

F-FACTOR

20/20 RECIPES



F-FACTOR®

DISCOVER THE SECRET TO PERMANENT WEIGHT LOSS



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WHAT IS THE F-FACTOR DIET?

The F-Factor Diet is the most liberating approach to weight loss and optimal health. Where most diets are based on deprivation – cutting out specific foods and beverages, adhering to strict meal plans and restricting your overall diet – F-Factor is a lifestyle program that allows you to see real results without hunger, deprivation or denial.

Rather than cutting out certain foods, F-Factor focuses on adding food to your diet in order to lose weight. F-Factor corrects the fundamental issue of fad diets by teaching people how to eat for life and maintain their weight loss. Since most fad diets are not sustainable, the weight loss associated with them is not sustainable either.

HOW DOES THE F-FACTOR DIET WORK?

The cornerstone of the F-Factor Diet is fiber. Fiber is the secret nutrient for losing weight without hunger or deprivation. Unfortunately, the average American eats less than 15 grams of fiber per day, which is far less than needed. According to the Academy of Nutrition and Dietetics, women should have 25 grams per day and men 38 grams. The F-Factor Diet harnesses the power of fiber: the zero-calorie, non-digestible part of a carbohydrate that adds bulk to food. By following a diet rich in fiber and lean protein, you'll feel fuller, longer and will generally eat less throughout the day. Fiber is also extremely beneficial to a diet as it swells in the stomach, absorbs and removes fat and calories and actually revs up metabolism.

THE F-FACTOR DIET IS UNLIKE OTHER DIETS

F-Factor is based on 4 disruptive principles that are counterintuitive to everything we believe in the weight loss space:

- 1. EAT CARBS:** Eating more fiber-rich carbs can actually rev-up your metabolism and speed up weight loss
- 2. DINE OUT:** Dine out from day one. NO menu is off limit when you order the F-Factor way.
- 3. DRINK ALCOHOL:** Dieting and social drinking in moderation can go together. Raise your glass!
- 4. WORKOUT LESS:** Working out and not seeing the results you want? F-Factor will teach you how to choose the right workout to maximize your time in the gym so you have more free time outside of the gym and still see results.

While the “F” in F-Factor originally stood for fiber, the F also stands for freedom. Freedom to eat carbs, freedom to dine out, and the freedom to enjoy cocktails. You'll also have more free time, since living the F-Factor way doesn't require you to spend hours at the gym.

F-FACTOR

20/20 FIBER/PROTEIN POWDERS

F-Factor 20/20 Fiber/Protein Powders pack in 20 grams of muscle-building organic protein along with 20 grams of fat-fighting fiber to boost metabolism. With these macros, F-Factor 20/20 Protein/Fiber powders satisfy hunger longer than your standard protein-only based shakes—meet more than half your daily fiber needs with just 1 serving!



Delicious and healthy, 20/20 Fiber/Protein Powders are the hero ingredient that helps you fill up without filling out. Use this eBook to make delicious and nutritious smoothies and Tanya's favorite breakfasts using the chocolate and vanilla powders.



F-FACTOR 20/20 CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20 Chocolate
Fiber/Protein Powder

1/2 frozen ripe banana

1 Tbsp PB2

1/4 tsp cinnamon

1 tsp cacao nibs

1 cup unsweetened vanilla
almond milk

1/2 cup ice

DIRECTIONS

1. Mix all ingredients in a blender and pulse to desired consistency.
2. Pour and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 38g carbohydrate, 25g fiber

Actual Nutritional Information: 282 calories, 25g protein, 42g carb, 25g fiber, 17g net carb, 9g sugar, 7g fat, 1g sat fat, 282mg sodium

F-FACTOR 20/20 KEY LIME SMOOTHIE

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20
Vanilla Fiber/Protein Powder

1 cup baby spinach

juice of 1 lime

1 tsp lime zest

1 tsp spirulina

1/2 cups unsweetened vanilla
almond milk

1/2 cup ice

DIRECTIONS

1. Mix all ingredients in a blender and pulse to desired consistency.
2. Pour and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 24g carbohydrate,
21g fiber

Actual Nutritional Information:
189 calories, 23g protein, 29g carb,
21g fiber, 8g net carb, 2g sugar, 3g fat,
1g sat fat, 107mg sodium





F-FACTOR 20/20 MATCHA MINT SUPER SMOOTHIE

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20
Vanilla Fiber/Protein Powder

1 tsp matcha powder

1 tsp spirulina powder

1/2 cup frozen peaches

1/2 kiwi

1/3 cup riced cauliflower (frozen)

2 springs mint

2 cups unsweetened vanilla
almond milk

DIRECTIONS

1. Mix all ingredients in a blender and pulse to desired consistency.
2. Pour and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 41g carbohydrate, 26g fiber

Actual Nutritional Information: 281 calories, 26g protein, 43g carb, 26g fiber, 17g net carb, 12g sugar, 7g fat, 1g sat fat, 12mg sodium

F-FACTOR 20/20 CARROT CAKE COOLER

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20
Vanilla Fiber/Protein Powder

1/4 cup frozen pineapple

1 cup frozen shredded carrots

1/2 tsp cinnamon

pinch (1/4 tsp) nutmeg

1 tsp beet juice powder

2 cups unsweetened vanilla
almond milk



DIRECTIONS

1. Mix all ingredients in a blender and pulse to desired consistency.
2. Pour and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 28g carbohydrate, 25g fiber

