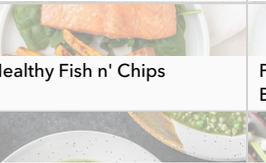
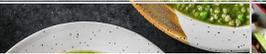




	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 Turkey & Potato Breakfast Casserole	 Turkey & Potato Breakfast Casserole	 Taco Breakfast Bowl	 Taco Breakfast Bowl
	 English Muffin Tuna Melt	 English Muffin Tuna Melt	 English Muffin Tuna Melt	 Lentil Salsa with Toast	 Lentil Salsa with Toast	 Gallo Pinto	 Gallo Pinto
Snack 1	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding
	 Shrimp Lettuce Wraps	 Honey Garlic Chicken Thighs	 Chickpea Pasta with Pesto	 Roasted Chicken Apple Kale Salad	 Pressure Cooker Wild Rice & Mushroom Soup	 Healthy Fish n' Chips	 Pressure Cooker Chicken Breast
Lunch	 California Naan Pizza	 Honey Garlic Chicken Thighs	 Chickpea Pasta with Pesto	 Roasted Chicken Apple Kale Salad	 Egg, Shrimp & Avocado Salad	 Pea & Basil Buckwheat Risotto	 Kale Blueberry Salad with Lemon Tahini Dressing
	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Pomelo & Cottage Cheese	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange
Dinner	 Honey Garlic Chicken Thighs	 Chickpea Pasta with Pesto	 Roasted Chicken Apple Kale Salad	 Pressure Cooker Wild Rice & Mushroom Soup	 Healthy Fish n' Chips	 Pressure Cooker Chicken Breast	 Pesto Chicken Stuffed Sweet Potatoes
	 Honey Garlic Chicken Thighs	 Chickpea Pasta with Pesto	 Roasted Chicken Apple Kale Salad	 Egg, Shrimp & Avocado Salad	 Pea & Basil Buckwheat Risotto	 Kale Blueberry Salad with Lemon Tahini Dressing	 Roasted Vegetable Quinoa Salad
Snack 3	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers
	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  32%	Fat  34%	Fat  34%	Fat  30%	Fat  31%	Fat  32%
Carbs  36%	Carbs  38%	Carbs  38%	Carbs  37%	Carbs  41%	Carbs  39%	Carbs  38%
Protein  31%	Protein  30%	Protein  28%	Protein  29%	Protein  29%	Protein  30%	Protein  30%
Calories 2774	Calories 2725	Calories 2720	Calories 2752	Calories 2764	Calories 2713	Calories 2649
Fat 104g	Fat 102g	Fat 109g	Fat 108g	Fat 93g	Fat 97g	Fat 98g
Carbs 257g	Carbs 268g	Carbs 267g	Carbs 263g	Carbs 294g	Carbs 274g	Carbs 259g
Fiber 43g	Fiber 57g	Fiber 60g	Fiber 66g	Fiber 70g	Fiber 70g	Fiber 65g
Sugar 52g	Sugar 53g	Sugar 64g	Sugar 86g	Sugar 72g	Sugar 64g	Sugar 60g
Protein 218g	Protein 212g	Protein 198g	Protein 204g	Protein 208g	Protein 207g	Protein 203g

Fruits

- 2 Apple
- 1 1/2 Avocado
- 1 Banana
- 1/2 cup Blueberries
- 1 1/4 Lemon
- 2 tbsps Lemon Juice
- 1/2 Lime
- 4 Navel Orange
- 3 cups Pomelo
- 2 1/2 cups Strawberries

Breakfast

- 3 tbsps All Natural Peanut Butter
- 2/3 cup Buckwheat Groats
- 1 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1 tbsp Cashews
- 3/4 cup Chia Seeds
- 2 tbsps Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Dried Thyme
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1 1/16 tsps Oregano
- 1/2 tsp Paprika
- 1/4 cup Pine Nuts
- 1 tsp Poultry Seasoning
- 1/4 tsp Red Pepper Flakes
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Taco Seasoning

