

DDT FLEXIBLE DIETING RECIPE BOOK



ERIC AND CHRIS MARTINEZ
CSCS, DIP.ISSN, CISSN, BA

DYNAMIC CHICKEN BURRITOS



INGREDIENTS:

28g Pepper Jack cheese
30g Trader Joes Guacamole spread
30g Trader Joes Low-fat sour cream
1 Ezekiel sprouted grain tortillas
120g Cuban style black beans
84g Shredded chicken
93g Brown rice

HOW TO PREPARE IT:

Step 1. Grill chicken breast and slice it up
Step 2. Warm up tortilla on stove
Step 3. Put guacamole and sour cream
Step 4. Add cheese, rice and beans
Step 5. Add grilled chicken
Step 6. Wrap and grub away

NUTRITION INFORMATION AND MACROS:

Calories: 639
Fats: 20g
Carbs: 70g
Protein: 45g
Fiber: 10g

DYNAMIC PORTOBELLO MUSHROOM



INGREDIENTS:

1 Whole Wheat Burger Bun (Orowheat Brand)
1 Portobello Mushroom
(weigh in grams after it's cooked)
112g Lean Bison Beef (weigh in grams after it's cooked)
28g Cheddar Cheese
1 Laughing Cow Wedge
1 Sliced Pickle
45g Lettuce
16g Honey Mustard
16g Ketchup

HOW TO PREPARE IT:

Step 1. Grill Bison burger meat on stove or BBQ
Step 2. Marinate mushroom in soy sauce, garlic salt and A1 sauce and grill on stove or BBQ until mushroom is brown
Step 3. Toast whole wheat burger bun
Step 4. Add cheddar cheese, laughing cow, ketchup and honey mustard
Step 5. Add sliced pickles, lettuce and ground pepper
Step 6. Grub and let us know what you think ;)

Nutrition Information and Macros:

Calories: 565
Fats: 24g
Carbs: 38g
Protein: 48g
Fiber: 7g

INGREDIENTS:

186g White Rice
140g Lean Bison Beef
86g Fresh bell peppers
86g Stir fry vegetable mix
2 Egg yolks

HOW TO PREPARE IT:

Step 1. Grill bison beef first
Step 2. Cook white rice in rice cooker or on the stove
Step 3. Cook stir fry veggies and bell peppers on a skillet
Step 4. Add rice, beef, and veggies in one large skillet
Step 5. Add egg yolks
Step 6. Grub time ;)

DYNAMIC BEEF STIR FRY



NUTRITION INFORMATION AND MACROS:

Calories: 520
Fats: 22g
Carbs: 55g
Protein: 53g
Fiber: 3g

INGREDIENTS:

67g Eating Right Pancake Mix
42g Fage Greek Yogurt
56g Low Fat Cottage Cheese (Trader Joes Brand)
17g Trader Joes Coconut Flour
75g Raw Apple
138g Liquid Egg Whites
1 Tsp Baking Powder
1 Tsp Vanilla Extract
1 Tsp Butter Flavor Enhancer
16g Almond Butter
1 Serving Walden Farms Pancake Syrup
Cinnamon

HOW TO PREPARE IT:

Step 1. Get a large mixing bowl and add pancake mix, yogurt, cottage cheese, coconut flour, baking powder, egg whites, vanilla extract and butter enhancer flavor
Step 2. Blend up raw apples and then add to large mixing bowl
Step 3. Heat up 2 small skillets and pour large bowl of ingredients into 4 small pancakes
Step 4. Put almond butter and walden farms syrup in microwave for 1 minute and then stire
Step 5. Add syrup on top of pancakes
Step 6. Time to devour those pancakes!

NUTRITION INFORMATION AND MACROS:

Calories: 629
Fats: 13g
Carbs: 90g
Protein: 38g
Fiber: 8g

DYNAMIC APPLE CINNAMON PANCAKES



DYNAMIC CRACK OF DAWN PROTEIN SHAKE



INGREDIENTS:

30g 100% Whey protein
40g Dry Myoatmeal
80g Banana
24g Peanut butter
Dash of Cinnamon
8 oz Almond milk (unsweetened kind)
Crushed or ice cubes

HOW TO PREPARE IT:

Step 1. Get a blender and add almond milk and ice cubes or crushed ice
Step 2. Add all the ingredients
Step 3. Blend that baby up and enjoy!

NUTRITION INFORMATION AND MACROS:

Calories: 535
Fats: 18g
Carbs: 54g
Protein: 35g
Fiber: 8g

DYNAMIC BLT LOW CARB



INGREDIENTS:

35g of Peppered Turkey Bacon
56g of Lean Honey Turkey Slices (from butcher)
28g of Low Fat Cheese
1 Low Carb-High Fiber Tortilla
Lettuce
Chopped Tomatoes
1 TBSP of Honey Mustard
Spicy Brown Mustard

HOW TO PREPARE IT:

Step 1. Cook turkey bacon on a skillet
Step 2. Heat up tortilla
Step 3. Put the cheese on top of the turkey and in the microwave for 40 seconds so it can melt
Step 4: Add all the ingredients together into the wrap
Step 4: Wrap that precious little thing up and nom nomnom!

