearty, satisfying start.

Energy ~**485**	Protein (g) **38**	Fat (g) **26**	Carbs (g) **29**



Key Ingredients

- [ ] 1 Whole Grain Tortilla
- [ ] 2 Eggs
- [ ] 100g (3½ oz) Lean Ground Beef
- [ ] 2 tbsp Low-fat Salsa
- [ ] 50g (1¾ oz) Avocado
- [ ] 1 tsp Taco Spices

Why It Works:
Beef and eggs give you a big dose of protein, and the avocado adds healthy fat. That keeps you full, so your focus holds through the morning.

How to Make It:

1. **PREP:** Spray a pan with **3 sprays of oil** and brown the **lean ground beef** over medium heat until fully cooked.

2. **COOK:** Add the **eggs** directly to the pan and scramble them together with the beef. Season with **taco spices**, **salt**, and **pepper.**

3. **SERVE:** Fill the whole grain tortilla with the mixture, top with **avocado slices** and **low-fat salsa**.

14. Indian Lentil Fritters

Warm, spiced, and steady.

*Energy ~**335***	*Protein (g) **31***	*Fat (g) **11***	*Carbs (g) **29***



Key Ingredients

- [ ] 35g (1¼ oz) Dry Lentils
- [ ] 2 Eggs
- [ ] 50g (1¾ oz) Grated Carrot and Zucchini
- [ ] 1 tsp Curry and Cumin Powder
- [ ] 1 tbsp Fresh Cilantro
- [ ] 100g (3½ oz) 0% Greek Yogurt

Why It Works:
Eggs and Greek yogurt bring the protein, and the lentils add fibre and steady energy. Warm, filling, and easy to make ahead.

How to Make It:

1. **PREP:** Cook the lentils, then mash them and mix with the eggs, **carrot**, **zucchini**, and **spices** until well combined.

2. **COOK:** Form small patties. Fry in 3 **sprays of oil** over medium heat until golden and crispy.

3. **SERVE:** Enjoy warm as a protein-rich snack or a light savory lunch. Serve with a dollop of Greek yogurt.

15. Chocolate Protein "Nice Cream"

A cool, satisfying treat that still does the job.

*Energy ~**245***	*Protein (g) **36***	*Fat (g) **3***	*Carbs (g) **20***



Key Ingredients

[ ] 1 Scoop Chocolate Protein Powder

[ ] 1/2 Frozen Banana

[ ] 100ml (3½ fl oz) Milk (Almond or Low-fat)

[ ] 100g (3½ oz) 0% Greek Yogurt

[ ] Optional: A pinch of Salt or Cinnamon

[ ] Optional: Fresh Mint or Crushed Nuts

Why It Works:
Protein powder and Greek yogurt make it filling, and the banana gives it the sweetness. It feels like a treat, without leaving you hungry an hour later.

How to Make It:

1. **PREP:** Peel and freeze the **banana** ahead of time.

2. **BLEND:** Place the frozen **banana**, **Greek yogurt**, **chocolate protein powder** and **milk** into a blender. Blend until it reaches a thick "soft-serve" consistency.

3. **SERVE:** Enjoy immediately while cold for the best texture.

16. Italian Turkey & Pesto Wrap

Lean, fast, and reliable.

*Energy ~**360***	*Protein (g) **36***	*Fat (g) **7***	*Carbs (g) **30***



Key Ingredients

- [ ] 1 Whole Grain Tortilla
- [ ] 120g (4¼ oz) Lean Turkey Breast
- [ ] 1 tbsp Light Pesto
- [ ] 1/2 Tomato and 20g (¾ oz) Spinach

Why It Works:
Lean turkey gives you a big dose of protein, and the pesto adds a little healthy fat. Easy to pack, and it keeps you going until lunch.

How to Make It:

1. **SPREAD:** Spread the **light pesto** evenly over the **whole grain tortilla.**

2. **FILL:** Layer the **lean turkey breast**, **sliced tomato**, and **fresh spinach** on top of the pesto.

3. **SERVE:** Roll the tortilla tightly into a wrap. Slice and enjoy immediately or pack for a healthy lunch on the go.

17. Savory Protein Pancakes (Blinis)

A little indulgent, still steady.

*Energy ~**425***	*Protein (g) **38***	*Fat (g) **8***	*Carbs (g) **33***



Key Ingredients

[ ] 1 Scoop Protein Powder (unflavoured)
[ ] 1 Egg
[ ] 40g (1½ oz) Whole Grain or Oat Flour
[ ] 100ml (3½ fl oz) Milk (low-fat)
[ ] 1 tsp Baking Powder
[ ] 50g (1¾ oz) Low-fat Yogurt and
1 tbsp Chives

Why It Works:
Protein powder and egg give you a solid dose of protein, so you stay full and your focus holds through whatever's next.

How to Make It:

1. **BATTER:** Whisk the **protein powder**, **egg**, **whole grain flour**, **milk**, and **baking powder** together until you have a smooth batter.

2. **COOK:** Spray a pan with **3 sprays of** oil. Pour small amounts of batter into the pan and cook over medium heat until bubbles form, then flip and cook until golden.

3. **SERVE:** Stack the pancakes and top with yogurt and fresh chives.

18. Chili-Lime Salmon w/ Mango Salsa

Tropical, balanced, built to refill your energy.

