

LAUREN FIT FOODIE

# FIT COOKIE CLUB

EXCLUSIVE MEMBERSHIP AND WEEKLY MEAL PLAN



SEPTEMBER 4-10 MEAL PLAN



BY LAUREN LEVY

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# strawberry greek yogurt OVERNIGHT OATS

 SERVES 1  PREP: 5 MIN  ADD'L TIME: 2 HRS  TOTAL TIME: 2 HR 5 MINS

*The easiest breakfast prep ever! Just mix everything together and let the fridge do all the magic! These strawberry overnight oats are sweet, creamy and so delicious. They are packed with two different forms of protein to activate muscle protein synthesis immediately (from the whey protein powder) and slow digesting (from the casein in the yogurt) - making them the perfect pre-workout or post-workout breakfast to support muscle recovery and growth! (GF)*

## INGREDIENTS

- 1/2 cup plain nonfat Greek yogurt (120g)
- 1/4 cup + 2 Tbsp unsweetened almond milk (90g)
- 1/3 cup old fashioned oats (30g)
- 2/3 scoop cake pop or vanilla protein powder (20g)
- 1 tsp vanilla extract
- 1/2 tsp strawberry extract
- 1/2 tsp liquid stevia
- 1/4 cup strawberries, finely diced (45g)
- 1 Tbsp reduced sugar strawberry preserves (17g)

## PREPARATION

1. In a mason jar, meal prep container or bowl, add all the ingredients (except the strawberries and strawberry preserves) and mix well until combined.
2. Add the strawberries and strawberry preserves and give it a good stir 2-3 times without overly mixing.
3. Cover with a lid or saran wrap and place in the fridge for a minimum of 2 hours. For best, creamiest results, let sit for at least 8 hours.



### NUTRITION:

**Serving Size:** 1 serving

**Nutrition:** 317 calories  
35.8C | 4.7F | 32.8P

**MFP Entry:** LFF Strawberry Greek Yogurt Overnight Oats

## LAUREN'S NOTES

You can prep multiple jars at a time to make your life easier! Overnight oats will stay fresh in the fridge for 4-5 days.

**To make dairy-free:** use a plant based protein powder and sub the Greek yogurt for a dairy-free Greek yogurt.

# GREEN GODDESS

## chicken glow bowls

 SERVES 7  PREP: 10 MINS  COOK TIME: 20 MINS  TOTAL TIME: 30 MINS

*These Glow Bowls are packed with so much health and flavor!! And guess what? They're so easy to come together. The chicken is juicy, the bowl is delicious and it's all comes together with the most lip-smacking good, lightened-up green goddess dressing!! (GF)*

## INGREDIENTS

### For the Green Goddess Chicken

- 2 lbs. boneless skinless chicken breasts (about 4-5 breasts)
- 1 Tbsp olive oil
- 2 Tbsp Green Goddess (or Italian) seasoning
- 2 tsp dried tarragon
- 1/2 tsp salt
- 1/4 tsp black pepper

### For all the Bowls:

- 3.5 cups cooked golden quinoa (630g) - can sub for rice, couscous, pasta or any grain of choice!
- 1.75 cup shelled edamame (259g) - I used Seapoint Farms frozen Shelled Soybeans Edamame
- 1 batch Green Goddess Chicken
- 1 batch Green Goddess Dressing
- Avocado slices, optional, for topping
- Mixed greens, like kale or spinach, optional, for more volume

### To Assemble Each Bowl (makes 7):

- 1/2 cup cooked golden quinoa (90g)
- 1/4 cup shelled edamame (37g)
- 1/7 Green Goddess Chicken (137g)
- 2 Tbsp Green Goddess Dressing (30g)
- Avocado slices, optional, for topping

## LAUREN'S NOTES

This recipe is naturally gluten-free. The only part of this recipe that has dairy is the Green Goddess Dressing. See the notes under the Green Goddess dressing recipe for how to make this recipe dairy-free.



