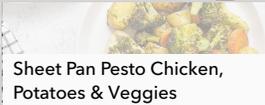
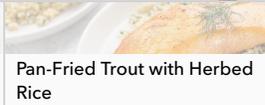
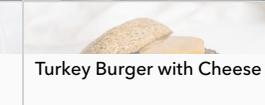




	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	1.5 Blueberry Protein Oats	1.5 Blueberry Protein Oats	1.5 Blueberry Protein Oats	Chocolate Tahini Layered Smoothie	Chocolate Tahini Layered Smoothie	Beef & Sweet Potato Breakfast Casserole	Beef & Sweet Potato Breakfast Casserole
Snack 1							
	Granola, Yogurt & Berry Snack Box	Granola, Yogurt & Berry Snack Box	Granola, Yogurt & Berry Snack Box	Apple Slices with Tuna	Apple Slices with Tuna	Apple Slices with Tuna	Apple Slices with Tuna
Lunch							
	Lentils, Rapini & Mashed Potatoes	Sheet Pan Pesto Chicken, Potatoes & Veggies	Pan-Fried Trout with Herbed Rice	Grilled Peri Peri Chicken & Rice	Sausage & Plantain	Garlic & Oil Linguine	Turkey Burger with Cheese
Snack 2							
	Breakfast Taco Nachos	Coconut Cod Tacos	Turkey Stuffed Zucchini Boats	Steak & Mushroom Kabobs	Coconut Lime Steamed Mussels	Chicken & Veggie Quesadillas	Marinated Mixed Bean Salad
Dinner							
	Pomelo & Cottage Cheese	Pomelo & Cottage Cheese	Pomelo & Cottage Cheese	Peanut Butter & Banana Protein Porridge	Peanut Butter & Banana Protein Porridge	Peanut Butter & Banana Protein Porridge	Peanut Butter & Banana Protein Porridge
Snack 3							
	Sheet Pan Pesto Chicken, Potatoes & Veggies	Pan-Fried Trout with Herbed Rice	Grilled Peri Peri Chicken & Rice	Sausage & Plantain	Garlic & Oil Linguine	Turkey Burger with Cheese	One Pan Harissa Chicken, Sweet Potatoes & Broccolini
Snack 3							
	Coconut Cod Tacos	Turkey Stuffed Zucchini Boats	Steak & Mushroom Kabobs	Coconut Lime Steamed Mussels	Chicken & Veggie Quesadillas	Marinated Mixed Bean Salad	Aloo Gobi
Snack 3							
	Raspberry Zinger Smoothie	Raspberry Zinger Smoothie	Raspberry Zinger Smoothie	Cottage Cheese with Mango	Cottage Cheese with Mango	Cottage Cheese with Mango	Cottage Cheese with Mango

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  33%	Fat  32%	Fat  36%	Fat  36%	Fat  36%	Fat  34%
Carbs  42%	Carbs  39%	Carbs  39%	Carbs  35%	Carbs  36%	Carbs  38%	Carbs  39%
Protein  26%	Protein  28%	Protein  29%	Protein  29%	Protein  28%	Protein  26%	Protein  27%
Calories 3405	Calories 3385	Calories 3331	Calories 3429	Calories 3379	Calories 3434	Calories 3374
Fat 125g	Fat 127g	Fat 121g	Fat 138g	Fat 140g	Fat 139g	Fat 132g
Carbs 367g	Carbs 340g	Carbs 332g	Carbs 310g	Carbs 310g	Carbs 339g	Carbs 340g
Fiber 80g	Fiber 63g	Fiber 49g	Fiber 37g	Fiber 47g	Fiber 72g	Fiber 77g
Sugar 86g	Sugar 89g	Sugar 89g	Sugar 117g	Sugar 115g	Sugar 97g	Sugar 105g
Protein 225g	Protein 238g	Protein 241g	Protein 250g	Protein 243g	Protein 232g	Protein 231g

## Fruits

- 4 Apple
- 3/4 Avocado
- 3 Banana
- 3 1/2 Lemon
- 1/2 Lime
- 2 tbsps Lime Juice
- 2 Mango
- 1 Plantain
- 3 cups Pomelo
- 3 cups Strawberries

