



2700 calories

MON



BREAKFAST

High Protein Peanut Butter Oatmeal,
English Muffin Tuna Melt



SNACK 1

Smoked Salmon Open-Face Sandwich



LUNCH

Shrimp Lettuce Wraps, California Naan
Pizza



SNACK 2

Pomelo & Cottage Cheese



DINNER

Honey Garlic Chicken Thighs



SNACK 3

Strawberry Blueberry Smoothie

TUE



BREAKFAST

High Protein Peanut Butter Oatmeal,
English Muffin Tuna Melt



SNACK 1

Smoked Salmon Open-Face Sandwich



LUNCH

Honey Garlic Chicken Thighs



SNACK 2

Pomelo & Cottage Cheese



DINNER

Chickpea Pasta with Pesto



SNACK 3

Strawberry Blueberry Smoothie

WED



BREAKFAST

High Protein Peanut Butter Oatmeal,
English Muffin Tuna Melt



SNACK 1

Smoked Salmon Open-Face Sandwich



LUNCH

Chickpea Pasta with Pesto



SNACK 2

Pomelo & Cottage Cheese



DINNER

Roasted Chicken Apple Kale Salad



SNACK 3

Strawberry Blueberry Smoothie

THU



BREAKFAST

Turkey & Potato Breakfast Casserole,
Lentil Salsa with Toast



SNACK 1

Strawberry Banana Chia Pudding



LUNCH

Roasted Chicken Apple Kale Salad



SNACK 2

Cottage Cheese & Orange



DINNER

Pressure Cooker Wild Rice & Mushroom
Soup, Egg, Shrimp & Avocado Salad



SNACK 3

Creamy Tuna on Oat Crackers

FRI



BREAKFAST

Turkey & Potato Breakfast Casserole,
Lentil Salsa with Toast



SNACK 1

Strawberry Banana Chia Pudding



LUNCH

Pressure Cooker Wild Rice & Mushroom
Soup, Egg, Shrimp & Avocado Salad



SNACK 2

Cottage Cheese & Orange



DINNER

Healthy Fish n' Chips, Pea & Basil
Buckwheat Risotto



SNACK 3

Creamy Tuna on Oat Crackers

SAT



BREAKFAST

Taco Breakfast Bowl, Gallo Pinto



SNACK 1

Strawberry Banana Chia Pudding



LUNCH

Healthy Fish n' Chips, Pea & Basil
Buckwheat Risotto



SNACK 2

Cottage Cheese & Orange



DINNER

Pressure Cooker Chicken Breast, Kale
Blueberry Salad with Lemon Tahini...



SNACK 3

Creamy Tuna on Oat Crackers

SUN



BREAKFAST

Taco Breakfast Bowl, Gallo Pinto



SNACK 1

Strawberry Banana Chia Pudding



LUNCH

Pressure Cooker Chicken Breast, Kale
Blueberry Salad with Lemon Tahini...



SNACK 2

Cottage Cheese & Orange



DINNER

Pesto Chicken Stuffed Sweet Potatoes,
Roasted Vegetable Quinoa Salad



SNACK 3

Creamy Tuna on Oat Crackers

MON

FAT 33% **CARBS 36%** **PROTEIN 31%**

Calories 2779 Fiber 41g
Fat 104g Sugar 52g
Carbs 257g Protein 218g

TUE

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 2730 Fiber 55g
Fat 102g Sugar 53g
Carbs 268g Protein 212g

WED

FAT 34% **CARBS 38%** **PROTEIN 28%**

Calories 2725 Fiber 58g
Fat 109g Sugar 64g
Carbs 267g Protein 198g

THU

FAT 34% **CARBS 37%** **PROTEIN 29%**

Calories 2759 Fiber 64g
Fat 109g Sugar 86g
Carbs 263g Protein 204g

FRI

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

Calories 2771 Fiber 68g
Fat 94g Sugar 72g
Carbs 294g Protein 208g

SAT

FAT 31% **CARBS 39%** **PROTEIN 30%**

Calories 2720 Fiber 68g
Fat 98g Sugar 64g
Carbs 274g Protein 207g

SUN

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 2656 Fiber 63g
Fat 99g Sugar 60g
Carbs 259g 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

