

BBH

WARM MEALS
for fat loss
SAMPLE PACK



NOURISHING, ENERGIZING RECIPES DESIGNED TO BOOST
YOUR MOOD, SUPPORT YOUR METABOLISM, AND MAKE MEAL
TIME A BREEZE DURING THE COLDER MONTHS.

+ DELICIOUS BONUS MOCKTAILS

breakfast





Chia Banana Overnight Oats

SERVING SIZE: SERVES 1

CALS: 447 **F:** 11g **C:** 72g **P:** 15g

Ingredients

- **1** ripe small banana, sliced and divided
- **.5 cup** rolled oats
- **1 tbsp** chia seeds
- **.5 cup** 2% milk
- **1 tsp** honey
- **.5 tsp** vanilla extract
- toasted almonds to top opt.
(not included in calorie count)

Directions

1. Peel and mash half of the sliced banana until smooth and creamy.
2. Add milk, honey, vanilla extract, and chia seeds and stir to combine.
3. Add the rolled oats and mix.
4. Layer the oat mixture with the remaining sliced banana in a glass container.
5. Refrigerate at least six hours.
6. To serve, top with toasted almonds, if desired.



Oatmeal Apple Pancakes

SERVING SIZE: SERVES 2

1/2 RECIPE CALS: 260 **F:** 17g **C:** 40g **P:** 10g

Ingredients

- **1 medium** apple, peeled and grated
- **2** eggs
- **2/3 cup** quick oats
- **.5 tsp** each baking soda and baking powder
- **2 tbsp** plain nonfat yogurt
- **1.5 tbsp** maple syrup
- **1 tsp** cinnamon
- **1 tsp** vanilla extract
- cooking spray

Directions

1. Blend eggs, syrup, yogurt, baking soda, and baking powder. Beat until fluffy.
2. Stir in grated apple.
3. Add the oats, vanilla extract, and cinnamon. Leave for a few minutes while you prepare the griddle or skillet.
4. Spray a large skillet or griddle with cooking spray; heat over medium heat.
5. Now, stir the apple-oat mixture well. Pour half of the mixture onto the griddle or into the skillet. Repeat with remaining mixture. Spread out to form perfectly round pancake.
6. Reduce heat if cooking too quickly. Watch for bubbles on the surface. Flip when you see bubbles and cook until golden on the other side and cooked through.
7. Serve immediately.



Hot Chili Cottage Cheese Toast

SERVING SIZE: SERVES 1

CALS: 310 **F:** 8g **C:** 39g **P:** 20g

Ingredients

- **1 slice** sourdough bread
- **1/2 cup** cottage cheese, 1%
- **6 cherry** tomatoes, halved
- **1 tsp** hot & spicy chili oil

Directions

1. Layer bread with cottage cheese and tomatoes.
2. Place in air fryer for 3-5 minutes, until bread is toasted.
3. Remove from fryer and drizzle chili oil and salt and pepper.

lunch





Feta, Roasted Pepper, and Veggie Sandwich

SERVING SIZE: SERVES 1

CALS: 315 **F:** 14g **C:** 32g **P:** 15g

Ingredients

- **2 oz.** seeded multi-grain baguette piece
- **2 oz** feta, crumbled
- **1.5 tbsp** nonfat plain yogurt
- **.5 tsp** minced garlic
- **.5 tbsp** minced basil
- **1/3 cup** roasted red peppers
- **3-4** leaves of arugula

Directions

1. Toast baguette in oven.
2. Mix feta, yogurt, garlic, and basil.
3. Spread on warm bread.
4. Top with roasted red peppers and arugula.
5. Serve immediately.

