

GAUGE
GIRL TRAINING



the
Budget
Meal Plan



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the *Budget* Meal Plan

Thank you for accessing our Budget Meal Plan! "Eating healthy is expensive," is often a barrier to entry for many individuals seeking to change their eating habits. The Budget Meal Plan is a meal plan that was created to expose how eating healthy can be done on a small budget at < \$5/day for females and <\$7/day for males. The Budget Meal Plan consists of 6 menu's 3 of which are 1500 calories and the other 3 are 2000 calories. The average person spends \$150/week on food where this program would cost a female <\$35/week and a male <\$42/week saving up to 5-6 thousand a year! Unlike other meal plans, the menus provided show you exactly what to eat, when to eat it, the macronutrient breakdown of every ingredient as well as the cost of each ingredient based on it's size. Gauge Girl Training prides itself in creating programs based on nutrition science and not pop-culture fads.

We believe that the best way to help people reach their goals is through education and accountability. Just take one look at our YouTube channel to see the emphasis we place on educating our clients so that they can make the best decisions for their goals with weekly white board videos breaking down nutrition science in easy to understand, relatable content. We don't hide behind dogma, or "because I said so" logic. Every question can be rationalized with the scientific reasoning as every aspect of our programs are intentionally and purposely created. We provide detailed menus and teach you how to look at food with respect to its macronutrients; we teach you how to meal prep, show you time saving tips, provide you with family friendly meals that are easily scalable and adjustable for your household. Most importantly, we offer an online community that becomes more like family with daily interaction on our Team Gauge Girl Facebook forum, Instagram, and periscope roster of amazing people. Get ready to roll up



Disclaimer: I am not a doctor nor do I claim to have any formal medical background. I am not liable, either expressly or in an implied manner, nor claim any responsibility for any emotional or physical problems that may occur directly or indirectly from using this meal plan. Please check with your doctor before beginning any new diet program.

Budget Meal Plan

MACRO OVERVIEW

Totals		
Macro	1500 Calorie Menus	2000 Calorie Menus
Water	1 gallon	1 gallon
Protein (g)	140	175
Carbs (g)	140	180
Fat (g)	50	65
Calories (kCal)	1570	2005

		Post-Workout	Macros Per Meal*
1500 Calorie Menus	Protein (g)	33.0	21.9
	Carbs (g)	4.5	28.0
	Fat (g)	4.5	8.8
2000 Calorie Menus	Protein (g)	33.0	29.3
	Carbs (g)	4.5	35.5
	Fat (g)	4.5	11.7

* This program is based off of one post-workout meal per day and 5 meals. If you are not following the detailed menus, these are the target macros per meal after accounting for your pre- and post-workout nutrition needs. The calculated macros per meal are based on dividing the remaining daily macros evenly per meal for simplicity. This meal plan was written for convenience with 3 main meals per day and 2 snacks. For this reason, the macros listed in the meal plan have some meals with higher macros per meal and some with lower macros per meal for ease of preparation and practicality in your daily implementation of this approach. You can use flexibility to regroup the remaining daily macros to your preferences if you opt to use flexible dieting.

A still life composition featuring a salad, olive oil, lemons, tomatoes, and garlic on a wooden cutting board. The salad is served on a white plate with a decorative rim, containing green and purple leafy vegetables, sliced cherry tomatoes, and halved yellow cherry tomatoes. The wooden cutting board holds a white ceramic spoon filled with yellow olive oil, two lemon wedges, two whole red tomatoes, a small pile of mixed peppercorns, and several garlic cloves. A red and white striped cloth is partially visible under the plate. The entire scene is set against a light-colored, distressed wooden background.

