



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Egg White Salsa Bowl	 Egg White Salsa Bowl	 Egg White Salsa Bowl	 Tropical Breakfast Bowl	 Tropical Breakfast Bowl	 Vanilla Protein Pancakes	 Vanilla Protein Pancakes
	 Sumac Tomato & Chickpea Flatbread	 Sumac Tomato & Chickpea Flatbread	 Sumac Tomato & Chickpea Flatbread	 Breakfast Taco Nachos	 Breakfast Taco Nachos		
Snack 1	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge	 Peach & Cottage Cheese Toast		 Peach & Cottage Cheese Toast	 Peach & Cottage Cheese Toast
	 Pesto Shrimp Pasta	 Air Fryer Chimichangas	 Ground Beef, Broccoli & Rice	 Ginger Turmeric Salmon & Potatoes	 Meatball Spaghetti Squash	 Lemon Dill Chicken with Rice & Kale Salad	 Grilled Honey Dijon Salmon with Zucchini & Quinoa
Lunch	 English Muffin Tuna Melt	 Mango & Chickpea Kale Salad	 Roasted Vegetable Quinoa Salad	 Pork Summer Rolls with Peanut Sauce	 Coconut Cod Tacos	 Steak & Potato Skewers	 Green Poutine
	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Cottage Cheese with Mango
Dinner	 Air Fryer Chimichangas	 Ground Beef, Broccoli & Rice	 Ginger Turmeric Salmon & Potatoes	 Meatball Spaghetti Squash	 Lemon Dill Chicken with Rice & Kale Salad	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Whole Wheat Chickpea Wraps
	 Mango & Chickpea Kale Salad	 Roasted Vegetable Quinoa Salad	 Pork Summer Rolls with Peanut Sauce	 Coconut Cod Tacos	 Steak & Potato Skewers	 Green Poutine	 Orzo & Shrimp Pasta Salad
Snack 3	 Granola, Yogurt & Berry Snack Box	 Granola, Yogurt & Berry Snack Box	 1.5 Granola, Yogurt & Berry Snack Box	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  32%	Fat  32%	Fat  34%	Fat  35%	Fat  33%	Fat  30%
Carbs  41%	Carbs  42%	Carbs  41%	Carbs  39%	Carbs  38%	Carbs  39%	Carbs  42%
Protein  26%	Protein  26%	Protein  27%	Protein  27%	Protein  27%	Protein  28%	Protein  28%
Calories 3234	Calories 3226	Calories 3267	Calories 3324	Calories 3168	Calories 3182	Calories 3049
Fat 121g	Fat 116g	Fat 119g	Fat 130g	Fat 125g	Fat 119g	Fat 105g
Carbs 341g	Carbs 350g	Carbs 343g	Carbs 327g	Carbs 306g	Carbs 317g	Carbs 330g
Fiber 71g	Fiber 68g	Fiber 61g	Fiber 63g	Fiber 59g	Fiber 62g	Fiber 77g
Sugar 83g	Sugar 89g	Sugar 83g	Sugar 101g	Sugar 87g	Sugar 97g	Sugar 103g
Protein 218g	Protein 212g	Protein 222g	Protein 228g	Protein 218g	Protein 227g	Protein 222g

Fruits

- 2 1/2 Avocado
- 2 Banana
- 1 Kiwi
- 5 Lemon
- 1/4 cup Lemon Juice
- 1/4 tsp Lemon Zest
- 1/2 Lime
- 3 Mango
- 1 1/2 Peach
- 1/2 cup Pineapple
- 1/4 cup Pomegranate Seeds
- 3 cups Pomelo
- 4 cups Strawberries

Breakfast

- 2 1/2 tbsps All Natural Peanut Butter
- 3 tbsps Almond Butter
- 1 3/4 cups Granola
- 1 1/2 tsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/4 cup Cashews
- 1/4 cup Chia Seeds
- 2 1/4 tsps Chili Powder
- 1 tbsp Cinnamon
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 1/4 tsp Dried Dill
- 2 tsps Dried Thyme
- 1/8 tsp Garlic Powder
- 1/2 tsp Ground Ginger
- 1 1/2 tsps Ground Sumac
- 3/4 tsp Oregano
- 3/4 tsp Paprika
- 1/3 cup Pumpkin Seeds
- 1/2 tsp Red Pepper Flakes
- 2 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 tsp Taco Seasoning

