LEANEATS

@leaneats0

FREE MINI GUIDE

# 5 Craving *Crushers*

The 5 most-saved LeanEats recipes — dessert, pizza and nuggets that fit your macros.

*Macros included. Flavor guaranteed.*

FREE SAMPLE FROM THE LEANEATS COOKBOOK SERIES

HEY, WELCOME!

# Fit food shouldn't taste like cardboard.

These 5 recipes are the ones people save and remake the most on @leaneats0. Every one is macro-calculated from exact gram weights, so you can log it with confidence.

## Inside

- **2-Minute Chocolate Protein Mousse** — 26 g protein · 205 kcal
- **Peanut Butter Protein Mug Cake** — 25.7 g protein · 310 kcal
- **Cottage Cheese Crust Pizza** — 33.8 g protein · 291 kcal
- **3-Ingredient Cheesy Chicken Nuggets** — 32.2 g protein · 297 kcal
- **Tiramisu Protein Overnight Oats** — 35.2 g protein · 403 kcal

## Want 145 more?

The full LeanEats cookbooks have up to 150 recipes, 8 weeks of meal plans and grocery lists. Details on the last page.

FIT DESSERTS

# 2-Minute Chocolate Protein Mousse

26 g protein that eats like chocolate mousse — your late-night craving fix.

⏱ 5 min  🍽 Makes 2 servings  ★ Fan favorite from @leaneats0

High Protein · Vegetarian · Gluten-Free* · 15 Min

| 205 KCAL | 26g PROTEIN | 19.5g CARBS | 4.1g FAT | 2.4g FIBER |
|---|---|---|---|---|

Macros per serving · whole batch 411 kcal / 52 g protein

## Ingredients

- 250 g nonfat plain Greek yogurt
- 1 scoop (30 g) chocolate whey
- 2 tbsp dark cocoa
- 1 tbsp honey or maple syrup
- 1 square dark chocolate, grated

## Method

1. Whisk yogurt and cocoa until combined.
2. Add protein and honey; whisk hard 60 seconds until thick and airy.
3. Divide into 2 glasses and chill 15–20 minutes.
4. Grate dark chocolate over the top.

### Cutting?

- Swap honey/maple for a 0-kcal sweetener: **−32 kcal**
- Use half the chocolate: **−15 kcal**

### Bulking?

- Add 1 tbsp peanut butter or a banana: **+95–105 kcal**

### Pairs well with

- Tiramisu Protein Overnight Oats p.7

### Storage

Chilled desserts 3–4 days in the fridge; frozen treats 1 month.

☐ Made it  ☐ Favorite  Notes: _____

FIT DESSERTS

# Peanut Butter Protein Mug Cake

Flourless, 60 seconds in the microwave, 26 g protein. Warm cake emergencies solved.

⏱ 3 min  🍽 Makes 1 serving  ★ Fan favorite from @leaneats0

High Protein · Vegetarian · Gluten-Free* · 15 Min

| 310 KCAL | 25.7g PROTEIN | 8.7g CARBS | 20.6g FAT | 2.2g FIBER |
|---|---|---|---|---|

Macros per serving

## Ingredients

- 1 large egg
- 2 tbsp natural runny peanut butter
- 1 tbsp granulated sweetener
- 1/2 tsp baking powder
- Glaze: 1/2 scoop whey
- Glaze: 1/2 tsp cocoa

## Method

1. Whisk egg, peanut butter, sweetener and baking powder in a microwave-safe mug for 20 seconds.
2. Microwave on high 60 seconds (or bake at 350°F / 180°C for 12–15 minutes).
3. Stir whey, cocoa and 1–2 tbsp water into a pourable glaze.
4. Pour over the warm cake and eat immediately.

### Cutting?

› Use powdered PB instead of peanut butter: **-110 kcal**

### Bulking?

› Add 1 tbsp peanut butter or a banana: **+95–105 kcal**

### Pairs well with

› Tiramisu Protein Overnight Oats p.7

### Storage

Chilled desserts 3–4 days in the fridge; frozen treats 1 month.

☐ Made it  ☐ Favorite  Notes: _____

LUNCH & DINNER

# Cottage Cheese Crust Pizza

A 2-ingredient crust that crisps at the edges and holds like real pizza — 34 g protein per half.

