



1900 calories

MON



BREAKFAST
Winter Yogurt Bowl



SNACK 1
Lemon & Chili Pepper Sardine Toast



LUNCH
Tuna Avocado Sandwich



SNACK 2
Prosciutto Wrapped Apricots



DINNER
General Tso's Chicken

TUE



BREAKFAST
Winter Yogurt Bowl



SNACK 1
Lemon & Chili Pepper Sardine Toast



LUNCH
General Tso's Chicken



SNACK 2
Prosciutto Wrapped Apricots



DINNER
One Pan Teriyaki Chicken



SNACK 3
0.5 Peanut Butter & Blueberry Frozen
Yogurt Bark

WED



BREAKFAST
Winter Yogurt Bowl



SNACK 1
Lemon & Chili Pepper Sardine Toast



LUNCH
One Pan Teriyaki Chicken



SNACK 2
Prosciutto Wrapped Apricots



DINNER
Chicken Tikka Masala



SNACK 3
0.5 Peanut Butter & Blueberry Frozen
Yogurt Bark

THU



BREAKFAST
Chocolate Tahini Layered Smoothie



SNACK 1
Cottage Cheese Crackers with Salsa



LUNCH
Chicken Tikka Masala



SNACK 2
Grapefruit with Cottage Cheese



DINNER
Pressure Cooker Thai Chicken &
Vegetables with Rice



SNACK 3
0.5 Peanut Butter & Blueberry Frozen
Yogurt Bark

FRI



BREAKFAST
Chocolate Tahini Layered Smoothie



SNACK 1
Cottage Cheese Crackers with Salsa



LUNCH
Pressure Cooker Thai Chicken &
Vegetables with Rice



SNACK 2
Grapefruit with Cottage Cheese



DINNER
Coconut Cod & Spinach with Rice

SAT



BREAKFAST
Chocolate Almond Butter Smoothie
Bowl



SNACK 1
Cottage Cheese Crackers with Salsa



LUNCH
Coconut Cod & Spinach with Rice



SNACK 2
Grapefruit with Cottage Cheese



DINNER
Galinhada

SUN



BREAKFAST
Chocolate Almond Butter Smoothie
Bowl



SNACK 1
Cottage Cheese Crackers with Salsa



LUNCH
Galinhada



SNACK 2
Grapefruit with Cottage Cheese



DINNER
Sheet Pan Mushroom, Sausage &
Gnocchi



SNACK 3
0.5 Peanut Butter & Blueberry Frozen
Yogurt Bark

MON

FAT 34% **CARBS 39%** **PROTEIN 27%**

Calories 1874 Fiber 22g
Fat 72g Sugar 39g
Carbs 186g Protein 128g

TUE

FAT 37% **CARBS 37%** **PROTEIN 26%**

Calories 1896 Fiber 21g
Fat 80g Sugar 72g
Carbs 180g Protein 128g

WED

FAT 37% **CARBS 36%** **PROTEIN 27%**

Calories 1963 Fiber 23g
Fat 82g Sugar 71g
Carbs 182g Protein 138g

THU

FAT 34% **CARBS 39%** **PROTEIN 27%**

Calories 1957 Fiber 31g
Fat 77g Sugar 62g
Carbs 194g Protein 134g

FRI

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

Calories 1876 Fiber 28g
Fat 72g Sugar 54g
Carbs 181g Protein 136g

SAT

FAT 32% **CARBS 40%** **PROTEIN 28%**

Calories 1942 Fiber 32g
Fat 71g Sugar 50g
Carbs 197g Protein 140g

SUN

FAT 32% **CARBS 42%** **PROTEIN 26%**

Calories 1894 Fiber 33g
Fat 69g Sugar 59g
Carbs 204g Protein 128g

FRUITS

- 1/2 Avocado
- 3 Banana
- 1/4 cup Blueberries
- 4 Grapefruit
- 1/8 Lemon
- 2/3 tsp Lemon Juice
- 1/2 Navel Orange
- 1/3 cup Pomegranate Seeds
- 1/2 cup Raspberries

