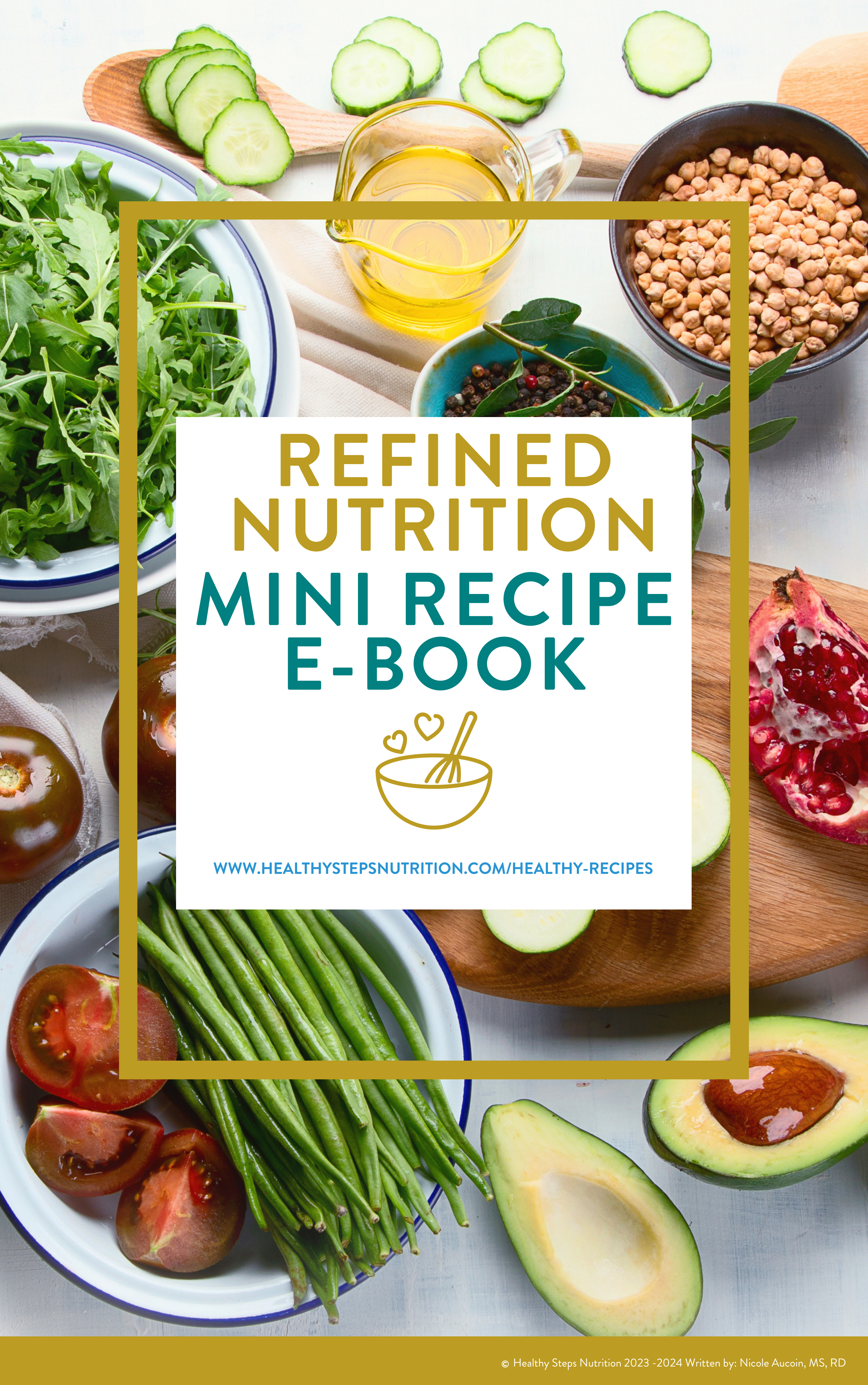




# REFINED NUTRITION MINI RECIPE E-BOOK



[WWW.HEALTHYSTEPSNUTRITION.COM/HEALTHY-RECIPES](http://WWW.HEALTHYSTEPSNUTRITION.COM/HEALTHY-RECIPES)

# Double Chocolate Overnight Oats



1 serving



**Nutrition Facts:** (340 calories - 26g protein/ 35g carb/ 11g fat / 7g sugar)



## Ingredients

- 1/2 scoop Chocolate Ascent Protein Powder
- 1/2 cup low sugar vanilla greek yogurt
- 1/3-1/2 cup unsweetened almond milk
- 1 tbsp dark chocolate chips
- 1/3 cup old fashioned oats
- 1 tbsp chia seeds

## Directions

1. Mix all ingredients together.
2. Pour into mason jar.
3. Store overnight in the refrigerator.
4. Enjoy in the morning!

