

Volume 1 of the Crezzy Cookbook

Featuring 20 nutrient dense meals, packed with
nutrients and full of taste



CREZZY FITNESS

improve. elevate. optimize. 

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Lemon Basil Salmon with Roasted Potatoes	5	40g	45g	22g	600
Carrot & Parmesan Beef Salad	6	35g	10g	17g	380
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Chocolate Berry Yogurt Bowl	10	30g	25g	10g	330
Blueberry Mango Protein Smoothie	10	28g	30g	6g	320
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Tropical Protein Shake	11	28g	25g	6g	300
Rice Cake Banana Crunch	11	4g	36g	10g	250

Keep in mind

These macronutrient and caloric numbers are ESTIMATES.

Adjusting Portions

All 20 recipes are designed to be flexible. Portions can be easily doubled or halved depending on your individual caloric needs, training volume, or appetite. They are also structured to be easily meal-prepped for multiple servings. Increase or reduce ingredient amounts as needed while keeping the same simple preparation methods.

The Crezzy Classic

A high-protein breakfast built for energy, focus, and consistency. A hearty oat bowl paired with a simple egg veggie scramble makes this a complete morning meal you can rely on.



Ingredients

Oat Bowl

- 60g oats
- ½ scoop protein powder
- 1 tsp almond butter
- 1 tsp chia seeds
- 1 cup frozen berries
- ½ tsp cinnamon

Egg Scramble

- 3 eggs
- ½ cup spinach
- ¼ cup diced mushrooms
- ½ tsp extra virgin olive oil

Instructions

Oat Bowl

1. Cook oats according to package instruction with water
2. Once cooked, stir in protein powder until fully combined
3. Add almond butter, chia seeds and mix
4. Top with frozen berries and cinnamon

Egg Scramble

1. Heat olive oil in a pan over medium heat.
2. Add mushrooms and cook for 2–3 minutes until softened.
3. Add spinach and cook until wilted.
4. Crack eggs into the pan and scramble until fully cooked.

Avocado Power Toast

This is a simple, nutrient-dense breakfast that delivers quality fats, complete protein, and steady energy. Creamy avocado, soft eggs, and fresh vegetables come together on hearty multigrain toast for a satisfying start to the day.



Ingredients

- 2 slices multigrain bread
- ½ avocado
- 3 eggs
- Handful of spinach
- Tomatoes, sliced
- ½ tsp extra virgin olive oil
- Salt and pepper, to taste
- BONUS add ½ cup egg whites for extra protein

Instructions

Oat Bowl

1. Toast the multigrain bread to your desired crispness.
2. Mash the avocado in a small bowl and season with salt and pepper.
3. Heat olive oil in a pan over medium heat.
4. Add spinach and cook briefly until wilted.
5. Crack eggs into the pan and cook to your preference (scrambled, fried, or over-easy).
6. Spread mashed avocado evenly over the toast.
7. Top with eggs, spinach, and sliced tomatoes.
8. Season with additional salt and pepper if needed.

Vanilla Protein Pancakes

These Vanilla Protein Pancakes are light, satisfying, and naturally sweetened with banana. Topped with a warm blueberry yogurt sauce, they feel indulgent while staying high in protein and easy to make.



Ingredients

Pancakes

- 1 scoop vanilla protein powder
- 1 egg
- ⅓ cup egg whites
- 1 banana
- ¼ cup whole grain flour
- ½ tsp butter

Warm Berry Topping

- Frozen blueberries
- 1 tbsp Greek yogurt
- BONUS add cocoa powder

Instructions

Pancakes

1. In a bowl or blender, combine protein powder, egg, egg whites, banana, and whole grain flour.
2. Blend or mash until a smooth batter forms.
3. Heat a non-stick pan over medium heat and lightly coat with butter.
4. Pour batter into small pancakes.
5. Cook for 2–3 minutes per side, flipping once bubbles form, until golden and cooked through.

Warm Berry Topping

1. Microwave frozen blueberries until warm and softened.
2. Stir in Greek yogurt to create a thick, warm berry sauce.
3. Spoon over pancakes before serving.



Honey Glazed Chicken & Sweet Potato

This Honey Glazed Chicken & Sweet Potato Bowl is a balanced, performance-focused meal built around lean protein, complex carbs, and fresh vegetables. A quick microwaved sweet potato anchors the bowl while stir-fried chicken and lightly honey-glazed vegetables bring flavor without excess.

