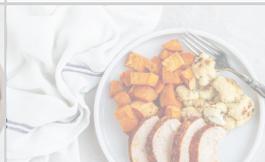




	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Mocha Overnight Protein Oats	 Mocha Overnight Protein Oats	 Egg Whites with Mushrooms & Chives on Toast	 Egg Whites with Mushrooms & Chives on Toast
Snack 1	 Peach	 Peach	 Peach				
	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs				
Lunch	 Pesto Chicken Stuffed Peppers	 Spicy Sweet Chicken & Veggies	 One Pan Cajun-Spiced Chicken with Sweet Potato	 Meal Prep Greek Chicken Bowls	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Cheesy Cauliflower & Broccoli Casserole	 Lemon Dill Chicken with Rice & Kale Salad
Snack 2	 Celery Sticks	 Celery Sticks	 Celery Sticks	 Veggie Patties	 Veggie Patties	 Veggie Patties	 Veggie Patties
	 Edamame	 Edamame	 Edamame				
Dinner	 Spicy Sweet Chicken & Veggies	 One Pan Cajun-Spiced Chicken with Sweet Potato	 Meal Prep Greek Chicken Bowls	 Grilled Honey Dijon Salmon with Zucchini & Quinoa	 Cheesy Cauliflower & Broccoli Casserole	 Lemon Dill Chicken with Rice & Kale Salad	 Grilled Vegetable & Lentil Salad
Snack 3	 Basil Radish Dip with Cucumber Slices	 Basil Radish Dip with Cucumber Slices	 Basil Radish Dip with Cucumber Slices		 Cantaloupe with Cottage Cheese	 Cantaloupe with Cottage Cheese	 Cantaloupe with Cottage Cheese

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  28%	Fat  26%	Fat  28%	Fat  29%	Fat  31%	Fat  32%
Carbs  36%	Carbs  38%	Carbs  41%	Carbs  44%	Carbs  45%	Carbs  42%	Carbs  42%
Protein  31%	Protein  34%	Protein  33%	Protein  28%	Protein  26%	Protein  27%	Protein  26%
Calories 1237	Calories 1229	Calories 1313	Calories 1243	Calories 1222	Calories 1205	Calories 1260
Fat 47g	Fat 40g	Fat 39g	Fat 39g	Fat 40g	Fat 42g	Fat 46g
Carbs 117g	Carbs 120g	Carbs 138g	Carbs 136g	Carbs 142g	Carbs 128g	Carbs 133g
Fiber 32g	Fiber 35g	Fiber 32g	Fiber 26g	Fiber 36g	Fiber 23g	Fiber 25g
Sugar 45g	Sugar 50g	Sugar 39g	Sugar 21g	Sugar 38g	Sugar 29g	Sugar 31g
Protein 100g	Protein 109g	Protein 111g	Protein 87g	Protein 83g	Protein 82g	Protein 82g

## Fruits

- 1 1/2 Banana
- 3/4 Cantaloupe
- 1/2 Lemon
- 3 3/4 tbsps Lemon Juice
- 1/4 tsp Lemon Zest
- 1 1/2 tsps Lime Juice
- 3 Peach

## Breakfast

- 1/2 cup Coffee

## Seeds, Nuts & Spices

- 3/4 tsp Cajun Seasoning
- 1/3 cup Cashews
- 1/3 cup Chia Seeds
- 2 tsps Dried Chives
- 1/4 tsp Dried Dill
- 3/4 tsp Garlic Powder
- 1 tbsp Greek Seasoning
- 1 1/3 tsps Onion Powder
- 1/8 tsp Paprika
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## Frozen

- 1 1/2 cups Frozen Cauliflower
- 1 1/2 cups Frozen Edamame

## Vegetables

- 3/4 cup Basil Leaves
- 2 cups Broccoli
- 1 cup Butternut Squash
- 2 1/3 Carrot
- 1 head Cauliflower
- 1 1/3 cups Cauliflower Rice
- 6 stalks Celery
- 1 cup Cherry Tomatoes
- 1 1/4 Cucumber
- 1 Garlic
- 1 stalk Green Onion
- 5 Heirloom Carrots
- 3 cups Kale Leaves
- 2 cups Mixed Greens
- 1/2 cup Oyster Mushrooms
- 1/4 cup Parsley
- 1/2 cup Portobello Mushroom
- 2 1/4 cups Radishes
- 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 2 Sweet Potato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion
- 3 1/3 Zucchini

