



|           | Mon   | Tue   | Wed   | Thu   | Fri   | Sat   | Sun   |
|-----------|---|---|---|---|---|---|---|
| Breakfast | <br>High Protein Sunbutter Oatmeal with Strawberries | <br>High Protein Sunbutter Oatmeal with Strawberries | <br>High Protein Sunbutter Oatmeal with Strawberries | <br>Warm Peas with Eggs                   | <br>Warm Peas with Eggs                | <br>Cottage Cheese with Mango          | <br>Cottage Cheese with Mango          |
| Snack 1   | <br>Frozen Yogurt Bites with Berries                 | <br>Frozen Yogurt Bites with Berries                 | <br>Frozen Yogurt Bites with Berries                 | <br>Tofu Rancheros                        | <br>Tofu Rancheros                     | <br>Tofu Rancheros                     | <br>Tofu Rancheros                     |
|           | <br>Turkey & Cabbage Rolls                           | <br>Turkey & Cabbage Rolls                           | <br>Turkey & Cabbage Rolls                           |   |   |   |   |
| Lunch     | <br>Pesto Shrimp Pasta                               | <br>Classic Tacos                                    | <br>Slow Cooker Bolognese with Spaghetti Squash      | <br>Grilled Chicken Tacos with Mango Slaw | <br>Pesto Chicken Stuffed Peppers      | <br>Ground Beef, Broccoli & Rice       | <br>Ground Beef, Potatoes & Rapini     |
|           |   |   |   | <br>Chocolate & Strawberry Yogurt Bark    | <br>Chocolate & Strawberry Yogurt Bark | <br>Chocolate & Strawberry Yogurt Bark | <br>Chocolate & Strawberry Yogurt Bark |
| Dinner    | <br>Classic Tacos                                   | <br>Slow Cooker Bolognese with Spaghetti Squash     | <br>Grilled Chicken Tacos with Mango Slaw           | <br>Pesto Chicken Stuffed Peppers        | <br>Ground Beef, Broccoli & Rice      | <br>Ground Beef, Potatoes & Rapini    | <br>Chili Lime Shrimp Tacos           |
|           |   |   |   | <br>Peach with Cottage Cheese           | <br>Peach with Cottage Cheese        | <br>Peach with Cottage Cheese        | <br>Peach with Cottage Cheese        |
| Snack 3   | <br>Tzatziki with Cucumber Slices                  | <br>Tzatziki with Cucumber Slices                  | <br>Tzatziki with Cucumber Slices                  |   |   |   |   |

| Mon   | Tue   | Wed   | Thu  | Fri   | Sat   | Sun   |
|---|---|---|--|---|---|---|
| Fat  32%     | Fat  34%     | Fat  29%     | Fat  29%     | Fat  31%     | Fat  29%     | Fat  29%     |
| Carbs  39%   | Carbs  37%   | Carbs  41%   | Carbs  42%   | Carbs  41%   | Carbs  40%   | Carbs  39%   |
| Protein  29% | Protein  29% | Protein  30% | Protein  29% | Protein  28% | Protein  31% | Protein  32% |
| Calories 1374   | Calories 1327   | Calories 1349   | Calories 1364  | Calories 1349   | Calories 1325   | Calories 1259   |
| Fat 49g   | Fat 50g   | Fat 44g   | Fat 45g  | Fat 47g   | Fat 44g   | Fat 41g   |
| Carbs 135g  | Carbs 125g  | Carbs 140g  | Carbs 145g   | Carbs 143g  | Carbs 137g  | Carbs 128g  |
| Fiber 15g   | Fiber 20g   | Fiber 23g   | Fiber 28g  | Fiber 25g   | Fiber 19g   | Fiber 21g   |
| Sugar 18g   | Sugar 31g   | Sugar 45g   | Sugar 50g  | Sugar 38g   | Sugar 54g   | Sugar 55g   |
| Protein 100g  | Protein 98g   | Protein 104g  | Protein 102g   | Protein 98g   | Protein 107g  | Protein 105g  |

