



AWALK MY WAY
**RECIPE
BOOK**

VOL. 1



Introduction/Background

My name is Amanda and I have a slight obsession with food...in a good way. This obsession is what drives my passion to help people like you finally find a sustainable approach to eating. I love how food makes me feel, how food fuels the body, and most of all I am obsessed with the relationship I have with food now that I've found balance. I've coached hundreds of clients to food freedom and along the way I've created some pretty delicious and satisfying recipes to help them do just that.

I haven't always had food freedom. I used to justify my food intake by my activity. I would run miles and miles or hit a hard session at the gym to justify the binge that was about to happen. I married the love of my life (literally since the 8th grade) and we had beautiful babies. I gained over 60 pounds in my first pregnancy and lost myself, my mojo. I had a Brownie Batter Blizzard from Dairy Queen literally every other day during my first pregnancy (I think I alone kept them in business). I looked in the mirror after 2 kids and literally cried. I was the heaviest ever in my life, I was exhausted and I had lost all my confidence. I was determined to look and feel better than I ever had and renew my relationship with food.

Just like many of you, my life is CRAZY!



I am a wife, a mom, a fitness coach, a nutrition coach and I still have to plan dinners (and breakfast and lunch too), play Legos and Barbies, tuck my kiddos in at night, and shuttle them to school and all of their activities. My life is busy—just like yours. I am here to tell you that you can find a sustainable way of loving food in the perfect amounts. I am a mom of 2 and I can say I look and feel better than I did when I was 19. I know it is possible for you too!

Food is amazing. Food is powerful. It is at the core of our survival. It is meant to be enjoyed and not bring feelings of guilt. Helping people change their food mindset to seeing FOOD as FUEL is the greatest gift I hope to give others. Food can be ENJOYED and FUEL your body at the same time. It can do so without compromising flavor, texture, satiation or FUN.

This eBook is a small collection of some of my favorite recipes. I can guarantee you will be using most of these recipes, if not all of them, in your weekly rotations. What is great about these recipes is that they're easily adjustable to fit your specific needs during your nutritional journey, both macro and non-macro alike. They're easy, family friendly, and most of all, darn delicious! All of my recipes use REAL food, nothing processed. Meaning my recipes have whole food ingredients in them. My recipes are also always gluten free. See you in the kitchen!

**Work Hard Be Kind,
AWalk**

BREAKFAST

Fudgy Peanut Butter Banana Overnight Oats

I have a total obsession with overnight oats. I love making different combos and giving my kids the chance to do the same. One thing I noticed quickly was that many contained huge amounts of sugar and/or huge amounts of fat. I decided to create my own recipe that would cut sugar way back but still give a sweet taste due to natural sugar from fruit. In this recipe, you want to use good quality steel cut oats. My favorite brand to use is Bob's Red Mill, which you can purchase at most grocery store chains these days in the health food or baking section.

Ingredients (Makes 1 serving)

- 1/3 Cup - Steel Cut Irish Oats
- 1/2 Cup - 0% Fat Greek Yogurt
- 1 Tablespoon - Unsweetened Cocoa
- 1 Tablespoon - PB Fit (omit for nut-free)
- 1/3 - Mashed Banana
- 1/2 Cup - Unsweetened Almond Milk
- 1/2 Teaspoon - Vanilla Extract

Directions

1. Combine all ingredients into a small mason jar or any container that can be sealed.
2. Stir well to combine.
3. Cover and refrigerate overnight or at least 6 hours.
4. Enjoyed chilled in the morning.



Total Macros in 1 Serving:

Protein: 21g / Carbohydrates: 44g / Fat: 6g

Macro Adjustments:

To increase fat:

- Use full-fat yogurt
- 1 tablespoon real peanut butter

To increase carbs:

- Add 1/2 banana over 1/3 of banana
- Used old fashioned rolled oats

To increase protein:

- Add 1/4 - 1/3 serving protein supplements such as whey, casein, collagen or plant-base
- Breakfast Casserole featuring *Simply Potatoes*

BREAKFAST

Easy Peasy Breakfast Casserol

(Makes 1 serving in 1 ramekin)

Everyone loves a breakfast casserole. And even better is a breakfast casserole you can prep ahead and turn into single servings. Then you, your hubby and the kids can all enjoy their own exactly the way they like it. This recipe evolved by accident after I was preparing the family size version. I peeked into my cabinet and saw the ramekins sitting in their so cute and thought...I can so make the casserole in these. It turned out awesome and landed right here!

