

“What I Eat in A Day”

With Holly Baxter, March 26th, 2025

145 Pro / 37 Fat / 125g Carb / 20g Fiber / 11g Sat Fat

Meal 1: Protein Bar

Ingredients

- Barbell Protein Bar

Macros

204 Cals / 20g Pro / 8g Fat / 20g Carb

Meal 2: Chicken Mediterranean Chopped Salad Bowl

Ingredients

- 120g Chicken Tenderloin (raw weight)
- 17g Lite Sweet Vidalia Onion Dressing (Ken's Steak House)
- 50g Kale
- 50g Purple or Green Cabbage
- 50g Cucumber
- 75g Butternut Squash (Pre Cubed)
- 25g Lettuce
- 30g Cherry Tomato
- 15g Shredded Carrot
- 20g Fat Free Feta (President)
- 5g Dehydrated Edamame
- 2g Sunflower Seeds
- 2g Toasted Quinoa
- **NOTE:** I used a combination of ingredients from the Fresh Express Pre Made Chopped Salad Kits and ingredients I had in my refrigerator.

Instructions

1.) Cook Chicken:

Season and air fry, grill, or pan-cook chicken for 8–10 mins (165°F/74°C), then chop.

2.) Roast Butternut Squash:

Lightly spray and roast at 400°F (200°C) for 15–20 mins until golden.

3.) Prep Veggies:

Chop kale, cabbage, lettuce, cucumber, and halve tomatoes. Add shredded carrots.

4.) Assemble Bowl:

Combine veggies, squash, and chicken in a bowl.

5.) Add Toppings:

Sprinkle with feta, edamame, sunflower seeds, and toasted quinoa.

6.) Drizzle Dressing:

Add Lite Sweet Vidalia Onion Dressing and toss.

Macros

290 Cals / 32g Pro / 5g Fat / 29g Carb

Meal 3: Mixed Berry Yogurt Parfait**Ingredients**

- 150g Ratio Vanilla Yogurt (any Ratio is fine - all have the same macros)
- 25g Blackberries
- 25g Raspberries
- 30g Banana
- Sprinkle of crushed nuts i.e pecans for topping (optional)

Instructions

- 1.) Layer half of the yogurt in a short thin glass or bowl.
- 2.) Add a layer of blackberries, raspberries, and banana.
- 3.) Top with the remaining yogurt.
- 4.) Sprinkle crushed pecans on top (if using).
- 5.) Enjoy immediately or chill for later! 😊

Macros

220 Cals / 26g Pro / 4g Fat / 20g Carb

Meal 4: Creamy Pistachio Pesto Zoodle Pasta**Ingredients**

- 120g Chicken Tenderloin or Breast (raw weight)
- 30g Pistachio Pesto (Bettergoods)
- 50ml Fat Free Half n Half

- 50g Zucchini Zoodles
- 50g Cherry Tomato
- 40g Angel Hair (Dry pasta weight)
- Fresh Basil (garnish optional)

Instructions

- 1.) Prepare Zoodles:** Use a [Zoodler](#) to spiralize fresh zucchini or save time by using pre-made zoodles.
- 2.) Cook Chicken:** Season and cook chicken in a pan over medium heat until fully cooked. Slice or shred.
- 3.) Boil Pasta:** Cook angel hair pasta according to package instructions. Drain and set aside.
- 4.) Sauté Veggies:** In the same pan, sauté zoodles and cherry tomatoes for 1-2 minutes.
- 5.) Make Sauce:** Add pistachio pesto and half n half to the pan. Stir and simmer for 2-3 minutes.
- 6.) Combine:** Add cooked pasta and chicken to the sauce. Mix well to coat.
- 7.) Garnish:** Top with fresh basil (optional) and enjoy!

Macros

430 Cals / 32g Pro / 14g Fat / 45g Carb

Meal 5: Chocolate Gelato with Milo & Whoppers

Ingredients

- 1 bottle Chocolate Fairlife
- x1 wedge Lite Laughing Cow Cream Cheese
- 50ml 2% Milk
- 2g Milo (topping)
- 2x whopper balls (crushed)

Instructions

- 1.) Freeze Base:** Pour the Chocolate Fairlife into a Ninja Creami pint container. Freeze for 12 hours.
- 2.) Process:** Place the frozen pint in the Ninja Creami, select the “Lite Ice Cream” or “Gelato” setting, and process.
- 3.) Add Creaminess:** Create a well in the center, add the Laughing Cow Cream Cheese and 2% Milk. Use the “Mix-In” setting to blend until creamy. *I will often do this twice so its nice and light.
- 4.) Top & Enjoy:** Add Milo and crushed Whopper balls as toppings. Enjoy!