

# ***THE COOK BOOK***



Meal prep recipes and techniques  
for beginners

*by Avery Davis*

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## CHAPTER I

# *About the Author*

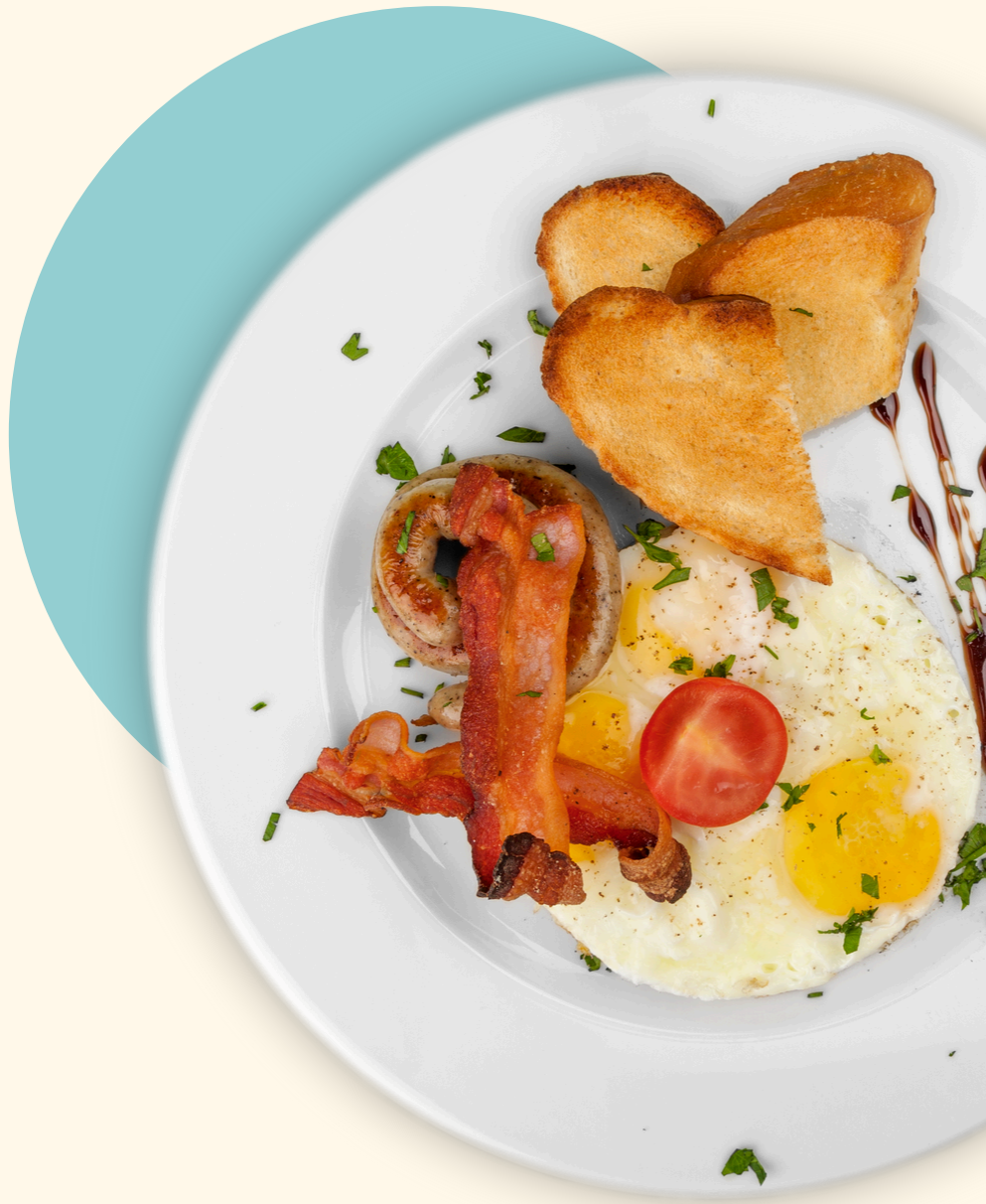
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CHAPTER II

# *Breakfast*




**IT SHOULD  
CONSIST OF:**

- High protein
- Fiber
- Iron
- Vitamin B12

## ***Anatomy of a Healthy Breakfast***

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**300 Calories**  
**30 g Protein**  
**5 g Fat**  
**4 g Fiber**



# ***Strawberry Protein Smoothie***

**Serving Time:** 10-15 Mins.

**Cost:** \$1 per serving

**Serving Size:** 1

## **Ingredients:**

- 1 cup fresh or frozen strawberries
- 1 scoop of strawberry protein powder
- 1 cup milk (dairy or plant-based)
- 1/2 cup Greek yogurt (optional, for added creaminess)
- 1 tablespoon honey or another sweetener (optional, to taste)
- Ice cubes (optional, for a colder smoothie)

## **Instructions:**

- 1** Wash the strawberries thoroughly and remove the stems.
- 2** If you're using fresh strawberries, cut them into smaller pieces for easier blending.
- 3** In a blender, combine the strawberries, protein powder, milk, Greek yogurt (if using), and sweetener (if desired).
- 4** Blend all the ingredients together until you achieve a smooth and creamy consistency.
- 5** Once you're satisfied with the taste and texture, pour the smoothie into a glass and enjoy!



CHAPTER III

# Lunch



# ***What should be in your lunch?***

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## **IT SHOULD CONSIST OF:**

- Whole grains
- Protein
- Healthy plant oils
- Vegetables
- Fruits





# ***Mediterranean Salad Bowl***

**Serving Time:** 10-15 Mins.

**Cost:** \$1 per serving

**Serving Size:** 1

## **Ingredients:**

- 2 cups arugula
- 1 cup cooked pasta
- 1 cup cherry tomatoes, halved
- 1 can tuna, drained
- 1/4 red onion, thinly sliced
- Juice of 1 lime
- 3 tablespoons extra-virgin olive oil
- 1 garlic clove, minced
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

## **Instructions:**

- 1** In a large bowl, combine the arugula, cooked pasta, cherry tomatoes, tuna, and sliced red onion. Toss gently to combine.
- 2** In a small bowl, whisk together the lime juice, olive oil, minced garlic, dried oregano, salt, and pepper. Adjust the seasoning according to your taste.
- 3** Pour the dressing over the salad bowl and toss gently to coat all the ingredients with the dressing.
- 4** Once everything is well combined, divide the salad among individual serving bowls or plates.
- 5** Serve immediately and enjoy your Mediterranean salad bowl



CHAPTER IV

# *Dinner*



# ***Grilled Chicken Breast with Roasted Vegetables***

**Serving Time:** 10-15 Mins.

**Cost:** \$1 per serving

**Serving Size:** 1

## **Ingredients:**

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and pepper to taste
- 2 cups mixed vegetables of your choice
- 2 tablespoons olive oil
- 1 teaspoon dried herbs (such as thyme, rosemary, or Italian seasoning)

## **Instructions:**

- 1** Preheat grill to medium-high heat.
- 2** Marinate chicken breasts in olive oil, garlic powder, paprika, salt, and pepper.
- 3** Preheat oven to 425°F (220°C).
- 4** Toss chopped vegetables with olive oil, dried herbs, salt, and pepper.
- 5** Spread vegetables on a baking sheet lined with parchment paper.
- 6** Roast vegetables for 20-25 minutes, stirring occasionally.
- 7** Grill chicken breasts for 6-8 minutes per side until internal temperature reaches 165°F (74°C).
- 8** Serve and enjoy!