



**1800 calories, glutenfree**

## MON



**BREAKFAST**  
Apple Turmeric Smoothie



**SNACK 1**  
3 Chocolate & Strawberry Yogurt Bark



**LUNCH**  
Ahi Tuna Poke Bowl



**SNACK 2**  
Frozen Yogurt Covered Blueberries,  
Basil Radish Dip with Cucumber Slices



**DINNER**  
Pressure Cooker Thai Red Curry Beef



**SNACK 3**  
Prosciutto Wrapped Apricots

## TUE



**BREAKFAST**  
Apple Turmeric Smoothie



**SNACK 1**  
3 Chocolate & Strawberry Yogurt Bark



**LUNCH**  
Pressure Cooker Thai Red Curry Beef



**SNACK 2**  
Frozen Yogurt Covered Blueberries,  
Basil Radish Dip with Cucumber Slices



**DINNER**  
Malai Shrimp Curry



**SNACK 3**  
Prosciutto Wrapped Apricots

## WED



**BREAKFAST**  
Apple Turmeric Smoothie



**SNACK 1**  
3 Chocolate & Strawberry Yogurt Bark



**LUNCH**  
Malai Shrimp Curry



**SNACK 2**  
Frozen Yogurt Covered Blueberries,  
Basil Radish Dip with Cucumber Slices



**DINNER**  
Deconstructed Stuffed Peppers



**SNACK 3**  
Prosciutto Wrapped Apricots

## THU



**BREAKFAST**  
Blueberry Protein Oats



**SNACK 1**  
Pineapple Yogurt Bowl, Deli Beef Wraps



**LUNCH**  
Deconstructed Stuffed Peppers



**SNACK 2**  
2 Cantaloupe with Prosciutto



**DINNER**  
One Pan Teriyaki Chicken



**SNACK 3**  
Lemon & Chili Pepper Sardine Toast

## FRI



**BREAKFAST**  
Blueberry Protein Oats



**SNACK 1**  
Pineapple Yogurt Bowl, Deli Beef Wraps



**LUNCH**  
One Pan Teriyaki Chicken



**SNACK 2**  
2 Cantaloupe with Prosciutto



**DINNER**  
Healthy Fish n' Chips



**SNACK 3**  
Lemon & Chili Pepper Sardine Toast

## SAT



**BREAKFAST**  
Cucumber, Mango & Banana Smoothie



**SNACK 1**  
Pineapple Yogurt Bowl, Deli Beef Wraps



**LUNCH**  
Healthy Fish n' Chips



**SNACK 2**  
2 Cantaloupe with Prosciutto



**DINNER**  
Southwest Chicken Meal Prep Bowls



**SNACK 3**  
Lemon & Chili Pepper Sardine Toast

## SUN



**BREAKFAST**  
Cucumber, Mango & Banana Smoothie



**SNACK 1**  
Pineapple Yogurt Bowl, Deli Beef Wraps



**LUNCH**  
Southwest Chicken Meal Prep Bowls



**SNACK 2**  
2 Cantaloupe with Prosciutto



**DINNER**  
Baked Salmon with Broccoli & Quinoa



**SNACK 3**  
Lemon & Chili Pepper Sardine Toast

## MON

**FAT 29%**   **CARBS 43%**   **PROTEIN 28%**

Calories 1870      Fiber 35g  
Fat 62g              Sugar 84g  
Carbs 212g          Protein 135g

## TUE

**FAT 30%**   **CARBS 43%**   **PROTEIN 27%**

Calories 1899      Fiber 30g  
Fat 65g              Sugar 82g  
Carbs 213g          Protein 134g

## WED

**FAT 29%**   **CARBS 44%**   **PROTEIN 27%**

Calories 1854      Fiber 28g  
Fat 62g              Sugar 79g  
Carbs 208g          Protein 128g

## THU

**FAT 33%**   **CARBS 40%**   **PROTEIN 27%**

Calories 1832      Fiber 30g  
Fat 70g              Sugar 86g  
Carbs 187g          Protein 127g

## FRI

**FAT 34%**   **CARBS 38%**   **PROTEIN 28%**

Calories 1835      Fiber 29g  
Fat 71g              Sugar 88g  
Carbs 181g          Protein 131g