Actual Nutritional Information: 288 calories, 23g protein, 44g carb, 25g fiber, 19g net carb, 12g sugar, 7g fat, 1g sat fat, 335mg sodium

F-FACTOR 20/20 STRAWBERRY CHEESECAKE SMOOTHIE

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20 Vanilla Fiber/Protein Powder

1/2 cup frozen strawberries

1/3 cup nonfat Greek yogurt

1 tsp vanilla extract

1 tsp camu camu powder

1 1/2 cups unsweetened vanilla almond milk

1/2 cup ice

DIRECTIONS

1. Mix all ingredients in a blender and pulse to desired consistency.
2. Pour and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 33g carbohydrate, 24g fiber

Actual Nutritional Information: 297 calories, 31g protein, 35g carb, 22g fiber, 13g net carb, 8g sugar, 5g fat, 1g sat fat, 221mg sodium





F-FACTOR 20/20 ULTIMATE HANGOVER SMOOTHIE

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20
Vanilla Fiber/Protein Powder

2 small Kirby cucumbers

3-4 (6-inch) celery stalks

1 cup frozen spinach
(or 2 cups fresh + 1 cup ice)

16 oz unsweetened
almond milk

2 Tbsp fresh mint

1/2 cup ice

DIRECTIONS

1. Mix all ingredients in a blender and pulse to desired consistency.
2. Pour and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 23g carbohydrate, 29g fiber

Actual Nutritional Information: 277 calories, 29g protein, 40g carb, 29g fiber, 11g net carb, 7g sugar, 6g fat, 1g sat fat, 327mg sodium

F-FACTOR BERRY DELICIOUS 20/20 SMOOTHIE

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20 Vanilla
Fiber/Protein Powder

1 1/3 cups unsweetened almond milk

1 cup mixed strawberries and
blueberries, frozen

1/2 cup ice

DIRECTIONS

1. Mix all ingredients in a blender and pulse to desired consistency.
2. Pour into a 16 oz glass and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 38g carbohydrate,
25g fiber

Actual Nutritional Information:

284 calories, 23g protein, 47g carb,
25g fiber, 21g net carb, 13g sugar,
7g fat, 1g sat fat, 3mg sodium





F-FACTOR 20/20 COOKIES AND CREAM SMOOTHIE

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20 Vanilla
Fiber/Protein Powder

1 1/2 cups unsweetened vanilla almond milk

4 Lillabees Snacks Classic Chocolate
Brownie Thins

1/2 cup ice

DIRECTIONS

1. Mix all ingredients in a blender and pulse to desired consistency.
2. Pour and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 28g carbohydrate, 22g fiber

Actual Nutritional Information: 253 calories, 24g protein, 30g carb, 22g fiber, 8g net carb, 6g sugar, 9g fat, 1g sat fat, 346mg sodium



F-FACTOR 20/20 THIN MINT SMOOTHIE

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20 Chocolate Fiber/Protein Powder

1 1/2 cups unsweetened vanilla almond milk

4 Lillabees Snacks Chocolate Mint Brownie Thins

1/2 cup ice

Ice, to taste

DIRECTIONS

1. Mix all ingredients except fresh mint in a blender and pulse to desired consistency.
2. Pour, garnish with additional cookie crumbs and fresh mint as desired, and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 28g carbohydrate, 22g fiber

Actual Nutritional Information:

253 calories, 24g protein, 30g carb, 22g fiber, 8g net carb, 6g sugar, 9g fat, 1g sat fat, 346mg sodium

F-FACTOR 20/20 PINA COLADA

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20 Vanilla Fiber/Protein Powder

1 cup unsweetened coconut milk (or unsweetened vanilla almond milk)

2/3 cup frozen pineapple

1 tsp unsweetened dried coconut flakes

Optional: 1 oz rum (plain or coconut infused)

DIRECTIONS

1. Mix all ingredients in a blender and pulse to desired consistency.
2. Pour and enjoy!

STEP 1 APPROVED RECIPE

F-Factor Journaling: 35g carbohydrate, 23g fiber

Actual Nutritional Information: 177 calories, 11g protein, 27g carb, 12g fiber, 15g net carb, 11g sugar, 6g fat, 1g sat fat, 6mg sodium





F-FACTOR 20/20 “MOCHA FRAPPUCCINO” SMOOTHIE

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20 Chocolate
Fiber/Protein Powder

1 cup unsweetened almond milk

2 shots espresso

1 tsp unsweetened cocoa powder

1 1/2 cups ice

OPTIONAL:

Sugar-Free Choc Zero Chocolate
Syrup

SoDelicious CocoWhip

DIRECTIONS

1. Put all ingredients into a blender and mix until smooth consistency.
2. (Optional) Drizzle Sugar-Free Choc Zero Chocolate Syrup into a tall glass, to taste.
3. Put all ingredients into a blender and mix until smooth consistency.
4. (Optional) Top with a dollop of SoDelicious CocoWhip.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 24g carbs, 22g fiber

Actual Nutritional Information: 192 calories, 22g protein, 26g carb, 22g fiber, 4g net carb, 1g sugar, 5g fat, 1g sat fat, 87mg sodium



F-FACTOR HOMESTYLE 20/20 CORN MUFFINS

SERVES 6

INGREDIENTS

8 egg whites

1/2 cup unsweetened
almond milk

2 tsp coconut oil

1/2 cup nonfat Greek yogurt

1 cup cornmeal

2/3 cup fine wheat bran

1 cup F-Factor 20/20 Vanilla
Fiber/Protein Powder

2 tsp baking powder

1 tsp salt

DIRECTIONS

1. Preheat oven to 400°F. Coat a standard sized 12-cup muffin tin with nonstick cooking spray (recipe yields 12 large muffins).
2. Mix all ingredients together in a bowl. Whisk mixture until a well combined, lump-free batter is formed.
3. Pour batter in prepared muffin tin cups, filling almost to top of each cup.
4. Once oven is preheated, place muffin tin in oven to bake for 15 to 20 minutes, or until muffin tops are golden brown.

