



1500 calories, no dairy

MON



BREAKFAST
Warm Peas with Eggs



SNACK 1
Tofu Rancheros



LUNCH
Pesto Tuna & Pea Quinoa Salad



SNACK 2
Rice Cake with Yogurt & Berries, Turkey & Cabbage Rolls



DINNER
Turkey & Quinoa Zucchini Boats



SNACK 3
Lemon & Chili Pepper Sardine Toast

TUE



BREAKFAST
Warm Peas with Eggs



SNACK 1
Tofu Rancheros



LUNCH
Turkey & Quinoa Zucchini Boats



SNACK 2
Rice Cake with Yogurt & Berries, Turkey & Cabbage Rolls



DINNER
Turkey Quinoa Swiss Chard Rolls



SNACK 3
Lemon & Chili Pepper Sardine Toast

WED



BREAKFAST
Warm Peas with Eggs



SNACK 1
Tofu Rancheros



LUNCH
Turkey Quinoa Swiss Chard Rolls



SNACK 2
Rice Cake with Yogurt & Berries, Turkey & Cabbage Rolls



DINNER
Spinach Tuna Crepes



SNACK 3
Lemon & Chili Pepper Sardine Toast

THU



BREAKFAST
Blueberry Protein Oats



SNACK 1
Lemon & Chili Pepper Sardine Toast



LUNCH
Spinach Tuna Crepes



SNACK 2
Kale & Zucchini Mini Egg White Bites, Bell Pepper & Taco Dip



DINNER
Slow Cooker Hawaiian Beef



SNACK 3
Vegan Ricotta & Balsamic Tomato Toast

FRI



BREAKFAST
Blueberry Protein Oats



SNACK 1
Lemon & Chili Pepper Sardine Toast



LUNCH
Slow Cooker Hawaiian Beef



SNACK 2
Kale & Zucchini Mini Egg White Bites, Bell Pepper & Taco Dip



DINNER
Honey Sesame Chicken with Peas & Quinoa



SNACK 3
Vegan Ricotta & Balsamic Tomato Toast

SAT



BREAKFAST
High Protein Peanut Butter Oatmeal



SNACK 1
Lemon & Chili Pepper Sardine Toast



LUNCH
Honey Sesame Chicken with Peas & Quinoa



SNACK 2
Kale & Zucchini Mini Egg White Bites, Bell Pepper & Taco Dip



DINNER
Lemon Dill Chicken with Rice & Kale Salad



SNACK 3
Vegan Ricotta & Balsamic Tomato Toast

SUN



BREAKFAST
High Protein Peanut Butter Oatmeal



SNACK 1
Lemon & Chili Pepper Sardine Toast



LUNCH
Lemon Dill Chicken with Rice & Kale Salad



SNACK 2
Kale & Zucchini Mini Egg White Bites, Bell Pepper & Taco Dip



DINNER
Chicken, Kale & Rutabaga



SNACK 3
Vegan Ricotta & Balsamic Tomato Toast

MON

FAT 31% CARBS 39% PROTEIN 30%

Calories 1505
Fat 53g
Carbs 154g
Fiber 35g
Sugar 40g
Protein 116g

TUE

FAT 32% CARBS 38% PROTEIN 30%

Calories 1488
Fat 55g
Carbs 147g
Fiber 34g
Sugar 43g
Protein 117g

WED

FAT 30% CARBS 40% PROTEIN 30%

Calories 1456
Fat 51g
Carbs 150g
Fiber 35g
Sugar 36g
Protein 113g

THU

FAT 29% CARBS 44% PROTEIN 27%

Calories 1643
Fat 55g
Carbs 185g
Fiber 31g
Sugar 56g
Protein 113g

FRI

FAT 27% CARBS 44% PROTEIN 29%

Calories 1727
Fat 52g
Carbs 194g
Fiber 30g
Sugar 66g
Protein 129g

SAT

FAT 28% CARBS 42% PROTEIN 30%

Calories 1595
Fat 50g
Carbs 168g
Fiber 26g
Sugar 35g
Protein 122g

SUN

FAT 29% CARBS 42% PROTEIN 29%

Calories 1529
Fat 51g
Carbs 164g
Fiber 31g
Sugar 42g
Protein 111g

FRUITS

- 1/2 Lemon
- 3 1/2 tbsps Lemon Juice
- 1/4 tsp Lemon Zest
- 3/4 cup Raspberries

BREAKFAST

- 2 tbsps All Natural Peanut Butter
- 3 Plain Rice Cake

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1 tsp Cardamom
- 1 tbsp Chia Seeds
- 1/4 tsp Dried Dill
- 1/3 tsp Garlic Powder
- 1 tbsp Italian Seasoning
- 1/4 tsp Onion Powder
- 1/2 tsp Oregano
- 1/8 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1 1/3 tbsps Taco Seasoning
- 3/4 tsp Turmeric