## SAT

**FAT 33%**   **CARBS 40%**   **PROTEIN 27%**

Calories 1779      Fiber 29g  
Fat 67g              Sugar 69g  
Carbs 182g          Protein 126g

## SUN

**FAT 33%**   **CARBS 39%**   **PROTEIN 28%**

Calories 1848      Fiber 32g  
Fat 70g              Sugar 60g  
Carbs 188g          Protein 133g

## FRUITS

- 3 Apple
- 1/2 Avocado
- 1 1/2 cups Blueberries
- 1 Cantaloupe
- 1/2 Lemon
- 1/2 Lime
- 1 tbsp Lime Juice
- 1/2 Navel Orange
- 2 cups Pineapple
- 1/2 cup Strawberries

## BREAKFAST

- 1/4 cup Almond Butter
- 2 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1 tsp Cardamom
- 3 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1/3 tsp Coriander
- 1/4 tsp Cumin
- 3/4 tsp Garam Masala
- 1 tsp Italian Seasoning
- 2/3 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/4 tbsps Sesame Seeds
- 1 1/2 tsps Taco Seasoning
- 3 tbsps Turmeric

## FROZEN

- 1 cup Frozen Banana
- 1 cup Frozen Blueberries
- 1 cup Frozen Mango

## VEGETABLES

- 4 cups Baby Spinach
- 3/4 cup Basil Leaves
- 4 cups Broccoli
- 2 1/2 Carrot
- 1 head Cauliflower
- 1 1/2 cups Cauliflower Rice
- 1 stalk Celery
- 1/4 cup Cilantro
- 2 1/2 Cucumber
- 5 3/4 Garlic
- 1 1/3 tbsps Ginger
- 1/2 Green Bell Pepper
- 1 1/2 cups Green Cabbage
- 1/3 Green Chili Pepper
- 5 stalks Green Onion
- 3/4 cup Radishes
- 1 Red Bell Pepper
- 4 Red Hot Chili Pepper
- 2 cups Snap Peas
- 2 Sweet Potato
- 1 3/4 Tomato
- 1 Yellow Onion

## BOXED & CANNED

- 1 1/16 cups Brown Rice
- 1 1/16 cups Canned Coconut Milk
- 1 1/8 cups Crushed Tomatoes
- 1/3 cup Diced Tomatoes
- 3/4 cup Jasmine Rice
- 1/2 cup Quick Oats
- 1/4 cup Quinoa
- 4 ozs Sardines
- 1 tbsp Tomato Paste

## BAKING

- 1 1/2 tsps Coconut Sugar
- 2/3 oz Dark Chocolate

## BREAD, FISH, MEAT & CHEESE

- 4 ozs Ahi Tuna
- 1 1/8 lbs Chicken Breast
- 6 ozs Deli Roast Beef
- 8 ozs Extra Lean Ground Beef
- 3 tbsps Feta Cheese
- 4 slices Gluten-Free Bread
- 11 3/4 ozs Prosciutto
- 15 ozs Salmon Fillet
- 9 2/3 ozs Shrimp
- 8 ozs Stewing Beef

## CONDIMENTS & OILS

- 1 1/16 tbsps Avocado Oil
- 3 tbsps Coconut Aminos
- 1 tsp Coconut Oil
- 1 3/4 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 3 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 2 tbsps Sunflower Seed Butter
- 1 tbsp Tamari
- 1 tbsp Thai Red Curry Paste

## COLD

- 5 3/4 cups Oat Milk
- 2 3/4 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk
- 2 1/2 cups Unsweetened Coconut Yogurt

## OTHER

- 3/4 cup Dried Apricots
- 1 3/4 cups Vanilla Protein Powder
- 1/2 cup Water

- 2 2/3 tbsps Raw Honey
- 2 tbsps Unsweetened Shredded Coconut
- 1/2 tsp Vanilla Extract

# Apple Turmeric Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

- 3 3/4 cups Oat Milk
- 3 Apple (small, cored, chopped)
- 1 1/2 cups Cauliflower Rice (or chopped florets)
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Turmeric
- 3 tbsps Chia Seeds (plus more for garnish if desired)

## NUTRITION

### AMOUNT PER SERVING

Calories	428	Fiber	14g
Fat	11g	Sugar	29g
Carbs	60g	Protein	27g

## DIRECTIONS

- 01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for two days.