Serves 6, 2 muffins per serving.

STEP 1 APPROVED RECIPE

PER SERVING:

F-Factor Journaling: 28g carbs, 11g fiber

Actual Nutritional Information: 186 calories, 16g protein, 28g carb, 11g fiber, 17g net carb, 2g sugar, 3g fat, 2g sat fat, 651mg sodium

PER MUFFIN:

F-Factor Journaling: 14g carbs, 5g fiber

Actual Nutritional Information: 93 calories, 8g protein, 14g carb, 5g fiber, 9g net carb, 1g sugar, 2g fat, 1g sat fat, 326mg sodium

F-FACTOR 20/20 COFFEE CAKE MUFFINS

SERVES 6

INGREDIENTS

8 egg whites

2 tsp coconut oil

1/2 cup nonfat Greek yogurt

1 banana, mashed (optional)

1 tsp vanilla extract

1 cup F-Factor 20/20 Vanilla Fiber/Protein Powder

2 tsp baking powder

2 tsp cinnamon

2/3 cup fine wheat bran

TOPPINGS:

1/2 cup (2 scoops) Vanilla 20/20 Fiber/Protein Powder

3 Tbsp coconut oil

1 tsp cinnamon

DIRECTIONS

1. Preheat oven to 375°F. Coat a standard sized 12-cup muffin tin with nonstick cooking spray (recipe yields 12 large muffins).
2. Mix all muffin ingredients together in a bowl. Whisk mixture until a well combined, lump-free batter is formed. Set aside.
3. Prepare crumb topping by mixing ingredients together in a bowl with a fork.
4. Pour batter in prepared muffin tin cups, filling almost to top of each cup. Sprinkle topping over each muffin cup, dividing equally between muffins.
5. Once oven is preheated, place muffin tin in oven to bake for 25 minutes, or until muffin tops and topping are golden brown.

Serves 6, 2 muffins per serving (recipe yields 12 large muffins).

STEP 1 APPROVED RECIPE

PER SERVING:

F-Factor Journaling: 19g carbs, 13g fiber

Actual Nutritional Information: 186 calories, 18g protein, 20g carb, 13g fiber, 4g sugar, 6g fat, 4g sat fat, 119 mg sodium

PER MUFFIN:

F-Factor Journaling: 10g carbs, 7g fiber

Actual Nutritional Information: 93 calories, 9g protein, 10g carb, 7g fiber, 2g sugar, 3g fat, 2g sat fat, 59mg sodium





F-FACTOR DOUBLE CHOCOLATE PEANUT BUTTER 20/20 MUFFINS

SERVES 6

INGREDIENTS

1 banana, mashed

8 egg whites

2/3 cup nonfat Greek yogurt

1 tsp vanilla extract

2 tsp coconut oil

1 cup F-Factor 20/20
Chocolate Fiber/Protein Powder

2/3 cup fine wheat bran

2 tsp baking powder

3 Tbsp unsweetened cocoa
powder

2 Tbsp stevia

1/4 cup + 2 Tbsp PB2
powdered peanut butter

1/3 cup Lily's Sweets Chocolate
Chips

DIRECTIONS

1. Preheat oven to 400°F. Coat a 12-cup muffin tin with nonstick cooking spray.
2. Mix all ingredients except the chocolate chips together in a bowl. Whisk mixture until a well combined, lump-free batter is formed.
3. Pour batter in prepared muffin tin cups, filling each cup almost to the top. Add chocolate chips to muffin cups, divide equally between cups.
4. Once oven is preheated, place muffin tin in oven to bake for 15 to 20 minutes, or until muffin tops appear toasted and an inserted toothpick comes out clean.

Serves 6, 2 muffins per serving (recipe yields 12 large muffins).

STEP 1 APPROVED RECIPE

PER SERVING:

F-Factor Journaling: 30g carbs, 16g fiber

Actual Nutritional Information: 205 calories, 19g protein, 30g carb, 16g fiber, 14g net carb, 4g sugar, 8g fat, 4g sat fat, 243mg sodium

PER MUFFIN:

F-Factor Journaling: 15g carbs, 8g fiber

Actual Nutritional Information: 102 calories, 10g protein, 15g carb, 8g fiber, 7g net carb, 2g sugar, 4g fat, 2g sat fat, 122mg sodium

F-FACTOR 20/20 BLUEBERRY STREUSEL MUFFINS

SERVES 4



INGREDIENTS

1 ripe banana, mashed

4 scoops F-Factor 20/20 Vanilla
Fiber/Protein Powder

2 tsp baking powder

1 tsp cinnamon

2 tsp coconut oil

1/2 cup nonfat Greek yogurt

8 egg whites

2/3 cup fine wheat bran

1 tsp vanilla extract

1 cup fresh blueberries

STREUSEL TOPPING:

1/2 cup (2 scoops) 20/20
Vanilla Fiber/Protein Powder

2 Tbsp coconut oil

2 tsp cinnamon

DIRECTIONS

1. Preheat oven to 400°F. Coat a standard sized 12-cup muffin tin with nonstick cooking spray (recipe yields 12 large muffins).
2. Mix all ingredients except blueberries and streusel topping ingredients together in a bowl or blender. Whisk or pulse mixture until a well combined, lump-free batter is formed.
3. Pour batter in prepared muffin tin cups, filling almost to top of each cup. Divide blueberries equally between the muffin cups.
4. Prepare streusel topping by mixing ingredients together and using a fork to press and fluff mixture until it has the texture of a coarse meal. Divide topping equally between muffin cups.
5. Once oven is preheated, place muffin tin in oven to bake for 15 to 20 minutes, or until muffin tops are golden brown.

Serves 4, 3 muffins per serving (recipe yields 12 large muffins).

STEP 1 APPROVED RECIPE

PER SERVING:

F-Factor Journaling: 39g carbs, 21g fiber

Actual Nutritional Information: 315 calories, 27g protein, 39g carb, 21g fiber, 18g net carb, 9g sugar, 9g fat, 9g sat fat, 270mg sodium

PER MUFFIN:

F-Factor Journaling: 13g carbs, 7g fiber

Actual Nutritional Information: 105 calories, 9g protein, 13g carb, 7g fiber, 6g net carb, 3g sugar, 3g fat, 3g sat fat, 90mg sodium

F-FACTOR 20/20 CHEDDAR BISCUITS

SERVES 6

INGREDIENTS

2/3 cup finely ground almond flour, sifted

1 cup F-Factor 20/20 Unflavored Fiber/Protein Powder

1 Tbsp dried parsley flakes

1 1/2 tsp baking powder

1/2 tsp garlic powder

1/2 tsp fine salt

3/4 cup (3 oz) + 2 Tbsp reduced fat shredded sharp cheddar cheese

1/4 cup nonfat Greek yogurt

1 large egg

1 egg white

2 Tbsp coconut oil

DIRECTIONS

1. Preheat oven to 400°F and place rack in center position. Line a baking sheet with parchment paper or a silicone baking mat. Set aside.
2. Place almond flour, 20/20 powder, dried parsley, baking powder, garlic powder, and salt, in a medium mixing bowl. Stir to combine, being sure to break up any clumps.
3. Mix in 3/4 shredded cheese (set remaining 2 Tbsp aside for later). Toss so well-combined.
4. Add greek yogurt, egg, egg white and coconut oil, mixing well with a spatula until well-combined.
5. Divide batter into 6 equal portions on prepared baking sheet. Top each with remaining cheddar cheese, dividing equally among biscuits.
6. Place in oven to bake for 10 to 13 minutes or until golden brown all over. Remove from oven and allow to cool for 2 to 3 minutes before serving. Serve warm. Serving Size is 1 biscuit.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 13g carbs, 8g fiber

Actual Nutritional Information: 232 calories, 17g protein, 14g carb, 8g fiber, 6g net carb, 2g sugar, 14g fat, 6g sat fat, 402mg sodium





F-FACTOR 20/20 EVERYTHING BAGEL SANDWICH WAFFLE

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20 Vanilla Fiber/Protein Powder	"Everything But The Bagel" Seasoning to taste
1/2 tsp baking powder	2 oz smoked salmon
1 tsp coconut oil	sliced tomato
4 egg whites	sliced red onion
2 Tbsp whipped chive cream cheese	Fresh dill

DIRECTIONS

1. Turn waffle maker on to heat.
2. Mix all ingredients together in a bowl. Whisk until smooth.
3. Once waffle maker is ready, coat both sides with non stick cooking spray. Pour half batter in and follow directions on waffle maker to cook waffle to desired temperature.
4. Remove waffle from waffle maker and repeat step 3 until all batter is used (should yield 2 large waffles).
5. Allow waffles to cool for 1 to 2 minutes. Spread layer of cream cheese evenly atop one waffle. Sprinkle with "Everything But The Bagel" seasoning and top with smoked salmon, sliced tomato, sliced onion and dill.
6. Place second atop to create full sandwich.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 23g carbs, 20g fiber

Actual Nutritional Information: 370 calories, 46g protein, 26g carb, 20g fiber, 6g net carb, 1g sugar, 13g fat, 8g sat fat, 783mg sodium

F-FACTOR 20/20 CINNAMON RAISIN “BAGEL” WAFFLES

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20 Vanilla
Fiber/Protein Powder

1/2 tsp baking powder

1 tsp coconut oil

4 egg whites

2 tsp cinnamon

2 tbsp raisins

2 Tbsp whipped Greek cream cheese



DIRECTIONS

1. Turn waffle maker on to heat.
2. Mix Fiber/Protein powder, baking powder, coconut oil, egg whites and cinnamon together in a bowl. Whisk until smooth.
3. Once waffle maker is ready, coat both sides with non stick cooking spray. Pour half batter in, sprinkle 1 Tbsp of the raisins on top and follow directions on waffle maker to cook waffle to desired doneness.
4. Remove waffle from waffle maker and repeat step 3 until all batter and raisins are used (should yield 2 large waffles).
5. Allow waffles to cool for 1 to 2 minutes. Spread 1 Tbsp of cream cheese evenly atop each waffle. Sprinkle with additional cinnamon, to taste.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 26g carbs, 21g fiber