*Energy ~**605***	*Protein (g) **35***	*Fat (g) **20***	*Carbs (g) **75***



Key Ingredients

[ ] 150g (5¼ oz) Salmon Fillet

[ ] 250g (8¾ oz) Sweet Potato

[ ] 100g (3½ oz) Broccoli or other vegetable

[ ] 1/2 Mango, 1/4 Cucumber (diced)

[ ] 1/4 Red Onion (finely chopped)

[ ] Juice of 1/2 Lime, Fresh Cilantro

[ ] 1 tsp Chili Powder & Lime Zest

Why It Works:
Sweet potato refills your energy for the second half of the day, and the salmon brings protein and omega-3s. The mango salsa keeps it fresh.

How to Make It:

1. **PREP:** Boil or bake the sweet potato until soft. Steam the **broccoli.** Dice **mango**, **cucumber** and **red onion.** Mix with **lime juice**, **cilantro**, and **salt** for the salsa.

2. **COOK:** Season **salmon** with **chili powder, lime zest, salt**, and **pepper.** Fry with **3 sprays of oil** over medium heat until perfectly cooked.

3. **SERVE:** Plate **salmon** on the sweet potato and top with the **mango salsa.**

19. Quick Chili Con Carne

Warm, hearty, built to recharge.

*Energy ~**670***	*Protein (g) **45***	*Fat (g) **15***	*Carbs (g) **85***



Key Ingredients

[ ] 150g (5¼ oz) Lean Ground Beef
[ ] 80g (2¾ oz) Rice (dry)
[ ] 1/2 Can Chopped Tomatoes
[ ] 1/2 Can Black Beans
[ ] 1 tbsp Chili Seasoning Mix
[ ] 1 tbsp Light Sour Cream (or Greek Yogurt)

Why It Works:
Lean beef brings iron and zinc for recovery, while the beans and rice give you a solid carb load to restock your energy for the rest of the day.

How to Make It:

1. **COOK:** Boil the rice per package instructions. Spray a pan with **3 sprays of oil.** Brown the **ground beef** over medium-high heat and drain excess fat.

2. **SIMMER:** Stir in the **tomatoes**, **black beans** (rinsed), and **chili seasoning.** Simmer 5-10 minutes until flavors combine.

3. **SERVE:** Serve **chili** over **rice.** Top with **sour cream,** season with **salt** and **pepper.**

20. Chicken Fajita Pasta (Low-Fat)

Creamy comfort, real energy.

*Energy ~**590***	*Protein (g) **40***	*Fat (g) **10***	*Carbs (g) **80***



Key Ingredients

[ ] 150g (5¼ oz) Chicken Strips
[ ] 100g (3½ oz) Whole-Grain Pasta
[ ] 1 Bell Pepper and 1/2 Onion (sliced)
[ ] 3 tbsp Light Cooking Cream
[ ] 1 tbsp Fajita Seasoning

Why It Works:
The pasta refills your energy, lean chicken brings the protein, and the light sauce keeps it creamy without going overboard.

How to Make It:

1. **PREP:** Cook the **whole-grain pasta** according to package directions. Slice the **bell peppers** and **onions.**

2. **COOK:** Spray a pan with **3 sprays of oil.** Sauté **chicken strips**, **peppers**, and **onions** until cooked through. Stir in the **light cooking cream** and **fajita seasoning**.

3. **SERVE:** Add the cooked **pasta** to the pan. Toss everything together until well combined and creamy. **Serve** immediately.

21. Chicken & Potato Wedges

Simple, hearty, no fuss.

*Energy ~**480***	*Protein (g) **41***	*Fat (g) **11***	*Carbs (g) **50***



Key Ingredients

[ ] 150g (5¼ oz) Chicken Breast

[ ] 250g (8¾ oz) Potatoes (cut into wedges)

[ ] 150g (5¼ oz) Mixed Vegetables

[ ] 2 tbsp Light Sour Cream

[ ] 1 tsp Garlic Powder

Why It Works:
Potatoes are one of the most filling carbs around, keeping hunger away while giving you energy back. One tray, easy cleanup, more time for what matters.

How to Make It:

1. **PREP:** Cut **potatoes** into wedges and **mixed vegetables** into chunks.

2. **BAKE:** Season **chicken**, **potatoes**, and **veggies**. Spray with **3 sprays of oil** and bake at 400°F (200°C) for 20-25 minutes.

3. **SERVE:** Mix **light sour cream** with **garlic powder**, **salt**, and **pepper**. Serve as a side dip.

22. Quick Wok w/ Egg Noodles

Fast, fresh, and satisfying.

*Energy ~**440***	*Protein (g) **42***	*Fat (g) **5***	*Carbs (g) **55***



Key Ingredients

[ ] 150g (5¼ oz) Chicken Breast
[ ] 150g (5¼ oz) Wok Mix Vegetables
[ ] 50g (1¾ oz) Egg Noodles (dry)
[ ] 1 tbsp Soy Sauce
[ ] 1 tsp Garlic/Ginger Paste
[ ] 2 tbsp Light Wok Sauce

Why It Works:
Egg noodles digest quickly for fast energy, lean chicken supports muscle repair, and the vegetables add volume without adding much energy.

How to Make It:

1. **PREP:** Cook the **egg noodles** according to package directions. Slice the **chicken** into strips.

2. **COOK:** Spray a pan with **3 sprays of oil**. Sauté **chicken** and **wok mix vegetables**. Stir in **garlic/ginger paste**, **soy sauce**, and light wok sauce.

3. **SERVE:** Toss the cooked **noodles** into the pan. Mix well until heated through and **serve** immediately.

23. Asian Meatballs in Hoisin Glaze

Sticky, savory, restocking.

