



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:























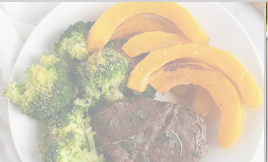



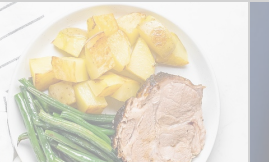





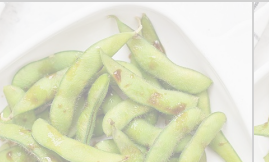








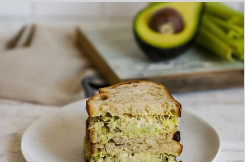
Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















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
- Also, you can eat a side as a snack or a snack as a side

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Strawberry Vanilla Pineapple Smoothie	 Strawberry Vanilla Pineapple Smoothie	 Strawberry Vanilla Pineapple Smoothie	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie	 Vanilla Protein Pancakes	 Vanilla Protein Pancakes
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 English Muffin Tuna Melt	 English Muffin Tuna Melt	 Greek Yogurt	 Greek Yogurt
Snack 1	 0.5 Papaya with Cottage Cheese	 0.5 Papaya with Cottage Cheese	 Papaya with Cottage Cheese	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange
	 One Pan Shrimp Boil	 Steak, Butternut Squash & Broccoli	 Shrimp Asparagus Pesto Pasta	 Sun Dried Tomato & Salmon Pasta	 Coconut Cod & Spinach with Rice	 Pork Roast with Potatoes & Green Beans	 Honey Garlic Chicken Thighs
Snack 2	 Curried Chicken Wrap	 Curried Chicken Wrap	 Curried Chicken Wrap	 1.5 Steamed Edamame with Tamari	 Steamed Edamame with Tamari	 Steamed Edamame with Tamari	 Steamed Edamame with Tamari
	 Steak, Butternut Squash & Broccoli	 Shrimp Asparagus Pesto Pasta	 Sun Dried Tomato & Salmon Pasta	 Coconut Cod & Spinach with Rice	 Pork Roast with Potatoes & Green Beans	 Honey Garlic Chicken Thighs	 Tuna Avocado Sandwich
Dinner							

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  34%	Fat  33%	Fat  33%	Fat  34%	Fat  34%	Fat  32%
Carbs  31%	Carbs  29%	Carbs  32%	Carbs  32%	Carbs  32%	Carbs  31%	Carbs  34%
Protein  35%	Protein  37%	Protein  35%	Protein  35%	Protein  34%	Protein  35%	Protein  34%
Calories 2200	Calories 2171	Calories 2274	Calories 2239	Calories 2181	Calories 2274	Calories 2255
Fat 86g	Fat 86g	Fat 86g	Fat 87g	Fat 85g	Fat 88g	Fat 81g
Carbs 172g	Carbs 163g	Carbs 188g	Carbs 187g	Carbs 178g	Carbs 182g	Carbs 194g
Fiber 32g	Fiber 41g	Fiber 45g	Fiber 45g	Fiber 35g	Fiber 34g	Fiber 37g
Sugar 57g	Sugar 60g	Sugar 74g	Sugar 51g	Sugar 43g	Sugar 69g	Sugar 64g
Protein 199g	Protein 209g	Protein 211g	Protein 203g	Protein 193g	Protein 200g	Protein 196g

Fruits

- 3/4 Apple
- 1 1/4 Avocado
- 2 Banana
- 1 1/8 Lemon
- 1 2/3 tbsps Lime Juice
- 4 Navel Orange
- 2 cups Papaya
- 1 Pear
- 4 1/2 cups Strawberries

Seeds, Nuts & Spices

- 2 Bay Leaf
- 1/2 tsp Black Pepper
- 1/16 tsp Cayenne Pepper
- 3/4 tsp Celery Salt
- 1 tbsps Chili Powder
- 1/3 tsp Cumin
- 3/4 tsp Curry Powder
- 1/4 tsp Italian Seasoning
- 3/4 tsp Paprika
- 2 1/3 tpsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 12 cups Edamame Pods
- 3 cups Frozen Pineapple

