

**HIIT MAX<sup>®</sup> 36**

**RACHEL MORGAN  
RECIPES**

**MEAL GUIDE**

# **HITMAX 36**

Rachel Morgan Recipes

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## WELCOME

Hey, it's Rachel here! I am so excited for you to take this journey with me! You are about to learn how to incorporate delicious recipes into your carb cycle.

Here's what you are going to get: breakfast, lunch, dinner, snacks and sweet treat recipes for both low and high carb days.

My goal is for you to love carb cycling! I want this to be a flexible and sustainable lifestyle that you can enjoy longterm. That means being able to eat lots of yummy food while having variety with your meals. There is no need to feel like you have to eat the same foods each day. Instead, you can enjoy a variety of different foods and recipes ideas. This way, you will never get bored!

I can't wait for you to give them a try!

As always, feel free to email us at [hello@hiitmax.com](mailto:hello@hiitmax.com) with any questions, concerns, progress updates or, just to say hello!

And don't forget to connect with me on social media! You can find me on Instagram @RachelMorganWellness. I would love for you to tag me in your recipes!

Enjoy!



# LOW CARB

## Breakfast

### Baked Avocado Breakfast

#### Ingredients:

- 1 medium avocado
- 2 eggs
- A sprinkle of dill
- Salt and pepper to taste

#### Instructions:

- Preheat oven to 425.
- Cut your avocado in half and remove the pit.
- With a spoon, scoop out some of the avocado so it's a bit bigger than the egg.
- Crack egg and add it to the inside of the avocado. Sprinkle a little dill, salt and pepper.
- Cook for 14-16 minutes.

#### DID YOU KNOW:

Avocados are full of healthy unsaturated fats! They are known to lower cholesterol. Avocados are also packed with nutrients, including fiber, potassium and essential vitamins making them a great addition to any meal!



# LOW CARB

## Lunch

### Low Carb Thai Chicken Salad

#### Ingredients:

##### Salad:

- ½ Napa cabbage, thinly sliced
- ¼ small red cabbage, thinly sliced
- 2 medium carrots, grated
- 3 green onion, thinly sliced
- ¼ cup minced cilantro
- 2 cups cooked, shredded chicken breast
- 3 tbsp slivered almonds
- ½ an avocado
- Salt and pepper to taste

##### Dressing:

- 3 tablespoon lemon, juiced
- 2 tablespoon natural peanut butter
- 5 tablespoon Braggs liquid aminos
- 2 teaspoons honey

##### Instructions:

- In a large bowl, combine Napa cabbage, red cabbage, carrot, green onion, cilantro and chicken breast.
- In a small bowl, combine lime juice, peanut butter, Braggs liquid aminos and honey. Whisk until smooth.
- Toss all ingredients in bowl with the dressing.
- Garnish with almonds and avocado.



## LOW CARB

### Dinner

#### One Sheet Sausage and Veggie Bake

##### Ingredients:

- 2 large carrots, chopped
- 1 zucchini, chopped
- 2 bell peppers, chopped
- 3 small heads broccoli, chopped
- 16 ounces chicken sausage, chopped
- 1/2 tablespoon dried basil
- 1/2 tablespoon garlic powder
- 1/2 tablespoon dried thyme
- 1/2 teaspoon red pepper flakes
- 4 tablespoons avocado oil

##### DID YOU KNOW:

We love cooking with avocado oil because it is a high heat oil! That means it has a smoke point of 500 degrees! Avocado oil is also rich in oleic acid which is a very healthy fat. It said to reduce cholesterol and improve heart health.

##### Instructions:

- Preheat the oven to 400 degrees. Line a large sheet pan with parchment paper.
- Chop all vegetables and sausage and add to baking sheet.
- In a small bowl, mix all spices together.
- Add spice mixture and oil over vegetables and toss to coat.
- Place in the oven and bake for 15 minutes. Remove and toss around the veggies and sausage and return to the oven for another 10-20 minutes or until veggies are crisp tender.