NUTRITION INFORMATION AND MACROS:

Calories: 274
Fats: 10g
Carbs: 13g
Protein: 33g
Fiber: 8g

INGREDIENTS:

(2) Slices Boudin Sourdough Bread
112g Jenny O Extra Lean Ground Turkey
28g Cheddar Cheese
30g Trader Joes Guacamole
1 Laughing Cow Wedge
1 TBSP of Honey Mustard
1 TBSP of Low carb Ketchup

HOW TO PREPARE IT:

Step 1. Cook ground turkey on a skillet separately
Step 2. Put the cheese on top of the turkey burger and in the microwave for 40 seconds so it can melt
Step 3. Spread the laughing cow on the sourdough bread
Step 4: Add turkey burger with cheese onto bread and press into a waffle maker for 1 minute
Step 5: Add condiments and devour!

DYNAMIC GUACAMOLE TURKEY BURGER



NUTRITION INFORMATION AND MACROS:

Calories: 495
Fats: 15g
Carbs: 43g
Protein: 44g
Fiber: 3g

INGREDIENTS:

56 Traders Joe's Light Mozzarella Cheese
(3) Trader Joes Organic Whole Wheat Corn Tortillas
56g Trader Joes Guacamole Humus
56g Trader Joes Light Sour Cream
(2) servings Las Palmas Enchilada Sauce
(112) Shredded Chicken Breast

HOW TO PREPARE IT:

Step 1. Dip tortillas into enchilada sauce
Step 2. Pack enchiladas with chicken and cheese and wrap very slowly and tightly
Step 3. Put in oven at 350 degrees for 20-25 minutes
Step 4: Put lettuce, guacamole and sour cream on top and FEAST!

NUTRITION INFORMATION AND MACROS:

Calories: 750
Fats: 26g
Carbs: 76g
Protein: 52g
Fiber: 10g

DYNAMIC ENCHILADAS



DYNAMIC PAPAS CON HUEVOS



INGREDIENTS:

184 Liquid egg whites
(2) Whole eggs with yolk
224g Red potatoes
28g Mozzarella cheese

HOW TO PREPARE IT:

Step 1. Chop up potatoes and put in microwave for 3-5 minutes
Step 2. Add potatoes to skillet for 5 minutes
Step 3. Add eggs to skillet with potatoes
Step 4: Sprinkle cheese on top when cooked and Disfrutar!

NUTRITION INFORMATION AND MACROS:

Calories: 530
Fats: 17g
Carbs: 44g
Protein: 43g
Fiber: 5g

DYNAMIC STICKY WHITE RICE



INGREDIENTS:

5 cups of sushi rice from local Asian market
3 Cups of coconut milk
3 Cups of homemade or store bought chicken broth
Chopped onion seasonings
Garlic Salt seasonings

HOW TO PREPARE IT:

Step 1. Use rice cooker or pot that heats on a stove
Step 2. Add all ingredients in at the same time
Step 3. Let it cook
Step 4: Walla...homemade sticky white rice!

NUTRITION INFORMATION AND MACROS:

Calories: 200
Fats: 0g
Carbs: 46g
Protein: 4g
Fiber: 0g

INGREDIENTS (makes 12 muffins):

50g Coconut Flour
55g of Justin's Maple Almond Butter
(2) Whole Eggs
55g Cup of Honey
110g Cup of unsweetened Apple Sauce
101g Banana
(1) Scoop of Whey Protein (choice of flavor)
(2) Teaspoons of Baking Powder

HOW TO PREPARE IT:

Step 1. Use a large mixing bowl
Step 2. Mix all ingredients together
Step 3. Fill out each muffin cup evenly or weigh it out in grams
Step 4: Put muffins in oven at 400 degrees and for 15-20 minutes
Step 5: Take those babies out and pop in your mouth!

DYNAMIC ALMOND BUTTER MUFFINS



NUTRITION INFORMATION AND MACROS:

Calories: 139
Fats: 5g
Carbs: 11g
Protein: 5g
Fiber: 2g

INGREDIENTS (makes 12 muffins):

112g 93/7 Lean Ground Beef
224g Whole wheat spaghetti noodles
110g of Meatless Spaghetti Sauce
(1) Tablespoon of fat free parmesan cheese

HOW TO PREPARE IT:

Step 1. Boil noodles in pot on stove for about 15-20 minutes in medium-high
Step 2. Grill bison meat on skillet
Step 3. Drain noodles
Step 4: Put meat and sauce on noodles
Step 5: Sprinkle some parmesan and Bon appetite!