### NUTRITION:

**Serving Size:** 1 bowl as assembled

**Nutrition:** 367 calories  
27.3C | 11.3F | 39.1P

**MFP Entry:** LFF Green Goddess Chicken  
Glow Bowls



# GREEN GODDESS

## chicken glow bowls

🍴 **SERVES 7** ⌚ **PREP: 10 MINS** ⌚ **COOK TIME: 20 MINS** ⌚ **TOTAL TIME: 30 MINS**

*These Glow Bowls are packed with so much health and flavor!! And guess what? They're so easy to come together. The chicken is juicy, the bowl is delicious and it's all comes together with the most lip-smacking good, lightened-up green goddess dressing!! (GF)*

### TO MAKE

#### To Make the Green Goddess Chicken:

1. Preheat the oven to 400 degrees F. Spray a baking sheet with cooking spray.
2. Trim chicken breast. If uneven, pound to even thickness to ensure chicken cooks evenly. Butterfly if chicken is thick or if you just prefer thinner chicken. Pat chicken dry with a paper towel. Drizzle with olive oil and sprinkle seasonings on top. Using your hands, toss well to ensure the chicken is evenly coated.
3. Bake for 20-25 minutes or until temperature reaches 165 degrees F. Let rest for a few minutes before slicing.

#### Prep for the Rest of the Bowls:

1. Combine all the ingredients for the Green Goddess dressing together in a food processor. Taste and add more salt, mayo or seasonings to taste. Store in the fridge until ready to use.
2. Meanwhile, cook quinoa in a large pot according to package directions.
3. Microwave edamame if eating immediately, or go ahead and defrost to assemble in bowls if meal prepping.

#### To Assemble Each Bowl:

1. Add the quinoa, edamame, and chicken to a bowl or container (amount for each listed above). Drizzle with green goddess dressing. Add sliced avocado or greens for more volume, if desired. You can also store any side greens and/or your green goddess dressing in a separate container if you prefer for easier heating.



#### NUTRITION:

**Serving Size:** 1 bowl as assembled

**Nutrition:** 367 calories  
27.3C | 11.3F | 39.1P

**MFP Entry:** LFF Green Goddess Chicken  
Glow Bowls

# GREEN GODDESS

## dressing (lightened up!)

 SERVES 7

 PREP: 5 MINS

 TOTAL TIME: 5 MINS

*This Green Goddess Dressing is lightened up and so good. Bursting with herby flavor this dressing is perfectly creamy and tangy! This dressing is perfect for my Chicken Glow Bowls but is also perfect for and kind salad and sandwich! (GF)*

## INGREDIENTS

- 1 cup lightly packed fresh herbs (some tender stems at the top are fine) – parsley, oregano, dill, any you have on hand works! (17g)
- 1/2 cup light sour cream (120g)
- 1/4 cup light mayo (60g)
- 1 Tbsp red wine vinegar (15g)
- 1 tsp dried tarragon
- 1 tsp minced garlic
- 2 tsp anchovy paste
- 1/2 tsp salt

## TO MAKE

1. Combine all the ingredients for the Green Goddess dressing together in a food processor. Taste and add more salt, mayo or seasonings to taste. Store in the fridge until ready to use.

## LAUREN'S NOTES

As long as sour cream is fresh, dressing will keep in the fridge for up to 2 weeks. Always give dressing a good stir/shake after sitting for a while before using.

This recipe is naturally gluten-free.

**To make dairy-free:** use dairy-free sour cream or dairy-free Greek yogurt.

You can also sub the sour cream for plain Greek yogurt if you wish.

**To make vegan:** Vegan mayo works if you need to make this dressing vegan friendly.



## NUTRITION:

**Serving Size:** 2 Tbsp (30g)

**Nutrition:** 42 calories  
1.7C | 3.4F | 1.1P

**MFP Entry:** LFF Green Goddess Dressing



# buffalo chicken CRESCENT RING

 SERVES 10  PREP: 10 MINS  COOK TIME: 20 MINS  TOTAL TIME: 30 MINS

*I'm pretty sure this Buffalo Chicken Crescent Ring is exactly what dreams are made of. It's guaranteed to be a crowd favorite! This buffalo chicken crescent ring is hearty, creamy and packed with SO much delicious flavor! It makes for the perfect snack, appetizer or dinner paired with a side salad or some veggies!*

## INGREDIENTS

- 2 cans regular crescent rolls
- 3/4 cup plain nonfat Greek yogurt (170g)
- 4-oz. 1/3 reduced-fat cream cheese, softened (112g)
- 1/3 cup Frank's red hot buffalo sauce (80g)
- 4 cups cooked & shredded chicken (400g)
- 1 cup fat-free feta cheese, divided (112g)
- 1 green onion, chopped (20g) - can omit if you wish

