



2400 calories, glutenfree

MON



BREAKFAST
Spinach Scramble with Fruit, Lentil Salsa with Toast



SNACK 1
Yogurt with Pear



LUNCH
Pesto Shrimp with Rice & Peas



SNACK 2
Strawberry Blueberry Smoothie



DINNER
One Pan Shrimp Boil



SNACK 3
Stone Fruit Salad with Cottage Cheese

TUE



BREAKFAST
Spinach Scramble with Fruit, Lentil Salsa with Toast



SNACK 1
Yogurt with Pear



LUNCH
One Pan Shrimp Boil



SNACK 2
Strawberry Blueberry Smoothie



DINNER
Honey Garlic Chicken & Potatoes



SNACK 3
Stone Fruit Salad with Cottage Cheese

WED



BREAKFAST
Spinach Scramble with Fruit, Lentil Salsa with Toast



SNACK 1
Yogurt with Pear



LUNCH
Honey Garlic Chicken & Potatoes



SNACK 2
Strawberry Blueberry Smoothie



DINNER
Chickpea Pasta with Pesto



SNACK 3
Stone Fruit Salad with Cottage Cheese

THU



BREAKFAST
Pumpkin Pie Protein Smoothie, Sardine & Avocado Endive Wraps



SNACK 1
Creamy Tuna on Oat Crackers



LUNCH
Chickpea Pasta with Pesto



SNACK 2
Peach, Blackberry & Basil Smoothie



DINNER
Mango Chickpea Salad with Grilled Chicken Kabobs



SNACK 3
Grapefruit with Cottage Cheese

FRI



BREAKFAST
Pumpkin Pie Protein Smoothie, Sardine & Avocado Endive Wraps



SNACK 1
Creamy Tuna on Oat Crackers



LUNCH
Mango Chickpea Salad with Grilled Chicken Kabobs



SNACK 2
Peach, Blackberry & Basil Smoothie



DINNER
Pork Roast with Potatoes & Green Beans



SNACK 3
Grapefruit with Cottage Cheese

SAT



BREAKFAST
Chocolate Cauliflower Shake, Greek Yogurt



SNACK 1
Creamy Tuna on Oat Crackers



LUNCH
Pork Roast with Potatoes & Green Beans



SNACK 2
Peach, Blackberry & Basil Smoothie



DINNER
Pan-Fried Trout with Herbed Rice



SNACK 3
Grapefruit with Cottage Cheese

SUN



BREAKFAST
Chocolate Cauliflower Shake, Greek Yogurt



SNACK 1
Creamy Tuna on Oat Crackers



LUNCH
Pan-Fried Trout with Herbed Rice



SNACK 2
Peach, Blackberry & Basil Smoothie



DINNER
Honey Garlic Chicken Thighs



SNACK 3
Grapefruit with Cottage Cheese

MON

FAT 29% **CARBS 42%** **PROTEIN 29%**

Calories 2441 Fiber 43g
Fat 80g Sugar 87g
Carbs 260g Protein 183g

TUE

FAT 30% **CARBS 41%** **PROTEIN 29%**

Calories 2470 Fiber 43g
Fat 86g Sugar 106g
Carbs 260g Protein 181g

WED

FAT 28% **CARBS 44%** **PROTEIN 28%**

Calories 2456 Fiber 60g
Fat 81g Sugar 110g
Carbs 283g Protein 179g

THU

FAT 32% **CARBS 39%** **PROTEIN 29%**

Calories 2424 Fiber 67g
Fat 90g Sugar 95g
Carbs 251g Protein 187g

FRI

FAT 34% **CARBS 35%** **PROTEIN 31%**

Calories 2430 Fiber 53g
Fat 94g Sugar 91g
Carbs 224g Protein 193g

SAT

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

Calories 2343 Fiber 37g
Fat 76g Sugar 78g
Carbs 240g Protein 181g

SUN

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

Calories 2428 Fiber 39g
Fat 79g Sugar 91g
Carbs 248g Protein 189g

FRUITS

- 1 Avocado
- 4 Banana
- 1 1/3 cups Blackberries
- 3/4 cup Cherries
- 4 Grapefruit
- 2 Lemon
- 1 2/3 tbsps Lime Juice
- 1 1/4 Mango
- 3 Navel Orange
- 1 1/2 Nectarine
- 1 1/2 Pear
- 1 1/2 cups Strawberries