NUTRITION INFORMATION AND MACROS:

Calories: 602
Fats: 14g
Carbs: 77g
Protein: 45g
Fiber: 7g

DYNAMIC SPAGHETTI & MEATBALLS



DYNAMIC BEEF SOFT TACOS



INGREDIENTS:

28g serving Traders Joe's Light Mozzarella Cheese
(2)Trader Joes Middle Eastern Flat Breads
30g Trader Joes Guacamole Humus
(1) Laughing Cow Wedge
85g Trade Joes Frozen Fire Roasted Bell Peppers
100g Diced Tomatoes
112g Lean Bison Beef

HOW TO PREPARE IT:

Step 1.Grill bison meat on skillet
Step 2.Warm up frozen bell peppers in the microwave and then add to the ground beef
Step 3.Heat up flat breads on a flat grilling iron until crispy and brown
Step 4: Slice up lettuce and tomatoes
Step 5: Add meat, cheese, bell peppers, lettuce, tomatoes, laughing cow, guacamole into flat breads, roll those babies up and demolish them!

NUTRITION INFORMATION AND MACROS:

Calories: 310
Fats: 10g
Carbs: 30g
Protein: 25g
Fiber: 8g

DYNAMIC WHOLE WHEAT PIZZA



INGREDIENTS:

(1) Whole Wheat Boboli Pizza Crust
168g Grilled Chicken
100g Turkey-Pepperoni Slices
(2) Cans of Tomato Paste
168g Light Mozzarella Cheese
168g Light Cheddar Cheese
Garlic, Basil, Oregano, Mushrooms, Onions

HOW TO PREPARE IT:

Step 1.Prepare pizza crust
Step 2.Spread tomato paste on pizza crust
Step 3.Add cheese
Step 4: Add remainder toppings
Step 5: Put In oven at 400 degrees for 20-30 min
Step 6: Begin your pizza GAINZZZ ;)

NUTRITION INFORMATION AND MACROS:

Calories: 215
Fats: 9g
Carbs: 26g
Protein: 11g
Fiber: 3g

INGREDIENTS :

38gKodiak Pancake Mix
60g Banana
17gCoconut flour
(1) Whole egg
(3)Servings Liquid Egg Whites
16g Almond Butter
(1) Serving Walden Farms Pancake Syrup
Cinnamon

HOW TO PREPARE IT:

Step 1.Large mixing bowl
Step 2.Add in all ingredients and blend up well
Step 3.Cook pancakes on 2 separate skillets
Step 4: Warm up almond butter and syrup in small bowl for 45 seconds in the microwave
Step 5: Pour homemade syrup over pancakes and EAT!

DYNAMIC BANANA PANCAKES



NUTRITION INFORMATION AND MACROS:

Calories: 452
Fats: 14g
Carbs: 50g
Protein: 34g
Fiber: 10g

INGREDIENTS :

(2) Whole Eggs with Yolk
(2) Servings of Liquid Egg whites
56g Lean ham
28g Peppered turkey bacon
28g Shredded mozzarella cheese
85g Sliced bell peppers
50g Sliced mushrooms
50g Sliced Onions

HOW TO PREPARE IT:

Step 1.Get 2 separate skillets
Step 2.Chop up mushrooms, onions and bacon and fry in one skillet
Step 3.Cook ham first for 2 minutes then beat eggs together and cook in other skillet
Step 4: Once egg is cooked, add cheese, onions, mushrooms and bacon and flip into an omelet
Step 5: Breakfast is served!

NUTRITION INFORMATION AND MACROS:

Calories: 400
Fats: 22g
Carbs: 10g
Protein: 50g
Fiber: 2g

DYNAMIC HAM N CHEESE OMELET



DYNAMIC YAMS



INGREDIENTS:

168g Cooked Yam
60g Banana
16g Almond Butter
(1) Walden Farms Strawberry Syrup

HOW TO PREPARE IT:

Step 1. Put cooked yam and slices bananas in microwave for 3 minutes
Step 2. Warm up almond butter and syrup in small bowl for 45 seconds in the microwave
Step 3. Pour Homemade syrup over yam and you have yourself a DELICIOUS Prewrkout carb source!

NUTRITION INFORMATION AND MACROS:

Calories: 152
Fats: 8g
Carbs: 67g
Protein: 7g
Fiber: 5g

DYNAMIC BLUEBERRY MUFFINS



INGREDIENTS:

113g raw oats
56g of wheat bran
30g vanilla whey protein
96g of egg whites
4 tbspsplenda or stevia
56g wheat flour
1 tsp baking soda
128g blueberries

HOW TO PREPARE IT:

Step 1. Large mixing bowl
Step 2. Add in all ingredients besides blueberries
Step 3. Slowly fold & stir
Step 4: Add in blueberries
Step 5: slowly stir & fold again
Step 6: Pour into muffin tin
Step 7: Bake on 350 degrees for 30 minutes
Step 8: GRUB time

NUTRITION INFORMATION AND MACROS:

Calories: 81
Fats: 1g
Carbs: 8g
Protein: 5g
Fiber: 1.5g

INGREDIENTS :

112g chicken breast
(1) Whole wheat tortilla
130g black beans
28g Low-fat mozzarella cheese
30g Low-fat sour cream
28g Avocado
85g Sliced Onions
Chopped lettuce

HOW TO PREPARE IT:

Step 1. Heat up tortilla on skillet
Step 2. Add black beans, chicken, and onions in separate skillet
Step 3. Add cheese to tortilla then add chicken, onions, and black beans
Step 4: Lastly add lettuce, sour cream, and avocado
Step 5: Then MUNCH TIME!



