



**2000 calories**

## MON



**BREAKFAST**  
Winter Yogurt Bowl



**SNACK 1**  
Mackerel Salad Open Face Sandwich



**LUNCH**  
Salsa Verde Salmon with Tomatoes & Brown Rice



**SNACK 2**  
Cottage Cheese Crackers with Cucumbers



**DINNER**  
Baked Chicken Schnitzel & Apple Coleslaw



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

## TUE



**BREAKFAST**  
Winter Yogurt Bowl



**SNACK 1**  
Mackerel Salad Open Face Sandwich



**LUNCH**  
Baked Chicken Schnitzel & Apple Coleslaw



**SNACK 2**  
Cottage Cheese Crackers with Cucumbers



**DINNER**  
Easy Salmon Poke Bowl



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

## WED



**BREAKFAST**  
Winter Yogurt Bowl



**SNACK 1**  
Mackerel Salad Open Face Sandwich



**LUNCH**  
Easy Salmon Poke Bowl



**SNACK 2**  
Cottage Cheese Crackers with Cucumbers



**DINNER**  
Sun Dried Tomato & Salmon Pasta



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

## THU



**BREAKFAST**  
Butternut Squash Smoothie



**SNACK 1**  
Grapefruit with Cottage Cheese



**LUNCH**  
Sun Dried Tomato & Salmon Pasta



**SNACK 2**  
Egg White Scramble Wrap



**DINNER**  
Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini



**SNACK 3**  
Toast with Cottage Cheese

## FRI



**BREAKFAST**  
Butternut Squash Smoothie



**SNACK 1**  
Grapefruit with Cottage Cheese



**LUNCH**  
Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini



**SNACK 2**  
Egg White Scramble Wrap



**DINNER**  
Creamy Coconut Chicken with Rice



**SNACK 3**  
Toast with Cottage Cheese

## SAT



**BREAKFAST**  
Chocolate Tahini Layered Smoothie



**SNACK 1**  
Grapefruit with Cottage Cheese



**LUNCH**  
Creamy Coconut Chicken with Rice



**SNACK 2**  
Egg White Scramble Wrap



**DINNER**  
Chicken with Rice & Spinach



**SNACK 3**  
Toast with Cottage Cheese

## SUN



**BREAKFAST**  
Chocolate Tahini Layered Smoothie



**SNACK 1**  
Grapefruit with Cottage Cheese



**LUNCH**  
Chicken with Rice & Spinach



**SNACK 2**  
Egg White Scramble Wrap



**DINNER**  
Meal Prep Spaghetti with Chicken, Spinach & Tomatoes



**SNACK 3**  
Toast with Cottage Cheese

## MON

**FAT 39%**   **CARBS 35%**   **PROTEIN 26%**

Calories 1971      Fiber 25g  
Fat 86g              Sugar 43g  
Carbs 178g          Protein 130g

## TUE

**FAT 36%**   **CARBS 39%**   **PROTEIN 25%**

Calories 2010      Fiber 28g  
Fat 83g              Sugar 42g  
Carbs 198g          Protein 128g

## WED

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

Calories 1999      Fiber 33g  
Fat 77g              Sugar 38g  
Carbs 205g          Protein 141g

## THU

**FAT 31%**   **CARBS 40%**   **PROTEIN 29%**

Calories 2021      Fiber 46g  
Fat 72g              Sugar 66g  
Carbs 206g          Protein 153g

## FRI

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

Calories 2036      Fiber 37g  
Fat 77g              Sugar 56g  
Carbs 202g          Protein 142g

## SAT

**FAT 35%**   **CARBS 39%**   **PROTEIN 26%**

Calories 2123      Fiber 36g  
Fat 84g              Sugar 52g  
Carbs 209g          Protein 143g

## SUN

**FAT 32%**   **CARBS 41%**   **PROTEIN 27%**

Calories 2064      Fiber 39g  
Fat 75g              Sugar 54g  
Carbs 217g          Protein 142g

## FRUITS

- 1 Apple
- 1 1/2 Avocado
- 2 Banana
- 4 Grapefruit
- 1 Lemon
- 1/3 cup Pomegranate Seeds

## BREAKFAST

- 1/3 cup Almond Butter
- 1 tsp Maple Syrup

## SEEDS, NUTS & SPICES

- 1/3 cup Chia Seeds
- 2/3 tsp Cinnamon
- 3/4 tsp Garlic Powder
- 1/4 tsp Italian Seasoning
- 1/2 tsp Onion Powder
- 3 tbsps Pumpkin Seeds
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 1 cup Frozen Cauliflower

