



Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some reminders about your meal plan:

Leftovers: Days where leftovers will be used are shown by "grayed out" text.

Recipes and Servings: Each recipe will show the servings at the top. You will follow the recipe exactly and make the full number of servings shown. All of the servings will be eaten by you either the day you make it, or in the following days as leftovers.

Following the Calendar: Some days may have a meal/snack with the number 2 in front. This number 2 means that you will eat two servings.

Misc Notes:

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Breakfast |  Raspberry Zinger Smoothie |  Raspberry Zinger Smoothie |  Raspberry Zinger Smoothie |  Omelette with Tomatoes & Cottage Cheese |  Omelette with Tomatoes & Cottage Cheese |  Smoked Salmon & Feta Omelette |  Smoked Salmon & Feta Omelette |
| |  Creamy Tuna on Oat Crackers |  Creamy Tuna on Oat Crackers |  Creamy Tuna on Oat Crackers |  Lentil Salsa with Toast |  Lentil Salsa with Toast |  Sumac Tomato & Chickpea Flatbread |  Sumac Tomato & Chickpea Flatbread |
| Snack 1 |  Edamame with Everything Bagel Seasoning |  Edamame with Everything Bagel Seasoning |  Edamame with Everything Bagel Seasoning |  Strawberry Blueberry Smoothie |  Strawberry Blueberry Smoothie |  Strawberry Blueberry Smoothie |  Strawberry Blueberry Smoothie |
| |  Salmon Chopped Salad |  Shrimp Asparagus Pesto Pasta |  Coconut Cod & Spinach with Rice |  Honey Garlic Chicken Thighs |  BBQ Ribs |  Pork Roast with Potatoes & Green Beans |  Sun Dried Tomato & Salmon Pasta |
| Lunch |  Slow Cooker Stuffed Peppers |  Shrimp Asparagus Pesto Pasta |  Coconut Cod & Spinach with Rice |  Honey Garlic Chicken Thighs |  BBQ Ribs |  Pork Roast with Potatoes & Green Beans |  Cajun Spiced Salmon Skewers |
| |  1.5 Papaya with Cottage Cheese |  2 Papaya with Cottage Cheese |  1.5 Papaya with Cottage Cheese |  0.5 Cottage Cheese with Mango |  Cottage Cheese with Mango |  Cottage Cheese with Mango |  Cottage Cheese with Mango |
| Snack 2 |  Shrimp Asparagus Pesto Pasta |  Coconut Cod & Spinach with Rice |  Honey Garlic Chicken Thighs |  BBQ Ribs |  Pork Roast with Potatoes & Green Beans |  Sun Dried Tomato & Salmon Pasta |  Potato Crusted Pork Casserole |
| |  Shrimp Asparagus Pesto Pasta |  Coconut Cod & Spinach with Rice |  Honey Garlic Chicken Thighs |  BBQ Ribs |  Pork Roast with Potatoes & Green Beans |  Cajun Spiced Salmon Skewers |  Pressure Cooker Jerk Pork |
| Dinner |  Shrimp Asparagus Pesto Pasta |  Coconut Cod & Spinach with Rice |  Honey Garlic Chicken Thighs |  BBQ Ribs |  Pork Roast with Potatoes & Green Beans |  Cajun Spiced Salmon Skewers |  Pressure Cooker Jerk Pork |

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| Fat  33% | Fat  33% | Fat  33% | Fat  36% | Fat  35% | Fat  34% | Fat  34% |
| Carbs  30% | Carbs  32% | Carbs  33% | Carbs  32% | Carbs  33% | Carbs  33% | Carbs  31% |
| Protein  37% | Protein  35% | Protein  34% | Protein  32% | Protein  32% | Protein  33% | Protein  35% |
| Calories 2365 | Calories 2457 | Calories 2430 | Calories 2356 | Calories 2424 | Calories 2429 | Calories 2466 |
| Fat 91g | Fat 93g | Fat 91g | Fat 95g | Fat 97g | Fat 93g | Fat 95g |
| Carbs 184g | Carbs 202g | Carbs 204g | Carbs 194g | Carbs 202g | Carbs 207g | Carbs 195g |
| Fiber 58g | Fiber 49g | Fiber 44g | Fiber 43g | Fiber 42g | Fiber 42g | Fiber 40g |
| Sugar 74g | Sugar 65g | Sugar 67g | Sugar 87g | Sugar 88g | Sugar 65g | Sugar 65g |
| Protein 233g | Protein 223g | Protein 213g | Protein 193g | Protein 197g | Protein 206g | Protein 219g |