Notes

- Can be made in a sandwich press, if desired



Warm Winter Salad

SERVING SIZE: SERVES 1

CALS: 535 **F:** 24g **C:** 45g **P:** 35g

Ingredients

- **2** apple chicken sausages (AmyLu brand used), cooked
- **.5 cup** farro, cooked (cook according to package directions)
- **2 cups** spinach
- **.25 cup** sliced honey crisp apples
- **2 tbsp** crumbled goat cheese
- **10g** walnuts, chopped
- **1 tbsp** lite apple cider vinaigrette dressing (Ken's Steakhouse brand used)

Notes

- Cook your farro in chicken stock for more flavor. This quality carb packs tons of protein and fiber for fullness and provides warmth to this winter salad.
- For simple meal prep, assemble all cold salad components in large mason jar with dressing on the bottom. Keep farro and chicken sausage prepped separately to reheat and add to top of salad along with walnuts, shake jar and dump into bowl for easy eating.
- Different chicken sausage and salad dressings will change the calorie and macro information for this recipe. Be sure to log what you use for accuracy.

Directions

1. Cook chicken sausage and farro according to directions.
2. Assemble spinach, goat cheese, walnuts into bowl and add dressing.
3. Toss salad to combine.
4. Add warm farro and chicken sausage to salad and enjoy.



Mexican Chickpea Stew with Yogurt

SERVING SIZE: SERVES 4

1/4 RECIPE CALS: 410 **F:** 5g **C:** 70g **P:** 22g

Ingredients

- **1 diced** yellow onion
- **1 diced** bell pepper
- **3 tsp** minced garlic
- **1 can** diced green chilies
- **15 oz** enchilada sauce (red or green...your choice)
- **2 cans** chickpeas, drained and rinsed
- **1 cup** yellow corn
- **1 tsp** cumin
- **1 tsp** chili powder
- **1 tsp** salt
- black pepper to taste
- **1 bunch** cilantro, washed and finely chopped
- **3 cups** vegetable broth
- **1 cup** Greek yogurt (nonfat plain)

Directions

1. Spray a Dutch oven with olive oil cooking spray. Sauté onions, peppers, and garlic.
2. Dump everything else into the pot EXCEPT the Greek yogurt.
3. Bring to a boil and then simmer for 30 minutes. The longer you cook the stew, the more flavorful it becomes.
4. Turn off the heat. Skim two cups of liquid from pot and mix with the yogurt. Add back to pot. Divide among four large bowls!

Notes

- Add shredded chicken for more protein. Top with strips of corn tortillas, crushed tortilla chips, or diced tomatoes.

dinner





White Bean Soup

SERVING SIZE: SERVES 4

1/4 RECIPE CALS: 208 **F:** 4g **C:** 33g **P:** 10g

Ingredients

- **1 tbsp** olive oil
- **2 tsp** minced garlic
- **1 yellow** onion, diced
- **1 large** carrot, diced
- **2 cups** fresh baby spinach
- **1 can** petite diced tomatoes
- **1 can** white beans, drained and rinsed
- **24-32 oz.** chicken broth (fat free)
- **.5 tsp each** salt, black pepper
- **1 tsp** dried thyme
- **1 tsp** dried poultry seasoning
- **4 tsp** grated Parmesan cheese. opt

Directions

1. Heat olive oil in a large Dutch oven. Cook garlic, onion, and carrots until carrots are slightly softened.
2. Add remaining ingredients EXCEPT spinach. Start with 24 ounces of broth. Add broth as needed to desired ratio of liquid.
3. Simmer over low heat for 30-45 minutes.
4. Add spinach and allow to wilt and blend into soup.
5. Ladle into four large bowls and sprinkle each with one teaspoon of Parmesan cheese if desired.

Notes

- Adding shredded cooked chicken to this soup makes it heartier and more protein-rich!