## Boxed & Canned

- 1 cup Brown Rice
- 1/2 cup Lentils
- 2/3 cup Quinoa

## Baking

- 2 tbsps Cacao Nibs
- 1/2 cup Cocoa Powder
- 1/4 cup Coconut Flour
- 2 1/4 tsps Honey
- 1/4 cup Nutritional Yeast
- 1 cup Oats
- 1 tbsp Raw Honey

## Bread, Fish, Meat & Cheese

- 2 1/8 lbs Chicken Breast
- 1/3 cup Feta Cheese
- 8 ozs Salmon Fillet
- 3 2/3 ozs Sourdough Bread

## Condiments & Oils

- 2 tbsps Avocado Oil
- 2 tbsps Dijon Mustard
- 3 1/8 tbsps Extra Virgin Olive Oil
- 2 tbsps Pesto
- 1 1/4 tbsps Red Wine Vinegar
- 3/4 tsp Sriracha
- 3/4 tsp Tamari

## Cold

- 1 1/2 tbsps Butter
- 3/4 cup Cottage Cheese
- 5 2/3 Egg
- 1 cup Egg Whites
- 3/4 cup Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk

## Other

- 1 cup Chocolate Protein Powder
- 1 3/4 cups Water



## Hot Chocolate Smoothie

3 servings

5 minutes

### Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 Banana
- 3/4 cup Chocolate Protein Powder
- 1/3 cup Cocoa Powder
- 3 tbsps Chia Seeds
- 1/3 tsp Sea Salt (optional, for topping)

### Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g

### Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

### Notes

**Nut-Free:** Use coconut milk or another nut-free milk instead.

**More Flavor:** Add ground cinnamon.

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



## Mocha Overnight Protein Oats

2 servings

8 hours

### Ingredients

- 1 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 2 tbsps Cocoa Powder
- 1/4 cup Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1/2 cup Coffee (brewed and chilled)
- 2 tbsps Cacao Nibs

### Nutrition

Amount per serving	
Calories	325
Fat	12g
Carbs	40g
Fiber	13g
Sugar	0g
Protein	19g

### Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

### Notes

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



## Egg Whites with Mushrooms & Chives on Toast

2 servings

10 minutes

### Ingredients

- 2 tbsps Avocado Oil
- 1/2 cup Oyster Mushrooms (sliced)
- 1 cup Egg Whites
- 1/4 tsp Sea Salt
- 3 2/3 ozs Sourdough Bread (toasted)
- 2 tsps Dried Chives

### Nutrition

Amount per serving	
Calories	324
Fat	14g
Carbs	27g
Fiber	1g
Sugar	1g
Protein	19g

### Directions

- 1 Heat avocado oil in a large skillet over medium heat. Cook the mushrooms until browned, about 3 to 5 minutes. Set aside.
- 2 Add the egg whites to the skillet and season with salt. Gently stir until cooked through, about 2 to 3 minutes.
- 3 Transfer the cooked egg whites onto the toasted bread. Top with mushrooms and dried chives. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For best results, store the bread separately from the eggs and mushrooms to prevent them from getting soggy.

**Gluten-Free:** Instead of sourdough bread, use gluten-free bread, tortillas, pitas or use lettuce wraps.

**Oil-Free:** Use water or broth instead of oil and add more when food begins sticking to the pan.

**More Flavor:** Add fresh chives when cooking the mushrooms instead of dried chives.

**Make it Vegan:** Use crumbed firm tofu instead of egg whites.



## Peach

3 servings

5 minutes

### Ingredients

3 Peach

### Nutrition

Amount per serving	
Calories	59
Fat	0g
Carbs	14g
Fiber	2g
Sugar	13g
Protein	1g

### Directions

- 1 Wash and enjoy whole or sliced.



## Pressure Cooker Hard Boiled Eggs

3 servings  
30 minutes

### Ingredients

1/2 cup Water  
3 Egg

### Nutrition

Amount per serving	
Calories	72
Fat	5g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	6g

### Directions

- 1 Add the metal rack to your pressure cooker along with the water. Place the eggs on top of the rack and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, let the pressure release naturally for 5 minutes then release the rest of the pressure manually if needed.
- 3 Remove the lid carefully and then transfer the cooked eggs to an ice bath for about 10 minutes until they have cooled. Store in the refrigerator until ready to use.

### Notes

**Leftovers:** Refrigerate in an airtight container in the shell for up to seven days.

**Serving Size:** One serving is one egg.

**How to Make an Ice Bath:** Add ice and water to a large bowl just before needed. Use enough water so ice cubes float freely around the bowl.



