Canelith

NUTRITION COLLECTION

FREE SAMPLE









FREE SAMPLE · HEALTHY RECIPES: COMPLETE

Healthy recipes: complete

5 sample recipes from the full book, which has 186. Try them and, if you like them, get the book at canelith.com/en/shop.

5 sample recipes | Free | Nutrition facts

INSIDE

1 Over 180 recipes organized by time of day
2 Pre- and post-workout: what to eat and when
3 Nutrition facts per serving
4 How to adjust if you're cutting or bulking
5 A one-week menu and grocery list
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Canela shows you how to read each recipe in two minutes.

How to use this recipe book

Every recipe has what you need to make it well and to know how much you're eating.

THE LABEL ON EVERY RECIPE

Just like on supermarket products: calories, protein, carbs, fat and fiber **for one serving**. If you eat two servings, multiply by two.

The values come from the grams of each ingredient, using data from the US Department of Agriculture (USDA FoodData Central). They're approximate: they change a little with the brand, the size and how you cook.

PER SERVING	
447	**kcal**
Protein	**42 g**
Carbs	**52 g**
Fat	**9.6 g**
Fiber	**7.5 g**

IF YOU'RE CUTTING

You want to lose fat without losing muscle: you eat a little less than you burn and keep protein high. Every recipe tells you what to remove or change to cut calories without going hungry.

IF YOU'RE BULKING

You want to build muscle: you eat a little more than you burn, with enough protein and carbs to train hard. Every recipe tells you what to add.

THE TAGS

VEGAN · VEGETARIAN · GLUTEN-FREE · HIGH PROTEIN · KETO-FRIENDLY · NO-BAKE · COLOMBIAN · QUICK

High protein: 20 g or more per serving. **Low carb:** 15 g or less. **Gluten-free:** no wheat, barley or rye; if it has oats, use certified gluten-free oats. **Vegan:** nothing from animals (no eggs, dairy or honey). **Vegetarian:** no meat or fish; may include eggs and dairy. **Keto-friendly:** 8 g or less of net carbs (carbs minus fiber) per serving; if you follow keto, watch your daily total, which is usually 20 to 50 g.

THE MEASURES

1 cup	240 ml
1 tablespoon (tbsp)	15 ml
1 teaspoon (tsp)	5 ml
1 scoop of protein	about 25 to 30 g (check the one in your tub)
Oven	°C with °F in brackets

Next to each ingredient you'll find its weight in grams (28 g = 1 oz). If you have a kitchen scale, use it: it's the most accurate way.

ABOUT PROTEIN POWDER

You can use the protein you already have or the one we recommend based on what you're after. If a recipe uses it and you don't have any, the recipe tells you what to swap it for (Greek yogurt, eggs or cheese).

Want a recommendation made for you? Book your coaching session at canelith.com.

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Breakfasts

Canela: To start the day with energy and some protein. Several can be made the night before.

Chocolate protein pancakes with banana

Vegetarian · Gluten-free · High protein

Fluffy chocolate pancakes with more than 40 g protein: the weekend treat that actually helps you at the gym.

⏱ 15 min · Easy · 1 serving

INGREDIENTS

- **1/3 cup** oat flour 40 g
  certified gluten-free oats if you need them
- **1 egg** 50 g
- **2 egg whites** 60 g
- **2/3 scoop** whey protein powder 20 g
  chocolate or vanilla; use your own or the one we recommend for your goal
- **1 tbsp** unsweetened cocoa powder 5 g
- **1/2 tsp** baking powder 3 g
- **1/4 cup (60 ml)** skim milk 60 g
- **1/2 banana, sliced, to serve** 60 g
- **3 tbsp** plain unsweetened Greek yogurt (0 %), to serve 50 g

Swaps · If you don't have...

- If you don't have oat flour, blend rolled oats until powdery.
- No protein powder: use 80 g Greek yogurt in the batter and leave out the milk (you lose about 12 g protein).
- You can swap the banana for strawberries.



PER SERVING

447	**kcal**
Protein	**42 g**
Carbs	**52 g**
Fat	**9.6 g**
Fiber	**7.5 g**

METHOD

1. In a bowl, mix the oat flour, protein, cocoa and baking powder.
2. Add the egg, egg whites and milk and beat with a fork until you have a thick batter that falls in a ribbon. Let it rest 3 minutes.
3. Heat a nonstick skillet over medium-low heat. Pour 3 tbsp of batter per pancake.
4. Cook 2 minutes, until bubbles appear on top and the edges look dry; flip and cook 1 more minute.
5. Serve in a stack with the Greek yogurt and sliced banana.

IF YOU'RE CUTTING
Swap the banana for berries and use only egg whites.