DYNAMIC QUESADILLAS

NUTRITION INFORMATION AND MACROS:

Calories: 517
Fats: 17g
Carbs: 53g
Protein: 48g
Fiber: 8g

INGREDIENTS :

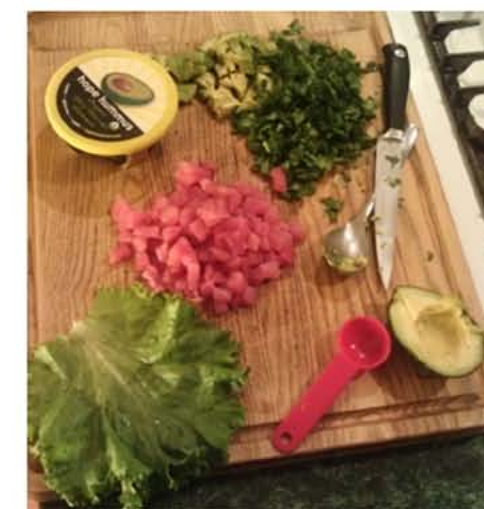
28g Fresh Ahi Tuna
Lettuce of your choice,
just be able to wrap those babies
Chopped up Cilantro
14g of fresh avocado
1 TBS of Spicy Avocado Hummus Sauce

HOW TO PREPARE IT:

Step 1. Dice up ahi tuna
Step 2. Chop up cilantro
Step 3. Slice up avocado
Step 4: Wrap up all the ingredients into a lettuce wrap, add the avocado sauce, and here the CRUNCH sound!

NUTRITION INFORMATION AND MACROS:

Calories: 81
Fats: 5g
Carbs: 1g
Protein: 8g
Fiber: 1g



DYNAMIC AHI TUNA WRAPS

DYNAMIC QUICK N EASY PREWORKOUT



INGREDIENTS:

128g of Fiber One Raisin Bran Clusters
120g Banana
128g Almond Milk
30g Scoop Vanilla Whey Protein
Cinnamon

HOW TO PREPARE IT (per 1 wrap):

Pretty self-explanatory ehhe ;)

NUTRITION INFORMATION AND MACROS:

Calories: 464
Fats: 4g
Carbs: 78g
Protein: 29g
Fiber: 13g

DYNAMIC CHILAQUILES



INGREDIENTS:

(3) Whole wheat tortillas
56 Servings of low fat mozzarella cheese
(1) Whole Egg
(5) Servings Liquid Egg whites
El pato sauce (as much as you like)
15g Guacamole

HOW TO PREPARE IT:

Step 1. Chop up tortillas first and grill them on the skillet
Step 2. Then add egg to the skillet when tortillas are brown and crispy
Step 3. Put cooked egg and tortillas onto a plate
Step 4: Then add el pato sauce, cheese, and guacamole...then you know what to do ;)

NUTRITION INFORMATION AND MACROS:

Calories: 722
Fats: 26g
Carbs: 70g
Protein: 52g
Fiber: 17g

INGREDIENTS :

192g Myoatmeal
60g vanilla whey protein
(1) Whole egg
(2) TBSP honey
64g dark chocolate chips
128g apple sauce
64g splenda
4 TBSP peanut butter

HOW TO PREPARE IT:

Step 1. Get a large mixing bowl
Step 2. Add all the ingredients into the bowl and mix
Step 3. Get cooking sheet and parchment paper and make sure to spray paper with pam
Step 4: Make cookies and weigh them in grams to make them even
Step 5: Put in oven for 350 degrees for 10-15 min
Step 6: Take those babies out and pop em in your mouth!

DYNAMIC CHOCOLATE CHIP OATMEAL PROTEIN COOKIES



NUTRITION INFORMATION AND MACROS:

Calories: 146
Fats: 6g
Carbs: 17g
Protein: 6g
Fiber: 3g

INGREDIENTS :

128g fat free cottage cheese
40g of whole rolled oats
70g blueberries
1 TBSP of raw honey
28g pecans
Add cinnamon to your taste preference

HOW TO PREPARE IT:

Step 1. Get a large bowl
Step 2. Add in cottage cheese
Step 3. Add in raw honey
Step 4: Add in cooked oats
Step 5: Add in pecans and blueberries
Step 6: Sprinkle cinnamon on top and stir
Step 7: DEVOUR

NUTRITION INFORMATION AND MACROS:

Calories: 610
Fats: 23g
Carbs: 65g
Protein: 35g
Fiber: 6g

DYNAMIC COTTAGE CHEESE DESSERT BOWL



DYNAMIC NACHOS



INGREDIENTS:

98g Bison Beef
(2) Whole Wheat Tortillas
28g Low-fat Mozzarella Cheese
(2) TBSP Low-fat sour cream
(2) TBSP Guacamole
64g Black Beans

HOW TO PREPARE IT :

Step 1. Cook beef on separate skillet
Step 2. Slice up tortillas into chip shapes and put into oven for 10 minutes until they are brown and crispy
Step 3. Then add cheese, beans and beef to chips
Step 4: Top it off with sour cream and guacamole
Step 5: BOOM!

