

Low-Calorie, High-Protein Tailgating Cookbook



Welcome to my high-protein, low-calorie tailgating cookbook!

This book is full of recipes that you can use each weekend to grill up fun, high-protein, low-calorie meals for game day!

And I want to be clear about something right off the bat...

- **This isn't some grand experiment to get you to completely change everything about the way you eat.**
- **I'm not expecting you to ditch burgers for salads.**
- **I'm not expecting you to meticulously track every single calorie that goes in your mouth while you enjoy beers and partying with your friends and family.**



That would be ridiculous.

This cookbook is designed to simply be a resource for you.

These recipes will give you the ability to enjoy yourself and not have to worry about overeating on too much crap.

They're designed to pack your meals with protein, and help you focus on quality nutrition while enjoying yourself during football season, or the next time you grill out with your family and friends.

Many of my clients have expressed how difficult it is to keep their diets in check during the fall. I've heard this from countless people on social media as well.

- **It's football season**
- **You've got tons of family gatherings**
- **The holidays are right around the corner...**

This is typically the time of year people struggle the most with managing their weight, and their health.

So if this book can help you dial in your tailgates just a little bit, that's great!

More than anything, I hope you enjoy these meals. And I hope your team crushes it this season and has a great year!

Unless your team is playing my team... In that case, I hope you have a really fun time tailgating ;)

Let's dive in!

Before we dive in, I want to tell you about my [1-on-1 online coaching service](#).

While I have free programs and cookbooks like this one to share, my real passion is coaching.

I work with people all over the world to build muscle, burn fat, and develop healthier lifestyle habits through fitness and nutrition.



Whatever your goals are with health and fitness, we can work together to achieve them!

If you want to lose body fat, build muscle, get stronger, feel more athletic, or develop a happier and healthier relationship with fitness and food, I'm here for you.

Since 2017, I've helped countless clients around the world achieve their goals. Check out some of their stories on my [client testimonials page](#).

But right now, I want to talk to YOU about YOUR goals.

Because going from where you are now to where you want to be probably isn't as daunting as you think. You just need a program that allows you to be consistent.

Because if you can be consistent with it, it probably means you enjoy it, which probably means you'll have no problem doing it over and over again.

That's where I come in. I'll help you build that program that makes you feel happier and healthier.

I'll be there for you every step of the way to help you make adjustments to burn fat, build more muscle, feel more confident, and love the way you look.

No, it won't always be easy. Yes, you'll get a little bit uncomfortable.

But we'll create something you enjoy, and something you can be consistent with so that you start moving in the right direction.

So if you're interested in working together to create your own customized plan, and get support every step of the way, consider filling out a [coaching application](#) so we can talk about your goals.

I'd love to help!

Now... On to the food!

Breakfast Burrito

- 300 calories
- 20g protein



To get things started, we're going to dive into some breakfast recipes. Because if you're anything like me, you LOVE those morning tailgates!

But sometimes finding good food to grill in the early morning is tough.

These breakfast burritos are super easy to prep and cook, and they're absolutely DELICIOUS!

WHAT YOU'LL NEED:

1. Mission Carb Balance Tortillas
2. Eggs
3. Black Beans
4. Shredded Cheese
5. Additional Toppings (as desired)
6. A Pan

BEFORE THE GAME:

- Scramble up some eggs the night before and store them in tupperware. This will be easy for you to toss in the cooler, and then pour into a pan on the grill.
- Make sure you've purchased tortillas, black beans, cheese, and any other toppings you'd like.
- Also, plan to bring some type of skillet or pan that you can cook with on your grill.

AT THE GAME:

- Pour the scrambled eggs onto your pan and fully cook.
- While the eggs are cooking, lay out your tortilla and toppings.
- Once the eggs are ready, you can put 1-2 eggs on your tortilla.
- Add your toppings.
- Roll the tortilla and place it back on the pan for 60 seconds to crisp.
- Eat!

Check out [my recipe tutorial video](#) to learn more about how to prep and cook these breakfast burritos!

Breakfast Sandwich

- 420 calories
- 27g protein



Let's continue with the breakfast theme and dive into these **MONSTER** breakfast sandwiches!

WHAT YOU'LL NEED:

1. English Muffins
2. Eggs
3. Breakfast Sausage Patties
4. Sliced Muenster Cheese
5. A Pan

BEFORE THE GAME:

- Barely any prep needed for this one the night before.
- Just grab the ingredients from the store, and pack them in the cooler!

AT THE GAME:

- Start by heating up the breakfast sausage patties on your pan. Once cooked, place them to the side.
- Then toss an egg on the pan. You'll want to cook this over-medium so the yoke is runny.
- Slice the english muffin.
- Place your over-medium egg on the english muffin.
- Add the sausage, cheese, and voila!

