



1800 calorie, No Dairy

MON



BREAKFAST
Egg Whites, Tempeh, Lettuce & Tomato Sandwich



LUNCH
Baked Salmon with Broccoli & Quinoa



SNACK 2
Dark Chocolate Turtles, Pickled Green Tomatoes & Tuna Lettuce Wraps



DINNER
Maple Roasted Carrots & Chicken



SNACK 3
Tuna Nori Wraps

TUE



BREAKFAST
Tempeh, Lettuce & Tomato Sandwich, Egg Whites



SNACK 1
Chopped Bell Peppers



LUNCH
Maple Roasted Carrots & Chicken



SNACK 2
Dark Chocolate Turtles, Pickled Green Tomatoes & Tuna Lettuce Wraps



DINNER
One Pan Roasted Chicken, Broccoli & Sweet Potato



SNACK 3
Tuna Nori Wraps

WED



BREAKFAST
Tempeh, Lettuce & Tomato Sandwich, Egg Whites



SNACK 1
Sweet Potato & Turkey Breakfast Patties, Chopped Bell Peppers



LUNCH
One Pan Roasted Chicken, Broccoli & Sweet Potato



SNACK 2
Dark Chocolate Turtles, Pickled Green Tomatoes & Tuna Lettuce Wraps



DINNER
Pasta with Spinach & Turkey



SNACK 3
Tuna Nori Wraps

THU



BREAKFAST
Cinnamon Protein Oats, Chicken Breakfast Sausages



SNACK 1
Tofu & Veggie Hot Pot



LUNCH
Pasta with Spinach & Turkey



SNACK 2
2 Cantaloupe with Prosciutto



DINNER
Haddock, Broccoli & Quinoa



SNACK 3
2 Edamame

FRI



BREAKFAST
Cinnamon Protein Oats, Chicken Breakfast Sausages



SNACK 1
Tofu & Veggie Hot Pot



LUNCH
Haddock, Broccoli & Quinoa



SNACK 2
2 Cantaloupe with Prosciutto



DINNER
Pork Roast with Potatoes & Green Beans



SNACK 3
Edamame

SAT



BREAKFAST
2 Egg White Scramble Wrap



SNACK 1
Tofu & Veggie Hot Pot



LUNCH
Pork Roast with Potatoes & Green Beans



SNACK 2
Cantaloupe with Prosciutto



DINNER
Lemon Garlic Chicken & Orzo



SNACK 3
Edamame

SUN



BREAKFAST
2 Egg White Scramble Wrap



SNACK 1
Tofu & Veggie Hot Pot



LUNCH
Lemon Garlic Chicken & Orzo



SNACK 2
Cantaloupe with Prosciutto



DINNER
Sesame Trout, Bok Choy & Quinoa



SNACK 3
Edamame

MON

FAT 30% **CARBS 34%** **PROTEIN 36%**

Calories 1781 Fiber 33g
Fat 61g Sugar 46g
Carbs 152g Protein 161g

TUE

FAT 31% **CARBS 33%** **PROTEIN 36%**

Calories 1755 Fiber 33g
Fat 61g Sugar 52g
Carbs 146g Protein 162g

WED

FAT 36% **CARBS 30%** **PROTEIN 34%**

Calories 1876 Fiber 35g
Fat 77g Sugar 37g
Carbs 144g Protein 167g

THU

FAT 35% **CARBS 29%** **PROTEIN 36%**

Calories 1786 Fiber 33g
Fat 73g Sugar 26g
Carbs 135g Protein 165g

FRI

FAT 34% **CARBS 30%** **PROTEIN 36%**

Calories 1852 Fiber 27g
Fat 72g Sugar 26g
Carbs 143g Protein 168g

SAT

FAT 33% **CARBS 35%** **PROTEIN 32%**

Calories 1880 Fiber 29g
Fat 69g Sugar 30g
Carbs 168g Protein 155g

SUN

FAT 32% **CARBS 34%** **PROTEIN 34%**

Calories 1734 Fiber 27g
Fat 62g Sugar 25g
Carbs 151g Protein 148g

FRUITS

- 3/4 Avocado
- 3/4 Cantaloupe
- 1 1/8 Lemon
- 1 2/3 tbsps Lime Juice

BREAKFAST

- 1 1/2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Cayenne Pepper
- 3/4 tsp Chili Powder
- 1/4 tsp Cinnamon
- 1/3 tsp Cumin
- 2 1/8 tbsps Italian Seasoning
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 1 tbsp Pecans
- 2 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Sesame Seeds
- 1/3 tsp Smoked Paprika