BREAKFAST

- 1 1/2 tbsps All Natural Peanut Butter
- 1/3 cup Almond Butter
- 1/4 cup Granola

SEEDS, NUTS & SPICES

- 2 Bay Leaf
- 1/4 cup Chia Seeds
- 1/3 tsp Cinnamon
- 3 tbsps Pumpkin Seeds
- 1/8 tsp Saffron
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds

FROZEN

- 1/2 cup Frozen Cauliflower

VEGETABLES

- 2 cups Baby Spinach
- 1 1/2 tpsps Basil Leaves
- 2 cups Broccoli
- 2 Carrot
- 1 stalk Celery
- 2 tbsps Cilantro
- 3 Cremini Mushrooms
- 1 1/2 Delicata Squash
- 7 1/2 Garlic
- 1 3/4 tbsps Ginger
- 3/4 cup Green Beans
- 1 1/2 stalks Green Onion
- 1/2 cup Kale Leaves
- 3/4 Orange Bell Pepper
- 2 1/8 tbsps Parsley
- 1/2 Red Bell Pepper
- 3 Red Hot Chili Pepper
- 2 tbsps Red Onion
- 8 leaves Romaine
- 2 cups Snap Peas
- 1/2 tsp Thyme
- 3/4 Tomato
- 1/2 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1 cup Brown Rice
- 2 cups Canned Coconut Milk
- 1 1/3 cups Chicken Broth
- 1/4 cup Chicken Broth, Low Sodium
- 1 2/3 cups Jasmine Rice
- 8 slices Light Rye Crisp Bread
- 1/2 cup Salsa
- 3 ozs Sardines
- 1/2 cup Tomato Purée
- 1 can Tuna

BAKING

BREAD, FISH, MEAT & CHEESE

- 1 1/8 lbs Chicken Breast
- 1 3/4 lbs Chicken Thighs
- 2 Cod Fillet
- 3 slices Gluten-Free Bread
- 5 3/4 ozs Prosciutto
- 3 1/2 ozs Sourdough Bread
- 4 ozs Turkey Sausage

CONDIMENTS & OILS

- 2 1/2 tbsps Avocado Oil
- 1 1/2 tbsps Chinese Cooking Wine
- 3 tbsps Coconut Aminos
- 1 2/3 tbsps Extra Virgin Olive Oil
- 3 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 3 tbsps Tahini
- 2 tbsps Tamari
- 1 tbsp Thai Red Curry Paste
- 2 2/3 tbsps Tikka Masala Paste

COLD

- 4 cups Cottage Cheese
- 1/2 Egg
- 2 1/4 tpsps Ghee
- 1 1/2 cups Oat Milk
- 1/4 cup Plain Cow's Yogurt, Whole Milk
- 3 3/4 cups Plain Greek Yogurt
- 4 1/3 ozs Potato Gnocchi
- 2 cups Unsweetened Almond Milk

OTHER

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

- 1 1/2 tbsps Arrowroot Powder
- 1/3 cup Cacao Powder
- 1 tbsp Coconut Sugar
- 1 1/2 tsps Honey
- 2 tbsps Pitted Dates
- 2 tbsps Raw Honey

Winter Yogurt Bowl

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 Delicata Squash (small, seeds removed and sliced into rings)
- 2 1/4 tsps Ghee (melted)
- 1/3 tsp Cinnamon (ground)
- 3 cups Plain Greek Yogurt
- 1/3 cup Pomegranate Seeds
- 3 tbsps Pumpkin Seeds
- 3 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	451	Fiber	6g
Fat	21g	Sugar	9g
Carbs	42g	Protein	30g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and add the squash to a baking sheet lined with parchment paper. Toss the squash with melted ghee and cinnamon. Bake for 15 to 20 minutes or until tender.
- 02 Divide the yogurt into bowls and top with the roasted squash, pomegranate seeds, pumpkin seeds and almond butter. Enjoy!

