



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Protein Oats	 Blueberry Melon Smoothie	 Blueberry Protein Oats	 2 Oatmeal with Blueberries	 Blueberry Melon Smoothie	 3 Chickpea & Salsa Egg Muffins	 Blueberry Melon Smoothie
	 Coconut Chia Pudding	 Blueberry Melon Smoothie	 Blueberry Protein Oats	 Broccoli Potato Bites	 Coconut Chia Pudding	 2 Broccoli Potato Bites	 Broccoli Potato Bites
Snack 1	 Ground Turkey, Mini Potatoes & Watercress	 Ground Turkey, Mini Potatoes & Watercress	 Ground Turkey, Mini Potatoes & Watercress	 Kohlrabi Fries	 Kohlrabi Fries	 Kohlrabi Fries	 Kohlrabi Fries
	 Steamed Asparagus & Zucchini	 Steamed Asparagus & Zucchini	 Steamed Asparagus & Zucchini	 Carrots & Broccoli	 Carrots & Broccoli	 Carrots & Broccoli	 Carrots & Broccoli
Lunch	 Steak with Garlic Butter	 Apple Quinoa Salad with Roasted Chicken	 Cold Noodle Salad with Chicken	 Chicken & Pea Soba Noodles	 2 Ground Beef, Potatoes & Rapini	 2 Chicken & Leek Quinoa	 2 Haddock, Broccoli & Quinoa
	 Broccoli, Carrot & Quinoa Skillet	 Coconut Chia Pudding	 Pork & Cabbage Rice Paper Dumplings	 Sumac & Honey Chicken Wings	 2 Ground Beef, Potatoes & Rapini	 2 Chicken & Leek Quinoa	 2 Haddock, Broccoli & Quinoa
Snack 2	 Apple Quinoa Salad with Roasted Chicken	 Cold Noodle Salad with Chicken	 Baked Cod with Green Beans & Carrots	 Pan Fried Haddock with Broccoli & Green Beans	 Pan Fried Haddock with Broccoli & Green Beans	 Pan Fried Haddock with Broccoli & Green Beans	 Pan Fried Haddock with Broccoli & Green Beans
	 Apple Quinoa Salad with Roasted Chicken	 Pork & Cabbage Rice Paper Dumplings	 Coconut Zucchini Fries	 Air Fryer Carrot Fries	 Air Fryer Carrot Fries	 Air Fryer Carrot Fries	 Air Fryer Carrot Fries
Dinner	 Baked Cod with Green Beans & Carrots	 Baked Cod with Green Beans & Carrots	 Chicken & Pea Soba Noodles	 2 Ground Beef, Potatoes & Rapini	 2 Chicken & Leek Quinoa	 Haddock, Broccoli & Quinoa	 2 Baked Cod & Veggies with Quinoa
	 Coconut Zucchini Fries	 Coconut Zucchini Fries	 Sumac & Honey Chicken Wings	 2 Ground Beef, Potatoes & Rapini	 2 Chicken & Leek Quinoa	 Haddock, Broccoli & Quinoa	 2 Baked Cod & Veggies with Quinoa
Snack 3	 Grapefruit Yogurt Parfait	 Canned Peaches		 Grapefruit Yogurt Parfait	 Canned Peaches	 1.5 Grapefruit Yogurt Parfait	 0.5 Grapefruit Yogurt Parfait
	 Grapefruit Yogurt Parfait	 Canned Peaches		 Grapefruit Yogurt Parfait	 Canned Peaches	 1.5 Grapefruit Yogurt Parfait	 0.5 Grapefruit Yogurt Parfait

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  38%	Fat  36%	Fat  36%	Fat  31%	Fat  36%	Fat  30%	Fat  29%
Carbs  33%	Carbs  36%	Carbs  31%	Carbs  40%	Carbs  35%	Carbs  38%	Carbs  38%
Protein  29%	Protein  28%	Protein  33%	Protein  29%	Protein  29%	Protein  32%	Protein  33%
Calories 2904	Calories 2823	Calories 2902	Calories 2765	Calories 2812	Calories 2728	Calories 2765
Fat 125g	Fat 112g	Fat 113g	Fat 95g	Fat 113g	Fat 92g	Fat 91g
Carbs 244g	Carbs 253g	Carbs 224g	Carbs 280g	Carbs 253g	Carbs 264g	Carbs 264g
Fiber 49g	Fiber 47g	Fiber 32g	Fiber 49g	Fiber 56g	Fiber 50g	Fiber 52g
Sugar 76g	Sugar 86g	Sugar 50g	Sugar 69g	Sugar 77g	Sugar 67g	Sugar 86g
Protein 218g	Protein 199g	Protein 232g	Protein 200g	Protein 207g	Protein 222g	Protein 229g