FROZEN

- 2 cups Frozen Broccoli
- 2 1/2 cups Frozen Edamame

VEGETABLES

- 6 cups Baby Spinach
- 2 cups Bok Choy
- 5 cups Broccoli
- 9 1/2 Carrot
- 3 1/4 tbsps Cilantro
- 3/4 Cucumber
- 10 2/3 Garlic
- 1 tsp Ginger
- 2 cups Green Beans
- 3/4 head Green Lettuce
- 2 1/3 tps Mint Leaves
- 1 1/8 cups Mixed Greens
- 2 cups Mushrooms
- 2 cups Napa Cabbage
- 1/2 Orange Bell Pepper
- 2 tbsps Parsley
- 1 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 1/2 cup Shallot
- 1 Sweet Potato
- 1 1/2 Tomato
- 1/2 Yellow Bell Pepper
- 2 Yellow Potato

BOXED & CANNED

- 2 1/2 cups Chicken Broth, Low Sodium
- 4 ozs Chickpea Pasta
- 1 cup Orzo
- 1 cup Quinoa
- 14 ozs Shiratake Noodles
- 3 cans Tuna
- 6 cups Vegetable Broth

BAKING

- 1 oz Dark Chocolate
- 1 cup Oats
- 1/4 cup Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 1 1/8 lbs Chicken Breast
- 1 lb Chicken Thighs
- 8 ozs Extra Lean Ground Chicken
- 8 ozs Extra Lean Ground Turkey
- 2 Haddock Fillet
- 12 3/4 ozs Pork Shoulder, Boneless
- 4 1/2 ozs Prosciutto
- 1 Rainbow Trout Fillet
- 5 ozs Salmon Fillet
- 5 1/4 ozs Tempeh
- 16 ozs Tofu
- 6 slices Whole Grain Bread
- 4 Whole Wheat Tortilla

CONDIMENTS & OILS

- 2 tbsps Avocado Oil
- 2 1/4 tps Balsamic Vinegar
- 2 tbsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tps Hot Sauce
- 1 tbsp Rice Vinegar
- 2 tbsps Tahini
- 2 1/2 tbsps Tamari

COLD

- 3 1/2 cups Egg Whites
- 2 1/3 tbsps Orange Juice

OTHER

- 2 cups Calabash Squash
- 9 Nori Sheets
- 1/2 cup Pickled Green Tomato
- 1/2 cup Vanilla Protein Powder
- 3 3/4 cups Water

Egg Whites

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 tbsps Avocado Oil
1 1/2 cups Egg Whites
1/3 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	125	Fiber	0g
Fat	7g	Sugar	1g
Carbs	1g	Protein	13g

DIRECTIONS

- 01 Heat the oil in a pan over medium to high heat.
- 02 Add egg whites to the skillet and season with salt. Gently stir until cooked through, about 3 to 4 minutes. Adjust salt as needed.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add nutritional yeast, mayonnaise, garlic powder, onion powder, za'atar or other dried herbs and spices.

SERVE IT WITH

Toast, spiralized veggies, sweet potato toast, bacon, sausages or beans.

MAKE IT VEGAN

Use crumbled firm tofu instead of egg whites.

Tempeh, Lettuce & Tomato Sandwich

3 SERVINGS 40 MINUTES



INGREDIENTS

- 1 1/2 tbsps Tamari
- 2 1/4 tsps Balsamic Vinegar
- 3/4 tsp Chili Powder
- 1/3 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 5 1/4 ozs Tempeh (cut into thin slices)
- 1 tbsps Dijon Mustard
- 6 slices Whole Grain Bread (toasted)
- 1 1/8 cups Mixed Greens
- 1 1/2 Tomato (small, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	343	Fiber	7g
Fat	9g	Sugar	6g
Carbs	43g	Protein	23g

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, salt and pepper together. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 03 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 04 Spread the mustard on one slice of toast. Layer the mixed greens, tomato, and tempeh and season to taste with salt and pepper. Close the sandwich and enjoy!

NOTES

LEFTOVERS

This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

SERVING SIZE

One serving is one sandwich.

GLUTEN-FREE

Use gluten-free bread.

NO MUSTARD

Use mayonnaise instead.