NUTRITION INFORMATION AND MACROS:

Calories: 612
Fats: 20g
Carbs: 62g
Protein: 46g
Fiber: 8g

DYNAMIC SHRIMP COCKTAIL



INGREDIENTS:

112g Wild Caught Pink Shrimp
(1) Serving Honey and Soy Cooking Sauce (whole foods)
(1) Tablespoon Garlic Oil (whole foods)
32g Clamato or Tomato Juice
Fresh squeezed lemon
64g Chopped up onions
64g Chopped up garlic
64g Chopped up cucumbers
28g Avocado

HOW TO PREPARE IT:

Step 1. Cook shrimp on separate skillet in garlic oil and honey and soy cooking sauce
Step 2. Slice up onions, garlic, cucumbers, and avocado
Step 3. Get a large bowl and add all the ingredients in it
Step 4: Top it off with clamato and lime juice
Step 5: Bomb.com is about to happen!

NUTRITION INFORMATION AND MACROS:

Calories: 217
Fats: 13g
Carbs: 21g
Protein: 18g
Fiber: 5g

INGREDIENTS :

(2) Sprouted Whole Wheat Bread or Ezekiel Bread
(1) Whole Egg
128g Almond Milk
30g Whey Protein
(1) TBSP of Vanilla Extract
(1) TBSP of Splenda
Cinnamon

HOW TO PREPARE IT:

Step 1. Get a bowl to make batter and mix egg, almond milk, cinnamon, Splenda, whey protein and vanilla extract
Step 2. Soak bread into batter bowl
Step 3. Put soaked bread onto skillet and cook until bread is brown
Step 4: Stack those babies on top of each other and FEAST!

DYNAMIC FRENCH TOAST



NUTRITION INFORMATION AND MACROS:

Calories: 390
Fats: 11g
Carbs: 31g
Protein: 39g
Fiber: 8g

INGREDIENTS :

112g Lean turkey tenderloin cut (leanest cut available)
1 TBSP Garlic Oil
Santa Maria style seasoning
Garlic powder
Minced garlic
Sea salt

HOW TO PREPARE IT:

Step 1. Slice up turkey tenderloin into strips
Step 2. Put strips into zip lock bag and marinate with seasonings above
Step 3. Cook strips on skillet with garlic oil until they are brown
Step 4: Once these golden nuggets are done you can add them with pretty much anything you want!

NUTRITION INFORMATION AND MACROS:

Calories: 180
Fats: 8g
Carbs: 0g
Protein: 28g
Fiber: 0g

DYNAMIC TURKEY TENDERLOIN STRIPS



DYNAMIC BURRITO BOWL



INGREDIENTS:

112g Grilled lean chicken breast strips
130g Black beans
93g White rice
28g Pepper jack cheese
86g Grilled onions
86g Bell peppers
28g Sliced avocado
30g Salsa

HOW TO PREPARE IT :

Step 1. Cook chicken, onions, and bell peppers in separate skillet
Step 2. Get a bowl and add beans, rice and cheese and microwave for 1 minute
Step 3. Add all the ingredients into a large bowl
Step 4: No need to go to Chipotle anymore ;)

NUTRITION INFORMATION AND MACROS:

Calories: 517
Fats: 15g
Carbs: 62g
Protein: 45g
Fiber: 9g

DYNAMIC ZUCCHINI BREAD



INGREDIENTS:

Makes 1 loaf
1 ½ Servings of whole grain oat flour
64g of splenda
(2) Tsp Baking powder
(½) Tsp of sea salt
(½) Tsp of cinnamon
(½) Tsp of nutmeg
64g of almond milk
(2) Fresh zucchinis
(1) whole egg
64g of apple sauce

HOW TO PREPARE IT:

Step 1. Put oven on 400-450 degrees
Step 2. Grade zucchinis with a cheese grader
Step 3. Mix all of the ingredients above in a large stirring bowl; should be lumpy after everything is mixed and stirred
Step 4: Spray bottom & sides of small loaf pan with Pam spray or olive oil cooking spray
Step 5: Pour batter into loaf pan and cook for about 20 min
Step 6: Enjoy!

