

Deliciously Full



TM

**CP'S HIGH PROTEIN
COMFORT FOODS!**



© 2024 Chris Powell

CARB CYCLE

APPROVED!



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 15 MINUTES TOTAL TIME

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)

© 2024 Chris Powell

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!

COMPARISON TO TRADITIONAL MEALS

See how much healthier (and cheaper!) our recipes are

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

Custom Recipe
CP's Protein Blueberry Cheesecake Pancakes
3 servings
Calories: 269kcal
Protein: 23g
Carbs: 29g
Fat: 8g
Net Carbs: 24g
Cost per serving: \$1.67

TRACK THIS RECIPE AND HUNDREDS MORE ON THE KEPT APP!
Download on the App Store
GET IT ON Google Play
KEPT with Chris Powell™

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

© 2024 Chris Powell



CP'S CHICKEN FRIES



MAKES:
2 SERVINGS
(approx 8 fries)

SERVING SIZE:
220g / 4 FRIES

**CALORIES
PER SERVING**

260kcal

P 39g

C 2g

NET CARBS: 2g

F 10g

**PREP AND
COOK TIME:**



**PREP TIME
5 MINUTES**



**COOK TIME
7-9 MINUTES**



**TOTAL TIME
14 MINUTES**

EQUIPMENT NEEDED:



Fork or whisk



Large mixing bowl



Air fryer



Measuring cups
and spoons



Tongs

INGREDIENTS:



12 oz (340g) canned
white premium
chunk chicken
breast, drained



1 large egg



½ cup (60g)
reduced-fat
shredded cheese



1 tsp (5g) Lawry's
seasoned salt



INSTRUCTIONS:

CHRIS POWELL

Mix the Chicken and Cheese:

In a large mixing bowl, scramble the egg. Add the drained chicken and shredded cheese, then mix thoroughly.



2

Form the Fries:

Roll the mixture into 8 fry-shaped sticks.

3

Air Fry:

Place the chicken fries in an air fryer basket. Air fry at 400°F (200°C) for 7-9 minutes, or until golden brown.



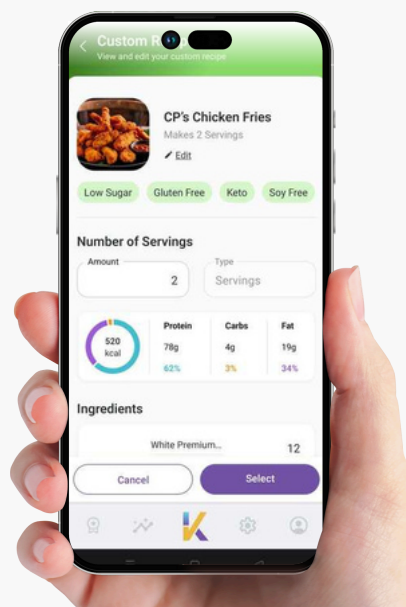
4

Serve and Enjoy:

Allow the chicken fries to cool slightly before serving.



MAKES # SERVINGS
RECIPE TOTAL COST: \$4.30



**TRACK THIS
RECIPE AND
HUNDREDS
MORE ON THE
KEPT APP!**



KEPT
with Chris Powell™

COMPARISON TO STORE-BOUGHT CHICKEN FRIES

Category	CP's Chicken Fries	Store-bought Chicken Fries
Calories	260 kcal	350kcal
Protein	39g	15g
Carbs	2g	
Fat	10g	20g
Net Carbs	2g	
Cost per serving	\$2.15	\$5.00



NEXT STEPS

CHRIS POWELL

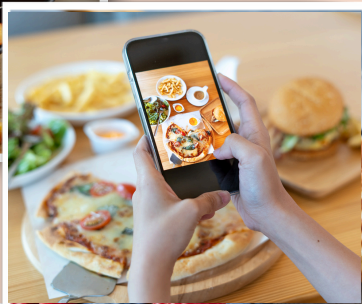
YOUR TRANSFORMATION STARTS NOW!



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

THE KEPT APP

You're not in this alone. The KEPT app is here to be your accountability buddy, your planner, and your habit tracker - all in one. The KEPT App has over 750 recipes, from CP's Comfort Foods to quick prep meals and more!

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! 🔥

TRY KEPT 7-DAYS FREE!