## Fruits

- 3/4 Lemon
- 1 1/2 tbsps Lemon Juice
- 1/4 Lime
- 1 1/2 Mango
- 4 Peach
- 1 cup Strawberries

## Breakfast

- 1 1/4 tsps Maple Syrup

## Seeds, Nuts & Spices

- 1 1/2 Bay Leaf
- 1/4 tsp Chili Powder
- 3/4 tsp Cumin
- 1/4 tsp Garlic Powder
- 1 1/2 tbsps Hemp Seeds
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 1 1/16 tbsps Sea Salt
- 1 tsp Turmeric

## Frozen

- 3 tbsps Frozen Blueberries
- 3 cups Frozen Peas
- 3 tbsps Frozen Strawberries

## Vegetables

- 1/4 cup Basil Leaves
- 2 cups Broccoli
- 1/2 cup Cilantro
- 2 1/4 Cucumber
- 4 1/2 Garlic
- 1 Green Bell Pepper
- 3 cups Green Cabbage
- 1/4 head Green Lettuce
- 1 stalk Green Onion
- 1 Jalapeno Pepper
- 2 cups Mini Potatoes
- 3 tbsps Mint Leaves
- 1 1/2 cups Purple Cabbage
- 1/2 bunch Rapini
- 8 leaves Romaine
- 1/2 Spaghetti Squash
- 3 Tomato
- 1/2 White Onion
- 2 Yellow Bell Pepper
- 1 1/2 Yellow Onion

## Boxed & Canned

- 2 ozs Brown Rice Fettuccine
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Diced Tomatoes
- 1/2 cup Jasmine Rice
- 1 1/2 cups Quick Oats
- 1/4 cup Quinoa

## Baking

- 1/3 oz Dark Chocolate
- 1 tbsp Nutritional Yeast
- 1/4 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

- 4 ozs Chicken Breast
- 10 ozs Chicken Thighs
- 10 Corn Tortilla
- 1 1/2 lbs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 8 ozs Shrimp
- 6 ozs Sliced Turkey Breast
- 12 ozs Tofu

## Condiments & Oils

- 1 1/2 tsps Avocado Oil
- 1 tsp Coconut Oil
- 2 1/4 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Mayonnaise
- 1/3 cup Pesto
- 3 tbsps Sunflower Seed Butter

## Cold

- 3 cups Cottage Cheese
- 4 Egg
- 1 1/2 cups Egg Whites
- 2 1/3 cups Plain Greek Yogurt
- 1/3 cup Unsweetened Coconut Yogurt

## Other

- 2 cups Water



## High Protein Sunbutter Oatmeal with Strawberries

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Quick Oats
- 1 1/2 cups Water
- 1 1/2 cups Egg Whites
- 3 tbsps Sunflower Seed Butter
- 1 1/2 tbsps Hemp Seeds
- 3/4 cup Strawberries (stems removed, chopped)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 355 |
| Fat                | 14g |
| Carbs              | 35g |
| Fiber              | 6g  |
| Sugar              | 5g  |
| Protein            | 23g |

### Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

### Notes

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

**More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt.

**Additional Toppings:** Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or chia seeds.

**Make it Vegan:** Omit the egg whites.

**No Sunflower Seed Butter:** Use almond butter, tahini, pumpkin seed butter or peanut butter instead.



## Warm Peas with Eggs

2 servings

15 minutes

### Ingredients

- 1/2 White Onion (diced)
- 3 tbsps Water
- 3 cups Frozen Peas
- 1/4 tsp Sea Salt
- 4 Egg

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 341 |
| Fat                | 10g |
| Carbs              | 38g |
| Fiber              | 11g |
| Sugar              | 12g |
| Protein            | 25g |

### Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

**More Flavor:** Use broth or oil instead of water.

**Additional Toppings:** Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.



## Cottage Cheese with Mango

2 servings

5 minutes

### Ingredients

- 2 cups Cottage Cheese
- 1 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.



