

Taste the SEASON

20 FALL RECIPES TO NOURISH,
SATISFY, & STAY STRONG



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03

Protein Whipped Pumpkin Dip

Servings: 8

Macros: 61 cal | 7g protein | 6g carbs | 1g fat

INGREDIENTS 1 cup pumpkin puree 1 scoop vanilla protein powder 1/2 cup light whipped topping 1 tsp pumpkin pie spice

Instructions: Blend all, serve with apple slices.



04

Protein-Packed Pumpkin Spice Latte

Servings: 1

Macros: 169 cal | 30g protein | 10g carbs |
1g fat

INGREDIENTS

1 cup brewed coffee

1 scoop vanilla protein powder

2 tbsp pumpkin puree

1/2 tsp pumpkin pie spice

1/2 cup unsweetened almond milk

Instructions:

Blend all, heat, top with light whipped cream.



05

Cranberry Walnut Chicken Salad

Servings:4

Macros:215cal | 26gprotein | 12gcarbs |
7g fat

INGREDIENTS

2 cups cooked chicken breast, chopped
1/4 cup dried cranberries (reduced
sugar)

2 tbsp chopped walnuts

1/4 cup nonfat Greek yogurt

Instructions:

Mix all, chill before serving.



06

Maple Pecan Protein Oatmeal

Servings:2

Macros:245cal | 18gprotein | 32gcarbs|
5g fat

INGREDIENTS

1 cup oats

1 scoop vanilla protein powder

2 tbsp chopped pecans

1 tbsp sugar-free maple syrup

2 cups water

Instructions:

Cook oats, stir in protein and syrup, top with pecans



Pumpkin Protein Pancakes

Servings: 4

Macros (per serving): 187 cal | 18g protein | 22g carbs | 3g fat

INGREDIENTS

1 cup oat flour

1 scoop vanilla protein powder

1/2 cup pumpkin puree

2 eggs

1/2 cup unsweetened almond milk

1 tsp pumpkin pie spice

1 tsp baking powder

Instructions:

Mix all ingredients, cook on a nonstick skillet, and serve with sugar-free syrup.



08

Protein Pumpkin Cheesecake Bars

Servings: 8

Macros: 133 cal | 12g protein | 10g carbs | 5g fat

INGREDIENTS

8 oz light cream cheese

1/2 cup pumpkin puree

1 scoop vanilla protein powder

1/4 cup sugar-free sweetener

1 egg

1/2 tsp cinnamon

Instructions:

Blend, pour into pan(8x8), bake at 325°F for 25 min, chill.



Sweet Potato Protein Brownies

Servings:8

Macros: 143 cal | 11g protein | 18g carbs | 3g fat

INGREDIENTS

1 cup mashed sweet potato

1 scoop chocolate protein powder

1/4 cup almond flour

2 eggs

1/4 cup sugar-free sweetener

Instructions:

Mix, pour into pan(8 X8), bake at 350°F for 20 min.



10

Apple Pie Protein Smoothie

Servings: 1

Macros: 255cal | 27gprotein | 30g
carbs | 3g fat

INGREDIENTS

1 apple, chopped

1 scoop vanilla protein powder

1/2 cup unsweetened almond milk

1/2 tsp cinnamon

Ice

Instructions:

Blend all ingredients until smooth.





PUMPKIN
MINI
CHEESECAKE

12

Pumpkin Mini Cheesecake

Servings: 2

Macros (perserving):323cal | 22gprotein | 20g carbs
| 19g fat

INGREDIENTS

1 cup Cottage Cheese (4% milk fat)
1/2 cup Whole Milk Greek Yogurt - Vanilla (Divided)
1/3 cup Pumpkin Puree
1/4 tsp Pumpkin Pie Spice
1 tbsp Maple Syrup
1/4 cup, chopped Pecans
1/4 tsp Cinnamon

Instructions:

- Preheat oven to 350 degrees F (174 degrees C).
- Add the cottage cheese, half of the Greek yogurt, pumpkin puree, pumpkin pie spice, and maple syrup to a blender. Blend until smooth.
- Divide the pumpkin mixture into 2-3 small oven safe serving dishes.
- Bake for 20-25 minutes, until the top is golden brown.
- Allow to cool fully, then refrigerate for a minimum of 2 hours.
- Serve chilled topped with the remaining vanilla Greek yogurt, chopped pecans, and cinnamon.