FROZEN

- 1 cup Frozen Blueberries
- 1/4 cup Frozen Corn
- 6 cups Frozen Peas

VEGETABLES

- 1 cup Baby Spinach
- 1/4 cup Basil Leaves
- 1 Carrot
- 1 3/4 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 3/4 Cucumber
- 1 1/2 tsps Fresh Dill
- 2 3/4 Garlic
- 3/4 Green Bell Pepper
- 3 1/2 stalks Green Onion
- 3/4 Jalapeno Pepper
- 5 cups Kale Leaves
- 2 tbsps Parsley
- 1 1/2 cups Purple Cabbage
- 6 Red Bell Pepper
- 7 Red Hot Chili Pepper
- 1/4 cup Red Onion
- 6 leaves Romaine
- 3 cups Rutabaga
- 2 cups Swiss Chard
- 1 1/2 Tomato
- 3/4 White Onion
- 1 1/4 Yellow Onion
- 2 1/2 Zucchini

BOXED & CANNED

- 1/2 cup Brown Rice
- 1 tbsp Chicken Broth
- 3/4 cup Crushed Pineapple
- 1 1/2 cups Crushed Tomatoes
- 1/2 cup Quick Oats
- 1 2/3 cups Quinoa
- 6 3/4 ozs Sardines
- 1 1/2 cans Tuna

BAKING

- 1 tbsp Almond Flour

BREAD, FISH, MEAT & CHEESE

- 8 ozs Beef Brisket
- 1 1/3 lbs Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 11 slices Gluten-Free Bread
- 6 ozs Sliced Turkey Breast
- 1 1/16 lbs Tofu

CONDIMENTS & OILS

- 1 2/3 tbsps Apple Cider Vinegar
- 1 1/3 tbsps Balsamic Vinegar
- 3/4 tsp Coconut Oil
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Mayonnaise
- 1 tsp Miso Paste
- 1 tbsp Pesto
- 1/2 tsp Sesame Oil
- 2 tbsps Sunflower Seed Butter
- 3 tbsps Tamari

COLD

- 7 Egg
- 2 cups Egg Whites
- 2 cups Oat Milk
- 1 cup Unsweetened Almond Milk
- 2 1/8 cups Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Vanilla Protein Powder
- 4 1/2 cups Water

- 1 2/3 tbsps Nutritional Yeast
- 1 cup Oats
- 1 2/3 tbsps Raw Honey
- 2/3 cup Whole Wheat Flour

Warm Peas with Eggs

3 SERVINGS 15 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	341	Fiber	11g
Fat	10g	Sugar	12g
Carbs	38g	Protein	25g

DIRECTIONS

- 01 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.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 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.
- 04 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.

Blueberry Protein Oats

2 SERVINGS 10 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
- 02 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
- 03 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.

High Protein Peanut Butter Oatmeal

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Oats (quick or rolled)
1 cup Water
1 cup Egg Whites
2 tbsps All Natural Peanut Butter
1 tbsp Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	343	Fiber	6g
Fat	13g	Sugar	3g
Carbs	34g	Protein	23g

DIRECTIONS

- 01 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.
- 02 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NUT-FREE

Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

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 hemp seeds.

MAKE IT VEGAN

Omit the egg whites.