Fruits

- 1 cup Blueberries
- 5 Grapefruit
- 1/2 Green Apple
- 3/4 Honeydew Melon

Breakfast

- 1 tsp Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Cardamom
- 1/3 cup Chia Seeds
- 1/2 tsp Coriander
- 2 1/3 tsps Cumin
- 2 3/4 tsps Dried Rosemary
- 1 tsp Everything Bagel Seasoning
- 1/3 tsp Garlic Powder
- 1 1/2 tsps Ground Flax Seed
- 1 tsp Ground Ginger
- 2/3 tsp Ground Sumac
- 2 1/4 tsps Onion Powder
- 1 3/4 tsps Paprika
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Smoked Paprika
- 1 1/3 tsps Turmeric

Frozen

- 4 cups Frozen Blueberries
- 4 cups Frozen Broccoli
- 1/2 cup Frozen Peas

Vegetables

- 1 cup Arugula
- 2 3/4 cups Asparagus
- 2 cups Baby Kale
- 9 1/2 cups Broccoli
- 15 1/2 Carrot
- 7 1/16 Garlic
- 1 1/2 tsps Ginger
- 1 cup Grated Carrot
- 7 cups Green Beans
- 4 1/2 stalks Green Onion
- 4 cups Kohlrabi
- 2 Leeks
- 7 cups Mini Potatoes
- 1 tbsp Mint Leaves
- 2 cups Mixed Greens
- 1 3/4 tsps Parsley
- 1 cup Purple Cabbage
- 1/2 cup Radishes
- 8 ozs Rapini
- 2 tsps Red Onion
- 3 1/2 ozs Roasted Red Peppers
- 1 1/2 Russet Potato
- 6 cups Watercress
- 1 1/3 Yellow Bell Pepper
- 3 2/3 Zucchini

Boxed & Canned

- 6 1/2 ozs Buckwheat Soba Noodles
- 1 2/3 cups Canned Coconut Milk
- 2 cups Canned Peaches
- 1/3 cup Chickpeas
- 1/2 cup Quick Oats
- 2 3/4 cups Quinoa
- 2 tsps Salsa

Baking

- 3 tsps Coconut Flour
- 1/2 tsp Honey
- 1 cup Oats
- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- 11 ozs Chicken Breast
- 8 ozs Chicken Breast, Cooked
- 1 1/2 lbs Chicken Thighs
- 10 2/3 ozs Chicken Wings
- 4 1/3 Cod Fillet
- 1 lb Extra Lean Ground Beef
- 12 ozs Extra Lean Ground Turkey
- 8 ozs Flat Iron Steak
- 8 Haddock Fillet
- 8 ozs Lean Ground Pork

Condiments & Oils

- 1 cup Coconut Oil
- 4 Rice Paper Wraps
- 1/2 tsp Sesame Oil
- 1/4 cup Sunflower Seed Butter
- 3 1/2 tsps Tahini

Cold

- 3 tsps Butter
- 1 1/2 Egg
- 2 cups Oat Milk
- 3 cups Plain Coconut Milk
- 5 cups Plain Greek Yogurt
- 2 tsps Unsweetened Almond Milk

Other

- 1 1/4 cups Vanilla Protein Powder
- 7 cups Water

1 1/2 tsps Vanilla Extract



Blueberry Protein Oats

2 servings

10 minutes

Ingredients

- 1/2 cup Quick Oats
- 2 cups Oat Milk (plain, unsweetened)
- 1 tsp Cardamom (ground)
- 2 tbsps Sunflower Seed Butter
- 2 tsps Raw Honey
- 1/2 cup Vanilla Protein Powder
- 1 cup Frozen Blueberries (or fresh)

Nutrition

Amount per serving	
Calories	443
Fat	16g
Carbs	51g
Fiber	8g
Sugar	21g
Protein	28g

Directions

- 1 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
- 2 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
- 3 Transfer to a bowl and top with the blueberries. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to two days.