Actual Nutritional Information: 334 calories, 38g protein, 33g carb, 21g fiber, 12g net carb, 3g sugar, 15g fat, 6g sat fat, 330mg sodium

F-FACTOR 20/20 PUMPKIN SPICE WAFFLES WITH PUMPKIN PROTEIN FROSTING

SERVES 1

INGREDIENTS

WAFFLES:

1/2 cup F-Factor 20/20 Vanilla Fiber/Protein Powder

1/2 tsp baking powder

1 tsp coconut oil

4 egg whites

1/4 cup canned pumpkin puree

1/4 tsp pumpkin spice

FROSTING:

2 Tbsp whipped Greek cream cheese

1/4 tsp pumpkin spice

1 Tbsp F-Factor 20/20 Vanilla Fiber/Protein Powder

1 Tbsp canned pumpkin puree

Serves 1, 2 waffles per serving.

STEP 1 APPROVED RECIPE

WAFFLES (PLAIN)

F-Factor Journaling: 28g carbohydrate, 22g fiber

Actual Nutritional Information: 275 calories, 35g protein, 28g carb, 22g fiber, 6g net carb, 3g sugar, 7g fat, 5g sat fat, 247mg sodium

PUMPKIN CREAM CHEESE TOPPING

F-Factor Journaling: 6g carbs, 3g fiber

Actual Nutritional Information: 70 calories, 6g protein, 6g carb, 3g fiber, 3g net carb, 3g sugar, 3g fat, 2g sat fat, 65mg sodium

WAFFLES (WITH PUMPKIN CREAM CHEESE TOPPING)

F-Factor Journaling: 12g carbs, 6g fiber

Actual Nutritional Information: 345 calories, 41g protein, 34g carb, 25g fiber, 9g net carb, 6g sugar, 10g fat, 7g sat fat, 312mg sodium



DIRECTIONS

1. Turn waffle maker on to heat.
2. Mix all waffle ingredients together in a bowl. Whisk until smooth.
3. Once waffle maker is ready, coat both sides with non stick cooking spray. Pour half batter in and follow directions on waffle maker to cook waffle to desired doneness.
4. Remove waffle from waffle maker and repeat step 3 until all batter is used (should yield 2 large waffles).
5. For pumpkin spiced cream cheese, mix all ingredients in a bowl until thoroughly combined. Top waffles with desired amount.

F-FACTOR 20/20 BLUEBERRY PANCAKES

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20
Vanilla Fiber/Protein Powder

1/2 tsp baking powder

1 tsp coconut oil

4 egg whites

1/2 cup blueberries

DIRECTIONS

1. Mix all ingredients together in a bowl. Whisk until smooth.
2. Coat a nonstick skillet with nonstick cooking spray and place over medium heat. Pour pancake batter into 3-inch circles to cook.
3. Drop 3 to 5 blueberries into each cooking pancake. Once bubbles start to form, flip pancakes. Cook for another minute.
4. Repeat until all batter is used (should yield 8 (3-in) silver dollar pancakes). Serve warm.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 30g carbs, 23g fiber

Actual Nutritional Information: 290 calories, 34g protein, 30g carb, 23g fiber, 11g net carb, 9g sugar, 6g fat, 5g sat fat, 463mg sodium





F-FACTOR MATCHA GREEN TEA 20/20 PANCAKES

SERVES 2

INGREDIENTS

1/2 cup F-Factor 20/20 Vanilla
Fiber/Protein Powder

1 single-serve packet Trader Joe's
Matcha Green Tea Powder

1/2 tsp baking powder

1 tsp coconut oil

4 egg whites

DIRECTIONS

1. Mix all ingredients together in a bowl. Whisk until smooth.
2. Coat a nonstick skillet with nonstick cooking spray and place over medium heat. Pour pancake batter into 3-inch circles to cook.
3. Once bubbles start to form, flip pancakes. Cook for another minute.
4. Repeat until all batter is used (should yield 8 (3-in) silver dollar pancakes). Serve warm.

Serves 1, ~8 (3-in) pancakes per serving.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 23g carbs, 20g fiber

Actual Nutritional Information: 260 calories, 34g protein, 23g carb, 20g fiber, 3g net carb, 1g sugar, 6g fat, 5g sat fat, 463mg sodium



F-FACTOR 20/20 CREPES

SERVES 1

INGREDIENTS

1/2 cup F-Factor 20/20
Vanilla Fiber/Protein Powder

4 egg whites

1 tsp coconut oil

1/4 cup unsweetened
almond milk

DIRECTIONS

1. In a mixing bowl combine egg whites, 20/20 powder, coconut oil and almond milk. Whisk until well combined.
2. Lightly coat a 12-inch non-stick skillet with nonstick cooking spray and place over medium heat. Add 1/4 cup of batter to pan and swirl to cover the bottom of the skillet.
3. Cook until golden brown (3 to 4 minutes) and flip with a large spatula. Cook for another minute and remove from pan.
4. Repeat until remaining batter is used. Recipe should yield 3 crepes.