Ingredients

- 1 large sweet potato
- 200 g chicken breast
- ½ avocado
- ⅓ cup tomatoes, chopped
- 1 cup broccoli
- 1 carrot, sliced
- Extra virgin olive oil
- Honey (for glazing)
- Salt and pepper, to taste

Chicken Seasoning

- Basil
- Onion powder
- Garlic powder
- Oregano

Instructions

Sweet Potato

1. Pierce sweet potato several times with a fork.
2. Microwave on high for 2–3 minutes per side until soft.
3. Set aside and slice open slightly.

Chicken

1. Cut chicken breast into bite-sized pieces.
2. Season with basil, onion powder, garlic powder, oregano, salt, and pepper.
3. Heat olive oil in a pan over medium heat.
4. Stir-fry chicken for 6–8 minutes until cooked through and lightly browned.

Vegetables

1. In the same pan, add a small amount of olive oil if needed.
2. Add carrot and broccoli and stir-fry for 3–4 minutes until tender-crisp.
3. Lightly drizzle with honey and toss to coat evenly.



Lemon Basil Salmon with Roasted Potatoes

This dish pairs tender, herb-seasoned salmon with a mix of roasted sweet and white potatoes and steamed broccoli. High in protein and omega-3s, it's a light yet satisfying meal that's perfect for lunch or dinner.

Ingredients

- 1 full salmon fillet
- 1 small sweet potato, cubed
- 1 small white potato, cubed
- 1 cup broccoli florets
- 1 tsp olive oil
- Lemon basil seasoning (or mix: lemon zest + dried basil)
- Salt and pepper, to taste

Instructions

Potatoes & Salmon

1. Preheat oven to 400°F (200°C).
2. Toss cubed sweet and white potatoes with olive oil, salt, pepper, and half the lemon basil seasoning.
3. Spread potatoes on a baking tray and roast for 25–30 minutes, flipping halfway through.
4. About 12–15 minutes into roasting, place the salmon fillet on the tray with the potatoes. Season with remaining lemon basil, salt, and pepper.
5. Roast salmon and potatoes together until potatoes are tender and salmon is cooked through (salmon should flake easily with a fork).

Broccoli

1. Steam broccoli florets for 3–4 minutes until bright green and tender-crisp.



Carrot & Parmesan Beef Salad

A crisp, high-protein salad featuring tender beef strips, fresh vegetables, and a sprinkle of Parmesan. Quick to prepare and packed with flavor, this dish is perfect for a light lunch or dinner that fuels your body without weighing you down.

Ingredients

- 200 g beef strips (grilled, pan-seared, or leftover cooked beef)
- 1 carrot, julienned or thinly sliced
- 2 cups lettuce, chopped
- 2 tbsp Parmesan cheese, grated
- Freshly cracked black pepper, to taste
- 1 tsp olive oil (for cooking beef)
- Salt, optional
- Optional dressing: lemon juice, balsamic, or olive oil drizzle

Instructions

- Heat olive oil in a pan over medium-high heat. Cook beef strips for 3–4 minutes until browned and cooked through. Season lightly with salt and black pepper.
- In a large bowl, combine chopped lettuce and sliced carrot.
- Add cooked beef on top of the vegetables.
- Sprinkle Parmesan cheese over the salad.
- Drizzle with your choice of dressing (optional) and season with extra black pepper.
- Toss gently or leave layered, then serve immediately.



Honey Beef Bowl

This Honey Herb Beef & Veggie Bowl combines extra-lean ground beef with tender boiled potatoes and vibrant vegetables. Flavored with a blend of paprika, cumin, garlic, onion, and basil, plus a hint of honey, it's a satisfying, high-protein meal that's quick and simple to make.

Ingredients

- 200 g extra-lean ground beef
- 1 cup boiled nugget potatoes, halved or quartered
- 1 cup broccoli florets
- 1 carrot, sliced
- 1 tsp honey
- 1 tsp olive oil (for cooking)
- 1 tsp paprika
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp basil (dried or fresh)
- Salt and pepper, to taste

Instructions

1. Heat olive oil in a pan over medium heat. Add ground beef and cook until browned.
2. Season beef with paprika, cumin, garlic powder, onion powder, basil, salt, and pepper. Stir well to coat evenly.
3. In a separate pan or steamer, cook broccoli and carrot until tender-crisp (3–5 minutes).
4. Add boiled nugget potatoes to the beef and toss gently to combine and warm through.
5. Drizzle honey over the vegetables and toss lightly.
6. Plate the beef, potatoes, and vegetables together. Serve warm.



