



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:

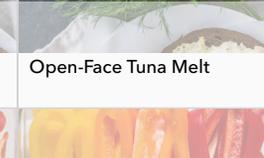
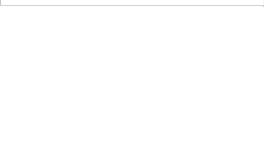
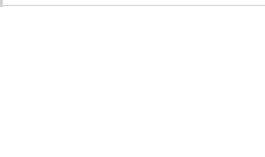
Leftovers: Days where leftovers will be used are shown by "grayed out" text.

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							
	Breakfast Taco Nachos	Breakfast Taco Nachos	Breakfast Taco Nachos	Turkey & Cheese Breakfast Plate	Turkey & Cheese Breakfast Plate	Egg White Omelette with Cottage Cheese	Egg White Omelette with Cottage Cheese
Snack 1							
	Yogurt & Granola	Yogurt & Granola	Yogurt & Granola	0.5 Open-Face Tuna Melt	Open-Face Tuna Melt	Open-Face Tuna Melt	0.5 Open-Face Tuna Melt
Lunch							
	Chicken Salad Sandwich	Honey Garlic Chicken Thighs	Shrimp Asparagus Pesto Pasta	Meal Prep Chicken & Cilantro Lime Quinoa	Mashed Sweet Potato with Peas & Corn	Tuna, Spinach & Feta Pita	Shrimp & Green Beans
Snack 2							
	Sweet Chili Edamame	1.5 Sweet Chili Edamame	1.5 Sweet Chili Edamame	Chicken & Cream Cheese Wrap	Chicken & Cream Cheese Wrap	Chicken & Cream Cheese Wrap	Chicken & Cream Cheese Wrap
Dinner							
	Honey Garlic Chicken Thighs	Shrimp Asparagus Pesto Pasta	Meal Prep Chicken & Cilantro Lime Quinoa	Mashed Sweet Potato with Peas & Corn	Tuna, Spinach & Feta Pita	Shrimp & Green Beans	Pear & Arugula Salad with Chicken
							
	Sweet Potato Poutine	Sweet Potato Poutine	Sweet Potato Poutine	Coconut Lime Steamed Mussels	Lentil & Feta Tabbouleh	California Naan Pizza	Coconut Cod Tacos

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  36%	Fat  36%	Fat  37%	Fat  37%	Fat  33%	Fat  31%
Carbs  34%	Carbs  33%	Carbs  33%	Carbs  30%	Carbs  29%	Carbs  30%	Carbs  31%
Protein  32%	Protein  31%	Protein  31%	Protein  33%	Protein  34%	Protein  37%	Protein  38%
Calories 2637	Calories 2649	Calories 2653	Calories 2581	Calories 2681	Calories 2662	Calories 2649
Fat 101g	Fat 110g	Fat 111g	Fat 107g	Fat 111g	Fat 98g	Fat 92g
Carbs 230g	Carbs 227g	Carbs 229g	Carbs 198g	Carbs 199g	Carbs 201g	Carbs 206g
Fiber 42g	Fiber 54g	Fiber 54g	Fiber 30g	Fiber 36g	Fiber 40g	Fiber 39g
Sugar 60g	Sugar 74g	Sugar 61g	Sugar 39g	Sugar 38g	Sugar 33g	Sugar 43g
Protein 210g	Protein 213g	Protein 211g	Protein 214g	Protein 228g	Protein 252g	Protein 251g

Fruits

- 1 Apple
- 1 1/4 Avocado
- 1 1/3 Lemon
- 1 tbsps Lemon Juice
- 1/4 Lime
- 2 2/3 tbsps Lime Juice
- 1/2 Pear

Breakfast

- 1 cup Granola

Seeds, Nuts & Spices

- 1 1/4 tpsps Black Pepper
- 1 3/4 tpsps Chili Powder
- 1 tsp Cinnamon
- 1 1/16 tpsps Cumin
- 1/16 tsp Dried Thyme
- 1 2/3 tpsps Garlic Powder
- 1/4 tsp Italian Seasoning
- 1/8 tsp Onion Powder
- 3/4 tsp Oregano
- 1 tsp Paprika
- 1/4 tsp Red Pepper Flakes
- 2 3/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tpsps Walnuts