# LOW CARB

## Snack

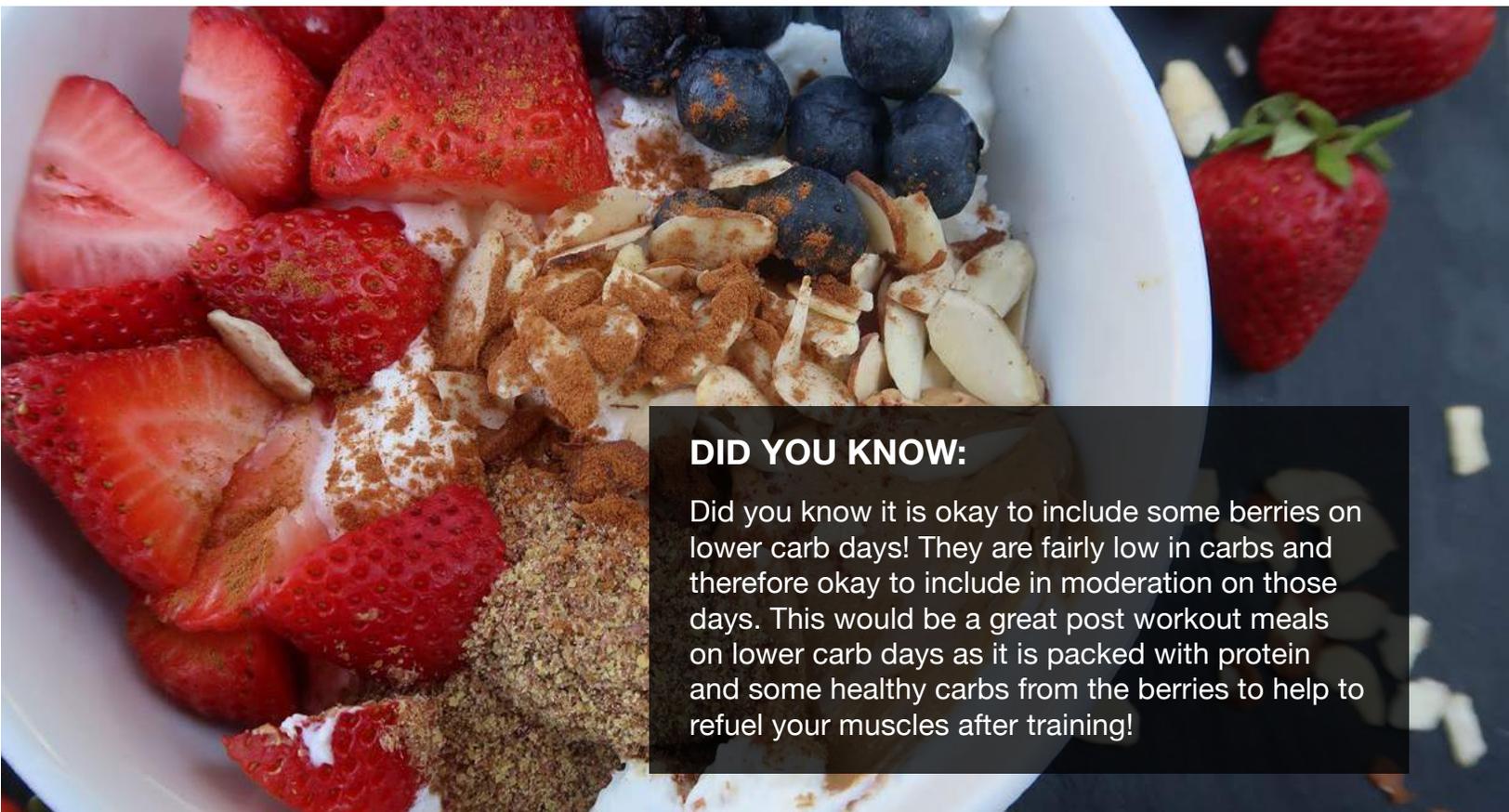
### Low Carb Yogurt Bowl

#### Ingredients:

- 1/2 cup of Greek Yogurt
- 1/4 cup mixed berries
- 1-2 tablespoon of any nut butter of your choice
- A sprinkle of flax seeds
- A handful of slivered almonds
- A sprinkle of cinnamon

#### Instructions:

- In a bowl, combine yogurt, berries, nut butter, flax seeds, almond and cinnamon.



#### **DID YOU KNOW:**

Did you know it is okay to include some berries on lower carb days! They are fairly low in carbs and therefore okay to include in moderation on those days. This would be a great post workout meals on lower carb days as it is packed with protein and some healthy carbs from the berries to help to refuel your muscles after training!

# LOW CARB

## Dessert

### Almond Butter Protein Pudding

#### Ingredients:

- 1 scoop chocolate protein powder
- 1/2 avocado, frozen
- About 1/2 cup unsweetened almond or coconut milk *\*(this might be different depending on your protein powder so play with consistency)*
- 2 tablespoons almond butter
- 1/2 cup blueberries

#### Instructions:

- Add everything except berries to a high speed blender.
- Blend on high until well combined.
- Top with blueberries berries.
- Refrigerate for 5-10 minutes before eating
- Enjoy this as a snack or a healthy dessert!