Vegetables

- 6 cups Asparagus
- 2 cups Baby Spinach
- 1 1/2 tpsps Basil Leaves
- 2 cups Broccoli
- 3 cups Butternut Squash
- 1 stalk Celery
- 2 2/3 tpsps Chives
- 3 1/4 tpsps Cilantro
- 3/4 ear Corn On The Cob
- 3/4 Cucumber
- 5 2/3 Garlic
- 2 cups Green Beans
- 1 1/2 stalks Green Onion
- 2 cups Kale Leaves
- 2 1/3 tpsps Mint Leaves
- 3 tpsps Parsley
- 2 tpsps Red Onion
- 1 tsp Thyme
- 1/4 Yellow Onion
- 2 3/4 Yellow Potato

Boxed & Canned

- 1 cup Canned Coconut Milk
- 1/4 cup Chicken Broth
- 9 ozs Chickpea Pasta
- 1/2 cup Jasmine Rice
- 1/2 cup Quinoa
- 3 3/4 cans Tuna

Baking

- 1 tbsps Nutritional Yeast
- 2 tpsps Raw Honey

Bread, Fish, Meat & Cheese

- 9 ozs Chicken Breast, Cooked
- 4 ozs Chicken Sausage
- 1 lb Chicken Thighs
- 2 Cod Fillet
- 4 1/16 ozs English Muffin
- 2/3 oz Mozzarella Cheese
- 1 lb Ny Striploin Steak
- 12 3/4 ozs Pork Shoulder, Boneless
- 8 ozs Salmon Fillet
- 1 lb Shrimp
- 3 1/2 ozs Sourdough Bread
- 3 Whole Wheat Tortilla

Condiments & Oils

- 1 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 2 tpsps Pesto
- 1 tbsps Rice Vinegar
- 1/3 cup Sun Dried Tomatoes
- 3 tpsps Tamari

Cold

- 6 cups Cottage Cheese
- 10 Egg
- 2 1/3 tpsps Orange Juice
- 1 1/4 cups Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk

Other

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



Strawberry Vanilla Pineapple Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 4 1/2 cups Strawberries (chopped)
- 3 cups Frozen Pineapple
- 1 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	294
Fat	4g
Carbs	41g
Fiber	9g
Sugar	27g
Protein	29g

Directions

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

Notes

Leftovers: Best enjoyed immediately.

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

Nut-Free: Use coconut milk, cow's milk, or other nut-free milk.

Additional Toppings: Add chia seeds or hemp seeds before blending.



Protein Packed Deviled Eggs

3 servings

20 minutes

Ingredients

6 Egg (hard boiled)
1 1/2 cans Tuna (drained)
3/4 Avocado
1 1/2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
3/4 tsp Paprika
3/4 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.



Pear & Kale Protein Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1 Pear (stem and seeds removed, chopped)
- 1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	143
Fat	1g
Carbs	16g
Fiber	4g
Sugar	9g
Protein	20g

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

No Kale: Use spinach instead.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.



English Muffin Tuna Melt

2 servings

5 minutes

Ingredients

- 1 1/3 cans Tuna (drained, flaked)
- 2 2/3 tbsps Mayonnaise
- 2 2/3 tbsps Chives (chopped, plus more for garnish)
- 1/16 tsp Sea Salt
- 4 ozs English Muffin (halved, lightly toasted)
- 2/3 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.



Vanilla Protein Pancakes

2 servings

15 minutes

Ingredients

- 2 Banana (plus extra for topping)
- 4 Egg
- 1/2 cup Vanilla Protein Powder
- 1 tbsp Coconut Oil

Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g

Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

Notes

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

Serving Size: One serving is approximately two pancakes.

Additional Toppings: Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



Greek Yogurt

2 servings

5 minutes

Ingredients

1 cup Plain Greek Yogurt

Nutrition

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

Directions

- 1 Scoop into a bowl and enjoy!

Notes

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

Dairy-Free: Use coconut, almond or cashew yogurt instead.



Papaya with Cottage Cheese

2 servings

5 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

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



Cottage Cheese & 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.