Daily MENUS



Menu 1 *1500 Calories*

notes

Meal	Description	Cal (kCal)	C (g)	F (g)	P (g)	\$
1	1.5 x 29.7 Scoop MGN American Isolate	180.0	4.5	4.5	33.0	\$1.01
	6oz. Water	0.0	0.0	0.0	0.0	\$0.00
		180.0	4.5	4.5	33.0	\$1.01
2	1 x 29.7 scoop MGN American Isolate	120.0	3.0	3.0	22.0	\$0.67
	1 TBSP Raisins	30.0	8.0	0.0	0.2	\$0.07
	1/4 Cup Dry Oats	75.0	13.5	1.2	3.0	\$0.12
	6 oz. Water	0.0	0.0	0.0	0.0	\$0.00
		225.0	24.5	4.2	25.2	\$0.86
3	1 Medium Banana (126g)	110.0	30.0	0.0	1.0	\$0.20
	24 Raw Almonds	160.0	6.0	14.0	6.0	\$0.37
		270.0	36.0	14.0	7.0	\$0.57
4	4oz. Grilled Chicken	124.0	0.0	1.6	28.0	\$0.83
	4oz. Cooked White Rice	144.0	32.0	0.4	3.2	\$0.04
	1oz. Frozen Peas	22.0	3.8	0.0	1.6	\$0.08
	1 Slice Bacon	40.0	0.0	3.5	2.5	\$0.18
		330.0	35.8	5.5	35.3	\$1.13
5	24 Raw Almonds	160.0	6.0	14.0	6.0	\$0.37
		160.0	6.0	14.0	6.0	\$0.37
6	4oz. Grilled Chicken	124.0	0.0	1.6	28.0	\$0.83
	4oz. Cooked White Rice	144.0	32.0	0.4	3.2	\$0.04
	1oz. Frozen Peas	22.0	3.8	0.0	1.6	\$0.08
	1 Slice Bacon	40.0	0.0	3.5	2.5	\$0.18
		330.0	35.8	5.5	35.3	\$1.13
Totals		1495	143	48	142	\$5.07
Daily Goals		1570.0	140.0	50.0	140.0	\$5.00

Meal #1:

Post Workout

Mix protein in water and consume within 30 minutes post-weight training. If you workout at a different time, move this meal to 30 minutes after weight training.

Meal #2:

Cinnamon Raisin Proatmeal

Boil water in a tea kettle and pour 1/2 cup of water over dry oats in a bowl. Let sit for 60 seconds. Gently sprinkle in protein powder and stir to fold it in over the course of 60 seconds.

Do not "dump" it all in one scoop. Serve with raisins and top with ground cinnamon.

Meal #3:

Travel Friendly Snack

Meal #4:

Chicken & Rice Stir-Fry

Cook 1 slice of bacon in a non-stick skillet. Set aside. Add defrosted frozen peas to skillet, after cooking for 30-60 seconds, add pre-cooked chicken. Stir-fry with liquid aminos. Optional added ingredients include fresh garlic, red onion, spinach, and hot sauce.

Meal #5:

Travel Friendly Snack

Meal #6:

Chicken & Rice Stir-Fry

Cook 1 slice of bacon in a non-stick skillet. Set aside. Add defrosted frozen peas to skillet, after cooking for 30-60 seconds, add pre-cooked chicken. Stir-fry with liquid aminos. Optional added ingredients include fresh garlic, red onion, spinach, and hot sauce.



Menu 1 *2000 Calories*

notes

Meal	Description	Cal (kCal)	C (g)	F (g)	P (g)	\$
1	1.5 x 29.7 Scoop MGN American Isolate	180.0	4.5	4.5	33.0	\$1.01
	6oz. Water	0.0	0.0	0.0	0.0	\$0.00
		180.0	4.5	4.5	33.0	\$1.01
2	1 x 29.7 scoop MGN American Isolate	120.0	3.0	3.0	22.0	\$0.67
	1/4 Cup Raisins	120.0	32.0	0.0	1.0	\$0.30
	1/2 Cup Dry Oats	150.0	27.0	2.4	6.0	\$0.24
	8oz. Water	0.0	0.0	0.0	0.0	\$0.00
		390.0	62.0	5.4	29.0	\$1.21
3	1 Medium Banana (126g)	110.0	30.0	0.0	1.0	\$0.20
	24 Raw Almonds	160.0	6.0	14.0	6.0	\$0.37
		270.0	36.0	14.0	7.0	\$0.57
4	6oz. Grilled Chicken	186.0	0.0	2.4	42.0	\$1.24
	4oz. Cooked White Rice	144.0	32.0	0.4	3.2	\$0.04
	1.5oz. Frozen Peas	33.0	5.7	0.0	2.4	\$0.12
	1 tsp. Olive Oil	45.0	0.0	5.0	0.0	\$0.03
	2 Slices Bacon	80.0	0.0	7.0	5.0	\$0.36
		488.0	37.7	14.8	52.6	\$1.79
5	24 Raw Almonds	160.0	6.0	14.0	6.0	\$0.37
		160.0	6.0	14.0	6.0	\$0.37
6	6oz. Grilled Chicken	186.0	0.0	2.4	42.0	\$1.24
	4oz. Cooked White Rice	144.0	32.0	0.4	3.2	\$0.04
	1.5oz. Frozen Peas	33.0	5.7	0.0	2.4	\$0.12
	1 tsp. Olive Oil	45.0	0.0	5.0	0.0	\$0.03
	2 Slices Bacon	80.0	0.0	7.0	5.0	\$0.36
		488.0	37.7	14.8	52.6	\$1.79
Totals		1976	184	68	180	\$6.74
Daily Goals		2005.0	180.0	65.0	175.0	<\$7.00