Cinnamon Quinoa Breakfast Bowl with Apples & Walnuts

Servings:1

Macros: 424 cal | 22g protein | 54g carbs | 16g fat

INGREDIENTS

1/4 cup Quinoa (uncooked)

1/2 cup Organic Unsweetened Almond Milk

1/4 tsp Cinnamon

1/2 tbsp Maple Syrup

1/2 apple Apples (Chopped)

2 tbsp Chopped Walnuts

1/2 tbsp Chia Seeds

1 scoop Collagen Powder

Instructions:

- Rinse the quinoa thoroughly.
- Cook it in a small pot with the almond milk and cinnamon over medium heat until the quinoa is fluffy and the liquid is absorbed (about 15 minutes).
- Stir in the maple syrup, chia seeds, and collagen powder.
- Top with the chopped apple and walnuts before serving.



14

Apple Cinnamon Greek Yogurt Parfait

Servings: 1

Macros: 404cal | 45gprotein | 47g
carbs | 4g fat

INGREDIENTS

1 cup nonfat Greek yogurt

1 scoop vanilla protein powder

1 apple, diced

1 tsp cinnamon

1 tbsp chopped walnuts

Instructions:

Layer yogurt mixed with protein,
apples, cinnamon, and walnuts.





HEARTY VEGETABLE CHILI

Hearty Vegetable Chili

Servings:4

Macros:340cal | 24gprotein | 16gcarbs | 21g fat

INGREDIENTS

1 tbsp Olive Oil

1 onion Yellow Onions (chopped)

1 Green Pepper (chopped)

2 medium Carrot

3 tsp Chili Powder

1 tsp Garlic Powder

1 tsp Paprika

1/4 tsp Red or Cayenne Pepper

1/2 tsp Cumin

1 Dash Himalayan Pink Salt

1 dash Black Pepper

1 tbsp Cilantro (Coriander) (optional garnish)

16 ounce Ground Beef (85% Lean / 15% Fat)

1 can (28oz) Diced Canned Tomatoes

Hearty Vegetable Chili

Instructions:

- Heat a large pot to medium heat
- Add the olive oil
- While the pot is heating up, chop the onion, pepper, and carrots into small pieces
- Add the chopped vegetables to the hot oil and sauté until the vegetables begin to soften
- Add the ground beef and stir everything together
- Once the beef is cooked, scoop out any additional fat/oil leftover from the meat
- Add the diced tomatoes, chili powder, garlic powder, smoked paprika, cayenne pepper, cumin, salt, and pepper
- Combine all ingredients, cover the pot with a lid and simmer for 30 minutes
- Remove from heat, and sprinkle with cilantro Enjoy!



PUMPKIN PIE CUPS

Pumpkin Pie Cups

Servings:4

Macros: 146cal | 8g protein | 16g carbs |
5g fat

INGREDIENTS

For the pumpkin cream filling:

1/2 cup pumpkin purée

1/2 cup light whipped cream cheese

1 scoop vanilla protein powder

1/2 tsp pumpkin pie spice

1/2 tsp cinnamon

1 tsp vanilla extract

1–2 tbsp maple syrup or sweetener of
choice

For the layers/topping:

5 sheets graham crackers, crushed

1 cup Cool Whip or whipped cream
(Lite or regular)

Instructions:

Mix the pumpkin filling:

In a bowl, stir together pumpkin purée, pumpkin cream cheese, protein powder, spices, vanilla, and maple syrup until smooth and creamy.

Layer it up (in cups or jars):

Sprinkle graham cracker crumbs on the bottom

Add a layer of pumpkin filling

Add a spoonful of Cool Whip

Repeat layers if desired

Finish with a sprinkle of graham crumbs and a dash of cinnamon on top

Chill for 15–30 minutes (optional):

It helps the flavors come together and gives it a pie-like texture.

 Optional Add-Ins:

Chopped pecans or walnuts for crunch

A drizzle of sugar-free caramel sauce

Mini dark chocolate chips

A few crushed ginger snaps for a spicier kick

Maple Dijon Chicken Bake

Servings: 4

Macros: 248 cal | 32g protein | 12g carbs
| 8g fat

INGREDIENTS

4 chicken breasts

2 tbsp Dijon mustard

2 tbsp sugar-free maple syrup

1 tbsp olive oil

1 tsp rosemary

Instructions:

Mix sauce, coat chicken, bake at 400°F for 25 min.