Check out [my recipe tutorial video](#) to learn more about how to prep and cook this breakfast sandwich!

Chicken, Pepper-Spinach Burgers

- 240 calories
- 28g protein



Alright, now let's dive into some lunch and/or dinner ideas. And we'll start with these chicken, pepper-spinach burgers.

These are super simple to prep and cook, and they're packed with protein and delicious!

WHAT YOU'LL NEED:

1. 1 LB Ground Chicken
2. Burger Buns
3. Spinach
4. Shredded Pepper Jack Cheese
5. Other Toppings (as desired)

BEFORE THE GAME:

- Dump your ground chicken into a mixing bowl.
- Dice up a handful of spinach and add that to the mixing bowl.
- Add two servings of shredded pepper jack cheese to the mixing bowl.
- Mix the ingredients together, and create 4-ounce burger patties.
- Store the patties in tupperware in your fridge, and toss them in the cooler before you head to the game.

AT THE GAME:

- Toss the burgers on the grill.
- Grill until fully cooked and then place on a burger bun.
- Add burger toppings, as desired. I recommend the basics (ketchup, pickles, mustard).
- Keep in mind additional toppings come with additional calories.
- Go ahead and eat!

Check out [my recipe tutorial video](#) to learn more about how to prep and cook these burgers!

Cheddar Burgers

- 350 calories
- 30g protein



Next up is a more traditional burger, but with a few twists. Let's break out the ground beef, and tweak the bun to keep calories low while also keeping the taste delicious!

Once again, simple to prep and cook, and packed with protein.

WHAT YOU'LL NEED:

1. 1 LB 92% Lean Ground Beef
2. Sandwich Thins
3. Shredded Cheddar Cheese
4. Other Toppings (as desired)

BEFORE THE GAME:

- You'll want to add 1 pound of 92% lean ground beef and two servings of cheddar cheese into a mixing bowl.
- Mix the beef and cheese together, and create 4-ounce burger patties.
- If you'd like to add a rub or seasoning, you can toss that on once you've made the patties.
- Put the burger patties in tupperware in your fridge, and toss them in the cooler before you head to the game!

AT THE GAME:

- Toss the burgers on the grill.
- Cook the burgers to your liking.
- Put the cooked burger patty on a sandwich thin.
- Add burger toppings, as desired. I recommend the basics (ketchup, pickles, mustard).
- Keep in mind additional toppings come with additional calories.
- Then eat!

Check out [my recipe tutorial video](#) to learn more about how to prep and cook these burgers!

Italian Sausage Sandwiches

- 3000 calories
- 20g protein



Here's another low-calorie grilling idea. And it couldn't be more easy to put this one together, so let's dive in!

Just a few foods you need to pick up, and then toss everything on the grill.

WHAT YOU'LL NEED:

1. Sweet Italian Turkey Sausages (Honeysuckle White)
2. Bell Peppers
3. 1 Onion
4. Baking Pan for the grill
5. Salt and Pepper
6. Olive Oil (or olive oil spray)
7. Hot Dog Buns

BEFORE THE GAME:

- Slice up your bell peppers and onion long-ways and store them in tupperware. Feel free to add salt, pepper, and a teaspoon of olive oil at this time if it's easier than taking those items to the tailgate.

AT THE GAME:

- Toss your sweet italian turkey sausages on the grill and cook thoroughly.
- While the sausages are cooking, put your sliced peppers and onion in the baking pan, and let simmer.
- Once the sausages are finished cooking, add to a hot dog bun.
- Then add the peppers and onion.
- Eat!

Check out [my recipe tutorial video](#) to learn more about how to prep and cook this sandwich!

Let's Talk About Booze



Before I wrap things up, it's probably worthwhile to dive into the topic of alcohol.

Because virtually every tailgate seems to revolve around the drinks, and there's nothing wrong with that.

But those drinks have calories, and those calories add up.

Here's a quick calorie cheat sheet on what some of the most popular alcoholic beverages contain:

- **Light Beer: ~100 calories**
- **Regular Beer: ~150 calories**
- **Craft Beer: 200-300 calories**
- **Bloody Mary: ~120 calories**
- **Margarita: 150-200 calories**
- **Rum and Coke: ~200 calories**
- **White/Red Wine: ~130 calories**

To be clear, I'm not providing those numbers so that you can tally up your intake at every tailgate. Like I said at the start of this book, I don't want you obsessing over every little thing you put in your mouth.

That would totally take away from a lot of the fun of tailgating.

But just be aware that the type of drink you choose, and the amount of those drinks that you consume, will be a factor in managing your weight, and your health.

With all of that said, I hope you have a blast this season. And I hope this book helped!