Meal #1:

Post Workout

Mix protein in water and consume within 30 minutes post-weight training. If you workout at a different time, move this meal to 30 minutes after weight training.

Meal #2:

Cinnamon Raisin Proatmeal

Boil water in a tea kettle and pour 1/2 cup of water over dry oats in a bowl. Let sit for 60 seconds. Gently sprinkle in protein powder and stir to fold it in over the course of 60 seconds.

Do not "dump" it all in one scoop. Serve with raisins and top with ground cinnamon.

Meal #3:

Travel Friendly Snack

Meal #4:

Chicken & Rice Stir-Fry

Cook 2 slices of bacon in a non-stick skillet. Set aside. Add defrosted frozen peas to skillet, after cooking for 30-60 seconds, add pre-cooked chicken. Stir-fry with liquid aminos. Optional added ingredients include fresh garlic, red onion, spinach, and hot sauce.

Meal #5:

Travel Friendly Snack

Meal #6:

Chicken & Rice Stir-Fry

Cook 2 slices of bacon in a non-stick skillet. Set aside. Add defrosted frozen peas to skillet, after cooking for 30-60 seconds, add pre-cooked chicken. Stir-fry with liquid aminos. Optional added ingredients include fresh garlic, red onion, spinach, and hot sauce.



Menu 2

1500 Calories

notes

Meal	Description	Cal (kCal)	C (g)	F (g)	P (g)	\$
1	1.5 x 29.7 Scoop MGN American Isolate	180.0	4.5	4.5	33.0	\$1.01
	6oz. Water	0.0	0.0	0.0	0.0	\$0.00
		180.0	4.5	4.5	33.0	\$1.01
2	1 Serving Choc PB Breakfast Brownie	284.0	39.0	5.0	23.0	\$1.03
	1 Medium Banana (126g)	110.0	30.0	0.0	1.0	\$0.20
		394.0	69.0	5.0	24.0	\$1.23
3	24 Raw Almonds	160.0	6.0	14.0	6.0	\$0.37
		160.0	6.0	14.0	6.0	\$0.37
4	4oz. Pulled Rotisserie Chicken w/ Skin	209.0	1.0	9.3	31.2	\$0.42
	2 x Yellow Mission Corn Tortillas, 47g each	100.0	20.0	2.0	2.0	\$0.15
	2oz. Black Beans	52.0	10.0	0.0	4.0	\$0.09
		361.0	31.0	11.3	37.2	\$0.66
5	104g Cucumber Slices~1 Cup	16.0	4.0	0.0	0.0	\$0.35
	1.76oz. Wild Garden Traditional Hummus Dip	50.0	3.0	3.0	6.0	\$0.83
		66.0	7.0	3.0	6.0	\$1.18
6	4oz. Pulled Rotisserie Chicken w/ Skin	209.0	1.0	9.3	31.2	\$0.42
	2 x Yellow Mission Corn Tortillas, 47g each	100.0	20.0	2.0	2.0	\$0.15
	2oz. Black Beans	52.0	10.0	0.0	4.0	\$0.09
		361.0	31.0	11.3	37.2	\$0.66
Totals		1522	149	49	143	\$5.11
Daily Goals		1570.0	140.0	50.0	140.0	\$5.00

Meal #1:

Post Workout

Mix protein in water and consume within 30 minutes post-weight training. If you workout at a different time, move this meal to 30 minutes after weight training.

Meal #2:

Chocolate PB Breakfast Brownie

See Recipe.