Frozen

- 4 1/2 Brown Rice Tortilla
- 8 cups Edamame Pods

Vegetables

- 9 cups Arugula
- 6 cups Asparagus
- 11 cups Baby Spinach
- 2 Carrot
- 8 stalks Celery
- 1/4 cup Chives
- 1/2 cup Cilantro
- 1/4 Cucumber
- 2 1/4 tpsps Fresh Dill
- 1/4 cup Fresh Peas
- 5 Garlic
- 1 1/2 tpsps Ginger
- 1 1/4 cups Green Beans
- 3/4 Green Bell Pepper
- 4 stalks Green Onion
- 1 Orange Bell Pepper
- 2 1/16 cups Parsley
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 4 Sweet Potato
- 1 3/4 Tomato
- 1 tbsps Watermelon Radish
- 1 1/4 Yellow Bell Pepper

Boxed & Canned

- 1/2 cup Canned Coconut Milk
- 4 ozs Chickpea Pasta
- 1/4 cup Corn
- 2 1/16 cups Fava Beans
- 1 cup Lentils
- 1 cup Quinoa
- 4 cans Tuna
- 1/2 cup Vegetable Broth

Baking

- 1 tbsps All Purpose Gluten-Free Flour
- 2 tpsps Arrowroot Powder
- 1 tbsps Coconut Flour
- 1/4 cup Coconut Sugar
- 1 1/2 tpsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 3 slices Bread
- 2 2/3 ozs Cheese Curds
- 6 ozs Chicken Breast
- 1 1/3 lbs Chicken Breast, Cooked
- 1 lb Chicken Thighs
- 1/2 Cod Fillet
- 2 Corn Tortilla
- 12 ozs Extra Lean Ground Turkey
- 1 1/16 cups Feta Cheese
- 2 ozs Mozzarella Cheese
- 2 lbs Mussels
- 2 pieces Naan
- 1 3/4 lbs Shrimp
- 3 1/2 ozs Sourdough Bread
- 5 1/16 ozs Swiss Cheese
- 8 ozs Turkey Breast
- 2 slices Whole Grain Bread
- 1 Whole Wheat Pita
- 4 Whole Wheat Tortilla

Condiments & Oils

- 1 1/16 tpsps Apple Cider Vinegar
- 2 1/16 tpsps Avocado Oil
- 1 1/2 tpsps Balsamic Vinegar
- 1 tbsps Coconut Aminos
- 1 1/2 tpsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tpsps Pesto
- 1/2 cup Rice Vinegar
- 1 tbsps Sriracha
- 1/3 cup Sun Dried Tomatoes
- 2 1/16 tpsps Tahini
- 2 1/16 tpsps Tamari
- 2 tpsps Tomato Sauce

Cold

- 1 2/3 tpsps Butter
- 2 cups Cottage Cheese
- 1/2 cup Cream Cheese, Regular
- 7 1/4 Egg

-
- 2 tbsps Raw Honey
 - 2 1/4 tsps Tapioca Flour
 - 2 tbsps Unsweetened Shredded Coconut
 - 2 cups Egg Whites
 - 4 cups Plain Greek Yogurt

Other

- 3 cups Water



Breakfast Taco Nachos

3 servings

30 minutes

Ingredients

- 4 1/2 Brown Rice Tortilla (thawed)
- 1 1/8 tsps Extra Virgin Olive Oil
- 12 ozs Extra Lean Ground Turkey
- 2 1/4 tsps Chili Powder
- 3/4 tsp Oregano
- 3/4 tsp Cumin
- 3/4 tsp Black Pepper
- 3/4 tsp Sea Salt
- 1/3 cup Water
- 3 Egg (fried)
- 3/4 Green Bell Pepper (diced)
- 3/4 Tomato (diced)
- 3/4 Avocado (diced)

Nutrition

Amount per serving	
Calories	582
Fat	28g
Carbs	49g
Fiber	10g
Sugar	6g
Protein	34g

Directions

- 1 Preheat oven to 415°F (213°C). Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
- 2 Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 3 Fry your eggs and set aside.
- 4 Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

Notes

Make it Vegan: Use quinoa or lentils instead of ground meat and omit the fried egg.

Additional Toppings: Add or replace with other toppings such as crumbled feta, salsa, red onion, greek yogurt, red pepper flakes, or green onion.



