



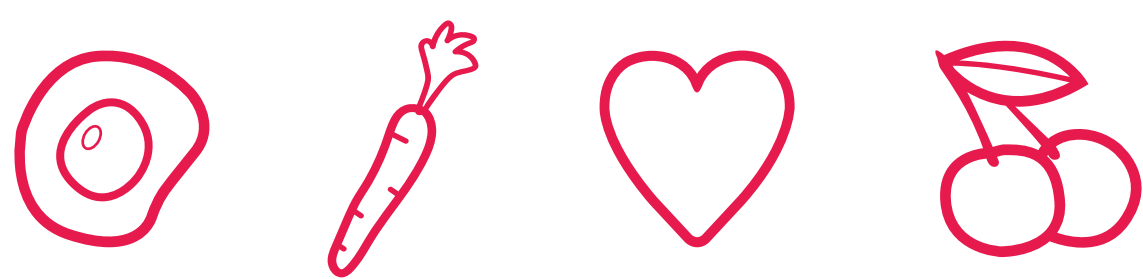
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SWEET & SAVORY

RECIPE COLLECTION

VOLUME ONE



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RP is thrilled to team up with FlapJacked to present this collection of sweet and savory, macro-friendly recipes the whole family will love. I can't wait to hear which ones become your favorites! And if you'd like to check out more of my recipes, you can find my cookbooks at renaissanceperiodization.com!

Happy Meal Prepping!

—Lori Shaw



LORI SHAW

RENAISSANCE PERIODIZATION

Author Of:

The Renaissance Kitchen, June 2016

The Renaissance Feast, June 2017



SAVORY BREAKFASTS

**TURKEY, FETA
& SPINACH
CREPES**

5

**HAM
& CHEESE
BISCUITS**

6

**BACON, EGG
& CHEDDAR
PANWICHES**

7

**SAUSAGE
STUFFED
PANCAKES**

8

TURKEY, FETA & SPINACH CREPES

Do you like super quick lunches? Me too! You can whip this up in no time and it's also a great make-ahead lunch for packing. Mix and match protein, cheese and veg to suit your taste buds; the possibilities are endless — but the version featured here is one of my faves!



INGREDIENTS

—	Olive Oil Spray			
¼ cup	FlapJacked Buttermilk Baking Mix	10	9	2
3 Tbsp	Liquid Egg Whites	5		
¼ cup	Unsweetened Almond Milk			1
pinch	Salt			
¼ tsp	Dried Basil			
⅛ tsp	Red Pepper Flakes			
⅛ tsp	Pepper			
4 oz	Deli Turkey	18	3	2
—	Fresh Baby Spinach Leaves			
1 oz	Feta (Crumbled)	6	2	4

	PROTEIN	NET CARBS	FAT
TOTAL RECIPE	39	14	8
DIVIDED INTO 2 EQUAL PORTIONS	20	7	4

TOTAL RECIPE
DIVIDED INTO 2 EQUAL PORTIONS



DIRECTIONS

- ✕ Combine baking mix though pepper.
- ✕ Spray a large sauté pan with olive oil spray and heat over medium heat.
- ✕ Pour all of the crepe batter into the pan and tilt to evenly cover the entire surface.
- ✕ Cook for 2–3 minutes, then flip and cook 1–2 additional minutes, until cooked through.
- ✕ Remove from pan and allow to cool slightly.
- ✕ Place spinach, feta, then turkey down the middle of the crepe.
- ✕ Roll up and enjoy!

TO MAKE FOR A GROUP

- ✕ Make all of your crepes ahead. Fill, roll and place side-by-side in a casserole dish.
- ✕ Cover pan with foil and bake at 350° for 15 minutes to heat through and melt the cheese.
- ✕ Store refrigerated. Great made ahead.

HAM & CHEESE BISCUITS

Nothing like a hand-held meal when you're on the go. And you'd be hard pressed to find one with more flavor than this. I love to make these ahead and then warm them in the microwave for a few seconds to wake up all that amazing flavor. Add in a handful of veggies on the side and you've got a tasty complete meal — no muss, no fuss.



