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Feed the joy in fitness with these simple, nutritious, and indulgently tasty recipes! Discover your new favorite snack, breakfast, beverage, and dessert here. Feed the joy in fitness with these simple, nutritious, and indulgently tasty recipes! Discover your new favorite snack, breakfast, beverage, and dessert here. 12 grams of protein per serving! Read More Theres something about mint thats super refreshing. Whether you add it to... Read More This Fruity Yogurt Protein Parfait is made with layers of creamy yogurt,... Read More A yogurt parfait made with layers of jammy blueberries, creamy yogurt, and... Read More These sweet, chewy, melt-in-your-mouth Ube Mochi Bars are not only stunning and... Read More Sweet, chewy matcha-flavored mochi pancakes made with plant-based protein powder. Gluten free,... Read More These Ube Mochi Waffles are sweet and chewy inside, and perfectly crispy... Read More While everyone argues about whether or not we should eat gluten, avoid... Read More 25 grams of protein per serving! Read More Super fudgy Double Chocolate Muffins with 8 grams of protein each! Perfect... Read More VIEW ALL What is included in each meal plan? Each 90 Day meal plan purchase includes: The 90 Day Journey Complete Starter Guide 90 Day Activity Level 1 Meal Plan 90 Day Activity Level 2 Meal Plan 90 Day Activity Level 3 Meal Plan Each 90 day meal plan will include 90 days worth of weekly grocery lists for you to take with you to the grocery store, weekly meal calendars (breakfast, lunch, dinner, and snacks everyday), and recipes complete with mouth watering food photos and macronutrient information. Each 30 Day meal plan purchase includes: The 90 Day Journey Complete Starter Guide 30 Day Activity Level 1 Meal Plan 30 Day Activity Level 2 Meal Plan 30 Day Activity Level 3 Meal Plan Each 30 day meal plan will include 30 days worth of weekly grocery lists for you to take with you to the grocery store, weekly meal calendars (breakfast, lunch, dinner, and snacks everyday), and recipes complete with mouth watering food photos and macronutrient information. What's the difference between the 30-day and 90-day meal plans? The 90 day Meal Plan offers 3 months food variety! So if you're someone who easily gets bored of eating the same thing over and over again, get the 90 Day Meal Plan. This will also go in line perfectly with your 90 Day Journey. The 30 Day Meal Plan Sampler includes 1 month of meal planning. For those of you who want to save some money and don't mind repeating the same meals for month 2 and month 3 of your 90 Day Journey, this is a great option! When can I start the 90 Day Journey? You can start your 90 Day Journey anytime! I'd recommend starting it when you have developed a strong enough "Why" that will pull you through the tough times. Will I receive an actual book? The 90 Day Meal Plan is an e-book! So no, you will not be mailed an actual physical book! Once you pay for your Meal Plan, you will login in to your 90 Day Meal Plan portal and download your 4 e-books that are included in your purchase: The Complete Starter Guide Activity Level 1 Meal Plan Activity Level 2 Meal Plan Activity Level 3 Meal Plan Feel free to print the e-books out! But you cannot email, share or sell the e-file, as it is copyrighted material. Violators will have legal action taken against them. I have a really busy schedule - how long does each meal take to prep? Is it intensive? One of our main goals was to keep the meals as