Vegetables

- 1 cup Arugula
- 2 cups Asparagus
- 1 1/4 cups Baby Spinach
- 2 cups Broccoli
- 1 cup Butternut Squash
- 1 Carrot
- 3 1/3 tbsps Chives
- 2 tbsps Cilantro
- 1/4 Cucumber
- 1/2 head Endive
- 2 1/2 Garlic
- 1/2 Green Bell Pepper
- 1/8 head Iceberg Lettuce
- 4 cups Kale Leaves
- 1 1/2 Leeks
- 2 cups Mini Potatoes
- 2/3 cup Mint Leaves
- 2 cups Mushrooms
- 3/4 cup Parsley
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 3 cups Snap Peas
- 1 Spaghetti Squash
- 1 1/2 Sweet Potato
- 1/2 cup Thai Basil
- 2 Tomato
- 2 tbsps Watermelon Radish
- 1/2 Yellow Bell Pepper
- 1/2 Yellow Onion
- 2 Yellow Potato
- 2 Zucchini

Boxed & Canned

- 1/2 cup Black Beans
- 1/2 cup Brown Rice
- 2 ozs Brown Rice Fettuccine
- 3 cups Chickpeas
- 1/3 cup Enchilada Sauce
- 1/2 cup Jasmine Rice
- 1/4 cup Orzo

Bread, Fish, Meat & Cheese

- 2 1/2 ozs Cheddar Cheese
- 14 ozs Chicken Breast
- 1 Cod Fillet
- 4 Corn Tortilla
- 2 ozs English Muffin
- 1 lb Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 2 tbsps Feta Cheese
- 1/4 cup Goat Cheese
- 1/3 oz Mozzarella Cheese
- 4 ozs Pork Tenderloin
- 1 1/2 lbs Salmon Fillet
- 4 ozs Shrimp
- 4 ozs Shrimp, Cooked
- 8 ozs Top Sirloin Steak
- 3 slices Whole Grain Bread
- 5 1/2 ozs Whole Wheat Flatbread
- 3 Whole Wheat Tortilla

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 2 1/3 tbsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 2 tbsps Coconut Oil
- 2 1/2 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 1/3 tbsps Mayonnaise
- 1 1/3 tbsps Pesto
- 4 Rice Paper Wraps
- 1 tbsp Rice Vinegar
- 2 1/3 tbsps Tamari
- 1/4 cup Tomato Sauce

Cold

- 8 cups Cottage Cheese
- 6 1/2 Egg
- 4 1/2 cups Egg Whites
- 4 1/2 cups Plain Greek Yogurt
- 8 1/4 cups Unsweetened Almond Milk
- 1 1/3 tbsps Unsweetened Coconut Yogurt

1/2 tsp Turmeric

Frozen

- 3 Brown Rice Tortilla
- 3 cups Frozen Berries
- 4 cups Frozen Cauliflower
- 4 cups Frozen Raspberries

- 1 cup Quinoa
- 1 1/2 ozs Rice Vermicelli Noodles
- 1 3/4 cups Salsa
- 2/3 can Tuna
- 1/2 cup Vegetable Broth

Baking

- 1 tsp Arrowroot Powder
- 2 tbsps Coconut Flour
- 1/2 cup Nutritional Yeast
- 3/4 cup Oats
- 1 tbsp Raw Honey
- 1/4 cup Unsweetened Shredded Coconut

Other

- 4 Barbecue Skewers
- 1 1/2 cups Vanilla Protein Powder
- 2 cups Water



Egg White Salsa Bowl

3 servings

5 minutes

Ingredients

- 1 tbsp Avocado Oil
- 3 cups Egg Whites
- 1 1/2 Avocado (sliced)
- 1 1/2 cups Salsa

Nutrition

Amount per serving	
Calories	366
Fat	20g
Carbs	19g
Fiber	9g
Sugar	8g
Protein	30g

Directions

- 1 Heat the oil in a pan over medium-high heat. Add the egg whites and gently stir until cooked through, about three to four minutes.
- 2 Serve the egg whites alongside the avocado and salsa. Enjoy!

Notes

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

More Flavor: Season with salt and pepper to taste. Top with crushed tortilla chips or serve it with crackers.



