

gourmetnutrition
desserts



gourmetnutrition *desserts*

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preface

by dr. john m. berardi

When I first started out writing about nutrition, I have to admit that I don't think I ever envisioned writing a dessert book.

But a few months ago my good friend and excellent photographer, Jason Greci, approached me with the idea while shooting the photos for a new cookbook we've been working on. And it wasn't just an idea – he had the recipe ideas, the photo concepts, the works. So we got down to business, and the result was this book you're now reading, *Gourmet Nutrition Desserts*.

In fact, I loved the book so much that I ultimately decided to make it freely available to all. What better way to promote our *Gourmet Nutrition* cookbook and the Precision Nutrition system than to show people that healthy, high-performance eating can taste this good?

So I'd like to first thank Jason for making this happen, and I'd also like to thank my good friend Dr. John K. Williams for the inspiration.

About two years ago now, John and I sat down and wrote a book called *Gourmet Nutrition*.

We were getting pretty tired of people saying that healthy food tastes like crap, or that it lacks “variety.” And we were getting even more tired of seeing people use that as an excuse to eat poorly or to justify a lifestyle that even *they* knew was unhealthy.

See, the whole “healthy food tastes bad” excuse is just lame.

Having worked with thousands of clients around the world as a professional nutrition consultant for over 10 years now, everyone from Olympic athletes to cardiac patients, from people just looking to eat healthy to those looking to make huge changes to their bodies, I've pretty much seen it all. And I can tell you that there is some truth to the cliché: some “health food” is just plain awful, and a lot of it is not healthy at all. And what's worse is that people are content to eat it, mostly because they don't think there's an alternative.

But I can also tell you that there are many people who eat healthy meals every day – either to feel better, or look better, or get strong enough and fast enough to reach the edge of human performance – and they do it by eating delicious meals and great tasting food.

Every day, there are people out there eating healthy, easy-to-make meals that could be found in gourmet restaurants. Meals that could impress the most discerning foodie. Meals that could fool a first date, or a reluctant spouse, or picky-eating kids. Meals that just plain taste good.

Meals that, when planned and eaten consistently, can improve and even completely transform your body.

And how do they do it? With Gourmet Nutrition.

Look, we've been there. We've eaten all that terrible food too. But at a certain point, it gets tiresome. It gets old.

So we sat down and wrote Gourmet Nutrition, originally as an e-book, much like the PDF you're reading right now. We came up with over 100 meals, from quick delicious snacks right up to five-star sit-down feasts, and everything in between. We added general cooking instructions, helpful food facts, tips on grocery shopping, stocking your kitchen and preparing meals for a hectic, on-the-go lifestyle.

And people loved it. We got great feedback on it, except for one thing: people wanted it as a hardcopy, as an in-the-flesh book they could hold in their hands and lay flat on their counters while they cooked.

Fair enough. We not only did that, we went a step further.

Rather than just giving everyone the recipe book, we wrote out the entire nutrition system we use with clients to go with it, to show you how to build those meals into a complete plan that will deliver the results you want.

Because, if you're reading this, you're probably not just eating for the heck of it. You're trying to achieve something. You're trying to change your body to work the way you want it to work, to feel the way you want it to feel, to look the way you want it to look.

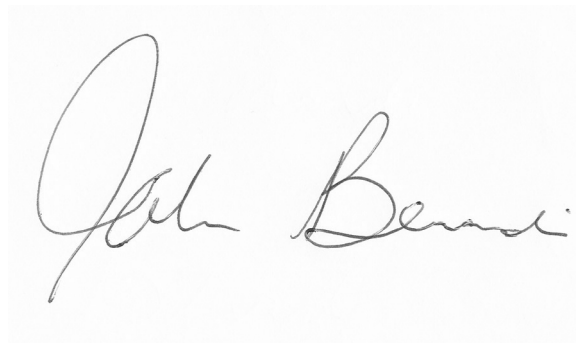
And to change your body, you need a *plan*.

That's where [Precision Nutrition](#) comes in. It's a complete nutrition system covering absolutely everything you need to know. It includes a Gourmet Nutrition cookbook, printed and bound, and delivered right to your doorstep.

It also includes membership to our [private support site](#), where you have access to hundreds of user-submitted recipes, support from our coaches and thousands of members worldwide, and online resources like results tracking software, goal-specific exercise programs designed by the top coaches in the world, and many more member exclusives just like this Gourmet Nutrition Desserts book you're reading right now.

I hope you enjoy these great Gourmet Nutrition desserts. And if you want more meals where these came from, along with a plan to put it all into action, find out more about [Precision Nutrition](#).