## Frozen Yogurt Bites with Berries

3 servings

3 hours

### Ingredients

- 1/3 cup Unsweetened Coconut Yogurt
- 3 tbsps Frozen Blueberries (chopped)
- 3 tbsps Frozen Strawberries (chopped)

### Nutrition

| Amount per serving |    |
|--------------------|----|
| Calories           | 24 |
| Fat                | 1g |
| Carbs              | 4g |
| Fiber              | 1g |
| Sugar              | 2g |
| Protein            | 0g |

### Directions

- 1 Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.
- 2 Tap the tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

### Notes

**Leftovers:** Transfer to a freezer-safe bag and store in the freezer for up to two months.

**Serving Size:** One serving is approximately three cubes.

**No Coconut Yogurt:** Use Greek yogurt, whole milk yogurt or plain sheep's milk yogurt instead.

**Additional Toppings:** Add granola, coconut chips or any chopped fruit.



## Turkey & Cabbage Rolls

3 servings

10 minutes

### Ingredients

- 1 1/2 cups Purple Cabbage (leaves pulled apart)
- 6 ozs Sliced Turkey Breast
- 3/4 Cucumber (medium, sliced)
- 1 1/2 tsps Mayonnaise

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 101 |
| Fat                | 4g  |
| Carbs              | 7g  |
| Fiber              | 1g  |
| Sugar              | 3g  |
| Protein            | 10g |

### Directions

- 1 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two small rolls.

**Additional Toppings:** Add sprouts or arugula.



## Tofu Rancheros

4 servings

30 minutes

### Ingredients

- 1/4 cup Water (divided)
- 1 Yellow Onion (chopped)
- 1 Green Bell Pepper (chopped)
- 1 Jalapeno Pepper (seeds removed, finely chopped)
- 2 Tomato (medium, chopped)
- 1 tsp Sea Salt (divided)
- 12 ozs Tofu (extra firm, drained, crumbled)
- 1 tbsp Nutritional Yeast
- 1 tsp Turmeric
- 8 leaves Romaine
- 1/2 cup Cilantro (for garnish)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 118 |
| Fat                | 5g  |
| Carbs              | 10g |
| Fiber              | 5g  |
| Sugar              | 4g  |
| Protein            | 12g |

### Directions

- 1 To make the salsa fresca, heat half of the water in a large pan over medium heat. Add the onion, green pepper and jalapeno pepper. Sauté for 5 minutes or until the onion is translucent.
- 2 Add in the tomatoes and season with half the salt. Cook for 10 to 15 minutes, or until the mixture thickens. Transfer to a bowl.
- 3 Using the same pan, add the remaining water, crumbled tofu, nutritional yeast, turmeric and remaining salt. Cook until the tofu is warmed through.
- 4 Divide the tofu, salsa fresca and romaine lettuce leaves onto plates. Garnish with cilantro and enjoy!

### Notes

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

**Serving Size:** Each serving equals approximately 1/3 cup of tofu, 3/4 cup of salsa fresca and two romaine leaves.

**Additional Toppings:** Add avocado, guacamole, refried beans and/or rice.

**More Flavor:** Cook with oil instead of water.



## 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.



## Chocolate & Strawberry Yogurt Bark

4 servings

8 hours

### Ingredients

- 3/4 cup Plain Greek Yogurt
- 1 1/4 tps Maple Syrup
- 1/4 tsp Vanilla Extract
- 3 1/4 tbsps Strawberries (sliced)
- 1/3 oz Dark Chocolate (chopped)

### Nutrition

| Amount per serving |    |
|--------------------|----|
| Calories           | 57 |
| Fat                | 2g |
| Carbs              | 5g |
| Fiber              | 0g |
| Sugar              | 3g |
| Protein            | 5g |

### Directions

- 1 Line a baking sheet with parchment paper.
- 2 Stir the yogurt, maple syrup, and vanilla extract together in a bowl. Pour the mixture onto the baking sheet and evenly spread it out.
- 3 Top with the sliced strawberries and dark chocolate. Set in the freezer overnight. Break apart and enjoy!

