

EAT FIT

with Chrissy

*The quick guide to eating
clean and cutting cravings*



MOST RECIPES ARE
DAIRY FREE

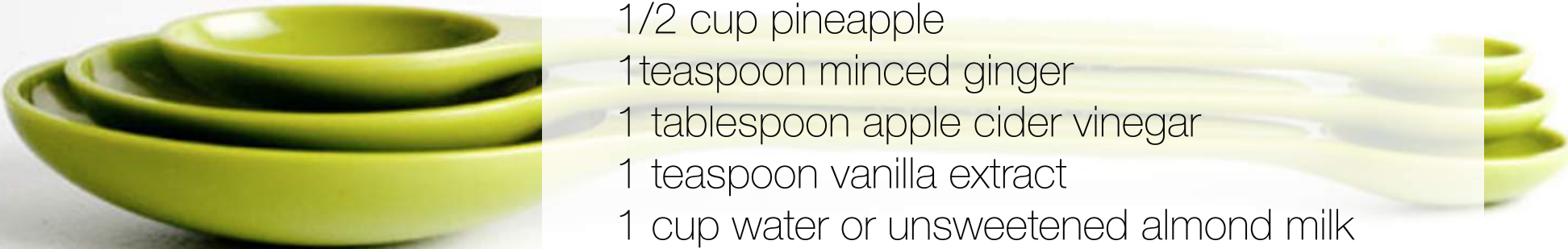
EAT CLEAN & ENJOY IT

- Chryst

This book is dedicated to those who simply like food. The ones who are trying to stay on a clean eating path but get side tracked by being unprepared or bored with the “clean eating usuals.” Whether you are always on-the-go, don’t have much time to cook, want to try new recipes, or just enjoy being in the kitchen, Eat Fit with Chrys is for you.

A close-up photograph of a clear glass filled with a vibrant green smoothie. The smoothie has a slightly textured appearance. In the background, there are various fresh green vegetables, including what looks like a sliced green bell pepper, a cucumber, and some leafy greens, all slightly out of focus. The lighting is bright and natural, highlighting the freshness of the ingredients.

Lean Green Smoothie



Makes - 1 Shake
Serving Size - 16oz
Calories per serving - 91

Good to know: The lean green smoothie is great for mornings and can aid in digestion.

You need:


- 1 1/2 cup spinach
- 1 cup ice
- 1/2 diced green apple
- 1/2 cup pineapple
- 1 teaspoon minced ginger
- 1 tablespoon apple cider vinegar
- 1 teaspoon vanilla extract
- 1 cup water or unsweetened almond milk

Instructions:

Blend all ingredients on high. To make less thick, use more water/almond milk.



Omelet Cups



Makes - 6 cups

Serving Size - 2

Calories per serving - 32

Good to know: This is a great way to prep breakfast to cut time on cooking.

You need:

6 egg whites

1 cup fresh chopped spinach

1/2 cup diced tomato

1/2 cup each - onion, diced mushroom

1/2 tsp each - garlic powder, himalayan pink salt, pepper.

Cooking spray (olive, avacado or coconut oil)

Instructions:

Heat oven to 375. Mix all ingredients in a bowl. Whisk until ingredients are distributed evenly. Spray muffin pan with cooking spray and pour mixture until each muffin cup is filled half way. Place in oven for 10 minutes or until egg whites are fully cooked.

Pr-oat-eijn
pancakes



Makes - 3-4 pancakes

Calories per batch - 485

Good to know - This batch covers your protein, carbs and good fats all at once.

You need:

1 cup old fashioned oats

1 scoop protein powder

3 egg whites

1 tablespoon coconut oil

1/4 cup water

1 teaspoon vanilla

1 rounded teaspoon stevia

1 1/2 even tsp baking powder

1/4 cup berries

Instructions:

Blend ingredients on low speed for 15-20 seconds. Heat skillet on medium and pour mixture into center until you make your desired amount of pancakes. Top with sugar free syrup and berries.

Sweet Potato Salmon Cakes





Makes - 4 Salmon Cakes

Serving Size - 2

Calories per serving - 237

Good to know: It is recommended to prepare these for lunch, since they combine good carbs and protein.

You need:

1 cup mashed sweet potato

4 oz of packaged salmon

2 egg whites

1/4 cup of almond flour

1/4 cup each - onions, green peppers

1/2 teaspoon each - pepper, lemon juice, garlic powder, himalayan pink salt

Instructions:

Preheat oven to 375. Mix all ingredients in a bowl and let sit in the fridge for 10 mins. Take out and either roll into medium sized balls on a baking sheet, or fill muffin cups half way with mixture until gone. Bake for 20-25 minutes or until edges start to brown.