INGREDIENTS

2 cup	FlapJacked Buttermilk Baking Mix	80	72	14
1 cup	2% Sharp Cheddar (Shredded)	32	8	24
2 oz	Deli Ham, Chopped	10		
½ tsp	Garlic Powder			
⅔ cup	2% Milk	5	8	3
1 Tbsp	Olive Oil			15
pinch	Garlic Salt			
—	Coarse Sea Salt			
—	Parsley (Fresh Chopped or Dried)			

TOTAL RECIPE (7 BISCUITS)

127 88 56

PER BISCUIT

18 13 8

PROTEIN
NET CARBS
FAT

DIRECTIONS

- × 375° oven.
- × Combine baking mix, cheddar, ham and garlic powder in a medium bowl.
- × Stir well.
- × Add in milk and stir until no dry parts remain.
- × Drop by large cookie scoops onto a parchment lined baking sheet. They will look sticky, like large haystacks.
- × Bake 15–17 minutes, until lightly browned and cooked through.
- × In a small microwave safe dish, combine olive oil and garlic salt and microwave for about 20 seconds, or until warm.
- × Remove biscuits from the oven and immediately brush with warm garlic oil, then Sprinkle with coarse sea salt and parsley.
- × Allow to cool on the pan for a few minutes before moving to wire racks to cool completely.
- × Store refrigerated.



BACON, EGG & CHEDDAR PANWICHES

I love breakfast sandwiches, so of course I had to make sure to create one for this book. This one is nothing fancy and doesn't stray too far from a classic version, but it sure is satisfying. And of course you can use other meats and cheeses to suit your taste buds. Breakfast (or lunch...or dinner...) is served!

INGREDIENTS

1.5 slices	Very Lean Turkey Bacon	9		2
¼ cup	2% Sharp Cheddar (Shredded)	7	2	6
1	Egg (Beaten)	6		5
—	Salt & Pepper to Taste			
½ cup	FlapJacked Buttermilk Baking Mix	20	18	4

	PROTEIN	NET CARBS	FAT
TOTAL RECIPE	42	20	16
DIVIDED INTO 2 EQUAL PORTIONS	21	10	8



DIRECTIONS

- ✕ In a large sauté pan, cook bacon over medium heat until done on one side.
- ✕ Flip bacon, and carefully add beaten egg, with salt and pepper, to the other half of the sauté pan.
- ✕ The egg will run to the bacon, but will stop when it reaches it. Allow to cook for a few seconds, then scramble until cooked through.
- ✕ Turn off the heat and cool slightly. When cool enough to handle, arrange bacon pieces to form a roughly 4–5 inch round base.
- ✕ Top bacon base with evenly distribute egg, then cheese. It should not look mounded.
- ✕ Heat your griddle and combine baking mix with water as directed on the package.
- ✕ After a brief rest to allow batter to thicken, pour roughly half of the pancake batter onto your hot griddle.
- ✕ Immediately place your bacon, egg and cheddar filling on top of the pancake. Then top with remaining pancake mix.
- ✕ Cook until bottom side is done, then flip and press lightly with spatula to flatten sandwich.



SAUSAGE STUFFED PANCAKES

This is a great dish for someone who doesn't take him or herself too seriously in the kitchen. I have my kids help with these because, well, they love to get messy, and they're really good at it. Another hand-held masterpiece with little effort. Wait — what's that? It's the sound of your breakfast repertoire expanding!

INGREDIENTS

4 patties	Chicken Apple Sausage (Fully Cooked)
1 cup	FlapJacked Cinnamon Apple Baking Mix
½ tsp	Dried Sage
½ tsp	Red Pepper Flakes
⅔ cup + 2 Tbsp	Cold Water

	PROTEIN	NET CARBS	FAT
4 patties	36	12	24
1 cup	40	38	6
½ tsp			
½ tsp			
⅔ cup + 2 Tbsp			
TOTAL RECIPE (4 STUFFED PANCAKES)	76	50	30
PER PANCAKE	19	13	8

TOTAL RECIPE (4 STUFFED PANCAKES)

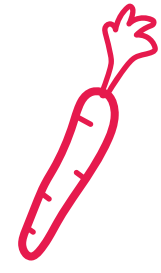
PER PANCAKE



DIRECTIONS

- × Microwave sausage patties per product directions.
- × Cool on paper towel lined plate, covered with 2 paper towels to absorb grease.
- × Once sausage patties are room temp, preheat a sprayed griddle and combine pancake mix with water, per package directions, and add spices.
- × Working one at a time, dunk each sausage patty completely in pancake mix, then place on hot griddle.
- × Top with more pancake mix as needed to cover.
- × Repeat with remaining patties, distributing all pancake batter.
- × Cook as you would normal pancakes, flipping after the first side is done.
- × If your pancakes have wet sides, use tongs to hold the pancake on its side, cooking the edge.
- × Allow to cool slightly.