### MORE FLAVOR

Add ground ginger, cinnamon, or nutmeg.

### NO CAULIFLOWER RICE

Use pumpkin puree or steamed sweet potato instead.

### NO OAT MILK

Use almond, soy, pea, rice, coconut, or dairy milk instead.

# 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.

# Cucumber, Mango & Banana Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Unsweetened Almond Milk  
1 cup Frozen Banana  
1 cup Frozen Mango  
1/2 Cucumber (medium, chopped)  
2 cups Baby Spinach  
1/4 cup Almond Butter  
1 tsp Cinnamon  
1/2 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	477	Fiber	11g
Fat	21g	Sugar	28g
Carbs	51g	Protein	30g

## DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### NO ALMOND MILK

Use another plant-based milk such as cashew or oat.

### NO ALMOND BUTTER

Use cashew butter or sunflower seed butter.

### ADDITIONAL TOPPING

Add chia seeds or hemp seeds.

### PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

# Chocolate & Strawberry Yogurt Bark

9 SERVINGS 8 HOURS



## INGREDIENTS

- 1 3/4 cups Plain Greek Yogurt
- 2 2/3 tsps Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/2 cup Strawberries (sliced)
- 2/3 oz Dark Chocolate (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	57	Fiber	0g
Fat	2g	Sugar	3g
Carbs	5g	Protein	5g

## DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Stir the yogurt, maple syrup, and vanilla extract together in a bowl. Pour the mixture onto the baking sheet and evenly spread it out.
- 03 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.

# Pineapple Yogurt Bowl

4 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Unsweetened Coconut Yogurt  
2 cups Pineapple (chopped)  
2 tbsps Unsweetened Shredded Coconut (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	113	Fiber	3g
Fat	5g	Sugar	9g
Carbs	17g	Protein	1g

## DIRECTIONS

01 Divide the coconut yogurt between bowls and top with the pineapple and shredded coconut (if using). Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### ADDITIONAL TOPPINGS

Top with chopped nuts, seeds, and/or granola.

### MORE FRUIT

Add berries, mango, banana, or kiwi.

### NO COCONUT YOGURT

Use plain or Greek yogurt instead.

# Deli Beef Wraps

4 SERVINGS 10 MINUTES



## INGREDIENTS

1 Cucumber (medium, julienned)  
1 stalk Celery (julienned)  
6 ozs Deli Roast Beef

## NUTRITION

### AMOUNT PER SERVING

Calories	69	Fiber	1g
Fat	2g	Sugar	1g
Carbs	3g	Protein	10g

## DIRECTIONS

01 Divide the cucumber and celery into the middle of each deli roast beef slice.  
Roll tightly and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately two deli beef wraps.

### ADDITIONAL TOPPINGS

Add pickle, tomato, arugula, and/or micro greens.

# Ahi Tuna Poke Bowl

1 SERVING 10 MINUTES



## INGREDIENTS

1/4 cup Jasmine Rice (dry, rinsed)  
1 tbsp Rice Vinegar  
1 tbsp Coconut Aminos  
4 ozs Ahi Tuna (sushi-grade, sliced)  
1/4 Cucumber (sliced)  
1/2 Avocado (sliced)  
3/4 tsp Sesame Seeds (toasted, white and/or black)

## NUTRITION

### AMOUNT PER SERVING

Calories	480	Fiber	8g
Fat	16g	Sugar	5g
Carbs	53g	Protein	34g

## DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package. Stir in the rice vinegar and coconut aminos until well coated.
- 02 Divide the rice into bowls and top with the ahi tuna, cucumber, avocado and sesame seeds. Enjoy immediately!

## NOTES

### LEFTOVERS

Tightly wrap the tuna in plastic wrap or foil, and store the remaining ingredients in an airtight container for up to two days.

### NO AHI TUNA

Use sushi-grade salmon, crab meat or chopped grilled tofu.

### NO RICE

Use cauliflower rice, brown rice, quinoa or soba noodles instead.

### MORE FLAVOR

Serve with pickled ginger and/or wasabi.