All the best,

A handwritten signature in black ink that reads "John Berardi". The signature is written in a cursive style with a large, looping initial "J".

John M. Berardi, PhD, CSCS
President, Precision Nutrition
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introduction

I'm going to level with you here. I love dessert. And if I had to guess, I'd say that you do too. The clue is that you're reading this book right now.

What I don't love, though, is that guilty feeling I get right before ordering a dessert from a restaurant or pulling one out of the freezer.

Or the guilty feeling I get while eating that dessert.

Or the guilty feeling I get when I'm done.

And before you call my emotional makeup into question, let's face it: there's reason to feel guilty. Eat the standard sugar-laden, "bad fat" desserts every night for a few weeks and look in the mirror. *That's* the reason.

But that's only one way to fit desserts into your diet.

the three ways to include desserts in your diet

1. Eat standard desserts, in any amount, at any time.

This is the standard approach, eating dessert on a whim. See a cake in a bakery, or a pastry on a serving tray, or chocolate ice cream in the fridge, and eat it, pure and simple, giving no thought as to how it fits into the plan. And most likely, *there is no plan*. Call it instinctive eating, if-it-feels-good-do-it, whatever you want. The bottom line is that if you care about how you look – and it's okay to care, you're among friends here – this is the worst possible way to go about it. People who do this, and again, we've all been there, are bound to make poor food choices, overeat, and in all likelihood gain fat.

2. Eat standard desserts in strictly limited amounts at planned times.

This is the "cheat meal" approach, and it's definitely better than option #1. Hey, everyone has a favorite dessert. Mine is oatmeal chocolate chip cookies. Maybe yours is simple like cookie dough ice cream, or fancy like *crème brûlée*. And we want to eat those favorites without compromising on ingredients, the way your favorite restaurant makes it, or the way Grandma used to. And I'm cool with that. I have a couple of select meals that I'll set aside time for, food you *definitely* won't find in any health food store, and I'll

make extra effort to compensate for them by making sure that I exercise a little more or a little harder and that the rest of my diet is spot on (Precision Nutrition helps here).

But we all know the problem with this method: the never-ending cheat meal. Somehow that cheat meal turns into a cheat day, and the cheat day turns into a cheat week, and pretty soon you're back to option #1 again, the cheat *life*. So while there's a place for this method, you have to honestly assess whether you're the type who can handle it, or whether you're likely to go off the rails.

Think back: were you the type who could smoke one cigarette every now and again without getting addicted – or did you have to either abstain completely or smoke another? Can you have one beer or glass of wine while those around you have twelve – or do you have to either drink water or join the festivities? I won't go into all the various vices, because I'm sure you get the picture. Those same pressures, both internal and external, will face you every day when it comes to nutrition too. If you're able to dabble, or “smoke without inhaling,” so to speak, then the cheat meal method may work for you. But if you're the all-or-nothing type, it's better to choose “nothing” over “all” – best to accept your lot in life and leave the cheating to others. And if you're not sure, ask your friends and family if they think you can handle it, or make the safe choice and assume that you can't. In any case, I've got a better way.

3. Turn standard desserts into Gourmet Nutrition Desserts, and fit them right into your regular nutrition plan.

As you might have surmised, this is the preferred choice whenever possible. And it's possible a lot more often than you think. With a little creativity and skill in the kitchen, most desserts can be modified to fit the principles outlined in [Precision Nutrition](#). They don't have to be your cheat meals, and they don't have to add pounds to your midsection. In fact, they can even help you get in better shape than before.

so what makes a gourmet nutrition dessert?

Now, standard cheesecakes weighing in at 500 calories and 40g of fat per piece simply won't do. And 3 medium-sized cookies weighing in at 850 calories, 36g of fat, and 75g of sugar aren't exactly physique friendly. These standard desserts are laden with calories, and eating them regularly will almost certainly lead to a positive calorie balance (that's a nice way of saying overeating). They also inject large amounts of saturated fat, sugar, and highly processed empty calories into your daily meal plan. And obviously,

that's not the way to a lean, healthy physique.

So what makes for a healthy, body-conscious Gourmet Nutrition dessert? A couple of things:

1. Contains protein. Most standard desserts have little or no protein in them, and protein is building block of muscle. Even if you don't want to build more muscle, you definitely want to preserve the muscle you have as much as possible in order to keep your metabolism high. Generally speaking, you should have protein in every meal, and if they're to fit right into the plan, desserts should be no different. In practice, this often means adding commercial protein powder to desserts, so a quick note on protein powder: all are not created equal. Stay away from standard whey protein (dries out the recipes and tastes like sawdust), and look instead for a milk-protein blend. There are a few good ones out there, and a knowledgeable supplement store employee can help you choose (or maybe not). We like [Metabolic Drive](#) by Biotest.