NOTES

DAIRY-FREE

Use plain coconut yogurt instead of Greek yogurt.

NO DELICATA SQUASH

Use butternut squash or sweet potato instead.

NO GHEE

Use melted coconut oil instead.

NUT-FREE

Use sunflower seed butter instead of almond butter.

STORAGE

Assemble bowls, cover and store in the refrigerator for up to 3 days.

Chocolate Tahini Layered Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Oat Milk
1 Banana (frozen)
8 leaves Romaine (roughly chopped)
2 tbsps Chia Seeds
3 tbsps Tahini
1/2 cup Vanilla Protein Powder
2 tbsps Pitted Dates
2 tbsps Cacao Powder

NUTRITION

AMOUNT PER SERVING

Calories	502	Fiber	14g
Fat	23g	Sugar	20g
Carbs	50g	Protein	30g

DIRECTIONS

- 01 In a blender, add the milk, banana, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
- 02 In the same blender, add the dates and cacao powder and blend until smooth and creamy.
- 03 Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

NOTES

PITTED DATES

One serving is equal to approximately one to two dates.

NO OAT MILK

Use another milk or milk alternative instead.

MORE VEGGIES

Add frozen cauliflower to the vanilla layer.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

Chocolate Almond Butter Smoothie Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1/2 cup Chocolate Protein Powder
1/2 cup Frozen Cauliflower
1 Zucchini (chopped, frozen)
2 Banana (divided)
2 tbsps Almond Butter
1/4 cup Cacao Powder
2 tbsps Chia Seeds
1/2 cup Raspberries
1/4 cup Granola (for topping, optional)

NUTRITION

AMOUNT PER SERVING

Calories	561	Fiber	19g
Fat	24g	Sugar	22g
Carbs	59g	Protein	33g

DIRECTIONS

- 01 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 02 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

MORE FLAVOR

Add cinnamon to your smoothie base.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

NO SMOOTHIE BOWL

Drink as a regular smoothie instead.

SMOOTHIE CONSISTENCY

For a creamier texture, use a frozen banana.

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.

Cottage Cheese Crackers with Salsa

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Cottage Cheese
8 slices Light Rye Crisp Bread
1/2 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	152	Fiber	5g
Fat	5g	Sugar	4g
Carbs	17g	Protein	14g

DIRECTIONS

01 Spread the cottage cheese on top of each crisp bread. Top with salsa and enjoy!

NOTES

GLUTEN-FREE

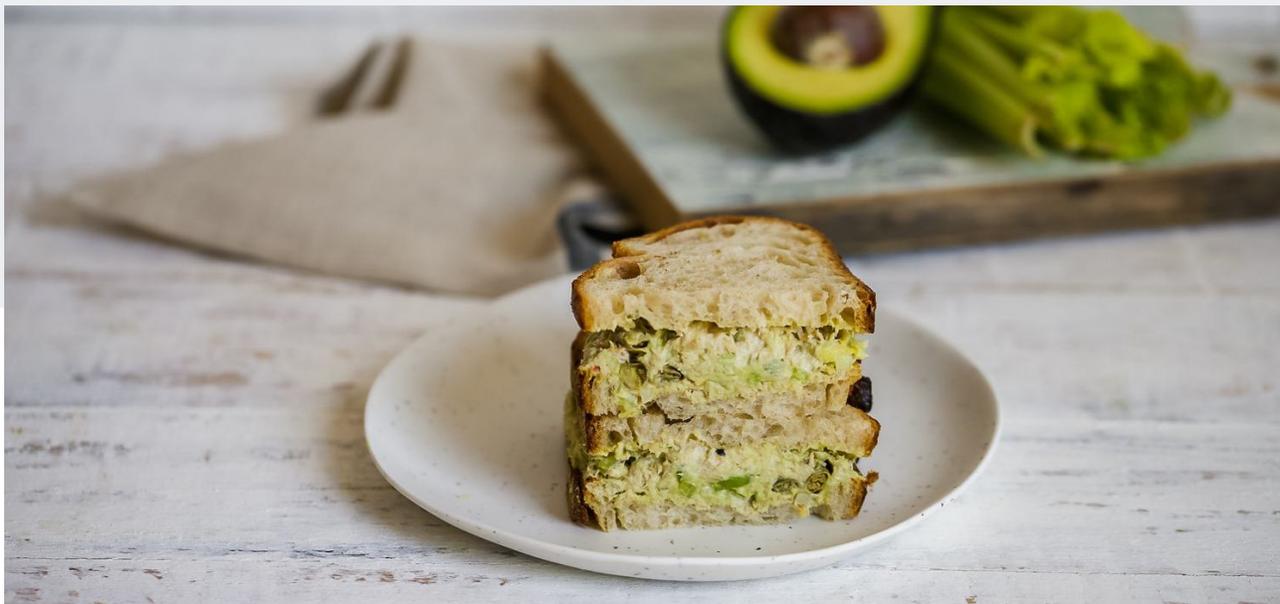
Use gluten-free crackers instead.