Sumac Tomato & Chickpea Flatbread

3 servings

15 minutes

Ingredients

- 5 1/2 ozs Whole Wheat Flatbread
- 1 1/2 cups Chickpeas
- 1 1/2 tbsps Apple Cider Vinegar
- 1 cup Plain Greek Yogurt
- 3/4 cup Parsley (finely chopped)
- 1 1/2 Tomato (large, sliced)
- 1 1/2 tsps Ground Sumac
- 1/3 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	344
Fat	6g
Carbs	54g
Fiber	12g
Sugar	7g
Protein	21g

Directions

- 1 Set oven to high broil. Place flatbread onto a baking pan.
- 2 In a bowl, smash the chickpeas using the back of a fork and combine with vinegar. Set aside.
- 3 Combine yogurt with parsley and spread otop the flatbread. Then add the smashed chickpeas, tomato slices, sumac and salt to taste.
- 4 Broil in the oven for 3 to 5 minutes or until warmed through and flatbread is toasted. Cut into slices and enjoy!

Notes

Flatbread: 52 grams of whole wheat flatbread is equal to one medium-sized piece.

No Sumac: Use za'atar, lemon zest, lemon juice or lemon pepper spice instead.

No Flatbread: Use brown rice tortillas and adjust the cooking time.

No Chickpeas: Use white beans or hummus instead.

Storage: Refrigerate the toppings separately up to 3 to 5 days. Top flatbread and heat when ready to serve.



Tropical Breakfast Bowl

2 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1/2 cup Pineapple (chopped)
- 1/2 Mango (peeled and chopped)
- 1 Kiwi (peeled and chopped)
- 1/2 cup Granola

Nutrition

Amount per serving	
Calories	377
Fat	12g
Carbs	48g
Fiber	6g
Sugar	29g
Protein	22g

Directions

- 1 Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

Notes

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

Additional Toppings: Chopped nuts, seeds, shredded coconut, and/or honey.

Fruit: Add banana and/or berries.

Dairy-Free: Use coconut yogurt instead.

Grain-Free: Omit the granola.



Breakfast Taco Nachos

2 servings

30 minutes

Ingredients

- 3 Brown Rice Tortilla (thawed)
- 3/4 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Chili Powder
- 1/2 tsp Oregano
- 1/2 tsp Cumin
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/4 cup Water
- 2 Egg (fried)
- 1/2 Green Bell Pepper (diced)
- 1/2 Tomato (diced)
- 1/2 Avocado (diced)

Nutrition

Amount per serving	
Calories	582
Fat	28g
Carbs	49g
Fiber	10g
Sugar	6g
Protein	34g

Directions

- 1 Preheat oven to 415°F (213°C). Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
- 2 Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 3 Fry your eggs and set aside.
- 4 Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

Notes

Make it Vegan: Use quinoa or lentils instead of ground meat and omit the fried egg.

Additional Toppings: Add or replace with other toppings such as crumbled feta, salsa, red onion, greek yogurt, red pepper flakes, or green onion.



Vanilla Protein Pancakes

2 servings

15 minutes

Ingredients

- 2 Banana (plus extra for topping)
- 4 Egg
- 1/2 cup Vanilla Protein Powder
- 1 tbsp Coconut Oil

Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g

Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

Notes

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

Serving Size: One serving is approximately two pancakes.

Additional Toppings: Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



Mixed Berry Protein Porridge

3 servings

15 minutes

Ingredients

2 1/4 cups Unsweetened Almond Milk
3/4 cup Oats (rolled)
3 cups Frozen Berries
1 tbsp Cinnamon
1 1/2 cups Egg Whites
3 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g

Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: Additional almond butter, banana slices, fresh berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.

No Almond Butter: Use another nut or seed butter instead.

Frozen Berries: This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.



Peach & Cottage Cheese Toast

1 serving

5 minutes

Ingredients

- 1/3 cup Cottage Cheese
- 1 slice Whole Grain Bread (toasted)
- 1/2 Peach (medium, pitted, sliced)
- 2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	297
Fat	13g
Carbs	29g
Fiber	5g
Sugar	11g
Protein	19g

Directions

- 1 Spread the cottage cheese over the toast. Top with peach slices and pumpkin seeds. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate components in separate containers for up to three days.

Gluten-Free: Use gluten-free bread instead of whole grain bread.