2. Sugar-free. Sugar is not always the demon ingredient it's made out to be (really, no single ingredient is absolutely good or absolutely bad – it depends on the whole diet), but there are valid and strong reasons to limit it in your diet, and if possible remove it entirely. A sweetener like Splenda, though potentially not without it's own drawbacks, can be used in small amounts to sweeten foods; even better is to add naturally sweet fruits.

3. Healthy fats over bad fats. Whenever possible, the goal is to limit trans and excessive saturated fats in favor of mono and polyunsaturates, and to include omega-3 fatty acids as well.

4. Limited calories. One of the major problems with standard desserts is that they're simply too high in calories. Desserts in general tend to be very calorie-dense, meaning that even small portions can have tons of calories. The key then is to reduce the caloric density if possible, and limit the total serving size so that you're not sneaking hundreds of extra calories into your diet with each dessert.

5. Fresh, natural, additive-free ingredients wherever possible. This one is less rigidly defined, but in general the fresher the ingredient, the better. And ask yourself if you've ever seen what you're about to eat growing in the ground or running around on a farm somewhere. If the answer is no, you're probably better off not eating it or limiting the

quantity. Ditto for anything that comes in a box or plastic container, or anything that requires colorful packaging or a huge advertising campaign to sell it. Now, understand that these are just general rules, and while they often prove true, there's no need to get zealous about it. There will be exceptions (using things like Splenda and protein powder), and dessert might just be where you make those exceptions. If so, make sure the rest of your diet draws almost exclusively on fresh, whole foods.

6. Carbs only if you deserve them. The whole low-carb/high-carb debate is a little misunderstood in my opinion. The rule is basically this: carbs only if you deserve them. Meaning, have you been exercising? And how much? Because generally speaking, your carb intake should be proportionate to how hard and how much you exercise. That's why you see endurance athletes, who train for hours a day, eating huge 8,000 calorie diets containing extraordinary amounts of carbohydrate, all while maintaining a high performance physique with virtually no body fat. Take someone with a sedentary office job and give them the same diet, and they'll be on the fast track to obesity. But put that person on a lower calorie, lower carbohydrate diet and they'll make much better progress. And there are plenty of shades of grey in between. So again, the general rule is the more and harder the exercise, the higher the total caloric intake and the higher the percentage of carbohydrate in the diet. So when it comes to desserts, if you're exercising, don't be afraid to consume some carbs (but do put a limit on it, and do measure how it affects your body composition). If you're not exercising or exercising very little, you'll do much better with fewer carbs. But then the question remains: why aren't you exercising more?

7. Carbs only after workouts. In short, the research shows that the body tolerates carbohydrate very well immediately after exercise. So it's a good idea to consume your carbs during the post-workout period. Again, this is a rule of thumb, because some people are able to tolerate carbohydrates quite well outside of this period too. Generally, though, those people know who they are – they're naturally very lean, and often very skinny. If you're not one of those, then you're best off consuming carbs only in the two to three hours after an intense workout, or at least using that as the starting point for some trial and error, slowly introducing carbs outside that window and measuring the results.

So what if you haven't been exercising? Easy – cut the carbs. And what if you want the carbs? Easy – exercise first. Following this general rule makes it pretty straightforward to figure out how much carbohydrate you can include in your diet. That's why I classify meals as either *post-workout* (meals containing moderate to high carbohydrate, and to be

eaten in that two to three hour post-workout period) or *any time* (low-carb meals, to be eaten whenever you like).

post-workout vs. any time meals

You'll notice, then, that all the meals in this book, and all the meals in the cookbook contained in Precision Nutrition, are designated as either *post-workout* or *any time* meals. The designation is listed right under the title of the recipe, so you'll be able to tell at a glance what type of meal it is. Remember, post-workout meals are for the two to three hours after intense exercise, while any time meals are for, well, any time. Want more of the carb-containing post-workout desserts? Well, drag your butt to the gym!

now go forth and eat

I hope you enjoy the Gourmet Nutrition Dessert meals as much as we enjoyed making them. If you want to submit your own recipes, post them in the [Gourmet Nutrition Forum](#) (members only) or email them to us at info@precisionnutrition.com. And if you want more Gourmet Nutrition recipes in a hardcopy book that you can lay out on your counter while you cook, get yourself a copy of [Precision Nutrition](#).

