



**STRONGER U**  
NUTRITION

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*Fall Recipe  
Guide*



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## BUFFALO CHICKEN CHILI

**130 CALS | 15 P | 15 C | 1 F**

(PER SERVING (1/2 cup), recipe makes 12 servings)



1/4 cup (20g) quick oats  
3 Boneless, Skinless Chicken  
Breasts (about 6 oz each)  
15 oz can Black Beans  
15 oz can Chili Beans  
4 oz Chicken Broth  
1/2 C (120g) Buffalo Sauce  
1 packet Ranch Dip Mix  
8 oz Fat-Free Cream Cheese

### INSTRUCTIONS

- Add the beans, buffalo sauce, chicken broth, and ranch dip mix to a crockpot. Stir until mixed.
- Add the chicken breasts to the crockpot and cook on low for 7-8 hours or high for 3-4 hours.
- Turn the crockpot off, shred the chicken with forks, and add the cream cheese to the crockpot. Stir until no chunks remain.

## BEEFY TOMATO SOUP

**127 CALS | 10P | 15 C | 3 F**

(PER SERVING (1/2 cup), recipe makes 11 servings)

16 oz Ground Beef, 93/7  
1/2 White Onion, diced  
- 1 Tbsp (15g) Minced Garlic  
1/2 tsp Salt and Pepper  
12 oz Frozen Cauliflower (or 1 head, fresh)  
- 1 can (23.2 oz) Tomato Soup  
1 can (14.5 oz) Stewed Tomatoes

### INSTRUCTIONS

- On a Stovetop, use a large soup pot to sauté minced garlic and onion. Cook until onions soften.
- Add the ground beef, salt, and pepper to the pot. Cook until the meat has nearly cooked through, around 5 minutes.
- Add the tomato soup, stewed tomatoes, and cauliflower.
- Bring thr soup to a boil before reducing heat and allowing the soup to simmer for 10-15 minutes





# MEAT & DAIRY FREE TACO SOUP

210 CALS | 13 P | 32 C | 3 F  
PER SERVING (1 cup)

- 1/4 cup (20g) quick oats
- 13.5 oz bag Gardein Beefless Ground
- 12 oz bag Cauliflower
- 3 cans (14.5 oz) Stewed Tomatoes
- 15 oz can Black Beans
- 15 oz can Pinto Beans
- 2 cans (15 oz) Chick Peas
- 15 oz can Whole Kernel Corn
- 2 Tbsp Taco Seasoning
- 2 tsp (10mL) Lime Juice
- 2 Tbsp (10g) Nutritional Yeast
- 2 Tbsp (30g) Minced Garlic
- 1 Tbsp Coconut Oil
- Additional Seasoning, to taste: Sliced Jalapeno, 1/2 tsp Onion Powder, 1/2 tsp Garlic Powder, 1/4 tsp Black Pepper, 1/2 tsp Cayenne Pepper



## INSTRUCTIONS

- Add all ingredients except the chick peas, minced garlic, and coconut oil to a large pot
- sprayed with nonstick cooking spray. (Drain all beans and corn.)
- Heat the pot over low-medium heat, stirring often.
- Slightly melt coconut oil for 10 seconds in the microwave before adding to the chick peas and garlic in a food processor or blender.
- Blend chick peas until you have a thick paste.
- Add this to the pot and bring to a simmer before reducing heat to low and cooking for 25-30 minutes.

# JALAPENO POPPER WHITE BEAN SOUP

200 CALS | 16 P | 30 C | 2 F  
PER SERVING (1 cup), recipe makes 11 servings)

- 16 oz Ground Beef, 93/7
- 4 C (32 oz) Vegan Protein Broth, or comparable stock
- 14 slices Bacon of choice (Vegan, Turkey etc)
- 6 Jalapeño Peppers
- 2 cans (15 oz each) White Kidney Beans
- 15 oz can Red Kidney Beans
- 15 oz can Whole Kernel Corn, drained
- 1 packet Ranch Dip Mix
- 8 oz Fat-Free or 1/3-Fat Cream Cheese



## INSTRUCTIONS

- Begin by de-seeding (slice vertically and use a spoon to remove seeds) and dicing the jalapeños.
- If you're using raw bacon, cook the bacon in a large soup pot before adding the peppers to saute. With pre-cooked bacon, dice the bacon slices and add them to the pot with the peppers.
- Saute over medium-high heat until the peppers have softened, about 5 minutes.
- Add remaining ingredients except for the cream cheese. Bring to a boil, stirring often.
- Reduce heat to a medium-low heat, cover, and cook for ~10 minutes before adding the cream cheese.
- Once the cream cheese is fully incorporated, remove from heat and serve.