More Flavor: Add vanilla extract, cinnamon, or nutmeg.

Additional Toppings: Top with crushed nuts, shredded coconut, or hemp seeds.

No Oat Milk: Use plain coconut milk instead.



Coconut Chia Pudding

2 servings

1 hour

Ingredients

- 3/4 cup Canned Coconut Milk
- 3/4 cup Water
- 1/4 cup Chia Seeds
- 1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	278
Fat	23g
Carbs	13g
Fiber	8g
Sugar	1g
Protein	5g

Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to five days.

Serving Size: One serving is equal to approximately 1.5 cups of chia pudding.

More Flavor: Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

Additional Toppings: Top with shredded coconut, berries, banana slices, nuts or bee pollen.



Blueberry Melon Smoothie

1 serving

2 minutes

Ingredients

- 1 cup Frozen Blueberries
- 1/4 Honeydew Melon (small, peeled, seeds removed, and chopped)
- 1 cup Plain Coconut Milk (unsweetened, from the carton)
- 1 1/2 tsps Ground Flax Seed
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	351
Fat	8g
Carbs	51g
Fiber	8g
Sugar	40g
Protein	22g

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately two cups.

No Protein Powder: Omit or use a few tablespoons of hemp seeds instead.

Melon: 1/4 small honeydew melon is approximately equal to one cup.



Oatmeal with Blueberries

2 servings

10 minutes

Ingredients

- 2 cups Water
- 1 cup Oats (quick or rolled)
- 1 cup Blueberries (fresh or frozen)

Nutrition

Amount per serving	
Calories	196
Fat	3g
Carbs	38g
Fiber	6g
Sugar	8g
Protein	6g

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

Notes

Extra Toppings: Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Blueberries: Top with raspberries, strawberries, peaches or bananas.

No Stove Top: Cook oats in the microwave instead.



Broccoli Potato Bites

3 servings

1 hour

Ingredients

- 1 1/2 Russet Potato (medium, peeled and cut in half)
- 1 1/2 cups Broccoli (cut into small florets)
- 1/3 tsp Onion Powder
- 1/3 tsp Garlic Powder
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	100
Fat	0g
Carbs	22g
Fiber	3g
Sugar	2g
Protein	4g

Directions

- 1 Add the potatoes to salted water and bring to a boil. Cook for 10 to 12 minutes or until just fork tender (do not overcook). Drain the potatoes and set aside to cool until they are comfortable to handle.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Let the broccoli cool slightly. Finely chop the cooked broccoli and place on a clean kitchen towel (or use a nut milk bag). Squeeze as much liquid as possible from the broccoli. Transfer the broccoli to a mixing bowl.
- 3 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 4 While the potatoes are still warm, grate on the large side of a box grater and add to the mixing bowl with the broccoli. Season with the onion powder, garlic powder and salt. Mix until the potato and broccoli are very well combined.
- 5 Form the potato mixture into tightly-packed flat discs and place on the baking sheet. Bake for 30 minutes, flipping halfway through. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days for freeze for up to three months. Reheat in the oven or microwave until warmed through.

Serving Size: One serving is approximately four potato broccoli bites.

More Flavor: Use fresh garlic instead or add other herbs and spices. Dip in your favorite sauce.



Chickpea & Salsa Egg Muffins

3 servings
30 minutes

Ingredients

- 1 1/2 Egg (large, whisked)
- 2 tbsps Unsweetened Almond Milk
- 2 tbsps Salsa
- 1/3 cup Chickpeas (cooked, drained)

Nutrition

Amount per serving	
Calories	70
Fat	3g
Carbs	6g
Fiber	2g
Sugar	1g
Protein	5g

Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Mix the eggs, milk, salsa, and chickpeas together. Divide the mixture evenly between the muffin cups. Bake for 25 minutes or until the muffins are firm to the touch. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one muffin.