peach mango cobbler

post-workout • 45 minutes

- 1 cup whole wheat pancake mix
- 4 scoops vanilla protein powder
- 1 tbsp fresh, shredded, orange peel
- 3 whole peaches, peeled and sliced
- 1 mango, peeled and sliced
- 1 cup water
- ½ cup Splenda
- 2 tsp cornstarch

Preheat oven to 375°F. In a mixing bowl, prepare the whole wheat pancake mix following the instructions provided on the box, making sure to use water instead of milk in your preparation process. Once the mixture is complete, take 4 scoops of protein powder and mix into the whole wheat pancake mixture, one scoop at a time, ensuring that the mixture remains slightly watery and not too thick. If the mixture does thicken up too much, simply add small portions of water while stirring in the protein powder to maintain the consistency. When the protein powder has been folded in, add 1tbsp fresh orange peel and mix it throughout.

On a cutting board, peel and slice mango and peaches into wedges. In a saucepan, mix fruit wedges with 1 cup of water and ½ cup of Splenda. Heat saucepan on medium-high heat, allowing water to come to a slight boil. After the water begins to boil, remove 3 tablespoons of water from the saucepan and place into a small bowl. In bowl, dissolve 2 tsp of cornstarch thoroughly in the water, then place back into the saucepan. Once the mixture turns thick in consistency (usually about a minute or two), turn off the burner and remove the saucepan.

Pour the fruit mixture inside an 8-inch oven dish, and pour the pancake mix on top of the fruit. Place oven dish in the oven and bake for roughly 20 minutes at 375°F, or until pancake topping begins to crack. Remove from oven. Allow to cool for several hours on countertop or overnight in the fridge. Serve cool.

Makes 4 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 334 kcal |
| Protein | 26 g |
| Carbohydrate | 44 g |
| Fat | 6 g |
| Saturated | 1.6 g |
| Monounsaturated | 2.1 g |
| Polyunsaturated | 2.0 g |



peach mango cobbler

chocolate ricotta

any time • 120 minutes

500 g light ricotta with whey
cheese

5 tbsp natural organic peanut butter

4 scoops chocolate protein powder

3 tbsp extra virgin olive oil

Preheat oven to 300°F. In a mixing bowl, combine ricotta cheese, natural peanut butter, protein powder and oil. Mix well. Once mixed, scoop out 4 equal portions (an ice cream scooper helps here), placing each portion into a slot in a 12-slot muffin tin. For smaller servings, divide into 8 equal portions instead.

Bake in oven for 30 minutes. Remove from oven, and allow to cool on a rack. Serve once cool to the touch, or allow store in the fridge overnight.

Makes 4 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 411 kcal |
| Protein | 32 g |
| Carbohydrate | 10 g |
| Fat | 27 g |
| Saturated | 5.5 g |
| Monounsaturated | 8.8 g |
| Polyunsaturated | 3.5 g |



poached pear with raspberries

post-workout • 60 minutes

- 2 large Bosc pears
- 5 cups water
- 3 large slices lemon or orange peel
- 2 sticks cinnamon
- 2 scoops vanilla or strawberry protein powder
- 1 cup fresh raspberries
- 2 tbsp Splenda

On a cutting board, peel 2 large Bosc pears. In a large pot on high heat, boil enough water to submerge the pears (usually about 5 cups). Once the water is boiling, add the pears, the cinnamon, and 3 large slices of orange or lemon peel. Reduce heat to low-medium and allow to simmer.

In a separate bowl, mix 2 scoops of protein powder and ½ cup of water until the mixture becomes pasty. Slowly add 1 cup of raspberries, mashing the berries with a fork or potato masher. The mixture should form a liquid paste; if too thick and solid, add water 1 tbsp at a time to create a more fluid consistency. Add Splenda.

Once your raspberry filling is finished, check on the pears. They are ready when a fork can be easily inserted into the flesh (usually 20-25 minutes). Once the pears are ready, remove from the water and allow to cool. When cool to the touch, cut each in half and remove the pit. Fill the centers of the pears with the raspberry filling. Pour one tablespoon of the flavored water from the pot over the whole dessert.

Makes 2 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 356 kcal |
| Protein | 25 g |
| Carbohydrate | 54 g |
| Fat | 4.4 g |
| Saturated | 0.6 g |
| Monounsaturated | 0.5 g |
| Polyunsaturated | 2.3 g |



mixed berry pudding

post-workout • 30 minute prep, cool overnight

- 1 cup water
- 1 banana
- 1 cup strawberries
- 2 cups raspberries
- ½ cup Splenda
- 1 cup water
- 4 scoops vanilla or strawberry protein powder
- ½ cup water
- 3 tsp cornstarch

In a medium saucepan over medium heat, boil 1 cup of water. While the water is heating, cut banana, strawberries, and raspberries into pieces. Add the fruit pieces to the water for two minutes. After two minutes, leave the burner on and transfer the water and fruit to a blender. Pulse the mixture until all the fruit pieces have been blended. Pour contents back into the saucepan, adding the Splenda and mixing. Allow the mixture to again come to a boil.