*Energy ~**550***	*Protein (g) **35***	*Fat (g) **20***	*Carbs (g) **40***



Key Ingredients

[ ] 150g (5¼ oz) Lean Ground Meat

[ ] 1 Egg

[ ] 40g (1½ oz) Rice (dry)

[ ] 2 tbsp Light Hoisin Sauce

[ ] 1 tbsp Soy Sauce

[ ] 1 tsp Garlic/Ginger Paste

[ ] 1 tsp Chinese Five Spice

Why It Works:
The glaze and rice refill your energy for the rest of the day, and the lean meatballs bring a solid dose of protein.

How to Make It:

1. **PREP:** Cook **rice** per package instructions. Mix **ground meat**, **egg**, and **Chinese Five Spice**. Roll into small meatballs.

2. **COOK:** Spray a pan with **3 sprays of oil**. Bake or fry the meatballs until fully cooked.

3. **SERVE:** Whisk together **hoisin sauce**, **soy sauce**, and **garlic/ginger paste.** Add meatballs back to the pan and toss to coat. Serve over **cooked rice**.

24. Lean Beef Stir-Fry w/ Brown Rice

Steady, iron-rich.

*Energy ~**400***	*Protein (g) **33***	*Fat (g) **10***	*Carbs (g) **40***



Key Ingredients

[ ] 150g (5¼ oz) Beef Strips (Lean)
[ ] 200g (7 oz) Wok Vegetables
[ ] 40g (1½ oz) Brown Rice (dry)
[ ] 1 tbsp Soy Sauce
[ ] 1 tsp Garlic/Ginger Paste
[ ] Sesame Seeds for topping

Why It Works:
Brown rice provides steady, complex carbs, while the beef brings iron and natural creatine to help you recover.

How to Make It:

1. **PREP:** Cook the **brown rice** according to package directions.

2. **COOK:** Spray a pan with **3 sprays of oil**. Brown the beef strips with **pepper**, then add **wok vegetables** and stir-fry until tender.

3. **SERVE:** Stir in **soy sauce** and **garlic/ginger paste.** Serve the stir-fry immediately over the **cooked brown rice** and top with **sesame seeds.**

25. Chicken & Sweet Potato Masala

Golden, warming, restorative.

*Energy ~**480***	*Protein (g) **38***	*Fat (g) **12***	*Carbs (g) **55***



Key Ingredients

- [ ] 150g (5¼ oz) Chicken Breast
- [ ] 100g (3½ oz) Sweet Potato (cubed)
- [ ] 100ml (3½ fl oz) Light Coconut Milk
- [ ] 1 tbsp Red Curry Paste (Mild)
- [ ] 40g (1½ oz) Rice (dry)
- [ ] 1 tsp Garlic/Ginger Paste
- [ ] 1 tsp Masala Spices

Why It Works:
Sweet potato and rice refill your energy for the rest of the day, and the chicken brings the protein. The spices make it warm and filling.

How to Make It:

1. **PREP:** Cook the **rice** according to package directions. Cube the **sweet potato** into small pieces.

2. **COOK:** Spray a pan with **3 sprays of oil.** Sauté the **chicken strips** with **garlic/ginger paste**, **red curry paste**, and **masala spices** until fragrant.

3. **SERVE:** Stir in light **coconut milk** and **sweet potato.** Simmer until the potato is tender. Serve the **curry** over the **cooked rice.**

26. Chicken and Black Bean Burrito Bowl

Tex-Mex, complete, and filling.

*Energy ~**470***	*Protein (g) **41***	*Fat (g) **7***	*Carbs (g) **55***



Key Ingredients

- [ ] 150g (5¼ oz) Chicken Breast
- [ ] 40g (1½ oz) Rice (dry)
- [ ] 1/2 Can Black Beans & Corn Mix
- [ ] 3 tbsp Salsa
- [ ] 1 tsp Cumin, 1 tsp Paprika, and 1 tsp Chili
- [ ] 1 tbsp Light Sour Cream

Why It Works:
Rice and beans together give you a complete amino acid profile for repair, plus a solid carb load to restock your energy.

How to Make It:

1. **PREP**: Cook the **rice.** Rinse the **black beans** & **corn** and mix them into the **cooked rice**.

2. **COOK**: Spray a pan with **3 sprays of oil.** Sauté the **chicken strips** seasoned with **cumin**, **paprika**, **chili, salt and pepper** until fully cooked.

3. **SERVE**: Place the rice **mixture** in a bowl and top with the seasoned **chicken**. Finish with salsa and a dollop of **light sour cream**.

27. Chicken Meatballs in Light Tomato Sauce

An Italian classic, lightened up.

*Energy ~**615***	*Protein (g) **52***	*Fat (g) **16***	*Carbs (g) **63***



Key Ingredients

[ ] 150g (5¼ oz) Lean Ground Chicken
[ ] 1 Egg
[ ] 75g (2¾ oz) Spaghetti
[ ] 150g (5¼ oz) Light Marinara
[ ] Italian Herbs (Oregano, Basil)
[ ] 1 tsp Garlic Powder

Why It Works:
Tomatoes bring antioxidants, pasta restocks your glycogen, and lean chicken handles the repair work without the extra fat.

How to Make It:

1. **PREP:** Cook **pasta** according to package directions. Mix **lean ground chicken**, **egg**, **garlic powder**, **salt**, and **pepper**, then roll into small **meatballs.**

2. **COOK:** Spray a pan with **3 sprays of oil.** Fry or bake the **meatballs** until cooked through and warm the **light tomato sauce** with **Italian herbs.**

3. **SERVE:** Plate the **meatballs** and **sauce** over the cooked **pasta** and serve immediately.

28. Pork Tenderloin & Baked Potatoes

Lean, simple, satisfying.