## Breakfast

- 1/4 cup All Natural Peanut Butter
- 1 cup Granola

## Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 2 1/2 tsps Cardamom
- 1/3 cup Chia Seeds
- 3/4 tsp Chili Powder
- 1 1/3 tbsps Cinnamon
- 1 tsp Cumin
- 1/16 tsp Dried Thyme
- 1/8 tsp Garam Masala
- 1 tbsps Harissa
- 1 1/16 tbsps Italian Seasoning
- 1 1/4 tsps Oregano
- 1/4 tsp Paprika
- 1 tbsps Peri Peri Spice
- 3/4 tsp Red Pepper Flakes
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

## Frozen

- 1 1/2 Brown Rice Tortilla
- 2 1/2 cups Frozen Blueberries
- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries

## Vegetables

- 1/3 cup Arugula
- 2 cups Baby Spinach
- 2 cups Broccoli
- 1/2 bunch Broccolini
- 1 Carrot
- 1/4 head Cauliflower
- 3/4 cup Cilantro
- 12 Cremini Mushrooms
- 1/4 cup Fresh Dill
- 5 3/4 Garlic
- 1 3/4 tbsps Ginger
- 1 cup Green Beans
- 1/4 Green Bell Pepper
- 4 stalks Green Onion
- 1/2 Jalapeno Pepper
- 2 cups Mini Potatoes
- 1/2 cup Parsley
- 1/4 bunch Rapini
- 1/2 Red Bell Pepper
- 1 cup Red Onion
- 8 leaves Romaine
- 1 3/4 Russet Potato
- 1 2/3 Sweet Potato
- 1/4 Tomato
- 2 tbsps Watermelon Radish
- 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion
- 2 Zucchini

## Boxed & Canned

- 1 1/2 cups Basmati Rice
- 1/2 cup Canned Coconut Milk
- 2 3/4 cups Green Lentils
- 2 cups Mixed Beans
- 1 3/4 ozs Oat Crackers
- 1 1/4 cups Quick Oats
- 2 2/3 cups Salsa
- 3 cans Tuna
- 4 fl ozs Unsweetened Rice Milk
- 1 1/2 cups Vegetable Broth, Low Sodium

## Bread, Fish, Meat & Cheese

- 5 ozs Cheddar Cheese
- 1 1/2 lbs Chicken Breast
- 8 ozs Chicken Breast, Cooked
- 8 ozs Chicken Sausage
- 1 Cod Fillet
- 4 Corn Tortilla
- 8 ozs Extra Lean Ground Beef
- 1 1/4 lbs Extra Lean Ground Turkey
- 3 slices Gluten-Free Bread
- 2 ozs Mozzarella Cheese
- 2 lbs Mussels
- 2 Rainbow Trout Fillet
- 8 ozs Top Sirloin Steak
- 4 ozs Whole Wheat Bun
- 2 Whole Wheat Tortilla

## Condiments & Oils

- 1 tbsps Apple Cider Vinegar
- 3 1/2 tbsps Avocado Oil
- 2 tbsps Balsamic Vinegar
- 3 tbsps Coconut Aminos
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 3 tbsps Pesto
- 2 tbsps Sun Dried Tomatoes
- 1/3 cup Sunflower Seed Butter
- 3 tbsps Tahini
- 1 cup Tomato Sauce

## Cold

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

## Other

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4 1/2 ozs Whole Wheat Linguine

4 Barbecue Skewers

### Baking

2 1/2 cups Vanilla Protein Powder

3/4 cup Water

1 tbsp All Purpose Gluten-Free Flour

2 tbsps Cacao Powder

2 tbsps Coconut Flour

1 cup Oats

2 tbsps Pitted Dates

1 2/3 tbsps Raw Honey

1/4 cup Unsweetened Shredded Coconut



## Blueberry Protein Oats

5 servings

10 minutes

### Ingredients

- 1 1/4 cups Quick Oats
- 5 cups Oat Milk (plain, unsweetened)
- 2 1/2 tsps Cardamom (ground)
- 1/3 cup Sunflower Seed Butter
- 1 2/3 tbsps Raw Honey
- 1 1/4 cups Vanilla Protein Powder
- 2 1/2 cups 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.