While the fruit mixture is heating, in a separate bowl mix 1/2 cup of water and 3 tsp of cornstarch. Mix until all lumps are removed. Once the fruit mixture begins to boil, pour the water and cornstarch into the fruit. Allow to boil for one minute until thick.

Remove from the stove and place mixture into an 8-inch dish, or into four separate serving cups or ramekins. Allow to cool for 10-15 minutes and place in the fridge for several hours. When done, the dessert will be jelly-like.

Makes 4 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 278 kcal |
| Protein | 23 g |
| Carbohydrate | 39 g |
| Fat | 3.3 g |
| Saturated | 0.3 g |
| Monounsaturated | 1.0 g |
| Polyunsaturated | 2.0 g |



mixed berry pudding

tuscan strawberry meringue

post-workout • 45 minutes

6 egg whites
¼ tsp cream of tartar
2 cups sliced strawberries
2 tbsp Splenda
4 scoops vanilla or strawberry protein powder

Preheat the oven to 250°F. In a large mixing bowl, beat 6 egg whites and ¼ tsp of cream of tartar with an electric mixer on medium-high speed, until the egg whites become fluffy and hold stiff peaks. Scoop this mixture out into two large ball-like portions on a baking sheet lined with parchment paper. With the back of a large spoon, depress the middle of each portion to form a pocket (this is where the fruit will go). Bake in the oven until the mixture turns light golden brown, between 5 and 10 minutes. Remove from oven and set aside to let cool.

Cut up 2 cups of strawberries and mix in a bowl with Splenda. Add the protein powder to this mixture, 1 scoop at a time, mixing well. Once these dry ingredients are mixed together, add water – 1 tbsp at a time – until the mixture becomes creamy.

Next, pour the strawberry mixture into the meringue pockets, letting it flow over the sides. Serve cool.

Makes 2 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 330 kcal |
| Protein | 52 g |
| Carbohydrate | 20 g |
| Fat | 4.7 g |
| Saturated | 1.0 g |
| Monounsaturated | 2.1 g |
| Polyunsaturated | 1.6 g |



tuscan strawberry meringue

lemon cheesecake

any time • 60 minute prep, cool overnight

CHEESECAKE

250 g fat free cottage cheese

2 omega-3 eggs

$\frac{3}{4}$ cup Splenda

2 lemons, juiced

$\frac{1}{2}$ tsp baking powder

Zest from half a lemon

TOPPING

$\frac{1}{2}$ cup strawberries

$\frac{1}{2}$ cup water

1 tsp Splenda

Preheat oven to 375°F. In a blender, blend cottage cheese and eggs until smooth and creamy in texture. Remove mixture from blender and place into a mixing bowl. Mix in Splenda and lemon juice. Finally, add baking powder and lemon zest and mix well.

Fill two 2 $\frac{1}{2}$ " ramekins with the mixture. Fill a large baking pan half-full with hot water. Place the ramekins inside the baking pan so that the water comes approximately half way up the sides of ramekins. Place the baking pan containing the ramekins into the oven and allow to bake for 35 to 40 minutes.

When finished baking, remove the baking pan from the oven and the ramekins from the water. Allow ramekins to cool outside of the water pan. When cool to the touch, place into the fridge over night.

To make strawberry topping, blend strawberries, water and Splenda and drizzle over cheesecake.

Makes 2 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 324 kcal |
| Protein | 57 g |
| Carbohydrate | 8 g |
| Fat | 7.1 g |
| Saturated | 2.4 g |
| Monounsaturated | 3.4 g |
| Polyunsaturated | 1.3 g |



mixed nut cookies

any time • 20 minutes

3 tsp Olivina (non-hydrogenated olive oil margarine)

1 cup Splenda

1 omega-3 egg

1½ tsp ground cinnamon

$\frac{2}{3}$ cup pecans, crushed

$\frac{2}{3}$ cup peanuts, crushed

$\frac{2}{3}$ cup walnuts, crushed

3 scoops vanilla or chocolate protein powder

Preheat oven to 375°F. In a mixing bowl, mix Olivina, Splenda, omega-3 egg and ground cinnamon.

Next, add crushed pecans, peanuts and walnuts to the bowl. Finally, add 3 scoops of protein powder and mix well.