More Flavor: Add shredded cheese and/or hot sauce.

Additional Toppings: Chopped green onions.



Ground Turkey, Mini Potatoes & Watercress

3 servings

30 minutes

Ingredients

- 3 cups Mini Potatoes (halved)
- 1 1/2 tsps Coconut Oil
- 12 ozs Extra Lean Ground Turkey
- 3/4 tsp Dried Rosemary
- 1/3 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)
- 6 cups Watercress (roughly chopped)
- 3/4 Garlic (clove, minced)

Nutrition

Amount per serving	
Calories	316
Fat	12g
Carbs	28g
Fiber	4g
Sugar	1g
Protein	26g

Directions

- 1 Place the potatoes in a pot and cover them with water. Bring to a boil and cook for 15 to 20 minutes or until they are fork tender. Drain, season with salt and pepper, and set aside.
- 2 Heat the oil in a frying pan over medium heat and add the ground turkey, breaking it up as it cooks. Mix in the rosemary, onion powder, salt, and pepper and cook for 14 to 15 minutes or until cooked through and no longer pink. Remove from the heat and set aside.
- 3 To the same pan, add the watercress, garlic, and salt and pepper to taste, and sauté for three to four minutes or until the watercress is slightly wilted.
- 4 Divide the turkey, potatoes, and watercress evenly between bowls or containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add hot sauce or tzatziki when ready to eat.

No Ground Turkey: Use any other ground meat or lentils instead.



Steamed Asparagus & Zucchini

3 servings

15 minutes

Ingredients

- 1 1/2 Zucchini (sliced)
- 1 1/2 cups Asparagus (woody ends trimmed, chopped in quarters)

Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	6g
Fiber	2g
Sugar	4g
Protein	3g

Directions

- 1 Set the zucchini and asparagus in a steaming basket over boiling water and cover. Steam for 5 to 6 minutes, or until desired texture is reached. Remove from the basket and enjoy!

Notes

Leftovers: Refrigerate and in airtight container for up to three days.

Serving Size: One serving is equal to 1 cup of steamed veggies.

More Flavor: Drizzle with olive oil before serving. Add salt and/or pepper.



Kohlrabi Fries

4 servings

20 minutes

Ingredients

- 1/4 cup Coconut Oil (melted)
- 4 cups Kohlrabi (peeled and sliced into thin strips)
- 1 tsp Sea Salt
- 1 tsp Cumin

Nutrition

Amount per serving	
Calories	160
Fat	14g
Carbs	9g
Fiber	5g
Sugar	4g
Protein	2g

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with foil. Grease with half the coconut oil.
- 2 In a mixing bowl, toss the kohlrabi strips in the remaining coconut oil, salt and cumin. Transfer to the baking sheet and bake for 25 minutes, flipping once.
- 3 Remove from the oven and enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

Reheating: Reheat in a pan with a little bit of oil, microwave or bake in the oven at 300F until warm.



Carrots & Broccoli

4 servings

15 minutes

Ingredients

- 1/2 tsp Sea Salt (optional)
- 4 Carrot (peeled, chopped)
- 4 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	56
Fat	0g
Carbs	12g
Fiber	4g
Sugar	4g
Protein	3g

Directions

- 1 Bring a pot of water to a boil and add the salt, if using.
- 2 Add the carrots and cook for 5 minutes then add the broccoli to the pot and continue cooking for about 5 minutes more or until the vegetables are tender.
- 3 Drain and serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Additional Toppings: Serve with butter, ghee or olive oil and salt and pepper.

Vegetables: Use fresh or frozen vegetables.



Steak with Garlic Butter

1 serving
20 minutes

Ingredients

- 1 tbsp Butter (room temperature, divided)
- 1/2 Garlic (clove, minced)
- 1/2 tsp Parsley
- 1 tsp Sea Salt (divided)
- 8 ozs Flat Iron Steak

Nutrition

Amount per serving	
Calories	449
Fat	30g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	46g

Directions

- 1 Mix half of the butter with the garlic, parsley and half of the sea salt. Set aside.
- 2 Heat a cast-iron pan over medium-high heat. Once hot, add the remaining butter. Once the butter is melted, add the steak. Cook for at least 4 minutes before flipping. Cook for at least 4 minutes per side, but up to 10 depending on preference. In the final few minutes, tilt the pan towards you and carefully spoon the butter over top of the steak.
- 3 Remove the steak from the pan and let it rest for 5 minutes. Serve with the garlic butter and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add pepper or red pepper flakes to the butter mixture.