ADDITIONAL TOPPINGS

Top with fresh parsley, cilantro, or avocado slices.

Tuna Avocado Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

1 can Tuna
Sea Salt & Black Pepper (to taste)
1 stalk Celery (finely chopped)
2 tbsps Red Onion (finely chopped)
1/2 Avocado (medium)
3 1/2 ozs Sourdough Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	566	Fiber	10g
Fat	16g	Sugar	2g
Carbs	60g	Protein	44g

DIRECTIONS

- 01 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 02 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

NOTES

LEFTOVERS

Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

GLUTEN-FREE

Use gluten-free bread instead.

CANNED TUNA

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

NO RED ONION

Use chives or green onions instead.

NO AVOCADO

Use mayonnaise or Greek yogurt instead.

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 TOPPINGS

Add goat cheese and walnuts.

Grapefruit with Cottage Cheese

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Cottage Cheese
4 Grapefruit (peeled, cut into sections)

NUTRITION

AMOUNT PER SERVING

Calories	185	Fiber	3g
Fat	5g	Sugar	21g
Carbs	24g	Protein	13g

DIRECTIONS

01 Add the cottage cheese to a bowl and top with grapefruit. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, and/or honey.

MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

General Tso's Chicken

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1/2 cup Brown Rice (dry)
- 8 ozs Chicken Thighs (boneless, skinless, cut into cubes)
- 2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 1/2 Egg (whisked)
- 1 1/2 tbsps Arrowroot Powder (divided)
- 1/4 cup Chicken Broth, Low Sodium
- 1 1/2 tbsps Chinese Cooking Wine
- 1 tbsps Tamari
- 1 tbsps Coconut Sugar
- 1 Garlic (cloves, minced)
- 1 tsp Ginger (minced)

NUTRITION

AMOUNT PER SERVING

Calories	505	Fiber	2g
Fat	22g	Sugar	6g
Carbs	47g	Protein	29g

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 In a large bowl, mix the chicken with 1/4 of the oil and salt. Add the beaten egg and 2/3 of the arrowroot powder and stir well to coat.
- 03 In a medium-sized bowl, whisk together the broth, cooking wine, tamari, sugar, garlic, ginger, and remaining arrowroot powder. Set aside.
- 04 Heat a large skillet over medium heat. Once hot, add the remaining oil. Add the chicken to the skillet in an even layer (working in batches if needed). Cook for three to four minutes, without touching, until browned on one side. Flip and cook for three to four minutes more, until browned and crispy. Remove the chicken and set aside.
- 05 Remove the skillet from the heat for one minute to cool slightly and then return back to medium heat. Pour in the sauce and stir with a whisk until thickened, about two minutes. Add the chicken back and toss to coat with the sauce.
- 06 Divide the rice and chicken evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of chicken with 1/2 cup of rice.

SAUCE

If the sauce thickens too much with the arrowroot, add a splash more broth or water to thin and whisk over low heat.

