

THE EFFICIENT *and* DELICIOUS RECIPE GUIDE



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We know your life is busy.
That's why we have done the work to create simple & smart meals that fuel you!

BY JAMES CAPPOLA AND ERICA VILLANI



WHO ARE WE?



We are James & Erica (AKA GymErica)

We are married coaches who are here to help YOU make better lifestyle choices so you can get the results you deserve.

We get very busy putting our clients first, so we completely understand the struggle to make time for cooking healthy meals!

This is why all of these recipes are simple, quick, and easy to make!

We hope you utilize and enjoy this collection of some of our favorite go-to recipes we make all the time in our home!

OUR PHILOSOPHY

Why should you care?

Mastering your nutrition is not just about eating the 'right foods' but fueling your body well! Let this recipe guide be a starting point to inspire you to create meals that you love and make you feel great.

That's how we came up with these ideas, too!

Is this guide for you?

If you struggle with finding the energy to put together healthy meals for yourself, or get paralyzed by trying to figure out what you should eat, start here! We prioritize taste as well as nutrients in our house, so all of these recipes have been taste tested and approved.

How do you use this guide?

We recommend making these meals in larger quantities so you have leftovers, making you save even more time!

This is how we meal prep in our home, too. Instead of making individual, portioned out containers of meals, we just make our favorite meals in larger quantities and enjoy the leftovers throughout the week. It's also nice when you have lots of options in the fridge that you can mix and match, so you never get bored!

Brands we love!

WELCOME TO THE TEASER!

- Halo Top ice cream
- Yasso bars
- (We LOVE Lesser Than Evil (chocolate chip popcorn))

- Skinny Dipped chocolate (peanut butter chocolate)
- Outshine mini fruit bars
- Smart Sweets

What's in the full guide?

Enjoy this sneak peek into our kitchen!
This teaser guide gives you few recipes and tips for you to try!

The full guide includes:

- ✓ More easy, delicious recipes
- ✓ More tips on making the most of your meals and time
- ✓ Brands we love (we did all the trial and error work for you!)
- ✓ Additional trustworthy resources

Get the full guide by working with us!



BREAKFAST

Power Breakfast



2-3 eggs

1/2 -1 cup egg whites
1- 2 slices Ezekiel Toast
w/ Violife cream cheese
OR lite Laughing Cow
cheese
+ veggies on the side
OR scrambled in

Protein Smoothie

1- 2 scoops of protein powder
1 cup milk of choice
1/2 cup frozen spinach
1- 2 servings of fruit
For fat loss:
choose lower-calorie options
like unsweetened almond milk



Tip: Eat your fruit on the side if you are on a calorie deficit. Eating it whole will help you to feel more full!

EGG MUFFINS

protein-packed powerhouses!

Egg White Muffins

Spray a muffin tin with oil
Pour 3 Tbsp egg whites in each muffin compartment

(We recommend carton egg whites)

Season with salt & pepper to taste

Optional: add veggies and/or sausage or bacon

(4 muffins = 20g protein)

Cook for 20-30 minutes

350 Degrees



Regular Egg Muffins

Spray a muffin tin with spray oil

Crack one egg into each compartment

Season with salt & Pepper to taste

(3 egg muffins = 210 calories & 18g protein)

Cook for 20-30 minutes

350 Degrees



For Ex: 2 slices of Applegate Farms Turkey bacon = 70calories & 12g protein

Tip: For more protein, pair with Turkey Bacon!

Cheesy Mushroom Turkey Burger & Sautéed Onions

Sautee chopped mushrooms until thoroughly cooked and set aside

Make 4- 6oz patties

Season each patty with salt & pepper

Cook ground turkey patties about 5-6 min on each side on high heat with avocado oil
(cast iron skillet recommended)

Use meat thermometer to check that patties are at least 160 degrees

Top with cheese, sautéed onions, & mushrooms

Cover pan & let melt

Add a side of greens/veggies & choice of carbs (optional)



Cheesy Protein
Pasta

Cook Red Lentil Pasta

(1 serving = 2oz dry or 4oz cooked)

Top with Tomato Sauce

Top with either: 1oz Part Skim Mozzarella

OR 63g Part Skim Ricotta Cheese

3 tbsp Nutritional Yeast

(optional for added protein)

Add chicken or turkey meatballs (optional)

LUNCH & DINNER

MIX & MATCH

BAS: Big Ass Salad

Wash a bowl of greens
(don't forget to spin it to get rid of excess water!)

Top with your favorite toppings

(Erica's are red onions, tomatoes & cucumbers)

Add lean protein: chicken, shrimp, cuts of steak,
turkey, salmon

Add carbs: chick peas/beans/croutons

Add fats: nuts or avocado

Add: your favorite lite salad dressing



The Classic

Protein + Veg + Fat + Carb

Cook chicken, shrimp, salmon, turkey, or other lean protein of choice
(Bulk meal prep recommended!)

Sautéed your veggies of choice on the side (frozen is okay, too!)

Add either oil to your cooking or 2-3 oz avocado

Add 1 serving of your carb of choice



Option 1



Option 2



Option 3

DESSERTS *yum!*

Chocolate Chia Pudding

Mix 1 Tbsp unsweetened cocoa
+ 1 Tbsp chia seeds

+ Enough of you milk of choice to cover the seeds,
+A dash of Stevia

Put in the fridge for 10min or overnight

optional: top with low cal syrup &/or fruit for sweetness

*Tip: KEEP IT SIMPLE!
Nature's sweets are best!*



Sliced bananas with
chocolate powdered
Peanut Butter



+ Add cinnamon, low cal syrup
and/or whipped cream to any fruit!

Frozen grapes

We take our desserts seriously!

PECAN PIE ICE CREAM



Frozen bananas +
Almond milk +
Pecan pie flavored
Almond butter

Basic

yass



LITE COCO WHIP
(25 CALORIES)

SUGAR FREE JELLO
(10 CALORIES)



AAAND BAKED APPLES



APPLES + CINNAMON
+ LOW CAL SYRUP

=



QUARANTINE DESSERTS
ON FLEEK 🙌



FROZEN BERRIES
WHIPPED CREAM
@PYUREORGANIC CHOC SYRUP

Find us at
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MORE RESULTS?

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We work with clients
one-on-one and in group coaching.

We will help you:

- ✓ Heal your relationship with your body and food
 - ✓ Release your limiting beliefs
- ✓ Overcome your past patterns
- ✓ Build new habits
- ✓ Personalize a program that works for YOU
- ✓ Achieve sustainable results
- ✓ Find more *joy* in your journey

Schedule a no pressure,
free discovery call with
us to find out more

[TALK TO JAMES](#)

[TALK TO ERICA](#)