Frozen

- 1 1/2 cups Frozen Blueberries
- 1 cup Frozen Peas

Vegetables

- 1/2 cup Arugula
- 3 cups Asparagus
- 9 1/4 cups Baby Spinach
- 3 2/3 cups Basil Leaves
- 1/2 head Boston Lettuce
- 2 cups Butternut Squash
- 1 Carrot
- 1 2/3 stalks Celery
- 1 cup Cherry Tomatoes
- 1/4 cup Chives
- 1/4 cup Cilantro
- 1/3 Cucumber
- 1 cup Fresh Peas
- 5 3/4 Garlic
- 1/2 Green Bell Pepper
- 8 cups Kale Leaves
- 3/4 Leeks
- 1 tbsp Mint Leaves
- 1 2/3 cups Mushrooms
- 1 cup Radishes
- 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 2/3 Russet Potato
- 1/3 cup Sunflower Sprouts
- 3 1/4 Sweet Potato
- 2 tbsps Thyme
- 3 1/3 ozs Thyme Sprigs
- 1 Tomato
- 2 1/2 Yellow Onion

Boxed & Canned

- 1 cup Black Beans
- 1 1/2 cups Chicken Broth
- 8 ozs Chickpea Pasta
- 2/3 cup Chickpeas
- 1 1/2 cups Green Lentils
- 1/3 cup Jasmine Rice
- 1 cup Lentils
- 3 1/2 ozs Oat Crackers
- 2/3 cup Quinoa

Bread, Fish, Meat & Cheese

- 2 ozs Cheddar Cheese
- 1 2/3 lbs Chicken Breast
- 1 lb Chicken Thighs
- 6 ozs English Muffin
- 1 lb Extra Lean Ground Turkey
- 1/3 cup Feta Cheese
- 2 slices Gluten-Free Bread
- 2 ozs Mozzarella Cheese
- 1 piece Naan
- 12 1/2 ozs Salmon Fillet
- 4 ozs Shrimp
- 8 ozs Shrimp, Cooked
- 6 ozs Smoked Salmon
- 5 1/4 ozs Sourdough Bread

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 1 1/8 tbsps Avocado Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 3/4 tsp Red Wine Vinegar
- 3 tbsps Sun Dried Tomatoes
- 2 tbsps Tahini
- 1 tbsp Tamari
- 1 tbsp Tomato Sauce

Cold

- 7 cups Cottage Cheese
- 1/4 cup Cream Cheese, Regular
- 5 1/3 Egg
- 1 1/2 cups Egg Whites
- 2 cups Plain Coconut Milk
- 1/2 cup Plain Greek Yogurt
- 4 1/4 cups Unsweetened Almond Milk

Other

- 1 1/4 cups Vanilla Protein Powder
- 3 1/3 cups Water

-
- 1 1/2 cups Salsa
 - 4 cans Tuna
 - 3 1/2 cups Vegetable Broth
 - 1/3 cup Wild Rice

Baking

- 2 2/3 tbsps All Purpose Gluten-Free Flour
- 1/3 cup Nutritional Yeast
- 1 1/2 cups Oats
- 2 tbsps Raw Honey



High Protein Peanut Butter Oatmeal

3 servings

5 minutes

Ingredients

- 1 1/2 cups Oats (quick or rolled)
- 1 1/2 cups Water
- 1 1/2 cups Egg Whites
- 3 tbsps All Natural Peanut Butter
- 1 1/2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	341
Fat	13g
Carbs	34g
Fiber	7g
Sugar	3g
Protein	23g

Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

Notes

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

Nut-Free: Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

More Flavor: Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

Additional Toppings: Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

Make it Vegan: Omit the egg whites.



English Muffin Tuna Melt

3 servings

5 minutes

Ingredients

- 2 cans Tuna (drained, flaked)
- 1/4 cup Mayonnaise
- 1/4 cup Chives (chopped, plus more for garnish)
- 1/8 tsp Sea Salt
- 6 ozs English Muffin (halved, lightly toasted)
- 1 oz Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	344
Fat	18g
Carbs	28g
Fiber	8g
Sugar	1g
Protein	26g

Directions

- 1 Set your oven to broil.
- 2 In a bowl, stir together the tuna, mayonnaise, chives, and salt until well combined. Spread the tuna mixture evenly over each English muffin slice and sprinkle mozzarella on top.
- 3 Transfer to a baking sheet and broil in the oven for three minutes or until the cheese is melted. Garnish with more chives (optional). Enjoy!

Notes

Leftovers: Refrigerate the tuna mixture in a separate airtight container for up to two days.

Serving Size: One serving equals approximately two English muffin slices topped with 80 grams of tuna.

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

Gluten-Free: Use gluten-free bread, crackers, cucumber slices or rice cakes instead of English muffins.

