



DC Strength & Nutrition Protein Focused Recipe Book

KYLIE FAGNANO



Turkey Breakfast Patties & Omelette

4 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Turkey
1/2 tsp Sea Salt
1/2 tsp Oregano
1/4 tsp Black Pepper
1 tsp Chili Flakes
8 Egg (whisked)
1 2/3 tbsps Extra Virgin Olive Oil (divided)
2 tsps Chives (chopped)

DIRECTIONS

- 01 Heat a cast-iron pan over medium heat.
- 02 Add the turkey, salt, oregano, black pepper, and chili flakes to a large bowl and mix until just combined.
- 03 Portion the turkey out into patties using a 1/4 cup measuring cup. Add a touch of oil to the pan, just enough to cover the bottom, and place the patties in the pan. Cook the patties for about three to four minutes on each side or until cooked through. Cook in batches if needed to avoid crowding the pan.
- 04 Meanwhile, heat another pan over medium heat. Use this pan to make one omelette per serving. Add just enough oil to coat the bottom of the pan. Add one serving of the whisked eggs to the pan and allow them to set before gently rolling them into an omelette with a spatula. Continue making one omelette per serving with the remaining eggs, adding oil to the pan before each omelette.
- 05 Divide the omelettes and patties evenly between plates. Garnish with the chives and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one omelette and two patties.

SAVE ON TIME

Meal prep the turkey patties in advance and scramble the eggs just before serving. Or, choose to hard boil the eggs instead for easy meal prep.



NO TURKEY

Use ground meat of choice or remove the casing from sausages and form it into patties instead.



Blueberry & Cottage Cheese Oatmeal

1 SERVING 15 MINUTES



INGREDIENTS

1/4 cup Quick Oats (dry)
1 cup Cottage Cheese
1/4 cup Vanilla Protein Powder
1/4 cup Frozen Blueberries

DIRECTIONS

- 01 Cook the oats according to package directions.
- 02 Mix the cottage cheese and protein powder together in a bowl. Add the cooked oats and stir well. Top with the blueberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately 1 3/4 cup.

MORE FLAVOR

Add maple syrup, cinnamon, peanut butter and/or cacao powder.

ADDITIONAL TOPPINGS

Cacao nibs, hemp seeds, walnuts and/or pumpkin seeds.



Chocolate, Cauliflower & Hemp Seed Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Cow's Milk, Whole
1 cup Frozen Cauliflower
1 1/2 tps Cacao Powder
1/4 cup Chocolate Protein Powder
2 tbsps Hemp Seeds
1/16 tsp Sea Salt

DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is approximately 1 2/3 cups.

DAIRY-FREE

Use any milk of choice.



Egg & Black Bean Tacos

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Black Beans
1/2 Lime (juiced)
Sea Salt & Black Pepper (to taste)
1 tsp Butter
5 Egg (whisked)
3 ozs Cheddar Cheese (shredded)
4 Corn Tortilla (small, warmed)
1/2 Avocado (cubed)
2 tbsps Cilantro (chopped)

DIRECTIONS

- 01 In a bowl, add the black beans and the lime juice. Use a fork and smash the beans until mostly mashed. Season with salt and pepper.
- 02 Heat a non-stick pan over medium heat and melt the butter. Add the whisked eggs to the pan and season with salt and pepper. Stir the eggs frequently until cooked through. During the last minute of cooking, top with the cheese and cover to let it melt.
- 03 Spread the mashed beans onto the tortillas. Top with the egg, avocado, and cilantro. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is two tacos.

MORE FLAVOR

Add hot sauce, sour cream, and/or Greek yogurt.

DAIRY-FREE

Omit the cheese.

NO BLACK BEANS

Use refried beans.



Sriracha Salmon Rice Bowl

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Basmati Rice (dry, rinsed)
1 1/2 tsps Sriracha
1 tsp Sesame Oil
3 tbsps Mayonnaise
1 tbsp Water
10 ozs Canned Wild Salmon (drained and broken into large chunks)
1/2 Avocado (medium, sliced)
1/2 cup Frozen Edamame (thawed)
1 tsp Everything Bagel Seasoning
2 tbsps Cilantro (chopped)

DIRECTIONS

- 01 Cook the rice according to the package directions. Set aside to cool.
- 02 Mix the sriracha, sesame oil, mayonnaise, and water in a bowl until well combined.
- 03 Divide the rice, salmon, avocado, edamame, and sriracha mayo evenly between bowls. Garnish with everything bagel seasoning and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1/2 cup rice, 1/4 cup edamame, half of an avocado, and two tablespoons of sriracha mayonnaise with salmon.