Additional Toppings: Top with honey, raisins, sliced almonds, hemp seeds, or chia seeds.



Pesto Shrimp Pasta

1 serving
20 minutes

Ingredients

- 2 ozs Brown Rice Fettuccine
- 4 ozs Shrimp (peeled, deveined)
- 1/16 tsp Sea Salt
- 1 1/3 tbsps Pesto

Nutrition

Amount per serving	
Calories	391
Fat	11g
Carbs	45g
Fiber	3g
Sugar	2g
Protein	29g

Directions

- 1 Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 2 Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 3 Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

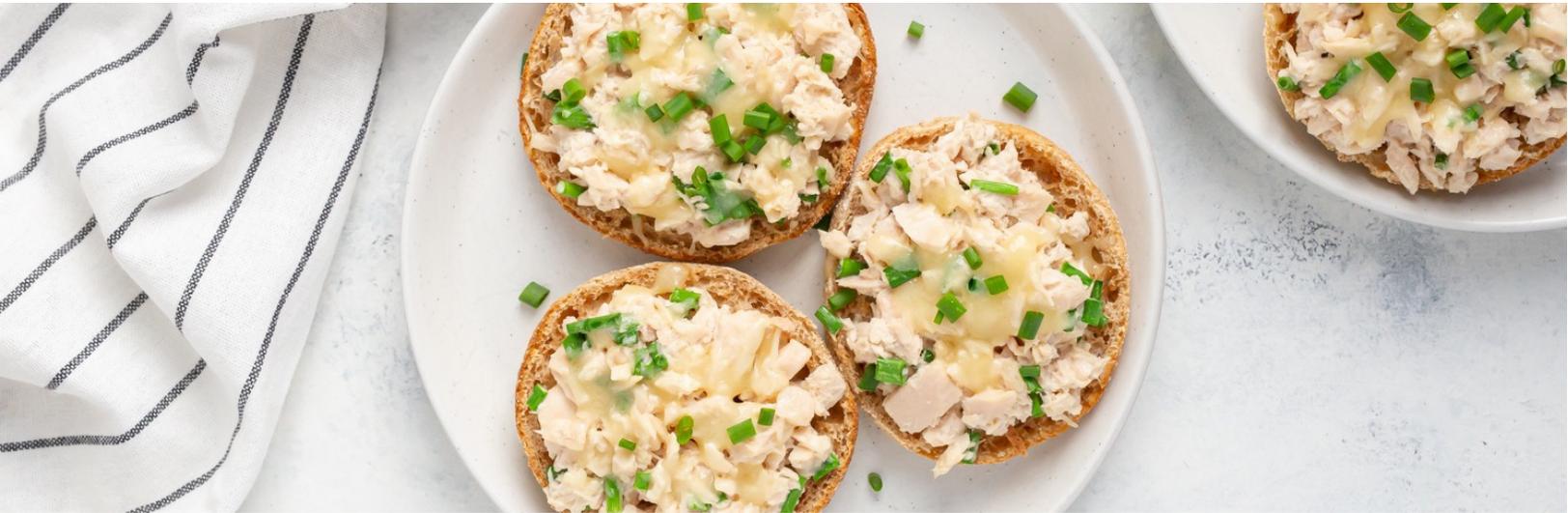
Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Cook the shrimp with butter or oil instead of pasta water.

Additional Toppings: Red pepper flakes, fresh herbs, lemon juice.



English Muffin Tuna Melt

1 serving

5 minutes

Ingredients

- 2/3 can Tuna (drained, flaked)
- 1 1/3 tbsps Mayonnaise
- 1 1/3 tbsps Chives (chopped, plus more for garnish)
- 1/16 tsp Sea Salt
- 2 ozs English Muffin (halved, lightly toasted)
- 1/3 oz Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	344
Fat	18g
Carbs	28g
Fiber	8g
Sugar	1g
Protein	26g

Directions

- 1 Set your oven to broil.
- 2 In a bowl, stir together the tuna, mayonnaise, chives, and salt until well combined. Spread the tuna mixture evenly over each English muffin slice and sprinkle mozzarella on top.
- 3 Transfer to a baking sheet and broil in the oven for three minutes or until the cheese is melted. Garnish with more chives (optional). Enjoy!

Notes

Leftovers: Refrigerate the tuna mixture in a separate airtight container for up to two days.

