



HEALTHY EATING E-BOOK



ABOUT US

Eddie's Health Shoppe has served as a resource for all things health and fitness in Knoxville for over 24 years. Founder Eddie Reymond has done over 6,000 nutritional consultations and worked with over 1,000 professional athletes and has received the Iris nutrition award for Tennessee.

His daughter Bridget has been working alongside him for the past 5 years and is a NASM certified personal trainer.

She has competed in 3 body building shows and 1 powerlifting meet. One of her hobbies as a body builder is finding ways to keep healthy food interesting and fun, which is what inspired her to create this e book!



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BREAKFAST

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SPINACH FETA EGG CUPS

Macros: (For 1, Yields 12 Muffins) 8P, 3C, 4F, 80 cal

Ingredients:

- 6 eggs**
- 4 egg whites**
- 1 cup spinach**
- 1 small bell pepper**
- Salt, basil, oregano to taste**
- 1/4 cup feta cheese**

Instructions:

- 1. Preheat oven to 350 and lightly grease muffin tin.**
- 2. Divide the spinach and pepper between the 12 cups.**
- 3. Whisk together eggs, egg whites, and spices and pour into tins about 3/4 full.**
- 4. Sprinkle feta cheese over top.**
- 5. Bake for about 25 min until eggs have set.**
- 6. Let cool and enjoy or refrigerate & save.**



MEDITERRANEAN OMELETTE

Macros: (For 1, Yields 1) 22G P, 3G C, 13G F

Ingredients:

- 2 eggs**
- 1 egg white**
- 1 serving low fat feta cheese**
- Cooking spray**
- 1 TBS dill**
- Grape tomatoes**
- 1 handful spinach**
- Salt and pepper to taste**

Instructions:

- 1. Spray pan on medium heat with cooking spray.**
- 2. Whisk together eggs, egg white, salt, pepper.**
- 3. Cook spinach over heat.**
- 4. Add eggs to pan.**
- 5. When eggs are almost set, pour in feta, tomatoes, and dill, then fold over.**
- 6. Cook until middle is set, about 1-2 min.**



EGG WHITE BREAKFAST SANDWICH

Macros: (For 1, Yields 1) 30G P, 26G C, 3G F, 250 cal

Ingredients:

- 1 English muffin**
- 3/4 cup egg whites**
- 1 slice ham**
- 1 Laughing Cow cheese wedge**
- Salt and pepper to taste**

Instructions:

- 1. Slice English muffin in half and toast each half.**
- 2. Cook egg whites over medium heat and season with salt and pepper to taste.**
- 3. Spread laughing cow cheese wedge over english muffin. place egg whites and ham on muffin.**

Enjoy!

Note: Can use 1 whole egg instead of egg whites for a higher fat, slightly lower protein option!



SNICKERDOODLE BLUEBERRY

PROTEIN OATS

Macros: (For 1, Yields 1) 21G P, 41G C, 11G F, 330 Cal

Ingredients:

-1/2 cup quick 1 min oats

-1/2 scoop PEScience Snickerdoodle Protein

-1/2 cup blueberries (frozen or fresh)

-1 TBS almond butter (Legendary Foods blueberry cinnamon roll is delicious!)

Instructions:

- 1. Cover oats with water (about 1/2 cup), microwave for 2 min.**
- 2. In a small bowl or mug, mix 1/2 scoop protein powder (PEScience snickerddole is delicious, but any whey casein blend will work) with water until it is liquidy.**
- 3. Pour protein mix into cooked oats and stir until combined.**
- 4. Add blueberries; microwave blueberries first if frozen.**
- 5. Drizzle in 1 TBS almond butter.**
- 6. Enjoy! You can make any combo of oats using this method; chocolate banana, cinnamon apple, whatever you prefer!**



CHOCOLATE CHIP PROTEIN WAFFLES

Macros: (For 2, Yields 2) 23G p, 47G C, 10G F, 376 Cal

Ingredients:

-1/2 scoop PEScience snickerdoodle protein powder
-1 serving pancake waffle mix (Hungry Jack light and fluffy is delicious, could use Kodiak for extra protein)

-1 egg

-Water

-Chocolate chips

-Walden Farms Syrup (zero sugar, zero calorie)

Instructions:

- 1. Spray waffle maker with coconut oil or cooking spray.**
- 2. Mix one egg, pancake mix, and protein powder. Add water to a batter consistency.**
- 3. Once waffle maker light is on, add half of mixture for first waffle.**
- 4. Remove first waffle once cooked and pour in rest of batter.**
- 5. Add chocolate chips as desired; macros are for 1 serving.**
- 6. Warm up syrup in a mug in microwave and pour over top. Enjoy!**