Additional Toppings: Caramelized onions and mushrooms.

Serve it With: Add to a bed of greens, roasted potatoes or alongside roasted vegetables.



Broccoli, Carrot & Quinoa Skillet

1 serving
15 minutes

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/4 tsp Sesame Oil
- 1 cup Broccoli (cut into florets)
- 1/2 Carrot (medium, diced)
- 1/4 Yellow Bell Pepper (medium, sliced)
- 2 tbsps Red Onion (diced)
- 1 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	240
Fat	5g
Carbs	43g
Fiber	8g
Sugar	5g
Protein	10g

Directions

- 1 Cook the quinoa according to package directions.
- 2 Meanwhile, heat the sesame oil in a skillet over medium-high heat. Add the broccoli, carrots, bell pepper, and red onion. Sauté for seven to eight minutes.
- 3 Add the paprika and cooked quinoa. Season with salt and pepper and cook for another three to four minutes.
- 4 Before serving, stir in the green onion. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/3 cups.

More Flavor: Add your protein of choice. Top with crushed peanuts, soy sauce, sesame seeds, cilantro, and/or hot sauce.



Apple Quinoa Salad with Roasted Chicken

1 serving
40 minutes

Ingredients

1/4 tsp Sesame Oil
1/2 tsp Smoked Paprika
Sea Salt & Black Pepper (to taste)
3 ozs Chicken Breast
1/4 cup Quinoa
1 1/2 tbsps Tahini
1 tbsp Water
1/2 tsp Honey
1 cup Arugula
1/2 Green Apple (sliced)
1 tbsp Mint Leaves (optional)

Nutrition

Amount per serving	
Calories	470
Fat	18g
Carbs	48g
Fiber	8g
Sugar	11g
Protein	30g

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking tray with parchment paper.
- 2 Add sesame oil, paprika, salt, and pepper to the chicken. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 3 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- 4 Make the dressing by whisking the tahini, water, and honey together. Season with salt and pepper.
- 5 Thinly slice the cooked chicken. Divide the quinoa, arugula, apple, and chicken evenly between plates. Top with the dressing and mint, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is equal to approximately three cups.

More Flavor: Add red onion.

Make it Vegan: Omit the chicken or use chickpeas, tofu, or tempeh instead.

No Arugula: Use mixed greens instead.



Cold Noodle Salad with Chicken

2 servings

15 minutes

Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles
- 2 tbsps Tahini
- 1/4 cup Water (warm)
- 1 stalk Green Onion (chopped thinly)
- 1 tsp Maple Syrup
- 1 tsp Everything Bagel Seasoning (plus more for garnish)
- 2 cups Mixed Greens
- 1/2 cup Radishes (thinly sliced)
- 8 ozs Chicken Breast, Cooked (shredded)

Nutrition

Amount per serving	
Calories	514
Fat	13g
Carbs	43g
Fiber	3g
Sugar	3g
Protein	44g

Directions

- 1 Cook the noodles according to the package directions. Drain, rinse under cold water and set aside.
- 2 Add the tahini to a small bowl and whisk in the water, until smooth. Add the green onion, maple syrup, and the everything bagel seasoning.
- 3 Divide the mixed greens between bowls and top with the noodles, sliced radish, and chicken. Drizzle with the tahini dressing and add extra seasoning if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately two cups.

Additional Toppings: Microgreens and/or fresh herbs.