⏱ 30 min · 🍽 Makes 2 servings · ★ Fan favorite from @leaneats0

High Protein · Gluten-Free*

| 291 KCAL | 33.8g PROTEIN | 7.3g CARBS | 13.6g FAT | 0.7g FIBER |
|---|---|---|---|---|

Macros per serving · whole batch 582 kcal / 68 g protein

## Ingredients

- 200 g cottage cheese
- 2 whole eggs
- Oregano, garlic powder, salt
- 3 tbsp marinara or pizza sauce
- 80 g part-skim mozzarella
- 60 g smoked turkey ham

## Method

1. Preheat oven to 390°F (200°C).
2. Blend cottage cheese, eggs and seasonings until silky and runny.
3. Spread thin on a parchment-lined sheet and pre-bake 15–18 minutes until golden and set.
4. Top with sauce, cheese and turkey.
5. Bake 8–10 minutes more until bubbly. Slice into 4.

**LEANEATS TIP**

Use parchment, not foil — the crust releases cleanly only from parchment.

### Cutting?

- Halve the cheese: **−51 kcal**

### Bulking?

- Eat 1.5 portions: **436 kcal · 51 g protein**
- Add ½ cup cooked rice or potatoes: **+100 kcal**

### Pairs well with

- Peanut Butter Protein Mug Cake p.4

### Storage

Fridge 3–4 days (fish 2 days). Freeze sauces and meatballs up to 3 months.

☐ Made it ☐ Favorite Notes: _____

SNACKS & BITES

# 3-Ingredient Cheesy Chicken Nuggets

Crunchy outside, juicy inside, 32 g protein per 4 nuggets — no fillers.

⏱ 25 min  🍽 Makes 2 servings  ★ Fan favorite from @leaneats0

High Protein

| 297 KCAL | 32.2g PROTEIN | 10.1g CARBS | 13.6g FAT | 0.7g FIBER |
|---|---|---|---|---|

Macros per serving · whole batch 593 kcal / 64 g protein

## Ingredients

- 100 g cooked chicken breast, shredded
- 100 g part-skim mozzarella, shredded
- 1 large egg
- Salt, pepper, garlic powder, paprika
- 20 g panko, for coating
- Olive oil spray

## Method

1. Preheat oven to 400°F (200°C).
2. Mix chicken, cheese, egg and seasonings.
3. Shape into 8 nuggets and roll in panko.
4. Spray lightly with oil and bake 18–20 minutes until golden and crisp.

**LEANEATS TIP**

Air fryer: 390°F (200°C) for 10–12 minutes, flipping once.

### Cutting?

- Halve the cheese: **-64 kcal**

### Bulking?

- Add 1 scoop whey (in the mix or as a shake): **+117 kcal · +23 g protein**
- Add 1 tbsp peanut butter or a banana: **+95–105 kcal**

### Pairs well with

### Storage

Best fresh; cooked bites keep 3 days chilled — re-crisp in the air fryer.

☐ Made it  ☐ Favorite  Notes: _____

BREAKFAST

# Tiramisu Protein Overnight Oats

Dessert for breakfast with 35 g protein — espresso-soaked oats under a creamy yogurt layer.

⏱ 5 min  🍽 Makes 1 serving  ★ Fan favorite from @leaneats0

High Protein | Vegetarian | Gluten-Free* | 15 Min

| 403 KCAL | 35.2g PROTEIN | 55.8g CARBS | 6g FAT | 7.4g FIBER |
|---|---|---|---|---|

Macros per serving

## Ingredients

- 45 g rolled oats
- 25 g vanilla protein powder
- 1 shot hot espresso
- 1/3 cup oat or almond milk
- 1 Medjool date, finely chopped
- 80 g nonfat Greek yogurt
- 1 tsp cocoa, for dusting

## Method

1. Mix oats, protein, chopped date and a pinch of salt.
2. Stir in hot espresso and milk until absorbed and thick.
3. Transfer to a jar and spread the yogurt on top.
4. Dust with cocoa and chill overnight.

### Cutting?

› Already lean — add a big side of greens or berries for extra volume.

### Bulking?

› Add 1 tbsp peanut butter or a banana: +95–105 kcal

### Pairs well with

› Peanut Butter Protein Mug Cake p.4

### Storage

Fridge 3–4 days in airtight containers; most bakes freeze 2 months.

☐ Made it  ☐ Favorite  Notes: _____

KEEP GOING

# Pick your LeanEats cookbook.

### Starter

50 recipes

- All the fan favorites
- Breakfast to dessert
- Full macros + goal swaps

### Pro ★

100 recipes · most popular

- Everything in Starter
- 4-week Lean meal plan
- Weekly grocery lists
- Meal-prep playbook

### Ultimate

150 recipes · best value

- Everything in Pro
- +4-week Build (muscle) plan
- 8 weeks of grocery lists

## Get yours → link in bio @leaneats0

Use code **CRAVINGS15** for 15% off your first cookbook.

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