## Pesto Chicken Stuffed Peppers

1 serving  
50 minutes

### Ingredients

- 2 ozs Chicken Breast
- 2 tbsps Quinoa (dry, uncooked)
- 1 Yellow Bell Pepper (large)
- 1 1/2 tsps Water
- 1/2 stalk Green Onion
- 2 tbsps Pesto
- 2 1/4 tsps Lemon Juice
- 1/16 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	332
Fat	15g
Carbs	30g
Fiber	4g
Sugar	3g
Protein	21g

### Directions

- 1 Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
- 2 While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
- 3 Preheat your oven to 375°F (191°C).
- 4 Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add water. Cover with foil and bake for 25 minutes.
- 5 While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
- 6 Remove the peppers from the oven. Carefully remove the foil and turn right-side up. Drain any excess water from the baking dish.
- 7 With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
- 8 Remove the stuffed peppers from the oven and enjoy!

### Notes

**Additional Toppings:** Parmesan cheese, nutritional yeast, fresh herbs, a pinch of red chili flakes or more pesto.

**Tipsy Bell Peppers:** If your bell peppers are tipsy and do not stand upright on their own,

---

try slicing the bottom of them to create a flat surface.

**More Carbs:** Serve over a bed of rice or quinoa.

**Make it Vegetarian:** Swap out the chicken for cooked lentils.



## Celery Sticks

3 servings

2 minutes

### Ingredients

6 stalks Celery

### Nutrition

Amount per serving	
Calories	11
Fat	0g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	1g

### Directions

- 1 Cut the celery into sticks. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

**Serve it With:** Hummus, guacamole, or your favorite dip.



## Edamame

3 servings

5 minutes

### Ingredients

1 1/2 cups Frozen Edamame (shelled, thawed)

### Nutrition

Amount per serving	
Calories	94
Fat	4g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	9g

### Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

### Notes

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



## Veggie Patties

4 servings

50 minutes

### Ingredients

- 1 1/3 cups Cauliflower Rice
- 1 1/3 Carrot (small, peeled, and grated)
- 1 1/3 Zucchini (small, seeds removed, and grated)
- 1 1/3 tsp Onion Powder
- 2/3 tsp Garlic Powder
- 2/3 tsp Sea Salt
- 1/4 cup Coconut Flour
- 2 2/3 Egg (whisked)

### Nutrition

Amount per serving	
Calories	108
Fat	4g
Carbs	11g
Fiber	5g
Sugar	4g
Protein	7g

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In batches, transfer the cauliflower rice, grated carrot, and zucchini to a clean kitchen towel or piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 3 Transfer the dry vegetables to a mixing bowl and add the onion powder, garlic powder, and salt then stir in the coconut flour and egg. Mix well until combined. (Mixture should be wet but not soggy. Add a little more coconut flour to the mixture if needed.)
- 4 Form the mixture into equal patties two to three inches in diameter (approximately two tablespoons each) and place them on the prepared baking sheet.
- 5 Bake for 20 minutes then carefully flip and continue to bake for eight to 10 minutes until browned on both sides. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to three to four patties.

**More Flavor:** Add green onion or other dried herbs and spices to taste.

**Additional Toppings:** Top with green onion, fresh herbs, or dipping sauce of choice.

**Eggs:** Medium-sized eggs work best for this recipe.

**Vegetables:** Carrot, zucchini, and cauliflower rice should equal approximately two cups after squeezing out the liquid.



## Spicy Sweet Chicken & Veggies

2 servings

25 minutes

### Ingredients

- 1 1/2 tbsps Butter (melted)
- 2 1/4 tsps Honey
- 3/4 tsp Sriracha
- 1 1/2 tsps Lime Juice
- 8 ozs Chicken Breast (boneless, skinless)
- 5 Heirloom Carrots (sliced into rounds)
- 1 1/2 cups Radishes (trimmed, halved or quartered)
- Sea Salt & Black Pepper (to taste)
- 1/2 stalk Green Onion (optional, garnish)

### Nutrition

Amount per serving	
Calories	315
Fat	12g
Carbs	25g
Fiber	6g
Sugar	15g
Protein	28g

### Directions

- 1 Preheat the oven to 425°F (215°C).
- 2 In a small bowl, stir together the butter, honey, sriracha, and lime juice.
- 3 Add the chicken to a large baking dish and scatter the carrots and radish around the chicken. Drizzle the butter mixture over everything and toss well to combine. Season with salt and pepper.
- 4 Place in the oven and bake for 22 to 25 minutes, or until the chicken is cooked through and the veggies are tender. Top with green onion, divide evenly between plates, and enjoy!

