

Deliciously Full

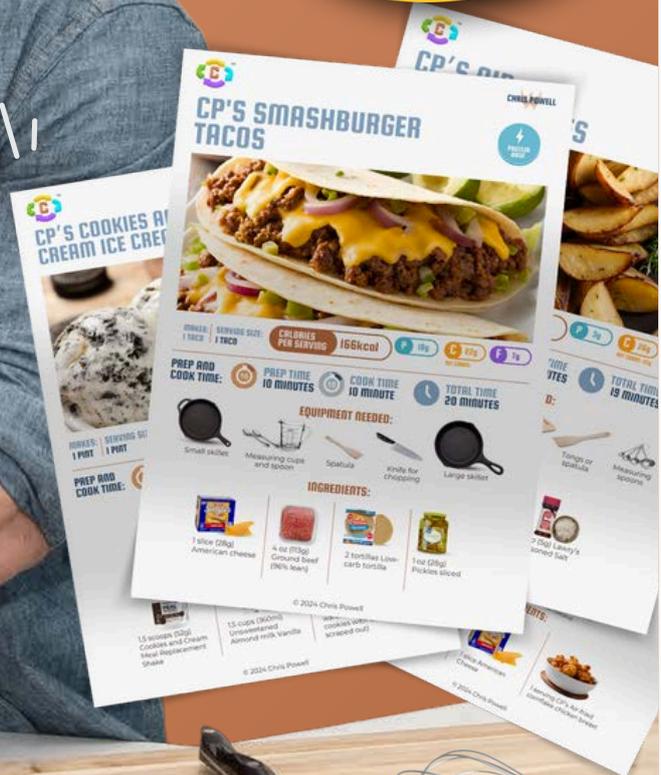


TM

AS SEEN ON

GOOD MORNING AMERICA

abc



CARB CYCLE



APPROVED!



CHRIS POWELL



HEY THERE, MY FRIEND! 🖐️

First off, let me just say how excited I am that you're here. If you're reading this, you're ready to take your recipes - and your health - to the next level...and I couldn't be more excited to support your wellness journey! 💪

If you're anything like me, comfort food has a special place in your heart (and your stomach). Pizza, fried chicken, creamy ice cream...you name it, we ALL love it! But let's be real—most of those foods aren't exactly transformation-friendly.

That's why we're transforming your favorite comfort foods into **high-protein, carb-cycling-approved meals** that are so delicious, you'll forget they're part of a weight loss and wellness lifestyle!

You'll find recipes marked with different badges, such as **High Carb, Low Carb, Protein Base** and **Sauces**. These are guides to help carb-cycle your meals for maximum results.

👉 [Click Here](#) to learn more about **carb-cycling your meals for weight loss** and wellness!



GLP-1 friendly!

High protein helps prevent muscle loss

If you are using GLP-1 medication, these recipes are *absolutely* for you! They're high in protein to support your muscle maintenance, customizable, and can help support your weight loss and long term maintenance. Be sure to check with your physician regarding any dietary needs.

So grab your apron, fire up the appliances, and let's dive into some seriously good eats. Let's do this together, my friend. ❤️

Your Coach and Biggest Fan,

Chris Powell



Get a sneak peek at how every single recipe makes your life easier.

SEE EXACTLY HOW OUR RECIPES WORK THEY'RE INTERACTIVE!

SERVING SIZE & PORTIONS

Know exactly how much to eat

MACRO BREAKDOWN

Calories, protein, carbs, and fats for every meal

TOTAL COOK TIME

Meal prep made easy

CLICK-TO-SHOP EQUIPMENT

Buy equipments instantly.

SHOPPING LIST WITH CLICK-TO-SHOP

Buy ingredients instantly.