Beef & Tomato Fusilli

This protein-packed beef fusilli is a hearty, high-protein pasta dish made with whole-grain pasta, extra-lean ground beef, and a medley of vegetables. Quick, balanced, and flavorful, it's perfect for lunch, dinner, or meal prep.

Ingredients

- 100 g whole-grain fusilli pasta (dry)
- 200 g extra-lean ground beef
- ½ cup tomato sauce (low-sugar, homemade or store-bought)
- 1 small carrot, diced
- ½ cup peas (fresh or frozen)
- ½ small onion, diced
- 1 tsp olive oil
- Salt and pepper, to taste
- Optional: dried Italian herbs (basil, oregano)

Instructions

1. Cook whole-grain fusilli according to package instructions. Drain and set aside.
2. Heat olive oil in a pan over medium heat. Add diced onion and carrot, and cook for 3–4 minutes until softened.
3. Add ground beef and cook until browned, breaking up any clumps.
4. Stir in tomato sauce and peas. Simmer for 3–5 minutes until vegetables are tender and sauce is heated through. Season with salt, pepper, and optional herbs.
5. Toss cooked pasta with the beef and vegetable mixture until well combined.
6. Serve warm, optionally topped with a sprinkle of Parmesan or fresh herbs.

Entrees



Tamari Turkey & Veggie Power Bowl

This meal combines roasted cauliflower, sweet potato, avocado, and juicy ground turkey breast in a flavorful tamari glaze. High in protein and packed with nutrients, it's an easy, satisfying meal that's both colorful and nourishing.

Ingredients

- 200 g ground turkey breast
- 1 cup roasted cauliflower florets
- 1 cup diced sweet potato
- ½ avocado, diced
- ½ cup chopped tomatoes
- 1–2 tsp tamari sauce (or soy sauce)
- 1 tsp olive oil
- Salt and pepper, to taste

Instructions

1. Preheat oven to 400°F (200°C). Roast diced sweet potato with a drizzle of olive oil, salt, and pepper for 10–15 minutes then flip, and cook for another 10–15 minutes.
2. Add cauliflower to roast with 8 minutes remaining
3. While vegetables roast, heat a pan over medium heat. Add ground turkey and cook until browned and fully cooked. Season with salt, pepper, and a drizzle of tamari sauce.
4. Once vegetables are done, assemble the bowl: roasted cauliflower, sweet potato, avocado, chopped tomatoes, and cooked turkey.
5. Drizzle additional tamari over the top if desired. Serve warm.



Citrus Tahini Chicken Bowl

This Citrus Tahini Chicken Power Bowl is a nutrient-packed meal featuring juicy chicken breast, creamy avocado, and vibrant kale and carrot over fluffy basmati rice. A zesty citrus-tahini dressing adds a bright, savory-smooth flavor that ties the bowl together.

Ingredients

- 200 g chicken breast
 - ½ avocado, sliced
 - 1 cup kale, chopped
 - 1 carrot, thinly sliced
 - ½ cup raw basmati rice
 - 1 tsp olive oil
 - Salt and pepper, to taste
- Citrus-Tahini Sauce
- 1 tbsp tahini
 - 1 tsp lemon or lime juice
 - 1 tsp olive oil
 - 1–2 tsp water to thin
 - Pinch of salt
 - Optional: ¼ tsp garlic powder or smoked paprika for extra flavor

Instructions

1. Cook basmati rice according to package instructions.
2. Heat olive oil in a pan over medium heat. Cook chicken breast until golden and fully cooked (approx. 6–8 minutes per side). Season with salt and pepper. Slice thinly.
3. Lightly sauté kale and carrot in the same pan for 2–3 minutes until just tender but still vibrant.
4. Prepare the citrus-tahini sauce: whisk together tahini, lemon/lime juice, olive oil, water, and a pinch of salt until smooth. Adjust water for desired consistency.
5. Assemble the bowl: place rice at the base, top with chicken, kale, carrot, and avocado slices. Drizzle with citrus-tahini sauce. Serve warm.



Teriyaki Chicken Stir Fry

This Teriyaki Chicken Stir-Fry Bowl is a quick, protein-packed meal made with tender chicken breast, crisp vegetables, and fluffy basmati rice. Lightly coated in teriyaki sauce, it delivers bold flavor without overcomplicating things.