Tofu Rancheros

3 SERVINGS 30 MINUTES



INGREDIENTS

3 tbsps Water (divided)
3/4 Yellow Onion (chopped)
3/4 Green Bell Pepper (chopped)
3/4 Jalapeno Pepper (seeds removed, finely chopped)
1 1/2 Tomato (medium, chopped)
3/4 tsp Sea Salt (divided)
9 ozs Tofu (extra firm, drained, crumbled)
2 1/4 tsps Nutritional Yeast
3/4 tsp Turmeric
6 leaves Romaine
1/3 cup Cilantro (for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	118	Fiber	5g
Fat	5g	Sugar	4g
Carbs	10g	Protein	12g

DIRECTIONS

- 01 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.
- 02 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.
- 03 Using the same pan, add the remaining water, crumbled tofu, nutritional yeast, turmeric and remaining salt. Cook until the tofu is warmed through.
- 04 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.

Lemon & Chili Pepper Sardine Toast

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 Garlic (clove)
3 slices Gluten-Free Bread (toasted)
3 ozs Sardines (packed in oil, drained, halved lengthwise)
1 1/2 stalks Green Onion (sliced)
3 Red Hot Chili Pepper (sliced)
1/8 Lemon (juiced, zested)

NUTRITION

AMOUNT PER SERVING

Calories	156	Fiber	2g
Fat	6g	Sugar	5g
Carbs	17g	Protein	10g

DIRECTIONS

01 Rub the open end of the garlic clove evenly over the toast. Top each slice with the sardines, green onion, red hot chili pepper, and lemon zest. Squeeze the lemon juice over top and enjoy!

NOTES

LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

MORE FLAVOR

Butter the toast or pan fry the bread in butter. Season with salt and pepper to taste.

NO SARDINES

Use tuna instead.

Pesto Tuna & Pea Quinoa Salad

1 SERVING 20 MINUTES



INGREDIENTS

1/4 cup Quinoa (uncooked)
1/2 cup Water
1/2 can Tuna (drained, broken into chunks)
1/2 cup Frozen Peas (thawed)
1 tbsp Pesto

NUTRITION

AMOUNT PER SERVING

Calories	356	Fiber	7g
Fat	10g	Sugar	5g
Carbs	40g	Protein	28g

DIRECTIONS

- 01 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork.
- 02 Add the tuna, peas and pesto. Stir gently until well combined. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

CANNED TUNA

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

MORE FLAVOR

Drizzle with a splash of olive oil and/or cook the quinoa using broth.

ADDITIONAL TOPPINGS

Cherry tomatoes, cucumber, chopped spinach, mushrooms or zucchini.

MAKE IT VEGAN

Use chickpeas or lentils instead of tuna.

NO QUINOA

Use pasta instead.

Rice Cake with Yogurt & Berries

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Plain Rice Cake
3 tbsps Unsweetened Coconut Yogurt
3/4 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	58	Fiber	3g
Fat	1g	Sugar	2g
Carbs	12g	Protein	1g

DIRECTIONS

01 Spread the coconut yogurt onto the rice cake and top with the raspberries.
Enjoy!

NOTES

LEFTOVERS

Store all ingredients separately until ready to serve.

MORE FLAVOR

Drizzle with honey or maple syrup or garnish with a pinch of cinnamon.

ADDITIONAL TOPPINGS

Sprinkle with hemp seeds, chia seeds or ground flax seeds.

NO RASPBERRIES

Use strawberries or blueberries instead.

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	Fiber	1g
Fat	4g	Sugar	3g
Carbs	7g	Protein	10g

DIRECTIONS

01 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.

Kale & Zucchini Mini Egg White Bites

4 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Egg Whites
1 cup Kale Leaves (finely chopped)
1/2 Zucchini (medium, finely diced)
1/4 tsp Garlic Powder
1/4 tsp Onion Powder
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	39	Fiber	1g
Fat	0g	Sugar	1g
Carbs	2g	Protein	7g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, combine the egg whites, kale, zucchini, garlic powder, onion powder, and salt.
- 03 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four mini egg muffins.

MORE FLAVOR

Add a splash of tamari or soy sauce.

ADDITIONAL TOPPING

Add goat cheese, feta cheese, or vegan cheese.

Bell Pepper & Taco Dip

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1 1/3 tbsps Taco Seasoning (to taste)
4 Red Bell Pepper (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	96	Fiber	4g
Fat	4g	Sugar	6g
Carbs	16g	Protein	2g

DIRECTIONS

01 In a small bowl mix the yogurt and taco seasoning together. Serve with the red bell pepper slices for dipping. Enjoy!

NOTES

LEFTOVERS

Refrigerate the dip in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add sea salt and black pepper to taste.