simple as possible! Most of the recipes should take 30 minutes or less to make, and have very simple steps to follow. The recipes are also very meal prep friendly! You can find meal prep tips in the Starter Guide. What kind of ingredients are in these meals? Are they budget-friendly? Yes, the ingredients are budget-friendly! Ingredients include mostly fresh produce, meat (chicken, turkey, fish) or meat substitutes (tofu, tempeh), eggs, non-dairy milk and yogurt, and staples such as beans, quinoa, salsa, etc. What kitchen tools do I need for this meal plan? Mostly the basics! The less common tools you may need include a blender (something small like a Magic Bullet will work) and a spiralizer. What is the return policy? All purchases and digital downloads are final and non-refundable. Healthy Breakfasts 100% Natural Pancakes only 2 ingredients (248 cals, 28g carbs, 11g fat, 14g protein) Apple Cinnamon Protein Pancakes (340 cals, 28g carbs, 7g fat, 39g protein) Banana Berry Crepes Berrylicious Microwave Minute Muffin Blueberry Baked Oatmeal Blueberry Banana Protein Pancake Clean Chia Pudding (236 cals, 12.5g fat, 22g carbs, 11.2g fiber, 10g protein) Clean Egg Muffins (per muffin: 44.2 cals, 1.4g fat, 1.3g carbs, 6g protein) Coconut Flour Pancakes (whole recipe: 161 cals, 3.75g fat, 15g carbs, 16g protein) Donut Focaccia Flourless Soy Protein Pancakes (151 cals, 5g fat, 10g carbs, 20g protein) Fresh Strawberry Protein Pancakes (222 cals, 6g fat, 14g carbs, 30g protein) Green Monster Overnight Oats (323 cals, 9g fat, 56g carbs, 10g protein) High Protein Yogurt Oatmeal Pancakes or Oatcakes (For three 4 pancakes: 136 cals, 2g fat, 21g carbs, 1g fiber, 11g protein) Low Fat, Low Carb, High Protein Pancakes w/ No Flour (total recipe: 250 calories, 5.6g fat, 19.0g carbs, 31.8g protein) Pre-Contest Protein Pancakes (195 calories, 6g fat, 8g carbs, 29g protein) New Protein Pancake Recipe with Mila Perfect Pumpkin Protein Pancake (whole recipe: 211 cals, 4g fat, 9g carbs, 36g protein) Special K Protein Bar (78.8 cals, 0.6g fat, 6.6g carbs, 11.5g protein) Sweet Protein Pancake Omelet (130 cals, 24g protein, 5g carbs, 1g fat) Whey Protein Crepes (189 cals, 1g fat, 9g carbs, 34g protein) Healthy Entrees Asian Lettuce Wrap Black Bean and Sweet Potato Burger (3 patties: 39 cals, 0.5g fat, 6.6g carbs, 2g fiber, 2g protein) Creamy Avocado Miracle Pasta (237 cals, 12.8g fat, 26.3g carbs, 12.1g fiber, 10.2g protein) Eggplant Bacon Caesar Salad (160 cals, 9.5g fat, 17g carbs, 5g fiber, 6g protein) Enoki Mushroom Scramble with Mock Abalone Experimental Oatmeal Crust Pizza Falafel Lettuce Wraps (per serving: 198 cals, 2.25g fat, 37g carbs, 8.5g fiber, 10g protein) Flourless Pizza Cauliflower Healthy Cheeseburger Healthiest Pizza in the World (whole pizza: 323 cals, 11g fat, 32g carbs, 28g protein) Healthiest Quesadilla Ever Low Fat, Low Carb, Low Cal Pizza w/ No Flour Crust (per slice: 56 calories, 2g fat, 5g carbs, 5g protein) Low Carb Ravioli How to Make Homemade Seitan Mock Meat (per 4oz serving: 114 cals, 2.1g fat, 3.6g carbs, 20.3g protein) Clean Meatballs! (per meatball, 86 cals, 1g fat, 4g carbs, 14.4g protein) Miracle Chicken Chow Mein (1 serving: 328 cals, 3g fat, 11g carbs, 61g protein) Miracle Fried Rice (per serving: 150 calories, 9g fat, 17g carbs, 22g protein, 7g fiber) Miracle Noodle Green Beans, Edamame, & Pork Dish Miracle Noodle Pad Thai (per serving: 150 cals, 3.3g fat, 13.5g carbs, 4g fiber, 18.8g protein) Miracle Noodle Pho (Vietnamese Beef Noodle Soup) also included a