Serving Size: One serving equals approximately two English muffin slices topped with 80 grams of tuna.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Gluten-Free: Use gluten-free bread, crackers, cucumber slices or rice cakes instead of English muffins.

Additional Toppings: Minced red onion, black pepper, sliced green onions, celery, mustard or sauerkraut.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Pomelo & Cottage Cheese

3 servings

5 minutes

Ingredients

3 cups Pomelo (peeled, pink or white)

3 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	25g
Fiber	2g
Sugar	6g
Protein	25g

Directions

- 1 Add the pomelo and cottage cheese to a bowl. Enjoy!

Notes

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

More Flavor: Top with cinnamon.



Cottage Cheese with Mango

4 servings

5 minutes

Ingredients

4 cups Cottage Cheese
2 Mango (peeled, chopped)

Nutrition

Amount per serving	
Calories	307
Fat	10g
Carbs	32g
Fiber	3g
Sugar	29g
Protein	25g

Directions

- 1 Top the cottage cheese with chopped mango and enjoy!

Notes

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

Make it Vegan: Use coconut yogurt or oatmeal instead of cottage cheese.

Additional Toppings: Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.



Air Fryer Chimichangas

2 servings

15 minutes

Ingredients

- 6 ozs Chicken Breast (shredded, Cooked)
- 1/2 cup Black Beans (cooked, rinsed)
- 1/3 cup Enchilada Sauce
- 1/4 cup Salsa
- 2 1/2 ozs Cheddar Cheese (shredded)
- 2 Whole Wheat Tortilla (large size)
- 1 tsp Avocado Oil

Nutrition

Amount per serving	
Calories	470
Fat	21g
Carbs	34g
Fiber	9g
Sugar	3g
Protein	36g

Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a medium-sized bowl, combine the chicken, beans, enchilada sauce, and salsa and mix to combine. Then fold in the cheese and stir just to combine.
- 3 Lay the tortilla on a flat surface and divide the chicken mixture evenly into the tortillas. Roll tightly, tucking in all sides, and place in the air fryer, seam side down. Brush each chimichanga with oil.
- 4 Bake for nine to ten minutes, flipping halfway through, until lightly browned and crispy on both sides. Remove and let cool slightly before cutting in half. Enjoy!

Notes

Leftovers: Best enjoyed fresh while still crispy. Can refrigerate for up to three days and reheat in the oven or in a pan.

Serving Size: One serving is one tortilla (large size).

Gluten-Free: Use a gluten-free tortilla wrap.

Dairy-Free: Use a dairy-free cheese.

More Flavor: Add hot sauce.



Mango & Chickpea Kale Salad

2 servings

20 minutes

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1 cup Kale Leaves (finely chopped)
- 1/4 cup Pomegranate Seeds
- 1/2 Mango (peeled and thinly sliced)

Nutrition

Amount per serving	
Calories	362
Fat	11g
Carbs	57g
Fiber	10g
Sugar	22g
Protein	12g

Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork, and set aside to cool.
- 2 Meanwhile, prepare the dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt, and pepper.
- 3 Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

No Mango: Use peach, nectarine, orange or clementine slices instead.



Ground Beef, Broccoli & Rice

2 servings

30 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 cups Broccoli (chopped into florets)
- 8 ozs Extra Lean Ground Beef
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli 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 browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

Notes

No Jasmine Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

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

Serving Size: One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



Roasted Vegetable Quinoa Salad

2 servings

1 hour

Ingredients

5 ozs Salmon Fillet (oven baked)
 1/2 Sweet Potato (diced into 1 inch cubes)
 1/2 Red Bell Pepper (diced)
 1/2 cup Red Onion (diced)
 1 1/2 Leeks (chopped)
 1 Garlic (cloves, peeled and halved)
 1 1/2 tsps Extra Virgin Olive Oil
 1/2 tsp Red Pepper Flakes
 1/4 cup Quinoa (uncooked)
 1/2 cup Water
 1 cup Arugula
 2 tbsps Mint Leaves
 2 tbsps Feta Cheese (crumbled)
 1/2 Lemon (juiced)
 Sea Salt & Black Pepper (to taste)

Directions

- 1 If you are using salmon, cook your fillets up ahead of time in the oven seasoned with a bit of oil, salt, pepper and lemon juice.
- 2 Preheat oven to 415°F (213°C). Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with red pepper flakes and olive oil. Place veggies on a foil-lined baking sheet and cook for about 30 minutes or until golden. (Note: Veggies can also be done on the barbecue in a grilling basket.)
- 3 In the mean time, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 12 minutes. Remove from heat and fluff with fork.
- 4 When your veggies are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper. Serve alone or with an oven-baked salmon fillet on the side. Enjoy!