APPLE & CRANBERRY STUFFED CHICKEN BREAST

Apple and Cranberry Stuffed Chicken Breast

Servings:4

Macros:304cal | 35gprotein | 20gcarbs |
12g fat

INGREDIENTS

4 boneless, skinless chicken breasts

1 apple, diced

1/2 cup cranberries, fresh or frozen

1/4 cup chopped walnuts

1/4 cup breadcrumbs (whole wheat)

1 tbsp olive oil

Salt and pepper to taste

Apple and Cranberry Stuffed Chicken Breast

Instructions:

- Preheat oven to 375°F (190°C).
- Cut a pocket into each chicken breast. Combine apple, cranberries, walnuts, and breadcrumbs.
- Stuff the chicken breasts with the mixture. Drizzle with olive oil, salt, and pepper.
- Bake for 25-30 minutes, or until chicken is cooked through



Harvest Salad with Maple Vinaigrette

Harvest Salad with Maple Vinaigrette

Servings:4

Macros: 256 cal | 6g protein | 22g carbs |
12g fat

INGREDIENTS

6 cups mixed greens

1 apple, sliced

1/2 cup dried cranberries (lower sugar
ones)

1/4 cup crumbled goat cheese

1/4 cup walnuts

Maple Vinaigrette:

3 tbsp olive oil

1 tbsp maple syrup

1 tbsp apple cider vinegar

1 tsp Dijon mustard

Salt and pepper to taste

Harvest Salad with Maple Vinaigrette

Instructions:

Combine mixed greens, apple, cranberries, goat cheese, and walnuts in a large bowl.

Whisk together olive oil, maple syrup, apple cider vinegar, Dijon mustard, salt, and pepper.

Drizzle vinaigrette over salad and toss gently.

Maple Walnut Protein Bites

Servings:12

Macros:135cal | 6gprotein | 10gcarbs | 9g fat

INGREDIENTS

1 cup rolled oats

1/2 cup walnuts, chopped

2 tbsp maple syrup

1/4 cup natural peanut butter

1/4 cup vanilla protein powder

1 tsp vanilla extract

Instructions:

Combine all ingredients in a bowl. Chill for 15 minutes then roll into small balls.

Refrigerate for at least 30 minutes before serving.



Gingerbread Protein Smoothie

Servings:1

Macros:245cal | 30gprotein | 20gcarbs
| 5g fat

INGREDIENTS

1 cup unsweetened almond milk

1 scoop vanilla protein powder

1/4 cup pumpkin puree

1/2 tsp gingerbread spice Ice cubes

Instructions:

Combine all ingredients in a blender.
Blend until smooth



A top-down view of a white ceramic bowl filled with a vibrant salad. The salad is composed of several distinct layers and ingredients: a base of fresh green arugula leaves, topped with chunks of cooked salmon, bright orange sweet potato cubes, and a generous pile of red pomegranate seeds. Some of the salmon pieces are topped with a golden-brown, crumbly garnish, possibly fried onions or breadcrumbs. The bowl is placed on a light-colored wooden cutting board, which is set against a background of a red and white striped fabric.

Harvest Sweet Potato Salad

Harvest Sweet Potato Salad

Servings:2

Macros:507cal | 43gprotein | 21g carbs |
29g fat

INGREDIENTS

1 sweetpotato, 5" long Sweet Potato
(Peeled and chopped)

10 oz Skinless Chicken Breast

2 tbsp Avocado Oil

1 tsp, ground Thyme (Dried)

1 tbsp Dijon Mustard

1 tbsp Apple Cider Vinegar

1 dash Salt

1 dash Black Pepper

4 cup Arugula (Rocket)

2 tbsp, chopped Pecans

4 tbsp Pomegranate arils

2 oz Mozzarella Cheese (Whole Milk)

Harvest Sweet Potato Salad

- Preheat the oven to 400°F (204°C).
- Toss chopped sweet potato and chicken breast in a baking dish with half of the avocado oil, thyme, salt, and pepper.
- Bake for 20 minutes. Remove the sweet potato and continue baking the chicken for an additional 10-15 minutes or until the internal temperature reaches above 165°F (74°C).
- While the chicken is cooking, whisk together the remaining oil, apple cider vinegar, and Dijon mustard for the dressing.
- Let the salads and serve. Cooked chicken rest for at least 5 minutes. Then, chop the chicken and divide it, along with the sweet potato, pomegranate arils, pecans, and arugula, into two salad bowls.
- Drizzle the Dijon mustard dressing over the salads and serve.



Turkey Caprese Sandwich

Turkey Caprese Sandwich

Servings:2

Macros:392cal | 34gprotein | 35g carbs |
9g fat

INGREDIENTS

4 slice Organic Oven Roasted Turkey
Breast (Sliced)

2 oz Mozzarella Cheese (Whole Milk)
(Sliced)

2 medium Tomatoes (Roma) (Sliced)

6 leaves Basil (Thinly sliced)

2 tbsp Balsamic Glaze

4 medium slice (4-3/4" x 4" x 1/2") Sour
Dough Bread

Turkey Caprese Sandwich

Instructions:

Option to toast sourdough bread slices.

Spread a thin layer of balsamic glaze on each sourdough bread slice.

Top half of the sourdough bread slices with turkey, mozzarella cheese, tomatoes, and basil. The remaining sourdough bread slices should be placed on top of each ingredient-topped slice to close the sandwich.