CHRIS POWELL

CP'S PROTEIN BLUEBERRY CHEESECAKE PANCAKES



MAKES: 3 SERVINGS

SERVING SIZE: 3 PANCAKES

CALORIES PER SERVING 269kcal

P 23g

C 29g

F 8g

NET CARBS: 24g

PREP AND COOK TIME: 6 **PREP TIME** 5 MINUTES 10 **COOK TIME** 10 MINUTES 15 **TOTAL TIME** 15 MINUTES

EQUIPMENT NEEDED:


Mixing bowl


Whisk


Non-stick griddle or pan


Spatula


1/2-cup measuring scoop

INGREDIENTS:


2 scoops (70g) Blueberry Cheesecake Meal Replacement Shake


1 cup (120g) gluten-free protein pancake mix


1 1/2 cups (360ml) unsweetened vanilla almond milk


1 large egg (50g)


1/2 cup (75g) frozen blueberries (keep unthawed)

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EASY TO FOLLOW INSTRUCTIONS

Step by step recipe instructions

TOTAL COST PER RECIPE & SERVING

(because eating healthy should be affordable!)

TRACK IT ALL IN THE KEPT APP!

Track calories, macros and more, along with over 1,000,000 foods and recipes!

CHRIS POWELL

INSTRUCTIONS:

- 1 Whisk the Egg and Almond Milk:**
In a large bowl, whisk together the egg and almond milk until well blended. 
- 2 Add the Dry Ingredients:**
Stir in the pancake mix and Blueberry Cheesecake Meal Replacement Shake until smooth. 
- 3 Add the Blueberries:**
Gently fold the frozen blueberries into the batter. 
- 4 Cook the Pancakes:**
Heat a non-stick griddle or pan over medium-high heat. Pour the batter using a 1/2-cup measure for each pancake onto the griddle. Cook for 2-3 minutes on each side until golden brown. 
- 5 Serve and Enjoy:**
Enjoy warm, serving 3 pancakes per serving. 

MAKES 3 SERVINGS
RECIPE TOTAL COST: \$5.00



TRACK THIS RECIPE AND HUNDREDS MORE ON THE KEPT APP!

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COMPARISON TO POPULAR PANCAKES:

Category	CP's Pancakes (3 Pancakes)	Popular Brand Pancakes
Calories	269kcal	405 kcal
Protein	23g	15g
Carbs	29g	90g
Fat	8g	18g
Net Carbs	24g	
Cost per serving	\$1.67	\$4.50

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FAST FOOD MAKEOVER!

CP'S FRIED CHICKEN SANDWICH

CP'S AIR FRIED CORNFLAKE CHICKEN BREAST

CP'S CHEESEBURGER SPREAD

CP'S AIR FRIED POTATOES

CP'S OREO FROSTY

CP'S LOW CARB SMASHBURGER TACOS

CP'S STUFFED CRUST PEPPERONI PIZZA



CP'S FRIED CHICKEN SANDWICH



1 roll 100% whole wheat, pre-sliced (about 60g)



1 slice American Cheese



1 serving CP's Air-fried cornflake chicken breast

RECIPE TOTAL COST:
###

CP'S AIR FRIED CORNFLAKE CHICKEN BREAST



32 oz (907 g) raw chicken breast



1 large egg



1.5 tsp (7.5 g) Lawry's Seasoned Salt



0.75 cup (40 g) corn flake crumbs

RECIPE TOTAL COST:
###

CP'S CHEESEBURGER SPREAD



1 cup (240g) low-fat cottage cheese



4 Tbsp (45g) ketchup



2 Tbsp (30g) dill relish

RECIPE TOTAL COST:
###

CP'S AIR FRIED POTATOES



4 medium yellow potatoes (about 600g)



0.25 second spray of avocado oil



1 tsp (5g) Lawry's Seasoned Salt

RECIPE TOTAL COST:
###



CP'S OREO FROSTY



1.5 scoops (52g)
Cookies n Cream
Meal Replacement
Shake



1.5 cups (360ml)
Unsweetened
Almondmilk Vanilla



4 Oreo cookie wafers,
crushed. (2 cookies
with icing scraped
out)

**RECIPE
TOTAL COST:**
###



CP'S LOW CARB SMASHBURGER TACOS



1 slice (28g)
American cheese



4 oz (113g)
Ground beef
(96% lean)



2 tortillas Low-
carb tortilla



1 oz (28g)
Pickles sliced



1.5 Tbsp (24g)
Ketchup



2 tsp (10g)
Mustard



2 slices (40g)
Tomato

**RECIPE
TOTAL COST:**
###



CP'S STUFFED CRUST PEPPERONI PIZZA STUFFED CRUST



1 whole wheat pita
pocket (6.5 inches,
approx. 2 oz / 57g)