## Chocolate Tahini Layered Smoothie

2 servings

5 minutes

### Ingredients

- 1 1/2 cups Oat Milk
- 1 Banana (frozen)
- 8 leaves Romaine (roughly chopped)
- 2 tbsps Chia Seeds
- 3 tbsps Tahini
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 2 tbsps Cacao Powder

### Nutrition

Amount per serving	
Calories	498
Fat	22g
Carbs	50g
Fiber	15g
Sugar	20g
Protein	30g

### Directions

- 1 In a blender, add the milk, banana, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
- 2 In the same blender, add the dates and cacao powder and blend until smooth and creamy.
- 3 Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

### Notes

**Pitted Dates:** One serving is equal to approximately one to two dates.

**No Oat Milk:** Use another milk or milk alternative instead.

**More Veggies:** Add frozen cauliflower to the vanilla layer.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## Creamy Tuna on Oat Crackers

2 servings

10 minutes

### Ingredients

- 1 can Tuna (drained and flaked)
- 1/4 cup Plain Greek Yogurt
- 1/4 tsp Sea Salt
- 1 3/4 ozs Oat Crackers

### Nutrition

Amount per serving	
Calories	201
Fat	6g
Carbs	18g
Fiber	2g
Sugar	1g
Protein	21g

### Directions

- 1 Combine the tuna, yogurt and sea salt. Mix well with a fork.
- 2 Spread tuna evenly onto the crackers and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately but can be refrigerated up to 2 days in an airtight container. Store the crispbread and tuna mixture separately.

**Serving Size:** One serving is equal to approximately four topped crackers.

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

**No Greek Yogurt:** Use cottage cheese or any type of alternative plain yogurt instead.



## Beef & Sweet Potato Breakfast Casserole

2 servings

1 hour

### Ingredients

- 1 tsp Extra Virgin Olive Oil (divided)
- 8 ozs Extra Lean Ground Beef
- 1/16 tsp Sea Salt (divided)
- 2/3 Sweet Potato (medium, shredded)
- 4 fl ozs Unsweetened Rice Milk
- 1 1/3 Egg
- 1/16 tsp Dried Thyme
- 2 ozs Mozzarella Cheese (shredded)

### Nutrition

Amount per serving	
Calories	405
Fat	22g
Carbs	15g
Fiber	1g
Sugar	4g
Protein	33g

### Directions

- 1 Preheat the oven to 400°F (205°C). Use half the oil to grease a baking dish.
- 2 Heat the remaining oil in a pan over medium-high heat. Add the ground beef to the pan, breaking it up as it cooks. Drain any excess liquid and season with half the salt. Transfer to the baking dish.
- 3 Sprinkle the shredded sweet potato evenly over the cooked beef.
- 4 In a bowl, whisk together the milk, eggs, thyme, and the remaining salt. Pour the mixture into the baking dish. Sprinkle the cheese over top and bake for 40 to 45 minutes, or until golden brown and cooked through.
- 5 Let it cool slightly before cutting into squares. Enjoy!

### Notes

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

**Serving Size:** A 9- by 13-inch baking dish was used to make six servings.

**Dairy-Free:** Use vegan cheese instead of mozzarella cheese.

**More Flavor:** Add garlic when cooking the beef.

**Additional Toppings:** Serve with mixed greens or roasted vegetables.

**No Rice Milk:** Use almond milk, oat milk, or dairy milk instead.



## Lentil Salsa with Toast

3 servings

10 minutes

### Ingredients

- 2 1/4 cups Green Lentils (cooked, drained and rinsed)
- 2 1/4 cups Salsa
- 3 tbsps Cilantro (chopped, optional)
- 3 slices Gluten-Free Bread (toasted)

### Nutrition

Amount per serving	
Calories	306
Fat	3g
Carbs	55g
Fiber	17g
Sugar	13g
Protein	18g

### Directions

- 1 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 2 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

### Notes

**Leftovers:** Refrigerate the lentil salsa in an airtight container for up to four days.

**Serving Size:** One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

**More Flavor:** Add cayenne or your choice of spices and herbs.

**Additional Toppings:** Avocado or plain yogurt.

**No Lentils:** Use chickpeas or black beans instead.



## Granola, Yogurt & Berry Snack Box

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3 cups Strawberries (sliced)
- 1 cup 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.