IF YOU'RE BULKING
Add 1 tbsp peanut butter and 1 tsp honey on top.

Tip: Medium-low heat is the key: with protein powder, pancakes burn on the outside before they cook through.

Pre-workout

Bella: To eat 30 to 90 minutes before training: easy-to-digest energy, low in fat and fiber.

Toasted arepa with cheese and honey

Vegetarian · Gluten-free · Colombian · Quick

Eat it 45 to 90 minutes before training: the corn gives steady energy and the cheese a little protein. The classic Colombian sweet-and-salty combo.

⏱ 8 min · Easy · 1 serving

INGREDIENTS

- **1 small white corn arepa (corn cake)** 70 g
- **1 thin slice** fresh cheese (queso fresco) 20 g
- **1 tsp** honey 8 g

Swaps · If you don't have...

- For the fresh cheese, use queso fresco, queso blanco or mozzarella.
- If you don't have honey, use 1 tsp grated panela (unrefined cane sugar).



PER SERVING

192	**kcal**
Protein	**6.3 g**
Carbs	**31 g**
Fat	**5.0 g**
Fiber	**1.8 g**

METHOD

1. Cook the arepa in a dry skillet over medium heat, 3 to 4 minutes per side, until it has golden spots.
2. Split it in half and put the cheese inside; cover the pan for 1 minute so the cheese softens.
3. Serve with a drizzle of honey on top.

IF YOU'RE CUTTING
Use cottage cheese instead of fresh cheese.

IF YOU'RE BULKING
Use a medium arepa (100 g) and 30 g cheese.

Tip: Skip arepas with butter before training: the fat slows down digestion.

Post-workout

Minchu: For after training: protein to repair muscle and carbs to refuel.

Whole-wheat pasta with chicken and spinach pesto

High protein

Pasta with a green spinach and basil pesto, golden chicken and cherry tomatoes: protein and carbs to recover after training.

25 min | Easy | 1 serving

INGREDIENTS

- **1 heaping cup cooked whole-wheat pasta (about 65 g dry)** 160 g
- **1 medium fillet** skinless chicken breast 120 g
- **1 1/3 cups** spinach 40 g
- **1 small handful of** basil leaves 5 g
- **1** garlic clove 3 g
- **1 tbsp** shelled sunflower seeds 8 g
- **1 tbsp grated Parmesan cheese** 10 g
- **1/2 tbsp** olive oil 7 g
- **1 tsp lime or lemon juice** 5 g
- **6 cherry tomatoes** 60 g
- Salt **to taste** 1 g
- **Pepper** 0 g

Swaps · If you don't have...

- If you don't have sunflower seeds, use peanuts, walnuts or almonds.
- If you don't have basil, use just spinach and a little more lemon.
- To make it gluten-free, use rice, corn or lentil pasta.



PER SERVING

560	**kcal**
Protein	**43 g**
Carbs	**56 g**
Fat	**20 g**
Fiber	**8.7 g**

METHOD

1. Cook the pasta in boiling salted water according to the package, usually 9 to 11 minutes, until al dente. Save 1/4 cup of the cooking water.
2. Meanwhile, cut the chicken into strips, season with salt and pepper and cook in a nonstick skillet over medium-high heat for 6 to 7 minutes, until golden and no longer pink inside.
3. For the pesto, blend the spinach, basil, garlic, sunflower seeds, Parmesan, oil, lemon juice and 3 tbsp of the pasta water into a smooth green sauce.
4. Drain the pasta, return it to the pot with the heat off and toss it with the pesto; if it's too thick, add another splash of the saved water.
5. Serve with the chicken on top and the cherry tomatoes cut in half.

IF YOU'RE CUTTING
Use 110 g cooked pasta and add sautéed zucchini.

IF YOU'RE BULKING
Increase the pasta to 230 g cooked and add 1 more tbsp seeds.

Tip: Don't heat the pesto in the pan: tossed with hot pasta and the heat off, it keeps its green color and fresh flavor.

Lunches

Wilson: Complete meals: protein, carbs and vegetables on the same plate.

Light ajiaco with chicken and three potatoes

Colombian · Gluten-free · High protein · No-bake

Ajiaco (Colombian chicken and potato soup), the Bogotá classic: thick and comforting, here with more chicken and no cream. Perfect for a Sunday lunch. One serving: about 3 cups with 150 g chicken.