### Notes

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

**Dairy-Free:** Use extra virgin olive oil instead of butter.

**Additional Toppings:** Top with chili flakes for more heat.



## One Pan Cajun-Spiced Chicken with Sweet Potato

2 servings

30 minutes

### Ingredients

2 Sweet Potato (small, peeled and cut into cubes)  
 1/2 head Cauliflower (small, cut into florets)  
 2 tsps Extra Virgin Olive Oil (divided)  
 Sea Salt & Black Pepper (to taste)  
 8 ozs Chicken Breast  
 3/4 tsp Cajun Seasoning

### Nutrition

Amount per serving	
Calories	324
Fat	8g
Carbs	33g
Fiber	7g
Sugar	8g
Protein	30g

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potato and cauliflower on the baking sheet. Drizzle with 3/4 of the oil and season generously with salt and pepper. Toss to evenly coat the vegetables. Make space for the chicken in the center of the baking sheet. Cover the chicken with the remaining oil and season with cajun seasoning, salt, and pepper.
- 3 Bake for about 30 minutes, flipping the vegetables halfway, or until the chicken is cooked through and the vegetables are tender. Season with additional salt and pepper if necessary.
- 4 To serve, divide evenly between plates or meal prep containers and enjoy!

### Notes

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

**More Flavor:** Add more cajun spice to taste. For spicier chicken, add cayenne pepper, red pepper flakes, or chili powder. For sweeter chicken, add some coconut sugar or cane sugar to the cajun seasoning.

**No Chicken Breast:** Use chicken thighs instead.



## Meal Prep Greek Chicken Bowls

2 servings

50 minutes

### Ingredients

1 cup Water  
 1/2 cup Brown Rice (dry)  
 8 ozs Chicken Breast (skinless, boneless)  
 1 tbsp Greek Seasoning  
 1/2 Cucumber (medium, diced)  
 1/4 cup Red Onion (medium, diced)  
 1 cup Cherry Tomatoes  
 1 tbsp Extra Virgin Olive Oil  
 1 tbsp Red Wine Vinegar  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	399
Fat	11g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	30g

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- 3 Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 4 While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- 5 Divide the rice between containers along with the chicken and veggies. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for 3 days.

**More Flavour:** Add feta cheese or Tzatziki sauce if desired.

**Homemade Greek Seasoning:** Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.



## 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.



## Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

### Ingredients

- 1 cup Butternut Squash (peeled, seeded and cubed)
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1/4 cup Water
- 1/2 head Cauliflower (medium, chopped into florets)
- 2 cups Broccoli (chopped into florets)
- 1/4 cup Cashews
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt
- 1/8 tsp Paprika

### Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

### Notes

**Save Time:** Buy frozen, pre-sliced butternut squash cubes.

**More Carbs:** Serve with brown rice macaroni or quinoa.



## 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.



## Grilled Vegetable & Lentil Salad

1 serving  
20 minutes

### Ingredients

1/2 Red Bell Pepper (cored and sliced)  
1/4 cup Red Onion (coarsley chopped)  
1/2 Zucchini (sliced into rounds)  
1/2 cup Portobello Mushroom (sliced)  
3/4 tsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1 tbsp Cashews  
1/4 Lemon (juiced)  
3/4 tsp Tamari  
1/4 cup Parsley  
1 1/2 tsp Water  
3/4 tsp Red Wine Vinegar  
2 cups Mixed Greens  
1/2 cup Lentils (cooked, drained and rinsed)  
2 tbsps Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g

### Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

### Notes

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

**Vegan:** Omit the cheese and top with toasted cashews instead.

**Save Time:** Chop all vegetables in advance and store in the fridge until ready to grill.

**Leftovers:** Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.



## Basil Radish Dip with Cucumber Slices

3 servings

10 minutes

### Ingredients

3/4 cup Plain Greek Yogurt  
3 tbsps Feta Cheese  
3/4 cup Basil Leaves (chopped)  
3/4 cup Radishes (chopped)  
1/8 Lemon (juiced)  
3/4 Cucumber (sliced into rounds or sticks)

### Nutrition

Amount per serving	
Calories	89
Fat	3g
Carbs	8g
Fiber	1g
Sugar	3g
Protein	8g

### Directions

- 1 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 2 Scoop into a bowl and dip with cucumber slices. Enjoy!

### Notes

**No Cucumber:** Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

**Dairy-Free:** Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.



## Cantaloupe with Cottage Cheese

3 servings

5 minutes

### Ingredients

3/4 cup Cottage Cheese  
3/4 Cantaloupe (peeled, seeds removed, diced)

### Nutrition

Amount per serving	
Calories	98
Fat	3g
Carbs	13g
Fiber	1g
Sugar	12g
Protein	7g

### Directions

- 1 Add the cottage cheese and cantaloupe to the same dish. Enjoy!

### Notes

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

**Additional Toppings:** Hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.

**Dairy-Free:** Use coconut yogurt instead of cottage cheese.