Ingredients

1 Cup - Simply Hash Browns (your own homemade version is great too)

3 - Eggs (1 whole and 2 whites or whatever combo you prefer)

1/2 Cup - Chopped Kale

1 Tablespoon - Nutritional Yeast

Directions

1. Preheat oven to 400 degrees.
2. Crack eggs into bowl and whisk.
3. Measure 1 cup hashbrowns and dump into eggs along with ½ kale and yeast.
4. Pour into a lightly sprayed ramekin.
5. Bake in oven for 20-25 minutes until golden brown.
6. Serve with your favorite hot sauce, like Sriracha, for a little bonus flavor!



Total Macros in 1 Serving:

Protein: 20g / Carbohydrates: 37g / Fat: 5g

Macro Adjustments:

To increase fat:

- Add egg yolks or a dairy or non-dairy cheese option like cheddar, almond or goat cheese

To increase protein:

- Increase number of egg whites; add a lean protein such as Canadian bacon or chicken breakfast sausage

Healthy (almost) Egg White Salad

I love hard boiled eggs as a snack or quick morning go-to. They're especially great as a lunchtime favorite, egg salad. My Mom's version of Egg Salad was always a weekend lunch I looked forward to while growing up. Inspired by hers, I am sharing my version with a focus on quality ingredients and great macronutrient values.

Ingredients (Makes 1 serving)

- 2 - Whole hard boiled eggs
- 4 - Hard-boiled egg whites only
- 2 oz. - 0% fat plain Greek yogurt
- 2 tablespoons - Yellow mustard
- 1 teaspoon - Bragg's Apple Cider Vinegar
- 2 ounces - Diced cucumbers
- 2 ounces - Diced pickles
- Salt and Pepper to taste

Directions

To Make Hard Boiled Eggs in the Instant Pot:

1. Place Instant Pot basket inside the main pot.
2. Add in as many eggs as you'd like to hard boil (I typically do a dozen)
3. Add 1 cup water
4. Place lid on, lock in place and plug in Instant Pot.
5. Select a manual setting and adjust timer for 7 minutes. BOOM!
6. While the eggs cook prepare an ice bath for eggs. Fill a large bowl halfway with water and a large handful of ice.
7. Once time is up you can allow the pot to cool on its own or use the quick release option to make it release the pressure a bit faster.
8. Place eggs in an ice bath to cool until you can handle them to peel, about 2-3 minutes.
9. Then peel immediately.



Total Macros in 1 Serving: Protein: 27g / Carbohydrates: 4g / Fat: 10g

Macro Adjustments:

To increase fat:

- Increase numbers of egg yolks used

To adjust protein:

- Increase numbers of egg whites used or Greek Yogurt

To Make the Salad:

1. Once eggs are peeled and rinsed, keep 2 whole eggs and the whites of the other four eggs. The great part here is you can adjust the ratio of whole eggs to whites to meet your own nutrient demands. If you are looking to add more fat to your meal, add in yolks or vice versa.
2. Using one of my all-time favorite kitchen tools, the Chopper LINK, dice eggs, cucumber and pickles. If you don't have a Chopper, dice with a knife or throw in a food processor for a quick few pulses. Then add ingredients to a bowl.
3. Combine yogurt, mustard and apple cider vinegar along with eggs and veggies and mix together thoroughly.
4. Add salt and pepper to taste.
5. Serve alongside your favorite high-quality cracker or eat alone (which is so easy to do).

Sweet Potato Sliders

It is no secret - I love sweet potatoes! I eat them pretty much every day. They are a great source of vitamins A and D, high in fiber and actually possess more potassium than a banana. They are an excellent source of real food carbohydrates. Being gluten free--I love finding ways to use sweet potatoes as a great alternative to traditional bread. Check out this super simple recipe that puts a twist on sliders.

Ingredients

Sliders:

- 1 Pound lean Ground Beef or Turkey (93/7)
- 1 egg (or 1 serving egg whites to reduce fat)
- 1/2 Yellow Onions
- Desired spices salt, pepper, garlic salt, onion salt

Sweet Potato "Buns":

- 2 large diameter sweet potatoes
- Olive Oil spray
- Salt and pepper

Optional Ingredients:

- Spinach, Mushrooms, Grilled onions, Cheese, Condiments to taste

Directions

1. Preheat oven to 400 degrees
2. Wash and then peel 2 large diameter sweet potatoes and slice into discs, approximately 1/2 inch thick.
3. Lightly spray a cookie sheet with olive oil. Place sweet potato discs on the cookie sheet and lightly spray the side facing up with olive oil. Sprinkle potatoes lightly with salt and pepper.
4. Place in oven for 25 minutes or until sweet potatoes are soft.
5. While potatoes cook, mix ground meat, chopped onion, desired spices and egg into a large mixing bowl. Mix until egg is well blended into mixture.
6. Heat skillet with a slight spray of olive oil on medium heat.
7. Scoop approximately 1 oz. of beef mixture into pan. I use a Pampered Chef cookie dough scoop which makes the most perfect 1 oz. portion size. Makes it super easy to measure ;)
8. Allow sliders to cook for 1 min, then flip and firmly press into a skillet to spread beef into a "slider" shape.
9. Cook for 5-6 minutes, until meat is browned on both sides and cooked throughout.
10. Once all sliders are cooked, set aside until sweet potatoes are done and smelling oh so good!
11. Once sweet potatoes are done, I like to turn the oven to Broil and allow them to cook for another 2-3 minutes until lightly crisp. Keep an eye on them, as each oven cook time is different.
12. Once potatoes and slider are done--the magic happens :) Place one slider between 2 goldenly crisp sweet potatoes. Finish with your favorite slider options above and BOOM! The possibilities for toppings are endless--traditional condiments like ketchup, mustard and add some spinach leaves, a cheese blend if desired, sautéed mushrooms or onions.
13. Crush those sliders!



Total Macros in 1 Serving:

Protein: 26g / Carbohydrates: 23g / Fat: 9g

Macro Adjustments:

To increase fat:

- Use a higher fat ratio of meat, add avocado or cheese

To decrease carbs:

- Instead of sweet potato, wrap sliders in lettuce

DINNER

Texas Tacos - Macro Friendly Edition

When I started dating my husband, he invited me over for family dinner one night for "Texas Tacos." I knew his mom was a great cook so anything she made would rock. I was not prepared for just how much she would rock though. Texas Tacos are a yummy blend of ground beef, onions, chili beans, sour cream, cheese, lettuce all atop...Fritos. I was young and ate anything without much thought then. As I've matured the thought of her Texas Tacos, which she still makes now and then, linger in my mind.

Family recipes and food traditions are a rich part of a family's culture. Food has a way of taking you back to the very smell, the feel in the kitchen and a vision of right where you sat when you ate Grandma's chicken noodles. Mom's "greasy tacos" or whatever food that you've grown to love over the years.

Why not make a healthy version of it for my family? I can actually credit my hubs for conjuring this one up. This recipe won't disappoint and is a HUGE favorite with our kids too. You can make it a Texas Taco Bar too and let them pile on whatever options you provide. This is so EASY and so good!

Ingredients (Serves 4-6)

Lean 93/7 Ground Beef

1/2 - Yellow Onions

1 Head - Green Leaf Lettuce

1 - Tomato

4 oz. - 0% Plain Greek Yogurt

1 Can - Chili Beans

French Fries (*We used the Alexia 98% Fat-Free version. Because there really shouldn't be any fat in potatoes! You could easily make your own potatoes too*)



Total Macros in 1 Serving:

Macros based off of 4 oz. ground beef, 1/2 cup chili beans, 3 oz. Fries, 1 oz. Greek Yogurt.

Protein: 34g / Carbohydrates: 43g / Fat: 11g

Macro Adjustments:

To increase fat:

- Use a higher fat ratio of meat, add avocado or cheese

To adjust carbs:

- Instead of fries, opt to eat more like a chili or serve over spaghetti squash

Directions

1. Place Fries on a pan in the oven at stated temperature and time and allow them to cook while you prepare the remaining ingredients.
2. Brown ground beef and onion in pan until cooked through.
3. Add chili beans to beef mixture and turn to low heat. Allow mixture to simmer for 6-8 minutes.
4. Dice lettuce and tomato while mixture simmers.
5. Once mixture simmers and fries are done, place desired amount of fries on plate and top with beef mixture.
6. Add your favorite fixings on top.
7. Enjoy the heck of it!

Homemade Tortilla Chips

I love Chips and salsa. Who doesn't it? The challenge is they are extremely high in fat and not in the healthy kind. They are typically fried in vegetable oils that leave that greasy film on your teeth when you are done. Who wants that?

An easy option at home is to make your own corn tortilla chips from corn tortillas. These will knock your socks off because they taste so good and are sooo EASY! My kids prefer that I make them for any other option. You can eat them with salsa or as a side to a favorite soup or as a homemade nacho.

