



BETTER BOOTY COOKBOOK

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So you've just completed your booty type training for the day...

And now you need something savory, sustainable, and fat searing to round out your booty workout.

Something that'll add to your booty type training RESULTS...

Something that'll **slim up your midsection, carve out a sexy curve** in your lower back and **firm up your glutes, all in one**.

And equally as important, something that tastes like a little bit of heaven.

Your post-workout meal is crucial to your booty type training success...

Which is why I want you to have this **Better Booty Cookbook**.

In it I've given you **31 simple post-workout recipes** that'll boost your booty training success.

All of these recipes are high in muscle-building protein, moderate in good carbohydrates for recovery, and contain little to no fat as to ensure that the proteins and carbs get to your muscles as quickly as possible.

So get out your grocery list, and make these delicious recipes a post-workout meal that you'll look forward to!

1. Chicken Egg-White Wrap

What you need:

8 oz. of chicken

2 eggs

1-2 flour tortillas (depending on how full you like your burritos)

1 can green chiles

1 onion

1 cup of fresh salsa

Taco seasoning

Low-fat cheese.

How to make it:

1. Place 8 oz. of chicken into a frying pan and pour a moderate amount of taco seasoning onto the chicken.

2. In a separate bowl, crack your two eggs and sift out the egg whites so that only the egg whites go into the bowl.

3. Add your sliced vegetables to the bowl (green chiles, onion, fresh salsa) with the eggs.

4. Add cheese into the same bowl.

5. Pour this bowl of egg whites, vegetable and cheese into a separate frying pan and mix.

6. When the chicken is cooked, slice it into small pieces.

7. After the egg whites have been fully cooked, add the chopped

chicken, and the egg whites and veggies mix to a tortilla or two (if you'd like you can warm the tortilla in the microwave before adding the ingredients to it.

Nutritional Content:

Calories: 280

Protein: 35g

Carbohydrates: 25g

Fats: 4g

2. Banana Almond Quinoa

What you need:

1 cup of dry quinoa

1 cup of non-fat milk

1 cup of water

1 medium sized banana

1 teaspoon of cinnamon

1 teaspoon of vanilla extract

1 serving of vanilla whey protein powder

¼ cup of almonds

Drizzle of honey

How to make it:

1. Mash a ripe banana at the bottom of your cooking pot.

2. Add milk, water, vanilla extract, cinnamon and protein powder to the pot.

3. Bring to a soft boil and then add quinoa.

4. Stir and cook until the water cooks out.

5. Pour into a bowl and add honey and almonds.

Nutritional Content:

1 serving = ¼ of the recipe

Calories: 185

Protein: 16g

Carbohydrates: 25g

Fats: 2g

3. Green Tea Protein Pancakes

What you need:

1 and ½ cups of unsweetened almond milk

2 cups of brown rice flour

1 cage-free egg

1 tbsp. of coconut oil

2 tbsp. of Matcha green tea powder

1 serving of vanilla whey protein powder

1 and ½ tsp. of baking powder

1 tbsp. of grass-fed butter

2 tbsp. of organic syrup

How to make it:

1. In a large mixing bowl add the almond milk, egg, and coconut oil and mix with a whisk.

2. *Add brown rice flour, Matcha green tea powder, whey protein powder and baking powder and mix until settled into one mixture.*

3. *Melt butter in large skillet.*

4. *Pour 1/3 of batter into skillet, keeping the batter in separate circles to make 1-2 pancakes.*

5. *Cook until fluffy.*

Nutritional content:

Calories: 330

Protein: 35g

Carbohydrates: 28g

Fats: 8g

4. **Black Bean and Egg White Enchilada**

What you need:

1 small avocado

1 can of black beans, rinsed, and drained

1 green onion

1 cup of fresh salsa

¼ cup of cilantro

3 cage-free eggs

3 tortillas

(For the sauce)

3 cups of low sodium vegetable broth

¼ cup of tomato paste

¼ cup of gluten free flour
2 tsp. of cumin
½ tsp. of paprika
¼ tsp. of garlic powder
¼ tsp. of onion powder
¼ tsp. of chili powder
Salt and pepper to taste

How to make it:

- 1. Start making the enchilada sauce: in a small bowl add flour and spices. In a saucepan over medium heat add tomato paste and flour/spices. Cook 1 minute and then add and whisk in broth. Bring to a boil and cook until thickened (about 8 minutes). Add salt and pepper.*
- 2. Dice avocado and green onion.*
- 3. In a large bowl add black beans, sifted egg whites, green onion, fresh salsa, cumin, paprika, cilantro and avocado.*
- 4. Preheat oven to 375 degrees.*
- 5. In a lightly sprayed baking dish, pour a small amount of sauce to coat the bottom.*
- 6. Evenly distribute bean/egg/veggie mixture onto your tortillas. Roll up tortillas and place the seam side down onto baking dish.*
- 7. Bake for 25 minutes.*

Nutritional content:

(Per 3 enchiladas)

Calories: 370

Protein: 36g

Carbohydrates: 40g

Fats: 7g

5. Chicken Breast with Sweet potato Kale Bake

What you need:

8 oz. chicken breast

1 small sweet potato peeled and cut in cubes

½ cup of corn kernels

½ cup of kale chopped

1 onion chopped

1 tsp. of olive oil

Salt and pepper to taste

How to make it:

1. Preheat oven to 350 F degrees. Spray a 9x13 baking dish with cooking spray.

2. Season chicken breast on both sides with salt and pepper.

3. In a medium size skillet heat the olive oil.

4. Add chicken breast to skillet and cook on both sides until gold and crispy. The chicken won't be cooked all the way through, but that's OK, since we'll continue cooking it in the oven. Remove chicken from skillet and set aside.

5. *Add onion and cook until translucent.*

6. *Add sweet potatoes and cook for a couple minutes. You just want them to get a little brown.*

7. *Add corn and cook for 2 more minutes.*

8. *Add chopped kale, toss everything together and cook for another minute. Add salt and pepper.*

9. *Add the cooked vegetables to the prepared baking dish.*

10. *Place the chicken breast over the vegetables and bake in the oven for about 30 minutes, or until chicken cooks through and sweet potatoes are fork tender.*

Nutritional content:

Calories: 265

Protein: 25g

Carbohydrates: 30g

Fats: 5g

6. Grilled Kefir Chicken

What you need:

1 chicken breast

¼ cup mango orange pineapple kefir

Juice of one lime

1 tbsp. of red chili sauce

1 tbsp. of honey

1 serving of shredded mozzarella cheese

How to make it:

1. Heat a grill (or stove top) to high heat.

2. Meanwhile, whisk together the kefir, lime juice, red chili sauce and honey.

3. Place the chicken on the grill and turn the heat down to medium. Allow the chicken to cook for about 5-6 minutes and turn over, brushing the cooked side with the marinade. Cook for another 3-5 minutes or until the chicken is white all the way through, basting with marinade every minute or so.

4. Sprinkle with cheese the last minute and close the lid to allow the cheese to melt.

5. Remove the chicken from the grill and allow it to rest for 2-4 minutes.

Nutritional Content:

Calories: 240

Protein: 27g

Carbohydrates: 17g

Fats: 7g

7. Ground Turkey and Sweet Potato Skillet

What you need:

½ tbsp. extra-virgin olive oil
8 oz. extra-lean ground turkey
½ tsp. garlic clove, minced
¼ cup onions, diced
¼ cup yellow pepper, diced
1 cup sweet potato, diced
Salt and freshly ground black pepper
A pinch of red chili flakes
½ cup shredded mozzarella cheese
Fresh parsley for garnishing

How to make it:

- 1. In an iron cast skillet, heat olive oil over medium-high heat.*
- 2. Add ground turkey and garlic. Use a wood spoon breaking up the turkey while it cooks. Stir occasionally and cook for about 5 minutes.*
- 3. Add onions and yellow peppers and cook until onions are soft.*
- 4. Add the sweet potato, chili pepper, salt, and pepper.*
- 5. Cover the skillet and cook until they are tender. Don't forget to stir occasionally. If necessary, add more olive oil or a little bit of water to cook the sweet potato faster.*
- 6. While the sweet potato is cooking, preheat the oven to 400 degrees.*
- 7. When the sweet potato is tender, add shredded mozzarella cheese and bring the skillet to the oven to melt the cheese* (see note below).*