Fruits

- 4 Lemon
- 1 2/3 tbsps Lime Juice
- 1 1/2 Mango
- 5 cups Papaya
- 2 cups Strawberries

Seeds, Nuts & Spices

- 2 Bay Leaf
- 2/3 tsp Black Pepper
- 2 1/16 tsps Cajun Seasoning
- 1/2 cup Chia Seeds
- 1 1/4 tbsps Chili Powder
- 1/2 tsp Cumin
- 1/8 tsp Dried Basil
- 1 tbsps Everything Bagel Seasoning
- 1 tsp Ground Sumac
- 1/4 tsp Italian Seasoning
- 1 3/4 tsps Jerk Seasoning
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 6 cups Edamame Pods
- 2 cups Frozen Blueberries
- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries

Vegetables

- 9 cups Asparagus
- 2 1/4 cups Baby Spinach
- 1 1/2 tsps Basil Leaves
- 1/4 head Cauliflower
- 1/3 cup Cilantro
- 1/8 Cucumber
- 1/3 cup Fresh Dill
- 6 2/3 Garlic
- 2 cups Green Beans
- 1 Green Bell Pepper
- 2 1/3 tsps Mint Leaves
- 2/3 cup Parsley
- 1/2 Red Bell Pepper
- 2 tbsps Red Onion
- 1/2 head Romaine Hearts
- 3 Tomato
- 1 Yellow Onion
- 2 2/3 Yellow Potato

Boxed & Canned

- 1/3 cup Beef Broth
- 1 cup Canned Coconut Milk
- 5 ozs Canned Wild Salmon
- 1/4 cup Chicken Broth
- 9 ozs Chickpea Pasta
- 1 cup Chickpeas
- 1 1/2 cups Green Lentils
- 1/2 cup Jasmine Rice
- 2 2/3 ozs Oat Crackers
- 1/2 cup Quinoa
- 2 cups Salsa
- 1 1/2 cans Tuna

Baking

- 1 1/2 tsps Coconut Flour
- 2 tbsps Raw Honey

Bread, Fish, Meat & Cheese

- 1 lb Chicken Thighs
- 2 Cod Fillet
- 4 ozs Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 2 slices Gluten-Free Bread
- 4 1/3 ozs Lean Ground Pork
- 1 lb Pork Ribs
- 1 1/8 lbs Pork Shoulder, Boneless
- 14 2/3 ozs Salmon Fillet
- 12 ozs Shrimp
- 4 ozs Smoked Salmon
- 3 2/3 ozs Whole Wheat Flatbread

Condiments & Oils

- 1 tbsps Apple Cider Vinegar
- 1 1/8 tbsps Avocado Oil
- 1/2 cup Barbecue Sauce
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Italian Dressing
- 2 tbsps Pesto
- 1 tbsps Rice Vinegar
- 1/3 cup Sun Dried Tomatoes
- 1 tbsps Tamari

Cold

- 2 tsps Butter
- 9 cups Cottage Cheese
- 10 1/4 Egg
- 2 1/3 tbsps Orange Juice
- 1 1/4 cups Plain Greek Yogurt
- 9 1/2 cups Unsweetened Almond Milk

Other

- 2 1/16 Barbecue Skewers
- 1 3/4 cups Vanilla Protein Powder
- 1 1/3 cups Water



Raspberry Zinger Smoothie

3 servings

10 minutes

Ingredients

- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries
- 3 Lemon (juiced)
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Chia Seeds
- 4 1/2 cups Unsweetened Almond Milk

Directions

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

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 308 |
| Fat | 9g |
| Carbs | 36g |
| Fiber | 17g |
| Sugar | 12g |
| Protein | 27g |



Creamy Tuna on Oat Crackers

3 servings

10 minutes

Ingredients

- 1 1/2 cans Tuna (drained and flaked)
- 1/3 cup Plain Greek Yogurt
- 1/3 tsp Sea Salt
- 2 2/3 ozs Oat Crackers

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 201 |
| Fat | 6g |
| Carbs | 18g |
| Fiber | 2g |
| Sugar | 1g |
| Protein | 21g |

Directions

- 1 Combine the tuna, yogurt and sea salt. Mix well with a fork.
- 2 Spread tuna evenly onto the crackers and enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated up to 2 days in an airtight container. Store the crispbread and tuna mixture separately.