Chicken and Peaches

SERVING SIZE: SERVES 4

1/4 RECIPE CALS: 310 **F:** 12g **C:** 21g **P:** 29g

Ingredients

- **1 lb** boneless chicken breasts
- **1/2 cup** all-purpose flour
- **1 tsp** garlic powder
- **1 tsp** onion powder
- **.5 tsp** salt
- **.25 tsp** black pepper
- **1/4 cup** milk
- **2 tbsp** extra virgin olive oil
- **2 cups** frozen (thawed) or packed in juice canned peaches drained
- **2 tbsp** honey
- **2 tbsp** butter

Directions

1. Mix the flour, garlic powder, onion powder, salt and pepper together in a low dish.
2. Dip chicken pieces in milk and then dredge in the flour mixture.
3. Heat olive oil in a skillet over medium heat. Add the chicken and cook five minutes on each side. Reduce heat to medium low. Cook 2-4 minutes to cook through.
4. Remove chicken from pan.
5. In the same pan, add the peaches, honey, and butter. Stir well and cook until sauce has thickened.
6. Return the chicken to the pan, cover, and cook 10 minutes over low heat.

Notes

- Serve with mashed potatoes or egg noodles for a more hearty meal.



Ham and Pea Carbonara

SERVING SIZE: SERVES 6

1/6 RECIPE CALS: 415 **F:** 13g **C:** 46g **P:** 28g

Ingredients

- **2 tbsp** olive oil
- **2 cups** diced lean ham
- **1 small** onion, minced
- **1 tsp** minced garlic
- **.5 tsp** crushed red pepper (opt)
- **1/3 c** white wine
- **1** egg
- **3** egg yolks
- **1 cup** grated Parmesan cheese
- **10 oz bag** of frozen peas
- **3 cups** cooked spaghetti or linguine
- **2 cups** reserved pasta liquid

Directions

1. Heat oil in skillet. Add ham, onion, garlic, and crushed red pepper (if using). Sauté over medium heat until onion is very soft. Add white wine and stir until the wine is evaporated. Pour into a large bowl.
2. Whisk the egg yolks and egg together. Gradually add the Parmesan cheese; mixing well. Set aside and let the mixture thicken.
3. Cook the peas and put in with the ham mixture.
4. Cook pasta to desired doneness. RESERVE two cups of the pasta water.
5. Immediately toss the pasta with the ham mixture, egg mixture working quickly to make sure the eggs cook on the hot pasta.
6. Add 1/4 cup of the hot pasta water. Mix well. Add in 1/4 cup increments until it reaches the desired consistency. You don't have to use all of the water!
7. Serve immediately.

Notes

- Serve with extra Parmesan cheese and crushed red pepper.



Sweet Potato Shepherd's Pie

SERVING SIZE: SERVES 4

1/4 RECIPE CALS: 401 **F:** 9g **C:** 52g **P:** 28g

Ingredients

- **1 1/3 tsp** olive oil
- **1 small** onion, chopped
- **5 oz** mushrooms, sliced
- **2 tsp** minced garlic
- **1 lb 96%** lean ground beef
- **.5 tsp each** salt and pepper
- **2 tbsp** fresh parsley, minced
- **.5 tsp** each thyme, rosemary
- **2 tbsp** tomato paste
- **1 tbsp** Worcestershire sauce
- **1 1/3 tbsp** flour
- **6 oz** beef broth
- **1 1/3 cup** frozen peas and carrots

TOPPING:

- **1.7 lbs raw** sweet potatoes
- **3 tbsp** milk
- **1 tbsp** butter

Directions

1. Preheat oven to 375. In a large skillet, heat oil and sauté onion, mushrooms, and garlic. Add beef and break up to cook through. Season with salt, pepper, parsley, thyme, rosemary, tomato paste, and Worcestershire sauce. Let cook for 15 minutes. Mix flour and beef broth. Add to the ground beef and stir to thicken. Add the peas and carrots.
2. To make the topping, microwave sweet potatoes for 8-10 minutes until softened. Scoop out the potato and mix with butter and milk.
3. Pour the ground beef mixture in a large baking dish. Top with the sweet potato mixture.
4. Bake for 25 minutes until heated through and top is lightly browned. Cool for a few minutes before serving.