8. When the cheese melts, remove from the oven, and garnish with parsley.

Nutritional content:

Calories: 255

Protein: 32g

Carbohydrates: 20g

Fat: 5g

8. Citrus Avocado Salmon Salad

What you need:

6 oz. salmon fillet

1 tsp. extra virgin olive oil

Juice of 1 lemon

Salt and pepper

3-4 cups organic baby spinach

½ large pink grapefruit, peeled and sectioned

1 medium navel orange, peeled and sectioned

1 avocado, thinly sliced

¼ cup green onions, sliced

How to make it:

1. Preheat the oven to 425 degrees F.

2. Line a baking sheet with parchment paper.

3. Place salmon fillets on baking sheet. Squeeze fresh lemon over the

top and drizzle with a little olive oil. Season the salmon with salt and pepper.

4. Bake for 20-25 minutes, or until cooked through.

5. Remove salmon from the oven and let cool before assembling salad.

6. For the salad, place spinach in a bowl or on a large serving platter.

7. Top spinach with citrus, avocado, and cooled salmon.

8. Sprinkle the top with green onions and squeeze the fresh lemon juice over the top. Season the salad with salt and pepper.

Nutritional content:

Calories: 270

Protein: 22g

Carbohydrates: 30g

Fats: 7g

9. Hummus Crusted Chicken

What you need:

2 boneless, skinless chicken breasts

salt and pepper

1 zucchini, chopped

1 yellow squash, chopped

1 medium onion, chopped

¼ cup of hummus

½ tsp. of olive oil
2 lemons
1 tsp. of smoked paprika or sumac

How to make it:

1. *Preheat oven to 450 degrees.*
2. *Prepare one large baking dish with cooking spray.*
3. *Season the chicken breasts with generous pinches of salt and pepper.*
4. *In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season the chicken with salt and pepper.*
5. *Place all of the vegetables on the bottom of the dish in an even layer.*
6. *Lay the two chicken breasts evenly on top, and then cover each chicken breast with the hummus so that the entire breast is covered.*
7. *Squeeze the juice of one lemon over the chicken and vegetables. Then sprinkle the pan with smoked paprika or sumac.*
8. *Thinly slice the remaining lemon, and place the slices in between the chicken and vegetables if desired.*
9. *Bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender.*

Nutritional content:

Calories: 330

Protein: 44g

Carbohydrates: 18g

Fats: 9g

10. Metabolism Boosting Smoothie

What you need:

½ cup of brewed green tea

¼ cup of unsweetened almond milk

2 cups of spinach

1 banana peeled and frozen

1 grapefruit peeled and frozen

1 cup of pineapple chopped, frozen

4-5 pieces of ice

1 serving of vanilla whey protein

How to make it:

1. Add all ingredients to a blender, starting with liquids and greens, and adding frozen fruit, ice, and protein powder to the top.

2. Blend until creamy (add extra green tea or water if you like a thinner smoothie).

3. This recipe makes 2 smoothies. If you don't have someone to share it with, freeze half and drink it the next day.

Nutritional content:

Calories: 255

Protein: 26g

Carbohydrate: 35g

Fats: 1g

11. Pecan Pesto Salmon Pasta**What you need:**

1 wild caught Alaskan salmon filet

1 serving whole grain pasta

1½ cups of fresh basil

A few pecans

¼ cup of pecorino cheese, shredded

1 tsp. of olive oil

2 garlic cloves

Sea Salt and black pepper to taste

How to make it:

- 1. Preheat oven to 400 degrees F.*
- 2. Place salmon in a pan and season lightly with sea salt and pepper.*
- 3. Bake for 20-22 minutes or until fish flakes easily with a fork*
- 4. Blend the remaining ingredients in a food processor until the mixture becomes incorporated but slightly chunky.*
- 5. Cook whole grain pasta.*

6. Mix salmon and cooked pasta.

7. Serve the pesto drizzled over the salmon and pasta.

Nutritional content:

Calories: 310

Protein: 30g

Carbohydrates: 25g

Fats: 10g

12. Red Pepper Hummus and Feta Chicken Sandwich

What you need:

2 slices whole wheat bread

8 oz. of chopped chicken breast

¼ cup of roasted red pepper hummus

¼ cup of crumbled feta cheese

1 tsp. of fresh lemon juice

½ tbsp. of freshly chopped basil

Salt and black pepper, to taste

¼ cup of roasted red peppers, drained

How to make it:

1. Spread the bread slices evenly with roasted red pepper hummus. Set aside.

2. Cook chicken seasoned with salt and pepper on stovetop until cooked through.

3. *In a small bowl mix feta cheese, lemon juice, basil, salt, and pepper.*
4. *Spread the feta mixture over the red pepper hummus.*
5. *Placed chopped chicken on bread.*
6. *Top with roasted red peppers, on two slices of the bread.*
7. *Place other pieces of bread on top to form a sandwich.*
8. *Grill each side until toasted, about 2-3 minutes.*

Nutritional content:

Calories: 350

Protein: 32g

Carbohydrates: 30g

Fats: 10g

13. Salmon Stir Fry

What you need:

¼ tbsp. of coconut oil

½ tsp. of brown rice vinegar

1 minced garlic clove

¼ cup chopped peppers

¼ cup chopped onion

8 oz. of wild caught Alaskan salmon, skinned and cut into 1 1/2" cubes

½ cup of chopped broccoli florets

½ cup of chopped mushrooms

½ tbsp. of finely chopped fresh ginger
½ tbsp. of sesame seeds
1 medium baked potato cut into cubes

How to make it:

- 1. In a large skillet over medium heat, add the coconut oil, vinegar and sesame oil.*
- 2. Add in garlic, onions and peppers and sliced potato cubes.*
- 3. Cook until onions are translucent.*
- 4. Add salmon to pan and continue cooking.*
- 5. Add in broccoli, mushrooms and ginger.*
- 6. Continue to cook until salmon reaches 145 F internally.*
- 7. Top mixture with sesame seeds and serve hot.*

Nutritional content:

Calories: 310

Protein: 24g

Carbohydrates: 30g

Fats: 10g

14. Skinny Chicken Fettuccine Pasta with Alfredo

What you need:

8 oz. of grilled chicken breast
1 cup of whole wheat, fettuccine pasta
½ tbsp. of olive oil
1 garlic clove, minced
1 tbsp. flour
½ cup of fat free, low sodium chicken broth
¼ cup of grated Parmesan cheese
½ cup of non-fat milk
Salt and fresh ground pepper, to taste
Basil ribbons for garnish

How to make it:

- 1. Cook pasta according to the directions on the box; set aside.*
- 2. Heat olive oil in a skillet over medium-high heat.*
- 3. Add garlic and cook for 1 minute or until fragrant.*
- 4. Stir in flour; stir until combined.*
- 5. Slowly whisk in chicken broth.*
- 6. Cook and stir until mixture boils and thickens; remove from heat.*
- 7. Stir in Parmesan cheese. Stir until melted.*
- 8. Whisk in the milk until combined.*

9. *Season with dried parsley, salt and pepper.*

10. *Sauce will continue to thicken as it stands. If sauce is too thick, add a little more milk.*

11. *Pour sauce over cooked fettuccine; mix until combined.*

12. *Transfer to plates and top with previously prepared chicken.*

13. *Garnish with basil ribbons.*

Nutritional content:

Calories: 300

Protein: 30g

Carbohydrates: 20g

Fats: 9g

15. Strawberry Oatmeal Power Smoothie

What you need:

1 cup of skim milk

1/2 cup of quick oats 1 banana

1/2 cup of frozen strawberries

1/2 tsp. vanilla extract

1 serving of vanilla whey protein powder

Crushed Ice

How to make it:

1. *In a blender, combine milk, oats, banana and strawberries and protein powder.*

2. Add vanilla.

3. Blend until smooth.

Nutritional content:

Calories: 310

Protein: 37g

Carbohydrates: 37g

Fats: 3g

16. Banana Protein Pancakes

What you need:

½ cup rolled oats

¼ cup of unsweetened almond milk

1 banana

1 tbsp. baking powder

1 tbsp. apple cider vinegar

1 tbsp. organic maple syrup

½ tsp. of cinnamon

1 scoop of vanilla whey protein

How to make it:

1. Combine all the ingredients in a blender. Blend until smooth.

2. Allow the batter to rest for 5-10 minutes, giving the oats time to absorb liquid and thicken.

3. *Preheat a nonstick pan over medium high heat.*

4. *Once hot, pour in about ¼ cup of batter.*

5. *Cook for 1-2 minutes or until you can easily slide a spatula underneath.*

6. *Flip. Cook for another 1-2 minutes on the second side.*

7. *Repeat until all the batter is used up.*

Nutritional content:

Calories: 340

Protein: 32g

Carbohydrates: 42g

Fats: 4g

17. Bacon Egg White and Avocado Sandwich

What you need:

2 slices of whole grain bread

2 whole, cage-free eggs

2 slices of organic bacon

½ an avocado

Pinch of low fat mozzarella cheese

Salt and pepper

How to make it:

1. *Sift out egg whites into a frying pan and add salt and pepper and cheese.*

2. *Toast whole grain bread.*
3. *Add cooked eggs onto piece of toast.*
4. *Cook bacon in frying pan.*
5. *Add avocado to the sandwich.*
6. *Add bacon to the top of the eggs and avocado.*
7. *Add second piece of toast on top.*

Nutritional content:

Calories: 300

Protein: 25g

Carbohydrates: 27g

Fats: 10g

18. Smoked Salmon Bagel:

What you need:

1 pumpernickel bagel

1 salmon fillet

¼ cup of spinach

1 sliced tomato

¼ cup of cottage cheese (for spread)

How to make it:

1. Cook salmon fillet on stovetop.
2. When cooked add to pumpernickel bagel.
3. Spread cottage cheese on top slice of the bagel.
4. Add spinach and tomato.

Nutritional content:

Calories: 400

Protein: 40g

Carbohydrates: 35g

Fats: 11g

19. Protein Wrap

What you need:

- 1 100% whole-grain wrap
- 1 tbsp. of hummus
- 4 oz. of low-sodium turkey breast
- ½ oz. of reduced-fat cheddar cheese
- 2 tbsp. of shredded carrots
- 3 slices of cucumber
- ⅓ cup spinach

How to make it:

1. Spread 1 tbsp. of hummus across center of wrap.

2. Add turkey, cheese and top with shredded carrots, cucumber slices and spinach.

3. Fold outer ends of wrap in and then roll wrap vertically until folded like a burrito.

Nutritional content:

Calories: 280

Protein: 35g

Carbohydrates: 20g

Fats: 6g

20. Apple Pie Parfait

What you need:

½ cup of nonfat, plain Greek yogurt

½ scoop of apple pie whey protein powder

¼ cup of sugar-free apple pie filling

2 tbsp. of granola

How to make it:

1. Stir together the yogurt and protein powder until combined.

2. Layer the yogurt mixture, apple pie filling, and granola into a glass.

Nutritional content:

Calories: 220

Protein: 33g

Carbohydrates: 18g

Fats: 1g

21. BBQ Chicken Ranch Salad

What you need:

2 cups of salad greens

3 oz. of cooked shredded chicken

1/3 cup of corn

1/4 cup of chopped red onion

2 tbsp. of BBQ sauce

1 tbsp. of Ranch Dressing

How to make it:

1. *Toss all ingredients together and enjoy!*

Nutritional content:

Calories: 330

Protein: 35g

Carbohydrates: 25g

Fats: 10g

22. Baked Mac n' Cheese

What you need:

1/2 cup of dry whole wheat pasta elbow macaroni

1/3 cup of shredded cheddar cheese

2 tbsp. of plain Greek yogurt

Salt and pepper to taste

How to make it:

1. *Preheat oven to 350 degrees F.*
2. *In a medium saucepan, add water, bring to a boil and add whole wheat elbow macaroni.*
3. *Cook uncovered for 7-9 minutes. Drain.*
4. *Mix macaroni with cheddar cheese, Greek yogurt, and salt and pepper.*
5. *Once combined, add to oven safe dish.*
6. *Bake for 10 minutes.*

Nutritional content:

Calories: 400

Protein: 24g

Carbohydrates: 49g

Fats: 12g

23. Tomato Basic Breaded Chicken

What you need:

2 (4 oz) chicken breasts

1 egg

1 oz. of bread crumbs

2 tbsp. of tomato basil seasoning

½ cup of low-fat shredded Parmesan cheese

How to make it:

1. *Preheat oven to 350 degrees F.*
2. *Beat egg in a wide bowl and mix in Parmesan cheese.*
3. *Dip chicken breast into egg, and then season with tomato basil seasoning and bread crumbs. Repeat with remaining chicken breast.*
4. *Cover with in foil and bake for 25 minutes.*
5. *Remove tin foil and bake an additional 10-15 minutes, until golden brown and desired crispiness.*

Nutritional content:

Calories: 370

Protein: 44g

Carbohydrates: 26g

Fats: 8g

24. Smoothie Bowl

What you need:

½ cup of frozen blueberries

1 cup of almond milk

½ cup of strawberries

½ banana

2 Scoops of vanilla whey protein powder

(Possible Toppings)

½ banana, sliced

2 tbsp. unsweetened coconut flakes

½ cup of fresh blueberries

½ cup of fresh strawberries

1/3 cup of granola

How to make it:

1. *Put all smoothie ingredients in a blender.*

2. *Blend until smooth.*

3. *Pour smoothie mixture into a bowl.*

4. *Top with desired ingredients.*

5. *Makes 2 bowls. Serving size: 1 bowl.*

Nutritional content:

Calories: 310

Protein: 24g

Carbohydrates: 42g

Fats: 7g

25. Muscle Muffins

What you need:

1 cup of egg whites

1 whole egg

120g 1 and ½ cup of oats
½ cup of low-fat cottage cheese
1 scoop of vanilla whey protein powder
1/2 tsp. of baking powder
½ cup of baking stevia
¼ tsp. salt
1 cup of blueberries, frozen

How to make it:

- 1. Blend all ingredients except the berries in the blender and pour into 12 greased muffin tins.*
- 2. Top with blueberries.*
- 3. Bake at 350 degrees for 20-25 minutes or until a toothpick inserted in the center comes out clean.*
- 4. This recipe makes 12 muffins.*

Nutritional content:

(Per 1 muffin)

Calories: 80

Protein: 9g

Carbohydrates: 7g

Fats: 2g

26. Smoked Salmon with Cream Cheese on Wasa Crackers

What you need:

4 oz. of smoked salmon
2 oz. of fat-free cream cheese
4 wasa crackers
chives (optional)

How to make it:

1. *Lightly spread Wasa crackers with cream cheese.*
2. *Top with smoked salmon and chives.*

Nutritional content:

Calories: 350
Protein: 34g
Carbohydrates: 34g
Fats: 6g

27. Chocolate Chip Cookie Dough Greek Yogurt

What you need:

½ cup of plain Greek yogurt
1 scoop vanilla whey protein powder
1 tbsp. pb2 powder
½ tsp. vanilla extract
1 tbsp. dark chocolate chips

How to make it:

1. *Mix greek yogurt, whey protein, pb2 powder, and vanilla extract until*

smooth.

2. Fold in chocolate chips.

Nutritional content:

Calories: 245

Protein: 35g

Carbohydrates: 16g

Fats: 6g

28. BBQ Garlic Chicken Pineapple Kabobs

What you need:

2 lb. of boneless skinless chicken breast

1 tsp. of minced garlic

1 cup of sliced pineapple

¼ cup of BBQ sauce

Salt and pepper

How to make it:

1. Preheat oven to 450 degrees F.

2. Cut chicken into 1 inch cubes.

3. Mix chicken with minced garlic, bbq sauce, salt and pepper, and let marinate for 30 minutes.

4. Slide marinated chicken pieces and pineapple onto 7 wooden skewers and cook for 15-20 minutes or until chicken is no longer pink.

5. Flip skewers halfway through cook time to ensure chicken is cooked thoroughly. Makes approximately 7 kabobs.

Nutritional content:

(Per 1 kabob)

Calories: 150

Protein: 26g

Carbohydrates: 10g

Fats: 1g

29. Swiss Chard Wraps with Chicken and Sweet Potato

What you need:

2 medium sweet potatoes, cut into 1-inch cubes

1 tsp. of olive oil

¼ tsp. paprika

Salt and pepper

8 oz. of chicken breast

4 Swiss chard leaves, stems trimmed

1 cup of canned chickpeas, rinsed and drained

Juice of 1 lime

How to make it:

1, Heat oven to 450° and line a large sheet pan with parchment paper. Toss sweet potatoes with oil on sheet pan. Season with paprika, salt, and pepper, and spread in an even layer.