On a baking sheet lined with parchment paper, scoop out 6 equal portions of the mixture, separating them about 2 inches apart from one another. Take a fork and gently press down on them, flattening the mixture into cookies.

Place into the oven for 6 minutes, or until you see the Olivina bubbling from the cookies. When finished, pull from the oven and allow to cool on a wire rack, or on a plate. Serve warm or cool, or seal and store in fridge.

Makes 6 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 396 kcal |
| Protein | 19 g |
| Carbohydrate | 8 g |
| Fat | 32 g |
| Saturated | 3.5 g |
| Monounsaturated | 12.9 g |
| Polyunsaturated | 15.6 g |



mixed nut cookies

lemon blueberry bites

any time • 80 minute prep, cool overnight

BITES

6 egg whites

1 omega-3 egg

4 scoops vanilla protein powder

2 tbsp vanilla extract

250 g light ricotta with whey cheese

½ cup Splenda

Zest from one lemon

½ cup blueberries

TOPPING

½ cup blueberries

½ cup water

1 tsp Splenda

Preheat oven to 350°F. Combine egg whites and omega-3 egg in a bowl and whisk. Add protein powder, one scoop at a time, mixing throughout. Place this mixture into a blender and blend on medium speed to create smoother consistency. Add vanilla and continue blending for 10 seconds.

Next, mix 250 g ricotta cheese and Splenda in a bowl. Then, take the egg-protein mixture and pour into the ricotta mixture, mixing together. Add the zest from lemon and the blueberries, and mix all together.

Pour the entire mixture into a large ramekin, 6" in diameter. Fill a deep baking pan half-full with hot water and place the ramekin inside of the oven pan so that the water comes approximately half way up the outside of the ramekin containing the berry and ricotta mixture. Place the baking pan containing the ramekin into the oven and bake for approximately 1 hour, or until slightly firm to the touch. Once finished, take out of the oven and place the ramekin onto a wire rack to cool. When cool to the touch, place in the fridge over night.

To make blueberry topping, blend blueberries, water and Splenda.

To serve, use a cookie cutter to cut circular shapes out of the mixture in the ramekin, and drizzle blueberry topping over top.

Makes 4 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 439 kcal |
| Protein | 33 g |
| Carbohydrate | 7 g |
| Fat | 31 g |
| Saturated | 8.1 g |
| Monounsaturated | 12.1 g |
| Polyunsaturated | 11.1 g |



lemon blueberry bites

chocolate hazelnut bites

any time • 80 minute prep, cool overnight

$\frac{2}{3}$ cup hazelnuts, roasted

4 omega-3 eggs

$\frac{3}{4}$ cup Splenda

1 tsp espresso coffee powder

5 scoops chocolate protein powder

$\frac{2}{3}$ cup pecan meal

$\frac{2}{3}$ cup crushed walnuts

$\frac{2}{3}$ cup unsalted peanuts, crushed

Preheat oven to 350°F. On a baking sheet, spread hazelnuts and roast them in the oven for 6 to 8 minutes. When finished, pull hazelnuts out of the oven and place onto a towel. Put 8 of the hazelnuts aside for later. Next, use the towel to rub the skin off all but the 8 hazelnuts you put aside.

With an electric mixer, mix together the omega-3 eggs, Splenda, and espresso coffee powder. Next, add protein powder, one scoop at a time, mixing thoroughly. Finally, add the de-skinned hazelnuts (leaving the 8 full hazelnuts aside), pecan meal, crushed walnuts and peanuts. Mix well. The mixture should become thick and dough like.

With wet hands, separate the mixture into 8 equal portions. For each portion, place one of the 8 hazelnuts set aside earlier into the center of the portion, rolling the portion into a small round shape until it completely covers the hazelnut in the center. Place each bite-sized shape onto a baking sheet lined with parchment paper. Place the sheet into the oven for 10 minutes. When complete, pull from the oven and allow to cool. These can be eaten warm, or stored in an air-tight container in the fridge and served cool later.

Makes 8 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 394 kcal |
| Protein | 22 g |
| Carbohydrate | 9 g |
| Fat | 30 g |
| Saturated | 3.1 g |
| Monounsaturated | 15.8 g |
| Polyunsaturated | 11.2 g |



chocolate hazelnut bites

raspberry peach granola

post-workout • 2 ½ hours

2 cups whole oats
4 scoops vanilla or strawberry protein powder
4 tbsp honey
4 tbsp light maple syrup
1 cup fresh raspberries
4 small peaches, peeled and sliced

Preheat oven to 275°F. To make the granola, combine whole oats, protein powder, honey and light maple syrup in a small bowl. Mix well.