Ingredients

- 200g chicken breast
- ½ cup basmati rice
- 1 carrot
- 1 cup kale
- 1-2 tbsp teriyaki sauce
- 1 tsp olive oil
- Black pepper and salt, to taste

Instructions

1. Cook basmati rice according to package instructions and set aside.
2. Heat olive oil in a pan or wok over medium-high heat.
3. Slice chicken breast into strips and add to the pan. Cook for 5–7 minutes until fully cooked and lightly browned.
4. Add carrot and kale to the pan and stir-fry for 2–3 minutes until vegetables are tender but still vibrant.
5. Pour teriyaki sauce over the chicken and vegetables. Toss to coat evenly and cook for another 1–2 minutes.
6. Serve chicken and vegetables over basmati rice. Season lightly with black pepper if desired.



Steak & Roasted Potatoes

This classic plate is a simple satisfying meal built around quality protein and heart carbohydrates. Juicy steak paired with crispy roasted potatoes and fresh carrot slices make this a balanced, fuel-focused classic.

Ingredients

- 1 steak (sirloin, strip, or flank)
- 1–2 medium potatoes, diced
- Raw carrot slices
- 1–2 tsp olive oil
- Salt and black pepper, to taste
- paprika, chili powder, garlic powder, cumin to season potatoes

Instructions

Roasted Potatoes

1. Preheat oven to 400°F (200°C).
2. Toss diced potatoes with olive oil, paprika, chili powder, garlic powder, salt, and pepper.
3. Spread evenly on a baking tray.
4. Roast for 30–35 minutes, flipping halfway, until golden and tender.

Steak

1. Season steak generously with salt and black pepper.
2. Heat a pan over medium-high heat.
3. Cook steak to desired doneness (about 3–5 minutes per side, depending on thickness).
4. Rest steak for 5 minutes, then slice against the grain.

Assemble

1. plate steak with seasoned roasted potatoes
2. serve with raw carrot slices on the side



Chicken Meatball Orzo

A combination of tender ground-chicken meatballs with fluffy orzo and wilted spinach, finished with a cool, creamy tzatziki sauce. High in protein and full of fresh flavour.

Ingredients

- 90g orzo pasta (dry)
- 200g ground chicken breast
- 1 cup spinach
- 1 tsp olive oil
- garlic and onion powder
- dried basil or oregano
- salt and pepper
- ½ cup greek yogurt
- 1 tbsp grated cucumber
- 1 tsp lemon juice
- ½ tsp minced garlic

Ingredients

Orzo

- Cook orzo according to package instructions. Drain and set aside.

Chicken Meatballs

- In a bowl, combine ground chicken with garlic powder, onion powder, dried oregano or basil, salt, and pepper.
- Roll mixture into small meatballs.
- Heat olive oil in a pan over medium heat.
- Cook meatballs for 8–10 minutes, turning occasionally, until browned and cooked through.
- Spinach
- Add spinach to the pan with the meatballs during the last 1–2 minutes of cooking and allow it to wilt.

Tzatziki Sauce

- In a small bowl, mix Greek yogurt, grated cucumber, lemon juice, garlic, and salt until smooth.



Maple Miso Quinoa & Salmon

This quick meal pairs tender salmon with nutty quinoa and crisp vegetables, all drizzled with a sweet and savory miso glaze. Packed with protein, fiber, and healthy fats, it's a nourishing, flavor-packed meal perfect for lunch or dinner.

Ingredients

- 200 g salmon fillet
 - ½ cup quinoa raw
 - 1 cup broccoli florets
 - 1 carrot, thinly sliced or julienned
 - 1 tsp olive oil
- #### Maple-Miso Glaze
- 1 tsp white miso paste
 - 1 tsp maple syrup
 - 1 tsp soy sauce or tamari
 - ½ tsp grated fresh ginger
 - Optional: ½ tsp sesame oil

Ingredients

- Preheat oven to 400°F (200°C). Line a baking tray with parchment paper.
- Cook quinoa as per package instructions
- Whisk together miso paste, maple syrup, soy sauce, ginger, and sesame oil (if using) to make the glaze.
- Place salmon on the tray and brush generously with the maple-miso glaze. Roast for 12–15 minutes until cooked through.
- Steam broccoli and carrot until tender-crisp (3–4 minutes).
- Assemble the bowl: quinoa as the base, topped with roasted salmon and vegetables. Drizzle any remaining glaze over the bowl.