### Notes

**Leftovers:** Freeze in an airtight container for up to one month. Best served immediately from the freezer.

**Serving Size:** One serving is equal to approximately 1/4 cup.

**Dairy-Free:** Use coconut yogurt instead of Greek yogurt.

**More Flavor:** Add peanut butter to the yogurt.



## Classic Tacos

2 servings

25 minutes

### Ingredients

- 4 Corn Tortilla
- 1 1/2 tsps Avocado Oil
- 8 ozs Extra Lean Ground Beef
- 1/2 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Cumin
- 1/4 head Green Lettuce (small, finely chopped)
- 1 Tomato (medium, diced)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 384 |
| Fat                | 16g |
| Carbs              | 31g |
| Fiber              | 3g  |
| Sugar              | 0g  |
| Protein            | 26g |

### Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

### Notes

**Serving Size:** One serving is equal to two tacos.

**Storage:** Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

**More Toppings:** Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

**No Ground Beef:** Use ground turkey, chicken, pork or lamb instead.

**Vegan & Vegetarian:** Use lentils instead of ground meat.



## Slow Cooker Bolognese with Spaghetti Squash

2 servings

8 hours

### Ingredients

- 3/4 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1/2 Yellow Onion (diced)
- 2 1/2 Garlic (cloves, minced)
- 1 1/2 cups Diced Tomatoes (drained)
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 Bay Leaf
- 1/2 tsp Oregano
- 1/2 Spaghetti Squash
- 1/4 cup Basil Leaves (chopped)
- 1/2 tsp Red Pepper Flakes

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 344 |
| Fat                | 12g |
| Carbs              | 35g |
| Fiber              | 8g  |
| Sugar              | 15g |
| Protein            | 27g |

### Directions

- 1 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 2 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 3 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 4 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 5 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

### Notes

**More Vegetables:** Add diced green pepper and mushrooms.

**Vegetarian:** Use lentils instead of ground turkey.

**More Carbs:** Use brown rice pasta instead of spaghetti squash.

**No Slow Cooker:** Make it on the stovetop and let simmer for at least an hour.



## Grilled Chicken Tacos with Mango Slaw

2 servings

25 minutes

### Ingredients

- 1 tsp Coconut Oil
- 10 ozs Chicken Thighs (boneless, skinless)
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt (divided)
- 2 cups Green Cabbage (finely sliced)
- 1/2 Mango (diced)
- 1 tbsp Cilantro (minced)
- 4 Corn Tortilla (medium)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 406 |
| Fat                | 10g |
| Carbs              | 46g |
| Fiber              | 6g  |
| Sugar              | 14g |
| Protein            | 32g |

### Directions

- 1 Heat the oil in a skillet over medium-high heat. Season both sides of the chicken with the cumin, paprika, and half of the salt.
- 2 Add the chicken to the skillet and cook for seven to eight minutes per side. When fully cooked, remove the chicken from the skillet and set aside to rest for five minutes before slicing.
- 3 Meanwhile, in a mixing bowl combine the sliced cabbage, mango, cilantro, and the remaining salt. Mix well.
- 4 Fill each tortilla with the sliced chicken and mango slaw. Enjoy!

### Notes

**Leftovers:** Store the taco components separately. The chicken will keep well in the refrigerator for three to four days. The mango slaw is best enjoyed within one to two days.

**Serving Size:** One serving size is equal to two tacos.

**No Chicken Thighs:** Substitute chicken breast or ground chicken.

**Save Time:** Use bagged coleslaw mix and frozen mango chunks.

**More Flavor:** Top with red onions and additional cilantro.

**Make It Spicy:** Add sliced jalapenos.



## Pesto Chicken Stuffed Peppers

2 servings

50 minutes

### Ingredients

- 4 ozs Chicken Breast
- 1/4 cup Quinoa (dry, uncooked)
- 2 Yellow Bell Pepper (large)
- 1 tbsp Water
- 1 stalk Green Onion
- 1/4 cup Pesto
- 1 1/2 tbsps 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,

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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.