MEATLESS MEALS

**CHEESY GARLIC
FOCACCIA
BREAD**

10

**MEATLESS
FETA
QUICHE**

11

CHEESY GARLIC FOCACCIA BREAD

I promise you that bread is not your enemy! You can still eat healthy and enjoy plenty of healthy carbs while you're at it. This recipe combines two of my favorite breads — cheesy garlic bread and savory focaccia, with plenty of protein and flavor to boot! You can go from "Man, I'm craving bread" to "OMG...this is sooo good" in just over 30 minutes!



INGREDIENTS

2 ½ cups	FlapJacked Buttermilk Baking Mix	100	90	18
½ cup	2% Mozzarella Cheese (Shredded)	16	3	8
½ cup	Parmesan Cheese (Grated or Shredded)	24		21
½ tsp	Salt			
¼ tsp	Garlic Powder			
¾ cup	2% Milk	6	9	4
1 Tbsp	Olive Oil			15
1	Egg (Beaten)	6		5

	PROTEIN	NET CARBS	FAT
TOTAL RECIPE	152	102	71
DIVIDED INTO 8 EQUAL PORTIONS	19	13	9

TOTAL RECIPE
DIVIDED INTO 8 EQUAL PORTIONS

DIRECTIONS

- × 325° oven.
- × Spray a round cake pan with cooking spray.
- × Combine baking mix, cheeses and spices in a large mixing bowl.
- × In a 2 Cup glass measuring cup, whisk to combine milk, oil and egg.
- × Add wet ingredients to dry ingredients and gently mix until thoroughly combined.
- × Transfer to prepared cake pan.
- × Bake 20–25 minutes, or until toothpick inserted in the center comes out clean.

MEATLESS FETA QUICHE

This is a super easy and really flavorful meatless quiche that comes together in mere minutes. Feta cheese is a great option because a small amount really packs a flavor wallop that shines through in any dish. Add in mint, spinach and green onions and you've got a fresh make ahead dish that really sings.



INGREDIENTS

—	Cooking Spray			
5 oz	Container Fresh Baby Spinach Leaves			
¼	Fresh Mint Leaves (Chopped)			
½ cup	Feta (Crumbled)	30	10	20
4	Medium Green Onions (Chopped)			
¾ cup	FlapJacked Buttermilk Baking Mix	30	27	5
⅔ cup	2% Milk	5	8	3
¼ tsp	Salt			
⅛ tsp	Pepper			
3 Tbsp	Liquid Egg Whites	5		
2	Eggs	12		10

TOTAL RECIPE

DIVIDED INTO 4 EQUAL PORTIONS

DIVIDED INTO 3 EQUAL PORTIONS

PROTEIN	NET CARBS	FAT
82	45	39
21	11	10
27	15	13

MEATLESS MEALS

DIRECTIONS

- × 375° oven.
- × Spray a glass pie plate with cooking spray.
- × Pulse spinach leaves in a food processor to rough chop.
- × Evenly distribute and layer spinach, mint, feta and green onions in the prepared pie plate.
- × Stir baking mix through eggs in a 2 Cup glass measuring cup, until well combined.
- × Pour over veggies and feta.
- × Bake 25–35 minutes, or until knife comes out clean.
- × Let stand briefly to set before cutting.

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FAMILY FAVORITES

**BAKED
SPAGHETTI
& MEATBALLS**

13

**BAKED
CHICKEN
HUSH PUPPIES**

14

**BREADED
DILL FISH
STICKS**

15

**SLOW COOKER
CHICKEN &
DUMPLINGS**

16

BAKED SPAGHETTI & MEATBALLS

This is one of my kids' favorites and tastes like it took longer to prepare than it actually does! There's no pasta cooking step — just form a dozen large meatballs, throw everything into a pan, and go do something else for an hour while it bakes into a bubbling satisfying Italian treat. This one just may find its way into your regular weekly rotation!



