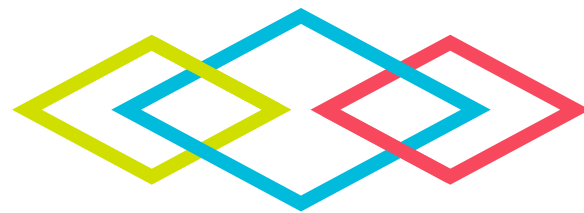




 Studio™



21-DAY CHALLENGE

21 simple, healthy meals to fuel your workouts.

EAT WELL, LIVE WELL

Welcome to the **ASICS Studio™ 21-Day Challenge!** You're here because you've made a commitment to yourself—and that's something to be proud of.

Here you'll find 21 recipes that you can mix and match over the course of this three-week journey. They're organized by ingredient: oats, quinoa and shredded chicken. (Why these three ingredients? Because they're easy to make and filling—plus, they're delicious! If you like, you can cook these base ingredients ahead of time to make meal prep even easier.)

Follow us on Instagram at [@asics_studio](#) or join our [Facebook group](#) to share your recipe photos, post-workout selfies, words of encouragement or questions. In the meantime, enjoy the process!



Kelli

Kelli Fierras

Registered Dietitian & ASICS Studio Coach



**OVERNIGHT
OATS**

BANANA NUT OATS

INGREDIENTS:

- ½ cup oats
- 1 cup almond milk
- 1 T. almond butter
- 1 ripe banana
- Dash of cinnamon
- Dash of vanilla extract
- Maple syrup or honey to taste

DIRECTIONS:

1. Combine oats and almond milk in a bowl or glass jar
2. Stir in cinnamon, vanilla extract and maple syrup or honey to taste
3. Stir in mashed or sliced banana and almond butter (or, top with both just before serving—see photo)
4. Cover and refrigerate overnight



FOREST BERRY OATS

INGREDIENTS:

- ½ cup oats
- 1 cup almond milk
- 1 cup mixed berries (blueberries, strawberries, raspberries or blackberries)
- Dash of cinnamon
- Dash of vanilla extract
- Maple syrup or honey to taste

DIRECTIONS:

1. Combine oats and almond milk in a bowl or glass jar
2. Add cinnamon, vanilla extract and maple syrup or honey to taste
3. Stir in mixed berries (or layer for a pretty parfait—see photo for serving suggestion)
4. Cover and refrigerate overnight



PROTEIN OATS

INGREDIENTS:

- ½ cup oats
- 1 cup almond milk
- 1 cup strawberries
- ¼ cup lowfat yogurt
- Dash of cinnamon
- Dash of vanilla extract
- Maple syrup or honey to taste
- Small handful of pecans, walnuts or almonds (optional)

DIRECTIONS:

1. Combine oats and almond milk in a bowl or glass jar
2. Add cinnamon, vanilla extract and maple syrup or honey to taste
3. Stir in yogurt and chopped or sliced strawberries
4. Cover and refrigerate overnight
5. Top with nuts, if desired



BLUEBERRY CHIA OATS

INGREDIENTS:

- ½ cup oats
- 1 cup almond milk
- 2 T. chia seeds
- 1¼ cup blueberries
- Dash of cinnamon
- Dash of vanilla extract
- Maple syrup or honey to taste
- 1 T. almond butter (optional)

DIRECTIONS:

1. Combine oats and almond milk in a bowl or glass jar
2. Add cinnamon, vanilla extract and maple syrup or honey to taste
3. Stir in chia seeds and blueberries
4. Cover and refrigerate overnight
5. Drizzle with almond butter before serving, if desired



APPLE PIE OATS

INGREDIENTS:

- ½ cup oats
- 1 cup almond milk
- 1 large apple, peeled and chopped
- ½ cup unsweetened applesauce
- Dash of cinnamon
- Dash of vanilla extract
- Maple syrup or honey to taste

DIRECTIONS:

1. Combine oats and almond milk in a bowl or glass jar
2. Add cinnamon, vanilla extract and maple syrup or honey to taste
3. Stir in chopped apples and applesauce (or top with freshly sliced apples just before serving—see photo)
4. Cover and refrigerate overnight



ISLAND OATS

INGREDIENTS:

- ½ cup oats
- 1 cup almond milk
- 2 T. unsweetened coconut flakes
- ⅓ cup chopped mango (fresh or frozen)
- Dash of cinnamon
- Dash of vanilla extract
- Maple syrup or honey to taste

DIRECTIONS:

1. Combine oats and almond milk in a bowl or glass jar
2. Add cinnamon, vanilla extract and maple syrup or honey to taste
3. Stir in coconut and mango
4. Cover and refrigerate overnight



PUMPKIN SPICE OATS

INGREDIENTS:

- ½ cup oats
- 1 cup almond milk
- 3 T. pure pumpkin puree
- Dash of cinnamon
- Dash of vanilla extract
- Maple syrup or honey to taste