NUTRITION INFORMATION AND MACROS:

Calories: 187
Fats: 7g
Carbs: 28g
Protein: 16g
Fiber: 5g

HOW TO PREPARE IT:

Step 1. Cut Lavash bread down the middle into 2 big pieces
Step 2. Lightly rinse both pieces of lavash bread in water until its soft
Step 3. Put lavash pieces in two hand towels and cover them up so they dampen and get softer
Step 4: Cook beef in separate skillet with tomato sauce, seasonings, and mushrooms
Step 5: Then put lavash bread into baking pan and layer the ground beef and cheese on top of 1 lavash bread and then the other
Step 6: Pop it in the oven for 15-20 minutes on 350-400 degrees
Step 7: Take it out, cut it up, let it cool for 5 minutes and Bone appetite!

INGREDIENTS :

672g (1.5 lb) 90% Lean Ground Beef
126g Lavash Bread
280g Low Fat Mozzarella Cheese
392g Pepper jack cheese (Whole can)Whole
"ClassicoTraditional Sweet Basil" Sauce
Sliced mushrooms



DYNAMIC LOW CARB LASAGNA

NUTRITION INFORMATION AND MACROS:

(Depending on how you cut the entire lasagna layer:
Ex of 10 slices):
Calories: 474
Fats: 26g
Carbs: 20g
Protein: 40g
Fiber: 5g

INGREDIENTS :

(1) Lenny & Larry's double fudge protein cookie
113g Low fat cottage cheese
(1) TBSP almond butter
Cinnamon

HOW TO PREPARE IT:

Step 1. Cut the protein cookie up into squares
Step 2. Add cottage cheese to bowl with cinnamon
Step 3. Add almond butter to bowl
Step 4: Mix and enjoy heaven in your mouth ☑

NUTRITION INFORMATION AND MACROS:

Calories: 600
Fats: 23g
Carbs: 67g
Protein: 31g
Fiber: 4g

DYNAMIC DOUBLE FUDGE DESSERT



DYNAMIC BURRITO BOWL



INGREDIENTS:

256g of all-purpose flour
68g Splenda (68 packets)
(1.5) teaspoons baking powder
(.5) teaspoon salt
68g Almond milk
(¼) teaspoon vanilla extract
1 large egg white
68g frozen blueberries
150g Chobani blueberry yogurt
64g water

HOW TO PREPARE IT :

- Step 1.** Put all ingredients in a large mixing bowl, stir well
Step 2. put entire batter onto parchment paper and cut up however many scones you want or measure entire batter out and divide by however many scones you want to make and put them individually onto parchment paper. This will get the macros more accurate.
Step 3. Put in oven at 425 degrees and bake for 15-20 minutes
Step 4: Let scones cool for 5 minutes, eat them, and never return to Starbucks for their scones ;)

NUTRITION INFORMATION AND MACROS:

Calories: 169
Fats: 1g
Carbs: 30g
Protein: 5g
Fiber: 2g

DYNAMIC OATMEAL RAISIN COOKIES N OATS



INGREDIENTS:

(1) Lenny & Larry's oatmeal raisin protein cookie
128g of Almond Milk
40g of Myoatmeal Oats
Cinnamon

HOW TO PREPARE IT:

- Step 1.** Cut up protein cookie into squares
Step 2. Cook oats with almond milk for 3 minutes in the microwave
Step 3. Throw cookies into oats and sprinkle cinnamon on top

NUTRITION INFORMATION AND MACROS:

Calories: 600
Fats: 19g
Carbs: 85g
Protein: 21g
Fiber: 5g

INGREDIENTS :

112g of Costco brand tri tip
93g Brown rice
112g of Asparagus
28g Avocado

HOW TO PREPARE IT:

- Step 1.** Cook tri tip as instructed on label
Step 2. Steam brown rice in rice steamer
Step 3. Grill asparagus spears on skillet
Step 4: add the serving of avocado and put this meal onto a beautiful plate, take a pic of it, and enjoy!



DYNAMIC TRI TIP MEAL

NUTRITION INFORMATION AND MACROS:

Calories: 364
Fats: 15g
Carbs: 32g
Protein: 26g
Fiber: 6g

INGREDIENTS :

67g Eating Right Pancake Mix
42g Fage Greek Yogurt
56g Low Fat Cottage Cheese
(Trader Joes Brand)
17g Trader Joes Coconut Flour
138g Liquid Egg Whites
1 Tsp Baking Powder
1 Tsp Vanilla Extract
1 Tsp Butter Flavor Enhancer
16g Peanut Butter
18g Jelly
1 Serving Walden Farms Pancake Syrup
Cinnamon

HOW TO PREPARE IT:

- Step 1.** Get a large mixing bowl and add pancake mix, yogurt, cottage cheese, coconut flour, baking powder, egg whites, vanilla extract and butter enhancer flavor
Step 2. Heat up 2 small skillets and pour large bowl of ingredients into 4 small pancakes
Step 3. Put peanut butter and Jelly on top of pancakes
Step 4. Add syrup on top of pancakes
Step 5. Time to devour those pancakes!