Pork & Cabbage Rice Paper Dumplings

2 servings

45 minutes

Ingredients

- 1 1/2 tsps Coconut Oil (divided)
- 1 1/2 Garlic (cloves, minced)
- 8 ozs Lean Ground Pork
- 1 cup Purple Cabbage (thinly sliced)
- 1 cup Grated Carrot
- 1 1/2 tsps Ginger (grated)
- Sea Salt & Black Pepper (to taste)
- 2 1/2 stalks Green Onion (chopped)
- 4 Rice Paper Wraps

Nutrition

Amount per serving	
Calories	390
Fat	22g
Carbs	28g
Fiber	3g
Sugar	5g
Protein	22g

Directions

- 1 Warm 1/3 of the oil in a pan over medium heat. Add the garlic and cook for one minute, stirring frequently. Add the ground pork and continue to cook for five minutes, until starting to brown.
- 2 Add the cabbage and cook for another 10 minutes, or until tender-crisp. Add the grated carrot, ginger, salt, and pepper and continue to cook for five more minutes, or until the carrot is softened. Add the green onion and cook for one minute, then turn off the heat.
- 3 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate.
- 4 Scoop 1/3 cup of the pork and veggie mixture into the center of the rice paper wrap and fold the sides in. Allow them to stick together to create a pocket, and roll to create a dumpling. Repeat for the remaining wraps.
- 5 Warm the remaining oil in the pan and cook the wraps for five minutes on each side or until they start to brown and get crispy. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size: One serving is equal to two dumplings.

Make it Vegan: Use crumbled tofu or tempeh instead of pork.

More Flavor: Add tamari or coconut aminos and red pepper flakes.

Serve it With: Plum sauce, peanut sauce, hoisin sauce, or ponzu.



Pan Fried Haddock with Broccoli & Green Beans

4 servings

20 minutes

Ingredients

- 4 cups Green Beans (trimmed)
- 3 cups Broccoli (cut into florets)
- 1 tsp Turmeric
- 1 tsp Cumin
- 1/2 tsp Coriander
- 1/2 tsp Ground Ginger
- 1/4 tsp Sea Salt
- 1 tbsp Coconut Oil
- 4 Haddock Fillet

Nutrition

Amount per serving	
Calories	233
Fat	5g
Carbs	13g
Fiber	5g
Sugar	4g
Protein	35g

Directions

- 1 Add the green beans and broccoli to a steamer basket over boiling water. Steam for seven to nine minutes or until the vegetables are tender.
- 2 Meanwhile, in a small bowl combine the turmeric, cumin, coriander, ginger, and salt. Add the coconut oil to a large non-stick pan over medium heat.
- 3 Rub the seasoning on both sides of the fillets until evenly coated. Place a seasoned fillet in the pan and cook for two to three minutes per side or until the fillet is just browned and flakes easily. Transfer to a plate lined with paper towels and season with additional salt if needed.
- 4 Add more oil to the pan if needed and continue to cook the remaining fillets. (Fish cooks more evenly and is easier to flip if the pan is not overcrowded.) To serve, divide the fish and vegetables between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add other dried herbs and spices or use a yellow curry powder instead. Serve with fresh lime or lemon wedges.

No Green Beans: Use cauliflower, carrots or peas instead.

No Haddock: Use sole or tilapia instead.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.



Air Fryer Carrot Fries

4 servings

30 minutes

Ingredients

- 8 Carrot (large, cut into 3-inch fries)
- 2 tbsps Coconut Oil (melted)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	111
Fat	7g
Carbs	12g
Fiber	3g
Sugar	6g
Protein	1g

Directions

- 1 Preheat the air fryer to 350°F (180°C).
- 2 Toss the carrots and oil together in a bowl until well coated.
- 3 Transfer the fries to the air fryer and cook for 25 minutes, flipping halfway through.
- 4 Sprinkle with salt while still hot. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.

Serve it With: Pair with ketchup, mayonnaise, or aioli as a dip.



Baked Cod with Green Beans & Carrots

3 servings

35 minutes

Ingredients

3 Carrot (large, peeled and thinly sliced)
3 cups Green Beans (trimmed)
1 1/2 tbsps Coconut Oil (melted, divided)
1/3 tsp Sea Salt (divided)
3/4 tsp Paprika
1/3 tsp Turmeric
1/3 tsp Cumin
1/3 tsp Ground Ginger
3 Cod Fillet

Nutrition

Amount per serving	
Calories	311
Fat	9g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	44g

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
- 3 Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
- 4 Remove the vegetables from the oven and flip. Make space for the cod fillets in the center of the baking sheet. Add the fillets and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add other dried herbs and spices. Serve with lime or lemon wedges.