Turkey & Cheese Breakfast Plate

2 servings

15 minutes

Ingredients

- 1 tsp Avocado Oil
- 2 Egg
- 4 cups Baby Spinach
- 8 ozs Turkey Breast (cooked)
- 2 slices Whole Grain Bread (toasted)
- 3 ozs Swiss Cheese (sliced)

Nutrition

Amount per serving	
Calories	510
Fat	25g
Carbs	21g
Fiber	4g
Sugar	3g
Protein	51g

Directions

- 1 Heat the oil in a pan over medium heat. Crack the egg and cook until the whites are set and the yolk is cooked to your liking. Set aside.
- 2 In the same pan, add the spinach and cook until wilted, about two to three minutes. Add a bit of water if needed.
- 3 Arrange the fried egg, spinach, turkey breast, toast, and cheese on a plate. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Gluten-Free: Use gluten-free bread.

Dairy-Free: Omit the cheese.

More Flavor: Add mayonnaise, salt, or black pepper.

Additional Toppings: Add tomatoes, olives, pickles, or sauerkraut.



Apple & Sweet Potato Hash

2 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 1 Apple (medium, peeled and cut into small cubes)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	163
Fat	7g
Carbs	26g
Fiber	4g
Sugar	12g
Protein	1g

Directions

- 1 Heat the oil in a non-stick pan over medium heat.
- 2 Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
- 3 Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Season with salt and pepper to taste. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add dried herbs and spices like cumin, cinnamon, and/or garlic powder.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.

More Veggies: Add spinach or kale and stir until wilted.



Egg White Omelette with Cottage Cheese

2 servings

10 minutes

Ingredients

- 2 tsps Butter
- 2 cups Egg Whites
- 2 cups Cottage Cheese
- 1/4 cup Chives (chopped)

Nutrition

Amount per serving	
Calories	368
Fat	13g
Carbs	9g
Fiber	0g
Sugar	7g
Protein	50g

Directions

- 1 Heat the butter in a large skillet or non-stick pan over medium heat. Add the egg whites and cook until almost set.
- 2 Place the cottage cheese down the middle of the omelette and sprinkle the chives ovetop. Fold the sides of the omelette towards the center and remove from heat. Enjoy!

Notes

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

More Flavor: Add sea salt, black pepper, tamari, or your choice of herbs/spices.

Additional Toppings: Avocado, cherry tomatoes, minced red onion, bell peppers, kimchi, sauerkraut, or mushrooms.

No Butter: Use olive oil, coconut oil, avocado or ghee instead.



Egyptian Fava Beans with Tahini

2 servings

15 minutes

Ingredients

- 2 cups Fava Beans (cooked, with liquid)
- 2 tbsps Tahini
- 1/3 tsp Cumin
- 1 tsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	37g
Fiber	11g
Sugar	3g
Protein	16g

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

Notes

Serve It With: Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

No Apple Cider Vinegar: Use lemon juice instead.

Serving Size: One serving is equal to approximately one cup.

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Yogurt & Granola

3 servings

5 minutes

Ingredients

- 3 cups Plain Greek Yogurt
- 1 cup Granola

Nutrition

Amount per serving	
Calories	380
Fat	15g
Carbs	34g
Fiber	4g
Sugar	14g
Protein	28g

Directions

- 1 Divide the yogurt into bowls and top with granola. Enjoy!

Notes

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

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Granola: Use any type of fresh fruit or nuts instead.



Open-Face Tuna Melt

3 servings

10 minutes

Ingredients

- 1 1/2 cans Tuna (drained and flaked)
- 3 stalks Celery (thinly sliced)
- 3/4 cup Plain Greek Yogurt
- 2 1/4 tsps Apple Cider Vinegar
- 1 1/2 tsps Dijon Mustard
- 2 1/4 tsps Fresh Dill
- 1 1/2 tsps Garlic Powder
- 2 1/8 ozs Swiss Cheese (sliced or shredded)
- 3 slices Bread

Nutrition

Amount per serving	
Calories	291
Fat	11g
Carbs	18g
Fiber	2g
Sugar	5g
Protein	29g

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to low broil.
- 2 In a bowl, combine tuna, celery, yogurt, apple cider vinegar, dijon, dill and garlic powder.
- 3 Scoop tuna mixture onto bread and spread evenly. Top with Swiss cheese.
- 4 Broil in oven for about 3 to 5 minutes, or until cheese is melted and slightly browned. Watch closely for burning and do not leave unattended.
- 5 Remove from oven and enjoy!

Notes

Loaded Tuna Melt: Add minced red onion, sliced tomato and avocado.

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

Vegan and Vegetarian: Use mashed chickpeas instead of tuna, avocado instead of yogurt and omit the cheese.

Gluten-Free: Use gluten-free bread or serve on a brown rice tortilla.