Additional Toppings: Minced red onion, black pepper, sliced green onions, celery, mustard or sauerkraut.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Turkey & Potato Breakfast Casserole

2 servings

1 hour

Ingredients

- 1 tsp Extra Virgin Olive Oil (divided)
- 8 ozs Extra Lean Ground Turkey
- 1/16 tsp Sea Salt (divided)
- 2/3 Russet Potato (peeled, shredded, squeezed and drained of excess liquid)
- 1/2 cup Unsweetened Almond Milk
- 1 1/3 Egg
- 1/16 tsp Oregano
- 2 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Calories	414
Fat	25g
Carbs	14g
Fiber	2g
Sugar	1g
Protein	34g

Directions

- 1 Preheat the oven to 400°F (205°C). Use half the oil to grease a baking dish.
- 2 Heat the remaining oil in a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Drain any excess liquid, season with half of the salt, and transfer to the baking dish.
- 3 Sprinkle the shredded potato evenly over the cooked turkey.
- 4 In a bowl, whisk together the almond milk, eggs, oregano, and the remaining salt. Pour the mixture over all the ingredients in the baking dish. Sprinkle the cheese over top and bake for 40 to 45 minutes, or until golden brown and cooked through.
- 5 Let it cool slightly before cutting into squares. Enjoy!

Notes

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

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

Dairy-Free: Use vegan cheese instead of cheddar cheese.

Nut-Free: Use rice, coconut, or oat milk instead of almond milk.

More Flavor: Add garlic when cooking the turkey.

Additional Toppings: Serve with mixed greens or grilled vegetables.



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.



Taco Breakfast Bowl

2 servings

30 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
 8 ozs Extra Lean Ground Turkey
 1 tbsp Chili Powder
 1/2 tsp Oregano
 1/2 tsp Cumin
 1/2 tsp Black Pepper
 1/2 tsp Sea Salt
 1/4 cup Water
 2 Egg (fried)
 2 cups Baby Spinach (chopped)
 1/2 Green Bell Pepper (diced)
 1/2 Tomato (diced)
 1/2 Avocado (mashed)

Nutrition

Amount per serving	
Calories	370
Fat	24g
Carbs	11g
Fiber	7g
Sugar	2g
Protein	31g

Directions

- 1 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.
- 2 Fry your eggs and set aside.
- 3 Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!

Notes

Vegans and Vegetarians: Use lentils or quinoa instead of ground meat and omit the fried egg(s).

On-the-Go: Hardboil the eggs instead of frying then peel and chop. Layer all ingredients into a mason jar.



Gallo Pinto

2 servings

20 minutes

Ingredients

- 1/3 cup Jasmine Rice (dry, rinsed)
- 1 1/2 tps Avocado Oil (divided)
- 1/4 Yellow Onion (medium, diced)
- 1/4 Red Bell Pepper (medium, diced)
- 1 1/2 tbsps Cilantro (chopped, plus more for garnish)
- 1/2 tsp Sea Salt (to taste)
- 1 cup Black Beans (cooked)
- 2 tbsps Water (or broth)

Nutrition

Amount per serving	
Calories	261
Fat	4g
Carbs	48g
Fiber	9g
Sugar	2g
Protein	10g

Directions

- 1 Cook the rice according to package directions and set aside.
- 2 Heat half the oil in a large skillet over medium heat. Add the onions, red bell pepper, cilantro, and salt. Cook for about five minutes, or until the onions are soft and translucent.
- 3 Stir in the beans, water, and rice. Heat for five to 10 minutes or until warmed through. Season with more salt as needed. 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 salsa Lizano or Worcestershire sauce.

Additional Toppings: Serve as is or with fried plantains, fried egg, corn tortillas, sour cream, or plain yogurt.



Smoked Salmon Open-Face Sandwich

3 servings

5 minutes

Ingredients

- 5 1/4 ozs Sourdough Bread
- 1/4 cup Cream Cheese, Regular
- 1/3 Cucumber (thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 6 ozs Smoked Salmon
- 3 tbsps Red Onion (thinly sliced)
- 1/3 cup Sunflower Sprouts (optional)

Nutrition

Amount per serving	
Calories	272
Fat	9g
Carbs	27g
Fiber	1g
Sugar	2g
Protein	17g

Directions

- 1 Spread the cream cheese on the sourdough. Top with the cucumber slices and season with salt and pepper. Add the smoked salmon, onion, and sprouts on top. Enjoy!