No Cod Fillets: Use another white fish instead.

Vegetables: Use any vegetables you have on hand, like broccoli, cauliflower, or bell pepper.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.



Coconut Zucchini Fries

3 servings

20 minutes

Ingredients

- 2 1/4 tps Coconut Oil
- 3 tbsps Canned Coconut Milk (full fat)
- 3 tbsps Coconut Flour
- 1/3 tsp Sea Salt
- 1 1/2 Zucchini (medium, sliced into strips)

Nutrition

Amount per serving	
Calories	104
Fat	7g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	2g

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
- 2 Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
- 3 Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
- 4 Remove from oven and enjoy!

Notes

No Coconut Milk: Use eggs instead.

Leftovers: Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

Additional Toppings: Add paprika, chili powder or spices of your choice to the coconut flour.

Extra Crispy: Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.



Chicken & Pea Soba Noodles

2 servings

35 minutes

Ingredients

- 8 ozs Chicken Breast
- 1/3 cup Water (divided)
- 3 ozs Buckwheat Soba Noodles
- 1/2 Yellow Bell Pepper (sliced)
- 1/2 cup Frozen Peas (thawed)
- 2 tbsps Sunflower Seed Butter
- 2 Garlic (cloves, minced)
- 1/2 tsp Onion Powder
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	482
Fat	13g
Carbs	44g
Fiber	4g
Sugar	4g
Protein	36g

Directions

- 1 Warm a non-stick pan over medium heat. Add the chicken breasts and half of the water, then cover with a lid. Cook for seven to 10 minutes on each side.
- 2 Meanwhile, cook the soba noodles according to the package directions.
- 3 Once the chicken is nearly done, add the peppers and peas to the pan with the chicken, and return the lid. Cook until the chicken is cooked through. Remove the chicken breasts and slice into pieces.
- 4 In a small bowl, combine the sunflower seed butter, garlic, onion powder, salt, and remaining water. Whisk until smooth.
- 5 Divide the soba noodles, chicken, vegetables, and sauce evenly between bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

Make it Vegan: Use tofu or tempeh in place of the chicken.

More Flavor: For the sauce, use lime juice and tamari in place of water and add maple syrup, ginger, and red pepper flakes.

Additional Toppings: Cilantro and sesame seeds.

No Sunflower Seed Butter: Use peanut butter or almond butter instead.



Sumac & Honey Chicken Wings

2 servings

35 minutes

Ingredients

- 10 2/3 ozs Chicken Wings
- 1/2 tsp Coconut Oil (melted)
- 2/3 tsp Ground Sumac
- 1 tsp Raw Honey
- 1/3 Garlic (clove, minced)
- 1 tsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	312
Fat	21g
Carbs	3g
Fiber	0g
Sugar	3g
Protein	27g

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Add the chicken wings, oil, sumac, honey, and garlic in a large bowl. Toss until the wings are well coated.
- 3 Spread the wings evenly on the baking sheet and bake for 25 minutes, flipping halfway. The honey will burn quickly, so be sure to remove the wings promptly and watch closely as they near the end of the cooking time.
- 4 Garnish with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately three wings.

Additional Toppings: Sliced green onions.



Ground Beef, Potatoes & Rapini

4 servings

30 minutes

Ingredients

- 4 cups Mini Potatoes (halved)
- 8 ozs Rapini (chopped, divided)
- 1 lb Extra Lean Ground Beef
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	328
Fat	12g
Carbs	28g
Fiber	5g
Sugar	1g
Protein	28g

Directions

- 1 Set the potatoes in a steaming basket over boiling water and cover. Steam for 15 minutes, or until tender. Set aside.
- 2 Meanwhile, add the rapini stems to a large pan. Add enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until just tender. Transfer the rapini to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it cooks. Season with salt. Once cooked through, drain any excess liquid.
- 4 Divide the beef, rapini, and potatoes onto plates or into containers. Enjoy!

Notes

No Rapini: Use broccoli, broccolini or green beans instead.

Less Bitter Rapini: Cook the rapini in oil and season after boiling.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 1/2 cup of ground beef, 1 cup of potatoes and 1 cup of rapini.