# BUTTERNUT SQUASH MAC & CHEESE WITH CHICKEN SAUSAGE

**170 CALS | 11 P | 22 C | 6 F**

(PER 1 SERVING (1/2 cup), recipe makes 11 servings)

- 3/4 C (90g) Graham Cracker Crumbs
- 1 medium (~3 lbs) Butternut Squash
- 8 oz box Banza Elbow Pasta (or any elbow pasta)
- 4 Johnsonville Apple Chicken Sausages (or any sausage)
- 1/4 C (32g) Cheddar Powder
- 1 tsp Black Pepper
- 1 tsp Paprika
- 1 C (240mL) Unsweetened Almond Milk
- \*If you'd rather use real cheese, sub 1/2-1 C shredded cheddar (or any cheese) for the milk and cheddar powder.



## INSTRUCTIONS

- Use a fork to poke holes all around the squash. Place it on a microwave safe plate and microwave for 6 minutes.
- Cut the squash in half and those halves in half to make four pieces. The "guts" should be exposed. Scoop them out and place squash pieces cut side down on the plate. Microwave for an additional 6-8 minutes.
- While the squash cooks, prepare the pasta as instructed on the packaging.
- Thinly slice the sausages before pan frying over high heat.
- When the squash has cooked and cooled, scoop the flesh into a food processor and add the milk, cheddar powder, and spices. Blend until smooth.
- Add the "cheese" sauce to the pasta and gently fold together before adding the fried sausage slices.

# BUTTERNUT SQUASH WITH BRUSSELS

**125 CALS | 5 P | 15 C | 5 F**

(PER SERVING (1/2 cup), recipe makes 11 servings)

1 Butternut Squash, peeled and cubed (800g cubed)  
2 bags (24 oz total) Frozen Brussels Sprouts, microwaved and halved  
6 slices Precooked Bacon, diced  
2 oz Chopped Pecans  
1/2 C (120mL) Walden Farms Pancake Syrup (or any sugar free syrup)  
1/2 Tbsp Black Pepper



## INSTRUCTIONS

- Preheat oven to 450F.
- Peel a butternut squash and cut it in half lengthwise to expose the end with seeds. Use a spoon to scoop out the "guts" of the squash. Cut the squash into 1" cubes.
- Microwave the brussels sprouts or prepare 24 oz of fresh brussels sprouts before cutting them in half.
- Toss the sprouts and squash to a large bowl with the remaining ingredients.
- Add the mixture to a large baking sheet and bake for 30-40 minutes. Stirring about halfway through.



# CASSIDY PASTA

264 CALS | 34 P | 14 C | 8 F  
(FOR 1 SERVING)

- Shredded cooked chicken breasts
- 1 large zuchinni cut into bite size pieces
- 1 package of frozen spinach
- 3 oz of light or fat free cream cheese
- 1 jar of pasta sauce
- Chicken broth to get the consistency you want
- Italian seasoning

## INSTRUCTIONS

- Put ingredients in crockpot; cook on high for 3 hours.
- Eat as is or over pasta or zoodles or spaghetti squash.

NOTE: Macros vary depending on ratios and the kind of pasta sauce you choose



Stronger U Member Submitted.  
Thank you, Tracy!

# CARAMEL APPLE PEANUT BUTTER DIP

242 CALS | 24 P | 32 C | 2 F  
(FOR 1 SERVING)

- 1 Medium Apple, sliced
- 1/2 C (113g) Fat-Free Greek Yogurt
- 1/3 Scoop (11g) Vanilla Protein Powder
- 2 Tbsp (12g) PB2 or Powdered Peanut Butter
- 2 Tbsp (30mL) Walden Farms Caramel Syrup
- 1. Wash and slice a medium apple.
- 2. Mix the yogurt, protein, powdered peanut butter, and caramel syrup in a small bowl.