Notes

Leftovers: This is best enjoyed immediately after making.

Gluten-Free: Use gluten-free bread or a tortilla instead.

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

Additional Toppings: Capers and/or fresh herbs.



Strawberry Banana Chia Pudding

4 servings

3 hours

Ingredients

2 cups Plain Coconut Milk
(unsweetened, from the carton)
1/2 cup Vanilla Protein Powder
1/2 cup Chia Seeds
1 cup Strawberries (chopped)
1 Banana (sliced)

Nutrition

Amount per serving	
Calories	233
Fat	10g
Carbs	24g
Fiber	10g
Sugar	9g
Protein	14g

Directions

- 1 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 2 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

More Flavor: Add cinnamon or liquid sweetener of choice.

Additional Toppings: Add other fresh berries or chopped fruit.

More Protein: Top with a dollop of greek yogurt.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Shrimp Lettuce Wraps

1 serving
20 minutes

Ingredients

1/2 Tomato (diced)
1 tbsp Red Onion (diced)
1 1/2 tsps Cilantro (finely chopped)
1/16 tsp Sea Salt
1/2 Lime (juiced, divided)
1/4 tsp Extra Virgin Olive Oil
4 ozs Shrimp (large, peeled)
1 1/2 tsps Taco Seasoning (divided)
1 tbsp Plain Greek Yogurt
1/2 head Boston Lettuce (peeled apart into leaves and washed)

Nutrition

Amount per serving	
Calories	152
Fat	2g
Carbs	9g
Fiber	2g
Sugar	2g
Protein	26g

Directions

- 1 In a small bowl, combine the tomato, red onion, cilantro, salt, and 1/2 of the lime juice. Mix and set it aside.
- 2 Heat the oil in a pan over medium heat. Add the shrimp and 1/2 of the taco seasoning. Stir and cook the shrimp for about two to three minutes or until they are cooked through.
- 3 Meanwhile, mix together the greek yogurt, remaining lime juice, and remaining taco seasoning.
- 4 Divide the shrimp and salsa between the lettuce leaves. Serve with the yogurt mixture and enjoy!

Notes

Leftovers: Refrigerate the shrimp and salsa in separate containers for up to three days.

Serving Size: One serving is equal to three to four lettuce wraps.

Dairy-Free: Use dairy-free yogurt.

More Flavor: Add bell pepper, green onions, refried beans, guacamole, jalapeno, and/or diced avocado.



California Naan Pizza

1 serving
15 minutes

Ingredients

- 1 piece Naan
- 2 tbsps Water
- 2 cups Baby Spinach
- 1 tbsp Tomato Sauce
- 1 oz Mozzarella Cheese (shredded)
- 3 tbsps Sun Dried Tomatoes (sliced)
- 1/4 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.



Pomelo & Cottage Cheese

3 servings

5 minutes

Ingredients

- 3 cups Pomelo (peeled, pink or white)
- 3 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	25g
Fiber	2g
Sugar	6g
Protein	25g

Directions

- 1 Add the pomelo and cottage cheese to a bowl. Enjoy!

Notes

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

More Flavor: Top with cinnamon.



Cottage Cheese & Orange

4 servings

5 minutes

Ingredients

- 4 Navel Orange (large, chopped)
- 4 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	274
Fat	9g
Carbs	25g
Fiber	3g
Sugar	18g
Protein	25g

Directions

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

Notes

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



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.



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

Directions

- 1 Cook chickpea pasta according to the package.
- 2 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 3 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.
- 4 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 5 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.



Roasted Chicken Apple Kale Salad

2 servings

35 minutes

Ingredients

- 2 Yellow Onion (small, diced)
- 2 Apple (small, diced)
- 2 cups Butternut Squash (frozen, cubed)
- 2 tbsps Thyme (fresh, chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 12 ozs Chicken Breast
- 4 cups Kale Leaves (thinly sliced)
- 2 tbsps Apple Cider Vinegar
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	665
Fat	33g
Carbs	55g
Fiber	12g
Sugar	31g
Protein	42g

Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
- 3 Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
- 4 In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

Notes

Leftovers: Keep salad in a resealable container in the fridge for up to 3 days.

Serving Size: One serving is equal to approximately three cups of salad.