Serves 1, 3 crepes per serving.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 23g carbs, 20g fiber

Actual Nutritional Information: 263 calories, 35g protein, 24g carb, 20g fiber, 4g net carb, 2g sugar, 7g fat, 5g sat fat, 291mg sodium

F-FACTOBLUEBERRY 20/20 SCONES

SERVES 8

INGREDIENTS

1/2 cup F-Factor Vanilla 20/20
Fiber/Protein Powder

1 1/4 cup blanched almond flour

1/2 tsp baking powder

1/4 tsp sea salt

1/4 cup unsweetened vanilla
almond milk

3 Tbsp coconut oil, melted

2 large egg whites

1 tsp vanilla extract

1/2 cup blueberries



GLAZE (OPTIONAL):

1/4 cup F-Factor Vanilla
20/20 Fiber/Protein Powder

1/4 cup almond milk

Serves 8, 1 scone per serving.

STEP 1 APPROVED RECIPE

PER SCONE, WITHOUT GLAZE

F-Factor Journaling: 8g carbohydrate, 4g fiber

Actual Nutritional Information: 165 calories,
7g protein, 8g carb, 4g fiber, 2g sugar, 13g fat,
3g sat fat, 77mg sodium

PER SCONE, WITH GLAZE

F-Factor Journaling: 9g carbs, 5g fiber

Actual Nutritional Information: 175 calories,
9g protein, 9g carb, 5g fiber, 2g sugar, 13g fat,
3g sat fat, 87mg sodium

DIRECTIONS

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper and set aside.
2. In a medium bowl, combine the almond flour, 20/20 powder, baking powder and sea salt. Set aside.
3. In a small bowl, whisk the almond milk, coconut oil, egg whites and vanilla extract together. Pour mixture into the medium bowl of dry ingredients and fold until a dough forms (dough should be pliable but not crumbly or stiff; add a little more almond milk, a teaspoon at a time, if too dry).
4. Once a dough has formed, fold blueberries into dough.
5. Place the dough onto parchment paper and form a disk shape, about 1 inch thick. Cut into 8 triangular wedges (like a pie or pizza). Separate pieces about 1 inch apart so they have room to rise. Place in oven to bake for about 20 minutes until golden.
6. While scones bake, prepare glaze by whisking glaze ingredients together in a small bowl. Once scones are done baking, drizzle glaze evenly over them and allow glazed scones to cool completely (scones and glaze will firm up as they cool).



F-FACTOR 20/20 MOCHA CAPPUCCINO

SERVES 1

INGREDIENTS

1/4 cup unsweetened vanilla almond milk

1/4 cup F-Factor 20/20 Chocolate
Fiber/Protein Powder

1 tsp unsweetened cocoa powder

4 oz coffee (or 1-2 shots espresso)

DIRECTIONS

1. Place almond milk, 20/20 powder and cocoa powder in milk frother and froth to desired consistency.
2. While milk is steaming, pour coffee/espresso into mug.
3. Pour frothed milk over coffee/espresso.
4. Garnish with additional cocoa powder, as desired.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 11g carbs, 11g fiber

Actual Nutritional Information: 87 calories, 11g protein, 13g carb, 11g fiber, 2g net carb, 1g sugar, 2g fat, 1g sat fat, 83mg sodium





F-FACTOR 20/20 VANILLA LATTE

SERVES 1

INGREDIENTS

1/4 cup F-Factor 20/20 Vanilla
Fiber/Protein Powder

1/4 unsweetened vanilla almond milk

4 oz coffee (or 1-2 shots espresso)

Dash of cinnamon (optional)

DIRECTIONS

1. Place 20/20 powder and almond milk in milk frother and froth to desired consistency.
2. While milk is steaming, pour coffee/espresso into mug.
3. Pour frothed vanilla milk over coffee/espresso. Top with sprinkle of cinnamon, as desired.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 11g carbs, 11g fiber

Actual Nutritional Information: 88 calories, 11g protein, 14g carb, 11g fiber, 3g net carb, 1g sugar, 1g fat, 0g sat fat, 34mg sodium

F-FACTOR 20/20 MATCHA LATTE

SERVES 1

INGREDIENTS

1/8 cup F-Factor 20/20 Vanilla
Fiber/Protein Powder

1 1/2 cups unsweetened cashew milk

1 tsp matcha powder

Ice

DIRECTIONS

1. Place 20/20 powder, matcha powder and 1/2 cup of the cashew milk in a bowl and whisk until well combined.
2. Pour mixture over a tall glass filled with ice.
3. Add the remaining milk to the glass. Give drink a gentle stir with straw. Serve.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 6g carbs, 6g fiber

Actual Nutritional Information: 80 calories, 6g protein, 7g carb, 6g fiber, 1g net carb, 0g sugar, 3g fat, 0g sat fat, 255mg sodium





F-FACTOR 20/20 GUACAMOLE

SERVES 3

INGREDIENTS

1/2 lb fresh asparagus, trimmed and cut into 1-in pieces

1/2 cup Unflavored 20/20 Fiber/Protein Powder

1 clove garlic, minced

1 medium avocado

1/3 cup chopped red onion

1/3 cup tomato, chopped

3 Tbsp lemon juice

zest of 1 lime

1/2 tsp salt

2 Tbsp fresh cilantro, chopped

DIRECTIONS

1. Fill a saucepan with 1/2 inch of water and place over medium heat. Add asparagus and bring to boil. Once boiling, reduce heat, cover and simmer for 3 to 5 minutes or until asparagus is tender.
2. Remove from heat, drain water and place asparagus in blender with 20/20 powder and garlic. Cover and pulse until smooth.
3. In a large bowl, mash avocado until a bit chunky. Add the asparagus mixture, and remaining ingredients. Mix until desired consistency and season to taste.
4. Serve immediately, or store covered in fridge.