BREAKFAST

- 2 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1/16 tsp Cayenne Pepper
- 1 1/2 tsps Celery Salt
- 3 tbsps Chia Seeds
- 1 1/2 tsps Chili Powder
- 1/3 tsp Cumin
- 1/8 tsp Paprika
- 1/4 cup Pine Nuts
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 1 1/2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower
- 1/2 cup Frozen Edamame
- 4 cups Frozen Peaches
- 1/4 cup Frozen Peas

VEGETABLES

- 2 cups Arugula
- 1 1/2 cups Asparagus
- 6 cups Baby Spinach
- 2 3/4 cups Basil Leaves
- 1/3 cup Cilantro
- 1 1/2 ears Corn On The Cob
- 1/4 Cucumber
- 1 head Endive
- 1/4 cup Fresh Dill
- 6 1/4 Garlic
- 2 cups Green Beans
- 2 cups Mini Potatoes
- 2 1/3 tsps Mint Leaves
- 1/4 cup Parsley
- 1 tsp Rosemary
- 3 Tomato
- 3 1/2 Yellow Potato

BOXED & CANNED

- 1 cup Basmati Rice
- 8 ozs Chickpea Pasta
- 1 cup Chickpeas
- 2 1/4 cups Green Lentils
- 3 1/2 ozs Oat Crackers
- 1/4 cup Quinoa
- 2 1/4 cups Salsa
- 6 ozs Sardines
- 2 cans Tuna
- 1 1/2 cups Vegetable Broth, Low Sodium

BAKING

- 1 tbsp All Purpose Gluten-Free Flour
- 1/4 cup Cacao Powder
- 2 2/3 tbsps Honey
- 1/4 cup Nutritional Yeast
- 1 tsp Pumpkin Pie Spice
- 1 cup Pureed Pumpkin

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 8 ozs Chicken Sausage
- 1 1/4 lbs Chicken Thighs
- 3 slices Gluten-Free Bread
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 Rainbow Trout Fillet
- 13 1/4 ozs Shrimp

CONDIMENTS & OILS

- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Pesto
- 1/4 cup Tahini

COLD

- 1/4 cup Butter
- 3 1/2 cups Cottage Cheese
- 9 Egg
- 2 1/3 tbsps Orange Juice
- 5 cups Plain Coconut Milk
- 4 1/2 cups Plain Greek Yogurt
- 7 3/4 cups Unsweetened Almond Milk

OTHER

- 1/2 cup Chocolate Protein Powder
- 2 2/3 ozs Collagen Powder
- 1 tbsp Maca Powder
- 1 1/4 cups Vanilla Protein Powder
- 1 cup Water

- 1 tbsp Raw Honey
- 1 tsp Vanilla Extract

Spinach Scramble with Fruit

3 SERVINGS 10 MINUTES



INGREDIENTS

- 9 Egg
- 1/3 tsp Sea Salt (divided)
- 1/3 tsp Black Pepper (divided)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 3 Tomato (medium, diced)
- 3 Navel Orange (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	355	Fiber	5g
Fat	19g	Sugar	13g
Carbs	25g	Protein	23g

DIRECTIONS

- 01 Whisk the eggs in a small bowl and season with half of the salt and half of the pepper. Set aside.
- 02 Heat the oil in a pan over medium heat. Add the spinach and cook until wilted and then add the tomato. Continue to cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt and pepper.
- 03 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through.
- 04 Transfer the eggs to a plate. Serve with orange slices and enjoy!

NOTES

LEFTOVERS

Best served immediately.

MORE FLAVOR

Add dried herbs and spices like garlic powder.

NO SPINACH

Use kale instead.

NO ORANGES

Serve with sliced strawberries or apple slices instead.

Lentil Salsa with Toast

3 SERVINGS 10 MINUTES



INGREDIENTS

- 2 1/4 cups Green Lentils (cooked, drained and rinsed)
- 2 1/4 cups Salsa
- 3 tbsps Cilantro (chopped, optional)
- 3 slices Gluten-Free Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	306	Fiber	17g
Fat	3g	Sugar	13g
Carbs	55g	Protein	18g

DIRECTIONS

- 01 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 02 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, fried egg, or plain yogurt.