Cinnamon Protein Oats

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Water
1 cup Oats
1/2 cup Vanilla Protein Powder
1/4 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	240	Fiber	5g
Fat	3g	Sugar	0g
Carbs	29g	Protein	24g

DIRECTIONS

- 01 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder and cinnamon.
- 02 Transfer the cooked oats to a bowl and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Fruit, nuts, or seeds.

Chicken Breakfast Sausages

2 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Chicken
2 tbsps Parsley (very finely chopped)
1 1/2 Garlic (cloves, minced)
1/8 tsp Sea Salt
1 1/2 tsps Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	197	Fiber	0g
Fat	13g	Sugar	0g
Carbs	1g	Protein	20g

DIRECTIONS

- 01 In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.
- 02 Heat the oil in a non-stick pan over medium heat.
- 03 Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is equal to two patties.

MORE FLAVOR

Add other fresh or dried herbs and spices to taste.

NO EXTRA VIRGIN OLIVE OIL

Use avocado or coconut oil instead.

NO CHICKEN

Use ground turkey or pork instead.

Egg White Scramble Wrap

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 Red Bell Pepper (medium, finely chopped)
- 1/2 cup Red Onion (finely chopped)
- 3/4 cup Water
- 4 cups Baby Spinach (chopped)
- 2 tsps Extra Virgin Olive Oil
- 2 cups Egg Whites
- Sea Salt & Black Pepper (to taste)
- 4 Whole Wheat Tortilla
- 2 tsps Hot Sauce (optional, or to taste)

NUTRITION

AMOUNT PER SERVING

Calories	233	Fiber	6g
Fat	7g	Sugar	4g
Carbs	24g	Protein	19g

DIRECTIONS

- 01 Add the pepper, onion, and water to a non-stick pan over medium heat. Cook for about five minutes or until the peppers and onion begin to soften. Add the spinach and cook until just wilted, about one to two minutes. Move the vegetables to one side of the pan.
- 02 Add the oil to the other side of the pan. Pour in the egg whites and scramble until the eggs have set, then incorporate the vegetables into the egg whites. Season with salt and pepper to taste.
- 03 Place the egg white scramble on the whole wheat tortilla and top with the hot sauce (if using). Enjoy!

NOTES

LEFTOVERS

Refrigerate eggs in an airtight container for up to three days. Assemble wrap just before serving.

NO EGG WHITES

Use whole eggs instead.

NO HOT SAUCE

Use salsa or sriracha instead.

NO SPINACH

Use kale instead.

NO BELL PEPPER

Use tomatoes or mushrooms instead.

Chopped Bell Peppers

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1/2 Yellow Bell Pepper
- 1/2 Orange Bell Pepper
- 1/2 Red Bell Pepper

NUTRITION

AMOUNT PER SERVING

Calories	20	Fiber	1g
Fat	0g	Sugar	1g
Carbs	5g	Protein	1g

DIRECTIONS

- 01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

Tofu & Veggie Hot Pot

4 SERVINGS 30 MINUTES



INGREDIENTS

6 cups Vegetable Broth
1 tbsp Tamari
1 tbsp Rice Vinegar
1/2 tsp Sea Salt
2 cups Mushrooms (halved)
2 cups Calabash Squash (chopped)
2 cups Napa Cabbage (thinly sliced)
16 ozs Tofu (extra firm, broiled, cubed)
14 ozs Shiratake Noodles (rinsed, drained)

NUTRITION

AMOUNT PER SERVING

Calories	143	Fiber	3g
Fat	6g	Sugar	5g
Carbs	12g	Protein	15g

DIRECTIONS

- 01 In an induction hot pot appliance, or a large pot over the stovetop, combine the broth, tamari, vinegar and salt. Bring to a boil and adjust seasoning as needed.
- 02 Add the mushrooms, calabash squash, cabbage and tofu. Cook until the veggies are soft, about 15 to 20 minutes. Just before serving, add the shiratake noodles.
- 03 If you are using an induction hot pot at the table, each person can serve themselves as the food cooks. If you are using the stovetop, divide the ingredients and broth into bowls and enjoy!

NOTES

LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Store the noodles separately from the broth and veggies for best results.

SERVING SIZE

One serving is equal to approximately three to four ounces of noodles with one cup of veggies and tofu.

MORE FLAVOR

Use bone broth instead of vegetable broth. Marinate your tofu before adding to the broth.

ADDITIONAL TOPPINGS

Top with sliced green onions, fried shallots, enoki mushrooms, and/or sliced carrots.

NO CALABASH SQUASH

Use zucchini or celery instead.