More Flavor: Swap out fresh thyme with sage for an autumn-inspired salad.

Additional Toppings: Top with hemp seeds for an extra nutrition boost.



Pressure Cooker Wild Rice & Mushroom Soup

2 servings

1 hour 15 minutes

Ingredients

- 1 Carrot (medium, peeled and chopped)
- 1 2/3 stalks Celery (chopped)
- 1/3 Yellow Onion (medium, chopped)
- 1/3 cup Wild Rice (dry)
- 1 2/3 cups Mushrooms (sliced)
- 2/3 cup Chickpeas (cooked, from the can)
- 2 cups Vegetable Broth
- 1 tsp Poultry Seasoning
- 2 2/3 tbsps All Purpose Gluten-Free Flour
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	287
Fat	2g
Carbs	57g
Fiber	11g
Sugar	10g
Protein	13g

Directions

- 1 In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
- 2 Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
- 3 Bring to a simmer (if you are using an electric pressure cooker, change the setting to saute) and add the gluten-free flour. Simmer for 5 to 10 minutes, or until thickened. Add salt and pepper to taste. Enjoy!

Notes

Leftovers: Can be stored in the fridge for 4 days, or frozen for up to 2 months.

Serving Size: One serving is equal to approximately 2 cups.

Mushroom Lover: Up the mushroom flavour by adding dried mushrooms.



Egg, Shrimp & Avocado Salad

2 servings

15 minutes

Ingredients

- 2 Egg
- 3 cups Baby Spinach
- 8 ozs Shrimp, Cooked
- 1 Avocado (chopped)
- 1 cup Cherry Tomatoes (halved)
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	372
Fat	20g
Carbs	15g
Fiber	9g
Sugar	3g
Protein	37g

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let them sit until cool enough to handle. Peel and slice into quarters.
- 2 Divide the spinach, shrimp, avocado, tomatoes, and eggs onto separate plates. Drizzle lemon juice over top and season with salt and black pepper to taste. Enjoy!

Notes

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

Serving Size: One serving equals approximately three cups.

More Flavor: Use your favorite salad dressing instead of lemon juice.

Additional Toppings: Red pepper flakes, mushrooms, olives, bell peppers and red onions.



Healthy Fish n' Chips

2 servings

1 hour

Ingredients

- 10 ozs Salmon Fillet
- 1 tbsp Maple Syrup
- 1 tbsp Tamari
- 2 Sweet Potato
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	411
Fat	16g
Carbs	34g
Fiber	5g
Sugar	12g
Protein	32g

Directions

- 1 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 2 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 3 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 4 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

Notes

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



Pea & Basil Buckwheat Risotto

2 servings

20 minutes

Ingredients

2/3 cup Buckwheat Groats (soaked overnight, drained & rinsed)
1 1/2 cups Vegetable Broth (divided)
1 cup Fresh Peas (or frozen, divided)
1 cup Basil Leaves (stems removed)
1 tbsp Nutritional Yeast
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	266
Fat	2g
Carbs	52g
Fiber	11g
Sugar	5g
Protein	14g

Directions

- 1 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 2 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 3 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cup.

More Flavor: Add a splash of apple cider vinegar and/or your desired herbs and spices.

Additional Toppings: Top with red pepper flakes and/or a dollop of yogurt.



Pressure Cooker Chicken Breast

2 servings

20 minutes

Ingredients

- 12 ozs Chicken Breast (skinless and boneless)
- 1/2 tsp Oregano
- 1/2 tsp Dried Thyme
- 1/2 tsp Paprika
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/4 tsp Sea Salt
- 2 tsps Avocado Oil
- 1 1/2 cups Chicken Broth
- 3 1/3 ozs Thyme Sprigs (for garnish)

Nutrition

Amount per serving	
Calories	310
Fat	10g
Carbs	14g
Fiber	7g
Sugar	1g
Protein	42g

Directions

- 1 Place the chicken in a shallow bowl and add oregano, thyme, paprika, garlic, onion and sea salt. Coat the chicken, ensuring it is fully covered.
- 2 Using the sauté function on your pressure cooker, cook the chicken for 2 minutes per side and then remove. Add the chicken broth to the pressure cooker and place the metal rack inside.
- 3 Place the chicken on top of the metal rack and cook on high pressure for 5 minutes. Let the steam release naturally for 8 minutes and then do a quick release. Remove the chicken and top with thyme sprigs. Serve and enjoy!