vegetarian alternative Mushroom Marinara Spaghetti with Miracle Noodles Quinoa Edamame Salad ( 358 cals, 7g fat, 52g carbs, 20g protein) Skinny Mac N Cheese Super Delicious Spaghetti Squash Vietnamese Spring Rolls or Summer Rolls (1 roll with sauce: 70 cals) Zucchini Fish Net Sushi Healthy Side Dishes Balsamic Glazed Carrots Cauliflower Rice with Onion & Celery (2 cups of cauliflower: 56 cals, 1.2g fat, 10g carbs, 4.4g protein) Chipotle Lime & Cilantro Rice made with Cauliflower (2 cups of cauliflower: 56 cals, 1.2g fat, 10g carbs, 4.4g protein) Mashed Sweet Potato and Carrots (per 8 oz: 154 cals, 0g fat, 35g carbs, 7g fiber, 3g protein) Healthy Snacks & Appetizers Baked Banana Chips Baked Butternut Squash Fries (per serving: 151.9 cals, 7.2g fat, 23.6g carbs, 6.6g fiber, 2g protein) Baked Calamari using Fiber One Cereal (whole recipe: 200 cals) Baked Kale Chips Baked Sweet Potato Fries or Unfries (per med. potato: 105 cals, 4g fiber, 438% of daily recommended Vitamin A) Calamari using Fiber One Cereal Carrot, Parsnip, Radish Veggie Chips Cheesy Cauliflower Pizza Bites Healthy Doritos Rainbow Rice Roasted Chickpeas (per serving: 149.4 cals, 3.4g fat, 29.2g carbs, 10.5g fiber, 7.5g protein) Sautéed Plantains (179 cals, 0g fat, 48g carbs, 4g fiber) Sriracha Popcorn Wheat Thins Homemade (20 crackers: 101 cals, 5g fat, 11g carbs, 2g protein) Healthy Salad Dressings Healthy Salsas, Dips, & Sauces Healthy Desserts 1 Ingredient All Natural Banana Ice Cream 100-120 cals Avocado Frozen Yogurt Cinnamon Bun w/ Fitness Frosting (1 muffin): 194 cals, 0.7g fat, 6.9g carbs, 2.2g fiber, 37g protein Low Fat, Low Cal Cottage Cheese Cheesecake (per square: 33 cals, 0g fat, 5.3g carbs, 0.1g fiber, 4g sugar, 3.2g protein) Greek Yogurt Gelato (per 1/2 cup: 78 calories, 1.5g carbohydrates, 0g fat, 5g protein) Ice Cream Sandwich No-Bake Vegan Key Lime Pie Peanut Butter Cookie Raw Vegan Pumpkin Cheesecake Raw Vegan Raspberry Cheesecake (per slice or 1/8 of recipe: 936 cals, 76.5g fat, 56.2g carbs, 19.9g protein) Sautéed Banana & Vanilla Yogurt à la mode (total recipe: 220 cals, 0g fat, 38g carbs, 12g protein) Summer Berry Sorbet (1 serving: 107 cals, 1g fat, 14g carbs, 11g protein) Vegan Cheesecake to Die For (1 serving: 173.7 cals, 8.5g fat, 24.7g carbs, 16.8g sugar, 7.4g protein) Vegan Oatmeal Craisin Cookies (entire recipe makes 10 mini cookies, each mini is: 28 cals, 1.6g fat, 3.1g carbs, 0.5g protein) Healthy Breads & Pastries 100 Calorie Whole Wheat Banana Muffin (per muffin: 100 cals, 0.8g fat, 22g carbs, 2.2g fiber, 3g protein) Avocado Wheat Bread (per slice: 100 cals, 5.6g fat, 12.1g carbs, 2g fiber, 2g protein) Baked Donut Holes Carrot Cake Protein Muffins (per muffin: 71.9 cals, 0.5g fat, 7.6g carbs, 1.1g fiber, 8.5g protein) Chunky Cinnamon Apple Muffins Easy Banana Bread Easiest Cookie in the World Green Muffin for St. Paddy's Day! Ultimate Protein Carrot Cake (per slice: 215 cals, 14g protein, 29g carbs, 12g sugar, 4.6g fat, 1.8g sat fat, 8.2g fiber) Healthy Date Nut Cookies (per cookie: 99.2 cals, 4.6g fat, 14.4g carbs, 1.9g fiber, 1.8g protein) Healthy Pumpkin Banana Muffin Recipe (per muffin: 103 cals, 0.6g fat, 23g carbs, 2.4g fiber, 2.7g protein) Oatmeal Date Cookie (recipe: 235 cals, 0g fat, 52g carbs, 16g protein) Oatmeal Whole Wheat Quick Bread (per serving: 71 cals, 1g fat, 14g carbs, 2g fiber, 0.6g sugar, 3g protein) Whole Wheat Banana Applesauce Bread (per serving: 168 cals, 6g fat, 25g carbs, 2.6g fiber, 6.4g protein) Zero Carb Flax Bread (per slice: 145 cal, 11g fat,