½ cup (120g)
pizza sauce



10 slices (20g)
pepperoni



½ cup (85g) reduced-fat
mozzarella cheese,
shredded

TOPPING



¼ cup (30g)
pizza sauce



5 slices (10g)
pepperoni (for
stuffing)



¼ cup (30g)
mozzarella cheese

**RECIPE
TOTAL COST:**
###



CP'S AIR FRIED CORNFLAKE CHICKEN BREAST



MAKES:
8 SERVINGS

SERVING SIZE:
120 G / 4 OZ

CALORIES
PER SERVING

175kcal

P 27g

C 7g

F 4g

NET CARBS: 4g

PREP AND
COOK TIME:



PREP TIME
10 MINUTES



COOK TIME
12-15 MINUTES



TOTAL TIME
22-25 MINUTES

EQUIPMENT NEEDED:



Chef's knife



Mixing bowl



Shallow dish or
plate



Air fryer



Tongs

INGREDIENTS:



32 oz (907 g) raw
chicken breast



1 large egg



1 tsp (7.5 g) Lawry's
Seasoned Salt



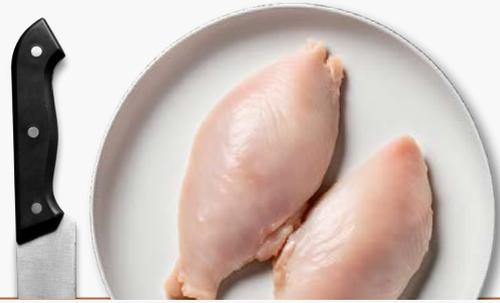
0.75 cup (40 g)
corn flake crumbs



INSTRUCTIONS:

1 Prepare Chicken:

Slice the chicken breast down the center, width-wise, creating two thinner cuts of chicken breast.



2 Coat in Egg:

Scramble the egg in a separate bowl, then add the chicken and mix until well-coated.



3 Coat with Crumbs:

Spread the cornflake crumbs on a pan and sprinkle generously with seasoned salt. Dip each chicken breast into the crumb mixture, ensuring all sides are coated.



4 Air Fry:

Preheat the air fryer to 400°F (200°C). Place the nuggets in the air fryer basket in a single layer and cook for 12-15 minutes, flipping halfway through, until fully cooked (internal temperature 165°F/74°C).

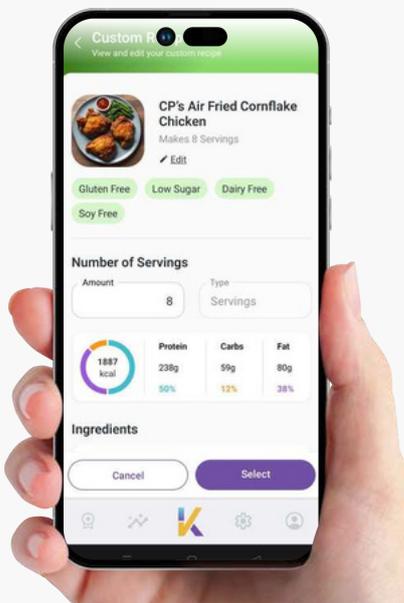


5 Serve & Enjoy:

Let the nuggets cool slightly before serving.



MAKES 8 SERVINGS
RECIPE TOTAL COST: \$8.80



TRACK THIS RECIPE AND HUNDREDS MORE ON THE KEPT APP!



COMPARISON TO STORE-BOUGHT CHICKEN NUGGETS:

Category	CP's Air Fried CornFlake Chicken Breast	Store-Bought Chicken Nuggets
Calories	166kcal	300kcal
Protein	27g	15g
Carbs	5g	
Fat	4g	18g
Net Carbs	4g	
Cost per serving	\$1.10	\$4.00



CP'S FRIED CHICKEN SANDWICH



MAKES:
1 SANDWICH

SERVING SIZE:
1 SANDWICH

CALORIES
PER SERVING

399 KCAL

P 38g

C 35g

F 10g

NET CARBS: 0g

PREP AND
COOK TIME:



PREP TIME
5 MINUTES



COOK TIME
20 MINUTES

(8-10 MINUTES PER
SIDE FOR CHICKEN)