NO COCONUT YOGURT

Use Greek yogurt instead.

Turkey & Quinoa Zucchini Boats

2 SERVINGS 45 MINUTES



INGREDIENTS

1/4 cup Quinoa (uncooked)
1/2 cup Water
2 Zucchini
1 1/2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (diced)
8 ozs Extra Lean Ground Turkey
1/2 Red Bell Pepper (diced)
1/4 cup Frozen Corn
1/4 tsp Black Pepper
1 tsp Sea Salt (divided)
1 1/2 tsps Tamari
1 tbsp Almond Flour
3/4 tsp Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

Calories	375	Fiber	6g
Fat	17g	Sugar	9g
Carbs	30g	Protein	30g

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 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.
- 03 Trim the ends off zucchini. Cut zucchini in half lengthwise and scoop out pulp using a teaspoon. Finely chop the pulp.
- 04 In a large skillet, heat olive oil over medium heat. Add onion, ground turkey, zucchini pulp, red bell pepper, corn, black pepper and half of the sea salt. Stir until turkey is cooked through (8 to 10 minutes).
- 05 When turkey is cooked, drain the skillet of excess juice and stir in tamari and cooked quinoa. Remove from heat.
- 06 Make "breadcrumbs" by combining almond flour, nutritional yeast and remaining sea salt.
- 07 Spoon turkey quinoa filling into the zucchini shells and top with almond breadcrumbs. Bake in oven for 20 minutes or until zucchini is tender.
- 08 Remove from oven and let cool for 5 to 10 minutes before serving.

NOTES

VEGETARIAN

Skip the ground turkey and use chickpeas or lentils, about 2 cups.

LEFTOVERS

Refrigerate the zucchini boats or just the turkey quinoa filling up to 3 to 4 days.

Turkey Quinoa Swiss Chard Rolls

2 SERVINGS 1 HOUR



INGREDIENTS

1/3 cup Quinoa (uncooked)
1/2 cup Water
8 ozs Extra Lean Ground Turkey
1 tbsp Italian Seasoning
1/8 tsp Paprika
Sea Salt & Black Pepper (to taste)
1 1/2 cups Crushed Tomatoes
2 cups Swiss Chard (washed and stems cut off)

NUTRITION

AMOUNT PER SERVING

Calories	339	Fiber	6g
Fat	12g	Sugar	8g
Carbs	33g	Protein	29g

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 03 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 04 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 05 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 06 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

SLOW COOKER VERSION

Place rolls and sauce in slow cooker and cook on low for 4 hours.

NO QUINOA

Use brown rice.

Spinach Tuna Crepes

2 SERVINGS 35 MINUTES



INGREDIENTS

1 cup Baby Spinach
2 tbsps Parsley
1 cup Unsweetened Almond Milk
1 Egg
2/3 cup Whole Wheat Flour
Sea Salt & Black Pepper (to taste)
1 tbsps Extra Virgin Olive Oil
1 can Tuna (drained and flaked)
3/4 cup Cherry Tomatoes (halved)
1 1/2 tsps Fresh Dill (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	343	Fiber	7g
Fat	13g	Sugar	2g
Carbs	33g	Protein	26g

DIRECTIONS

- 01 Blend the spinach, parsley, almond milk, and eggs until smooth. Slowly add the flour until thoroughly combined. Season with salt and pepper to taste.
- 02 Brush a medium skillet with olive oil over medium heat. Once hot, pour 1/4 cup of the batter at a time and gently swirl to spread it into a thin layer. Cook for about one to two minutes. Flip and cook for another 30 seconds. Repeat with the remaining batter.
- 03 Divide crepes onto plates. Spoon tuna in the middle along with cherry tomatoes. Sprinkle dill on top. Roll the crepes and enjoy.

NOTES

LEFTOVERS

Refrigerate crepes in an airtight container for up to two days. Reheat them in a hot pan for about 30 seconds.

SERVING SIZE

One serving size is equal to three filled crepes.

MORE FLAVOR

Mix the tuna with mayonnaise, chili flakes, and/or lemon juice.

ADDITIONAL TOPPINGS

Add sliced cucumber and red onions.