Serves 3, ~1/4 cup per serving.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 12g carbs, 18g fiber

Actual Nutritional Information: 190 calories, 16g protein, 24g carb, 18g fiber, 6g net carb, 3g sugar, 8g fat, 2g sat fat, 487mg sodium





F-FACTOR 20/20 VODKA SAUCE

(SERVES 4, MAKES 4 CUPS SAUCE)



Serves 4, 1 cup sauce per serving.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 11g carbs, 11g fiber

Actual Nutritional Information: 212 calories, 14g protein, 19g carb, 11g fiber, 8g net carb, 6g sugar, 11g fat, 3g sat fat, 653mg sodium

INGREDIENTS

1 (24-oz) jar tomato sauce with less than 5g of sugar or less per serving

1 1/4 cup water

3/4 cup Unflavored 20/20 Fiber/Protein Powder

1/2 tsp garlic powder

1/4 cup grated Parmesan cheese

salt and pepper, to taste

DIRECTIONS

1. Pour sauce in a medium sauce pan and place over low heat and bring to a simmer (do not boil).
2. Add in water and 20/20 unflavored powder and whisk until smooth.
3. Stir in garlic powder and parmesan cheese. Whisk until cheese has melted.
4. Add salt and pepper to taste. Serve warm over zoodles or noodles.



F-FACTOR 20/20 CAESAR SALAD

SERVES 2

INGREDIENTS

2 1/3 Tbsp lemon juice

2 cloves garlic

1 tsp dijon mustard

1 tsp anchovy paste

1 tsp Worcestershire sauce

1/2 cup grated Parmesan cheese

1/2 cup F-Factor 20/20 Unflavored
Fiber/Protein Powder

1/2 cup unsweetened almond milk

Salt & pepper, to taste

6 cups Romaine, torn into bite-size
pieces (~3 large Romaine hearts)

DIRECTIONS

1. Prepare dressing by putting all ingredients except for romaine in blender. Pulse until well combined.
2. Add torn romaine to a large bowl. Pour prepared dressing over romaine and toss so lettuce is evenly coated.
3. Garnish with additional parmesan cheese, salt and pepper, and/or croutons as desired.

STEP 1 APPROVED RECIPE

PER SERVING (RECIPE AS DESCRIBED ABOVE):

F-Factor Journaling: 15g carbs, 12g fiber

Actual Nutritional Information: 222 calories, 21g protein, 21g carb, 12g fiber, 9g net carb, 3g sugar, 9g fat, 3g sat fat, 816mg sodium

PER SERVING (WITHOUT BREADCRUMBS):

F-Factor Journaling: 30g carbs, 24g fiber

Actual Nutritional Information: 444 calories, 42g protein, 42g carb, 24g fiber, 18g net carb, 6g sugar, 18g fat, 6g sat fat, 1632mg sodium

Serves 2, ~3 cups salad (1/2 salad) per serving.



F-FACTOR 20/20 CREAMY TOMATO SOUP

SERVES 4

INGREDIENTS

10 medium Roma tomato, washed and diced

2 Tbsp olive oil

4 cloves garlic, minced

1 Tbsp Herbs de Provence

1/2 tsp sea salt

1/4 tsp black pepper

2 cups chicken broth

1/2 cup F-Factor 20/20 Unflavored Fiber/Protein Powder

2 Tbsp Fresh basil, cut into ribbons

DIRECTIONS

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper. Lightly coat with nonstick cooking spray and set aside.
2. In a mixing bowl toss diced tomatoes with olive oil, garlic, Herbs de Provence, sea salt, and black pepper. Arrange in a single layer on the baking sheet and place in oven to roast for about 25 minutes.
3. Transfer roasted tomatoes to a medium-sized pot. Add chicken broth, and 20/20 powder. Using an immersion blender puree until smooth. (If you don't have an immersion blender puree in batches in regular blender).
4. Stir in basil and allow to simmer over low heat for 5 minutes.
5. Remove from heat and serve warm.

Serves 4, ~1/2 cup per serving.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 6g carbs, 9g fiber

Actual Nutritional Information: 174 calories, 10g protein, 20g carb, 9g fiber, 11g net carb, 9g sugar, 8g fat, 1g sat fat, 378mg sodium



F-FACTOR 20/20 FETTUCCINE ALFREDO

SERVES 6

INGREDIENTS

F-Factor 20/20 Alfredo Sauce

1 (10-oz) bag (7 1/2 cups, dried) Al Dente Carba-Nada Egg Fettuccine

Fresh parsley (for garnish)

ALFREDO SAUCE:

1/2 Tbsp olive oil

2 cloves garlic, minced

1 cup unsweetened almond milk

1/2 cup (1/2 8-oz bar) Green Mountain Farms Greek Cream Cheese, softened

3/4 cup (3 scoops) Unflavored 20/20 Fiber/Protein Powder

3/4 cup grated Parmesan cheese

pinch of salt (plus more, to taste)

pinch of pepper

pinch of ground nutmeg

Serves 6, ~3/4-1 cup per serving.