TOTAL TIME
25 MINUTES

EQUIPMENT NEEDED:



Toaster oven



Microwave

INGREDIENTS:



1 roll 100% whole wheat,
pre-sliced (about 60g)



1 slice American
Cheese



1 serving (4oz) CP's Air-
fried cornflake chicken
breast



2 dill pickle chips



INSTRUCTIONS:

1 Preheat your microwave and toaster oven.



2 Toast the whole wheat roll in the toaster oven for 60 seconds, until crisp.

3 Assemble the sandwich by placing the cooked CP's air-fried cornflake chicken and the slice of American cheese between the toasted rolls.



4 Microwave the assembled sandwich for 30 seconds if you prefer a melted, gooey cheese.

MAKES 1 SERVING
RECIPE TOTAL COST: \$2.30

TRACK THIS RECIPE AND HUNDREDS MORE ON THE KEPT APP!



COMPARISON TO POPULAR FRIED CHICKEN SANDWICH:

Category	CP's Fried Chicken Sandwich	Popular Fried Chicken Sandwich
Calories	409 kcal	700-800 kcal
Protein	39g	30g
Carbs	35g	
Fat	13g	
Net Carbs		
Cost per serving	\$2.30	\$5.00 - 6.00



CP'S CHEESEBURGER SPREAD



MAKES:
4 SERVINGS

SERVING SIZE:
1/3 cup

CALORIES PER SERVING **60 kcal**

P 6g

C 8g
NET CARBS: 1g

F 1g

PREP AND COOK TIME:



PREP TIME
5 MINUTES



COOK TIME
10-15 MINUTES



TOTAL TIME
15-20 MINUTES

EQUIPMENT NEEDED:



Blender or food processor



Mixing Bowl



Measuring spoons

INGREDIENTS:



1 cup (240g) low-fat cottage cheese



4 Tbsp (45g) ketchup



2 Tbsp (30g) dill relish



INSTRUCTIONS:

1 Blend Cottage Cheese:

Add the cottage cheese to a blender or food processor and blend until smooth and creamy.



2 Combine Ingredients:

In a mixing bowl, whisk together the blended cottage cheese, ketchup, and dill relish until fully combined.



3 Chill and Serve:

Transfer the dressing to a container and refrigerate for 10-15 minutes to let the flavors meld together.



MAKES 2 SERVINGS
RECIPE TOTAL COST: \$1.25

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COMPARISON TO TRADITIONAL THOUSAND ISLAND DRESSING:

Category	CP's Cheeseburger Spread	Traditional Thousand Island Dressing
Calories	27 kcal	90 kcal
Protein	3g	0.5g
Carbs	3g	5g
Fat	0.4g	8g
Net Carbs	1g	
Cost per serving	\$0.16	\$0.30





CP'S AIR FRIED POTATOES



MAKES:
4 SERVINGS

SERVING SIZE:
150 G / 5 OZ

**CALORIES
PER SERVING** 110kcal

P 3g

C 26g

F 1g

NET CARBS: 22g

**PREP AND
COOK TIME:**



**PREP TIME
5 MINUTES**



**COOK TIME
14 MINUTES**



**TOTAL TIME
19 MINUTES**

EQUIPMENT NEEDED:



Air fryer



Mixing bowl



Knife or apple slicer



Cutting board



Tongs or spatula



Measuring spoons

INGREDIENTS:



4 medium yellow potatoes (about 600g)



0.25 second spray of avocado oil



1 tsp (5g) Lawry's Seasoned Salt



INSTRUCTIONS:

1 Prepare the Potatoes:
Chop the potatoes into wedges with a knife or apple slicer.



2 Season:
Spritz the potato wedges with avocado oil and season generously with Lawry's Seasoned Salt.



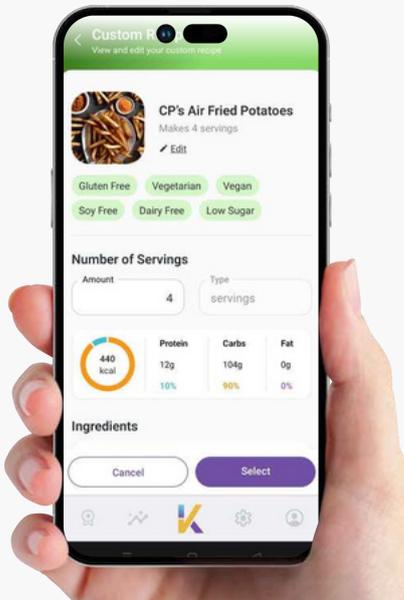
3 Air Fry:
Preheat the air fryer to 390°F (200°C). Place the potato wedges in the air fryer and cook for 12-14 minutes, shaking halfway through, until crispy and golden brown.