Nutrition

Amount per serving	
Calories	336
Fat	12g
Carbs	38g
Fiber	5g
Sugar	7g
Protein	21g



Ginger Turmeric Salmon & Potatoes

2 servings

25 minutes

Ingredients

- 10 ozs Salmon Fillet
- 1 Sweet Potato (medium, sliced or chopped)
- 2 cups Snap Peas (trimmed)
- 1 tbsp Coconut Oil (melted)
- 1/2 tsp Turmeric (ground)
- 1/2 tsp Ground Ginger
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	353
Fat	16g
Carbs	21g
Fiber	5g
Sugar	6g
Protein	31g

Directions

- 1 Preheat the oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 2 Arrange the salmon fillets, sweet potato, and snap peas onto the baking sheet.
- 3 In a small bowl, stir together the coconut oil, turmeric, ginger, and salt. Coat the salmon fillets and toss the veggies in the mixture.
- 4 Roast for 20 minutes, or until the salmon is cooked through and the veggies are tender. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately five ounces of salmon, one cup of sweet potatoes, and one cup of snap peas.

More Flavor: Add lemon juice or herbs.



Pork Summer Rolls with Peanut Sauce

2 servings

40 minutes

Ingredients

- 4 ozs Pork Tenderloin
- 1 1/2 ozs Rice Vermicelli Noodles
- 2 1/2 tbsps All Natural Peanut Butter
- 1 1/2 tpsps Tamari
- 2 tbsps Water (hot)
- 1 tbsp Rice Vinegar
- 4 Rice Paper Wraps
- 1/8 head Iceberg Lettuce (leaves pulled apart)
- 1/4 Cucumber (sliced)
- 1/2 cup Thai Basil (stems removed)
- 1/2 cup Mint Leaves (stems removed)

Nutrition

Amount per serving	
Calories	352
Fat	12g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	18g

Directions

- 1 Boil the pork in a pot of water. Lower the heat to a simmer and boil for 30 minutes or until cooked through. When cool enough to handle, cut into thin slices.
- 2 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 3 In a bowl, whisk together the peanut butter, tamari, water, and rice vinegar. Adjust to taste as needed.
- 4 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, cucumber, basil, mint, vermicelli, and pork near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 5 Dip into the sauce and 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 equals approximately two rolls.

Additional Toppings: Add bean sprouts, crushed peanuts, cilantro, shrimp, or garlic chives.

Make it Vegan: Use tofu instead of pork.

Hoisin Lover: Instead of the peanut butter tamari sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.

No Pork Tenderloin: Pork loin, shoulder and/or belly can be used instead. Or omit the pork and replace it with shrimp, chicken, or additional vegetables.



Meatball Spaghetti Squash

2 servings

35 minutes

Ingredients

- 8 ozs Extra Lean Ground Beef
- 1/4 Yellow Onion (small, finely diced)
- 1/2 Garlic (clove, minced)
- 1/2 tsp Dried Basil
- 1/2 tsp Dried Thyme
- 1/8 tsp Sea Salt
- 1 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- 1/4 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	301
Fat	12g
Carbs	26g
Fiber	4g
Sugar	2g
Protein	25g

Directions

- 1 Preheat the oven to 425°F (220°C). Line two baking sheets with parchment paper.
- 2 In a mixing bowl, combine the ground beef, onion, garlic, basil, thyme, and salt. Form the mixture into meatballs and transfer to one of the baking sheets.
- 3 On a separate baking sheet, place the spaghetti squash flesh-side down. Cook the squash for about 30 to 35 minutes (or until fork tender), and the meatballs for 15 to 20 minutes (or until cooked through).
- 4 Meanwhile, warm up the tomato sauce in a saucepan over low-medium heat.
- 5 When cool enough to handle, use a fork to shred the squash into noodles. Top with the meatballs and tomato sauce. Enjoy!