## VEGETABLES

- 10 cups Baby Spinach
- 1 1/2 tps Basil Leaves
- 1 1/2 cups Butternut Squash
- 1 1/2 stalks Celery
- 2 cups Cherry Tomatoes
- 3 cups Coleslaw Mix
- 2 Cucumber
- 1 1/2 Delicata Squash
- 1 1/2 tbsps Fresh Dill
- 2 1/4 Garlic
- 3 stalks Green Onion
- 1/2 Jalapeno Pepper
- 2 cups Mushrooms
- 2 tbsps Parsley
- 1/4 cup Radishes
- 1 Red Bell Pepper
- 3 Red Hot Chili Pepper
- 1/2 cup Red Onion
- 16 leaves Romaine
- 1/8 Tomato
- 1/4 Yellow Onion
- 2 Zucchini

## BOXED & CANNED

- 1/2 cup Bread Crumbs
- 1 cup Brown Rice
- 1/4 cup Brown Rice Spaghetti
- 1 cup Canned Coconut Milk
- 1/4 cup Chicken Broth
- 5 ozs Chickpea Pasta
- 1 cup Jasmine Rice
- 6 slices Light Rye Crisp Bread
- 1/2 cup Quinoa
- 3 ozs Sardines

## BAKING

- 2 tbsps Cacao Powder

## BREAD, FISH, MEAT & CHEESE

- 3 ozs Canned Mackerel
- 2 lbs Chicken Breast
- 8 ozs Chicken Thighs
- 6 slices Gluten-Free Bread
- 1 1/3 lbs Salmon Fillet
- 4 slices Whole Grain Bread
- 4 Whole Wheat Tortilla

## CONDIMENTS & OILS

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tps Capers
- 3 1/4 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 tps Hot Sauce
- 1/4 cup Mayonnaise
- 1 1/3 tbsps Rice Vinegar
- 2 tps Sesame Oil
- 1/3 cup Sun Dried Tomatoes
- 3 tbsps Tahini
- 1/4 cup Tamari

## COLD

- 4 1/2 cups Cottage Cheese
- 2 cups Egg Whites
- 2 1/4 tps Ghee
- 1 1/2 cups Oat Milk
- 3 2/3 cups Plain Greek Yogurt
- 2 2/3 cups Unsweetened Almond Milk

## OTHER

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

■ 2 tbsps Pitted Dates

# 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.

# Butternut Squash Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 2/3 cups Unsweetened Almond Milk  
1 cup Frozen Cauliflower  
8 leaves Romaine (roughly chopped)  
1 1/2 cups Butternut Squash (frozen, cubed)  
1 Banana (frozen)  
1/4 tsp Cinnamon  
1/2 cup Vanilla Protein Powder  
3 tbsps Chia Seeds  
2 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	446	Fiber	17g
Fat	19g	Sugar	12g
Carbs	46g	Protein	31g

## DIRECTIONS

01 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NUT-FREE

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

### NO FROZEN BUTTERNUT SQUASH

Use fresh, cooked squash or canned.

### PROTEIN POWDER

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

# 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.

# Mackerel Salad Open Face Sandwich

3 SERVINGS 10 MINUTES



## INGREDIENTS

3 ozs Canned Mackerel (skinless, boneless)  
1/3 cup Plain Greek Yogurt  
3/4 Lemon (juiced)  
3/4 tsp Dijon Mustard  
1 1/2 stalks Celery (chopped)  
1 1/2 stalks Green Onion (thinly sliced)  
1 1/2 tbsps Fresh Dill (finely chopped)  
Sea Salt & Black Pepper (to taste)  
3 slices Gluten-Free Bread  
1/8 Tomato (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	154	Fiber	2g
Fat	5g	Sugar	4g
Carbs	16g	Protein	11g

## DIRECTIONS

- 01 Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
- 02 Divide the mackerel salad onto the bread and add a tomato slice to each piece. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the mackerel salad in an airtight container for up to three days. Spread onto bread when ready to serve.

### SERVING SIZE

One serving is equal to one piece of bread and approximately 1/2 cup of mackerel salad.

### DAIRY-FREE

Use coconut yogurt or mayonnaise instead of Greek yogurt.

### NO DILL

Use fresh parsley.

### NO BREAD

Eat the mackerel salad as is or put it in a lettuce wrap or on top of crackers.

# 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.

# Salsa Verde Salmon with Tomatoes & Brown Rice

1 SERVING 45 MINUTES



## INGREDIENTS

1/4 cup Brown Rice (dry, uncooked)  
1 tbsp Extra Virgin Olive Oil (divided)  
5 ozs Salmon Fillet  
1 cup Cherry Tomatoes (halved)  
1/4 tsp Sea Salt  
1 1/2 tsps Capers  
2 tsps Parsley (finely chopped)  
1 1/2 tsps Apple Cider Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	522	Fiber	4g
Fat	24g	Sugar	4g
Carbs	42g	Protein	33g

## DIRECTIONS

- 01 Cook the brown rice according to the directions on the package.
- 02 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 03 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 04 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

## NOTES

### LEFTOVERS

Keeps well in the fridge for 2-3 days.