CANNED TUNA

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

Slow Cooker Hawaiian Beef

2 SERVINGS 6 HOURS



INGREDIENTS

8 ozs Beef Brisket
1 1/2 Red Bell Pepper (sliced)
3/4 cup Crushed Pineapple (canned, packed in pineapple juice)
1/4 cup Red Onion (finely diced)
1 tbsp Apple Cider Vinegar
1 tbsp Tamari
1 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Water
1/2 cup Quinoa (dry)

NUTRITION

AMOUNT PER SERVING

Calories	427	Fiber	6g
Fat	11g	Sugar	16g
Carbs	50g	Protein	32g

DIRECTIONS

- 01 Place beef in the slow cooker surrounded by sliced red peppers.
- 02 Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
- 03 Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
- 04 Slow cook on high for 3-4 hours, or low for 6-8 hours.
- 05 Before serving, make the quinoa by bringing the water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
- 06 To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

NOTES

MAKE IT PALEO

Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

STORAGE

Store in an airtight container in the fridge up to 3 days.

SAVE TIME

Cook the quinoa in advance and reheat before serving.

Honey Sesame Chicken with Peas & Quinoa

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Chicken Broth
- 1 1/2 tbsps Tamari
- 1/2 tsp Sesame Oil
- 3/4 tsp Coconut Oil
- 1 tbsp Raw Honey
- 10 ozs Chicken Breast (diced into cubes)
- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1 cup Frozen Peas (thawed)
- 1 1/2 tbsps Sesame Seeds
- 1/2 tsp Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	427	Fiber	6g
Fat	10g	Sugar	12g
Carbs	42g	Protein	42g

DIRECTIONS

- 01 In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- 02 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 03 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
- 04 Warm the green peas.
- 05 Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

NOTES

NO CHICKEN BREAST

Use turkey breast instead.

VEGAN & VEGETARIAN

Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.

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	Fiber	4g
Fat	12g	Sugar	3g
Carbs	41g	Protein	30g

DIRECTIONS

- 01 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.
- 02 Cook the rice according to package directions.
- 03 Preheat the oven to 400°F (205°C).
- 04 Add the chicken to a baking dish and bake for 25 to 28 minutes or until the chicken is cooked through.
- 05 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.
- 06 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.

Chicken, Kale & Rutabaga

1 SERVING 40 MINUTES



INGREDIENTS

3 cups Rutabaga (peeled, cubed)
1/16 tsp Sea Salt (to taste)
4 ozs Chicken Breast (boneless, skinless)
1 cup Kale Leaves (tough stems removed, roughly torn into pieces)
1 1/2 tsps Lemon Juice
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Oregano

NUTRITION

AMOUNT PER SERVING

Calories	361	Fiber	11g
Fat	11g	Sugar	19g
Carbs	38g	Protein	31g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
- 03 While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
- 04 Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
- 05 Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

ADDITIONAL TOPPINGS

Kimchi, sauerkraut, pickled veggies, or olives.

NO RUTABAGA

Use sweet potato or cauliflower instead.

Vegan Ricotta & Balsamic Tomato Toast

4 SERVINGS 5 MINUTES



INGREDIENTS

7 1/16 ozs Tofu (regular firm, drained)
1 tsp Miso Paste
2 tsps Nutritional Yeast
2 tsps Apple Cider Vinegar
1/4 cup Basil Leaves (chopped)
Sea Salt & Black Pepper (to taste)
4 slices Gluten-Free Bread (toasted)
1 cup Cherry Tomatoes (halved)
1 1/3 tbsps Balsamic Vinegar

NUTRITION

AMOUNT PER SERVING

Calories	139	Fiber	3g
Fat	5g	Sugar	5g
Carbs	16g	Protein	8g

DIRECTIONS

- 01 In a mixing bowl, mash the tofu and miso paste together with a fork until crumbly and wet. Gently fold in the nutritional yeast, apple cider vinegar, and basil. Season with salt and black pepper to taste. Mix well.
- 02 Spread the vegan ricotta onto the toast and top with tomatoes and balsamic vinegar. Enjoy!

NOTES

LEFTOVERS

Refrigerate the vegan ricotta in a separate airtight container for up to five days. The assembled toast is best enjoyed immediately.

MORE FLAVOR

Add garlic powder, onion powder, black pepper, spices or herbs.

NO APPLE CIDER VINEGAR

Use lemon juice instead.