MORE FLAVOR

Add minced garlic while cooking the rice.

ADDITIONAL TOPPINGS

Top with green onions.



Spicy Beef Taco Cauliflower Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

12 ozs Extra Lean Ground Beef
1/4 cup Water
1 tbsp Taco Seasoning
1 Carrot (medium, finely, chopped)
1/2 Red Bell Pepper (medium, chopped)
3 cups Cauliflower Rice
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 tbsp Pickled Jalapeno Pepper (sliced)
2 tbsps Cilantro (optional)

DIRECTIONS

- 01 Heat a pan over medium-high heat. Add the ground beef and water. Cover and cook for four to five minutes.
- 02 Add the taco seasoning and cook uncovered, stirring, for two to three minutes or until the water evaporates completely and the beef is cooked through.
- 03 Reduce the heat to medium. Stir in the carrot, bell pepper, cauliflower rice, and half of the oil. Season with salt and pepper. Cover and cook for three to four more minutes to allow the flavors to combine.
- 04 Uncover and add the jalapeños and remaining oil. Stir well. Garnish with cilantro, if desired. Divide evenly between plates or bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Add green onions.



Banh Mi Cauliflower Rice Bowl

3 SERVINGS 25 MINUTES



INGREDIENTS

1 lb Lean Ground Pork
1/4 cup Coconut Aminos
3 Garlic (clove, minced)
1 tsp Ginger (fresh, grated)
3 cups Cauliflower Rice
1/2 Cucumber (medium, sliced)
1 Carrot (large, julienned)
1/4 cup Mayonnaise
2 tsps Sriracha
1/2 cup Cilantro (chopped)

DIRECTIONS

- 01 Heat a non-stick pan over medium-high heat. Add the pork and cook for five to seven minutes, breaking it up as it cooks.
- 02 Lower the heat, stir in the coconut aminos, garlic, and ginger. Sauté for two more minutes then set aside to cool.
- 03 Heat a separate pan over medium heat. Add the cauliflower rice and heat for three to four minutes or until heated through.
- 04 Divide the cauliflower rice evenly between bowls. Top with the pork and the veggies.
- 05 Whisk the mayonnaise and sriracha together and drizzle overtop of each bowl. Garnish with cilantro and enjoy!

NOTES

LEFTOVERS

Refrigerate the ingredients separately in airtight containers for up to three days. Freeze the pork for up to three months.

SERVING SIZE

One serving is approximately one cup of pork, one cup of cauliflower rice, and one cup of veggies with toppings.

MORE FLAVOR

Use ground beef, turkey, or chicken instead of pork. Add your favorite grains.

ADDITIONAL TOPPINGS

Green onions, sliced jalapeños, and/or lime wedges.



Egg Salad & Tuna Lettuce Wraps

2 SERVINGS 30 MINUTES



INGREDIENTS

3 Egg
1 1/2 tbsps Mayonnaise
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
2 cans Tuna (drained)
2 tbsps Basil Leaves (chopped)
4 leaves Romaine (medium)

DIRECTIONS

- 01 Bring a small pot of water to a boil and use a spoon to carefully lower the eggs inside. Boil for seven to eight minutes, then immediately remove them and place them into a bowl of icy water for at least three minutes.
- 02 Peel the eggs and chop them. In a bowl, whisk together the mayonnaise, lemon juice, salt, and pepper. Add the eggs, tuna, and basil. Stir well, taste and adjust the seasoning to your taste.
- 03 Divide the tuna mixture evenly between lettuce leaves and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is two stuffed lettuce leaves.

MORE FLAVOR

Add red onion and capers.