## TO MAKE

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper or spray with nonstick cooking spray.
2. Add the yogurt, cream cheese and buffalo sauce to a bowl and mix until combined. Then mix in the shredded chicken, green onion, and half the feta cheese.
3. Unroll both cans of dough and separate into 16 triangles. Arrange the triangles in a ring on the baking sheet so the short sides of triangles form a 5-inch circle in the center. Dough will overlap. Dough ring should look like the sun.
4. Add the chicken mixture on the half of each triangle closest to the center of the ring. Top with the remaining feta cheese.
5. Bring each dough triangle up over filling, tucking dough under the bottom layer of dough to secure it.
6. Repeat around the ring until the entire filling is enclosed (some filling might show a little).
7. Bake for 20-25 minutes or until the dough is golden brown. Let cool for 5 minutes before slicing.



## NUTRITION:

**Serving Size:** 129g

**Nutrition:** 282 calories  
19.3C | 13.4F | 21P

**MFP Entry:** LFF Buffalo Chicken Crescent Ring



# crock-pot salsa verde SHREDDED CHICKEN

🍴 **SERVES 10** ⌚ **PREP: 5 MINS** ⌚ **COOK TIME: 4 HRS** ⌚ **TOTAL TIME: 4 HRS 5 MINS**

*This Crock Pot shredded chicken makes meal prep a breeze! It is sweet and tangy, juicy, and packed full of flavor. Easy to prep in bulk so you can have protein ready to eat all week long. Use it for sandwiches, enchiladas, tacos or just eat it straight up - the possibilities are endless! (GF, DF)*

## INGREDIENTS

- 2 lbs. boneless, skinless chicken breasts
- 3/4 cup salsa verde (186g) - I use Herdez in the jar
- 2 Tbsp honey (42g)
- 1 Tbsp liquid smoke
- 1 tsp salt
- 1 tsp garlic powder
- 1/2 tsp cinnamon
- 1/4 cup fresh cilantro (optional)

## PREPARATION

1. Add all the ingredients except the cilantro to the Crock-Pot and toss around to evenly coat the chicken.
2. Top with lid and cook on high for 2-3 hours or on low for 4-6 hours or until chicken is tender enough to shred.
3. Shred with two forks, toss around in juices\*, and stir in 1/4 cup fresh cilantro, if desired.



## NUTRITION:

**Serving Size:** 111g

**Nutrition:** 110 calories  
4.7C | 2.4F | 19.4P

**MFP Entry:** LFF Crock Pot Salsa Verde Chicken

**How To Freeze:** let chicken cool to room temperature. Add chicken to a freezer size plastic bag OR portion into smaller size sandwich bags, press flat to squeeze out excess air, seal, label and freeze for up to 3 months.

\*Macros were calculated with adding the juice back in at the end.



# creamy green chili chicken ENCHILADA STACK

🍴 **SERVES 8** ⌚ **PREP: 10 MINS** ⌚ **COOK TIME: 20 MINS** ⌚ **TOTAL TIME: 30 MINS**

Everything you love about your favorite enchiladas but lightened up and made easy with this fun stack variation! Sweet, juicy chicken paired with creamy green chili sauce, tortillas, and cheese - this is a dinner the whole family will love!

## INGREDIENTS

### Enchilada Filling

- 2 medium zucchinis, peeled and finely diced (265g)
- 1 small onion, finely diced (250g)
- 1 tbsp taco seasoning (15g)
- 1/4 tsp salt
- 3 cups shredded salsa verde chicken (500g)

### Creamy Green Chili Sauce

- 1 Tbsp light butter (14g)
- 3/4 cup nonfat Greek yogurt (170g)
- 1.2 cup salsa verde (120g)
- 4-oz. fat-free cream cheese (112g)
- 1 (4-oz.) can diced green chilis (113g)

### Enchilada Stack

- 9 flour tortillas - I used Mission Carb Balance
- 1/2 cup 2% shredded Mexican cheese (56g)