## 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.



## Ground Beef, Potatoes & Rapini

2 servings

30 minutes

### Ingredients

- 2 cups Mini Potatoes (halved)
- 1/2 bunch Rapini (chopped, divided)
- 8 ozs Extra Lean Ground Beef
- 1/8 tsp Sea Salt

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 342 |
| Fat                | 12g |
| Carbs              | 30g |
| Fiber              | 6g  |
| Sugar              | 2g  |
| Protein            | 30g |

### Directions

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

### Notes

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

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

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

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



## Chili Lime Shrimp Tacos

1 serving  
25 minutes

### Ingredients

4 ozs Shrimp (large, peeled)  
1/4 Lime (zested and juiced, separated)  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 Garlic (cloves, minced)  
1/4 tsp Chili Powder  
1/8 tsp Sea Salt (divided)  
1 cup Green Cabbage (shredded)  
2 Corn Tortilla

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 325 |
| Fat                | 9g  |
| Carbs              | 35g |
| Fiber              | 5g  |
| Sugar              | 3g  |
| Protein            | 26g |

### Directions

- 1 In a large bowl combine the shrimp, lime zest, olive oil, garlic, chili powder and half of the salt. Let shrimp marinate for 10 to 15 minutes.
- 2 Meanwhile, in a second bowl combine the cabbage with the lime juice and remaining salt and toss well. Set aside.
- 3 Heat a large nonstick pan over medium-high heat. Cook the shrimp until no longer opaque, about 1 to 2 minutes per side.
- 4 Meanwhile, warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
- 5 To assemble the tacos, layer the cabbage and shrimp on top of a warm tortilla and season with additional lime juice if needed. Enjoy!

### Notes

**More Flavour:** Add your favourite taco toppings like avocado, salsa, cheese, jalapeno, sour cream and cilantro.

**Grain-Free:** Use lettuce wraps instead of corn tortillas.

**Serving Size:** One serving is equal to two tacos.

**Time Saver:** Tortillas can also be warmed in the microwave. Wrap the tortillas in a paper towel and heat for 30 to 60 seconds until soft and pliable.



## Tzatziki with Cucumber Slices

3 servings

15 minutes

### Ingredients

- 1 1/2 Cucumber (divided)
- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 Garlic (clove, minced)
- 3/4 Lemon (juiced)
- 3 tbsps Mint Leaves (fresh, finely chopped)
- 3/4 tsp Sea Salt

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 119 |
| Fat                | 3g  |
| Carbs              | 13g |
| Fiber              | 1g  |
| Sugar              | 6g  |
| Protein            | 12g |

### Directions

- 1 Slice off 1/4 of the cucumber and set the remainder aside.
- 2 Slice the 1/4 portion of cucumber in half. Scoop out the seeds and discard. Grate the remaining cucumber then squeeze out as much liquid as possible. Transfer to a mixing bowl.
- 3 Stir in yogurt, garlic, lemon juice, mint and sea salt until thoroughly combined. Transfer to a serving bowl.
- 4 Slice the remaining cucumber into slices and serve with tzatziki. Enjoy!

### Notes

**Dairy-Free:** Use a plain dairy-free yogurt instead of Greek yogurt.

**No Mint:** Use dill instead.

**Storage:** Best enjoyed immediately but will keep in an airtight container up to 2 days in the fridge. Stir well before serving.



## Peach with Cottage Cheese

4 servings

5 minutes

### Ingredients

- 1 cup Cottage Cheese
- 4 Peach (medium, sliced)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 110 |
| Fat                | 3g  |
| Carbs              | 16g |
| Fiber              | 2g  |
| Sugar              | 14g |
| Protein            | 7g  |

### Directions

- 1 Combine the cottage cheese and peach in a bowl or container if on-the-go. Enjoy!

### Notes

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

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

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