INGREDIENTS

1 lb	Ground Beef	96		
2/3 cup	FlapJacked Buttermilk Baking Mix	27	24	5
3/4 cup	Parmesan Cheese (Grated)	36		27
1/2 cup	2% Milk	4	6	3
2	Large Eggs, Beaten	12		10
1 tsp	Dried Oregano			
1 tsp	Salt			
1/2 tsp	Pepper			
2	24 oz Jars "Clean" Marinara			21
1 oz	Dry Whole Grain Spaghetti		149	
1 1/2 cups	Water			
1 cup	2% Mozzarella Cheese (Shredded)	32	6	16

	PROTEIN	NET CARBS	FAT
TOTAL RECIPE	207	185	81
DIVIDED INTO 11 EQUAL PORTIONS	19	17	7
DIVIDED INTO 7 EQUAL PORTIONS	30	26	12

♥
FAMILY FAVORITES

DIRECTIONS

- × 400° oven.
- × In a large bowl, using a wooden spoon or your hands, combine beef through pepper.
- × Mix well, then form into 12 large meatballs.
- × In a 13"x9"x2" pan, mix marinara with water, whisking to combine.
- × Break spaghetti in half as you add it to the pan, and push dry pasta down into the sauce.
- × Top with meatballs.
- × Cover pan tightly with sprayed foil (to prevent sticking) and bake about an hour.
- × Remove from the oven, uncover, top with cheese, then return to the oven until cheese melts.

BAKED CHICKEN HUSH PUPPIES

I hope you find these as addicting as I do. And with low fats and carbs, this is an addiction you don't have to feel guilty about! Slightly crunchy on the outside and soft and pillowy on the inside, swap in other ground meats or meat substitutes if you prefer. Great on their own, or as a meatball stand-in for your favorite pasta/sauce dishes. This is one for the whole family!



INGREDIENTS

1 lb	Ground Chicken	96		
1 cup	Part Skim Ricotta Cheese	24	12	18
1 tsp	Dried Oregano			
1 tsp	Dried Parsley			
1 tsp	Garlic Salt			
½ tsp	Ground Pepper			
2 cups	FlapJacked Buttermilk Baking Mix	80	72	14
1½ cups	2% Mozzarella Cheese (Shredded)	48	9	24

	PROTEIN	NET CARBS	FAT
TOTAL RECIPE (~70 SMALL HUSH PUPPIES)	248	93	56
PER HUSH PUPPY	4	1	1
FOR 5 HUSH PUPPIES	18	7	4
FOR 8 HUSH PUPPIES	28	11	6

PER HUSH PUPPY
FOR 5 HUSH PUPPIES
FOR 8 HUSH PUPPIES



FAMILY FAVORITES

DIRECTIONS

- × Line 2 baking sheets with parchment.
- × Combine chicken, ricotta and spices in a large bowl and mix with a spatula, or your hands, until well combined.
- × Stir in the baking mix and incorporate.
- × Lastly, stir in shredded cheese.
- × Scoop by small scoops on prepared baking sheets.
- × Chill anywhere from 15 minutes to overnight, covered.
- × Bake for about 30 minutes at 350° – until lightly browned and cooked through.

BREADED DILL FISH STICKS

Your family has never had fish sticks like these before! The strong dill flavor is my favorite part of this dish, but you can reduce the dill, or sub in your favorite dried herb, if your kiddos prefer another flavor. They're also on the salty side, but you can always cut the amount or use salt free seafood seasoning. These are easy to make and worth the messiness of the "triple dunk" breading method.