One Pan Shrimp Boil

1 serving
30 minutes

Ingredients

- 4 ozs Shrimp (raw)
- 4 ozs Chicken Sausage (sliced into chunks)
- 3/4 Yellow Potato (medium, diced)
- 3/4 ear Corn on the Cob (sliced into 2 inch chunks)
- 1/8 Lemon (juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 3/4 tsp Celery Salt
- 1/16 tsp Paprika
- 1/16 tsp Cayenne Pepper

Nutrition

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

Directions

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

Notes

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

Leftovers: Keeps well in the fridge for 2 to 3 days.



Curried Chicken Wrap

3 servings

10 minutes

Ingredients

- 9 ozs Chicken Breast, Cooked (shredded or chopped)
- 1 1/2 tbsps Mayonnaise
- 3/4 tsp Curry Powder
- 3/4 Apple (chopped)
- 3 Whole Wheat Tortilla
- 3 tbsps Parsley (optional)

Nutrition

Amount per serving	
Calories	329
Fat	12g
Carbs	26g
Fiber	6g
Sugar	6g
Protein	30g

Directions

- 1 In a bowl, mix together the chicken, mayonnaise, curry powder, and apple until combined.
- 2 Lay the tortilla flat and add the chicken mixture. Top with parsley, roll the tortilla tightly and enjoy!

Notes

Leftovers: For best results, enjoy the day of.

Egg-Free: Use vegan mayonnaise instead.

Additional Toppings: Top with sprouts, additional herbs of choice, or feta cheese.



Steamed Edamame with Tamari

6 servings

10 minutes

Ingredients

12 cups Edamame Pods

2 tbsps Tamari

Nutrition

Amount per serving	
Calories	261
Fat	11g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	27g

Directions

- 1 Bring a pot of water to a boil.
- 2 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green. Toss in tamari and enjoy!

Notes

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

More Flavor: Add sesame oil, finishing salt, and/or sesame seeds.



Steak, Butternut Squash & Broccoli

2 servings

40 minutes

Ingredients

- 3 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 lb NY Striploin Steak
- 1 tsp Thyme
- 2 cups Broccoli (chopped into florets)
- 1 tbsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	542
Fat	23g
Carbs	34g
Fiber	8g
Sugar	6g
Protein	54g

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet, top with fresh thyme, and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 Meanwhile, add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.
- 5 Top the broccoli with nutritional yeast and enjoy!

Notes

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

More Flavor: Add garlic and your favorite herbs to the steak.



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.



Sun Dried Tomato & Salmon Pasta

2 servings

15 minutes

Ingredients

5 ozs Chickpea Pasta (dry)
 1 tbsp Extra Virgin Olive Oil (divided)
 8 ozs Salmon Fillet
 1 1/2 Garlic (clove, minced)
 1/4 Yellow Onion (medium, diced)
 1/3 cup Sun Dried Tomatoes (drained, chopped)
 1/4 tsp Italian Seasoning
 1/4 cup Chicken Broth
 1/4 cup Plain Greek Yogurt
 Sea Salt & Black Pepper (to taste)
 1 1/2 tsps Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	512
Fat	19g
Carbs	48g
Fiber	11g
Sugar	12g
Protein	44g

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 3 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 4 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 5 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

Notes

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

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

Dairy-Free: Use coconut milk instead of yogurt.



Coconut Cod & Spinach with Rice

2 servings

15 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1 cup Canned Coconut Milk
- 1/2 cup Water
- 1 tbsp Tamari
- 1 tbsp Rice Vinegar
- 2 Bay Leaf
- 1/8 tsp Sea Salt (or more to taste)
- 2 Cod Fillet
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	574
Fat	23g
Carbs	43g
Fiber	2g
Sugar	2g
Protein	47g

Directions

- 1 Cook rice according to instructions on the package and set aside.
- 2 In a saucepan over medium heat, combine coconut milk, water, tamari, vinegar, bay leaves and salt. Add the cod fillets and simmer for 8 minutes or until flesh is opaque.
- 3 Stir in spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