NUTRITION INFORMATION AND MACROS:



Calories: 589
Fats: 13g
Carbs: 80g
Protein: 38g
Fiber: 8g

DYNAMIC DOUBLE FUDGE DESSERT

DYNAMIC THAI SHRIMP WITH RICE



INGREDIENTS:

60g Thai Kitchen Original Pad Thai Sauce
112g Shrimp with no tail
93g White rice
85g Red Bellpeppers

HOW TO PREPARE IT :

Step 1. Grill shrimp and bell peppers on skillet until golden brown
Step 2. Heat up Thai sauce in a small bowl
Step 3. Put 93g white rice first on plate
Step 4: Add shrimp and bell peppers around rice
Step 5. Pour Thai sauce over rice and shrimp and KAAPOW!

NUTRITION INFORMATION AND MACROS:

Calories: 297
Fats: 1g
Carbs: 54g
Protein: 18g
Fiber: 5g

DYNAMIC PROTEIN CHEESECAKE MUFFINS



INGREDIENTS:

60g of light sour cream
(2) Small greek yogurt
(3) TBSP of splenda
45g of vanilla whey protein
(1) TBSP coconut flour
(4-5) TBSP of shredded coconut
(1) Whole Egg
(1) TBSP of Vanilla Extract

HOW TO PREPARE IT:

Step 1. Get a large mixing bowl and mix all the ingredients together
Step 2. Put batter into muffin trays
Step 3. Pop into oven for 15-20 minutes
Step 4. Let them cool off and magic is about to happen in your mouth!

NUTRITION INFORMATION AND MACROS:

Calories: 84
Fats: 4g
Carbs: 5g
Protein: 7g
Fiber: 2g

INGREDIENTS :

112gLean Bison Burger Meat
(2) Slices Boudin Sourdough Bread
(28g) Cheddar Cheese
16g of Ketchup
16g of Honey Mustard

HOW TO PREPARE IT:

Step 1.Grill bison meat on a separate skillet
Step 2.Toast bread
Step 3.Layer cheese onto bread
Step 4.Add burger on top so the cheese melts
Step 5: Add condiments and FIEST!

DYNAMIC BURGER ON SOURDOUGH



NUTRITION INFORMATION AND MACROS:

Calories: 474
Fats: 17g
Carbs: 40g
Protein:37g
Fiber: 1g

INGREDIENTS :

184gLiquid Egg Whites
28g Avocado
28g Light Cheddar Cheese
(1) Slice Miltons whole grain bread
40g Banana
35g Sliced Strawberries
25g Diced pineapples

HOW TO PREPARE IT:

Step 1.Cook omelet on a separate skillet, add cheese and avocado to it
Step 2.Toast bread
Step 3. Sliced up fruit and add ontop of the bread
Step 4. Breakfast is served

NUTRITION INFORMATION AND MACROS:

Calories: 278
Fats: 10g
Carbs: 42g
Protein: 35g
Fiber: 7g

DYNAMIC DOUBLE FUDGE DESSERT



DYNAMIC PB & CREAM COOKIE



INGREDIENTS:

(1) Lenny and Larry's Protein Cookie
Peanut Butter Flavor
22g Philadelphia whipped cream cheese
16g Peanut butter

HOW TO PREPARE IT :

Step 1. Spread peanut butter on one cookie
Step 2. Spread cream cheese on the other cookie
Step 3. Put together like a sandwich and MMMMMMM!

NUTRITION INFORMATION AND MACROS:

Calories: 565
Fats: 57g
Carbs: 64g
Protein: 21g
Fiber: 4g

DYNAMIC CAPTAIN CRUNCH PREWORKOUT MEAL



INGREDIENTS:

228g Fage Greek Yogurt
(1) Slice Miltons Whole Grain Bread
22g Philadelphia whipped cream cheese
16g Peanut butter
40g Sliced banana
(1) Serving Captain Crunch
Cinnamon

HOW TO PREPARE IT:

Step 1. Toast bread
Step 2. Add peanut butter and whipped cream cheese
Step 3. Slice up bananas and add cinnamon
Step 4. Pour yourself some Captain Crunch and let that inner Pirate eat!

NUTRITION INFORMATION AND MACROS:

Calories: 406
Fats: 14g
Carbs: 46g
Protein: 28g
Fiber: 5g

INGREDIENTS :

(1) Trader Joes Middle Eastern White Flat bread
(1) Trader Joes Middle Eastern Wheat Flat bread
93g White Rice
28g Guacamole
30g Light Sour Cream
112g Grilled Chicken Breast
28g Cheddar Cheese
Salsa

HOW TO PREPARE IT:

Step 1. Heat up flat breads on flat cooking grill until brown
Step 2. Add chicken, cheese, and rice into a bowl and heat it up for 1 minute
Step 3. Add sour cream and guacamole first to flat bread
Step 4. Then add the ingredients from the bowl
Step 5: Add salsa and MADRESANTA QUE BUENO!