### NO BROWN RICE

Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

### NO CAPERS

Use olives instead.

### SERVING SIZE

One serving is approximately 1 1/2 cups of brown rice, 5 ounces (142 grams) of salmon, and 1/2 cup of tomatoes with salsa.

# Cottage Cheese Crackers with Cucumbers

3 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/2 cups Cottage Cheese  
6 slices Light Rye Crisp Bread  
1 1/2 Cucumber (medium, sliced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	165	Fiber	5g
Fat	5g	Sugar	5g
Carbs	20g	Protein	15g

## DIRECTIONS

01 Spread the cottage cheese on top of each crisp bread. Top with cucumbers, salt, and pepper. Enjoy!

## NOTES

### GLUTEN-FREE

Use gluten-free crackers instead.

### ADDITIONAL TOPPINGS

Add sliced tomatoes.

# 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.

# Baked Chicken Schnitzel & Apple Coleslaw

2 SERVINGS 20 MINUTES



## INGREDIENTS

8 ozs Chicken Breast (patted dry)  
1/4 cup Mayonnaise (divided)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Bread Crumbs  
3 cups Coleslaw Mix  
1 Apple (small, grated)  
1 tbsp Dijon Mustard  
1 tbsp Apple Cider Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	523	Fiber	6g
Fat	25g	Sugar	16g
Carbs	41g	Protein	31g

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Cut the chicken breast(s) in half lengthwise. Coat the chicken cutlets with half the mayonnaise, salt, and pepper. Then, coat evenly in the bread crumbs. Bake for 20 minutes in the oven or until cooked through.
- 03 Meanwhile, combine the coleslaw mix, apple, dijon mustard, vinegar, salt, and pepper in a large bowl until well combined. Set aside.
- 04 Divide the baked chicken and coleslaw evenly between plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately four ounces of chicken and 1 1/2 cups of coleslaw.

### GLUTEN-FREE

Use gluten-free bread crumbs or crushed gluten-free crackers instead of bread crumbs.

### MORE FLAVOR

Pan fry the chicken prior to baking. Add your sweetener of choice to the coleslaw.

# Easy Salmon Poke Bowl

2 SERVINGS 30 MINUTES



## INGREDIENTS

3/4 cup Brown Rice  
2 tsps Sesame Oil (divided)  
8 ozs Salmon Fillet (sushi-grade, skinless, diced)  
2 tbsps Tamari  
1 tsp Rice Vinegar  
1/2 Cucumber (sliced)  
1/4 cup Radishes (thinly sliced)  
1/2 Avocado (sliced)  
1/2 Jalapeno Pepper (thinly sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	561	Fiber	7g
Fat	21g	Sugar	3g
Carbs	62g	Protein	31g

## DIRECTIONS

- 01 Cook the brown rice according to the directions on the package. Once it has finished cooking, drizzle half the sesame oil over top and mix to combine.
- 02 Meanwhile, in a medium-sized bowl, add the salmon, tamari, rice vinegar, and the remaining sesame oil. Place in the fridge to marinate for 10 minutes.
- 03 Assemble your bowl by adding brown rice to the bottom. Top it with salmon, cucumber, radishes, avocado, and jalapeno. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to one day.

### MORE FLAVOR

Add minced ginger and chili flakes to the salmon while it's marinating.

### ADDITIONAL TOPPINGS

Sesame seeds, cilantro and/or a spicy mayo.

### MAKE IT VEGAN

Use tofu or tempeh instead of salmon.

# Sun Dried Tomato & Salmon Pasta

2 SERVINGS 15 MINUTES



## INGREDIENTS

5 ozs Chickpea Pasta (dry)  
1 tbsp Extra Virgin Olive Oil (divided)  
8 ozs Salmon Fillet  
1 1/2 Garlic (clove, minced)  
1/4 Yellow Onion (medium, diced)  
1/3 cup Sun Dried Tomatoes (drained, chopped)  
1/4 tsp Italian Seasoning  
1/4 cup Chicken Broth  
1/4 cup Plain Greek Yogurt  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Basil Leaves (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	512	Fiber	11g
Fat	19g	Sugar	12g
Carbs	48g	Protein	44g

## DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 03 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 04 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 05 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately two cups.

### DAIRY-FREE

Use coconut milk instead of yogurt.

# Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

2 SERVINGS 40 MINUTES



## INGREDIENTS

- 1/2 cup Quinoa (dry)
- 2 Zucchini (sliced lengthwise, then quartered)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt (or more to taste)
- 1 tbsp Maple Syrup
- 2 tbsps Dijon Mustard
- 1 tbsp Tamari
- 8 ozs Chicken Thighs (boneless)
- 2 cups Mushrooms (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	484	Fiber	6g
Fat	18g	Sugar	13g
Carbs	44g	Protein	35g

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line baking sheet(s) with foil.
- 02 Cook quinoa according to directions on the package and set aside.
- 03 In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
- 04 In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and tamari. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
- 05 After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
- 06 Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Mix mushrooms with the cooked quinoa.
- 07 Divide the mushroom quinoa, zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

## NOTES

### STORAGE

Refrigerate in an air-tight container up to 3 days after cooking.

### MORE FLAVOUR

Marinate the chicken overnight, and cook the quinoa with broth instead of water.

### NO CHICKEN

Use turkey breast, chickpeas or tofu instead.

### NO ZUCCHINI

Use bell peppers, carrot, eggplant or any vegetables you have on hand.

**NO QUINOA**

Use rice, cauliflower rice or sweet potatoes instead.

# Creamy Coconut Chicken with Rice

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 cup Jasmine Rice (dry)  
1 cup Canned Coconut Milk  
1/2 cup Water  
1 tbsp Tamari  
1 tbsp Rice Vinegar  
Sea Salt & Black Pepper (to taste)  
8 ozs Chicken Breast (skinless, boneless, cubed)  
4 cups Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	527	Fiber	2g
Fat	24g	Sugar	2g
Carbs	44g	Protein	33g

## DIRECTIONS

- 01 Cook rice according to package instructions and set aside.
- 02 In a saucepan over medium heat, combine the coconut milk, water, tamari, rice vinegar, salt, and pepper. Add the chicken and bring to a simmer for ten minutes or cooked through.
- 03 Stir in the 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.

### SERVING SIZE

One serving is approximately equal to four ounces of chicken, 3/4 cup of the coconut broth, and 3/4 cup of rice.

### MORE FLAVOR

Add bay leaves, ginger, garlic, or shallots.

### ADDITIONAL TOPPINGS

Add red pepper flakes, green onions, or cilantro.

### MAKE IT VEGAN

Use tofu, seitan, tempeh, or chickpeas instead of chicken.

# Chicken with Rice & Spinach

2 SERVINGS 30 MINUTES



## INGREDIENTS

10 ozs Chicken Breast (boneless, skinless)  
1 tsp Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/4 tsp Garlic Powder  
1/2 cup Jasmine Rice  
1 cup Baby Spinach (chopped)  
1 Avocado (halved, diced or sliced; optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	515	Fiber	8g
Fat	21g	Sugar	1g
Carbs	47g	Protein	37g

## DIRECTIONS

- 01 Preheat oven to 400°F (205°C).
- 02 Place the chicken breasts in a baking dish. Drizzle with oil and season with salt and garlic powder. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Allow the chicken to rest for five to 10 minutes before slicing.
- 03 Meanwhile, cook the rice according to package directions. When the rice is cooked, stir in the chopped spinach and cover with the lid for two to three minutes or until the spinach is tender and wilted.
- 04 To serve, divide the chicken, spinach rice and avocado (if using) between plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to five ounces (140 grams) chicken, 3/4 cup rice, and 1/2 avocado (if using).

### MORE FLAVOR

Season the chicken with other dried herbs and spices to taste.

### MORE VEGGIES

Serve with steamed broccoli, cauliflower, green beans, or carrots.

### NO CHICKEN BREAST

Use chicken thighs instead.

### NO JASMINE RICE

Use brown rice, white rice, or quinoa instead.

# Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

1 SERVING 30 MINUTES



## INGREDIENTS

2 1/4 tps Extra Virgin Olive Oil (divided)  
1 cup Cherry Tomatoes  
1/2 tsp Garlic Powder  
1/2 tsp Onion Powder  
1/4 tsp Sea Salt  
4 ozs Chicken Breast (sliced in halves)  
1 cup Baby Spinach  
1/4 cup Brown Rice Spaghetti (dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Fiber	5g
Fat	15g	Sugar	4g
Carbs	52g	Protein	32g

## DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 02 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 03 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 04 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 05 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 06 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 07 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

## NOTES

### NO CHICKEN

Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

### NO BROWN RICE SPAGHETTI

Use rice, quinoa or any type of pasta instead.

### MAKE IT CHEESY

Add parmesan or nutritional yeast to the pasta.

**SPICE IT UP**

Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

**STORAGE**

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

# 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.

# Toast with Cottage Cheese

4 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Cottage Cheese  
4 slices Whole Grain Bread (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	161	Fiber	3g
Fat	4g	Sugar	4g
Carbs	20g	Protein	11g

## DIRECTIONS

01 Spread cottage cheese evenly on the toasted bread and enjoy!

## NOTES

### NO WHOLE GRAIN BREAD

Use any type of bread or a toasted slice of sweet potato.

### MORE TOPPINGS

Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

### STORAGE

Best enjoyed immediately as the bread will soften.