NO LENTILS

Use chickpeas or black beans instead.

Pumpkin Pie Protein Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1 cup Pureed Pumpkin
2 Banana (frozen)
1 tsp Vanilla Extract
1 tsp Pumpkin Pie Spice
1/2 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	270	Fiber	8g
Fat	4g	Sugar	19g
Carbs	40g	Protein	23g

DIRECTIONS

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

NOTES

NO PUMPKIN PIE SPICE

Use cinnamon instead.

TOPPINGS

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

WARM IT UP

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

Sardine & Avocado Endive Wraps

2 SERVINGS 5 MINUTES



INGREDIENTS

6 ozs Sardines (packed in oil, drained)
1 Avocado (cubed)
1 head Endive (leaves separated)

NUTRITION

AMOUNT PER SERVING

Calories	381	Fiber	15g
Fat	25g	Sugar	1g
Carbs	17g	Protein	26g

DIRECTIONS

- 01 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 02 Fill each endive leaf with the sardine avocado mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately three endive-filled leaves.

ADDITIONAL TOPPINGS

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

NO ENDIVE

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

NUTRITION

AMOUNT PER SERVING

Calories	449	Fiber	17g
Fat	16g	Sugar	20g
Carbs	50g	Protein	31g

DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.

Greek Yogurt

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	90	Fiber	0g
Fat	2g	Sugar	3g
Carbs	6g	Protein	11g

DIRECTIONS

01 Scoop into a bowl and enjoy!

NOTES

TOPPINGS

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

DAIRY-FREE

Use coconut, almond or cashew yogurt instead.

Yogurt with Pear

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 Pear (halved and cored)
3 cups Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	232	Fiber	3g
Fat	5g	Sugar	15g
Carbs	26g	Protein	22g

DIRECTIONS

01 Divide yogurt into bowls. Top with pear and enjoy!

NOTES

DAIRY-FREE

Use coconut or almond yogurt instead of Greek yogurt.

NO PEAR

Use any type of fresh fruit instead.

LIKES IT SWEET

Drizzle with honey or maple syrup.

Creamy Tuna on Oat Crackers

4 SERVINGS 10 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	201	Fiber	2g
Fat	6g	Sugar	1g
Carbs	18g	Protein	21g

DIRECTIONS

01 Combine the tuna, yogurt and sea salt. Mix well with a fork.
02 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.

Pesto Shrimp with Rice & Peas

1 SERVING 20 MINUTES



INGREDIENTS

1/4 cup Basmati Rice
1/4 cup Frozen Peas (thawed)
3/4 tsp Extra Virgin Olive Oil
5 1/4 ozs Shrimp (peeled and deveined)
2 tbsps Pesto
1/8 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	502	Fiber	3g
Fat	16g	Sugar	4g
Carbs	49g	Protein	39g

DIRECTIONS

- 01 Cook the rice according to package directions. In the last two to three minutes of cooking, add the peas to the pot with the rice. Remove the pot from the heat and let rest for three to five minutes.
- 02 Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 03 Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
- 04 Divide the rice and shrimp between plates and serve with additional lemon juice if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the shrimp with dried herbs and spices to taste.

ADDITIONAL TOPPINGS

Fresh herbs or red pepper flakes.

NO BASMATI RICE

Use white rice, brown rice, or cauliflower rice instead.

NO PEAS

Omit or use spinach instead.

DAIRY-FREE

Use a dairy-free pesto.

Strawberry Blueberry Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Frozen Blueberries (wild)
1 1/2 cups Strawberries (stems removed)
3 3/4 cups Unsweetened Almond Milk
3 tbsps Chia Seeds
3/4 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	244	Fiber	8g
Fat	8g	Sugar	10g
Carbs	23g	Protein	23g

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 coconut, cashew, or oat.

NO FRESH STRAWBERRIES

Use frozen instead.

PROTEIN POWDER

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

Peach, Blackberry & Basil Smoothie

4 SERVINGS 5 MINUTES



INGREDIENTS

5 cups Plain Coconut Milk (unsweetened, from the carton)

4 cups Frozen Peaches

1 1/3 cups Blackberries (fresh or frozen)

1/4 cup Basil Leaves

2 2/3 ozs Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	244	Fiber	5g
Fat	7g	Sugar	24g
Carbs	28g	Protein	18g

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.