## INSTRUCTIONS

- Wash and slice a medium apple.
- Mix the yogurt, protein, powdered peanut butter, and caramel syrup in a small bowl.







## CRISPY CHICKPEAS

**130 CALS | 6 P | 22 C | 7 F**

(FOR 1 SERVING; recipe makes 3 servings)

1 can (15 ounces) chickpeas, rinsed and drained,  
or 1 ½ cups cooked chickpeas

1 tablespoon olive oil

½ teaspoon fine salt

Add your favorite seasonings: Try stirring in 1/2  
teaspoon of everything but the bagel seasoning,  
chili powder, or pumpkin spice blends and  
cinnamon.

### INSTRUCTIONS

- Preheat the oven to 425°F
- Pat dry with a towel and let sit 10 minutes if you can. Dry the chickpeas well. The drier they are, the crispier they get.
- Toss chickpeas with olive oil, salt & pepper (add dry spices after roasting, they burn easily).
- Spread on a sheet pan in a single layer.
- Roast 20-30 minutes, shaking the pan halfway.
- For extra crisp: turn off oven and leave chickpeas inside 10 more minutes with door slightly open.
- Toss in extra seasoning while warm (if desired).
- Air Fryer Variation: 400°F for 12-15 minutes, shake basket halfway.

Stronger U Member Inspiration, Thank you, Lori!





# PUMPKIN PIE PROATS

141 CALS | 11 P | 29 C | 4 F\*

- 1/4 cup (20g) quick oats
- 1/4 cup (60 mL) milk
- 1/4 cup (60g) canned pumpkin
- 1 tbsp (7g) graham cracker crumbs
- 1/8 tsp pumpkin pie spice
- 1/2 scoop (16g) vanilla protein powder

\*Macros with skim milk.  
Optional: top with an addtl. tbsp of graham cracker crumbs

## INSTRUCTIONS

- Add ingredients (except protein powder) to a bowl. Stir.
- Microwave for 75-90 seconds. (Until little liquid remains.)
- Add protein powder to the cooked oats and stir well.