Meal #3:

Travel Friendly Snack

Meal #4:

Chicken Tacos

Shred pre-cooked rotisserie chicken with skin. Make 2 chicken soft tacos with black beans in corn tortillas. Optional toppings include greens, onion, jalapeño, squeeze of lime, salsa, cilantro, and hot sauce.

Meal #5:

Travel Friendly Snack

Meal #6:

Chicken Tacos

Shred pre-cooked rotisserie chicken with skin. Make 2 chicken soft tacos with black beans in corn tortillas. Optional toppings include greens, onion, jalapeño, squeeze of lime, salsa, cilantro, and hot sauce.



Menu 2 *2000 Calories*

notes

Meal	Description	Cal (kCal)	C (g)	F (g)	P (g)	\$
1	1.5 x 29.7 Scoop MGN American Isolate	180.0	4.5	4.5	33.0	\$1.01
	6oz. Water	0.0	0.0	0.0	0.0	\$0.00
		180.0	4.5	4.5	33.0	\$1.01
2	1 Serving Choc PB Breakfast Brownie	284.0	39.0	5.0	23.0	\$1.03
	1 Medium Banana (126g)	110.0	30.0	0.0	1.0	\$0.20
		394.0	69.0	5.0	24.0	\$1.23
3	24 Raw Almonds	160.0	6.0	14.0	6.0	\$0.37
		160.0	6.0	14.0	6.0	\$0.37
4	6oz. Pulled Rotisserie Chicken w/ Skin	313.5	1.5	14.0	46.8	\$0.63
	3 x Yellow Mission Corn Tortillas, 47g each	150.0	30.0	3.0	3.0	\$0.22
	3oz. Black Beans	78.0	15.0	0.0	6.0	\$0.13
		541.5	46.5	17.0	55.8	\$0.98
5	208g Cucumber Slices~2 Cups	32.0	8.0	0.0	0.0	\$0.70
	1.76oz. Wild Garden Traditional Hummus Dip	50.0	3.0	3.0	6.0	\$0.83
		82.0	11.0	3.0	6.0	\$1.53
6	6oz. Pulled Rotisserie Chicken w/ Skin	313.5	1.5	14.0	46.8	\$0.63
	3 x Yellow Mission Corn Tortillas, 47g each	150.0	30.0	3.0	3.0	\$0.22
	3oz. Black Beans	78.0	15.0	0.0	6.0	\$0.13
		541.5	46.5	17.0	55.8	\$0.98
Totals		1899	184	61	181	\$6.10
Daily Goals		2005.0	180.0	65.0	175.0	<\$7.00

Meal #1:

Post Workout

Mix protein in water and consume within 30 minutes post-weight training. If you workout at a different time, move this meal to 30 minutes after weight training.

Meal #2:

Chocolate PB Breakfast Brownie

See Recipe.

Meal #3:

Travel Friendly Snack

Meal #4:

Chicken Tacos

Shred pre-cooked rotisserie chicken with skin. Make 2 chicken soft tacos with black beans in corn tortillas. Optional toppings include greens, onion, jalapeño, squeeze of lime, salsa, cilantro, and hot sauce.

Meal #5:

Travel Friendly Snack

Meal #6:

Chicken Tacos

Shred pre-cooked rotisserie chicken with skin. Make 2 chicken soft tacos with black beans in corn tortillas. Optional toppings include greens, onion, jalapeño, squeeze of lime, salsa, cilantro, and hot sauce.