Notes

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

Serving Size: One serving equals approximately three to four meatballs and half of a spaghetti squash.

More Flavor: Add dried oregano, dried rosemary, dried parsley, Worcestershire sauce, breadcrumbs and/or egg to the meatball mixture. Use marinara or spaghetti sauce instead of tomato sauce.

Additional Toppings: Fresh basil, parmesan or nutritional yeast.

Save Time: Use store-bought frozen meatballs instead.

Make it Vegan: Use veggie meatballs or falafels instead.



Coconut Cod Tacos

2 servings

35 minutes

Ingredients

- 1/2 Egg
- 1/4 cup Unsweetened Shredded Coconut
- 2 tbsps Coconut Flour
- 1/4 tsp Paprika
- 1/8 tsp Sea Salt
- 1 Cod Fillet (cut into small pieces)
- 4 Corn Tortilla
- 1/2 Yellow Bell Pepper (sliced thinly)
- 2 tbsps Watermelon Radish (thinly sliced)
- 1/2 Lime (juiced)
- 2 tbsps Cilantro (optional, roughly chopped)
- 1/2 Avocado (cubed)

Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Sugar	2g
Protein	27g

Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

Notes

Leftovers: Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

Serving Size: One serving is equal to two tacos.

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

No Tortillas: Use lettuce as a wrap.

No Watermelon Radish: Omit or use regular radish.

Likes it Spicy: Add hot sauce or cayenne pepper to the assembled tacos.

Likes it Saucy: Drizzle the assembled tacos with mayonnaise or sour cream.



Lemon Dill Chicken with Rice & Kale Salad

2 servings

45 minutes

Ingredients

- 1/4 tsp Dried Dill
- 1/4 tsp Lemon Zest
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 3 tbsps Lemon Juice (divided)
- 8 ozs Chicken Breast
- 1/2 cup Brown Rice (dry)
- 3 cups Kale Leaves (finely chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 Carrot (small, peeled and grated)

Nutrition

Amount per serving	
Calories	395
Fat	12g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	30g

Directions

- 1 Add the dill, lemon zest, garlic powder, salt and 1/3 of the lemon juice to a zipper-lock bag or bowl and mix to combine. Add the chicken breast and marinate for at least 15 minutes.
- 2 Cook the rice according to package directions.
- 3 Preheat the oven to 400°F (205°C).
- 4 Add the chicken to a baking dish and bake for 25 to 28 minutes or until the chicken is cooked through.
- 5 Meanwhile, add the kale to a bowl with the remaining lemon juice and the olive oil and massage with your hands until the kale is wilted and tender. Mix in the grated carrots.
- 6 To serve, divide the rice and chicken salad between plates and enjoy!

Notes

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

More Flavor: Add other dried herbs and spices to the chicken marinade.

Additional Toppings: Lemon wedges or fresh herbs.

No Brown Rice: Use cauliflower rice, white rice, or quinoa.



Steak & Potato Skewers

2 servings

50 minutes

Ingredients

- 1 1/2 tbsps Tamari
- 1 tbsp Avocado Oil
- 1 1/2 tbsps Dijon Mustard
- 3/4 tsp Chili Powder
- 1/4 tsp Oregano
- 8 ozs Top Sirloin Steak
- 2 cups Mini Potatoes
- 1 Red Bell Pepper (medium, cut into chunks)
- 4 Barbecue Skewers

Nutrition

Amount per serving	
Calories	451
Fat	24g
Carbs	31g
Fiber	5g
Sugar	4g
Protein	28g

Directions

- 1 In a zipper-lock bag or shallow bowl, combine the tamari, oil, Dijon mustard, chili powder, and oregano. Add the steak and marinate for at least 30 minutes or up to overnight.
- 2 Meanwhile, boil the potatoes for about 15 minutes or until just tender. Let to potatoes rest until cool enough to handle.
- 3 Assemble the skewers by piercing the potatoes, steak, and bell pepper onto barbecue skewers. Brush the skewers with any of the excess marinade to coat the potatoes and peppers.
- 4 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes or until the steak is cooked to your liking. Divide the skewers between plates and enjoy!

Notes

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

Serving Size: One serving is approximately two 12-inch skewers.

Serve it With: Salad or other roasted or grilled vegetables.

Make it Vegan: Use tofu instead of steak.