Serving Size: One serving is equal to approximately four topped crackers.

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

No Greek Yogurt: Use cottage cheese or any type of alternative plain yogurt instead.



Omelette with Tomatoes & Cottage Cheese

2 servings

10 minutes

Ingredients

6 Egg
Sea Salt & Black Pepper (to taste)
2 tsps Avocado Oil
1 cup Cottage Cheese
2 Tomato (small, chopped)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 376 |
| Fat | 24g |
| Carbs | 8g |
| Fiber | 1g |
| Sugar | 3g |
| Protein | 32g |

Directions

- 1 Whisk the eggs in a small bowl and season with salt and pepper to taste.
- 2 Heat the oil in a pan over medium heat. Add the eggs and cook until almost set. Fold in half and transfer to a cutting board. Cut into slices.
- 3 Serve the omelette with tomatoes and cottage cheese. Enjoy!

Notes

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Lentil Salsa with Toast

2 servings

10 minutes

Ingredients

- 1 1/2 cups Green Lentils (cooked, drained and rinsed)
- 1 1/2 cups Salsa
- 2 tbsps Cilantro (chopped, optional)
- 2 slices Gluten-Free Bread (toasted)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 306 |
| Fat | 3g |
| Carbs | 55g |
| Fiber | 17g |
| Sugar | 13g |
| Protein | 18g |

Directions

- 1 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 2 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

Notes

Leftovers: Refrigerate the lentil salsa in an airtight container for up to four days.

Serving Size: One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

More Flavor: Add cayenne or your choice of spices and herbs.

Additional Toppings: Avocado or plain yogurt.

No Lentils: Use chickpeas or black beans instead.



Smoked Salmon & Feta Omelette

2 servings

5 minutes

Ingredients

- 4 Egg
- 1/4 cup Fresh Dill (finely chopped, divided)
- 2 tsps Butter
- 1/4 cup Feta Cheese (crumbled)
- 4 ozs Smoked Salmon

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 293 |
| Fat | 20g |
| Carbs | 2g |
| Fiber | 0g |
| Sugar | 0g |
| Protein | 26g |

Directions

- 1 In a bowl, add the eggs and half of the dill. Whisk well to combine.
- 2 In a non-stick skillet over medium heat, add the butter. Once hot, pour the egg mixture into the skillet and let it cook until almost set. Place the feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Top with smoked salmon and the remaining dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Dairy-Free: Omit the feta and use dairy-free cheese instead. Use coconut oil instead of butter.

Additional Toppings: Top with capers and/or thinly sliced red onion.

No Dill: Omit or use another herb such as parsley or fresh chives.



Sumac Tomato & Chickpea Flatbread

2 servings

15 minutes

Ingredients

- 3 2/3 ozs Whole Wheat Flatbread
- 1 cup Chickpeas
- 1 tbsp Apple Cider Vinegar
- 2/3 cup Plain Greek Yogurt
- 1/2 cup Parsley (finely chopped)
- 1 Tomato (large, sliced)
- 1 tsp Ground Sumac
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 344 |
| Fat | 6g |
| Carbs | 54g |
| Fiber | 12g |
| Sugar | 7g |
| Protein | 21g |

Directions

- 1 Set oven to high broil. Place flatbread onto a baking pan.
- 2 In a bowl, smash the chickpeas using the back of a fork and combine with vinegar. Set aside.
- 3 Combine yogurt with parsley and spread overtop the flatbread. Then add the smashed chickpeas, tomato slices, sumac and salt to taste.
- 4 Broil in the oven for 3 to 5 minutes or until warmed through and flatbread is toasted. Cut into slices and enjoy!

Notes

Flatbread: 52 grams of whole wheat flatbread is equal to one medium-sized piece.

No Sumac: Use za'atar, lemon zest, lemon juice or lemon pepper spice instead.

No Flatbread: Use brown rice tortillas and adjust the cooking time.

No Chickpeas: Use white beans or hummus instead.

Storage: Refrigerate the toppings separately up to 3 to 5 days. Top flatbread and heat when ready to serve.