Meal	Description	Cal (kCal)	C (g)	F (g)	P (g)	\$
1	1.5 x 29.7 Scoop MGN American Isolate	180.0	4.5	4.5	33.0	\$1.01
	6oz. Water	0.0	0.0	0.0	0.0	\$0.00
		180.0	4.5	4.5	33.0	\$1.01
2	2 Slices Bacon	80.0	0.0	7.0	5.0	\$0.36
	1oz. Frozen Peas	22.0	3.8	0.0	1.6	\$0.08
	5oz. Liquid Egg Whites	75.0	0.0	0.0	15.0	\$0.79
	4oz. Cooked White Rice	144.0	32.0	0.4	3.2	\$0.04
		321.0	35.8	7.4	24.8	\$1.27
3	24 Raw Almonds	160.0	6.0	14.0	6.0	\$0.37
		160.0	6.0	14.0	6.0	\$0.37
4	4oz. Rotisserie Chicken w/ Skin	209.0	1.0	9.3	31.2	\$0.42
	2oz. Frozen String Beans	18.0	2.0	0.0	1.0	\$0.14
	3oz. Carrots Sliced into thin "matchsticks"	17.0	4.0	0.0	0.0	\$0.28
	4oz. Cooked White Rice	144.0	32.0	0.4	3.2	\$0.04
		388.0	39.0	9.7	35.4	\$0.88
5	2 x Quaker Rice Cakes	70.0	14.0	0.0	2.0	\$0.32
	1.76oz. Wild Garden Traditional Hummus Dip	50.0	3.0	3.0	6.0	\$0.83
		120.0	17.0	3.0	8.0	\$1.15
6	4oz. Rotisserie Chicken w/ Skin	209.0	1.0	9.3	31.2	\$0.42
	2oz. Frozen String Beans	18.0	2.0	0.0	1.0	\$0.14
	3oz. Carrots Sliced into thin "matchsticks"	17.0	4.0	0.0	0.0	\$0.28
	4oz. Cooked White Rice	144.0	32.0	0.4	3.2	\$0.04
		388.0	39.0	9.7	35.4	\$0.88
Totals		1557	141	48	143	\$5.56
Daily Goals		1570.0	140.0	50.0	140.0	\$5.00

Meal #1:**Post Workout**

Mix protein in water and consume within 30 minutes post-weight training. If you workout at a different time, move this meal to 30 minutes after weight training.

Meal #2:**Garlic Fried Rice & Egg White**

Cook 2 slices of bacon in a non-stick skillet. Set aside. Add egg whites to pan and scramble until cooked, then add defrosted frozen peas. Stir-fry with liquid aminos and minced garlic. Optional added ingredients include red onion, spinach, and hot sauce.

Meal #3:**Travel Friendly Snack****Meal #4:****Sriracha Stir Fry**

Sauté 3 cloves of garlic on a non-stick skillet lightly coated with olive oil spray for 30 seconds. In a separate bowl, defrost frozen string beans. Once garlic is brown, add defrosted string beans, carrot sticks, and cooked white rice to the pan and sauté the ingredients in liquid aminos and Sriracha hot sauce. Optional added ingredients include fresh herbs, ginger, sea salt/pepper. Snack, Make Ahead, See Recipe.

Meal #5:**Travel Friendly Snack****Meal #6:****Sriracha Stir Fry**

Sauté 3 cloves of garlic on a non-stick skillet lightly coated with olive oil spray for 30 seconds. In a separate bowl, defrost frozen string beans. Once garlic is brown, add defrosted string beans, carrot sticks, and cooked white rice to the pan and sauté the ingredients in liquid aminos and Sriracha hot sauce. Optional added ingredients include fresh herbs, ginger, sea salt/pepper. Snack, Make Ahead, See Recipe.

Meal	Description	Cal (kCal)	C (g)	F (g)	P (g)	\$
1	1.5 x 29.7 Scoop MGN American Isolate	180.0	4.5	4.5	33.0	\$1.01
	6oz. Water	0.0	0.0	0.0	0.0	\$0.00
		180.0	4.5	4.5	33.0	\$1.01
2	3 Slices Bacon	120.0	0.0	10.5	7.5	\$0.54
	2oz. Frozen Peas	44.0	7.6	0.0	3.2	\$0.16
	4oz. Liquid Egg Whites	60.0	0.0	0.0	12.0	\$0.57
	5oz. Cooked White Rice	180.0	40.0	0.5	4.0	\$0.05
		404.0	47.6	11.0	26.7	\$1.32
3	24 Raw Almonds	160.0	6.0	14.0	6.0	\$0.37
		160.0	6.0	14.0	6.0	\$0.37
4	6oz. Pulled Rotisserie Chicken w/ Skin	313.5	1.5	14.0	46.8	\$0.63
	2oz. Frozen String Beans	18.0	2.0	0.0	1.0	\$0.14
	6oz. Carrots Sliced into thin "matchsticks"	32.0	8.0	0.0	0.0	\$0.56
	5oz. Cooked White Rice	180.0	40.0	0.5	4.0	\$0.05
		543.5	51.5	14.5	51.8	\$1.38
5	2 x Quaker Rice Cakes	70.0	14.0	0.0	2.0	\$0.32
	1.76oz. Wild Garden Traditional Hummus Dip	50.0	3.0	3.0	6.0	\$0.83
		120.0	17.0	3.0	8.0	\$1.15
6	6oz. Pulled Rotisserie Chicken w/ Skin	313.5	1.5	14.0	46.8	\$0.63
	2oz. Frozen String Beans	18.0	2.0	0.0	1.0	\$0.14
	6oz. Carrots Sliced into thin "matchsticks"	32.0	8.0	0.0	0.0	\$0.56
	5oz. Cooked White Rice	180.0	40.0	0.5	4.0	\$0.05
		543.5	51.5	14.5	51.8	\$1.38
Totals		1951	178	62	177	\$6.61
Daily Goals		2005.0	180.0	65.0	175.0	<\$7.00