# BANANA BREAD PROATS

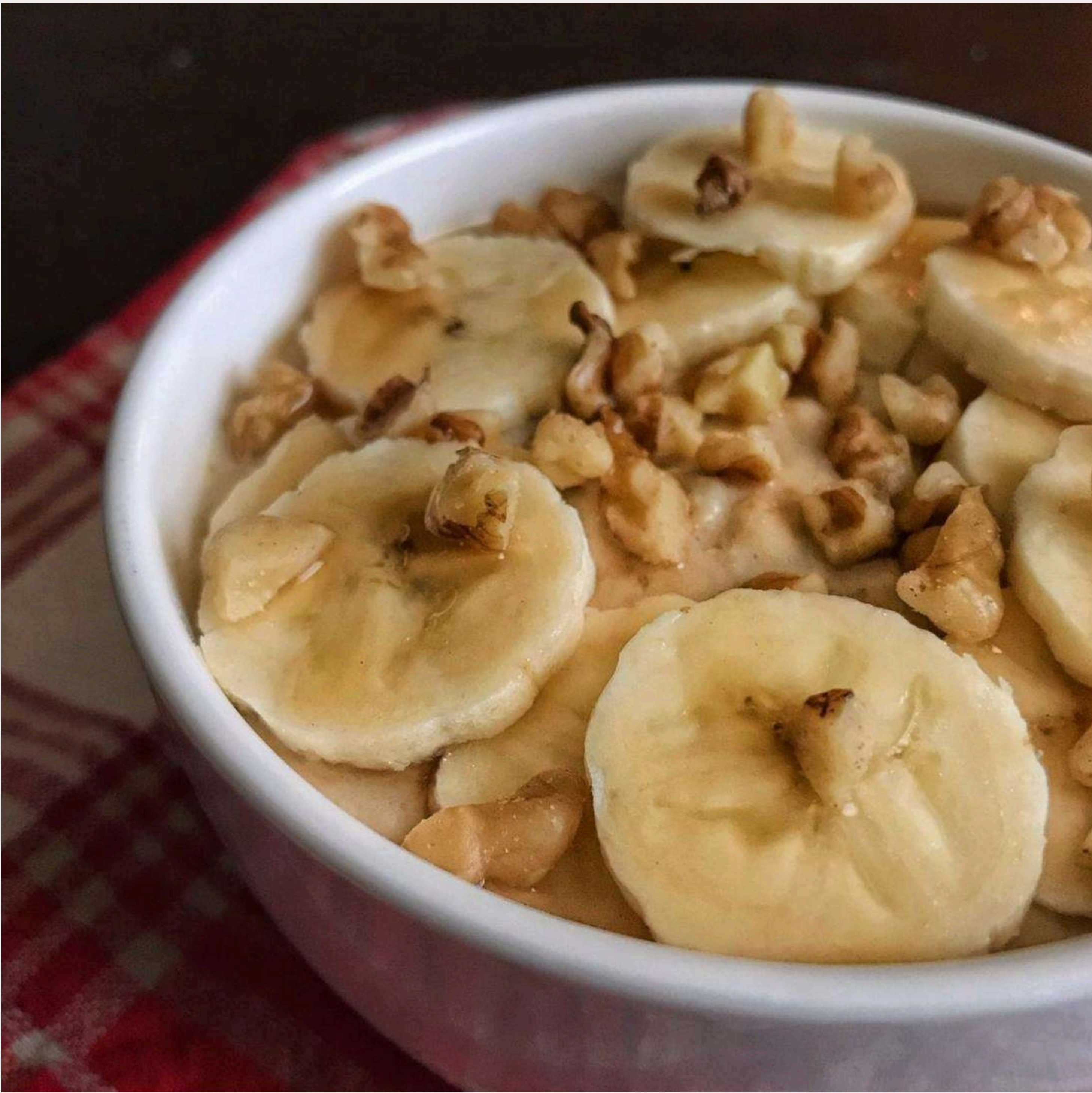
350 CALS | 38 P | 36 C | 6 F

- 1 large ripe banana
- 1/4 cup (20g) quick oats
- 3/8 cup (92g) liquid egg whites
- 2 tbsp (30mL) water
- 2 tbsp (30mL) Walden Farms Pancake Syrup
- 1 tbsp (7g) walnut pieces
- 1 scoop (32g) vanilla protein powder

## INSTRUCTIONS

- Add the oats, egg whites, water, pancake syrup, walnut pieces, and 1/2 the banana to a bowl.
- Microwave for 90 seconds.
- While the oats cook, slice the remaining banana.
- Add the protein powder to the cooked oats and stir.
- Top with sliced banana.

(Optional: sprinkle additional walnut pieces and drizzle with more syrup.)







# BANANA BREAD IN A MUG

349 CALS | 33 P | 41 C | 6 F

- 1 medium (100g) banana
- 1/4 cup (26g) Kodiak Buttermilk Power Cakes
- 1 scoop (32g) vanilla protein powder
- 1 tbsp (7g) walnuts, crushed
- 2 tbsp (30mL) Walden Farms Pancake Syrup (or your choice of sticky sweetener)

## INSTRUCTIONS

- Spray a large mug or ramekin with nonstick cooking spray. Set aside.
- In a separate bowl, mash the banana before adding the remaining ingredients.
- Stir well until you have a smooth batter.
- Pour the batter into the mug and microwave for 75-90 seconds or until its center is no longer runny. Watch for overflow, and you may have to finish the cook time in 5-second intervals.
- Optional: Top with additional banana slices, walnuts, and syrup.

# APPLE PIE PROTEIN OATMEAL

280 CALS | 19P | 41C | 4F

- 1/4 cup (20g) quick oats
- 1/2 cup (120mL) water or unsweetened almond milk
- 1/2 C (85g) sugar free apple pie filling
- 1/2 tbsp stevia or low calorie sweetener
- 1/2 tsp pumpkin pie spice
- 1/2 scoop (17g) vanilla protein powder
- 1 tbsp (7g) graham cracker crumbs

## INSTRUCTIONS

- Mix the oats, water, pie filling, and spices/sweetener together in a bowl
- Microwave for 90 seconds.
- After the oats have cooked, mix the protein powder in and top with graham cracker crumbs.
- We don't recommend using this recipe for overnight oats