Chopped Bell Peppers

4 servings

5 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Orange Bell Pepper
- 1 Red Bell Pepper

Nutrition

Amount per serving	
Calories	20
Fat	0g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	1g

Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

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



Chicken Salad Sandwich

1 serving
10 minutes

Ingredients

- 2 1/2 ozs Chicken Breast, Cooked (shredded)
- 1 stalk Celery (chopped)
- 2 tbsps Red Onion (finely chopped)
- 1 tbsp Parsley (finely chopped)
- 2 tbsps Plain Greek Yogurt
- 1/8 Lemon (juiced, zested)
- Sea Salt & Black Pepper (to taste)
- 3 1/2 ozs Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	394
Fat	3g
Carbs	53g
Fiber	3g
Sugar	2g
Protein	35g

Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt, lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Spread the chicken evenly over one slice of sourdough. Close the sandwich and enjoy!

Notes

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

Serving Size: One serving is one sandwich.

Gluten-Free: Use gluten-free bread instead.

Dairy-Free: Use dairy-free unsweetened yogurt or replace the yogurt with mayonnaise.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Protein Packed Deviled Eggs

1 serving
20 minutes

Ingredients

- 2 Egg (hard boiled)
- 1/2 can Tuna (drained)
- 1/4 Avocado
- 1/2 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/4 tsp Paprika
- 1/4 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	309
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	30g

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

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

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



Sweet Chili Edamame

4 servings

15 minutes

Ingredients

- 1/2 cup Rice Vinegar
- 1 cup Water
- 1/4 cup Coconut Sugar
- 2 Garlic (clove, minced)
- 1 1/3 tbsps Tamari
- 1 tbsp Sriracha
- 2 tsps Arrowroot Powder
- 8 cups Edamame Pods

Nutrition

Amount per serving	
Calories	302
Fat	11g
Carbs	30g
Fiber	12g
Sugar	16g
Protein	27g

Directions

- 1 In a small saucepan, combine the vinegar, water, sugar, garlic, tamari, and sriracha. Bring to a low boil over medium-high heat and then reduce the heat and simmer for seven to eight minutes.
- 2 Remove about 1/4 of the sauce and place in a small bowl. Whisk in the arrowroot powder to create a slurry and then add the slurry to the saucepan. Cook for 30 seconds or so, until thickened. Remove from the heat and set aside.
- 3 Meanwhile, bring a large pot of salted water to a boil.
- 4 Place the edamame pods in the boiling water and cook for five minutes, stirring occasionally. Drain and rinse with cold water and then add the edamame back to the large pot.
- 5 Add the sauce and toss to combine until the edamame is well coated. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.



Chicken & Cream Cheese Wrap

4 servings
10 minutes

Ingredients

- 12 ozs Chicken Breast, Cooked (shredded or chopped)
- 1/2 cup Cream Cheese, Regular (divided)
- 4 Whole Wheat Tortilla
- 3 cups Arugula
- 4 stalks Celery (chopped)

Nutrition

Amount per serving	
Calories	353
Fat	15g
Carbs	22g
Fiber	5g
Sugar	3g
Protein	33g

Directions

- 1 In a small bowl, mix together the chicken and half the cream cheese.
- 2 Lay the tortilla flat and spread the remaining cream cheese, then add the arugula, chicken, and celery. Roll the tortilla tightly and enjoy!

Notes

Leftovers: Store in the fridge wrapped in tin foil or parchment paper for up to two days.

Gluten-Free: Use a gluten-free tortilla.

Dairy-Free: Use a dairy-free cream cheese.

More Flavor: Add hot sauce to the chicken.

Additional Toppings: Add chopped bacon, cucumber, or sprouts.



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.



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.



Meal Prep Chicken & Cilantro Lime Quinoa

2 servings

15 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1/4 cup Cilantro (chopped)
- 2 tsps Lime Juice (to taste)
- 1/8 tsp Sea Salt (to taste)
- 4 cups Arugula (packed)
- 2 Carrot (small, chopped)
- 8 ozs Chicken Breast, Cooked (sliced)
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	366
Fat	7g
Carbs	35g
Fiber	6g
Sugar	4g
Protein	42g

Directions

- 1 Cook the quinoa according to the package directions and let cool.
;
- 2 Toss the quinoa with cilantro, lime juice, and salt.
;
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

Notes

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

More Flavor: Use balsamic vinegar or your dressing of choice.