## Apple Slices with Tuna

4 servings

10 minutes

### Ingredients

- 2 cans Tuna
- 1/2 cup Red Onion (diced)
- 1/4 cup Mayonnaise
- 1/4 tsp Sea Salt
- 4 Apple (cored, sliced)

### Nutrition

Amount per serving	
Calories	267
Fat	11g
Carbs	27g
Fiber	5g
Sugar	20g
Protein	17g

### Directions

- 1 In a bowl, add the tuna, red onion, mayonnaise and sea salt. Mix well.
- 2 Add the tuna on top of the sliced apple. Serve and enjoy!

### Notes

**Leftovers:** The apple is best cut on the same day you'll enjoy it. Refrigerate the leftover tuna mix in an airtight container for up to three days.

**Additional Toppings:** Add chopped nuts or sesame seeds on top.

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

**No Mayonnaise:** Use greek yogurt instead.



## Lentils, Rapini & Mashed Potatoes

1 serving  
25 minutes

### Ingredients

- 1/3 tsp Sea Salt (divided)
- 1 Russet Potato (medium, peeled and chopped)
- 1/4 bunch Rapini (chopped, divided)
- 1/2 cup Green Lentils (cooked, drained and rinsed)

### Nutrition

Amount per serving	
Calories	307
Fat	1g
Carbs	60g
Fiber	15g
Sugar	4g
Protein	18g

### Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 2 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 3 Drain the water from the pot and add the rapini stems with 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 tender.
- 4 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

### Notes

**Extra Creamy:** Mash the potatoes with coconut or almond milk for extra creaminess.

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

**Less Bitter Rapini:** Sauté the rapini in your choice of oil and seasoning after boiling.

**Storage:** Refrigerate in an airtight container up to 3 to 4 days.

**Serving Size:** One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.



## Breakfast Taco Nachos

1 serving  
30 minutes

### Ingredients

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



## 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.



## Peanut Butter & Banana Protein Porridge

4 servings  
10 minutes

### Ingredients

- 4 cups Unsweetened Almond Milk
- 1 cup Oats (rolled)
- 2 cups Egg Whites
- 1/4 cup All Natural Peanut Butter
- 1 1/3 tbsps Cinnamon
- 2 Banana (mashed)

### Nutrition

Amount per serving	
Calories	324
Fat	13g
Carbs	35g
Fiber	7g
Sugar	10g
Protein	21g

### Directions

- 1 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 2 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and 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:** More peanut butter, banana slices, berries, or extra cinnamon.

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



## Sheet Pan Pesto Chicken, Potatoes & Veggies

2 servings

30 minutes

### Ingredients

- 8 ozs Chicken Breast (skinless, boneless)
- 2 cups Mini Potatoes (halved)
- 2 cups Broccoli (cut into florets)
- 1 Carrot (medium, sliced)
- 1 1/2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper
- 3 tbsps Pesto

### Nutrition

Amount per serving	
Calories	483
Fat	23g
Carbs	38g
Fiber	7g
Sugar	6g
Protein	34g

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Arrange the chicken, potatoes, broccoli, and carrot to the baking sheet. Drizzle with oil and season with salt and pepper. Spread the pesto over top until well coated.
- 3 Bake for 25 to 30 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt and pepper if needed. Divide between plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately four ounces of chicken, one cup of potatoes, one cup of broccoli, and half a cup of carrot.

**Additional Toppings:** Add red pepper flakes, parmesan, or nutritional yeast.



## 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.



## Pan-Fried Trout with Herbed Rice

2 servings

30 minutes

### Ingredients

- 1 1/2 cups Vegetable Broth, Low Sodium
- 3/4 cup Basmati Rice (uncooked)
- 2 tbsps Butter (divided)
- 1/4 cup Parsley (chopped)
- 1/4 cup Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 2 Rainbow Trout Fillet (patted dry)
- 1 tbsp All Purpose Gluten-Free Flour

### Nutrition

Amount per serving	
Calories	589
Fat	17g
Carbs	66g
Fiber	3g
Sugar	2g
Protein	39g

### Directions

- 1 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 2 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 3 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 4 Divide the herbed rice and trout onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals one trout fillet and just over a cup of herbed rice.