## PREPARATION

1. Preheat oven to 350 degrees F.
2. Bring a large skillet to medium heat. Spray with cooking spray and add zucchini and onions. Season with taco seasoning and salt. Cook for 6-7 minutes, or until vegetables are soft and slightly browned. Remove from heat and add vegetables to a mixing bowl. Add the chicken and toss to combine.
3. Rinse pan (or grab a new one) and make sure it has cooled, then set to the lowest heat. Add all the ingredients for the creamy green chili sauce. Stir constantly until cream cheese has melted. Then remove from heat.
4. Spray a 9x13" dish with cooking spray. Layer 3 tortillas on the bottom of the dish (2 normal and then cut the third in half for easier placement). Add 1/2 of enchilada filling, then layer with 3 more tortillas, the other 1/2 of the enchilada filling, and finally the 3 remaining tortillas. Add the creamy green chili sauce. Sprinkle evenly with cheese and bake for 10-15 minutes, or until cheese has melted.



### NUTRITION:

**Serving Size:** 1/8 of dish (212g)

**Nutrition:** 281 calories  
33C | 7F | 21P

**MFP Entry:** Lauren Fit Foodie Creamy Green Chili Chicken Enchilada Stack



# homemade healthy chocolate

# ALMOND GRANOLA

🍴 **SERVES 16** ⌚ **PREP: 10 MINS** ⌚ **COOK TIME: 40 MIN** ⌚ **TOTAL TIME: 50 MIN**

*This Chocolate Almond Granola is a chocolate lovers dream!! It's perfect sweet, salt, crunchy and clustery! and has the most insane chocolate flavor thanks to melty chocolate chips mixed in the end! Amazing to snack on on it's own or to top on your yogurt or milkshake!*

## INGREDIENTS

### Dry Ingredients

- 3 cups old fashioned oats (240g)
- 1/3 cup cocoa powder (27g)
- 1/3 cup sliced almonds (30g)
- 2 Tbsp flax seeds (20g)
- 1/2 tsp salt

### Wet Ingredients

- 1/2 cup sugar-free pancake syrup (120g) - can sub for pure maple syrup
- 2 Tbsp avocado oil (30g) - can also use coconut oil
- 2 egg whites (70g) - see notes for vegan sub
- 1 Tbsp vanilla extract
- 1 tsp liquid sweetener, optional, for sweeter granola

### Add At the End:

- 1/4 cup chocolate chips (60g)

## PREPARATION

1. Adjust one of your racks to be in the middle of the oven. Preheat the oven to 300 degrees F.
2. In a large mixing bowl, add the dry ingredients and combine well.
3. In a small bowl, whisk the egg whites and oil. Add the rest of the wet ingredients and whisk to combine (some separation is normal).
4. Spray a baking sheet with nonstick cooking spray and add the granola; spread out evenly.
5. Bake for about 35-40 minutes, then top with chocolate chips immediately. Place back in the oven for about 5 minutes, or until the chocolate is melted.
6. Remove from the oven and give granola a good stir to spread the melted chocolate around. Allow to cool to room temperature undistributed (takes about an hour for the chocolate to set). Then break up the granola and transfer to an airtight container. Granola will crisp up as it cools.



### NUTRITION:

**Serving Size:** 1/3 cup (32g)

**Nutrition:** 121 calories  
4.7C | 5.4F | 3.5P

**MFP Entry:** LFF Chocolate Almond Granola

**To make vegan:** use pure maple syrup and sub the egg whites for applesauce or more oil.

**To store:** Store the cooled granola in an airtight container at room temperature for up to 10 days.

# healthy + no-bake!

# BANANA CREAM PIE BARS

🍴 SERVES 12 ⌚ PREP: 20 MIN ⌚ ADD'T TIME: 1 HR ⌚ TOTAL TIME: 1 HR 20 MINS

*These No Bake Banana Cream Pie Bars are the absolute best cozy summer dessert! They are light, creamy, and sweet with a perfectly crisp vanilla wafer crust. The best part is they're so easy to make. They are only 6 ingredients and can be made in less than 20 minutes and don't even require turning on the oven.*

## INGREDIENTS

### Vanilla Wafer Crust

- 1.5 cup crushed Vanilla Wafers (120g)
- 1/4 cup light butter, melted (56g)
- 2 Tbsp sugar-free pancake syrup (30g)