4 Serve and Enjoy!
Serve immediately and enjoy your crispy, seasoned potatoes.



MAKES 4 SERVINGS
RECIPE TOTAL COST: \$1.70



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COMPARISON TO TRADITIONAL FRIED POTATOES:

Category	CP's Fried Potatoes	Traditional Fried Potatoes:
Calories	110kcal	200kcal
Protein	3g	2g
Carbs	26g	30g
Fat	0g	10g
Net Carbs	22g	
Cost per serving	\$0.43	\$1.50



CP'S OREO FROSTY



MAKES:
1 PINT

SERVING SIZE:
1 PINT

**CALORIES
PER SERVING**

365kcal

P 32g

C 23g

F 13g

NET CARBS: 16g

**PREP AND
COOK TIME:**



**PREP TIME
5 MINUTES**



**FREEZE TIME
8 HOURS**



**TOTAL TIME
5 MINUTES
+ FREEZE TIME**

EQUIPMENT NEEDED:



Shaker bottle



Ninja Creami or similar
ice cream maker



Freezer

INGREDIENTS:



1.5 scoops (52g)
Cookies and Cream
Meal Replacement
Shake



1.5 cups (360ml)
Unsweetened
Almond milk Vanilla



4 Oreo cookie
wafers, crushed. (2
cookies with icing
scraped out)



1 tbsp sweetener
of choice



INSTRUCTIONS:

Blend and Freeze

In a shaker bottle, combine the cookies and cream meal replacement shake powder and almond milk. Shake well until fully blended, then pour the mixture into a Ninja Creami pint container. Freeze for 8 hours or until solid.



2 Prepare in Ice Cream Maker

Once frozen, place the container in the Ninja Creami. Use the 'Lite Ice Cream' setting to blend until smooth. Remove the pint, hollow out the center, and add 2 crushed Oreo cookie wafers as mix-ins. Blend once more.

3 Serve and Enjoy

Scoop out, serve immediately, and press into a tall glass. crumble the other 2 Oreo wafers over the top, and enjoy!



MAKES 1 PINT
RECIPE TOTAL COST: \$

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COMPARISON TO POPULAR MINT ICE CREAM:

Category	CP's Ice Cream	Popular Cookies and Cream Ice Cream
Calories	365 kcal	980 kcal
Protein	32g	18g
Carbs	23g	145g
Fat	13g	60g
Net Carbs		
Cost per serving	\$4.50	\$7.00



CP'S SMASHBURGER TACOS



MAKES: 2 TACOS | **SERVING SIZE:** 2 TACOS

CALORIES PER SERVING 332kcal

P 35g

C 8g

F 14g

NET CARBS:

PREP AND COOK TIME:



PREP TIME 10 MINUTES



COOK TIME 10 MINUTE



TOTAL TIME 20 MINUTES

EQUIPMENT NEEDED:



Small skillet



Measuring cups and spoon



Spatula



Knife for chopping



Large skillet

INGREDIENTS:



1 slice (28g) American cheese



6 oz (113g) Ground beef (96% lean)



2 tortillas Low-carb tortilla



4 (28g) Pickles sliced



1.5 Tbsp (24g)
Ketchup



2 tsp (10g)
Mustard



2 slices (40g)
Tomato

INSTRUCTIONS:

1 Prepare the Beef:

Heat a large skillet over medium heat and add olive oil. Once hot, add the ground beef, season with salt and pepper, and cook, breaking it apart with a spatula, until browned and fully cooked (about 6-8 minutes).



2 Prepare the Tortillas:

In a clean skillet, lightly heat the tortillas on each side for about 1 minute, or until warm and slightly crispy.