INGREDIENTS

—	Cooking Spray			
1 lb	Firm White Fish (Like Cod)	96		
1 ½ cups	FlapJacked Buttermilk Baking Mix	60	54	11
4 Tbsp	Dried Dill			
4 Tbsp	Seafood Seasoning			
4 Tbsp	Parmesan Cheese (Grated)	12		9
4	Eggs	24		20
4 Tbsp	EV00			60

	PROTEIN	NET CARBS	FAT
TOTAL RECIPE (~60 FISH STICKS)	192	54	100
PER FISH STICK	3	1	2
DIVIDED INTO 11 EQUAL PORTIONS	17	5	9
DIVIDED INTO 6 EQUAL PORTIONS	32	9	17

TOTAL RECIPE (~60 FISH STICKS)
PER FISH STICK
DIVIDED INTO 11 EQUAL PORTIONS
DIVIDED INTO 6 EQUAL PORTIONS



FAMILY FAVORITES

DIRECTIONS

- × 400° oven.
- × Line 2 baking sheets with foil and spray with cooking spray.
- × Cut fish into similar sized "fish stick" pieces.
- × In a wide flat dish, combine baking mix, seasonings and cheese.
- × In a separate dish, lightly beat eggs.
- × A few at a time, dunk the fish pieces first in baking mix, then in egg, then back in baking mix, shaking off excess.
- × Place on prepared pan.
- × Brush with half of the olive oil.
- × Bake 8 minutes.
- × Flip and brush with remaining olive oil.
- × Bake an additional 8 minutes.

RP STRENGTH × FLAPJACKED

SLOW COOKER CHICKEN & DUMPLINGS

Classic comfort food at its finest. There's some chopping to do, but other than that, your slow cooker is going to make all the magic in this recipe. Low in fat and relatively low in carbs, this is a great meal prep dish with lots of portions, and super family-friendly. Make a big batch on one of those crisp autumn days that are just around the corner, or better yet, for some healthy football tailgating!



INGREDIENTS

1 ½ lbs	Skinless Boneless Chicken (Chopped)	144		
2	Medium Sweet Potatoes (Chopped)		45	
1	Leek (Chopped)			
1	Fennel Bulb (Chopped)			
2	Celery Stalked (Chopped)			
½ lb	Baby Carrots (Chopped)		15	
2	12 oz Boxes Cream of Chicken Soup	20	50	18
1 cup	Water			
1 tsp	Poultry Seasoning			
1 tsp	Dried Sage			
—	Salt & Pepper to Taste			
2 cups	FlapJacked Buttermilk Baking Mix	80	72	14
⅔ cup	2% Milk	5	8	3

	PROTEIN	NET CARBS	FAT
TOTAL RECIPE	249	190	35
DIVIDED INTO 13 EQUAL PORTIONS	19	15	3
DIVIDED INTO 8 EQUAL PORTIONS	31	24	4

♥ FAMILY FAVORITES

DIRECTIONS

- × Add chicken through carrots to your slow cooker.
- × In a medium bowl, thoroughly combine soup through salt and pepper.
- × Pour soup mixture over the contents of the slow cooker.
- × Cover and cook on low 7–8 hrs, or on high 4–5 hours.
- × Whisk baking mix and milk in a small bowl to form a dough.
- × Drop spoonfuls of dough over chicken mixture (now cooked through).
- × Drape a double layer of paper towels over the slow cooker, then place the lid on top of the paper towels, slightly off center.
- × Over high heat, cook chicken and dumplings for at least 40 minutes, or until dumplings are cooked through and not gooey.



SWEET INDULGENCES

**FROSTED
VANILLA
CUPCAKES**
18

**"THE ELVIS"
MICRO MUG
CAKE**
19

FROSTED VANILLA CUPCAKES

Oh wait, you can't eat cupcakes because you're trying to eat healthy? Well, think again! I can't WAIT for you to try these. We had so much fun recipe testing these babies. The frosting is just to die for — you'll be using that stuff on every treat you can possibly come up with! Yummy sweets without the guilt...it just doesn't get any better than this!



