

GREEK YOGURT PROTEIN PANCAKES



INGREDIENTS:

1/3 Cup (90g)	0% Plain Greek Yogurt
2 (65g)	Egg Whites
1/8 Cup (20g)	Flour
1/2 Scoop (16g)	Vanilla Cake Whey Protein
1/2 tsp (2g)	Baking Soda
1/2 tsp (2g)	Vanilla Extract
To Taste	Cinnamon / Stevia

Combine all ingredients in a medium bowl, mix just until combined. Preheat pan over medium heat. Pour batter into centre of pan and cook for approx. 2mins or until top starts to bubble, flip and cook for an additional 1-2mins on the other side until golden brown and cooked through. Serve with low sugar syrup or your favourite pancake toppings and devour!

MACROS PER SERVING (MAKES 3 SERVINGS):

CALORIES	PROTEIN	CARBS	FAT
66	10_g	5.2_g	0.2_g

APPLE CINNAMON FRENCH TOAST



INGREDIENTS:

2 Slices (60g)	Light Rye Bread
2 (65g)	Egg Whites
1/8 Cup (25g)	Almond Milk
1/2 Scoop (16g)	Vanilla Cake Whey Protein
1/2 tsp (2g)	Vanilla Extract
To Taste	Cinnamon / Stevia
1/4 Cup (40g)	Unsweetened Applesauce
1 (120g)	Apple (Chopped)

Combine egg, milk, vanilla, cinnamon and stevia in a medium bowl, mix just until combined. Preheat pan over medium heat. Dip each side of rye bread in wet mix and place on pan and cook for approx. 2mins per side or until lightly browned. Top with chopped apple and applesauce, sprinkle extra cinnamon or stevia to taste and annihilate!

MACROS PER SERVING (MAKES 2 SERVINGS):

CALORIES	PROTEIN	CARBS	FAT
165	12.9_g	27.4_g	0.6_g

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PROTEIN BANANA CHOCOLATE CHIP MUFFINS



INGREDIENTS:

3/4 Cup (90g)	Large Flake Oats
3 Scoops (100g)	Vanilla Cake Whey Protein
2 Medium (220g)	Banana (Mashed)
1/4 Cup (64g)	0% Plain Greek Yogurt
1 (55g)	Whole Egg
1 Cup (186mL)	Almond Milk
1/4 Cup (64g)	Unsweetened Applesauce
1 Tbsp (10g)	Stevia
1/4 Cup (48g)	Cocoa Powder
1/2 tsp (2g)	Baking Soda
1/2 tsp (2g)	Baking Powder
1/4 tsp (1g)	Salt
5 Tbsp (75g)	Semisweet Chocolate Chips

Combine all ingredients except chocolate chips in a food processor or blender. Preheat oven to 350°F. Blend for 30sec-1min until well mixed. Pour batter into 12 serving muffin tin, evenly distribute chocolate chips on muffins. Bake at 350°F for 18-20mins until toothpick inserted comes out clean. Let cool 10 minutes and decimate!

MACROS PER SERVING (MAKES 12 SERVINGS):

CALORIES	PROTEIN	CARBS	FAT
115	9.1g	14.7g	3.4g

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BODYBUILDING POPCORN CHICKEN



INGREDIENTS:

2-3 (18oz)	Boneless Skinless Chicken Breast
1 (55g)	Whole Egg
2 XL (75g)	Egg Whites
2 Tbsp (30mL)	Original BBQ Sauce
1 Cup (120g)	Bread Crumbs
1/2 tsp (2g)	Garlic Powder
1/4 tsp (1g)	Cayenne Pepper

Combine dry ingredients, except chicken in a bowl and combine wet ingredients in separate bowl. Cut chicken breast into 1 inch pieces. Dip chicken pieces in the wet mix and then coat in the dry mix to cover them. Place on a baking sheet sprayed with non-stick cooking spray. Bake at 450°F for 18-23mins and demolish!

MACROS PER SERVING (MAKES 6 SERVINGS):

CALORIES	PROTEIN	CARBS	FAT
241	32.3g	16.5g	4.9g

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ALPHA PHYSIQUE ENGINEERING

BODYBUILDING GRILLED CHEESE



INGREDIENTS:

- 2 Slices (60g) **Light Rye Bread**
- 2 oz. (60g) **Skim Milk (Allegro) Cheese**
- 2 Tbsp (30g) **Ketchup**

Heat a pan on medium heat. Spray with non-stick cooking spray. Cut cheese into thin strips and place between 2 slices of bread. Spray top and bottom of bread with cooking spray and place in middle of pan. Heat for a few minutes each side until golden brown and cheese is melted. Cut in half, serve with ketchup and obliterate!

MACROS PER SERVING (MAKES 1 SERVING):

CALORIES	PROTEIN	CARBS	FAT
289	28.5g	41.5g	2.1g

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GARLIC PARM BROCCOLI PATTIES



INGREDIENTS:

2 Heads (350g)	Broccoli (Florets)
1 (55g)	Whole Egg
1/2 Cup (60g)	Flour (Any)
1 tsp (5g)	Garlic Clove (Minced)
1/4 Cup (60g)	Parmesan Cheese (Grated)
1/8 Cup (30mL)	Milk (Any)
1/2 tsp (2g)	Salt
1/4 tsp (1g)	Black Pepper (Ground)

Chop broccoli into florets, and steam until softened (5-10mins). Mix all other ingredients in a mixing bowl. Mash broccoli up with fork and combine with the rest of the ingredients. Mix until well combined. Heat pan on medium heat sprayed with cooking spray. Form the broccoli mix into patties and fry 3 patties at a time on pan for approx. 3 minutes each side until browned. Serve warm and destroy!