Easy Pita Pizza



Makes - 1 Small Pizza

Serving Size - 1-2

Calories per pizza- 299

Good to know - This recipe has 75% less sodium than traditional pizza.

You Need:

1 whole grain pita

1/2 cup tomato sauce (no sodium added)

1 tbsp garlic powder

1 tbsp oregano

Pinch of black pepper

1/4 cup chopped green peppers

1/4 cup chopped red onions

1/4 cup chopped mushrooms

Turkey Pepperoni (12 pc)

Instructions:

Pre-heat oven to 350. Mix tomato sauce and seasonings then spread on top of Pita. Shake up mushrooms, onions and peppers in a small container and sprinkle on top of sauce. (can add cheese on top here). Place pepperonis evenly on top. Place in oven for 15 minutes or until pita is golden on the edges. When done sprinkle oregano on top.

Boost Bites

Boost your energy while on the go. This quick snack makes being prepared a lot easier.





Makes - 15 Bites

Serving Size - 3

Calories per serving - 264

Good to know -These snacks are great for early in the day, or even before a workout.

You Need:

1 cup oats

1/2 cup mixed nuts

1/2 cup dried fruit (no sugar added)

1/2 cup almond butter

3 tsp cinnamon

2 tsp honey

Instructions:

Mix all ingredients in a bowl. It will be messy but that's the fun part. Scoop small spoon fulls of the mixture out and roll into small bite-sized balls. Place them on parchment paper and let freeze for 1 hour.

Once you take out, refrigerate the ones you do not use right away.



Crave Mix



Makes - About 3 cups
Serving Size - 1 cup
Calories per serving - 160

Good to know: This snack is a healthier alternative to satisfy cravings. It's sweet, salty and crunchy!

You need:

2 cups organic vegan white cheddar popcorn (or regular organic popcorn)

1/4 cup organic dried fruit (no sugar added)

2 tablespoons dark chocolate chips

1/4 cup mixed nuts (suggested: almonds, cashews, peanuts)

Instructions:

Put all ingredients in a bowl and gently toss to distribute evenly. Do not put in a bag and shake, popcorn will crumble.



Miracle Spaghetti

Serving Size - 2-3

Calories per serving - (2) 394, (3) 262

Good to know - Miracle noodles have 0 calories & carbs

You need:

1 pack of Angel Hair Miracle Noodles

8oz of Ground Turkey

2 cups of tomato basil pasta sauce

1/4 cup each - mushrooms & onions

1/2 cup green peppers

2 tsp each - garlic powder, pepper & sea salt

1/2 tsp each - cumin & thyme

1tbsp sriracha sauce

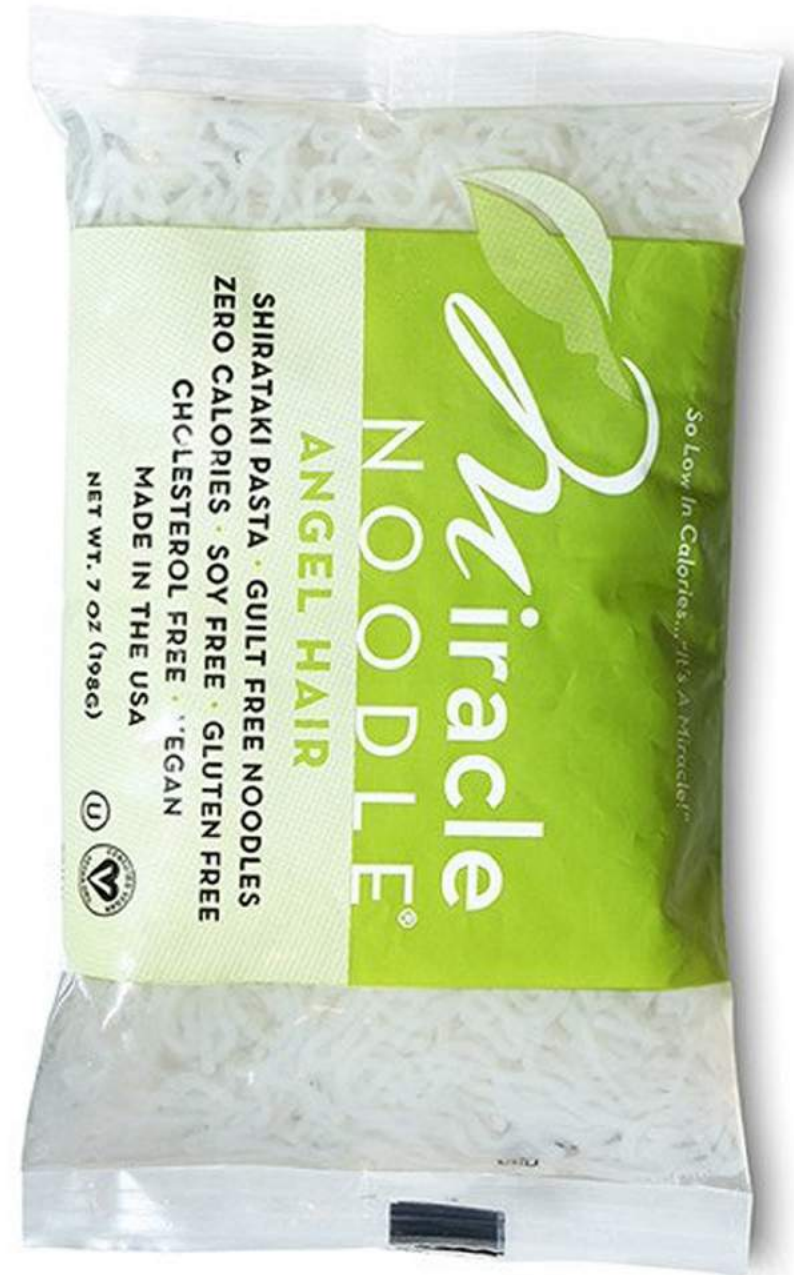
Prep:

Warm noodles in small pot on low (no need to add water)

Warm and season sauce with 1 tsp of garlic powder, pepper, sriracha, cumin & thyme (stir). Sautee onions, mushrooms & peppers (2 mins)

Instructions:

Brown turkey in skillet on medium heat. Add rest of seasonings. Once meat is 1/2 browned, add peppers, onions & mushrooms (stir). When fully cooked combine noodles, sauce & meat the way you like it!





Pesto Shrimp
& Chicken Bowl

Makes - 2 servings

Calories per serving - 258

Good to know: This meal is great for lunch + before and after workouts.

3oz of Chicken Breast (grilled)
3 oz of Shrimp (Grilled)
2 teaspoons of Lemon Juice
1/2 Cup Red Peppers
1 teaspoon each - Garlic Powder, Himalayan Pink Salt, Lemon Pepper Seasoning
2 tablespoons pesto
1/4 cup each, - chopped onions, chooped peppers
1 cup brown rice
6 asparagus spears broken in half or 1/2 cup of broccoli

Prep:

Boil brown rice while you do next steps. Cut chicken into thin strips. Put all dry seaosings + only 1 tablespoon of pesto in a small baggie and shake. Distribute evenly over chicken and shrimp (separeately) leaving a little bit in the bag.

Instructions:

Grill protein while you place the rest of ingredients in large skillet (if using broccoli cook seperately). Put left over seasoning from the baggie in skillet. After 2 mins add cooked rice + protein to skillet. Sprinkle lemon juice on top and stir around until all ingredients are blended. Place in bowl and put rest of pesto on top



Cocoa Protein Brownies

A kitchen scene with a whisk, eggs, and a measuring cup in the background. The whisk is in the foreground, and two white eggs are to its right. A measuring cup is visible in the background with markings for 2/3 CUP and 10z. The background is slightly blurred.

Serving Size - Makes 12

Calories per serving - 100

Good to know - Most of the calories in these brownies come from good fats!

You need:

1/4 cup unsweetened cocoa powder

1/4 cup stevia

3 tablespoons coconut sugar

3/4 cup chocolate protein powder

3 tablespoons coconut sugar

1/2 cup coconut oil (melted)

30 grams egg whites

2 even **TEASPOONS** baking powder (not tablespoons)

3 Tablespoons almond flour

3/8 cup water

Instructions:

Preheat oven to 350. Add all ingredients to a medium mixing bowl. Use large spoon or whisk to mix ingredients together. Batter should be slightly stick, not watery. Place in non-stick baking pan and bake for 10-12 minutes. Use toothpick or sharp object to stick into center of brownie. If toothpick is dry, it's done! Let cool for 5 minutes before serving.

“Let food be thy medicine and medicine be thy food”

~Hippocrates

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