Edamame with Everything Bagel Seasoning

3 servings

10 minutes

Ingredients

- 6 cups Edamame Pods
- 1 1/2 tsps Avocado Oil
- 1 tbsp Everything Bagel Seasoning

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 278 |
| Fat | 13g |
| Carbs | 18g |
| Fiber | 11g |
| Sugar | 6g |
| Protein | 26g |

Directions

- 1 Bring a pot of water to a boil.
- 2 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green.
- 3 Toss the edamame pods in oil and sprinkle everything bagel seasoning overtop. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add finishing salt to taste.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



Strawberry Blueberry Smoothie

4 servings

5 minutes

Ingredients

- 2 cups Frozen Blueberries (wild)
- 2 cups Strawberries (stems removed)
- 5 cups Unsweetened Almond Milk
- 1/4 cup Chia Seeds
- 1 cup Vanilla Protein Powder

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 241 |
| Fat | 8g |
| Carbs | 23g |
| Fiber | 9g |
| Sugar | 10g |
| Protein | 23g |

Directions

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

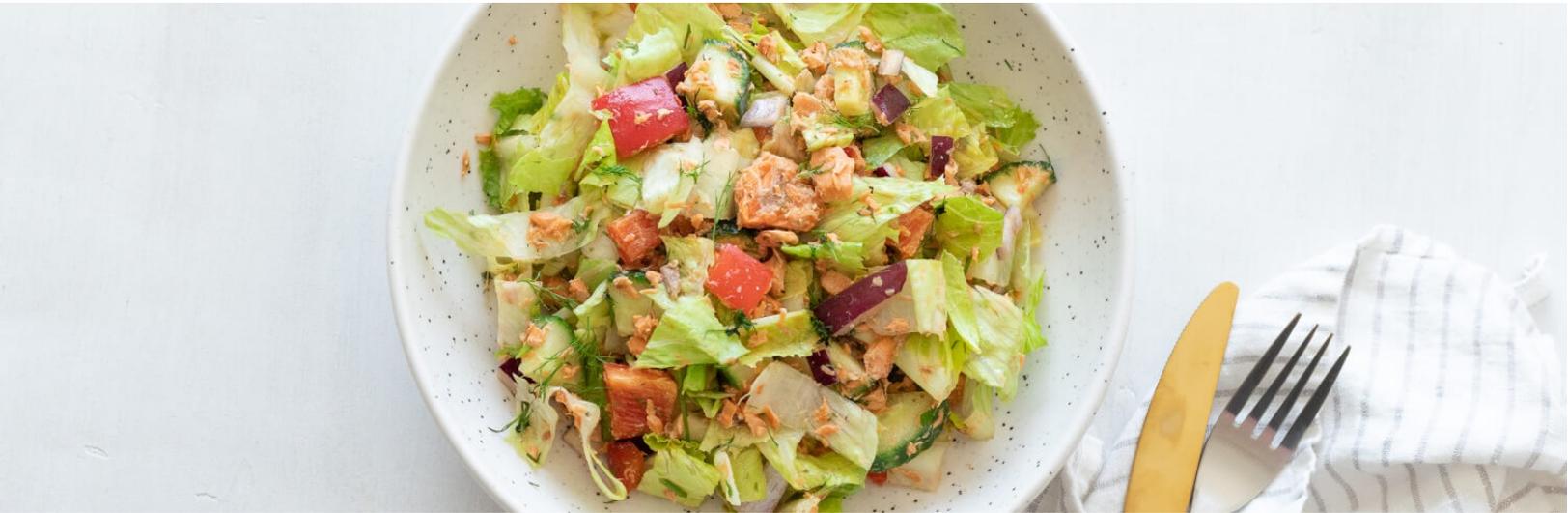
Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries: Use frozen instead.

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



Salmon Chopped Salad

1 serving
10 minutes

Ingredients

- 1/2 head Romaine Hearts (chopped)
- 1/2 Red Bell Pepper (medium, chopped)
- 1/8 Cucumber (medium, chopped)
- 2 tbsps Red Onion (chopped)
- 5 ozs Canned Wild Salmon (drained, broken into chunks)
- 2 tbsps Fresh Dill (finely chopped)
- 1 tbsp Parsley (fresh, finely chopped)
- 1 1/2 tbsps Italian Dressing

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 267 |
| Fat | 9g |
| Carbs | 9g |
| Fiber | 2g |
| Sugar | 6g |
| Protein | 39g |

Directions

- 1 Add all of the ingredients to a large bowl and toss to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

Additional Toppings: Avocado, feta cheese, and/or pumpkin seeds.