MORE FLAVOR

Add a pitted date before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

One Pan Shrimp Boil

2 SERVINGS 30 MINUTES



INGREDIENTS

- 8 ozs Shrimp (raw)
- 8 ozs Chicken Sausage (sliced into chunks)
- 1 1/2 Yellow Potato (medium, diced)
- 1 1/2 ears Corn on the Cob (sliced into 2 inch chunks)
- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Celery Salt
- 1/8 tsp Paprika
- 1/16 tsp Cayenne Pepper

NUTRITION

AMOUNT PER SERVING

Calories	593	Fiber	4g
Fat	24g	Sugar	7g
Carbs	52g	Protein	44g

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 02 Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
- 03 Remove from the oven and divide onto plates. Enjoy!

NOTES

GRILL IT

Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Honey Garlic Chicken & Potatoes

2 SERVINGS 45 MINUTES



INGREDIENTS

12 ozs Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
2 1/2 tbsps Butter (divided)
1 Garlic (cloves, minced)
2 2/3 tbsps Honey
1 tsp Rosemary (fresh, chopped)
2 cups Mini Potatoes (halved)

NUTRITION

AMOUNT PER SERVING

Calories	531	Fiber	3g
Fat	22g	Sugar	23g
Carbs	49g	Protein	37g

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Season the chicken thighs with salt and pepper and set aside in a large bowl.
- 02 In a medium sized pot over medium-low heat, melt half of the butter. Add the garlic and cook for one to two minutes, until fragrant. Remove from the heat and whisk in the honey.
- 03 Pour the honey butter mixture over the chicken and toss to coat. Place on the prepared baking sheet.
- 04 In the same pot, melt the remaining butter over low heat and add the rosemary. Toss in the potatoes and coat with the butter. Transfer to the baking sheet and season generously with salt and pepper.
- 05 Bake in the oven for 30 to 35 minutes, until the chicken is cooked through and the potatoes are tender. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in a sealed container for up to three days.

SERVING SIZE

One serving is about two chicken thighs and one cup of potatoes.

MORE FLAVOR

Add hot sauce to the honey-butter mixture.

Chickpea Pasta with Pesto

2 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Chickpea Pasta (uncooked)
2 1/2 cups Basil Leaves (packed)
1/4 cup Pine Nuts
1/4 cup Nutritional Yeast
2 Garlic (clove)
1/4 tsp Sea Salt
1/2 Lemon (juiced)
1/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	579	Fiber	21g
Fat	19g	Sugar	11g
Carbs	75g	Protein	42g

DIRECTIONS

- 01 Cook chickpea pasta according to the package.
- 02 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 03 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 04 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 05 Divide onto 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 of pasta.

NUT-FREE

Use sunflower seeds instead of pine nuts.

Mango Chickpea Salad with Grilled Chicken Kabobs

2 SERVINGS 30 MINUTES



INGREDIENTS

- 8 ozs Chicken Breast
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Edamame (thawed)
- 1/4 Cucumber (diced)
- 1/2 Mango (diced)
- 2 cups Arugula
- 1/4 cup Tahini
- 1 Lemon (juiced)
- 1/4 tsp Black Pepper
- 1/2 Garlic (clove, minced)
- 1/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	564	Fiber	13g
Fat	24g	Sugar	18g
Carbs	49g	Protein	44g

DIRECTIONS

- 01 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
- 02 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 03 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 04 Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
- 05 Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