NO SHIRATAKE NOODLES

Use ramen or rice noodles instead.

Baked Salmon with Broccoli & Quinoa

1 SERVING 20 MINUTES



INGREDIENTS

5 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 cups Broccoli (sliced into small florets)
1 1/2 tsps Extra Virgin Olive Oil
1/4 cup Quinoa (uncooked)
1/3 cup Water
1/8 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	480	Fiber	8g
Fat	19g	Sugar	3g
Carbs	40g	Protein	39g

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

NOTES

LEFTOVERS

Store covered in the fridge up to 2 days.

SPEED IT UP

Cook the quinoa ahead of time.

VEGAN

Use tofu steaks instead of salmon fillets.

Dark Chocolate Turtles

3 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Pitted Dates (soaked for 10 minutes then drained)

1 tbsp Pecans (whole or halves)

1 oz Dark Chocolate

NUTRITION

AMOUNT PER SERVING

Calories	99	Fiber	2g
Fat	5g	Sugar	10g
Carbs	13g	Protein	1g

DIRECTIONS

- 01 Finely chop the dates or blend in a food processor until sticky.
- 02 With damp hands, roll the dates into small even balls. Press the balls onto a pan lined with parchment paper, and top with pecans, pressing down slightly so that they stick. Freeze for 10 minutes.
- 03 Meanwhile, microwave the chocolate at 50% power for 30 seconds at a time until melted.
- 04 Using a fork, suspend the frozen dates into the chocolate until fully covered. Remove and let the excess chocolate drip off. Return to the parchment-lined pan and repeat until each date ball is coated with the chocolate.
- 05 Return to freezer for 10 more minutes to set. Transfer to the fridge until ready to enjoy.

NOTES

NO PECANS

Use hazelnuts, almonds, cashews or pumpkin seeds instead.

NO DATES

Use a combination of prunes, dried apricots or raisins instead.

STORAGE

Refrigerate or freeze in an airtight container until ready to serve.

NO MICROWAVE

Melt the chocolate in a double boiler instead.

SERVING SIZE

One serving is equal to one dark chocolate turtle.

Pickled Green Tomatoes & Tuna Lettuce Wraps

3 SERVINGS 5 MINUTES



INGREDIENTS

3/4 head Green Lettuce (leaves separated)
1 1/2 cans Tuna (drained and flaked)
1/2 cup Pickled Green Tomato

NUTRITION

AMOUNT PER SERVING

Calories	81	Fiber	0g
Fat	1g	Sugar	2g
Carbs	2g	Protein	16g

DIRECTIONS

01 Layer the tuna and pickled green tomatoes on top of each lettuce leaf.
Repeat until all the ingredients are used. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately three stuffed lettuce wraps

CANNED TUNA

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

MORE FLAVOR

Season with sea salt and black pepper to taste.

NO PICKLED GREEN TOMATOES

Use sauerkraut instead.

Cantaloupe with Prosciutto

6 SERVINGS 10 MINUTES



INGREDIENTS

3/4 Cantaloupe (skin and seeds removed, sliced)

4 1/2 ozs Prosciutto (thinly sliced)

NUTRITION

AMOUNT PER SERVING

Calories	69	Fiber	1g
Fat	3g	Sugar	5g
Carbs	6g	Protein	6g

DIRECTIONS

01 Gently wrap the cantaloupe slices with prosciutto. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

Each serving equals approximately two slices of prosciutto-wrapped cantaloupe.

ADDITIONAL TOPPINGS

Add in bocconcini cheese and/or arugula.

EXTRA SWEETNESS

Drizzle with a bit of raw honey.

Maple Roasted Carrots & Chicken

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 6 Garlic (cloves, still attached to each other)
- 1 tsp Extra Virgin Olive Oil
- 8 Carrot (chopped roughly)
- 1/2 cup Shallot (peeled, cut in half)
- 1 tsp Ginger (thinly sliced)
- 1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	463	Fiber	8g
Fat	12g	Sugar	21g
Carbs	40g	Protein	48g

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 02 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 03 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chili flakes.

NO SHALLOTS

Use small pearl onions instead.