Notes

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

Make it a Meal: Serve alongside your favorite sides, like roasted vegetables, potatoes and/or rice.



Kale Blueberry Salad with Lemon Tahini Dressing

2 servings

15 minutes

Ingredients

4 cups Kale Leaves (chopped)
1 tbsp Extra Virgin Olive Oil (divided)
3/4 tsp Red Wine Vinegar
Sea Salt & Black Pepper (to taste)
2 tbsps Tahini
1/2 Lemon (juiced)
1 1/2 tps Maple Syrup
2 tbsps Water
1 cup Lentils (cooked, drained and rinsed)
1 cup Frozen Peas (thawed)
1 cup Radishes (finely sliced)
1/2 cup Blueberries

Nutrition

Amount per serving	
Calories	387
Fat	16g
Carbs	48g
Fiber	16g
Sugar	14g
Protein	18g

Directions

- 1 Place kale leaves in a large bowl. Add half of your olive oil, red wine vinegar and season with sea salt and black pepper to taste. Massage very well until kale is coated. Set aside.
- 2 In a blender or food processor, combine your remaining olive oil and lemon juice with tahini, maple syrup and water. Add a pinch of sea salt and blend very well until smooth. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
- 3 Divide your kale in between bowls and top with lentils, green peas, radishes and blueberries. Drizzle with desired amount of lemon-tahini dressing and enjoy!

Notes

No Kale: Use any dark leafy green instead.

No Lentils: Use chickpeas or beans instead.

Storage: Stores well in the fridge up to 2 days.



Pesto Chicken Stuffed Sweet Potatoes

1 serving

1 hour

Ingredients

- 1 tbsp Cashews
- 1 Sweet Potato (small)
- 2 ozs Chicken Breast
- 1/4 cup Baby Spinach
- 1 1/3 tbsps Basil Leaves
- 1/4 Garlic (clove, minced)
- 1/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1 tbsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	277
Fat	7g
Carbs	33g
Fiber	6g
Sugar	6g
Protein	21g

Directions

- 1 Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the potatoes.
- 2 Preheat the oven to 400°F (204°C). Place the sweet potatoes and chicken on a baking sheet. Cook for 40 to 45 minutes, or until cooked through.
- 3 While the potatoes and chicken cook, make your pesto. Drain the cashews and place them into a blender or food processor along with the spinach, basil, garlic, olive oil, sea salt and nutritional yeast. Blend until smooth.
- 4 Once the chicken and sweet potatoes are cooked through, remove from the oven and place the chicken into a small bowl. With two forks, shred the chicken until completely pulled. Add the pesto to the chicken and mix together until evenly combined.
- 5 Stuff each sweet potato with the shredded chicken. Enjoy!

Notes

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

Serving Size: One serving equals one stuffed sweet potato.



Roasted Vegetable Quinoa Salad

1 serving

1 hour

Ingredients

2 1/2 ozs Salmon Fillet (oven baked)
 1/4 Sweet Potato (diced into 1 inch cubes)
 1/4 Red Bell Pepper (diced)
 1/4 cup Red Onion (diced)
 3/4 Leeks (chopped)
 1/2 Garlic (cloves, peeled and halved)
 3/4 tsp Extra Virgin Olive Oil
 1/4 tsp Red Pepper Flakes
 2 tbsps Quinoa (uncooked)
 1/4 cup Water
 1/2 cup Arugula
 1 tbsp Mint Leaves
 1 tbsp Feta Cheese (crumbled)
 1/4 Lemon (juiced)
 Sea Salt & Black Pepper (to taste)

Directions

- 1 If you are using salmon, cook your fillets up ahead of time in the oven seasoned with a bit of oil, salt, pepper and lemon juice.
- 2 Preheat oven to 415°F (213°C). Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with red pepper flakes and olive oil. Place veggies on a foil-lined baking sheet and cook for about 30 minutes or until golden. (Note: Veggies can also be done on the barbecue in a grilling basket.)
- 3 In the mean time, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 12 minutes. Remove from heat and fluff with fork.
- 4 When your veggies are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper. Serve alone or with an oven-baked salmon fillet on the side. Enjoy!

Nutrition

Amount per serving	
Calories	336
Fat	12g
Carbs	38g
Fiber	5g
Sugar	7g
Protein	21g



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	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.



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
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.