Additional Toppings: Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



Sweet Potato Poutine

2 servings

30 minutes

Ingredients

- 1 Sweet Potato (large, sliced into 1/4-inch strips)
- 2 1/4 tsps Tapioca Flour
- Sea Salt & Black Pepper (to taste)
- 1 1/4 tsps Avocado Oil
- 1/2 cup Vegetable Broth
- 3/4 tsp Tamari
- 1 tbsp All Purpose Gluten-Free Flour
- 1 1/2 tsps Nutritional Yeast
- 1/8 tsp Onion Powder
- 1/8 tsp Garlic Powder
- 1/16 tsp Dried Thyme
- 2 2/3 ozs Cheese Curds

Nutrition

Amount per serving	
Calories	308
Fat	20g
Carbs	23g
Fiber	3g
Sugar	3g
Protein	12g

Directions

- 1 Preheat the oven to 425°F (215°C) and line the baking sheet with parchment paper.
- 2 Place the sweet potato strips in a large bowl with tapioca flour, salt, and pepper and toss until well coated. Pour in the oil and toss again to combine.
- 3 Arrange the sweet potato onto your baking sheet, being careful not to crowd the pan. Use multiple baking sheets if needed. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile combine the vegetable broth, tamari, all purpose gluten-free flour, nutritional yeast, onion powder, garlic powder, thyme, salt, and pepper into a saucepan over medium heat and whisk well. Bring to a boil, and then reduce the heat and simmer on low for five minutes, until thickened, whisking often. Cover and keep on low heat until the fries are ready.
- 5 Remove the fries from the oven and transfer to a plate. Add the cheese curds on top and immediately pour the hot gravy on top. Season with salt and/or pepper if needed. Enjoy!

Notes

Leftovers: Best enjoyed freshly made. Leftover gravy can be refrigerated in an airtight container for up to five days. Reheat the fries separately in the oven to make them crispy.

Make it Vegan: Use dairy-free cheese curds or dairy-free shredded cheese.

No Cheese Curds: Use shredded cheese instead.



Mashed Sweet Potato with Peas & Corn

2 servings

15 minutes

Ingredients

- 2 Sweet Potato (medium, peeled, chopped)
- 1 tbsp Butter
- 1 cup Baby Spinach
- 1/4 cup Corn
- 1/4 cup Fresh Peas
- 1/2 tsp Paprika
- 1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	200
Fat	6g
Carbs	34g
Fiber	6g
Sugar	7g
Protein	4g

Directions

- 1 Bring a pot of water to a boil. Add the sweet potatoes and boil until fork tender, about seven to 10 minutes. Drain the water and return the sweet potatoes back to the pot.
- 2 Stir in the remaining ingredients until well combined and the spinach is wilted. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Add garlic, onion, cayenne pepper, or your favorite hot sauce.

Additional Toppings: Serve with caramelized onions, stew, grilled meat, or fish.

Make it Vegan: Use olive oil instead of butter.

No Sweet Potato: Use yellow or russet potatoes instead.

No Spinach: Use watercress instead.



Coconut Lime Steamed Mussels

2 servings

20 minutes

Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 1/4 cup Cilantro (chopped)
- 2 stalks Green Onion (chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Ginger (grated)
- 1 tbsp Coconut Aminos
- 2 lbs Mussels
- 1/4 tsp Sea Salt (optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	23g
Fiber	0g
Sugar	3g
Protein	55g

Directions

- 1 In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.
- 4 To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.

More Flavor: Add garlic or red pepper flakes to the broth.

Additional Toppings: Serve with lime wedges, green onion or cilantro.

No Coconut Aminos: Use soy sauce or tamari instead of coconut aminos



Tuna, Spinach & Feta Pita

2 servings

10 minutes

Ingredients

- 2 cans Tuna (drained, broken into chunks)
- 2 cups Baby Spinach (chopped)
- 1/2 stalk Green Onion (sliced)
- 1/4 cup Feta Cheese (crumbled)
- 1 tbsp Lemon Juice (to taste)
- 1 Whole Wheat Pita (sliced in half)

Nutrition

Amount per serving	
Calories	285
Fat	6g
Carbs	20g
Fiber	3g
Sugar	1g
Protein	39g

Directions

- 1 In a mixing bowl, combine the tuna, spinach, green onions, feta, and lemon juice.
- 2 Gently open each pita pocket and fill with the tuna mixture. Enjoy!

Notes

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

Serving Size: One serving equals approximately half a pita (8-inch) filled with two cups of the tuna mixture.