# Egg Muffins



10 servings



**Nutrition Facts: 1 Egg Muffin** (99 calories - 10g protein/ 3g carb/ 5g fat/1g fiber/ 1g sugar)

## Ingredients

- 5 eggs
- 5 egg whites
- 1 cup broccoli diced
- 1/2 cup onion diced
- 1 cup mushrooms diced
- 1/2 cup bell peppers diced
- 1 handful spinach
- 6 ounces ham

## Directions

1. Preheat oven to 350 degrees
2. Dice up all vegetables
3. In a large mixing bowl, whisk eggs then add in all the diced vegetables
4. Pour mixture in greased muffin pan (10 muffins)
5. Bake for 18-20 minutes or until toothpick inserted in the middle comes out clean



# Sam's Energy Balls



12 servings



**Nutrition Facts: 1 Ball** (110 calories - 9g protein/ 8g carb/ 5g fat/2g fiber/ 1g sugar)



## Ingredients

- 1 cup old fashioned oats
- 4 tbs. almond butter
- 3 tbs. unsweetened applesauce
- 2 tbs. chia seeds
- 2 tbs. dry roasted cocoa nibs
- 3 scoops Ascent protein
- 1 teaspoon cinnamon

## Directions

1. Mix all ingredients together
2. If too dry, add a small drop of water to moisten
3. Refrigerate for 15-20 minutes
4. Remove and make into 12 balls

# Roasted Broccoli



2 servings



**Nutrition Facts: 2 Cups** (100 calories - 7g protein/ 15g carb/ 3g fat/6g fiber/ 4g sugar)

## Ingredients

- 1 large head of broccoli about 5 cups chopped
- 1 tsp olive oil
- Salt and pepper to taste

## Directions

1. Preheat oven to 400 degrees
2. Wash and chop broccoli
3. Mix in olive oil
4. Add salt and pepper to taste
5. Line baking sheet with aluminum foil
6. Bake for 20 minutes



# Egg Roll In A Bowl



3 servings



**Nutrition Facts: 1 Serving 275g** (290 calories - 31g protein/ 18g carb/ 5g fiber/11g fat/ 5g sugar)



## Ingredients

- 1 lb 80/20 ground turkey
- 16 oz bag tri-color coleslaw mix green cabbage, red cabbage and carrots
- 1/4 cup coconut aminos (or low sodium tamari or soy sauce)

## Directions

1. Brown ground turkey in large non-stick pan on medium-high heat
2. Once turkey is cooked (about 5-8 minutes) add in shredded coleslaw mix
3. Reduce heat to medium and cook while stirring for another 5 minutes or until cabbage and carrots become tender
4. Add in coconut aminos, stir and cook for an additional 1-2 minutes
5. Remove from heat and divide into 3 portions
6. \*Optional: top with chili sauce or toasted sesame seeds (not included in nutrition facts)

# Cheesy Beef & Broccoli Bake



4 servings



**Nutrition Facts: 1 Serving (395g)** (360 calories - 34g protein/ 19g carb / 18g fat/ 4g fiber/ 6g sugar)

## Ingredients

- 1 lb lean ground beef 93/7
- 1 large head (about 5 cups chopped) broccoli
- 1 large container (about 2.5 cups) frozen garlic mashed cauliflower
- 1/2 cup low fat shredded cheddar cheese
- 1 tsp garlic powder optional

## Directions

1. Preheat oven to 400 degrees
2. Brown ground beef and season with garlic powder (optional).
3. Warm up the container of frozen mashed cauliflower in the microwave according to package instructions
4. Chop up the head of broccoli
5. Mix browned beef, warmed mashed cauliflower, and chopped broccoli together in a 9x13 baking dish
6. Bake for 20 minutes
7. Remove dish from the oven and sprinkle with shredded cheese
8. Place dish back in oven until cheese has melted (3-5 minutes).
9. Remove from oven, let cool and enjoy