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

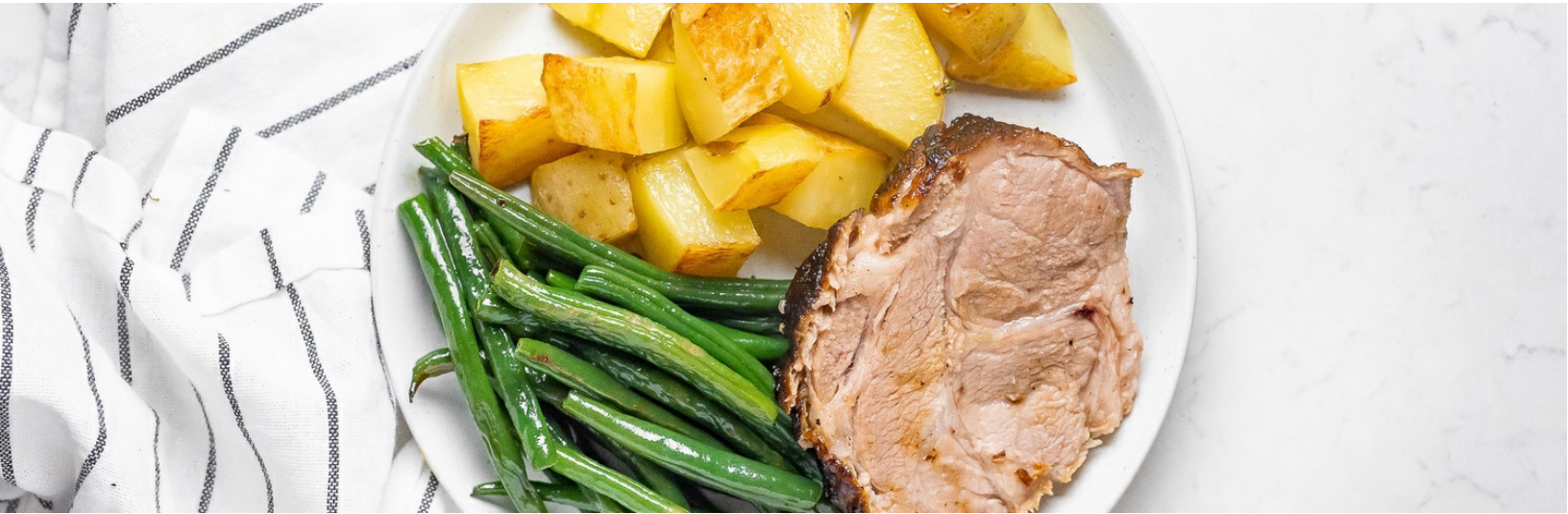
Deeper Flavour: Let the cod fillets sit in the marinade overnight before cooking. You may also add grated ginger.

No Jasmine Rice: Serve it with brown rice, quinoa, couscous or cauliflower rice instead.

No Rice Vinegar: Use apple cider vinegar instead.

No Spinach: Use baby bok choy or broccolini instead.

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



Pork Roast with Potatoes & Green Beans

2 servings

10 hours

Ingredients

- 2 1/3 tbsps Extra Virgin Olive Oil (divided)
- 2 1/3 tbsps Orange Juice
- 1 2/3 tbsps Lime Juice
- 3 1/4 tbsps Cilantro
- 2 1/3 tsps Mint Leaves
- 1 1/4 Garlic (cloves)
- 1/3 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 Yellow Potato (medium, chopped)
- 2 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	585
Fat	23g
Carbs	48g
Fiber	7g
Sugar	7g
Protein	48g

Directions

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

Notes

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

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

More Flavor: Add fresh oregano and orange zest to the marinade.

Additional Toppings: Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.



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.



Tuna Avocado Sandwich

1 serving
10 minutes

Ingredients

- 1 can Tuna
- Sea Salt & Black Pepper (to taste)
- 1 stalk Celery (finely chopped)
- 2 tbsps Red Onion (finely chopped)
- 1/2 Avocado (medium)
- 3 1/2 ozs Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	566
Fat	16g
Carbs	60g
Fiber	10g
Sugar	2g
Protein	44g

Directions

- 1 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 2 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

Notes

Leftovers: Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

Gluten-Free: Use gluten-free bread instead.

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

No Red Onion: Use chives or green onions instead.

No Avocado: Use mayonnaise or Greek yogurt instead.