⏱ 60 min | Medium | 4 servings

INGREDIENTS

- **2 large skinless chicken breasts** 600 g
- **10 to 12 small yellow potatoes (papa criolla)** 400 g
  papas criollas: they break down and thicken the broth
- **3 medium potatoes** 400 g
- **2 1/2 ears of corn, cut into pieces** 240 g
- **2 scallions** 60 g
- **3** garlic cloves 10 g
- **1 small bunch** cilantro 15 g
- **8 cups (2 liters)** water 2000 g
- **3 tbsp dried guascas, pepper** 0 g
  guascas (a Colombian herb) give the classic flavor; if you can't find them, use oregano and thyme
- Salt **to taste** 0 g
- **1 medium avocado** 160 g
  to serve



PER SERVING

469 kcal	
Protein	41 g
Carbs	54 g
Fat	11 g
Fiber	8.6 g

Swaps · If you don't have...

- If you can't find papas criollas, use Yukon Gold or more regular potatoes cooked until very soft, and mash them a little with the ladle to thicken.
- If you don't have fresh corn on the cob, use frozen corn kernels.
- Capers are optional: 1 tsp per bowl adds flavor with almost no calories.

METHOD

1. Put the water, chicken breasts, scallions, crushed garlic and the cilantro tied in a bundle in a large pot. Cook over medium heat for 25 minutes, until the chicken is white inside.
2. Take out the chicken and the cilantro bundle. Add the peeled yellow potatoes, the regular potatoes in thick slices and the corn pieces to the broth.
3. Cook over medium-low heat for 30 minutes, stirring now and then, until the yellow potatoes break down and the broth is thick. If it gets too thick, add half a cup of water.
4. Meanwhile, shred the chicken with two forks.
5. Add the guascas, shredded chicken and salt; cook 5 more minutes.
6. Serve each bowl with a piece of corn and a quarter of an avocado, sliced.

IF YOU'RE CUTTING
Serve 2 cups of broth with all the chicken in your serving and keep the avocado to 2 thin slices.

IF YOU'RE BULKING
Serve with 100 g white rice, the way it's eaten in Bogotá, or add one more piece of corn.

Tip: Freeze it in portions without the avocado; it keeps up to 2 months and tastes just as good reheated.

Protein desserts

Zapote: Your usual cravings, now with protein.

Creamy chocolate protein ice cream

Vegetarian · Gluten-free · High protein · No-bake · Quick

Real ice cream texture, deep chocolate flavor and over 35 g of protein.

⏱ 5 min · Easy · 1 serving · Resting time: The banana, frozen the night before

INGREDIENTS

- **1 medium ripe banana, sliced and frozen** 100 g
- **1/2 cup** plain unsweetened Greek yogurt (0 %) 100 g
- **1 scoop** whey protein powder, chocolate or vanilla 30 g
  use your own or the one we recommend for your goal; ask us for guidance
- **1 1/2 tbsp** unsweetened cocoa powder 8 g
- **3 tbsp** unsweetened almond milk 40 g
- **1 pinch** salt 0 g
  brings out the chocolate

Swaps · If you don't have...

- If you don't have protein powder, use 150 g (about 2/3 cup) Greek yogurt per scoop (about 8 g less protein).
- Swap the almond milk for skim milk.
- Without Greek yogurt, use 80 g (1/3 cup) cottage cheese: it's just as creamy.



PER SERVING

286	**kcal**
Protein	**37 g**
Carbs	**34 g**
Fat	**3.8 g**
Fiber	**5.6 g**

METHOD

1. Freeze the peeled, sliced banana for at least 6 hours. Put the yogurt in the freezer 30 minutes ahead.
2. Pulse the banana until it looks like coarse sand.
3. Add the yogurt, protein, cocoa, pinch of salt and almond milk. Process until smooth and creamy, scraping down the sides.
4. Serve right away in a cold glass, or freeze 30 minutes in a container so you can scoop it.

IF YOU'RE CUTTING

Use 60 g banana and 120 g yogurt.

IF YOU'RE BULKING

Top with 1 tbsp peanut butter and cacao nibs or chopped peanuts.

Tip: If you freeze it more than 2 hours it gets hard: leave it out 10 minutes before serving.

Canela has more for you at canelith.com.

LIKED THEM? GET THE FULL BOOK

Healthy recipes: complete has **186 recipes** with the same nutrition facts, how to adjust them if you're cutting or bulking, cheap swaps and an index by way of eating (vegan, vegetarian, gluten-free, keto, high protein).

9 USD at **canelith.com/en/shop** · or every recipe book in the **Nutrition Pack**.

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Full body



Lighter, stronger



High performance with Zapote

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COACHING WITH OUR TRAINER

Live class, initial assessment or a custom plan. We can also recommend protein and supplements based on what you're after. Book it at **canelith.com/en**, in the Training section, through the form or on WhatsApp.

This recipe book is for information only and doesn't replace a visit to a dietitian or doctor, especially if you have a health condition or allergies, are pregnant or take medication. Approximate nutrition values calculated with USDA FoodData Central.