MORE FLAVOR

Add black vinegar to the sauce for more flavor or sriracha for spice.

ADDITIONAL TOPPINGS

Top with sesame seeds and/or green onion. Serve with bok choy or mushrooms on the side.

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.

Chicken Tikka Masala

2 SERVINGS 55 MINUTES



INGREDIENTS

12 ozs Chicken Thighs (boneless, skinless, cut into bite sized pieces)
2 2/3 tbsps Tikka Masala Paste (divided)
1/4 cup Plain Cow's Yogurt, Whole Milk
1/2 cup Jasmine Rice (dry)
1 1/2 tsps Avocado Oil
1/2 cup Tomato Purée
1/3 cup Canned Coconut Milk
1/2 tsp Sea Salt
2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	572	Fiber	4g
Fat	24g	Sugar	5g
Carbs	49g	Protein	39g

DIRECTIONS

- 01 Place the chicken in a large bowl along with half of the tikka masala paste and yogurt. Cover and refrigerate for 30 minutes.
- 02 Cook the rice according to package instructions and set aside.
- 03 In a large dutch oven or pot over medium heat, pour in the avocado oil. Then add the remaining tikka masala paste and cook, stirring often for two minutes. Pour in the chicken and marinade from the bowl, tomato purée, and coconut milk. Cover and reduce the heat to a simmer. Cook for 18 to 20 minutes.
- 04 Remove the lid and use a slotted spoon to remove the chicken. Increase the heat to medium and thicken the sauce, stirring often, for five minutes. Return the chicken to the pot and turn the heat off and add the salt, stir to combine.
- 05 Divide the rice and chicken into bowls and top with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is about 1/2 cup rice and one cup chicken and sauce.

MORE VEGETABLES

Add broccoli on the side, or sautéed spinach.

DAIRY-FREE

Use a dairy-free yogurt.

ADDITIONAL TOPPINGS

Serve with pita, roti, or naan on the side.

Pressure Cooker Thai Chicken & Vegetables with Rice

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1/2 cup Brown Rice
- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Chicken Broth
- 1 tbsp Thai Red Curry Paste
- 1 tbsp Coconut Aminos
- 1 1/2 tsps Ginger (fresh, minced)
- 1 Garlic (clove, minced)
- 8 ozs Chicken Breast
- 1/2 Red Bell Pepper (sliced)
- 1/4 Yellow Onion (sliced)
- 3/4 cup Green Beans
- 1/2 cup Kale Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	463	Fiber	4g
Fat	16g	Sugar	7g
Carbs	47g	Protein	32g

DIRECTIONS

- 01 Cook the rice according to the directions on the package.
- 02 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
- 03 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 04 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
- 05 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine.
- 06 Divide the rice, chicken and vegetables between plates and top generously with the red curry sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

NO BROWN RICE

Omit or use jasmine rice, quinoa or cauliflower rice instead.

NO CHICKEN BREAST

Use chicken thighs instead.

NO FRESH GREEN BEANS

Use frozen or choose another vegetable like snap peas or broccoli.

NO KALE

Use spinach or bok choy instead.

Coconut Cod & Spinach with Rice

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry)
1 cup Canned Coconut Milk
1/2 cup Water
1 tbsp Tamari
1 tbsp Rice Vinegar
2 Bay Leaf
1/8 tsp Sea Salt (or more to taste)
2 Cod Fillet
2 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	574	Fiber	2g
Fat	23g	Sugar	2g
Carbs	43g	Protein	47g

DIRECTIONS

- 01 Cook rice according to instructions on the package and set aside.
- 02 In a saucepan over medium heat, combine coconut milk, water, tamari, vinegar, bay leaves and salt. Add the cod fillets and simmer for 8 minutes or until flesh is opaque.
- 03 Stir in spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DEEPER FLAVOUR

Let the cod fillets sit in the marinade overnight before cooking. You may also add grated ginger.

