

FROM THE BLOOD, FIRE & PROTEIN COOKBOOK

TWO RECIPES TO START WITH.

THE 6 A.M. BURRITO

CHICKEN AND ORZO

Thanks for joining the list.

These are two of my go-to meals. The 6 a.m. Burrito fills the freezer so breakfast is handled for two weeks. Chicken and Orzo is one pan and six lunches, and it's the one I point people to when they're just getting started.

Pick one. Make it this Sunday. Eat it all week. Notice what changes.

— Peter

START WHERE YOU ARE. BUILD WHO YOU BECOME.

FREEZER STASH · RECIPE NO. 2

THE 6 A.M. BURRITO

FREEZER FRIENDLY | OVEN



YIELD	PROTEIN	CALORIES	CARBS	FAT	PER
10	42G	506	50G	26G	BURRITO

INGREDIENTS

- 1 pound ground turkey sausage
- 1 bag “real” bacon bits
- 4 whole eggs
- 32 ounces egg whites
- 300 grams cottage cheese
- 7 servings reduced fat Mexican cheese
- 20 ounces frozen shredded hashbrowns
- 10 Mission Carb Balance tortillas, burrito size
- Salt and pepper to taste

EQUIPMENT Aluminum foil · Two 1-gallon freezer bags · 9″ skillet · Half sheet pan (18″ long) · Oven

FREEZER NOTES

Allow the burritos to cool completely, then wrap each one fully in aluminum foil and place several together in a 1-gallon freezer bag before freezing. To reheat from frozen, remove the foil completely (never microwave the foil), wrap the burrito in a damp paper towel, and microwave for 2 minutes. Flip it over and microwave for another 1.5 to 2 minutes, then unwrap it right away so the paper towel doesn’t stick. Let it rest for a moment before eating, as the center will be very hot.

METHOD

01 Preheat the oven to 400°F.

02 In a pan over medium-high heat, brown and crumble the turkey sausage until cooked through. Set aside.

03 In a large mixing bowl, scramble the 4 eggs with the 32oz of egg whites.

04 Mix in the cottage cheese, then season with salt and pepper to taste.

05 Grease a large sheet pan with cooking spray. Spread the frozen hashbrowns evenly across the pan.

06 Spread the cooked turkey sausage evenly over the hashbrowns, then slowly pour the egg mixture over the top.

07 Sprinkle the entire bag of "real" bacon bits over the eggs, then cover evenly with the shredded cheese.

08 Bake for about 30 minutes, until the eggs are set (firm, not liquid) in the center. Let cool 5 to 10 minutes.

09 Cut into 10 even pieces: 1 cut down the center lengthwise, then 4 cuts across.

10 Place 1 piece on each of the 10 burrito-size tortillas and roll it up.

11 Lightly spray a large flat-bottom pan and toast each burrito over medium heat, seam-side down first to seal it, then turn to lightly toast the other side.

12 Wrap each one individually in foil and freeze as needed.

PETE'S NOTE

To save time — and to break down the cottage cheese — I tend to throw the eggs and cottage cheese in the blender. I also like to try a different mix of seasonings each time I make these to change up the overall flavor. One of my favorites is Kinder's Cowboy Butter.

MEAL PREP · RECIPE NO. 7

CHICKEN AND ORZO

FREEZER FRIENDLY | ONE PAN



YIELD	PROTEIN	CALORIES	CARBS	FAT	PER
6	42G	471	52G	12G	SERVING

INGREDIENTS

- 1½ pounds chicken breast (cubed)
- 3 cups chicken broth
- 2 cups fresh spinach
- 15 ounces diced tomato (1 can, drained)
- 12 ounces dry orzo
- 5 ounces crumbled feta
- 4 cloves garlic (chopped)
- 1 yellow onion (diced)
- 2 tablespoons olive oil
- ½ tablespoon garlic powder
- ½ tablespoon onion powder
- 1 teaspoon salt · ½ teaspoon pepper
- ½ teaspoon each: basil, oregano, dill weed, smoked paprika

EQUIPMENT 6 microwave-safe meal prep containers · 5qt sauté pan with lid

METHOD

01 In a bowl, add the raw chicken breast (cut into bite-size cubes) and season it with the garlic powder, onion powder, basil, oregano, dill weed, smoked paprika, salt, and pepper. Toss until the chicken is evenly coated.

02 Heat 1 tbsp olive oil in a pan over medium-high heat. Add the chicken and cook until fully cooked through (no pink inside, 165°F). Remove the chicken from the pan and set aside.

03 In the same pan over medium-high heat, add 1 tbsp olive oil and the onions. Cook until the onions turn translucent (soft and see-through), then add the garlic and chopped spinach. Cook for about 30 seconds.

04 Once the spinach starts to wilt, add the orzo and the broth. Stir, cover with a lid, and cook on medium for about 15 minutes, until the liquid is absorbed and the orzo is tender.

05 Remove the pan from the heat and stir in the tomato and feta.

06 Split the orzo mixture and the chicken evenly into 6 containers. Let cool before covering and refrigerating.

PETE'S NOTE

This is a great starter meal for someone just getting going. The one-pan style keeps the prep simple and clean.

FREEZER NOTES

Allow to cool completely before freezing. To reheat from frozen, cover with a damp paper towel and microwave for 2 minutes, then mix and check for doneness. Continue reheating in 30-second to 1-minute intervals, mixing at the end of each interval, until the meal reaches your desired temperature.

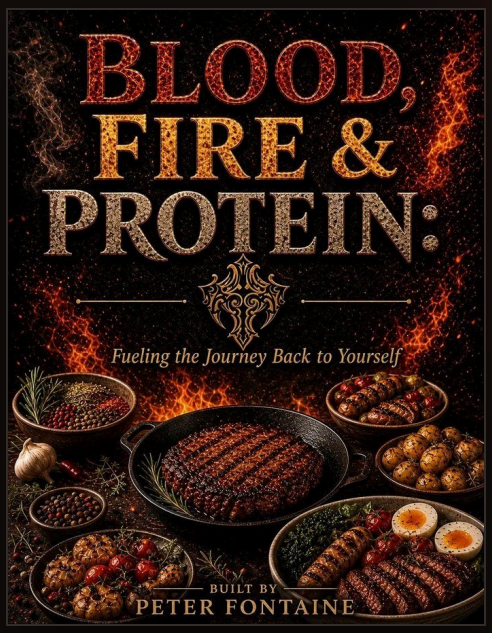
MAKE IT A FREEZER BANK BUILDER

Eat five this week. Anything above five goes in the freezer. That's the rule the whole book runs on, and it's how you stop fighting every hard week from scratch.

THAT WAS TWO. THERE ARE 48 MORE.

BLOOD, FIRE & PROTEIN

Fifty high-protein meals built for hard weeks: breakfasts, meal preps, freezer burritos, and treats, every one with full macros and a note on how I actually make it.



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