CHOCOLATE PB & BANANA

BREAKFAST SMOOTHIE

Macros: (For 1 Smoothie) 26G P, 42G C, 12G F, 360 Cal

Ingredients:

- 1 cup unflavored unsweetened almond milk**
- 1 scoop Redcon1 Green Beret chocolate protein**
- 1 medium banana**
- 5-6 ice cubes**
- 1 TBS natural peanut butter**
- 1 scoop greens powder; Barlean's chocolate greens is delicious!**

Instructions:

- 1. Blend almond milk, protein, ice cubes.**
- 2. Add in a medium banana, cut into chunks, peanut butter, and greens powder.**
- 3. Continue blending to consistency.**
- 4. Enjoy your refreshing delicious breakfast smoothie!**



BANANA PUDDING GREEK

YOGURT PARFAIT

Macros (Yields 1): 30P, 29C, 8F, 308 Cal

Ingredients:

- 1 cup plain, unflavored greek yogurt**
- 2 TBS PB2 peanut butter powder**
- 1/2 medium banana**
- 1/2 TBS almond butter**
- 1 serving fat free Reddi Whip (if wanted)**

Instructions:

- 1. Mix PB2 into Greek yogurt.**
- 2. Cut up half a banana and top.**
- 3. Drizzle 1/2 TBS natural almond butter.**
- 4. Add a little fat free Reddi Whip if desired. Could also add low sugar granola for crunch; we suggest Purely Elizabeth or Bob's Red Mill. not included in calorie count.**



LUNCH

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MEDITERRANEAN BANZA PASTA SALAD

**Macros: (For 1 Serving, Yields 4) 19G P, 40G C, 16G F,
350 Cal; VEGETARIAN!**

Ingredients:

- 1 Box Banza Pasta**
- 1 cup low fat feta cheese**
- 1 cup halved grape tomatoes**
- 1/4 cup sliced pitted black olives**
- 1/3 cup balsamic vinegar**
- 1/4 cup extra virgin olive oil**
- 1/2 lemon, juiced**
- 1/4 cup sliced red onion**
- salt and pepper to taste**

Instructions:

- 1. Cook Banza pasta according to package instructions with salted added to water.**
- 2. Mix together balsamic, olive oil, lemon, salt, pepper, red onion.**
- 3. Add tomatoes, olives, and feta cheese to pasta once cooled.**
- 4. Toss with dressing mix, store cold.**



HEALTHY CROCKPOT TURKEY CHILI

Macros: (For 1 Serving, Yields 8) 21G P, 32G C, 7G F, 275 Cal

Ingredients:

- 1 LB 93% lean ground turkey**
- 2 10 oz cans low sodium tomato soup**
- 2 15 oz cans kidney beans**
- 1 15 oz can black beans**
- 1/2 medium onion chopped**
- 1 TBS red pepper flakes**
- 1 TBS garlic powder**
- 1/2 TBS ground cumin**
- 2 TBS chili powder**
- Salt and pepper to taste**

Instructions:

- 1. Cook turkey on stove top.**
- 2. Mix all ingredients in crockpot and cook on low heat for 8 hours.**
- 3. Enjoy! Great for meal prepping leftovers**



BUFFALO CHICKEN WRAP

**Macros: (For 1 Serving, Yields 4) 35G P, 24G C, 9G F,
320 Cal**

Ingredients:

- 3 6 oz chicken breast**
- 1/2 cup plain non fat Greek yogurt**
- 1/3 cup Frank's hot sauce**
- 4 whole wheat tortillas**
- 12 grape tomatoes halved**
- 1/4 onion sliced**
- 1 cup romaine lettuce**
- 4 TBS Bleu cheese crumbles**

Instructions:

- 1. Cook chicken in crockpot on high for 1.5-2 hour until fully cooked. Shred with two forks and refrigerate.**
- 2. Once cooled, add Greek yogurt and hot sauce to make buffalo chicken.**
- 3. Add all vegetables and chicken to tortilla. Top with Bleu cheese. Enjoy!**



TURKEY BURRITO BOWL

Macros: (Makes 1 Bowl) 33G P, 36G C, 13G F, 400 Cal

Ingredients:

- 4 oz lean ground turkey**
- 1 TBS taco seasoning**
- Salt to taste**
- 1/4 cup black beans**
- 1/2 cup jasmine rice**
- 1/2 medium avocado**
- 2 TBS low sugar salsa**

Instructions:

- 1. Cook ground turkey on stovetop with taco seasoning and salt to taste.**
- 2. Cook rice and beans according to package instructions.**
- 3. Mix meat, rice, beans, add avocado and salsa.**
- 4. Add extra vegetables as desired; onions and peppers for taste, or shredded lettuce for a crunchy base!**



SOUTHWEST SALAD

Macros: (Makes 1 Salad) 36G P, 30G C, 11G F, 360 Cal

Ingredients:

- 2 cups spring mix salad**
- 6 Grape tomatoes**
- 2 TBS low sugar salsa**
- 1/4 cup fresh corn**
- 1/4 cup black beans**
- 1 cup (6 oz) grilled chicken**
- 1/4 cup low fat Mexican cheese, or less to taste**
- 2 TBS Bolthouse Farms ranch dressing**

Instructions:

- 1. Cook grilled chicken as normal and black beans over stove top until warm.**
- 2. Assemble and enjoy! Can leave off cheese or substitute with avocado for some more healthy fats.**



CHICKEN ASIAN LETTUCE WRAPS

Macros: (For 1 wrap, Yields 2) 33G P, 11G C, 13G F, 300 Cal

Ingredients:

- 2 TBS Braggs coconut aminos**
- 2 TBS lime juice**
- 1 TBS peanut butter**
- 1/2 TBS Sriracha**
- 1/4 TSP ground ginger**
- 1 TSP sesame oil**
- About 8-10 salted peanuts**
- 12 oz chicken breast (2 6 oz breasts)**
- 1/4 cup shredded carrot**
- 2 cloves garlic minced**
- Green onions sliced**
- Butter lettuce for wraps**

Instructions:

- 1. Whisk together aminos, lime, peanut butter, sriracha, and ginger.**
- 2. Heat sesame oil over medium heat. Add in onion and cook.**
- 3. Add chicken, carrots, and garlic and cook until chicken is done.**
- 4. Stir in the sauce.**
- 5. Add to butter lettuce cups and top with about 4-6 peanuts per wrap and green onions.**
- 6. For more calories/carbs, serve over rice!**



DINNER

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HONEY SRIRACHI TURKEY MEATBALLS

Macros: (5 meatballs) 26g P, 18G C, 8G F, 250 Cal

Ingredients:

- 1 lb 93% ground turkey**
- 1/2 cup panko bread crumbs**
- 1 egg**
- Salt and pepper to taste**
- 1 Tsp garlic powder**
- 1 TBS olive oil**
- 3 TBS honey**
- 3 TBS Sriracha or hot sauce**
- 2 TBS rice vinegar**
- 3 TBS Braggs coconut aminos**

Instructions:

- 1. Mix together egg, bread crumbs, and turkey.**
- 2. Heat 1 TBS olive oil over stove on medium high heat.**
- 3. Cook meatballs on stove, rotating with tongs to cook evenly.**
- 4. Reduce heat to a simmer; remove meatballs and put sauce in pan**
- 5. Let the sauce form a glaze and put meatballs back in pan, tossing in sauce for another 2 min**
- 6. Serve over rice with veggies, or as a snack!**



ITALIAN STUFFED PEPPERS

Macros: (1 Pepper, yields 3) 25G P, 14G C, 12G F, 270 Cal

Ingredients:

- 3 bell peppers**
- 1 cup low fat Ricotta cheese**
- 1 cup pasta sauce (Prego Light Smart)**
- 1/2 LB 93% ground beef**
- 1/3 Cup Mozzarella cheese**
- Salt, pepper, and garlic to taste**

Instructions:

- 1. Preheat oven to 350.**
- 2. Cook beef on stove medium high heat; season with salt, pepper, and garlic powder.**
- 3. Cut the top of peppers and discard.**
- 4. Pour half the pasta sauce into peppers**
- 5. Pour beef into peppers.**
- 6. Pour remaining sauce onto beef.**
- 7. Top with ricotta and mozzarella.**
- 8. Place Peppers in a baking dish covered in foil.**
- 9. Bake for 1 hour, top with Parmesan.**



BBQ CHICKEN SWEET POTATO BOWLS

Macros: (Yields 4 Servings) 25G P, 45G C, 6G F

Ingredients:

-1 LB boneless skinless chicken breast

-1 TBS olive oil

-Salt, garlic powder, pepper, and chili powder to taste

-1/2 cup BBQ sauce or to taste (Stubbs is a good lower sugar great taste)

-3 medium sweet potatoes

-Green veggie of choice (Love broccoli and Brussels sprouts)

Instructions:

- 1. Heat 1 TBS olive oil on medium high heat.**
- 2. Cook chicken all the way through, season with salt, garlic powder, chili powder, drizzle with 1/4 cup BBQ .**
- 3. Preheat oven to 400; chop sweet potato into wedges, season with salt, pepper, and garlic powder.**
- 4. Bake sweet potatoes for 20 min.**
- 5. Pan fry or bake green vegetable of choice.**
- 6. Combine chicken, sweet potato, and veggie in bowl, top with remaining BBQ sauce.**



BEEF BROCCOLI STIR FRY

Macros: (Yields 4 Servings) 26G P, 5G C, 12G F, 236 Cal

Ingredients:

- 1 LB flank steak thinly sliced**
- 2 TBS olive oil, separate**
- 2 cups broccoli florets**
- 1/4 cup beef broth**
- 2 TBS coconut aminos**
- 1 TSP minced garlic**
- 2 TSP sesame oil**
- Salt and pepper to taste**

Instructions:

- 1. Heat 1 TBS oil over medium high heat for broccoli and 1 TBS over medium high heat in another pan for meat**
- 2. Cook broccoli until tender (5-6 min) seasoned with salt, pepper, garlic powder**
- 3. Season steak with salt and pepper, cook with 1 TBS garlic until cooked through, about 3-4 min per side**
- 4. Put the cooked broccoli in the same pan as the steak and top with beef broth, coconut aminos, and sesame oil.**



HONEY GARLIC SALMON

Macros: (Yields 2 servings) 30P, 8C, 14F

Ingredients:

- 2 6 oz salmon filets**
- 2 TBS Coconut aminos**
- 2 TBS dijon mustard**
- 1 TBS honey**
- 1 clove garlic minced**

Instructions:

- 1. Preheat oven to 350.**
- 2. Line baking sheet and place salmon skin down.**
- 3. Whisk coconut aminos, dijon mustard, honey, and garlic. Pour half mixture over salmon filets.**
- 4. Bake for 18-20 min until salmon flakes. Pour remaining glaze over salmon.**
- 5. Serve over a salad or with rice or potatoes.**



OUTER AISLE BBQ CHICKEN

CAULIFLOWER PIZZA

Macros: (Yields 1 Serving) 30G P, 15G C, 12G F

Ingredients:

- 1 Outer Aisle Caulflower pizza crust**
- 2 TBS BBQ sauce (Stubbs is a great option)**
- About 2 oz shredded chicken**
- 1/4 cup low fat mozzarella**
- Any veggies to taste (peppers, mushrooms, jalapenos, olives, etc)**

Instructions:

- 1. Preheat oven to 400.**
- 2. Take a thawed Outer Aisle pizza crust and cook for about 2 min to firm up the crust.**
- 3. Take Crust out, spread 2 TBS BBQ sauce, added shredded chicken (cook in crockpot in advance).**
- 4. Top with cheese and veggies to taste.**
- 5. Cook in oven for 8-10 min.**



SNACKS

Snacks are VERY essential, but they aren't always something you need an elaborate recipe for.

Instead, we prefer to follow the same concepts with snacks that we follow with our meals, and with every meal, we suggest asking yourself the following questions:

- 1. Does this have enough protein? (a good rule of thumb for each meal is a minimum of 12-15 G for women and 16-20 G for men)**
- 2. Will this keep me full until my next meal?**
- 3. Will this spike my blood sugar?**
- 4. How can I make this healthier? (adding more vegetables, making it less processed, etc).**

That being said... Take a look at the next page for some of our favorite snack ideas and combinations!



SNACKS

- Avocado toast topped with eggs**
- Hard boiled egg(s) with a handful of nuts**
- Greek yogurt with berries**
- Greek yogurt with nuts or nut butter**
- Apple and peanut butter with a protein shake**
- ZenEvo protein peanut butter cups (our creation, and our possibly biased favorite!)**
- Any other natural protein bars**
- Protein cereal (Mix 1 scoop protein with almond milk and top over 1 serving of a low sugar cereal!)**
- Vegetables and hummus with natural jerky for protein**
- Protein waffles**
- Protein oats**

The options are pretty endless, you just have to be creative and eat the healthy things that you enjoy...

Make it sustainable for your lifestyle!



NOTES

-The proteins powders used are suggestions of what we have tried and know works well, but other substitutions might be equally delicious!

-For olive oil and vinegar, we suggest the Tree and Vine, located next to our downtown store. High quality and delicious, WAY better than the stuff from the grocery store, it can make even the most simple meals taste better.

-As a whole, we suggest using clean ingredients that are minimally processed; some of the ingredients in here that are used for "fun," like zero calorie syrup or whipped cream are not necessary and are not recommended for daily use, but can definitely make meals and a balanced diet more exciting.

-Let us know if you try any of these recipes and what you think!