Ingredients

- 1 package of your favorite corn tortillas
- Sea Salt
- Spray olive or avocado oil

Directions

1. Preheat oven to 350 degrees.
2. Place tortillas on top of one another making one big stack.
3. Cut tortillas in half, in half again and one more time making eighths.
4. Spread tortillas on a baking sheet, staggered.
5. Very lightly spray tortillas with a bit of olive oil. You want just enough to allow salt to stick.
6. Lightly salt chips
7. Place chips in the oven for 8-10 minutes until golden brown and crisp. They brown fast so keep a good eye on them as they cook.

Bonus Dessert Option:

Spray chips with a light spray of coconut oil and sprinkle with cinnamon and coconut sugar.



Total Macros in 24 chips (3 Tortillas):

Protein: 3g / Carbohydrates: 24g / Fat: 1.5g

(Macros from Mission Extra Thin Yellow Corn Tortillas)

SNACKS

Rice Pudding-ish

Ingredients

- 1/4 Cup - White rice
- 2-4 Ounces - Greek yogurt
- 1 Tablespoon - Honey
- Sprinkle of Cinnamon

Directions

Combine all ingredients in a bowl and enjoy!

You can alter these quantities to suit your palate texture as well.

A great idea is to prepare a “rice reserve” for the week.

It is easy to pull from for meals and snacks and can be spiced in lots of ways as you need it.



Total Macros in 1 Serving: (Based on 3 ounces of Greek yogurt)

Protein: 9g / Carbohydrates: 31g / Fat: 1g

Macro Adjustments:

To increase fat:

- Use full-fat Greek Yogurt

To increase carbs:

- Use 1/2-1 cup rice and additional amount of honey

To adjust protein:

- Increase to 5-7 ounces of Greek Yogurt

SNACKS

Cashew Pecan Butter

I am not joking...this is delicious. You are going to make it and swear that sugar or something sweet jumped in there when you weren't looking.

But Pecans--wow--their sweetness is amazing when you emulsify them. Pecans, paired with cashews and a few spices makes what many of my friends refer to as "Nut Butter Crack."

Nuts are amazing way to incorporate healthy fats into your diet necessary for great hormone function as well. The taste is just a lucky byproduct.

Awalk's Homemade Cashew Pecan Butter

Ingredients (Makes 1 serving)

2 Cups - Pecans

2 Cups - Cashews (unsalted...unless you prefer more of a salty finish)

1 Teaspoon - Vanilla Extract

1/2 Teaspoon - Cinnamon

Directions

1. Place pecans and cashews in a food processor. I have 14 cup Cuisinart and use that things all the time.
2. Lock lid on and begin to blend for roughly 2-3 minutes.
3. Stop blending and use a spatula to mix butter that has begun to stick to the sides as well as the oil that has begun to form at the center.
4. Add cinnamon and vanilla.
5. Put lid back on and mix for another 2 minutes.
6. Repeat step 3.
7. Blend for another 2 minutes. Butter should be warm and a bit runny.
8. Pour nut butter into a Mason jar or other storage and store in the refrigerator.



Total Macros in 1 Serving:

Protein: 2.8g / Carbohydrates: 2.5g / Fat: 8.5g / Fiber: 1g

No macro adjustments for this one! It's perfect the way it is always :)

SNACKS

Afternoon Pick Me Up - Mocha Peanut Butter Shake

One thing I love while I work is an afternoon beverage (no...not that kind). I love some type of coffee option that doesn't provide lots of caffeine, satisfies my afternoon craving and tastes fabulous!

So--enjoy this simple recipe to fill your macro day with an afternoon pick me up.

Ingredients

1/2 - Ripe Banana

2 oz. - Cold Brew Coffee (or some of the morning's leftovers even. I am lucky enough to have a decaf cold brew option)

10g - Vital Protein Collagen Protein

4 oz. - Almond Milk (Or other milk of choice skim, 2%)

1 Tablespoon - PB fit

1 Tablespoon - Cocoa powder

Directions

Place all ingredients in Nutribullet and blend.

Then drink the heck out of it!



Total Macros in 1 Serving:

Protein: 12g / Carbohydrates: 20g / Fat: 3g

Macro Adjustments:

To increase fat:

- Use full-fat milk option or real peanut butter

To increase carbs:

- Use more bananas

To adjust protein:

- Increase quantity of collagen and PB Fit



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Looking for 1-on-1 coaching to learn how to use macro tracking to get the results you are looking for, visit my coaching page [here](#)

Have any questions or feedback feel free to contact me at:
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