Protein Pancakes with Chocolate Drizzle

These Chocolate Protein Pancakes are rich, fluffy, and naturally sweetened with banana. Finished with a warm berry and dark chocolate drizzle, they satisfy chocolate cravings while delivering a solid protein hit.

Ingredients

- 1 scoop chocolate protein powder
- 1 banana
- 1 egg
- ½ cup egg whites
- 1 tsp cocoa powder
- frozen berries
- 1 tbsp chopped dark chocolate
- 1 tsp butter

Pancakes

1. In a bowl or blender, combine chocolate protein powder, banana, egg, egg whites, and cocoa powder.
2. Blend or mash until a smooth batter forms.
3. Heat a pan over medium heat, add butter
4. Pour batter into small pancakes and cook for 2–3 minutes per side, flipping once bubbles form.

Topping

1. Microwave frozen berries until warm and softened.
2. In the same bowl, add dark chocolate and microwave briefly until melted.
3. Stir to combine into a warm chocolate-berry drizzle.

Assemble

1. Stack pancakes and drizzle the warm berry chocolate sauce over the top.



Chocolate Berry Yogurt Bowl

This Chocolate Berry Protein Yogurt Bowl is a quick, no-cook option packed with protein, antioxidants, and fiber. Creamy Greek yogurt mixed with chocolate protein powder is topped with frozen berries, cinnamon, and chia seeds for a balanced, satisfying treat.

Ingredients

- 1.5 cups greek yogurt
- 1 scoop chocolate protein powder
- ¾ cup frozen berries
- ½ tsp cinnamon
- 1 tsp chia seeds

Instructions

1. In a bowl, mix Greek yogurt with chocolate protein powder until smooth and fully combined.
2. Top with frozen berries.
3. Sprinkle with cinnamon and chia seeds.
4. Let sit for a few minutes if you prefer the berries slightly softened, or enjoy immediately.



Blueberry Mango Protein Smoothie

This smoothie is refreshing, hydrating, and packed with protein. Creamy kefir and coconut water blend with mango and blueberries for a naturally sweet, antioxidant-rich drink that's easy to digest and perfect any time of day.

Ingredients

- ¾ cup plain kefir
- 1 cup coconut water
- ½ cup frozen mango
- ½ cup frozen blueberries
- 1 scoop vanilla protein powder

Instructions

1. Add kefir, coconut water, frozen mango, frozen blueberries, and protein powder to a blender.
2. Blend until smooth and creamy.
3. Add more coconut water if needed to reach desired consistency.



Banana Berry Bowl with Dark Chocolate

This Chocolate Banana Berry Yogurt Bowl is a creamy, high-protein treat that feels indulgent while staying balanced. Rich chocolate flavor from protein powder pairs with fresh banana, strawberries, and dark chocolate chunks for a satisfying snack or healthy dessert.

Ingredients

- 1.5 cups greek yogurt
- 1 scoop chocolate protein powder
- 1 tsp cinnamon
- 1 banana
- ½ cup frozen strawberries
- 1 tbsp dark chocolate

Ingredients

- In a bowl, mix Greek yogurt with chocolate protein powder until smooth and fully combined.
- Top with sliced banana, frozen strawberries, and dark chocolate chunks.
- Let sit for a few minutes if you prefer the fruit slightly softened, or enjoy immediately.



Tropical Protein Shake

This Tropical Vanilla Protein Smoothie is creamy, naturally sweet, and packed with protein. Coconut water and Fairlife skim milk provide hydration and a smooth base, while banana, strawberry, and mango add fruity flavor. Perfect for a post-workout boost or a refreshing snack.

Ingredients

- 1 cup coconut water
- ½ cup fairlife skim milk
- ½ cup banana
- ¼ cup frozen mango
- ¼ cup frozen strawberries
- 1 scoop vanilla protein powder

Ingredients

- Add all ingredients to a blender.
- Blend until smooth and creamy.
- Add extra coconut water or milk if needed to reach desired consistency.
- Serve immediately.



Chocolate Rice Cake Banana Crunch

This is a quick, wholesome snack. The naturally sweet banana, creamy almond butter, and chocolate rice cake create a satisfying crunch that's perfect for a pre-workout bite.

Ingredients

- 2 chocolate rice cakes
- 1 banana
- 1 tsp almond butter
- 1 tsp cinnamon

Instructions

1. Spread almond butter evenly on chocolate rice cakes.
2. Top with banana slices.
3. Sprinkle cinnamon over the top.
4. Enjoy immediately.