Energy ~**440**	Protein (g) **37**	Fat (g) **11**	Carbs (g) **45**



Key Ingredients

- [ ] 150g (5¼ oz) Lean Pork Tenderloin
- [ ] 250g (8¾ oz) Potatoes (wedges)
- [ ] 150g (5¼ oz) Broccoli (or other veg)
- [ ] 2 tbsp Light Sour Cream (or Quark)
- [ ] 2 tsp Garlic Powder

Why It Works:
Pork tenderloin is lean and full of protein, and the potatoes add real fullness and steady energy.

How to Make It:

1. **PREP:** Season the **pork.** Slice the **potatoes** into wedges and season them along with the **vegetables.**

2. **COOK:** Spray the **potatoes/vegetables** with **3 sprays of oil.** Bake the whole **pork** piece and **vegetables** at 400°F (200°C) for 20-25 minutes until **pork** reaches 160°F (70°C).

3. **SERVE:** Mix **light sour cream** with **garlic powder**, **salt**, and **pepper.** Slice the **pork** and serve with the **potatoes** and **garlic dressing**.

29. Healthy Chicken Tikka Masala

Spiced comfort, balanced energy.

*Energy ~**450***	*Protein (g) **48***	*Fat (g) **10***	*Carbs (g) **40***



Key Ingredients

[ ] 150g (5¼ oz) Chicken Breast
[ ] 150g (5¼ oz) Light Tikka Masala Sauce
[ ] 40g (1½ oz) Basmati Rice (dry)
[ ] 2 tbsp Light Yogurt or Quark
[ ] Fresh Cilantro
[ ] 3 tsp Masala Spices

Why It Works:
Basmati rice restocks glycogen, lean chicken handles the repair, and the spices bring the flavor.

How to Make It:

1. **PREP:** Cook the **rice** according to package directions. Slice the **chicken breast** into bite-sized pieces.

2. **COOK:** Spray a pan with **3 sprays of oil.** **Sauté chicken** in **masala spices** until browned, then stir in the **low-fat tikka masala sauce** and simmer until heated through.

3. **SERVE:** Serve the **chicken** over the **cooked rice. Top with light yogurt** and **fresh cilantro.**

30. Penne w/ Marinara & Light Ricotta

Simple Italian, plant-forward.

*Energy ~**420***	*Protein (g) **30***	*Fat (g) **8***	*Carbs (g) **63***



Key Ingredients

- [ ] 75g (2¾ oz) Lentil or Chickpea Pasta
- [ ] 150g (5¼ oz) Low-Sugar Marinara
- [ ] 4 tbsp Light Ricotta Cheese
- [ ] Italian Spices (Oregano, Basil, Thyme)

Why It Works:
The pasta restocks your energy, the tomatoes bring flavor, and the ricotta adds a creamy bit of protein.

How to Make It:

1. **PREP:** Cook the **penne pasta** according to package directions.

2. **COOK:** Heat the **low-sugar marinara sauce** in a pot and stir in the **Italian spices.** Drain the **pasta** and toss it gently with the **heated sauce.**

3. **SERVE:** Plate the **pasta** and top generously with the **light ricotta cheese** and **fresh basil.** Serve immediately.

31. Teriyaki Tofu & Noodle Bowl

Plant-powered, complete, satisfying.

*Energy ~**580***	*Protein (g) **36***	*Fat (g) **18***	*Carbs (g) **70***



Key Ingredients

[ ] 200g (7 oz) Tofu (Firm, pressed)
[ ] 75g (2¾ oz) Egg Noodles (dry)
[ ] 3 tbsp Low-Sugar Teriyaki Sauce
[ ] 150g (5¼ oz) Wok Mix Vegetables
[ ] Sesame Seeds (for topping)
[ ] Spring Onion (chopped)

Why It Works:
Tofu is a complete plant protein, and paired with noodles, this restocks glycogen fast, good energy for after a workout.

How to Make It:

1. **PREP:** Press excess water from the **tofu** and cube it. Cook the **egg noodles.**

2. **COOK:** Spray a pan with **3 sprays of oil.** Fry **tofu** with **salt** and **pepper** until golden brown, then add **wok mix vegetables** and stir fry for 2-3 mins. Finally, stir in **low-sugar teriyaki sauce** to glaze everything.

3. **SERVE:** Toss the cooked **noodles** with the **tofu** and **vegetables.** Serve immediately topped with **sesame seeds** and chopped **spring onions.**

32. Lentil Curry w/ Naan (Low-Fat)

Slow, steady, plant-powered.

*Energy ~**420***	*Protein (g) **18***	*Fat (g) **12***	*Carbs (g) **55***



Key Ingredients

[ ] 55g (2 oz) Lentils (dry)
[ ] Curry Paste/Powder (as desired)
[ ] 200g (7 oz) Canned Tomatoes (diced)
[ ] 2 tbsp Light Cooking Cream (3-5% fat)
[ ] 1 Small Whole-Grain Naan Bread
[ ] 2 tsp Garlic/Ginger Paste

Why It Works:
Lentils bring fiber and plant protein — slow, steady energy for a long day.

How to Make It:

1. **PREP:** Cook the **lentils** according to package directions.

2. **COOK:** Spray a pan with **3 sprays** of **oil**. Sauté curry paste briefly, then add cooked **lentils**, **canned tomatoes**, **ginger/garlic paste**, and **light cooking cream**. Taste with **salt**. Warm the naan bread slightly.

3. **SERVE:** Simmer for 5–10 minutes until **thickened**. Serve hot with the warm **naan**.

33. Bolognese w/ Whole Grain Linguine

A classic, reworked to actually work for you.