STEP 2 APPROVED RECIPE

F-Factor Journaling: 26g carbs, 11g fiber

Actual Nutritional Information: 266 calories, 23g protein, 28g carb, 11g fiber, 17g net carb, 4g sugar, 8g fat, 3g sat fat, 410mg sodium

DIRECTIONS

1. Place a deep sauté pan over medium heat. Add olive oil and garlic and cook garlic until fragrant, about 2 minutes.
2. Reduce heat to low. Add almond milk and cream cheese and stir, slowly until the cream cheese has dissolved.
3. Stir in 20/20 unflavored powder and parmesan cheese. Continue stirring until well combined and sauce thickens, ~5 to 7 minutes.
4. Bring a pot of water to boil and cook fettuccini according to package directions, until al dente. Remove from heat and drain water.
5. Add prepared alfredo sauce to fettuccini and mix until fettuccini is well-coated.
6. Stir in salt, pepper, and nutmeg, to taste.
7. Garnish with fresh parsley and additional parmesan cheese, as desired.



F-FACTOR 20/20 TRUFFLE MAC & CHEESE

SERVES 6

INGREDIENTS

1 cup Unflavored 20/20
Fiber/Protein Powder

8 oz (1 bag) small dry "Light Elbows"
by Fiber Gourmet

1 1/2 cups unsweetened almond milk

2 oz Greek cream cheese

1/4 tsp dry ground mustard seed
(powder)

1/4 tsp garlic powder

1/4 tsp salt

1 tsp truffle zest

1 tsp truffle oil

Freshly ground black pepper

Dash of Worcestershire sauce

1 1/2 cups shredded fat-free cheddar
cheese

1 1/2 cups shredded part-skim
mozzarella cheese

20/20 TRUFFLE "BREAD" CRUMBS:

1/4 cup (1 scoop) Unflavored
20/20 Fiber/Protein Powder

2 Tbsp truffle oil

1 Tbsp grated Parmesan cheese

pinch of salt and pepper



DIRECTIONS

1. Lightly coat a 9X9 inch baking dish with nonstick cooking spray.
2. Place a large pot of salted water over medium heat and bring to a boil. Once boiling, add dried pasta and cook according to package instructions. Drain and set aside.
3. Place a large saucepan on low heat. Add the almond milk, Greek cream cheese, ground mustard, garlic powder, salt, truffle zest, truffle oil, black pepper, and Worcestershire sauce and whisk together. Allow mixture to simmer and whisking continually until sauce thickens, for about 5 minutes.
1. Remove pan from heat and stir in 20/20 powder. Whisk until well combined.
1. Add cooked pasta to the pot and toss with sauce until pasta is covered. Fold in the cheddar and mozzarella cheeses and pour into prepared baking dish.
1. Prepare 20/20 breadcrumbs by mixing all ingredients in a small bowl. Sprinkle over macaroni and cheese.
1. Set oven to broil and place in oven for 2 to 5 minutes, or until top is golden brown.

STEP 1 APPROVED RECIPE

PER SERVING (RECIPE AS DESCRIBED ABOVE):

F-Factor Journaling: 33g carbs, 18g fiber

Actual Nutritional Information: 277 calories, 28g protein, 37g carb, 18g fiber, 19g net carb, 1g sugar, 10g fat, 729mg sodium

STEP 2 APPROVED RECIPE

PER SERVING (WITHOUT BREADCRUMBS):

F-Factor Journaling: 31g carbs, 16g fiber

Actual Nutritional Information: 256 calories, 26g protein, 35g carb, 16g fiber, 19g net carb, 1g sugar, 9g fat, 4g sat fat, 702mg sodium



20/20 MUSHROOM ASPARAGUS RISOTTO

SERVES 4

INGREDIENTS

1/2 cup Unflavored 20/20
Fiber/Protein Powder

Olive oil spray

1 small onion, finely chopped

2 cloves garlic, minced

1/2 cup of asparagus, cut into
1/2 inch pieces

1 cup of assorted mushrooms,
chopped

2 (8-oz) packages Miracle Noodle
Miracle Rice

1/4 cup white cooking wine

1/2 cup unsweetened almond milk

1/2 cup grated Parmesan cheese

1 tsp salt

1/2 tsp pepper

DIRECTIONS

1. Coat a medium nonstick saucepan with olive oil spray. Add onions and place over medium heat to sauté until tender.
2. Add garlic, asparagus, and mushrooms and sauté until the mushrooms and asparagus are tender. About 5 minutes.
3. Place Miracle Rice into a strainer and rinse thoroughly with water. Add rice to the pan and stir.
4. Add wine and stir until liquid is absorbed, about 5 minutes.
5. Reduce heat to medium-low. Stir in almond milk, 20/20 powder, and Parmesan cheese. Continue stirring and allow mixture to simmer until becomes thick and creamy.
6. Remove from heat, season with salt and pepper, to taste. Serve warm.

STEP 1 APPROVED RECIPE

F-Factor Journaling: 9g carbs, 9g fiber

Actual Nutritional Information: 143 calories, 9g protein, 20g carb, 9g fiber, 11g net carb, 2g sugar, 4g fat, 2g sat fat, 988mg sodium



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