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 cup Lentils
- 3 1/2 ozs Oat Crackers
- 2/3 cup Quinoa
- 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	343	Fiber	6g
Fat	13g	Sugar	3g
Carbs	34g	Protein	23g

DIRECTIONS

- 01 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.
- 02 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	Fiber	8g
Fat	18g	Sugar	1g
Carbs	28g	Protein	26g

DIRECTIONS

- 01 Set your oven to broil.
- 02 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.
- 03 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	Fiber	2g
Fat	25g	Sugar	1g
Carbs	14g	Protein	34g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Use half the oil to grease a baking dish.
- 02 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.
- 03 Sprinkle the shredded potato evenly over the cooked turkey.
- 04 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.
- 05 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	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.

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	Fiber	7g
Fat	24g	Sugar	2g
Carbs	11g	Protein	31g

DIRECTIONS

- 01 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.
- 02 Fry your eggs and set aside.
- 03 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	Fiber	9g
Fat	4g	Sugar	2g
Carbs	48g	Protein	10g

DIRECTIONS

- 01 Cook the rice according to package directions and set aside.
- 02 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.
- 03 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	Fiber	1g
Fat	9g	Sugar	2g
Carbs	27g	Protein	17g

DIRECTIONS

01 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	240	Fiber	8g
Fat	11g	Sugar	9g
Carbs	24g	Protein	14g

DIRECTIONS

- 01 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.
- 02 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	Fiber	2g
Fat	2g	Sugar	2g
Carbs	9g	Protein	26g

DIRECTIONS

- 01 In a small bowl, combine the tomato, red onion, cilantro, salt, and 1/2 of the lime juice. Mix and set it aside.
- 02 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.
- 03 Meanwhile, mix together the greek yogurt, remaining lime juice, and remaining taco seasoning.
- 04 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	Fiber	5g
Fat	19g	Sugar	8g
Carbs	55g	Protein	22g

DIRECTIONS

- 01 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.
- 02 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.
- 03 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.
- 04 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	Fiber	2g
Fat	9g	Sugar	6g
Carbs	25g	Protein	25g

DIRECTIONS

01 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	Fiber	3g
Fat	9g	Sugar	18g
Carbs	25g	Protein	25g

DIRECTIONS

01 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	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.

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.

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	Fiber	12g
Fat	33g	Sugar	31g
Carbs	55g	Protein	42g

DIRECTIONS

- 01 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
- 03 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).
- 04 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	Fiber	11g
Fat	2g	Sugar	10g
Carbs	57g	Protein	13g

DIRECTIONS

- 01 In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
- 02 Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
- 03 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	Fiber	9g
Fat	20g	Sugar	3g
Carbs	15g	Protein	37g

DIRECTIONS

- 01 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.
- 02 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	Fiber	5g
Fat	16g	Sugar	12g
Carbs	34g	Protein	32g

DIRECTIONS

- 01 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.
- 02 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.
- 03 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.
- 04 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	Fiber	11g
Fat	2g	Sugar	5g
Carbs	52g	Protein	14g

DIRECTIONS

- 01 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.
- 02 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.
- 03 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	Fiber	7g
Fat	10g	Sugar	1g
Carbs	14g	Protein	42g

DIRECTIONS

- 01 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.
- 02 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.
- 03 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	Fiber	16g
Fat	16g	Sugar	14g
Carbs	48g	Protein	18g

DIRECTIONS

- 01 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.
- 02 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.)
- 03 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	Fiber	6g
Fat	7g	Sugar	6g
Carbs	33g	Protein	21g

DIRECTIONS

- 01 Boil enough water to cover the cashews. Pour the water over the cashews and allow them to soak while you prepare the potatoes.
- 02 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.
- 03 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.
- 04 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.
- 05 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

- 01 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.
- 02 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.)
- 03 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.
- 04 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	Fiber	5g
Fat	12g	Sugar	7g
Carbs	38g	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	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.

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.