*Energy ~**460***	*Protein (g) **32***	*Fat (g) **12***	*Carbs (g) **50***



Key Ingredients

[ ] 100g (3½ oz) Lean Ground Beef

[ ] 75g (2¾ oz) Whole Grain Linguine (dry)

[ ] 200g (7 oz) Diced Tomatoes (canned)

[ ] 2 tbsp Light Ricotta or Quark

[ ] Garlic, Onion, Italian Herbs

Why It Works:
The beef brings real protein, while whole grain pasta gives you steady energy instead of a quick crash.

How to Make It:

1. **PREP:** Cook the **whole grain linguine** according to package directions.

2. **COOK:** Spray a pan with **3 sprays of oil**. Brown the **lean ground beef** with **garlic** and **onion**, then simmer with **diced tomatoes, salt, pepper,** and **Italian herbs**.

3. **SERVE:** Serve the **sauce** over the **pasta** and top with a spoonful of **light ricotta** (or quark).

34. The Hybrid Pizza

Make once, use all week.

*Energy ~**350***	*Protein (g) **13***	*Fat (g) **4***	*Carbs (g) **65***



Key Ingredients

[ ] 850g (30 oz) Wheat Flour (Sifted)

[ ] 250g (8¾ oz) Greek Yogurt

[ ] 375ml (1½ cups) Lukewarm Water

[ ] 30g (1 oz) Oil (about 3 tbsp)

[ ] 12–14g Dry Yeast (2 US packets)

[ ] 1.5 tsp Baking Powder

[ ] 1.5 tsp Salt

Why It Works:
This base isn't just bread — it's your glycogen refill after heavy training or a long hike, made once and ready whenever you need it.

How to Make It:

1. **PREP DOUGH:** Knead all ingredients well for 10–12 minutes until smooth. Cover and let rise for 60 mins.

2. **SHAPE:** Divide into 10 balls of about 150g (5¼ oz). Let rest for 15 mins under a towel (makes rolling easier), then roll them out flat.

3. **COOK & STORE:** Par-bake at 425°F (220°C) for 3-4 mins (or pan-fry). Tip: Cool under a **damp towel** to keep them soft. Freeze with paper between.

35. The Wind-Down Porridge

Warm carbs, slow evening.

*Energy ~**300***	*Protein (g) **20***	*Fat (g) **4***	*Carbs (g) **30***



Key Ingredients

[ ] 30g (1 oz) Rolled Oats

[ ] 150ml (5 fl oz) Milk (low-fat)

[ ] 3/4 Scoop Vanilla Protein Powder

[ ] Frozen Berries, Salt and Cinnamon

[ ] Sweetener (Stevia or minimal Honey)

Why It Works:
A warm bowl is an easy, calm end to the day. Carbs in the evening can help you wind down, and the protein keeps you full through the night.

How to Make It:

1. **COOK:** Cook **rolled oats**, **water/milk**, and a pinch of **salt** in a pot until creamy.

2. **TOP:** Remove from heat. Stir in the **protein powder** (add a splash of water if needed). Top with **frozen berries** and **cinnamon**.

3. **SERVE:** Sweeten with **stevia** (or minimal **honey**) and enjoy warm.

36. Rice Cakes w/ Cucumber & Topping

Light, crisp, and easy on the stomach.

*Energy ~**160***	*Protein (g) **12***	*Fat (g) **4***	*Carbs (g) **18***



Key Ingredients

[ ] 2 Rice Cakes (Natural or lightly salted)
[ ] 2-3 tbsp Light Cottage Cheese
[ ] Thin Slices of Cucumber
[ ] 4 slices of Lean Turkey/Ham

Why It Works:
A crunchy way to satisfy a craving without sitting heavy — light energy that won't get in the way of good sleep.

How to Make It:

1. **SPREAD:** Spread **cottage cheese** evenly over the rice cakes.

2. **LAYER:** Top with thin slices of **cucumber** and optional **lean turkey/ham.**

3. **SERVE:** Season with a pinch of **salt** and **pepper** and serve immediately.

37. Protein Pizza (Hybrid)

Comfort food that still fits the plan.

Energy ~**550**	Protein (g) **32**	Fat (g) **14**	Carbs (g) **65**



Key Ingredients

[ ] 1 Hybrid Base from Recipe 34

[ ] 3 tbsp Low-Fat Pizza Sauce

[ ] 50g (1¾ oz) Ham or 30g (1 oz) Pepperoni

[ ] 40g (1½ oz) Light Cheese (shredded)

[ ] Toppings: Onion, Tomato, Fresh Arugula

Why It Works:
Proof you don't have to give up the foods you love. Real protein supports muscle repair, and the fiber keeps digestion easy.

How to Make It:

1. **PREP:** Preheat oven to 400°F (200°C). Place the hybrid base on a baking sheet.

2. **ASSEMBLE:** Spread **pizza sauce** on the bread. Top with **lean pepperoni/ham**, **onion**, **tomato**, and **shredded light cheese**.

3. **BAKE:** Bake for 5–8 minutes until cheese melts. Top with fresh **arugula** and serve.

38. Kebab Roll

Street food flavor, made at home.

*Energy ~**570***	*Protein (g) **45***	*Fat (g) **10***	*Carbs (g) **78***



Key Ingredients

[ ] 1 Hybrid Base from Recipe 34

[ ] 125g (4½ oz) Chicken Breast

[ ] Meat Spices: Cumin, Paprika, Chili, Salt

[ ] Lettuce, Red onion, Cucumber, Corn

[ ] THE SECRET SAUCE:

[ ] 60g (2 oz) Light Sour Cream (or Kesam)

[ ] 1 tsp Honey + Juice of 1/2 Lime

[ ] Jalapeños, Garlic clove, Smoked Paprika

Why It Works:
The sauce brings acid, heat, and sweetness that feels indulgent — but you're getting real volume and real protein.