**Trout Fillets:** One fillet is equal to approximately 159 grams or 5.6 ounces in size.

**Dairy-Free:** Use vegan butter, olive oil, or coconut oil instead.

**More Flavor:** Add cilantro and saffron to the rice.

**Additional Toppings:** Add lemon juice and fresh herbs.



## Turkey Stuffed Zucchini Boats

2 servings

40 minutes

### Ingredients

- 2 Zucchini (medium)
- 1 cup Tomato Sauce (divided)
- 1 1/2 tsps Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Red Bell Pepper (chopped)
- 2 cups Baby Spinach (chopped)

### Nutrition

Amount per serving	
Calories	280
Fat	14g
Carbs	16g
Fiber	5g
Sugar	11g
Protein	26g

### Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Cut the zucchini in half lengthwise and scoop out the seeds using a spoon. Add half of the tomato sauce to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
- 3 Heat the oil in a frying pan or skillet over medium-high heat. Add the turkey and cook until browned breaking it into small pieces as it cooks.
- 4 Add the garlic, Italian seasoning, salt and red pepper flakes to the turkey and stir to combine. Add the bell pepper and spinach and continue to cook until the spinach is wilted. Add the remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
- 5 Spoon the turkey mixture into the hollowed out zucchini boats.
- 6 Cover the baking dish with a lid or foil and bake for 20 to 25 minutes or until the zucchini is tender.
- 7 Divide zucchini boats between plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to two zucchini boats.

**More Flavor:** Use a flavored pasta sauce instead of plain tomato sauce.

**Additional Toppings:** Broil cheese on the top of each zucchini boat before serving. Garnish with additional red pepper flakes and fresh herbs like parsley or basil.

**No Turkey:** Use ground chicken or pork sausage instead.



## Grilled Peri Peri Chicken & Rice

2 servings

30 minutes

### Ingredients

3/4 cup Basmati Rice (uncooked)  
 10 ozs Chicken Breast (boneless, skinless)  
 1 tbsp Avocado Oil  
 1 tbsp Peri Peri Spice

### Nutrition

Amount per serving	
Calories	506
Fat	11g
Carbs	61g
Fiber	2g
Sugar	0g
Protein	38g

### Directions

- 1 Preheat the grill over medium heat.
- 2 Cook the rice according to the package. While it is cooking, add the chicken to a bowl. Coat with the oil then season with the Peri-Peri spice.
- 3 Place the chicken on the grill and cook for about 10 minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 4 Divide the rice and chicken onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately five ounces of sliced chicken and one cup of cooked rice.

**Add Grilled Vegetables:** Serve with grilled vegetables like asparagus, bell peppers, and/or zucchini.

**More Flavor:** Cook the rice in chicken or vegetable broth.



## Steak & Mushroom Kabobs

2 servings

50 minutes

### Ingredients

- 2 tbsps Coconut Aminos
- 2 tbsps Balsamic Vinegar
- 1 tbsp Avocado Oil
- 2 Garlic (clove, minced)
- 1/4 tsp Italian Seasoning
- 8 ozs Top Sirloin Steak (cut into cubes)
- 12 Cremini Mushrooms (medium, whole)
- 1/4 cup Red Onion (cut into chunks)
- 4 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	370
Fat	24g
Carbs	12g
Fiber	1g
Sugar	8g
Protein	26g

### Directions

- 1 In a zipper-lock bag or shallow bowl, combine the coconut aminos, balsamic vinegar, oil, garlic, and Italian seasoning. Add the steak and marinate for at least 30 minutes or up to overnight.
- 2 Assemble the skewers by piercing the steak, mushrooms, and red onions onto the barbecue skewers. Brush the skewers with some of the excess marinade to evenly coat the vegetables.
- 3 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes or until the steak is cooked to your liking and the vegetables are soft. 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.

**More Flavor:** Add other dried herbs and spices.

**Serve it With:** Salad, rice, cauliflower rice or other roasted or grilled vegetables.

**Make it Vegan:** Use tofu instead of steak.

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



## Sausage & Plantain

2 servings

20 minutes

### Ingredients

- 1 1/2 tsps Avocado Oil
- 1 Plantain (large, peeled, sliced)
- 8 ozs Chicken Sausage (sliced)

### Nutrition

Amount per serving	
Calories	441
Fat	20g
Carbs	52g
Fiber	2g
Sugar	26g
Protein	17g

### Directions

- 1 Heat the avocado oil in a large skillet over medium-high heat. Add the plantain and sausage, cooking for about 8 to 10 minutes or until golden brown and cooked through.
- 2 Divide onto plates and enjoy!