No Italian Dressing: Use a combination of olive oil, apple cider vinegar, and dijon mustard. Sweeten with maple syrup or honey if needed.



Slow Cooker Stuffed Peppers

1 serving

4 hours

Ingredients

- 1 Green Bell Pepper (large)
- 4 ozs Extra Lean Ground Turkey
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 3/4 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Dried Basil
- 1/4 Egg
- 1/2 Garlic (cloves, minced)
- 1/8 Yellow Onion (diced)
- 1/4 cup Baby Spinach (chopped)
- 3/4 tsp Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Flour
- 1/2 cup Salsa
- 1/4 head Cauliflower (large)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 348 |
| Fat | 16g |
| Carbs | 27g |
| Fiber | 10g |
| Sugar | 13g |
| Protein | 30g |

Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.



Papaya with Cottage Cheese

5 servings

5 minutes

Ingredients

5 cups Cottage Cheese
5 cups Papaya (peeled, seeds removed, chopped)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 266 |
| Fat | 9g |
| Carbs | 22g |
| Fiber | 2g |
| Sugar | 17g |
| Protein | 24g |

Directions

- 1 Serve the cottage cheese with chopped papaya. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Dairy-Free: Use coconut yogurt instead of cottage cheese.

Additional Toppings: Top with granola, raisins, nuts, and/or seeds. Add honey, maple syrup, and/or cinnamon.



Cottage Cheese with Mango

3 servings

5 minutes

Ingredients

3 cups Cottage Cheese
1 1/2 Mango (peeled, chopped)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 307 |
| Fat | 10g |
| Carbs | 32g |
| Fiber | 3g |
| Sugar | 29g |
| Protein | 25g |

Directions

- 1 Top the cottage cheese with chopped mango and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Make it Vegan: Use coconut yogurt or oatmeal instead of cottage cheese.

Additional Toppings: Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.



Shrimp Asparagus Pesto Pasta

2 servings

30 minutes

Ingredients

- 3 cups Asparagus (chopped into 1 inch pieces)
- 12 ozs Shrimp (uncooked, shells on)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)
- 1 Lemon (sliced into rounds)
- 4 ozs Chickpea Pasta
- 2 tbsps Pesto

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 564 |
| Fat | 24g |
| Carbs | 43g |
| Fiber | 13g |
| Sugar | 10g |
| Protein | 54g |

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 3 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 4 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

No Asparagus: Use green beans or zucchini instead.

Vegan: Swap out the shrimp for tofu.

More Greens: Top with microgreens.



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 |
| Fat | 23g |
| Carbs | 43g |
| Fiber | 2g |
| Sugar | 2g |
| Protein | 47g |

Directions

- 1 Cook rice according to instructions on the package and set aside.
- 2 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.
- 3 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.



Honey Garlic Chicken Thighs

2 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 lb Chicken Thighs
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 670 |
| Fat | 26g |
| Carbs | 56g |
| Fiber | 9g |
| Sugar | 20g |
| Protein | 56g |

Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or chicken wings. Grill time will vary.

No Asparagus: Use any grilled vegetable.



BBQ Ribs

2 servings

4 hours

Ingredients

1/2 cup Barbecue Sauce (divided)
 1 lb Pork Ribs
 3 cups Asparagus (woody ends snapped off)
 1 1/2 tps Extra Virgin Olive Oil (chopped)
 Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 609 |
| Fat | 29g |
| Carbs | 36g |
| Fiber | 5g |
| Sugar | 26g |
| Protein | 51g |

Directions

- 1 Brush your ribs with half of the barbecue sauce and place in the slow cooker. Cook on low for 6 to 8 hours, or high for 4.
- 2 When ready to eat, preheat grill over medium heat.
- 3 Toss your asparagus with oil and season with salt and black pepper to taste.
- 4 Carefully remove ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with the remaining barbecue sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 to 10 minutes or until bright green.
- 5 Remove ribs and asparagus from grill and divide onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Ribs: Use wings, chicken breast or drumsticks instead.



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 |
| Fat | 23g |
| Carbs | 48g |
| Fiber | 7g |
| Sugar | 7g |
| Protein | 48g |

Directions

- 1 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.
- 2 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 3 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 4 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.
- 5 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.
- 6 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 Toppings: Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.