DYNAMIC CHICKEN FLAT BREAD SOFT TACOS



NUTRITION INFORMATION AND MACROS:

Calories: 690
Fats: 21g
Carbs: 78g
Protein: 49g
Fiber: 8g

INGREDIENTS :

(1) Flat Out Brand Flat bread
28g Avocado
112g Grilled Chicken Breast
28g Provolone Cheese

HOW TO PREPARE IT:

Step 1. Heat up flat breads on flat cooking grill until brown
Step 2. Add chicken and cheese into a bowl and heat it up for 1 minute
Step 3. Stuff chicken and cheese into flat bread and press onto waffle maker for 2-3 minutes
Step 4. Then slice up avocado and put on the side or in the flat bread
Step 5: MY DEAR LAWD when you bite into it!

NUTRITION INFORMATION AND MACROS:

Calories: 435
Fats: 16.5g
Carbs: 17g
Protein: 44g
Fiber: 10g

DYNAMIC CHICKEN & CHEESE STUFFED FLAT BREAD



DYNAMIC TURKEY MELT ON A FRENCH ROLL



INGREDIENTS:

(1) Gold Coast Brand French Roll
28g Cheddar Cheese
112g Apple Gate Smoked Turkey
(1) Laughing Cow Wedge
Pepper-chinis and lettuce

HOW TO PREPARE IT :

Step 1. Toast French roll in toaster
Step 2. Add turkey and cheese onto a small plate and heat it up for 1 minute
Step 3. Spread laughing cow cheese on bread
Step 4. Add cheese and turkey and top it off with lettuce and pepper-chinis
Step 5: Skip the local deli!

NUTRITION INFORMATION AND MACROS:

Calories: 465
Fats: 13g
Carbs: 45g
Protein: 40g
Fiber: 2g

DYNAMIC "GO TO" BREAKFAST MEAL



INGREDIENTS:

(2) Whole eggs
184g Liquid Egg Whites
(1) Slice Orowheat Bread
22g Philadelphia Whipped Cream Cheese
40g MyoatmealOats
70g Frozen Strawberries

HOW TO PREPARE IT:

Step 1. Cook eggs
Step 2. Toast bread and spread cream cheese on it
Step 3. Microwave oats with strawberries
Step 4. No need to hit up your local breakfast joint!

NUTRITION INFORMATION AND MACROS:

Calories: 535
Fats: 16g
Carbs: 54g
Protein: 41g
Fiber: 5g

INGREDIENTS :

(4) Corn tortillas
112g Cooked shrimp
128g Pinto beans
10g Cotija Cheese
Salsa

HOW TO PREPARE IT:

Step 1. Cook shrimp on skillet
Step 2. Heat up tortillas
Step 3. Microwave pinto beans
Step 4. Put tacos together
Step 5. Add cotija cheese and you know what to do with them after ;)



DYNAMIC SHRIMP TACOS

NUTRITION INFORMATION AND MACROS:

Calories: 360
Fats: 5g
Carbs: 64g
Protein: 28g
Fiber: 2g

INGREDIENTS :

84g Jenny O Extra Lean Ground Turkey
137g Liquid Egg Whites
93g White Rice
28g Light Mozzarella Cheese
28g Light Cheddar Cheese
28g Light Sour Cream
(1) Laughing Cow Wedge
84g Bell peppers
84g Onions

HOW TO PREPARE IT:

Step 1. Cook turkey and egg whites on skillet
Step 2. Cook rice, onions and bell peppers on separate skillet
Step 3. Add turkey and egg whites along with cheeses to other skillet
Step 4. Add laughing cow and sour cream
Step 5. Pat yourself on the back and be prepared to be in a food coma ;)

NUTRITION INFORMATION AND MACROS:

Calories: 520
Fats: 15g
Carbs: 36g
Protein: 58g
Fiber: 3g

DYNAMIC TURKEY & EGG WHITE STIR FRY



DYNAMIC BREAKFAST SANDWICH



INGREDIENTS:

(1) Whole Foods Soft Burger Buns
184g Liquid Egg Whites
(2) Whole eggs
28g Cheddar Cheese
(1) Laughing Cow Wedge
28g Low Carb Ketchup

HOW TO PREPARE IT :

Step 1. Toast burger buns in toaster
Step 2. Cook eggs
Step 3. Melt cheese on bread and spread laughing cow cream
Step 4. Add eggs to bun and top it off with ketchup
Step 5. McDonalds breakfast sandwiches just got put outta business ;)

NUTRITION INFORMATION AND MACROS:

Calories: 555
Fats: 20g
Carbs: 41g
Protein: 47g
Fiber: 3g

DYNAMIC CHICKEN & WAFFLES



INGREDIENTS:

(2) Blueberry Eggo Waffles
40g Banana
93g White Rice
112g Chicken
84g Mixed Veggies

HOW TO PREPARE IT:

Step 1. Cook chicken, rice and veggies on separate skillet
Step 2. Pop waffles in toaster
Step 3. Slice bananas and put ontop of waffles
Step 4. Scoot over Roscoes' Famous Chicken and Waffles ;)

NUTRITION INFORMATION AND MACROS:

Calories: 461
Fats: 7g
Carbs: 66g
Protein: 35g
Fiber: 3g

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