DIRECTIONS:

1. Combine oats and almond milk in a bowl or glass jar
2. Add cinnamon, vanilla extract and maple syrup or honey to taste
3. Stir in pumpkin puree
4. Cover and refrigerate overnight



QUINOA BOWLS

SOUTHWESTERN BOWL

INGREDIENTS:

- ½ cup quinoa
- 1 cup arugula or mixed greens
- ½ avocado, sliced
- Handful of grape or cherry tomatoes
- 2 T. pepitas
- 1 T. tahini
- Salt and pepper to taste

DIRECTIONS:

1. Cook quinoa according to package
2. Toss with arugula, tomatoes and pepitas
3. Top with sliced avocado and drizzle of tahini
4. Add salt and pepper to taste



PESTO PROTEIN BOWL

INGREDIENTS:

- ½ cup quinoa
- 1 cup arugula or spinach
- 2 large eggs
- ½ avocado, diced
- ¼ cup pesto
- 1 T. olive oil
- Salt and pepper to taste

DIRECTIONS:

1. Cook quinoa according to package
2. Toss with arugula, pesto and diced avocado
3. Once assembled, heat olive oil in a nonstick pan and fry eggs to desired doneness
4. Top bowl with eggs
5. Add salt and pepper to taste



BUDDHA BOWL

INGREDIENTS:

- ½ cup quinoa
- 1 15-oz. can chickpeas, drained and rinsed
- ¼ cup broccoli
- 1 T. tahini
- Salt and pepper to taste
- Hot sauce (optional)
- Pepitas (optional)

DIRECTIONS:

1. Cook quinoa according to package
2. While quinoa is cooking, heat olive oil in a nonstick pan on medium heat and cook broccoli until it softens (about 3–5 mins)
3. Combine quinoa and broccoli and add chickpeas and tahini
4. Add salt and pepper to taste
5. Top with pepitas and a drizzle of hot sauce (optional)



MEDITERRANEAN BOWL

INGREDIENTS:

- ½ cup quinoa
- 1 cup arugula or spinach
- ½ cup broccoli, finely chopped
- 2 T. hummus
- 1 T. olive oil
- Salt and pepper to taste
- Small handful of olives (optional)
- ¼ cup feta (optional)

DIRECTIONS:

1. Cook quinoa according to package
2. While quinoa is cooking, heat olive oil in a nonstick pan on medium heat and cook broccoli until it softens (about 3-5 mins)
3. Combine quinoa and broccoli
4. Toss with arugula and olive oil
5. Add dollop of hummus and salt and pepper to taste
6. Top with olives and feta (optional)



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BAJA BOWL

INGREDIENTS:

- ½ cup quinoa
- 1 15-oz. can black beans, drained and rinsed
- ½ cup broccoli, finely chopped
- 2 T. chili powder or hot sauce
- 1 T. olive oil
- Salt and pepper to taste

DIRECTIONS:

1. Cook quinoa according to package
2. While quinoa is cooking, heat olive oil in a nonstick pan on medium heat and cook broccoli until it softens (about 3–5 mins)
3. Add chili powder or hot sauce to warm broccoli
4. Combine broccoli mixture, quinoa and beans
5. Add salt and pepper to taste



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21-DAY
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GODDESS BOWL

INGREDIENTS:

- ½ cup quinoa
- 1 cup arugula
- 1 15-oz. can chickpeas, drained and rinsed
- ½ cup broccoli, finely chopped
- ¼ cup pesto
- 1 T. cooking oil
- Salt and pepper to taste

DIRECTIONS:

1. Cook quinoa according to package
2. While quinoa is cooking, heat olive oil in a nonstick pan on medium heat and cook broccoli until it softens (about 3–5 mins)
3. Combine quinoa and broccoli and toss with arugula, chickpeas and pesto
4. Add salt and pepper to taste



CHILLED THREE-BEAN BOWL

INGREDIENTS:

- ½ cup quinoa
- 1 15-oz. can chickpeas, drained and rinsed
- 1 15-oz. can black beans, drained and rinsed
- 1 cup shelled edamame
- ½ avocado
- 1 T. tahini
- Salt and pepper to taste

DIRECTIONS:

1. Cook quinoa according to package
2. Combine with chickpeas, black beans and edamame
3. Drizzle tahini on top and add salt and pepper to taste
4. Refrigerate for 30 minutes
5. Top with sliced avocado before serving





SHREDDDED CHICKEN

ZUCCHINI PASTA BOWL

INGREDIENTS:

- 1 large chicken breast
- 1 serving whole-wheat penne or rotini
- 1 medium zucchini, diced
- ½ cup tomato sauce
- 1 T. olive oil
- 1 T. grated parmesan (optional)
- Salt and pepper to taste

DIRECTIONS:

1. Using a pressure cooker, cook chicken on high for 20 mins
2. Bring a pot of salted water to a boil and cook pasta of choice according to package
3. While pasta is cooking, heat olive oil in a skillet on medium and cook zucchini until al dente (about 5 mins)
4. Add tomato sauce to zucchini and simmer on low heat until fully warmed
5. When chicken is cooked, shred it using two forks to peel apart
6. Combine cooked pasta and chicken with sauce and add salt, pepper and parmesan cheese (optional) to taste



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STUFFED SPAGHETTI SQUASH

INGREDIENTS:

- 1 large chicken breast
- 1 large spaghetti squash
- 2 large eggs
- 10 oz. buffalo sauce
- ½ cup chicken broth
- ¼ cup ranch dressing
- 2 T. butter or olive oil

DIRECTIONS:

1. Using a crockpot, cook the chicken, buffalo sauce, chicken broth and ranch dressing on high for 3–4 hrs (or on low for 6–7 hrs)
2. When the crockpot has one hour left to cook, preheat the oven to 400° (for the squash) and shred the chicken in the crockpot using two forks to peel apart
3. Cut the spaghetti squash in half and remove the seeds
4. Add butter or olive oil over the squash, then place it face down on a tray or glass dish and bake until fork-tender (about 50 minutes)
5. Allow squash to cool for 10 minutes, then spoon chicken mixture onto squash
6. Whisk eggs in separate bowl and spread evenly on top of stuffed squash
7. Return to oven and bake for 45 minutes or until lightly golden brown



FIESTA BOWLS

INGREDIENTS:

- ½ cup quinoa
- 1 cup mild salsa
- 1 15-oz. can of black beans
- ½ avocado, sliced
- 1 T. chipotle powder
- Salt and pepper to taste

DIRECTIONS:

1. Using a pressure cooker, cook chicken on high for 20 mins
2. Cook quinoa according to package, add chipotle powder and mix well
3. Once cooked, remove chicken and shred with two forks to pull apart
4. Top with black beans, salsa and sliced avocado
5. Add salt and pepper to taste



SPICY AVOCADO BOATS

INGREDIENTS:

- 1 large chicken breast
- 2 medium sweet potatoes
- 1 avocado, sliced
- ½ cup medium salsa
- 2 T. hot sauce

DIRECTIONS:

1. Preheat oven to 400°
2. Wash potatoes, pierce with a fork and bake until fork-tender (about 60 mins)
3. Using a pressure cooker, cook chicken for 35–40 mins
4. When cooked, shred chicken using two forks to peel apart
5. Add hot sauce to chicken and mix well
6. Remove sweet potatoes and cut each one lengthwise
7. Add chicken mixture to the top of sweet potatoes
8. Top with salsa and sliced avocado



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LASAGNA ROLL-UPS

INGREDIENTS:

- 1 chicken breast
- 2 whole-wheat lasagna noodles
- ½ cup tomato sauce
- 15 oz. fat-free ricotta cheese
- ½ cup grated parmesan cheese
- 1 egg

DIRECTIONS:

1. Preheat oven to 350°
2. Using a pressure cooker, cook chicken on high for 20 mins
3. Cook lasagna noodles in boiling water until soft (roughly 8 minutes)
4. When cooked, put chicken in a large bowl and peel apart with two forks to shred it
5. Combine ricotta cheese, parmesan cheese and egg in a medium-sized bowl
6. Add chicken to cheese mixture
7. When noodles are done cooking, lay them on wax paper to cool
8. Ladle sauce into the bottom of a baking dish, then spread noodles flat on top of sauce
9. Top noodles with chicken mixture, spread evenly and roll noodle
10. Bake for 30 minutes
11. Top with parmesan cheese before serving



NOT-SO-SLOPPY JOES

INGREDIENTS:

- 1 large chicken breast
- 2 medium sweet potatoes
- ½ T. Worcestershire sauce
- 1 8-oz. can tomato sauce
- 2 t. tomato paste
- Splash of red wine vinegar

DIRECTIONS:

1. Using a crockpot, cook chicken on high for 3-4 hrs (or on low for 6-7 hrs)
2. Preheat oven to 425° and bake sweet potatoes until fork-tender (about 45 mins)
3. On the stovetop, bring a pan to medium heat, add red wine vinegar and Worcestershire sauce, and cook for 2-3 mins
4. Add tomato sauce and paste to pan, bring to a simmer and cook for 5 mins
5. In a bowl, combine chicken and sauce
6. Cut sweet potatoes in half and scoop chicken mixture evenly onto each side



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CHALLENGE

CHICKEN AVOCADO LETTUCE WRAPS

INGREDIENTS:

- 1 large chicken breast
- 1 avocado, diced
- Small head of butter lettuce, washed and dried
- ½ cup cherry or grape tomatoes, halved
- Salt and pepper to taste

DIRECTIONS:

1. Using a pressure cooker, cook chicken on high for 20 mins
2. When cooked, put chicken in a large bowl and peel apart with two forks to shred it
3. Add salt and pepper to taste
4. Add chicken to each leaf of lettuce and top with diced avocado and tomatoes