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

Gluten-Free: Use lettuce wraps or gluten-free bread instead of pita.

Dairy-Free: Use vegan cheese instead of feta cheese, or omit completely.

More Flavor: Add mustard, olive oil, or mayonnaise.

Additional Toppings: Add chopped celery, red onion, tomatoes or cucumber.



Lentil & Feta Tabbouleh

2 servings

10 minutes

Ingredients

- 1 cup Lentils (cooked)
- 1 Tomato (medium, diced)
- 1/3 cup Feta Cheese (crumbled)
- 2 cups Parsley (chopped)
- 1/4 cup Red Onion (finely diced)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- 1 tsp Cinnamon (ground)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	344
Fat	20g
Carbs	30g
Fiber	11g
Sugar	3g
Protein	15g

Directions

- 1 Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Dairy-Free: Omit the feta and use sliced olives or capers instead.

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



Shrimp & Green Beans

2 servings

20 minutes

Ingredients

- 1 1/2 tps Avocado Oil (divided)
- 1 1/4 cups Green Beans (trimmed)
- 1 lb Shrimp (raw, peeled and deveined)
- 1/16 tsp Sea Salt
- 1 1/2 tps Tamari
- 1/4 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	247
Fat	5g
Carbs	5g
Fiber	2g
Sugar	2g
Protein	47g

Directions

- 1 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 2 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 2 to 3 days.

Serve It With: Rice, quinoa, polenta, spaghetti squash, couscous, sweet potatoes or zucchini noodles.

No Tamari: Use soy sauce or coconut aminos instead.



California Naan Pizza

2 servings

15 minutes

Ingredients

- 2 pieces Naan
- 1/4 cup Water
- 4 cups Baby Spinach
- 2 tbsps Tomato Sauce
- 2 ozs Mozzarella Cheese (shredded)
- 1/3 cup Sun Dried Tomatoes (sliced)
- 1/2 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	476
Fat	19g
Carbs	55g
Fiber	5g
Sugar	8g
Protein	22g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Meanwhile, heat the water in a pan over medium-high heat. Cook the spinach until wilted, about one to two minutes. Pat dry and set aside.
- 3 Spread the tomato sauce evenly over the naan. Top with mozzarella, sautéed spinach, sun dried tomatoes, and feta cheese. Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy.
- 4 Cut into slices and enjoy!

Notes

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

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese.

More Flavor: Add red pepper flakes or top with chili oil.

Naan: One piece of naan is 3.2 oz or 90 grams.



Pear & Arugula Salad with Chicken

1 serving
35 minutes

Ingredients

- 6 ozs Chicken Breast
- 1/4 tsp Italian Seasoning
- 1/16 tsp Sea Salt
- 2 cups Arugula
- 1/2 Pear (chopped)
- 1 tbsp Red Onion (thinly sliced)
- 1 1/2 tps Walnuts (finely chopped)
- 1 1/2 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Calories	314
Fat	7g
Carbs	21g
Fiber	4g
Sugar	14g
Protein	40g

Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Slice the pears just before serving for best results.

Nut-Free: Omit the walnuts or use sunflower or pumpkin seeds instead.

No Chicken: Use salmon, shrimp, chickpeas, or tofu instead.

No Arugula: Use baby spinach instead.

No Pear: Use apple instead.

More Fat: Add extra virgin olive oil and mix with the balsamic vinegar.



Coconut Cod Tacos

1 serving
35 minutes

Ingredients

- 1/4 Egg
- 2 tbsps Unsweetened Shredded Coconut
- 1 tbsp Coconut Flour
- 1/8 tsp Paprika
- 1/16 tsp Sea Salt
- 1/2 Cod Fillet (cut into small pieces)
- 2 Corn Tortilla
- 1/4 Yellow Bell Pepper (sliced thinly)
- 1 tbsp Watermelon Radish (thinly sliced)
- 1/4 Lime (juiced)
- 1 tbsp Cilantro (optional, roughly chopped)
- 1/4 Avocado (cubed)

Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Sugar	2g
Protein	27g

Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

Notes

Leftovers: Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

Serving Size: One serving is equal to two tacos.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.

No Tortillas: Use lettuce as a wrap.

No Watermelon Radish: Omit or use regular radish.

Likes it Spicy: Add hot sauce or cayenne pepper to the assembled tacos.

Likes it Saucy: Drizzle the assembled tacos with mayonnaise or sour cream.