2. Season chicken on all sides with salt and pepper and place on sheet pan with sweet potatoes.

3. *Roast 25 to 30 minutes, until chicken is cooked through and a thermometer inserted in the middle reads 165° and sweet potatoes are soft.*
4. *Fill a large skillet or saucepan with 3 inches of water and bring to a boil. Add salt.*
5. *Fill a bowl with iced water. Blanch Swiss chard leaves one at a time.*
6. *Submerge in boiling water 15 seconds, until bright green.*
7. *Transfer to ice water for 1 minute. Dry thoroughly with paper towels.*
8. *In another bowl, mash chickpeas, avocado, and lime juice.*
9. *For each wrap, spread 1/4 chickpea-avocado mixture down center of chard.*
10. *Top with 1/4 chicken and sweet potato. Wrap tightly.*

Nutritional content:

Calories: 390

Protein: 31g

Carbohydrates: 50g

Fats: 7g

30. Quinoa and Shrimp Paella

What you need:

1 yellow onion, diced
2 cloves of garlic, minced
1 tbsp. of olive oil
1 and ½ cups of dry quinoa, rinse well
3 cups of chicken broth, fat-free, low-sodium
¼ tsp. of crushed red pepper flakes
½ tsp. of Spanish paprika
½ tsp. of black pepper
Salt to taste
½ cup of sliced sun-dried tomatoes, packed in olive oil
1 red bell pepper sliced in strips
1 cup of frozen green peas
1 lb. of large shrimp, peeled and deveined, thawed

How to make it:

- 1. While preparing quinoa, sprinkle shrimp with a pinch of salt.*
- 2. In a large skillet, heat oil to medium-low and sauté onions until tender, about 5 minutes.*
- 3. Add sliced bell pepper strips and sauté an additional 4 minutes.*
- 4. Add garlic and sauté 1 minute.*
- 5. Add quinoa, chicken broth, red pepper flakes, bay leaves, saffron, paprika, black pepper and salt.*
- 6. Cover and bring to a boil, reduce heat to a low boil, and continuing cooking approximately 10 minutes or until most of the liquid has been absorbed.*

7. Add sun-dried tomatoes, peas and shrimp, cover and continuing cooking 5 minutes.

8. Remove from heat, leave covered and allow to sit 10 minutes.

Nutritional content:

Calories: 275

Protein: 22g

Carbohydrates: 33g

Fats: 6

31. Fiesta Chicken Soup

What you need:

½ cup of diced onion

1 clove of garlic, minced

1 can of black beans, rinsed and drained

1 can of kidney beans, rinsed and drained

1 can of diced green chili peppers

1 can of diced tomatoes

2 ½ cups of chicken broth, low sodium, fat-free (use more broth for a thinner soup)

1 cup of frozen or fresh corn

Juice from 1 lime

1 tbsp. of chili powder

1 tsp. of cumin

½ tsp. of cayenne pepper (more or less to taste)

½ tsp. of black pepper

Salt to taste

½ cup freshly chopped cilantro

2 chicken breasts fillets, skinless, cut into 1-2” cubes

How to make it:

(Prepare the evening before your workout)

1. *Add all ingredients to the slow cooker, stir to combine.*

2. *Cover and cook on low 6-8 hours.*

Nutritional content:

Calories: 192

Protein: 20g

Carbohydrates: 21g

Fat: 0g

So there you have it!

The 31 recipes that make up this *Better Booty Cookbook* are sure to fill your stomach, flatter your taste buds, fry fat and form the booty that you’ve trained so hard for.

They’re sweet and salty and everything in between...

But most importantly, they’ll slim up your waist and your lower back and make your booty pop better than ever before.

Stick to your training...

Train hard and without regrets...

Enjoy one of these delicious post-workout recipes...

And even better, enjoy your better booty results!