### Notes

**Serve It With:** Avocado slices, sauerkraut, spinach, sauteed greens, fried or scrambled eggs.

**No Avocado Oil:** Use coconut oil, olive oil, butter or ghee instead.

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



## Coconut Lime Steamed Mussels

2 servings

20 minutes

### Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 1/4 cup Cilantro (chopped)
- 2 stalks Green Onion (chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Ginger (grated)
- 1 tbsp Coconut Aminos
- 2 lbs Mussels
- 1/4 tsp Sea Salt (optional)

### Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	23g
Fiber	0g
Sugar	3g
Protein	55g

### Directions

- 1 In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.
- 4 To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!

### Notes

**Leftovers:** Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.

**More Flavor:** Add garlic or red pepper flakes to the broth.

**Additional Toppings:** Serve with lime wedges, green onion or cilantro.

**No Coconut Aminos:** Use soy sauce or tamari instead of coconut aminos



## Garlic & Oil Linguine

2 servings

15 minutes

### Ingredients

4 1/2 ozs Whole Wheat Linguine (uncooked)  
2 tbsps Extra Virgin Olive Oil  
2 Garlic (cloves, minced)  
1/2 tsp Red Pepper Flakes  
2 tbsps Parsley (finely chopped)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	331
Fat	15g
Carbs	47g
Fiber	7g
Sugar	2g
Protein	8g

### Directions

- 1 Cook the linguine according to the package directions.
- 2 Heat the oil in a pan over medium heat. Add the garlic and red pepper flakes, cooking for one minute. Stir in the cooked linguine, parsley, salt and pepper.
- 3 Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately one cup.

**Additional Toppings:** Add lemon juice/zest, anchovies, sun dried tomatoes, olives, or parmesan cheese.

**Cooking Tip:** If the pasta is too dry, add more water as needed when cooking. If the pasta seems too watery, use a ladle to discard any extra water.



## Chicken & Veggie Quesadillas

2 servings

15 minutes

### Ingredients

- 2 Whole Wheat Tortilla (large)
- 3 ozs Cheddar Cheese (grated)
- 8 ozs Chicken Breast, Cooked (shredded)
- 1/4 cup Red Onion (thinly sliced)
- 1/3 cup Salsa
- 2 stalks Green Onion (chopped)
- 1/4 cup Cilantro (chopped)
- 1/2 Jalapeno Pepper (thinly sliced, optional)

### Nutrition

Amount per serving	
Calories	495
Fat	22g
Carbs	26g
Fiber	6g
Sugar	4g
Protein	49g

### Directions

- 1 Heat a large non-stick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
- 2 Add the shredded chicken breast to half the tortilla and top with red onion, salsa, green onion, cilantro, and jalapeno pepper.
- 3 Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

### Notes

**Leftovers:** This is best enjoyed right after cooking.

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

**Dairy-Free:** Use a dairy-free cheese.

**More Flavor:** Season the chicken with chili powder, smoked paprika, and/or salt.

**Additional Toppings:** Sour cream, greek yogurt, salsa, or guacamole.

**Serving Size:** One serving is equal to one quesadilla.



## Turkey Burger with Cheese

2 servings

20 minutes

### Ingredients

- 8 ozs Extra Lean Ground Turkey
- 2 tbsps Sun Dried Tomatoes (chopped)
- 1 tsp Oregano (dried)
- 1 tbsp Parsley (chopped)
- 1/2 Egg
- 1/8 tsp Sea Salt
- 1 1/2 tps Avocado Oil
- 2 ozs Cheddar Cheese (sliced)
- 1/3 cup Arugula
- 4 ozs Whole Wheat Bun

### Nutrition

Amount per serving	
Calories	481
Fat	26g
Carbs	29g
Fiber	4g
Sugar	5g
Protein	36g

### Directions

- 1 In a large bowl, add the turkey, sun dried tomatoes, oregano, parsley, egg, and salt and mix well to combine. Form into patties and set aside.
- 2 Heat a cast-iron skillet over medium heat and add the oil. Working in batches if needed, add the burgers and cook for five minutes per side or until cooked through.
- 3 During the last minute of cooking, add the cheese on top.
- 4 Divide the arugula on the bottom of the burger buns and top with the turkey burger. Add the other bun on top. Enjoy!