How to Make It:

1. **MEAT:** Slice **chicken.** Season **Cumin**, **Paprika**, **Chili**, **Salt.** Fry with **1 spray oil** until golden.

2. **THE SECRET SAUCE:** Finely chop **jalapeños** and **garlic.** Mix all **ingredients.** Taste with **salt** and **pepper.**

3. **BASE:** Warm **Hybrid Base** for 30 sec to soften. This keeps it from cracking.

4. **ASSEMBLE:** Spread **sauce**, add **veggies** and **chicken.** Roll **tight.**

39. Apple Slices w/ Cottage Cheese

Sweet, simple, satisfying.

*Energy ~**200***	*Protein (g) **22***	*Fat (g) **2***	*Carbs (g) **18***



Key Ingredients

[ ] 1 Small Apple (sliced or diced)

[ ] 150g (5¼ oz) Cottage Cheese (light)

[ ] Cinnamon

[ ] Sweetener (Stevia or minimal Honey)

Why It Works:
The apple brings quick vitamins and energy, while the cottage cheese delivers slow-release protein to support you through the night.

How to Make It:

1. PREP: Slice or dice the **apple** (or use **frozen berries**).

2. ASSEMBLE: Place the fruit in a bowl and top with **cottage cheese**.

3. SERVE: Sprinkle generously with **cinnamon** and a dash of **sweetener**.

40. Baked Sweet Potato w/ Chili-Yogurt

Warm, spiced, and steady.

*Energy ~**280***	*Protein (g) **16***	*Fat (g) **4***	*Carbs (g) **45***



Key Ingredients

[ ] 1 Small Sweet Potato

[ ] 150g (5¼ oz) Light Greek Yogurt

[ ] Minimal Honey (1 tsp max)

[ ] Pumpkin Seeds

[ ] 1/2 Lime (juice), 1/2 tsp Garlic Powder

[ ] 1/2 tsp Chili Powder

[ ] 1/2 tsp Smoked Paprika, Salt, Pepper

Why It Works:
Sweet potato gives you steady energy, and the protein in the yogurt helps your body recover overnight.

How to Make It:

1. **COOK:** Bake the **sweet potato** in the oven (45 min) or microwave (5-7 min) until completely **soft.**

2. **MIX:** Mix **yogurt** with **garlic powder**, **smoked paprika**, **lime juice**, **chili powder**, **pepper** and a pinch of **salt.**

3. **SERVE:** Open the potato, top with the yogurt mix, drizzle with a little honey, and sprinkle seeds on top for crunch.

41. Protein Ice Cream (DIY)

Feels indulgent, does the job.

*Energy ~**160***	*Protein (g) **25***	*Fat (g) **2***	*Carbs (g) **8***



Key Ingredients

[ ] 1 Scoop Vanilla/Chocolate Protein Powder
[ ] 100ml (3½ fl oz) Milk (low-fat) or Water
[ ] 300g (10½ oz) Ice Cubes
[ ] 1/2 tsp Xanthan Gum
[ ] Optional: Sugar-Free Syrup

Why It Works:
A big, satisfying serving that delivers real protein in a form that makes staying consistent easy — and enjoyable.

How to Make It:

1. **COMBINE**: Add **protein powder**, **milk/water**, **ice cubes**, and **xanthan gum** to a high-speed blender.

2. **BLEND**: Blend on high speed, pushing the mixture down, if it gets stuck, add a tiny splash of water and continue until it resembles **soft-serve ice cream**.

3. **SERVE**: Top with **syrup** and enjoy **immediately** while the texture is thick and cold.

42. Yogurt & Granola Parfait (Mini)

Light layers, real staying power.

Energy ~**180**	Protein (g) **18**	Fat (g) **2**	Carbs (g) **25**



Key Ingredients

[ ] 150g (5¼ oz) Light Greek Yogurt

[ ] 20g (¾ oz) Low-Sugar Granola

[ ] Frozen Berries (Small handful)

Why It Works:
The protein and fiber keep your energy steady and help you avoid late-night cravings.

How to Make It:

1. **LAYER:** In a small glass, add a layer of **light yogurt**.

2. **REPEAT:** Add a layer of **granola** and **frozen berries**, then repeat with remaining **yogurt**.

3. **SERVE:** Serve **cold** as a quick snack or dessert.

43. Cereal w/ Casein Milk

A steady, protein-rich bowl before bed.

*Energy ~**250***	*Protein (g) **28***	*Fat (g) **4***	*Carbs (g) **25***



Key Ingredients

[ ] 30g (1 oz) Whole Grain Cereal (Low Sugar)
[ ] 1 Scoop Casein Powder
[ ] 150ml (5 fl oz) Low-Fat Milk

Why It Works:
Casein forms a gel in your stomach, slowly releasing amino acids for hours — your body gets a steady supply of what it needs to repair while you sleep.

How to Make It:

1. **PREP MILK:** Shake **casein powder** and **milk** in a shaker first to remove lumps.
2. **POUR:** Place the **whole grain cereal** in a bowl.
3. **SERVE:** Pour the thick **casein milk** over the **cereal** for a pudding-like consistency.

44. Rice Porridge (Protein Enriched)

Warm, gentle, and restorative.

Energy ~**270**	Protein (g) **25**	Fat (g) **2**	Carbs (g) **35**



Key Ingredients

[ ] 100g (3½ oz) Cooked Rice (leftovers)
[ ] 1 Scoop Vanilla Protein Powder
[ ] 80ml (2¾ fl oz) Low-Fat Milk
[ ] Cinnamon
[ ] Optional: Sweetener (Stevia/Honey)

Why It Works:
White rice is gentle on your stomach and easy to digest, topping off your glycogen so you wake up ready for tomorrow.