## PUMPKIN SPICE PANCAKE BOWL

**191 CALS | 16 P | 30 C | 5 F**

1/3 scoop (11g) Vanilla Protein Powder  
1/4 C (26g) Kodiak Cakes Buttermilk Mix  
1 Tbsp (9g) Any granular sugar substitute  
1/2 tsp Pumpkin Pie Spice  
1/4 C (60g) Canned Pumpkin  
1 Tbsp (15mL) Walden Farms Pancake Syrup or  
any sugar free pancake syrup  
1/2 Tbsp (7g) Light Butter  
1/8 tsp Ground Cinnamon or more pumpkin pie spice

### INSTRUCTIONS

- Mix the dry ingredients (except cinnamon) in a bowl or large mug.
- Add the pumpkin, pancake syrup, and butter. Stir.
- Add the butter to the top of the mixture and sprinkle with cinnamon or additional pumpkin pie spice
- Microwave for 1:15-1:30 or until the center of the pancake bowl is cooked through.
- Eat straight from the mug or bowl, or if you'd like to transfer to a plate, run a knife around the edge and it should slide right out.

## PEACH COBBLER MUG CAKE

**312 CALS | 19P | 37C | 10F**

1/4 cup (20g) quick oats  
1/4 C (26g) Graham Cracker Crumbs  
- 2/3 scoop (21g) Vanilla Protein Powder  
- 1/2 C (124g) Sliced Peaches in Juice  
- 1 Tbsp (14g) Light Butter Land O'Lakes  
- 1/4 C (60mL) Walden Farms Pancake Syrup  
or any sugar free pancake syrup

### INSTRUCTIONS

- Mix the dry ingredients in a bowl or mug before stirring in the pancake syrup and butter.
- (You can microwave the butter for 5 seconds to help with mixability, but the light butter usually mixes just fine.)
- Once evenly mixed, add the peaches and gently stir. (Some juice from the peaches is fine but try to get primarily peaches in your measurement.)
- Microwave for 2:30-3:00 or until the center is mostly solid. If you're eating straight from the mug, having some remaining liquid towards the bottom is fine. It's better to slightly undercook than overcook protein mug cakes.





# PUMPKIN SPICE PROTEIN DONUTS

**95 CALS | 13 P | 61 C | 0 F**

(PER DONUT, recipe makes 6)

## DONUT:

1/4 C (30g) All-Purpose Flour  
1 scoop (32g) Vanilla Protein Powder  
3/8 C (92g) Liquid Egg Whites  
1/2 C (120g) Canned Pumpkin  
1/4 C (30g) All-Purpose Flour  
1 scoop (32g) Vanilla Protein Powder  
3/8 C (92g) Liquid Egg Whites  
1/2 C (120g) Canned Pumpkin  
1 Tbsp (15g) Unsweetened Apple Sauce (or an extra 1-2 Tbsp canned pumpkin)  
1 Tbsp Stevia or O-Cal Sweetener  
1 tsp Baking Powder 1-2 tsp Pumpkin Pie Spice

## FROSTING:

2 oz Fat-Free Cream Cheese room temp or softened  
1/4 C (60mL) Fat-Free Evaporated Milk  
1 scoop (32g) Vanilla Protein Powder



## INSTRUCTIONS

- Preheat oven to 350 degrees F and spray a 6-donut pan with low-cal cooking spray.
- Mix all donut ingredients together in a large bowl until smooth. (Depending on the protein powder, you may not need the additional applesauce or pumpkin. If batter is too thick, add as needed.)
- Spoon the donut batter into the donut pan. Bake for 15 minutes.
- While donuts are in the oven, make your frosting by mixing the cream cheese, evaporated milk, and protein powder together. If your cream cheese is not room temp, microwave it for 10-15 seconds.
- Let donuts cool slightly before removing from pan

# PUMPKIN SPICE PROTEIN PANCAKES

**170 CALS | 28 P | 11 C | 1 F**

(PER PANCAKE, recipe makes 2)

## PANCAKE:

1/2 C (120g) Canned Pumpkin  
1 scoop (32g) Vanilla Protein Powder  
1/2 Tbsp Pumpkin Pie Spice  
3/8 C (92g) Liquid Egg Whites

## FROSTING:

2 oz Fat Free Cream Cheese room temp or softened  
1/2 scoop (16g) Protein Powder  
1/2 tsp Imitation Vanilla  
1/2-1 Tbsp Stevia or Low Calorie Sweetener

## INSTRUCTIONS

- Heat a large skillet or griddle with nonstick cooking spray over medium heat.
- Mix the pancake ingredients in a large bowl, stirring until you have a smooth batter.
- Pour batter into the pan or griddle in two circles.
- Cook time may vary but 90-120 seconds per side
- While your pancakes cook, mix the cream cheese, 1/2 scoop of protein powder, and sweetener in a bowl or food processor. Top your finished pancake with the frosting and enjoy!