# HIGH CARB

## Breakfast

### Loaded Oats

#### Ingredients:

- 1/2 cup rolled oats
- 1 scoop protein powder
- 1 cup water
- ½ of a banana
- ¼ cup blueberries
- 1 tablespoon honey
- A small handful of granola

#### Instructions:

- Prepare oats per package instructions.
- Add cooked oats to a bowl. Mix in protein powder and honey.
- Top with chopped banana, blueberries and granola.
- Enjoy on a higher carb day!



## HIGH CARB

### Lunch

#### Quinoa and Chicken Bowl

##### Ingredients:

- 1 cup Quinoa
- 2 grilled boneless, skinless chicken breasts, cooked and cut into pieces
- 1 (14-ounce) can black beans, rinsed and drained
- 1/2 cups fresh or frozen corn (*thawed if frozen*)
- 2 tomatoes, diced
- 1 small red onion, diced
- 1 jalapeño, seeded and diced
- 1/2 cup chopped fresh cilantro, plus additional for serving
- 1/4 cup freshly squeezed lime juice, plus additional for serving
- 1 teaspoon ground chili powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper (*use less or omit if sensitive to spice*)
- 1/4 teaspoon black pepper
- 1/2 cup Siggis greek yogurt (*unsweetened*)
- -4 tablespoons salsa

##### Instructions:

- Bring 2 cups water to a boil and add the quinoa. Return to a boil, cover, and reduce the heat to medium. Let simmer until the liquid is absorbed, about 12 minutes. Remove from the heat, fluff with a fork, then re-cover and let sit for 15 minutes. Transfer to a large serving bowl.
- To make the dressing, in a small bowl mix greek yogurt, lime juice, chili powder, cayenne pepper, black pepper and cilantro. Mix with the warm quinoa, then toss to combine.
- Stir in the prepared chicken, black beans, corn, tomatoes and red onion. Top with salsa and more cilantro. Serve warm with any desired topping.

### DID YOU KNOW:

Quinoa is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids making it a complete protein! It is a great way for vegetarians to get additional protein in their diets. It is also high in fiber, magnesium, B-vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.

# HIGH CARB

## Dinner

### Slow Cooker Burrito Bowl

#### Ingredients:

- 1 pound boneless skinless chicken breasts
- 1 14.5-ounce can diced tomatoes
- 1 cup chicken stock
- 1 tsp chili powder
- 1 tsp cumin
- 1 cup brown rice
- 1 15-ounce can black beans, drained & rinsed
- Salt to taste

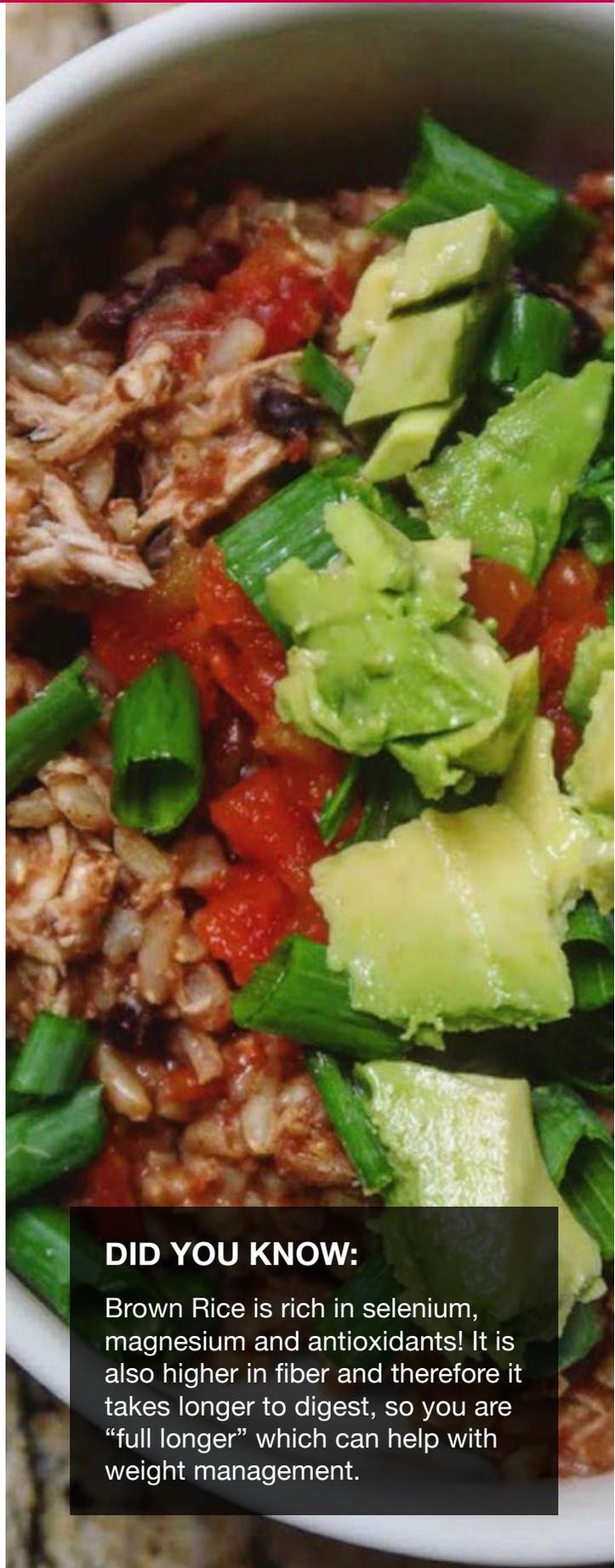
#### Toppings:

- 1 pound boneless skinless chicken breasts
- 1 14.5-ounce can diced tomatoes
- 1 cup chicken stock

#### Instructions:

- Add chicken breast, beans, diced tomatoes, chicken stock, chili powder, salt, and cumin into the slow cooker. Cover and cook on low for 3 hours.
- Then add the rice into the slow cooker. Cover and continue cooking on low for another 3 hours. Stir occasionally. Once cooking time is done, shred the chicken and mix all ingredients well. Add to bowls and top with your favorite toppings!

**\*Note: This will make a big batch and it is great for meal prep!**



#### DID YOU KNOW:

Brown Rice is rich in selenium, magnesium and antioxidants! It is also higher in fiber and therefore it takes longer to digest, so you are “full longer” which can help with weight management.

# HIGH CARB

## Snack

The Sweetest Loaded Sweet Potato

### Ingredients:

- 1 medium sweet potato
- ¼ cup unsweetened greek yogurt
- 1 tablespoon honey
- A handful of granola
- A pinch of cinnamon

### Instructions:

- Preheat oven to 400 degrees. Poke holes in the potato with a fork. Bake in oven for 45 minutes or until soft.
- Remove from oven and let cool.
- Cut sweet potato in half.
- In a small bowl mix unsweetened greek yogurt and honey together.
- Top sweet potato with yogurt and honey mixture, granola and cinnamon.

### DID YOU KNOW:

Sweet potatoes are one of our go to healthy carbs! They are a great source of many nutrients such as vitamin A, vitamin B5, B6, thiamin, niacin and riboflavin. They are also high in carotenoids which have been said to help with eye health!



# HIGH CARB

## Dessert

Protein Rich Cantaloupe Bowl!

### Ingredients:

- 1 cantaloupe
- 2 cups plain Greek yogurt
- 1/2 cup fresh or frozen berries
- 1/2 cup granola
- 2 tablespoons honey
- Cinnamon to taste and butter
- 1/2 cup blueberries

### Instructions:

- Cut cantaloupe in half and scoop out all seeds.
- Add about 1 cup of yogurt into each cantaloupe half.
- Top with berries, granola and honey and cinnamon

### DID YOU KNOW:

We love adding greek yogurt to meals! It is a great way to get in some additional protein! Greek yogurt is also full of probiotics (AKA: the good gut bacteria) which is great for digestive health!

Honey is a wonderful natural sweetener! We find that adding honey to plain greek yogurt is a great and healthy way to add some sweetness. Honey also has some health benefits and has been shown to help improve your immune system as well as help with allergies!



## BONUS!

**Just because these are amazing & because we love Brussels Sprouts!**

EASY Lemon Garlic Brussels Sprouts!

### Ingredients:

- 1/2 pound Brussels Sprouts
- 4 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 3 cloves garlic, diced
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

### Instructions:

- Preheat oven to 400 degrees.
- Cut brussel sprouts in half. In a large bowl combine brussel sprouts, olive oil, lemon juice, garlic and salt and pepper. Add to a baking sheet lined with parchment paper. Bake in the oven for 45 minutes or until slightly burnt around the edges. Toss every 15 minutes or so to be sure they cook evenly.
- Remove from oven and place in a large bowl. Mix in balsamic vinegar and toss well to coat. Enjoy! Enjoy as a side on either a Low or High carb day! n



### DID YOU KNOW:

Brussels Sprouts are a great source of nutrients and fiber! They are packed with iron, vitamin C, folate and potassium and are great to include in any healthy diet!

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