### Banana Cream Filling + Topping

- 4 (0.9-oz) boxes sugar-free instant banana pudding mix (100g)
- 2 cups fat-free milk (480g)
- 1 (8-oz.) container light whipped topping, separated, room temperature (226g)
- Vanilla wafers, crushed, optional for topping if desired

## TO MAKE

1. Line a 8x8-inch baking dish with parchment paper and/or spray with nonstick cooking spray.
2. **For the Vanilla Wafer Crust:** In a medium-sized mixing bowl, add all the crust ingredients and mix together until combined. Transfer it into the lined pan and press down until mostly smooth. Place in the fridge for 10 minutes.
3. **For the Banana Cream Filling:** Whisk instant pudding mix with milk for about a minute. You'll want to do this fast as the instant pudding mix sets very quickly. Once combined, fold in 1 cup of the cool whip (72g). Layer the banana cream filling over the crust and smooth out evenly.
4. **For the Topping:** Top with the remaining whipped topping. Use a spatula to spread out evenly over the banana cream layer.
5. Cover and refrigerate for at least one hour before slicing.



### NUTRITION:

**Serving Size:** 1 bar (82g)

**Nutrition:** 150 calories  
22.6C | 5.5F | 2.5P

**MFP Entry:** LFF Banana Cream Pie Bars

## LAUREN'S NOTES

These bars are best the next day, chilled, after the texture has set and the flavors have come together overnight. Keep stored in an airtight container in the fridge.

**To make gluten-free:** replace Vanilla Wafers for a gluten-free alternative.



S M T W T F S

WEEK: SEPTEMBER 4-10

# EXAMPLE 1550 CALORIES

Totals: 150C / 53F / 128P (1,598 calories)

## BREAKFAST

- Strawberry Greek Yogurt Overnight Oats

## LUNCH

- Green Goddess Chicken Glow Bowls with Green Goddess Dressing
- Protein Flex Chips or Chips of Choice

## DINNER

- Buffalo Chicken Crescent Ring
- Air Fryer Green Beans
- Side Salad

## DESSERT / SNACKS

- No Bake Banana Cream Pie Bars
- Nonfat Greek Yogurt with Chocolate Almond Granola and Fresh Fruit

# EXAMPLE 1900 CALORIES

Totals: 195C / 65F / 153P (1981 calories)

## BREAKFAST

- Strawberry Greek Yogurt Overnight Oats

## LUNCH

- Green Goddess Chicken Glow Bowls with Green Goddess Dressing
- Protein Flex Chips or Chips of Choice

## SHOPPING LIST

## DINNER

- Buffalo Chicken Crescent Ring (1.5 serving)
- Air Fryer Green Beans

## DESSERT / SNACKS

- (2) No Bake Banana Cream Pie Bars
- Nonfat Greek Yogurt with Chocolate Almond Granola and Fresh Fruit
- Built Bar or Protein Bar of Choice

These examples are meant to give you ideas for how to build a macro-balanced day. Tweak your meals and exact serving size (1, 1.5, 2 servings, etc.) depending on your personal macro needs for the day.

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S M T W T F S

Date: \_\_\_\_\_

# DAILY MEAL PLAN

BREAKFAST

LUNCH

DINNER

SNACKS

## A SNEAK PEAK AT NEXT WEEK'S EXCLUSIVE RECIPES !!

### ***BACON, MUSHROOM & GOAT CHEESE CRUSTLESS QUICHE***



This Bacon, Mushroom & Goat Cheese Quiche is the perfect breakfast option if you're looking for a wholesome, filling, low carb and protein packed breakfast! It's absolutely delicious and packed with goat cheese and bacon in every bite.

### **COMING UP**

My NEW FAVORITE energy bites!! These Cowboy Cookie Bites have all the best things- oats, pecans, shredded coconut, peanut butter and chocolate chips! They're packed with fiber and protein and make for the absolute best snack!!



### ***COWBOY COOKIE ENERGY BITES***

● ● ● ● ● ● ●  
S M T W T F S

Date: \_\_\_\_\_

# SHOPPING LIST

PRODUCE SECTION

BREADS

PROTEIN / MEATS

INNER AISLES/PACKAGED GOODS

REFRIDGERATED

FREEZER/FROZEN FOODS