No Tamari: Use soy sauce or coconut aminos instead.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Grilled Honey Dijon Salmon with Zucchini & Quinoa

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 2 tbsps Dijon Mustard (grainy or regular)
- 1 tbsp Raw Honey
- 8 ozs Salmon Fillet
- 2 Zucchini (sliced in half lengthwise)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	411
Fat	12g
Carbs	42g
Fiber	5g
Sugar	13g
Protein	31g

Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill: Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini: Use asparagus or green beans instead.

Lower Carb: Omit the quinoa or serve with cauliflower rice instead.

Leftovers: Store leftovers in an airtight container in the fridge up to 2 to 3 days.



Green Poutine

2 servings

45 minutes

Ingredients

2 Yellow Potato (medium)
 2 cups Asparagus
 2 tbsps Extra Virgin Olive Oil (divided)
 2 cups Mushrooms (sliced)
 1/4 Yellow Onion (medium, diced)
 1 Garlic (clove, minced)
 1 1/2 tsps Dried Thyme
 1/2 cup Vegetable Broth
 1 tsp Arrowroot Powder
 1 cup Butternut Squash (peeled and cubed)
 1/2 cup Water
 1/4 cup Cashews
 1/2 cup Nutritional Yeast
 1/2 Lemon (juiced)
 1/2 tsp Paprika
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!



Whole Wheat Chickpea Wraps

1 serving
15 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1/2 cup Chickpeas (cooked, rinsed and pat dry)
1/2 Red Bell Pepper (medium, chopped)
1/3 tsp Taco Seasoning
1 1/8 tsps Tamari
1 1/4 cups Baby Spinach
1 Whole Wheat Tortilla (large)
1 1/3 tbsps Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	346
Fat	14g
Carbs	46g
Fiber	12g
Sugar	7g
Protein	13g

Directions

- 1 Heat a skillet over medium heat. Once hot, pour in the oil and then add the chickpeas along with the pepper. Add the taco seasoning and toss to combine. Pour in the tamari and stir. Cook for about 10 minutes, until the chickpeas are crispy and the peppers are lightly browned.
- 2 Add in the spinach to the chickpea mixture and stir until just wilted and then remove from heat.
- 3 Divide the chickpea mixture into tortillas and dollop on coconut yogurt. Enjoy!

Notes

Leftovers: Store leftover mixture in an airtight container in the fridge for up to three days.

Serving Size: One serving is one large wrap.

Gluten-Free: Use a Gluten-Free wrap.

No Coconut Yogurt: Omit, or use sour cream or regular yogurt.



Orzo & Shrimp Pasta Salad

1 serving
15 minutes

Ingredients

- 1/4 cup Orzo (dry)
- 4 ozs Shrimp, Cooked (chopped)
- 1/2 head Endive (chopped)
- 1 cup Snap Peas (chopped)
- 1/4 cup Goat Cheese (crumbled)
- 2 tbsps Chives (chopped)
- 1 tbsp Lemon Juice
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	367
Fat	8g
Carbs	39g
Fiber	12g
Sugar	6g
Protein	40g

Directions

- 1 Cook the orzo according to the directions on the package. Once it's done cooking, set it aside and let it cool.
- 2 Add the orzo and the remaining ingredients to a large bowl. Toss until well combined. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately 2 1/2 cups.

Gluten-Free: Use quinoa or brown rice pasta instead.

Dairy-Free: Use vegan cheese instead.

More Flavor: Add balsamic vinegar and your choice of additional spices and herbs.

Additional Toppings: Red pepper flakes, kimchi, sauerkraut, and/or your favorite dressing.

No Shrimp: Use chicken, turkey, edamame, marinated tofu, or chickpeas.



Granola, Yogurt & Berry Snack Box

4 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 4 cups Strawberries (sliced)
- 1 1/3 cups Granola

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	18g

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

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

Gluten-Free: Ensure a gluten-free granola is used.

Dairy-Free & Vegan: Use a dairy-free yogurt.



Raspberry Zinger Smoothie

4 servings
10 minutes

Ingredients

4 cups Frozen Cauliflower
4 cups Frozen Raspberries
4 Lemon (juiced)
1 cup Vanilla Protein Powder
1/4 cup Chia Seeds
6 cups Unsweetened Almond Milk

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g