Miso Butter Salmon

SERVING SIZE: SERVES 2

1/2 RECIPE CALS: 490 **F:** 34g **C:** 8g **P:** 38g

Ingredients

- **2** salmon filets (6 oz each)
- **3 tbsp** unsalted butter
- **2 tbsp** miso paste
- **2 tsp** brown sugar
- **1 tsp** soy sauce
- **2** green onions, sliced

Directions

1. Preheat oven to 375.
2. Add butter, miso paste, brown sugar, soy sauce, and sliced green onions to bowl. Using a muddler, mash the ingredients.
3. Pat the salmon dry and remove any visible bones.
4. Spread half of the miso butter mixture on each filet. Place on a baking sheet lined with parchment paper.
5. Cook for 15 or more minutes depending on the thickness of the filets.
6. Broil until the top begins to caramelize (a couple of minutes)
7. Place on plate and pour the butter from the baking sheet over each.
8. Garnish with more sliced green onions and black sesame seeds if desired.

Notes

- Perfect date night dinner! Serve with butter orzo, steamed asparagus, and fresh fruit.

mocktails





Caramel Apple Highball

SERVING SIZE: SERVES 1

CALS: 180 **F:** 1g **C:** 44g **P:** 1g

Ingredients

- **3/4 oz** cinnamon syrup
- **1/4 oz** caramel syrup
- **4 oz** apple juice or cider
- club soda to top off
- cinnamon stick and apple slice for garnish

Directions

1. Fill a glass with ice (highball glass, stemmed water glass). Add the syrups and apple juice. Stir to mix.
2. Top off with club soda and stir gently.
3. Add the cinnamon stick and apple slice to glass and serve.



Cranberry Orange Ginger Spritzer

SERVING SIZE: SERVES 1

CALS: 32 **F:** 0g **C:** 8g **P:** 0g

Ingredients

- **4 oz** diet cranberry cocktail
- **2 oz** orange juice
- **2 oz** diet ginger ale
- **1 tbsp** lime juice
- ice
- fresh cranberries and lime slice for garnish

Directions

1. Fill a shaker with ice. Add cranberry cocktail, orange juice, lime juice, and ginger ale. Shake!
2. Strain into a tall glass filled with ice.
3. Garnish with fresh berries and lime slice.



Ciocolata Calda Densa (Italian Hot Chocolate)

SERVING SIZE: SERVES 1

CALS: 312 **F:** 16g **C:** 34g **P:** 8g

Ingredients

- **2 tbsp** high-quality cocoa powder (no sugar...pure cocoa powder)
- **6 oz** 2% milk
- **1 oz** dark chocolate, finely chopped
- **1.5 tsp** sugar
- **1 tsp** cornstarch

Directions

1. Place cocoa in a small saucepan (do NOT place on stove at this time) and add a bit of milk to whisk into a paste. Add the remaining milk and continue to whisk until mixed.
2. Now, place pan on stove over medium heat and continue to stir using whisk. Add the chopped dark chocolate and whisk until melted.
3. Add the sugar and stir to mix.
4. As you add the cornstarch, whisk continuously, up to boiling point.
5. Increase heat and whisk quickly to keep the mixture smooth. As soon as it begins to boil, remove from heat and pour into mug.
6. Garnish with whipped cream and shaved chocolate if desired.



Vanilla Pear Elegance

SERVING SIZE: SERVES 4

1/4 RECIPE CALS: 104 **F:** 0g **C:** 26g **P:** 0g

Ingredients

- **2 cups** pear nectar
- **2** vanilla bean pods cut in half and sliced open
- **1 tbsp** pure maple syrup
- **1 cup** club soda
- water to prep glass for rims of glasses
- cinnamon sugar for rim
- ice
- rosemary sprig for garnish

Directions

1. Combine pear juice, vanilla bean pod, and maple syrup in a pitcher and refrigerate 30 minutes or more.
2. Prepare glasses by dipping rims in water or pear nectar and then cinnamon sugar.
3. Add club soda to the pitcher and stir gently.
4. Fill a glass with ice (old-fashioned or other low glass). Carefully pour in the pear mixture (don't disturb the rim).
5. Garnish with vanilla bean pods and rosemary sprig.