Meal #1:**Post Workout**

Mix protein in water and consume within 30 minutes post-weight training. If you workout at a different time, move this meal to 30 minutes after weight training.

Meal #2:**Garlic Fried Rice & Egg White**

Cook 3 slices of bacon in a non-stick skillet. Set aside. Add egg whites to pan and scramble until cooked, then add defrosted frozen peas. Stir-fry with liquid aminos and minced garlic.

Optional added ingredients include red onion, spinach, and hot sauce.

Meal #3:**Travel Friendly Snack****Meal #4:****Sriracha Stir Fry**

Sauté 3 cloves of garlic on a non-stick skillet lightly coated with olive oil spray for 30 seconds. In a separate bowl, defrost frozen string beans. Once garlic is brown, add defrosted string beans, carrot sticks, and cooked white rice to the pan and sauté the ingredients in liquid aminos and Sriracha hot sauce. Optional added ingredients include fresh herbs, ginger, sea salt/pepper. Snack, Make Ahead, See Recipe.

Meal #5:**Travel Friendly Snack****Meal #6:****Sriracha Stir Fry**

Sauté 3 cloves of garlic on a non-stick skillet lightly coated with olive oil spray for 30 seconds. In a separate bowl, defrost frozen string beans. Once garlic is brown, add defrosted string beans, carrot sticks, and cooked white rice to the pan and sauté the ingredients in liquid aminos and Sriracha hot sauce. Optional added ingredients include fresh herbs, ginger, sea salt/pepper. Snack, Make Ahead, See Recipe.

Grocery List	Need	In-Stock	Buy
Proteins			
Boneless Skinless Chicken Breast			
Muscle Gauge Nutrition American Isolate			
Rotisserie Chicken			
Liquid Egg Whites			
Carbs			
White Rice			
Instant Oats			
Raisins			
Frozen Peas			
Mission Corn Tortillas			
Canned Black Beans			
Bananas			
Cucumber Slices			
Wild Garden Traditional Hummus Dip			
Frozen String Beans			
Carrots			
Fats			
Olive Oil			
Bacon			
Raw Almonds			
Misc.			
PB2 Powdered Peanut Butter			
Unsweetened Cocoa Powder			
Garlic Cloves			
Bragg's Liquid Aminos			
Sriracha Hot Sauce			

RECIPES



A top-down view of several square brownies arranged on a dark, textured surface. Each brownie has a thick, light-colored peanut butter layer on top of a dark chocolate base, with a decorative drizzle of melted chocolate over the peanut butter. In the bottom left corner, a small metal bowl contains more melted chocolate. A silver fork is visible in the bottom right corner, partially submerged in a pool of melted chocolate.

Chocolate PB Breakfast Brownie

INGREDIENTS:

3 banana (126g), Ripe Banana
6 Tbsp, Unsweetened Cocoa Powder
2 scoop, Protein Powder
16 tbsp, Powdered Peanut Butter -
Peanut Flour
1 cup water (more or less depending on
texture preference, less water for a
"fudge" like texture, more water for a
"cake" like texture.
¼ tsp. baking powder

DIRECTIONS:

Preheat the oven to 350 degrees, grease
a small cake pan or loaf pan and set
aside. In a small microwave-safe bowl or
stovetop, melt your nut butter. In a
blender, food processor, or using your
hands, combine the bananas, cocoa
powder, protein powder, nut butter, and
water until smooth. Pour the mixture
into the greased pan and bake for
around 20 minutes or until cooked
through. Remove from the oven and
allow to cool completely before slicing
into pieces.

Number of servings: 4

Calories per Serving: 284 kcal

Total Fat: 5g

Carbs: 39g

Protein: 23g