One Pan Roasted Chicken, Broccoli & Sweet Potato

2 SERVINGS 30 MINUTES



INGREDIENTS

10 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 Sweet Potato (medium, diced)
1 tbsp Extra Virgin Olive Oil (divided)
3 cups Broccoli (chopped into small florets)
2 tbsps Tahini
1 1/2 tbsps Maple Syrup
2 tbsps Water
1/8 tsp Cayenne Pepper

NUTRITION

AMOUNT PER SERVING

Calories	434	Fiber	7g
Fat	19g	Sugar	8g
Carbs	29g	Protein	39g

DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 02 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 03 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 04 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 05 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 06 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

NOTES

STORAGE

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

VEGAN & VEGETARIAN

Replace the chicken breast with black beans.

Pasta with Spinach & Turkey

2 SERVINGS 20 MINUTES



INGREDIENTS

- 4 ozs Chickpea Pasta
- 1 tbsp Extra Virgin Olive Oil (divided)
- 8 ozs Extra Lean Ground Turkey
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach (packed)

NUTRITION

AMOUNT PER SERVING

Calories	425	Fiber	9g
Fat	20g	Sugar	5g
Carbs	33g	Protein	36g

DIRECTIONS

- 01 Cook the pasta according to the directions on the box.
- 02 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning and salt. Add the spinach and stir until wilted.
- 03 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt or add more oil if needed.
- 04 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

SERVING SIZE

One serving is approximately 2 cups.

MORE FLAVOR

Add garlic, red pepper flakes or fresh herbs.

NO CHICKPEA PASTA

Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

NO TURKEY

Use ground chicken, pork, beef or cooked lentils instead.

Haddock, Broccoli & Quinoa

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
2 Haddock Fillet
2 cups Frozen Broccoli
2 tbsps Coconut Oil
1/2 tsp Onion Powder
1/2 tsp Paprika
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	455	Fiber	6g
Fat	17g	Sugar	2g
Carbs	34g	Protein	40g

DIRECTIONS

- 01 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 02 Cook the quinoa according to package directions.
- 03 Place the haddock fillets and broccoli onto the parchment paper. In a small bowl, whisk together the coconut oil, onion powder, paprika, and sea salt. Brush the mixture onto the haddock and broccoli.
- 04 Bake the haddock and broccoli for 20 minutes, or until the fish is cooked through. Serve with the quinoa and enjoy!

NOTES

LEFTOVERS

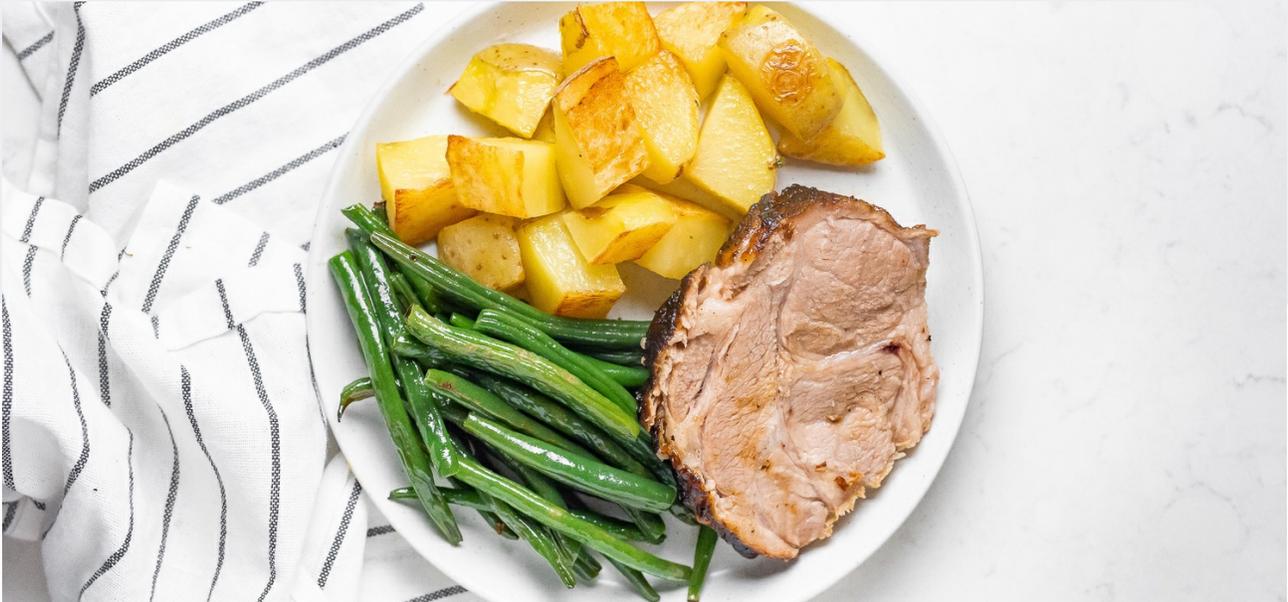
Refrigerate in an airtight container for up to three days.

FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces.

Pork Roast with Potatoes & Green Beans

2 SERVINGS 10 HOURS



INGREDIENTS

- 2 1/3 tbsps Extra Virgin Olive Oil (divided)
- 2 1/3 tbsps Orange Juice
- 1 2/3 tbsps Lime Juice
- 3 1/4 tbsps Cilantro
- 2 1/3 tsps Mint Leaves
- 1 1/4 Garlic (cloves)
- 1/3 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 Yellow Potato (medium, chopped)
- 2 cups Green Beans (trimmed)

NUTRITION

AMOUNT PER SERVING

Calories	585	Fiber	7g
Fat	23g	Sugar	7g
Carbs	48g	Protein	48g

DIRECTIONS

- 01 Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
- 02 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 03 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 04 Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
- 05 Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
- 06 Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately six ounces of roast pork, one medium potato, and one cup of green beans.

MORE FLAVOR

Add fresh oregano and orange zest to the marinade.

ADDITIONAL TOPPING

Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.

Lemon Garlic Chicken & Orzo

2 SERVINGS 25 MINUTES



INGREDIENTS

2 **tbps** Extra Virgin Olive Oil
8 **ozs** Chicken Breast (boneless, skinless, cubed)
2 **tbps** Italian Seasoning (divided)
1 Lemon (juiced, divided)
2 **1/2 cups** Chicken Broth, Low Sodium
2 Garlic (cloves, minced)
1 **cup** Orzo (dry)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	523	Fiber	2g
Fat	19g	Sugar	3g
Carbs	47g	Protein	39g

DIRECTIONS

- 01 Heat the oil in a large skillet over medium heat. Add the chicken and season with half of the Italian seasoning and half of the lemon juice. Cook for four to five minutes per side or until cooked through. Add some of the chicken broth as needed.
- 02 Add the garlic and cook for 30 seconds. Add the orzo, the remaining Italian seasoning, remaining lemon juice, and chicken broth and stir to combine.
- 03 Lower the heat and simmer for eight to ten minutes or until the orzo is al dente and most of the liquid has been absorbed. Continuously stir to prevent the orzo from sticking. If needed, add some water.
- 04 Divide evenly between bowls and season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups of chicken and orzo.

GLUTEN-FREE

Use gluten-free pasta or rice and adjust the cook time and liquid as needed.

ADDITIONAL TOPPINGS

Feta cheese, fresh basil, fresh parsley.

Sesame Trout, Bok Choy & Quinoa

1 SERVING 20 MINUTES



INGREDIENTS

1/4 cup Quinoa (dry, uncooked)
1/2 cup Water
1 Rainbow Trout Fillet
2 cups Bok Choy (baby, halved)
1 1/2 tsps Avocado Oil
1/8 tsp Sea Salt
3/4 tsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	439	Fiber	5g
Fat	16g	Sugar	2g
Carbs	31g	Protein	41g

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
- 03 Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
- 04 Divide the quinoa, trout and bok choy onto plates. Enjoy!

NOTES

TROUT FILLETS

Each fillet should be approximately 159 grams or 5.6 ounces in size.

NO TROUT

Use salmon instead.

SAVE TIME

Cook the quinoa ahead of time. Cooked quinoa can be refrigerated up to 7 days, or frozen in individual portions up to 8 months.

STORAGE

Refrigerate in an airtight container up to 2 to 3 days.

SERVING SIZE

One serving is equal to 1 trout fillet, 3/4 cup of quinoa and 1.5 cups of bok choy.

Tuna Nori Wraps

3 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 cans Tuna (drained and flaked)
- 1 1/2 Carrot (smaller, julienned)
- 3/4 Cucumber (julienned)
- 3/4 Avocado (peeled and sliced)
- 9 Nori Sheets (snack size)

NUTRITION

AMOUNT PER SERVING

Calories	190	Fiber	8g
Fat	8g	Sugar	3g
Carbs	13g	Protein	21g

DIRECTIONS

- 01 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 02 Roll or wrap the tuna-stuffed nori and enjoy immediately.

NOTES

LEFTOVERS

Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

SERVING SIZE

Each serving size will yield approximately 3 small rolls.

CANNED TUNA

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

Edamame

5 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 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.