NO JASMINE RICE

Serve it with brown rice, quinoa, couscous or cauliflower rice instead.

NO RICE VINEGAR

Use apple cider vinegar instead.

NO SPINACH

Use baby bok choy or broccolini instead.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

Galinhada

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1/4 Yellow Onion (roughly chopped)
- 3/4 Garlic (cloves)
- 2 1/8 tbsps Parsley (roughly chopped)
- 2/3 tsp Lemon Juice
- 1 1/4 tbsps Extra Virgin Olive Oil
- 9 2/3 ozs Chicken Thighs (boneless, skinless, cut into slices)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Jasmine Rice (dry)
- 3/4 Orange Bell Pepper (chopped)
- 3/4 Tomato (chopped)
- 1/8 tsp Saffron (threads)
- 1 cup Chicken Broth

NUTRITION

AMOUNT PER SERVING

Calories	470	Fiber	3g
Fat	14g	Sugar	1g
Carbs	54g	Protein	33g

DIRECTIONS

- 01 Place the onion, garlic, parsley, lemon juice, and oil in a food processor and pulse until well combined and finely chopped. Transfer to a large bowl and add the chicken. Season with salt and pepper. Cover and marinate in the fridge for 30 minutes.
- 02 Heat a large dutch oven over medium-high heat. Once hot, add the chicken and marinade and cook until the chicken has browned on both sides, about six to seven minutes.
- 03 Add the rice to the dutch oven and toast for one minute, stirring frequently. Add the bell pepper, tomato, saffron, and chicken broth. Season with salt and pepper. Cover and reduce the heat to low. Cook for 13 to 15 minutes or until the rice and chicken are cooked through. Check on the rice towards the end of cooking to be sure enough liquid remains and add more if needed.
- 04 Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/4 cups.

NO SAFFRON

Use turmeric.

MORE FLAVOR

Add sausage and cook with the chicken.

Sheet Pan Mushroom, Sausage & Gnocchi

1 SERVING 25 MINUTES



INGREDIENTS

4 1/3 ozs Potato Gnocchi
3 Cremini Mushrooms (sliced)
4 ozs Turkey Sausage (sliced)
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Thyme (fresh)
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Basil Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	443	Fiber	2g
Fat	17g	Sugar	6g
Carbs	43g	Protein	29g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 02 Add the gnocchi, mushrooms, sausage, oil, thyme, salt, and pepper onto the baking tray. Mix to combine everything together.
- 03 Place the tray in the oven and roast for 20 minutes or until everything is cooked through, stirring halfway through.
- 04 Top with basil. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

GLUTEN-FREE

Use gluten-free gnocchi.

MORE FLAVOR

Add red onion and bell pepper.

ADDITIONAL TOPPINGS

Add parmesan cheese and/or red pepper flakes.

NO TURKEY SAUSAGE

Use beef or pork sausage instead.

Peanut Butter & Blueberry Frozen Yogurt Bark

2 SERVINGS 4 HOURS 5 MINUTES



INGREDIENTS

3/4 cup Plain Greek Yogurt
1 1/2 tsp Honey
1 1/2 tbsps All Natural Peanut Butter
1/4 cup Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	166	Fiber	1g
Fat	8g	Sugar	9g
Carbs	14g	Protein	11g

DIRECTIONS

- 01 Line a baking sheet with parchment paper and mix the yogurt and honey together. Spread the yogurt mixture evenly onto the lined baking sheet.
- 02 Using a spoon, add dollops of peanut butter to the yogurt mixture. Using a toothpick, gently swirl the peanut butter into the yogurt mixture. Top with blueberries.
- 03 Freeze for at least four hours or overnight. Slice or break apart into pieces. Enjoy!

NOTES

LEFTOVERS

Keep frozen in an airtight container or freezer bag for up to one month.

SERVING SIZE

One serving is equal to approximately 1/2 cup.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add chocolate chips or melted chocolate.

NO HONEY

Use maple syrup instead.

NO BLUEBERRIES

Use other berries or banana instead.