### ADDITIONAL TOPPINGS

Top with seaweed, mango, green onion, chiles, sriracha mayo, edamame, pea shoots, carrots, radishes, red cabbage and/or chopped shallots.

# Frozen Yogurt Covered Blueberries

3 SERVINGS 40 MINUTES



## INGREDIENTS

1 1/2 cups Blueberries (fresh or frozen, not wild)  
3 tbsps Plain Greek Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	53	Fiber	2g
Fat	1g	Sugar	8g
Carbs	11g	Protein	2g

## DIRECTIONS

- 01 In a bowl, combine blueberries and yogurt until well coated.
- 02 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.
- 03 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

## NOTES

### KID-FRIENDLY

Serve just a few at a time as these will melt quickly after handling.

### DAIRY-FREE & VEGAN

Use a dairy-free yogurt such as coconut or almond.

# 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	Fiber	1g
Fat	3g	Sugar	3g
Carbs	8g	Protein	8g

## DIRECTIONS

- 01 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 02 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 Prosciutto

8 SERVINGS 10 MINUTES



## INGREDIENTS

1 Cantaloupe (skin and seeds removed, sliced)

6 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.

# Pressure Cooker Thai Red Curry Beef

2 SERVINGS 1 HOUR



## INGREDIENTS

1 tsp Coconut Oil (divided)  
8 ozs Stewing Beef (diced into cubes)  
Sea Salt & Black Pepper (to taste)  
1/2 Yellow Onion (small, thinly sliced)  
1/2 tsp Ginger (minced)  
1 tbsp Thai Red Curry Paste  
1 tbsp Tomato Paste  
1 1/2 tps Fish Sauce  
1 1/2 tps Coconut Sugar  
1/2 Carrot (large, chopped)  
1 head Cauliflower (sliced into florets)  
1/3 cup Canned Coconut Milk  
1/2 Lime (juiced)  
1/4 cup Brown Rice (optional, dry/uncooked)  
1 stalk Green Onion (optional, chopped)  
2 tbsps Cilantro (optional, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	453	Fiber	8g
Fat	18g	Sugar	13g
Carbs	45g	Protein	34g

## DIRECTIONS

- 01 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 02 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 03 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 04 If making the brown rice, cook according to package directions.
- 05 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

## NOTES

### NO PRESSURE COOKER

Make it in the slow cooker on low for about 5 hours.

### NO FISH SAUCE

Use soy sauce or tamari instead.

### NO COCONUT SUGAR

Use cane sugar instead.

### VEGETABLE MODIFICATIONS

Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

### CRUNCHY VEGGIES

Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

# Malai Shrimp Curry

2 SERVINGS 25 MINUTES



## INGREDIENTS

2/3 cup Jasmine Rice (dry, uncooked)  
3/4 Tomato (roughly chopped)  
1/3 Green Chili Pepper (roughly chopped)  
1/3 Yellow Onion (small, roughly chopped)  
1 1/4 tsps Avocado Oil  
1/3 tsp Ginger (minced)  
3/4 Garlic (cloves, minced)  
3/4 tsp Garam Masala  
1/3 tsp Coriander (ground)  
1/4 tsp Cumin  
2/3 cup Canned Coconut Milk  
1/3 tsp Sea Salt  
9 2/3 ozs Shrimp (raw, deveined, peeled, and tails removed)  
1 2/3 tbsps Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	509	Fiber	3g
Fat	19g	Sugar	3g
Carbs	54g	Protein	33g

## DIRECTIONS

- 01 Cook the rice according to package instructions and set aside.
- 02 In a food processor, add the tomatoes, chili pepper, and onion and process until finely ground into a paste.
- 03 Heat a large skillet over medium heat and add the oil. Once hot, pour in the tomato paste mixture and cook for about one to two minutes, stirring often.
- 04 Add the ginger, garlic, garam masala, coriander, and cumin and cook for another one to two minutes, until fragrant.
- 05 Pour in the coconut milk and add the salt and bring to a low boil. Reduce the heat to medium-low and simmer for three to five minutes. Add the shrimp and cook, stirring often until cooked through, about three to four minutes.
- 06 Divide the rice into bowls and add the shrimp mixture on top. Garnish with cilantro. Serve and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the fridge for up to two days.