### Notes

**Leftovers:** Refrigerate the turkey patties in an airtight container for up to three days. Freeze leftover patties in between layers of parchment paper and in a zipper-lock bag for up to two months.

**Serving Size:** One serving equals approximately one patty and bun.

**Dairy-Free:** Omit the cheese or use vegan cheese instead.

**More Flavor:** Add your favorite burger toppings like ketchup, mustard, mayonnaise, relish, onions, mushrooms, and/or tomatoes. Grill on the barbecue instead of cooking on the stove.

**Whole Wheat Bun:** One bun is equal to approximately 57 grams or two ounces.



## Marinated Mixed Bean Salad

2 servings

15 minutes

### Ingredients

- 1 cup Green Beans (fresh or frozen)
- 2 cups Mixed Beans (cooked)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Italian Seasoning
- 1/2 Garlic (clove, minced)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	365
Fat	15g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g

### Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

### Notes

**No Mixed Beans:** Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

**Leftovers:** Keeps well covered in the fridge up to 4 to 5 days.



## One Pan Harissa Chicken, Sweet Potatoes & Broccolini

1 serving  
40 minutes

### Ingredients

- 1 Sweet Potato (medium, cubed)
- 1/2 bunch Broccolini
- 6 ozs Chicken Breast (skinless, boneless)
- 1 1/2 tsps Avocado Oil
- 1 tbsp Harissa
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	432
Fat	13g
Carbs	33g
Fiber	10g
Sugar	7g
Protein	49g

### Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato, broccolini, and chicken breast to the baking sheet. Drizzle the oil and harissa evenly over top of all ingredients. Season everything with salt and pepper and toss well to coat. Place the baking sheet in the oven and bake for 15 minutes.
- 3 Remove the sheet from the oven. Flip the chicken and potatoes. Remove the broccolini from the sheet and set it aside on a plate. Place the baking sheet back into the oven and bake for another 15 minutes or until the chicken is cooked through.
- 4 Remove the baking sheet from the oven and divide the chicken, sweet potato, and broccolini onto plates. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to 3 days.

**No Broccolini:** Use regular broccoli instead. Adjust bake time accordingly.



## Aloo Gobi

1 serving  
45 minutes

### Ingredients

1 1/3 tbsps Ghee  
 3/4 tsp Cumin  
 1/8 tsp Garam Masala  
 1/4 tsp Cinnamon  
 1/2 tsp Turmeric  
 1/4 Garlic (clove, minced)  
 3/4 tsp Ginger (minced)  
 1/4 Yellow Onion (chopped)  
 3/4 Russet Potato (peeled, cut into 1-inch pieces)  
 1/4 head Cauliflower (chopped into florets)  
 2 tbsps Water  
 1 1/2 tps Cilantro (chopped)  
 Sea Salt & Black Pepper

### Nutrition

Amount per serving	
Calories	334
Fat	17g
Carbs	41g
Fiber	8g
Sugar	7g
Protein	7g

### Directions

- 1 Add the ghee to a medium-sized pan over low heat. Once melted, add the cumin, garam masala, cinnamon and turmeric. Stir until fragrant.
- 2 Once mixed together, add the garlic and ginger. Cook for 3 minutes on low.
- 3 Turn the heat to medium and add the onions. Cook for another 5 minutes or until soft. Then add the potatoes, cauliflower and water. Cook covered for 20-25 minutes, or until the potatoes are tender.
- 4 Divide evenly between bowls. Top with cilantro, salt and pepper. Enjoy!

### Notes

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

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

**No Russet Potatoes:** Use yellow or sweet potatoes instead.



## Raspberry Zinger Smoothie

3 servings

10 minutes

### Ingredients

3 cups Frozen Cauliflower  
3 cups Frozen Raspberries  
3 Lemon (juiced)  
3/4 cup Vanilla Protein Powder  
3 tbsps Chia Seeds  
4 1/2 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



## 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.