On a baking sheet lined with parchment paper, pour the mixture out and flatten. Place into the oven and bake until golden brown, usually around 40 to 45 minutes, checking often to ensure the oats don't burn. When done, remove baking sheet from oven and allow to cool until granola is hard and cool to the touch.

In a blender, blend the granola in pulse mode, just enough to break up the big pieces but not so much as to grind it into a powder. Place granola pieces into a small bowl and set aside.

In the blender, blend raspberries until a watery consistency is achieved. Next, on a cutting board, peel and slice 4 small peaches and divide evenly into 4 separate bowls. Over the top of the peaches, sprinkle even amounts of granola in each bowl. Mix together. Finally, top everything off with the raspberry puree and mix well.

Makes 4 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 415 kcal |
| Protein | 25 g |
| Carbohydrate | 72 g |
| Fat | 3 g |
| Saturated | 0.6 g |
| Monounsaturated | 1.2 g |
| Polyunsaturated | 0.8 g |



raspberry peach granola

peanut butter cookies

any time • 45 minutes

1 cup organic peanut butter

2 omega-3 eggs

½ cup unsalted peanuts, crushed

5 scoops chocolate or vanilla protein powder

¾ cup Splenda

3 tbsp olive oil

Preheat oven to 350°F. In a mixing bowl, add the organic peanut butter and omega-3 eggs and mix well. Add crushed unsalted peanuts. Now, one scoop at a time, add 5 scoops of protein powder, mixing in thoroughly. The mixture will begin to get dry, so add 3 tbsp olive oil, 1 tbsp at a time, to moisten.

On a baking sheet, form 6 equal portions and flatten with a fork to form a cookie. Place into the oven and bake for a total time of 20 minutes. When done the cookies should feel slightly firm and dry to the touch.

Remove cookies from pan and place on a wire rack to cool.

Makes 6 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 484 kcal |
| Protein | 34 g |
| Carbohydrate | 15 g |
| Fat | 32 g |
| Saturated | 6 g |
| Monounsaturated | 16 g |
| Polyunsaturated | 10 g |



peanut butter cookies

cheese blintzes

post-workout • 90 minutes

¼ cup whole wheat flour
1 cup water
1 tbsp vanilla extract
250 g pressed low fat cottage cheese
2 scoops vanilla or strawberry protein powder
½ cup Splenda
1 cup strawberries
1 tsp lemon juice

Preheat oven to 350°F. Preheat non-stick skillet on medium heat.

In a mixing bowl, mix whole wheat flour, water and vanilla extract until just smooth. If this mixture is too watery, add small portions of whole wheat flour to thicken it up but keep in mind this has to be fluid. Pour the batter into the skillet, forming a circular crepe. Cook for 30-60 seconds, based on the thickness of the crepe – the thinner the crepe, the less time it will need to cook. Once the crepe is browned on the bottom, carefully flip it over to the other side, cooking for another 30-60 seconds. Once the crepes are finished, place aside.

In a mixing bowl, combine cottage cheese, protein powder and ½ cup Splenda. If the mixture appears too thick, use 1 tsp of low fat skim milk to make more fluid. Once mixed, place equal portions of the mix onto each crepe and wrap them up. Wrap the bottom upwards first. Then, fold in the two sides walls, followed by the top.

Place the blintzes onto the baking sheet. Bake in the oven for 25-30 minutes. While baking, place strawberries and lemon juice in blender and blend to make sauce. Place aside.

When the blintzes are finished, take out of the oven and arrange onto a plate. Take a few berries and arrange alongside. Top with sauce.

Makes 2 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 447 kcal |
| Protein | 47 g |
| Carbohydrate | 58 g |
| Fat | 3 g |
| Saturated | 0.7 g |
| Monounsaturated | 1.3 g |
| Polyunsaturated | 0.8 g |



cheese blintzes

apricot yogurt parfait

post-workout • 2 ½ hours

1 cup plain yogurt

1 cup low fat pressed cottage cheese

1 fresh vanilla bean

¼ cup Splenda

4 fresh apricots

4 tbsp honey

Line a strainer with a coffee filter. Place the strainer over a bowl and in the filter place the plain yogurt. Let this sit for a few hours and allow the liquid drain – what you'll end up with is a yogurt cheese. When the yogurt cheese is ready, mix in low fat pressed cottage cheese and fresh vanilla bean. Next, mix in Splenda. Divide this mixture into 2 bowls or dessert serving cups.

Take the 4 apricots and cut into slices and place into the 4 bowls. Over top of each bowl, drizzle 1 tbsp of the honey. Serve immediately or chilled from the fridge.