Chicken & Leek Quinoa

4 servings

25 minutes

Ingredients

- 2 tbsps Butter
- 1 1/2 lbs Chicken Thighs (boneless, skinless, cut into 1-inch pieces)
- 2 Leeks (large, white and most green parts, trimmed, sliced)
- Sea Salt & Black Pepper (to taste)
- 2 Garlic (clove, finely chopped)
- 2 tsps Dried Rosemary
- 1 cup Quinoa (dry, rinsed)
- 3 cups Water
- 2 cups Baby Kale (chopped)

Nutrition

Amount per serving	
Calories	454
Fat	16g
Carbs	36g
Fiber	5g
Sugar	2g
Protein	41g

Directions

- 1 Melt the butter in a non-stick pan over medium heat. Add the chicken and the leeks and cook for four minutes, stirring occasionally. Season with salt and pepper.
- 2 Add the garlic and rosemary and cook for one more minute.
- 3 Add the quinoa and the water, stir well, and bring to a boil. Cover, reduce the heat to low and simmer for 12 to 15 minutes.
- 4 Add the kale and stir. Season to taste if desired. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add more vegetables. Use spinach in place of kale.



Haddock, Broccoli & Quinoa

4 servings

25 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 4 Haddock Fillet
- 4 cups Frozen Broccoli
- 1/4 cup Coconut Oil
- 1 tsp Onion Powder
- 1 tsp Paprika
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	455
Fat	17g
Carbs	34g
Fiber	6g
Sugar	2g
Protein	40g

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to package directions.
- 3 Place the haddock fillets and broccoli onto the parchment paper. In a small bowl, whisk together the coconut oil, onion powder, paprika, and sea salt. Brush the mixture onto the haddock and broccoli.
- 4 Bake the haddock and broccoli for 20 minutes, or until the fish is cooked through. Serve with the quinoa and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



Baked Cod & Veggies with Quinoa

2 servings
30 minutes

Ingredients

- 1/3 cup Quinoa (dry)
- 3 1/2 ozs Roasted Red Peppers
- 1/3 cup Canned Coconut Milk
- 2 2/3 tbsps Water
- Sea Salt & Black Pepper (to taste)
- 1 1/3 Cod Fillet
- 2/3 Zucchini (medium, sliced into strips)
- 2/3 Yellow Bell Pepper (medium, sliced)
- 1 1/3 cups Asparagus (trimmed, chopped)
- 1 1/3 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	30g
Fiber	5g
Sugar	5g
Protein	35g

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 3 Blend the roasted red pepper, coconut milk, and water, using a blender or immersion blender, until smooth. Season with salt and pepper.
- 4 Season both sides of the cod with salt and pepper.
- 5 Place the zucchini, bell pepper, and asparagus into a deep baking dish. Add the red pepper sauce and stir. Place the cod on top and bake in the oven for 15 to 18 minutes or until the fish is cooked through and the vegetables are tender.
- 6 Divide the quinoa, cod, and veggies evenly between plates. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

No Quinoa: Use couscous, brown rice, or cauliflower rice instead.

More Flavor: Add red onion and garlic.

No Cod Fillets: Use another white fish instead.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.



Grapefruit Yogurt Parfait

2 servings

10 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 2 Grapefruit (peeled, cut into sections)

Nutrition

Amount per serving	
Calories	263
Fat	5g
Carbs	33g
Fiber	3g
Sugar	24g
Protein	24g

Directions

- 1 In a jar, add half of the yogurt, then half of the grapefruit pieces. Repeat with the remaining yogurt and grapefruit. Enjoy!

Notes

Leftovers: Best assembled fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately two cups.

Make it Vegan: Use a plant-based yogurt alternative.

More Flavor: Add maple syrup or honey.

Additional Toppings: Top with nut butter and/or unsweetened shredded coconut.

More Protein: Mix protein powder into the yogurt before assembling the parfait.



Canned Peaches

1 serving
2 minutes

Ingredients

1 cup Canned Peaches (sliced and drained)

Nutrition

Amount per serving	
Calories	59
Fat	0g
Carbs	15g
Fiber	3g
Sugar	12g
Protein	1g

Directions

- 1 Place in a bowl and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.