NOTES

VEGANS & VEGETARIANS

Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

NO MANGO

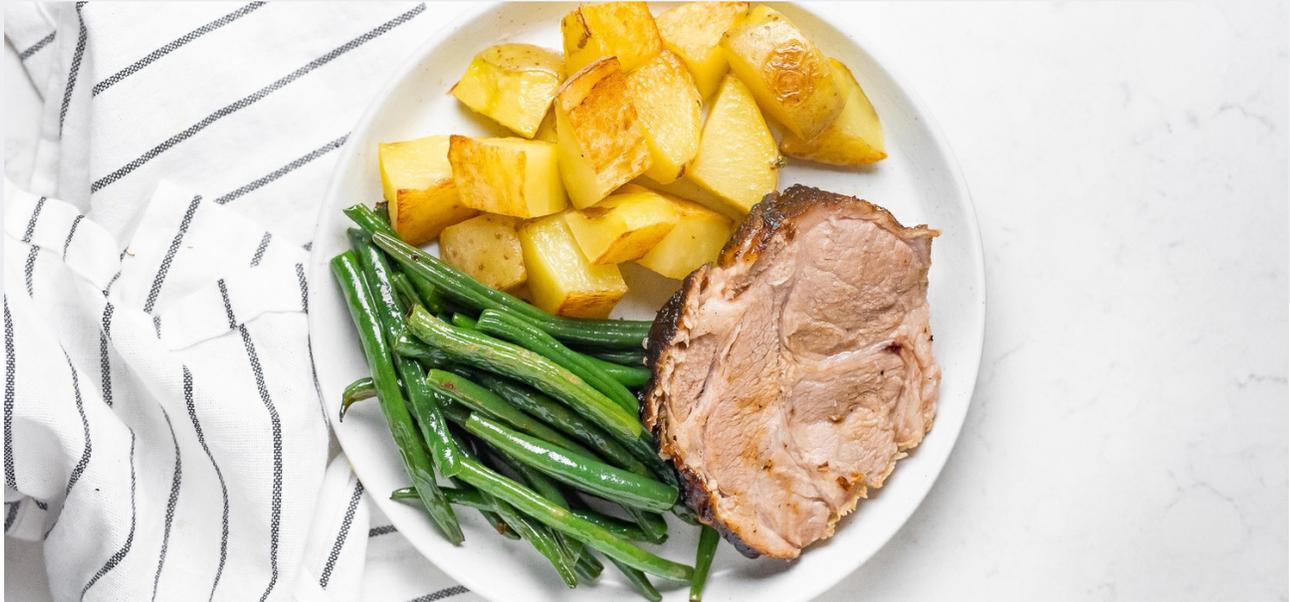
Use diced pineapple or fresh blueberries instead.

NO ARUGULA

Use baby spinach, kale or mixed greens 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	Fiber	7g
Fat	23g	Sugar	7g
Carbs	48g	Protein	48g

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

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

MORE FLAVOR

Add fresh oregano and orange zest to the marinade.

ADDITIONAL TOPPING

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

Pan-Fried Trout with Herbed Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 cups Vegetable Broth, Low Sodium
3/4 cup Basmati Rice (uncooked)
2 tbsps Butter (divided)
1/4 cup Parsley (chopped)
1/4 cup Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
2 Rainbow Trout Fillet (patted dry)
1 tbsp All Purpose Gluten-Free Flour

NUTRITION

AMOUNT PER SERVING

Calories	589	Fiber	3g
Fat	17g	Sugar	2g
Carbs	66g	Protein	39g

DIRECTIONS

- 01 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 02 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 03 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 04 Divide the herbed rice and trout onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals one trout fillet and just over a cup of herbed rice.

TROUT FILLETS

One fillet is equal to approximately 159 grams or 5.6 ounces in size.

DAIRY-FREE

Use vegan butter, olive oil, or coconut oil instead.

MORE FLAVOR

Add cilantro and saffron to the rice.

ADDITIONAL TOPPING

Add lemon juice and fresh herbs.

Honey Garlic Chicken Thighs

1 SERVING 30 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	670	Fiber	9g
Fat	26g	Sugar	20g
Carbs	56g	Protein	56g

DIRECTIONS

- 01 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.
- 02 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.
- 03 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.
- 04 Preheat your grill over medium heat.
- 05 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.

Stone Fruit Salad with Cottage Cheese

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Cottage Cheese
3/4 cup Cherries (pitted, halved)
3/4 Mango (peeled, chopped)
1 1/2 Nectarine (pit removed, chopped)
1 1/2 tbsps Basil Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	209	Fiber	3g
Fat	5g	Sugar	25g
Carbs	30g	Protein	14g

DIRECTIONS

01 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two cups.

NO FRESH FRUIT

Use frozen, thawed fruit instead.

MAKE IT VEGAN

Use coconut yogurt instead of cottage cheese.

ADDITIONAL TOPPINGS

Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.

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.