How to Make It:

1. **MIX**: In a bowl, combine **cooked rice** (leftovers), **vanilla protein powder**, and a splash of **milk.**

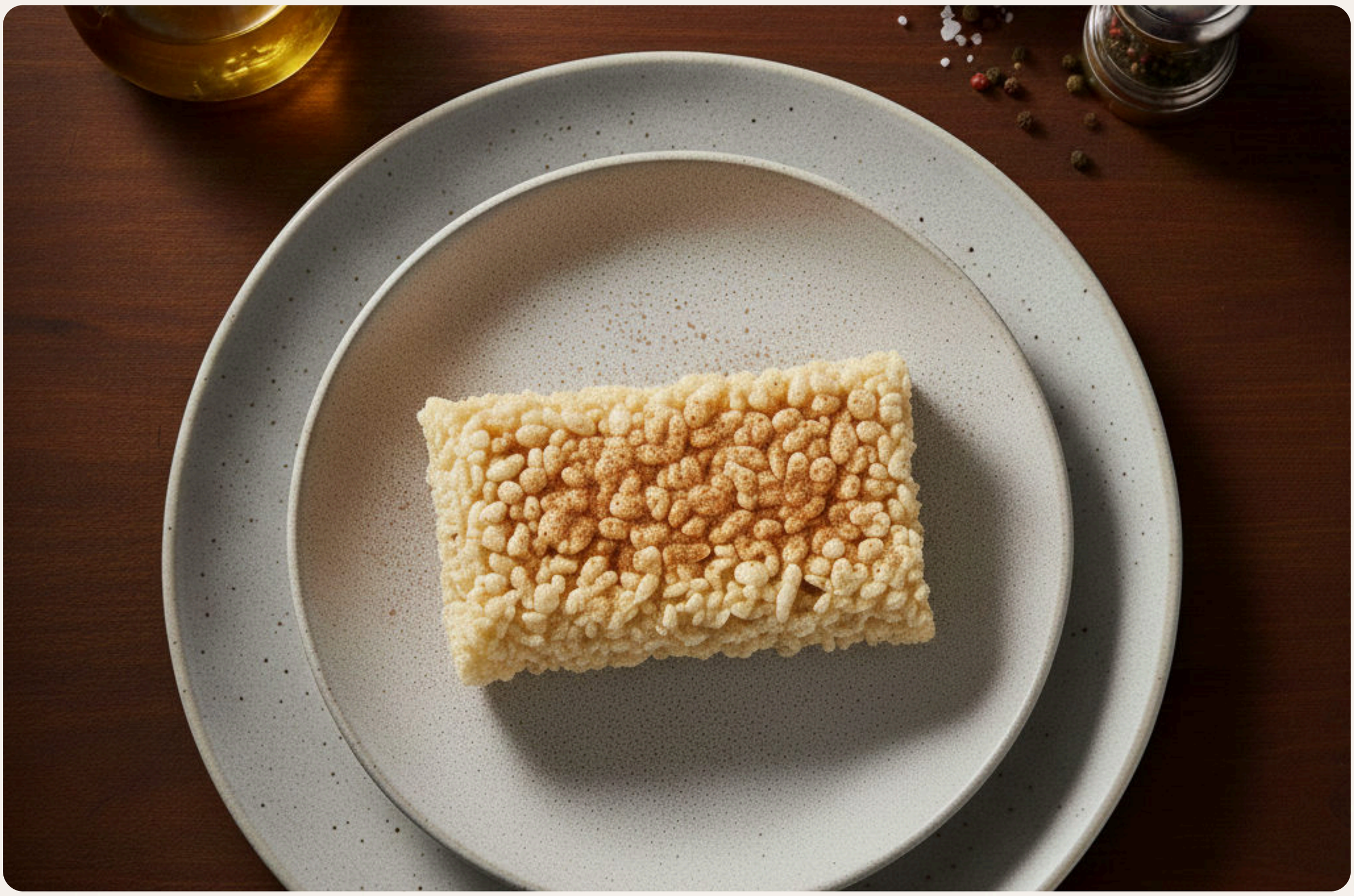
2. **HEAT**: Microwave for 1–2 minutes until warm (or enjoy cold). Add liquid if needed.

3. **SERVE**: Top with **cinnamon** and a little **sweetener** if desired.

45. Protein Rice Krispie Treat

Crisp, sweet, and still on track.

*Energy ~**225***	*Protein (g) **26***	*Fat (g) **2***	*Carbs (g) **32***



Key Ingredients

[ ] 1 Scoop Vanilla Whey Protein

[ ] 1 Cup Rice Krispies/Puffed Rice Cereal

[ ] 2 tbsp Sugar-Free Syrup

[ ] Pinch of Salt

Why It Works:
Fast carbs and whey protein together get nutrients to your muscles quickly — a solid recovery snack right when you need it.

How to Make It:

1. **MELT:** Gently heat the **sugar-free syrup** in a pot or microwave until melted.
2. **MIX:** Remove from heat. Quickly stir in the **whey protein powder** and **Rice Krispies**.
3. **COOL:** Press the mixture firmly into a small mold. Chill for 15–20 mins before cutting.

46. Cottage Cheese Blinis Stack

Fluffy, protein-packed, versatile.