INGREDIENTS

CUPCAKES

		PROTEIN	NET CARBS	FAT
5 Tbsp	Coconut Oil (Solid Form)			75
¾ cup + 2 Tbsp	Monk Fruit Sweetener or Beet Sugar		168	
8 Tbsp	Liquid Egg Whites	12		
¼ cup + 3 Tbsp	Nonfat Milk	4	5	
½ cup	Unsweetened Applesauce		11	
2 tsp	Vanilla			
large pinch	Salt			
1 ½ cups	FlapJacked Buttermilk Baking Mix	60	54	12

FROSTING

2 scoops	High Quality Fine Vanilla Protein Powder	40		
1 cup	Nonfat Greek Yogurt	23	9	
1 Tbsp	2% Milk	1	1	
½ tsp	NY Cheesecake Flavor Emulsion (OPTIONAL)			

TOTAL RECIPE	140	248	87
PER CUPCAKE	12	21	7
2 CUPCAKE SERVING	23	41	15

DIRECTIONS

CUPCAKES

- × 325° oven.
- × Spray two 6 Cup, or one 12 Cup silicone muffin pan well with coconut oil spray.
- × Beat coconut oil and sugar until smooth and lighter in color. In a separate bowl, combine egg whites, milk, applesauce, vanilla and salt.
- × Mix ⅓ baking mix into coconut oil and sugar mixture; then mix in ⅓ egg white mixture.
- × Repeat until cupcake batter is smooth and uniform.
- × Use a cookie scoop to evenly divide batter in your silicone baking pan.
- × Bake 325° 20–25 minutes, or until a toothpick inserted in the center comes out clean.
- × Allow to cool in pans on a wire rack for 5 or 10 minutes, then release and cool cupcakes completely on wire racks.

FROSTING

- × Combine all frosting ingredients well with a fork, stirring until smooth and adding milk or water to reach desired frosting consistency.
- × Divide between the 12 cooled cupcakes and enjoy!

"THE ELVIS" MICRO MUG CAKE

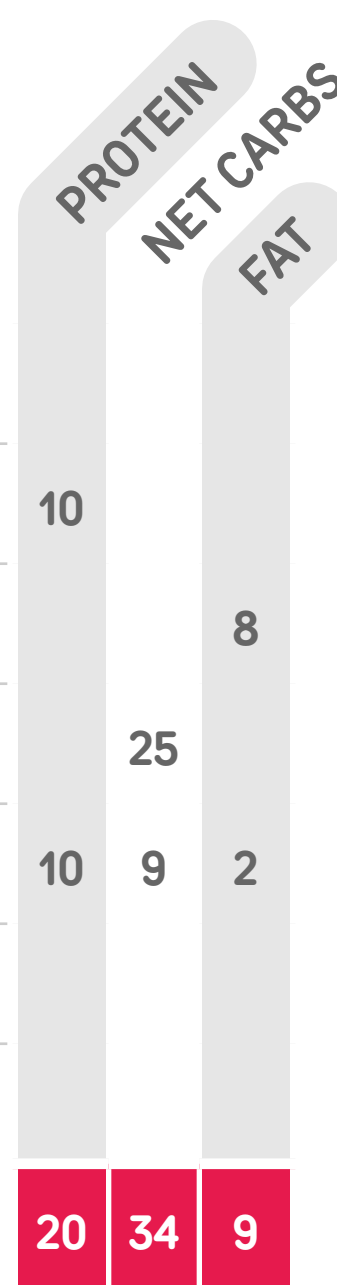
I was literally oohing and aaaaahing in my kitchen when I created this mug cake. If you're a fan of the PB banana flavor combo, run — don't walk — to your kitchen and make this now. Cut back on the banana or peanut butter if you need to hit lower macros — it's very forgiving. Just make it. It's that good.



INGREDIENTS

—	Cooking Spray			
½ scoop	Vanilla Protein Powder	10		
1 Tbsp	Raw Peanut Butter			8
1	Medium Banana (Sliced)		25	
¼ cup	FlapJacked Banana Hazelnut Baking Mix	10	9	2
3 Tbsp	Water			
pinch	Salt			

TOTAL RECIPE 20 34 9



DIRECTIONS

- × Spray a large coffee mug with cooking spray.
- × In a small bowl, combine protein powder with peanut butter to form small crumbs.
- × Add banana slices to the bowl and toss to combine.
- × Transfer coated banana slices to prepared mug.
- × Dump any remaining protein powder mixture on top of the bananas in the mug.
- × Wipe out the small bowl, and combine mix baking mix, water and salt.
- × Pour over mug contents.
- × Microwave 2 ½ minutes.
- × Allow to sit for at least 1–2 minutes to cool slightly and finish baking.



x