## NO-BAKE FALL BALLS

**110 CALS | 6 P | 10 C | 5 F**  
(PER BALL)

- 3/4 C (90g) Graham Cracker Crumbs
- 2 scoops (68g) Vanilla Protein Powder
- 1 tsp Pumpkin Pie Spice
- 2 tsp Swerve Confectioners or Powdered
- Sugar (if omitted, reduce pumpkin by 1-2 Tbsp)
- 1 1/2 oz (42g) Chopped Pecans
- 2 Tbsp (28g) Chocolate Chips
- 1/2 C (120g) Canned Pumpkin

### INSTRUCTIONS

- Mix the dry ingredients together in a large bowl before adding the chocolate chips and pecans.
- Add the pumpkin and stir until you can form a dough-like ball.
- Divide the ball into 10 pieces. (You can weigh each piece for 100% accuracy if you'd like.)
- Roll each piece between your palms to smooth. (Cooking spray on the hands helps prevent sticking.)
- Refrigerate for up to 3-4 days.



## PUMPKIN CHIP PROTEIN MUFFINS

**107 CALS | 8 P | 3 C | 2 F**  
(PER MUFFIN, recipe makes 12)

1/2 C (60g) All Purpose Flour  
2 scoops (68g) Vanilla Protein Powder  
1 C (80g) Quick Oats  
2 Tbsp Stevia, to taste  
1 tsp Baking Powder  
1 tsp Pumpkin Pie Spice  
1/4 C (56g) Chocolate Chips  
1 C (240g) Canned Pumpkin  
3/4 C (184g) Liquid Egg Whites

### INSTRUCTIONS

- Preheat the oven to 350F and line a 12-muffin tin with baking cups or nonstick cooking spray.
- Mix the dry ingredients (except chocolate chips) in a large bowl.
- Add the pumpkin and egg whites, stirring until smooth.
- Fold the chocolate chips into the batter.
- Transfer the batter to the muffin tin, filling each slot 3/4 way full.
- Bake for 16-18 minutes or until the center of each muffin is cooked through.





# FALL FOOD FAVES FROM STRONGER U MEMBERS

## TEA

- Harney cinnamon spice tea
- Tazo Baked Cinnamon Apple Tea (Caffeine Free)

## DAIRY

- Danon Light & Fit Pumpkin reek Yogurt and Chobani
- Pumpkin Spice Greek Yogurt
- Edy's Washington Apple Pie Slow Churned Ice Cream
- 365 Everyday (Whole Foods) Pumpkin Spice Whipped Topping
- 365 Everyday (Whole Foods) Pumpkin Pie Ice Cream Sandwiches

## CREAMER & FLAVOR

- Califia Farms Pumpkin Spice Almond Creamer
- Califia Farms Toffee Tidings Dairy Free Creamer
- Skinny Syrups Pumpkin Spice Syrup
- International Delight Sugar Free Pumpkin Spice Coffee Creamer

## MISCELLANEOUS

- Pumpkin Spice English Muffins
- Pumpkin Spice Cheerios, Frosted Mini Wheats, and Frosted Flakes
- Nature's Path Pumpkin Spice Waffles
- Sweetzels Spiced Wafers
- Pumpkin Flax Kodiak Cakes
- Pumpkin Kodiak Waffle Mix
- Sugar Free Apple Pie Filling
- Pillsbury Sugar Free Cinnamon Swirl Quick Bread
- Keebler Ready Mini Pie Crusts

## TRADER JOE'S SECTION

- Tomato Feta Soup
- Honey Roasted Pumpkin Ravioli
- Autumn Harvest Pasta Sauce
- Pumpkin Butternut Squash Bisque
- Harvest Chili
- Pumpkin Tortilla Chips
- Fall Harvest Salsa
- Pumpkin Butter
- Pumpkin Spice Waffles
- Harvest Blend Herbal Tea (Caffeine Free)