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 |
| Fat | 19g |
| Carbs | 48g |
| Fiber | 11g |
| Sugar | 12g |
| Protein | 44g |

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 3 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.
- 4 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 5 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.



Cajun Spiced Salmon Skewers

2 servings

10 minutes

Ingredients

- 6 2/3 ozs Salmon Fillet (skinless, cut into cubes)
- 2 tsp Cajun Seasoning
- 2 Barbecue Skewers (cut in half)
- 2/3 tsp Extra Virgin Olive Oil

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 147 |
| Fat | 7g |
| Carbs | 0g |
| Fiber | 0g |
| Sugar | 0g |
| Protein | 19g |

Directions

- 1 In a medium-sized bowl, add the salmon and cajun seasoning. Toss well, ensuring each piece is well coated.
- 2 Pierce the salmon onto the barbecue skewers.
- 3 Heat a cast-iron pan over medium heat. Once hot, add the oil. Add the skewers and cook for two to three minutes per side, or until cooked to your preference. Season with additional cajun seasoning if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving is equal to two skewers with three pieces of salmon on each.



Potato Crusted Pork Casserole

1 serving
1 hour 35 minutes

Ingredients

4 1/3 ozs Lean Ground Pork
2/3 Yellow Onion (medium, halved and thinly sliced)
Sea Salt & Black Pepper (to taste)
1/2 Garlic (cloves, roughly chopped)
2 tbsps Parsley (finely chopped)
2/3 Yellow Potato (medium, thinly sliced)
1/3 cup Beef Broth (plus more if necessary)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 412 |
| Fat | 20g |
| Carbs | 32g |
| Fiber | 5g |
| Sugar | 7g |
| Protein | 27g |

Directions

- 1 With the rack placed in the middle position, preheat the oven to 400°F (205°C).
- 2 Preheat a large non-stick skillet or pot over medium heat. Add the pork and onions, breaking up the meat as it cooks. Season with salt and pepper. Cook for 10 to 15 minutes or until the meat is cooked through and the onions are tender. Discard the juices, if needed, and mix in the garlic and the parsley. Set aside.
- 3 In a large baking dish, arrange the potatoes in a circle on the bottom of the pan, overlapping them to form a crust and cover the bottom completely. Place the meat and onion mixture on top of the potatoes in an even layer. Cover with the remaining potatoes, forming a crust.
- 4 Gently add the broth. Press lightly to ensure just the tops of the potatoes are covered. If needed, add more broth to achieve this. Place the dish on a baking sheet. Cover with a lid or foil and cook in the oven for 45 minutes.
- 5 Uncover the pan and continue cooking for 30 minutes or until the potatoes are golden.
- 6 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

Freezer Meal: Allow the baked dish to cool. Cover in plastic wrap and then tin foil to prevent freezer burn. Freeze for up to one month. Let it thaw in the refrigerator overnight and to room temperature while the oven is preheating. Remove the plastic wrap and the foil. Cook for 45 minutes or until warmed through.

Serving Size: A 13 x 9-inch baking dish was used to make eight servings.

More Flavor: Add thyme, rosemary, celery, carrots and/or fennel.

Additional Toppings: Dijon mustard and sea salt to serve.

No Pork: Try ground chicken, turkey, bison, or beef.



Pressure Cooker Jerk Pork

1 serving

1 hour

Ingredients

- 5 1/3 ozs Pork Shoulder, Boneless (cut into large chunks)
- 1 3/4 tps Jerk Seasoning
- 1 1/3 tbsps Water

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 210 |
| Fat | 5g |
| Carbs | 4g |
| Fiber | 0g |
| Sugar | 0g |
| Protein | 34g |

Directions

- 1 Add the pork shoulder to a large bowl with the jerk seasoning. Toss well to coat.
- 2 Place the seasoned pork and water in your pressure cooker. Put the lid on and set it to "sealing" then press manual/pressure cooker. Cook for 40 minutes on high pressure. Once finished, let it release naturally for 10 minutes and then do a quick release.
- 3 Open the lid and shred the pork with two forks. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days, or freeze for longer.

Serving Size: One serving is equal to approximately 2/3 cup of pulled pork.

Crispy Pulled Pork: After cooking, broil the pulled pork in the oven on a baking sheet for five to eight minutes to make it crispy.

More Flavor: Let the pork marinate in the seasoning for one to four hours before cooking.

Serve it With: Tacos, rice, or vegetables.