MACROS PER SERVING (MAKES 7 SERVINGS):

CALORIES	PROTEIN	CARBS	FAT
73	4.2g	10.6g	1.8g

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FAT-FREE BAKED SWEET POTATO FRIES



INGREDIENTS:

- 2 (455g)** Sweet Potatoes
- 1 tsp (5g)** Corn Starch
- 1 tsp (5g)** Sea Salt
- 1/2 tsp (2g)** Black Pepper (Ground)
- 1/2 tsp (2g)** Cinnamon
- 1/4 tsp (1g)** Cayenne Pepper

Wash and peel sweet potatoes. Cut into thin $\frac{1}{4}$ inch fry-sized strips (I used a wavy cutter to make crinkle cut fries). Place fries in a mixing bowl, spray with non-stick cooking spray and add starch and spices. Toss in bowl until well coated. Add spices to taste. Spread evenly on a parchment paper lined baking sheet, with some space between fries and bake at 400°F for approx. 30mins flipping halfway until golden brown and crispy on the outside. Serve with a main dish or just gobble them on their own!

MACROS PER SERVING (MAKES 4 SERVINGS):

CALORIES	PROTEIN	CARBS	FAT
102	2.4g	23.8g	0g

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PROTEIN PUMPKIN PIE



INGREDIENTS:

1 Can (425g)	Pumpkin Pure
2 Scoops (65g)	Cinnamon Swirl Whey Protein
1 Cup (126g)	Egg Whites
1/4 Cup (10g)	Stevia
1/4 Cup (63mL)	Almond Milk
1/4 Cup (63g)	Fat Free Cream Cheese
1/2 tsp (2g)	Vanilla Extract
1 1/2 tsp (6g)	Cinnamon
1/4 tsp (1g) each	Ginger & Nutmeg
1/8 tsp (0.5g)	Cloves

Combine all ingredients in a food processor or blender. Blend for approx. 1 minute until well blended. Pour into a 10inch pie dish sprayed with non-stick cooking spray. Bake at 350°F for 30mins then reduce temperature to 300°F and continue baking for approx. 15mins. Let cool slightly, top with fat free whipped cream or your favourite low cal toppings, cut into 8 slices and obliterate!

MACROS PER SERVING (MAKES 8 SERVINGS):

CALORIES	PROTEIN	CARBS	FAT
80	9.8g	7g	0.8g

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PROTEIN STRAWBERRY CHEESECAKE



INGREDIENTS:

Cheesecake Mix:

- 2 Scoops (70g) Vanilla or Strawberry Whey Protein
- 1 tsp (4g) Stevia
- 3/4 Cup (160g) Fat Free Cream Cheese
- 3/4 Cup (160g) 0% Plain Greek Yogurt
- 1 Cup (126g) Egg Whites
- 4 tsp (20g) Unsweetened Applesauce
- 1 tsp (4g) Cinnamon
- 1/2 Cup (100g) Strawberries (Sliced)

Icing:

- 1/4 Cup (75g) Fat Free Cream Cheese
- 1/4 Cup (75g) 0% Vanilla Greek Yogurt
- 1 tsp (4g) Stevia
- 1/2 tsp (2g) Vanilla Extract
- 1/4 Cup (25g) 0 Cal Strawberry Syrup
- 1/2 Cup (100g) Strawberries (Sliced)

Combine all cake mix ingredients in a medium bowl, mix until well combined. Pour cake mix into 9" cake pan sprayed with non-stick cooking spray. Bake at 325°F for approx. 15mins, then reduce temperature to 180°F and continue baking for 35-40mins. Test with toothpick to check if done, it is okay if a little cake comes out on toothpick (you want the cheesecake moist still not dried out). Mix Icing ingredients in a bowl, spread on cake, add remaining strawberry slices and drizzle strawberry syrup. Cut into 8 slices and obliterate!

MACROS PER SERVING (MAKES 8 SERVINGS):

CALORIES	PROTEIN	CARBS	FAT
119	15g	8.5g	2.1g

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CHEESECAKE / PIE CRUST



INGREDIENTS:

- 1/2 Cup (60g) Flour**
- 1/4 Cup (30g) Oat Flour (Ground Oats)**
- 1/4 Cup (60g) Unsweetened Applesauce**
- 1/2 tsp (2g) Stevia**
- 1/2 tsp (2g) Cinnamon**

Combine all ingredients in a medium bowl, mix until well combined. Press batter into thin layer on the bottom of cake pan or pie dish before adding the cake or pie mix. Bake according to cake or pie recipe. Cut into 8 servings and enjoy!

(Remember to add the macros for the crust to the cake or pie recipe to get accurate macros for your delicious dessert!)

MACROS PER SERVING (MAKES 8 SERVINGS):

CALORIES	PROTEIN	CARBS	FAT
43	1.4g	9g	0.3g