NO BASIL

Use dill or parsley instead.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Chicken & Mushrooms in Roasted Red Pepper Ricotta Sauce

2 SERVINGS 25 MINUTES



INGREDIENTS

2 tps Extra Virgin Olive Oil
2 tbsps Shallot (diced)
8 ozs Chicken Breast (boneless, skinless, cubed)
1 1/2 cups Mushrooms (sliced)
Sea Salt & Black Pepper (to taste)
1/2 cup Ricotta Cheese
4 ozs Roasted Red Peppers
1/2 Lemon (juiced)
2 Garlic (clove)
2 tbsps Parsley (for garnish)

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the shallot and sauté for two to three minutes, or until softened.
- 02 Add the chicken and mushrooms to the pan. Season with salt and pepper, and cook for about 10 minutes, stirring occasionally, until browned.
- 03 Meanwhile, combine the ricotta, roasted red peppers, lemon juice, and garlic in a blender. Blend until smooth, adding a splash of water if the sauce is too thick to blend.
- 04 Pour the ricotta mixture into the pan. Stir well, then reduce the heat to medium-low. Simmer for five to seven minutes, allowing the flavors to meld and everything to cook through.
- 05 Taste and adjust the seasoning as needed. Divide evenly between bowls and top with parsley. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an aright container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Add parmesan and broccoli.

SERVE IT WITH

Enjoy as is or serve over rice or pasta.



Air Fryer Steak Fajitas

2 SERVINGS 25 MINUTES



INGREDIENTS

10 ozs Flank Steak (sliced into strips, against the grain)
1/2 Red Bell Pepper (medium, sliced)
1/2 Green Bell Pepper (medium, sliced)
1/2 cup Red Onion (diced)
1 tbsp Extra Virgin Olive Oil
2 Garlic (clove, minced)
1 tbsp Fajita Seasoning
4 Corn Tortilla (warm)

DIRECTIONS

- 01 Preheat the air fryer to 400°F (205°C).
- 02 In a large bowl, mix the steak, bell peppers, onion, oil, garlic and fajita seasoning until evenly coated.
- 03 Add to the air fryer basket without overcrowding. Cook for 10 to 12 minutes, shaking halfway, or until the steak and vegetables are tender. Work in batches if needed.
- 04 Divide steak and vegetables evenly between tortillas. Enjoy!

NOTES

LEFTOVERS

Refrigerate the steak and vegetables in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two fajitas or approximately 1 1/3 cup of steak and vegetables.

MAKE IT VEGAN

Use sliced portobello mushrooms instead of steak.

ADDITIONAL TOPPINGS

Salsa, guacamole, shredded cheese, sour cream, lime wedges, cilantro and/or hot sauce.



Air Fryer Hot Honey Chicken Bites with Quinoa

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tbsps Raw Honey
1 1/2 tbsps Soy Sauce, Low Sodium
1 tsp Chili Flakes
10 ozs Chicken Breast (boneless, skinless, cut into pieces)
1/2 cup Quinoa (dry, rinsed)
Sea Salt & Black Pepper (to taste)
1/3 Cucumber (medium, julienned)
2 tbsps Cilantro (chopped)

DIRECTIONS

- 01 Preheat the air fryer to 400°F (205°C).
- 02 In a bowl, whisk together the honey, soy sauce, and chili flakes. Add the chicken and stir well. Cover and let sit for about 15 minutes.
- 03 Meanwhile, cook the quinoa according to the package directions. Season with salt and pepper.
- 04 Place the chicken into the air fryer basket and cook for 12 to 13 minutes, or until fully cooked, shaking halfway.
- 05 Divide the quinoa, chicken bites, and cucumber evenly between plates. Top with cilantro and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1/2 cup quinoa, 2/3 cup chicken bites and 1/3 cup cucumber.

ADDITIONAL TOPPINGS

Sesame seeds.

NO HONEY

Use maple syrup instead.



Sheet Pan Shrimp & Veggies

2 SERVINGS 30 MINUTES



INGREDIENTS

12 ozs Shrimp (peeled, deveined)
1 Red Bell Pepper (medium, sliced)
1 cup Broccoli (chopped)
1 Zucchini (medium, sliced)
1 cup Red Onion (sliced)
2 Garlic (clove, chopped)
1/2 Lemon (zested, juiced)
1 tbsp Extra Virgin Olive Oil
2 tsps Old Bay Seasoning
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
- 02 Add all of the ingredients to the baking sheet and toss to ensure even seasoning. Spread everything out evenly.
- 03 Bake for 15 to 18 minutes or until the vegetables are fork-tender and the shrimp is cooked through. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

MAKE IT VEGAN

Use tofu instead of shrimp.

ADDITIONAL TOPPINGS

Fresh herbs like parsley, dill and/or basil.