3 Assemble the Tacos:

On each tortilla, add a layer of cooked ground beef. Top with a slice of American cheese, pickles, and tomato slices. Drizzle ketchup and mustard over the top for extra flavor.



4 Serve:

Serve the tacos immediately while warm, and enjoy!



MAKES 1 SERVING
RECIPE TOTAL COST: \$3.40



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RECIPE AND
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COMPARISON TO A POPULAR VERSION:

Category	CP's Smash Burger Taco	Popular Version
Calories	166 kcal	540 kcal
Protein	18g	25g
Carbs	22g	
Fat	7g	
Net Carbs		
Cost per serving	\$1.70	\$4.00



CP'S STUFFED CRUST PEPPERONI PIZZA



MAKES:
1 PIZZA

SERVING SIZE:
1 PIZZA

CALORIES PER SERVING 419 kcal

P 34g

C 47g

F 14g

NET CARBS: 36g

PREP AND COOK TIME:



PREP TIME
5 MINUTES



COOK TIME
5 MINUTES



TOTAL TIME
10 MINUTES

EQUIPMENT NEEDED:



Knife for slicing pita



Air fryer

INGREDIENTS: STUFFED CRUST



1 whole wheat pita pocket (6.5 inches, approx. 2 oz / 57g)



1/4 cup (120g) pizza sauce



5 slices (20g) pepperoni



1/3 cup (85g) reduced-fat mozzarella cheese, shredded



INGREDIENTS: TOPPING



¼ cup (30g)
pizza sauce



5 slices (10g) pepperoni
(for stuffing)



1/3 cup (30g)
mozzarella cheese

INSTRUCTIONS:

1 Prep the Stuffing:

In a small bowl, mix ¼ cup of pizza sauce with 5 pepperoni slices (cut into quarters) and ¼ cup of mozzarella cheese.



2 Prepare the Pita:

Carefully slice open the pita, leaving one side intact to create a pocket for the stuffing.

3 Stuff the Crust:

Evenly distribute the stuffing mixture inside the pita pocket.



4 Top the Pizza:

Spread the remaining ¼ cup of pizza sauce on top of the pita. Sprinkle the remaining ¼ cup of mozzarella cheese over the sauce. Add the remaining 5 pepperoni slices on top.

5 Air Fry:

Preheat your air fryer to 390°F (200°C). Place the stuffed pizza inside the air fryer basket. Cook for 2 minutes.



6 Finish the Pizza:

After 2 minutes, check the pizza, then cook for an additional 3 minutes until the cheese is melted and bubbly and the pita is crispy.

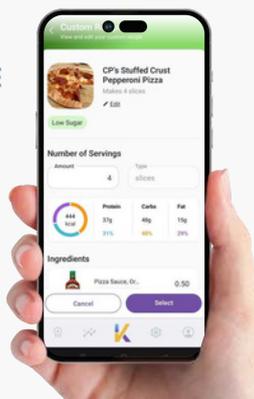
7 Serve and Enjoy:

Let the pizza cool for a minute, then slice and enjoy!

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COMPARISON TO FAST FOOD PEPPERONI PIZZA

Category	CP's Pizza	Fast Food Pepperoni Pizza
Calories	444kcal	600kcal
Protein	37g	20g
Carbs	48g	65g
Fat	15	30g
Net Carbs	36g	
Cost per serving	\$2.90	\$7.00

MAKES 4 SERVING
RECIPE TOTAL COST: \$2.90



NEXT STEPS

YOUR TRANSFORMATION STARTS NOW!



You've got the motivation. I've got the tools. And now, you've got the support to make lasting change easy, enjoyable, and sustainable 🙌

Whether you're looking for the delicious recipes, grocery lists & carb-cycling meal plans, training systems, or a step-by-step transformation guide designed to fit YOUR lifestyle—I've got you covered!

👉 **Click Here** to explore my programs, products, and services and start your transformation today! 🙌



TAKE A PIC OF YOUR FINISHED RECIPE AND TAG ME!



@REALCHRISPOWELL

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Whether you're tracking macros, planning meals, or crushing workouts, KEPT help you keep your promises to yourself—and those promises add up to incredible transformation! 🔥

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