*Energy ~**350***	*Protein (g) **30***	*Fat (g) **6***	*Carbs (g) **25***



Key Ingredients

[ ] 30g (1 oz) Oats (Rolled or Flour)
[ ] 1 Egg (or 2 Egg Whites)
[ ] 1/2 Scoop Vanilla Protein Powder
[ ] ½ tsp Baking Powder, 2 tbsp Milk
[ ] 60g (2 oz) Cottage Cheese
[ ] Optional: Berries and Sugar-Free Syrup

Why It Works:
A good mix of slow-digesting carbs and quality protein — works just as well in the morning as it does for overnight recovery.

How to Make It:

1. **BLEND:** Blend oats, egg (or egg whites), **cottage cheese**, **protein powder**, **baking powder**, **salt**, and 2 tbsp of **milk.**

2. **FRY:** Spray a pan with **3 sprays of oil.** Fry small pancakes until bubbles appear, then flip.

3. **SERVE:** Serve with **fresh berries** and **sugar-free syrup.**

47. Creamy Fruit Salad

Fresh, light, and satisfying.

*Energy ~**160***	*Protein (g) **15***	*Fat (g) **2***	*Carbs (g) **20***



Key Ingredients

[ ] 150g (5¼ oz) Fruit or Berries (chopped)

[ ] 100g (3½ oz) Cottage Cheese or Quark

[ ] Optional: 1 tsp Chia Seeds or Nuts

[ ] Cinnamon or Vanilla Drops

Why It Works:
A wide range of micronutrients and antioxidants, plus slow-digesting protein from the cottage cheese to help you stay full.

How to Make It:

1. **CHOP**: Chop your favorite **fruits** into bite-sized pieces.

2. **MIX**: Stir the **fruit** together with **cottage cheese** (or **vanilla quark**) and cinnamon or vanilla drops in a bowl.

3. **SERVE**: Top with a **few nuts** or **seeds** for crunch (optional).

48. Casein "Eggedosis" Mud Cake

Rich, chocolatey, still on track.

*Energy ~**300***	*Protein (g) **32***	*Fat (g) **7***	*Carbs (g) **25***



Key Ingredients

[ ] 1 Egg & 10g (2 tsp) Sugar

[ ] 1 Scoop Casein Powder (Chocolate)

[ ] 60–80ml (2–2¾ fl oz) Water

[ ] 1/2 tsp Baking Powder

[ ] 50g (1¾ oz) Light Ice Cream

[ ] 40g (1½ oz) Frozen Raspberries & Stevia

[ ] 1 tsp Cocoa Powder

Why It Works:
Whipping the egg creates volume without the extra carbs, and the casein supports muscle repair overnight with slow-release protein. Satisfying, and it still fits your day.

How to Make It:

1. **WHIP:** Whip **egg** and **sugar** into a stiff, **fluffy foam.** Fold in the **casein**, **baking powder**, **cocoa powder, a pinch** of **salt**, and water.

2. **BAKE:** Pour into an oven-safe dish. Bake at **400°F (200°C)** for about **10 minutes** until the edges are **set** but center remains soft.

3. **FINISH:** Rest **2 min**. Top with **ice cream** and **frozen raspberries**, and finish with a dust of **stevia.**

49. Cottage Cheese & Honey Toast

Crisp comfort, steady energy.

*Energy ~**180***	*Protein (g) **12***	*Fat (g) **4***	*Carbs (g) **22***



Key Ingredients

- [ ] 1 Slice of Whole Grain Toast
- [ ] 80g (2¾ oz) Cottage Cheese (light)
- [ ] 1 tsp Honey (max)
- [ ] Cinnamon

Why It Works:
Complex carbs and slow-release protein work together for steady energy before bed.

How to Make It:

1. **TOAST:** Toast the **whole grain bread** slice until golden and let the toast cool slightly for 30 seconds.
2. **SPREAD:** Spread the **light cottage cheese** evenly on top of the **warm toast.**
3. **SERVE:** Drizzle with max **1 tsp honey** and sprinkle generously with **cinnamon.**

50. Luxury Protein Pudding

Velvet Texture. Slow Release

*Energy ~**450***	*Protein (g) **50***	*Fat (g) **12***	*Carbs (g) **28***



Key Ingredients

[ ] 2 Eggs

[ ] 10g (2 tsp) Sugar

[ ] 45g (1½ oz) Casein Powder

[ ] 100ml (3½ fl oz) Skimmed Milk

[ ] 1 pinch of Salt

[ ] 20g (¾ oz) Berries + 1½ tsp Honey

[ ] Stevia & a pinch of Crushed Nuts

Why It Works:
Whipping eggs and sugar creates a luxury airy texture. It feels like a rich dessert, but gives you 50g of slow-release protein to help your muscles recover overnight.

How to Make It:

1. **FLUFF**: Whisk **eggs** and **sugar** with a mixer until white and **fluffy** (3 mins). This creates the volume.

2. **MIX**: Mix **casein, milk,** and the fluffy **egg mixture** to a **thick** paste.

3. **FINISH**: Chill for 20 mins to thicken. Top with **berries, honey,** and **stevia**. Enjoy.

So. You made it through my whole book.

When I started all this, I was the dad on the couch. Watching my kids build Lego without me. Some days I had low patience. Some days I was just gone.

Throughout the whole process, I've learned I'm far from the only one.

For me, it didn't change overnight. I laid one stone, then another. And now I'm back on the floor with them. When I need to clear my head, I come up here.

There are a lot of us in this. Dads who want to have something left at the end of the day, for the ones who matter most.

Our kids.

Thank you for reading this. Every dad who does makes this a little bigger than just me.

Come say hi on Instagram, **@thesummitdad**.
I read every message.

– Johannes

STONE BY STONE ⛰️

You made it to the summit.
Widen your window –
for you, and for the people
who matter.

