



THE NUTRITION SHIFT

REAL-FOOD RECIPES FOR REAL SCHEDULES

Seven flexible, protein-forward meal ideas from Body Command Health.
Adjust portions, seasonings and ingredients to your needs and guidance.

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BERRY GREEK YOGURT POWER BOWL

A cool, quick bowl with creamy yogurt, berries, oats, and chia seeds.

PREP

5 minutes

COOK

0 minutes

YIELD

1 serving

INGREDIENTS

- ¾ cup plain Greek yogurt
- ½ cup fresh or frozen berries
- 2 tablespoons rolled oats
- 1 tablespoon chia seeds
- 1 tablespoon chopped walnuts, optional
- Cinnamon to taste

INSTRUCTIONS

- 01** Spoon the Greek yogurt into a bowl.
- 02** Add the berries, oats, chia seeds, and walnuts.
- 03** Finish with cinnamon and allow frozen berries to soften before eating.

SIMPLE SWAP

Use unsweetened soy yogurt and add a tolerated plant-based protein source for a dairy-free version.



GARDEN EGG AND COTTAGE CHEESE SCRAMBLE

A soft, savory breakfast with eggs, vegetables, and creamy cottage cheese.

PREP

5 minutes

COOK

8 minutes

YIELD

1 serving

INGREDIENTS

- 2 large eggs
- ¼ cup cottage cheese
- ½ cup chopped spinach
- ¼ cup diced bell pepper
- 1 teaspoon olive oil
- Black pepper and herbs to taste

INSTRUCTIONS

- 01** Whisk the eggs and cottage cheese together.
- 02** Warm the olive oil in a skillet over medium heat.
- 03** Cook the bell pepper for two minutes, then add the spinach.
- 04** Add the egg mixture and stir gently until the eggs are fully cooked.
- 05** Season with black pepper and herbs.

SIMPLE SWAP

Use mushrooms, tomatoes, or another vegetable you already have.



LEMON HERB CHICKEN CRUNCH BOWL

A fresh, protein-centered bowl with chicken, crisp vegetables, quinoa, and lemon.

PREP

10 minutes

COOK

0 minutes when using cooked chicken and quinoa

YIELD

1 serving

INGREDIENTS

- 3 to 4 ounces cooked chicken, sliced
- ½ cup cooked quinoa
- 1 cup chopped cucumber, tomato, and leafy greens
- 1 tablespoon crumbled feta, optional
- 1 teaspoon olive oil
- 1 tablespoon fresh lemon juice
- Dried oregano and black pepper to taste

INSTRUCTIONS

- 01** Place the quinoa and vegetables in a bowl.
- 02** Add the cooked chicken and feta.
- 03** Drizzle with olive oil and lemon juice.
- 04** Season with oregano and black pepper, then toss gently.

SIMPLE SWAP

Replace chicken with chickpeas, tofu, or salmon.



SHEET-PAN SALMON AND SWEET POTATO

A colorful, satisfying dinner that keeps preparation and cleanup simple.

PREP

10 minutes

COOK

20 to 25 minutes

YIELD

2 servings

INGREDIENTS

- 2 salmon fillets, about 4 ounces each
- 1 medium sweet potato, cut into small cubes
- 2 cups broccoli florets
- 1 tablespoon olive oil, divided
- 1 lemon
- Garlic powder, paprika, and black pepper to taste

INSTRUCTIONS

- 01** Heat the oven to 425°F.
- 02** Toss the sweet potato with half the olive oil and seasonings. Roast for 10 minutes.
- 03** Add the broccoli and salmon to the pan. Brush with the remaining olive oil and season.
- 04** Roast for another 10 to 15 minutes, until the vegetables are tender and the salmon reaches a safe internal temperature.
- 05** Finish with fresh lemon juice.

SIMPLE SWAP

Use chicken breast or extra-firm tofu and adjust cooking time as needed.



TURKEY TACO LETTUCE CUPS

A lighter taco-night option with seasoned turkey and crisp toppings.

PREP

10 minutes

COOK

12 minutes

YIELD

4 servings

INGREDIENTS

- 1 pound lean ground turkey
- 1 teaspoon olive oil
- 1 tablespoon salt-free taco seasoning
- ½ cup no-salt-added black beans, rinsed
- 8 large romaine or butter-lettuce leaves
- ½ cup diced tomatoes
- ½ avocado, diced
- Plain Greek yogurt and lime wedges, optional

INSTRUCTIONS

- 01** Warm the olive oil in a skillet over medium heat.
- 02** Add the turkey and cook until browned and fully cooked, breaking it apart as it cooks.
- 03** Stir in the seasoning and black beans.
- 04** Spoon the mixture into lettuce leaves.
- 05** Top with tomatoes, avocado, Greek yogurt, and lime as desired.

SIMPLE SWAP

Serve the filling over brown rice, quinoa, or chopped lettuce.



COMFORTING WHITE BEAN CHICKEN SOUP

A warm one-pot meal with chicken, beans, vegetables, and herbs.

PREP

10 minutes

COOK

25 minutes

YIELD

4 servings

INGREDIENTS

- 2 cups cooked shredded chicken
- 1 can no-salt-added white beans, drained and rinsed
- 4 cups low-sodium chicken broth
- 1 cup sliced carrots
- 1 cup chopped celery
- 1 cup chopped spinach
- 1 teaspoon olive oil
- ½ teaspoon dried thyme
- Black pepper to taste

INSTRUCTIONS

- 01** Warm the olive oil in a pot over medium heat.
- 02** Cook the carrots and celery for five minutes.
- 03** Add the broth, beans, chicken, and thyme.
- 04** Simmer for 15 minutes.
- 05** Stir in the spinach and cook until wilted.
- 06** Season to taste and allow the soup to cool slightly before serving.

SIMPLE SWAP

Replace the chicken with an additional can of white beans for a meatless version.



COCOA BANANA PROTEIN SMOOTHIE

A simple blended option for days when a full meal feels less appealing.

PREP

5 minutes

COOK

0 minutes

YIELD

1 serving

INGREDIENTS

- 1 cup milk or unsweetened fortified soy milk
- ½ frozen banana
- ½ cup plain Greek yogurt
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon natural peanut or almond butter, optional
- Ice as needed
- Cinnamon to taste

INSTRUCTIONS

- 01** Add all ingredients to a blender.
- 02** Blend until smooth.
- 03** Add additional liquid to reach the desired consistency.
- 04** Sip slowly and refrigerate any unused portion promptly.

SIMPLE SWAP

Use a tolerated nut-free seed butter or omit the optional butter.



QUESTIONS? WE'RE HERE.

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support@bodycommandhealth.com

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