Makes 2 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 429 kcal |
| Protein | 38 g |
| Carbohydrate | 58 g |
| Fat | 5 g |
| Saturated | 2.9 g |
| Monounsaturated | 1.4 g |
| Polyunsaturated | 0.2 g |



apricot parfait

apple cinnamon tortilla cups

post-workout • 45 minutes

3 large apples, peeled and cored

1 tsp cinnamon

¼ tsp allspice

½ cup Splenda

⅛ tsp nutmeg

8 scoops vanilla protein powder

Water as necessary

12 small low carb tortillas

Preheat oven to 350°F. On a cutting board, peel 3 large apples and remove the cores. Cut the apples into small bite size pieces and place into a mixing bowl. To the apples, add cinnamon, allspice, Splenda and nutmeg. Mix together. Next, mix in 8 scoops of protein powder, one scoop at a time. If the mixture becomes too powdery, add small amounts of water, 1tbsp at a time, until the mixture becomes moist. Set the bowl aside.

Next, take tortillas and with a brush, spread water over one side of each tortilla. Now, sprinkle each tortilla with a dash of cinnamon. When wet, take a knife and make 4 small slits starting from the outside, moving toward the center of the tortilla at 12 o'clock, 3 o'clock, 6 o'clock, and 9 o'clock. The slits should not meet – they're simply there to allow the tortilla to shape to the muffin tin.

In a muffin tin, take each tortilla and place inside each cup shaping it to the side walls. When complete, add equal amounts of the apple mixture into the cups. When finished, place into the oven and bake until the tortillas appear crispy and the inside is warm, usually around 15 minutes. Take out of the oven and allow to cool. Serve warm.

Makes 12 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 202 kcal |
| Protein | 14 g |
| Carbohydrate | 32 g |
| Fat | 2 g |
| Saturated | 0.4 g |
| Monounsaturated | 0.8 g |
| Polyunsaturated | 0.4 g |



apple cinnamon tortilla cups

chocolate cheesecake

any time • 90 minute prep, cool overnight

250 g fat free cottage cheese

½ cup low fat chocolate milk

4 scoops chocolate protein powder

5 heaping tablespoons organic peanut butter

Preheat oven to 350°F. In a blender, combine cottage cheese and low fat chocolate milk and blend until creamy and smooth. Remove from the blender and place into a mixing bowl. Next, add protein powder and mix thoroughly. Finally, add in the organic peanut butter, one scoop at a time, blending until smooth.

Pour the mixture into a small 4-inch ramekin. Fill a deep oven pan half-full with hot water and place the ramekin inside of the oven pan so that the water comes approximately half way up the outside of the ramekin. Place the oven pan containing the ramekin into the oven and bake for 40-60 minutes, until slightly firm to the touch.

When finished, pull from the oven and allow to cool for several hours. When cool to the touch, place in the fridge and cool over night. Serve cold or at room temperature.

Makes 4 servings.

NUTRITION INFORMATION (per serving)

| | |
|-----------------|----------|
| Calories | 337 kcal |
| Protein | 41 g |
| Carbohydrate | 14 g |
| Fat | 13 g |
| Saturated | 3.1 g |
| Monounsaturated | 6.3 g |
| Polyunsaturated | 3.5 g |



chocolate cheesecake

about dr. john m. berardi

Dr. John M. Berardi is the president of Precision Nutrition, a company devoted to translating exercise and nutrition research into real-world results. Precision Nutrition now provides nutrition & human performance consulting to sports teams at the professional, collegiate and Olympic levels, as well as individual consulting to athletes of all levels, from elite juniors right up to multiple gold medalists. Through his website, www.precisionnutrition.com, Dr. Berardi and his team offer fully supported distance-based body transformation coaching to men and women from all walks of life.

Dr. Berardi has written and lectured around the world on nutrition-related topics. He has authored or co-authored five books and over two hundred articles in the popular press for magazines like Men's Health, Men's Fitness, Women's Health, Muscle & Fitness, Testosterone and more, and has been quoted in both the New York Times and TIME Magazine.

Dr. Berardi received his doctoral degree in exercise science from the University of Western Ontario, with a specialization in the areas of exercise biology and nutrient biochemistry. He is currently an adjunct assistant professor of Exercise Science at the University of Texas.

For more about Dr. Berardi and about his books, services and the Precision Nutrition system, visit www.precisionnutrition.com.

about jason grenci

Jason Grenci is a professional photographer and food writer based in Toronto, Ontario, Canada. For more about Jason, visit his website at www.jasongrenci.com.