### SERVING SIZE

One serving is about 1 1/2 cups shrimp and rice mixture.

### LESS SPICE

Omit the chili pepper.

# Deconstructed Stuffed Peppers

2 SERVINGS 50 MINUTES



## INGREDIENTS

- 1/3 cup Brown Rice
- 8 ozs Extra Lean Ground Beef
- 1 tsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (chopped)
- 1 tsp Italian Seasoning
- 2/3 tsp Paprika
- 1/3 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1 1/8 cups Crushed Tomatoes (from the can)
- 1/3 cup Diced Tomatoes (from the can)
- 2 2/3 tbsps Water
- 2 stalks Green Onion (chopped, divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	408	Fiber	6g
Fat	15g	Sugar	10g
Carbs	40g	Protein	28g

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 03 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with with Italian Seasoning, paprika, salt and red pepper flakes.
- 04 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 05 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. This dish will thicken as it cools, so you may want to add a bit of water when you reheat it until your desired consistency is reached.

### SERVING SIZE

One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

### MORE FLAVOR

Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

**NO RED BELL PEPPER**

Use any colour of bell pepper instead.

**NO BEEF**

Use ground pork or sausage meat instead.

**NO BROWN RICE**

Use white rice, quinoa or cauliflower rice instead.

# One Pan Teriyaki Chicken

2 SERVINGS 40 MINUTES



## INGREDIENTS

- 10 ozs Chicken Breast
- 2 cups Broccoli (chopped into florets)
- 2 Carrot (medium, sliced on the diagonal)
- 2 cups Snap Peas
- 2 tbsps Coconut Aminos
- 2 tbsps Sesame Oil
- 1/2 Navel Orange (juiced)
- 2 tbsps Raw Honey
- 2 tbsps Rice Vinegar
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	505	Fiber	8g
Fat	20g	Sugar	30g
Carbs	47g	Protein	38g

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

## NOTES

### SERVE IT WITH

Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

### LIKES IT SPICY

Whisk hot sauce or chili flakes into the teriyaki sauce.

### LEFTOVERS

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

### NO COCONUT AMINOS

Use tamari instead.

# Healthy Fish n' Chips

2 SERVINGS 1 HOUR



## INGREDIENTS

10 ozs Salmon Fillet  
1 tbsp Maple Syrup  
1 tbsp Tamari  
2 Sweet Potato  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	411	Fiber	5g
Fat	16g	Sugar	12g
Carbs	34g	Protein	32g

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 02 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 03 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 04 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

# Southwest Chicken Meal Prep Bowls

2 SERVINGS 50 MINUTES



## INGREDIENTS

1/2 cup Brown Rice  
8 ozs Chicken Breast  
2 tsps Avocado Oil (divided)  
1 1/2 tsps Taco Seasoning (divided)  
1/2 cup Unsweetened Coconut Yogurt  
1 tbsp Lime Juice  
1 tbsp Cilantro  
1 1/2 cups Green Cabbage (thinly sliced)  
1/2 Green Bell Pepper (medium, chopped)  
1 Tomato (medium, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	415	Fiber	5g
Fat	11g	Sugar	4g
Carbs	48g	Protein	31g

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Cook the rice according to package directions. Let the rice cool slightly.
- 03 Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
- 04 Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
- 05 Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

### MORE FLAVOR

Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

### ADDITIONAL TOPPINGS

Lime wedges, cilantro, or chopped green onion.

### NO BROWN RICE

Use quinoa or cauliflower rice instead.

### NO CABBAGE

Use romaine lettuce or kale 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.

# Prosciutto Wrapped Apricots

3 SERVINGS 10 MINUTES



## INGREDIENTS

3/4 cup Dried Apricots  
5 3/4 ozs Prosciutto (cut in half)

## NUTRITION

### AMOUNT PER SERVING

Calories	196	Fiber	2g
Fat	7g	Sugar	17g
Carbs	20g	Protein	15g

## DIRECTIONS

01 Gently wrap each dried apricot with prosciutto. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately four to five prosciutto-wrapped apricots.

### ADDITIONAL TOPPING

Add goat cheese and walnuts.

# Lemon & Chili Pepper Sardine Toast

4 SERVINGS 10 MINUTES



## INGREDIENTS

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