
































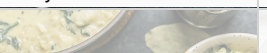















































	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Hawaiian Omelette	 Hawaiian Omelette	 Cottage Cheese & Raspberries	 Cottage Cheese & Raspberries
	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Creamy Tuna on Oat Crackers	 Lentil Salsa with Toast	 Lentil Salsa with Toast	 English Muffin Tuna Melt	 English Muffin Tuna Melt
Snack 1	 Open-Face Tuna Melt	 Open-Face Tuna Melt	 Open-Face Tuna Melt	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries
	 1.5 Pineapple Coconut Shrimp	 One Pan Chicken, Grapes & Veggies	 Honey Garlic Chicken Thighs	 Pork Roast with Potatoes & Green Beans	 Shrimp Asparagus Pesto Pasta	 Coconut Cod & Spinach with Rice	 Lemon Dill Chicken with Rice & Kale Salad
Snack 2	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Strawberries & Walnuts	 Strawberries & Walnuts	 Strawberries & Walnuts	 Strawberries & Walnuts
	 One Pan Chicken, Grapes & Veggies	 Honey Garlic Chicken Thighs	 Pork Roast with Potatoes & Green Beans	 Shrimp Asparagus Pesto Pasta	 Coconut Cod & Spinach with Rice	 Lemon Dill Chicken with Rice & Kale Salad	 Manhattan-Style Fish Chowder
Dinner	 One Pan Chicken, Grapes & Veggies	 Honey Garlic Chicken Thighs	 Pork Roast with Potatoes & Green Beans	 Shrimp Asparagus Pesto Pasta	 Coconut Cod & Spinach with Rice	 Slow Cooker Beef Meatballs	 Steamed Mussels in Spicy Tomato Sauce
	 One Pan Chicken, Grapes & Veggies	 Honey Garlic Chicken Thighs	 Pork Roast with Potatoes & Green Beans	 Shrimp Asparagus Pesto Pasta	 Coconut Cod & Spinach with Rice	 Lemon Dill Chicken with Rice & Kale Salad	 Manhattan-Style Fish Chowder

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  36%	Fat  34%	Fat  39%	Fat  40%	Fat  40%	Fat  38%
Carbs  28%	Carbs  30%	Carbs  32%	Carbs  31%	Carbs  30%	Carbs  29%	Carbs  28%
Protein  38%	Protein  34%	Protein  34%	Protein  30%	Protein  30%	Protein  31%	Protein  34%
Calories 2262	Calories 2396	Calories 2418	Calories 2340	Calories 2329	Calories 2360	Calories 2419
Fat 87g	Fat 98g	Fat 93g	Fat 106g	Fat 106g	Fat 108g	Fat 102g
Carbs 160g	Carbs 181g	Carbs 195g	Carbs 189g	Carbs 184g	Carbs 172g	Carbs 168g
Fiber 24g	Fiber 28g	Fiber 27g	Fiber 48g	Fiber 43g	Fiber 31g	Fiber 33g
Sugar 88g	Sugar 84g	Sugar 77g	Sugar 56g	Sugar 51g	Sugar 41g	Sugar 47g
Protein 223g	Protein 208g	Protein 210g	Protein 179g	Protein 178g	Protein 184g	Protein 207g

## Fruits

- 2 cups Blueberries
- 1 cup Grapes
- 1 Lemon
- 3 tbsps Lemon Juice
- 1/4 tsp Lemon Zest
- 1 2/3 tbsps Lime Juice
- 1 1/2 Mango
- 3 Navel Orange
- 2 1/2 cups Pineapple
- 1 cup Raspberries
- 4 cups Strawberries

## Seeds, Nuts & Spices

- 2 Bay Leaf
- 1 tsp Black Pepper
- 1 tbsp Chili Powder
- 1/3 tsp Cumin
- 1/4 tsp Dried Dill
- 1 2/3 tsps Garlic Powder
- 2 tsps Italian Seasoning
- 1/2 tsp Paprika
- 1/4 tsp Red Pepper Flakes
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Walnuts

## Vegetables

- 1/2 Acorn Squash
- 6 cups Asparagus
- 4 cups Baby Spinach
- 1 1/8 Carrot
- 11 1/8 stalks Celery
- 3/4 cup Cherry Tomatoes
- 2 2/3 tbsps Chives
- 1/3 cup Cilantro
- 2 1/4 tsps Fresh Dill
- 8 2/3 Garlic
- 6 cups Green Beans
- 3 cups Kale Leaves
- 1/4 cup Mini Potatoes
- 2 1/3 tsps Mint Leaves
- 3 tbsps Parsley
- 2 Red Bell Pepper
- 2/3 cup Red Onion
- 2 1/16 tbsps Thyme
- 1/8 White Onion
- 1/4 Yellow Onion
- 2 Yellow Potato

## Boxed & Canned

- 1/2 cup Brown Rice
- 1 cup Canned Coconut Milk
- 1 1/2 cups Canned Whole Tomatoes
- 4 ozs Chickpea Pasta
- 1 cup Diced Tomatoes
- 1 1/2 cups Green Lentils
- 1/2 cup Jasmine Rice
- 2 2/3 ozs Oat Crackers
- 1/2 cup Quinoa
- 1 1/2 cups Salsa
- 12 ozs Sardines
- 1 tbsp Tomato Paste
- 4 1/3 cans Tuna
- 1/2 cup Vegetable Broth

## Baking

- 2 tbsps Almond Flour

## Bread, Fish, Meat & Cheese

- 3 slices Bread
- 8 ozs Chicken Breast
- 1 lb Chicken Drumsticks
- 1 lb Chicken Thighs
- 2 Cod Fillet
- 4 1/16 ozs English Muffin
- 8 ozs Extra Lean Ground Beef
- 2 slices Gluten-Free Bread
- 1/2 cup Goat Cheese
- 1/3 Haddock Fillet
- 2/3 oz Mozzarella Cheese
- 1 lb Mussels
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 2/3 ozs Prosciutto
- 1 3/4 lbs Shrimp
- 12 ozs Sliced Turkey Breast
- 2 1/8 ozs Swiss Cheese

## Condiments & Oils

- 2 1/4 tsps Apple Cider Vinegar
- 1 1/2 tsps Avocado Oil
- 1 1/2 tsps Coconut Oil
- 1 1/2 tbsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 3/4 cup Kimchi
- 2 2/3 tbsps Mayonnaise
- 2 tbsps Pesto
- 1 tbsp Red Wine Vinegar
- 1 tbsp Rice Vinegar
- 1 tbsp Tamari
- 2 tbsps White Cooking Wine

## Cold

- 5 cups Cottage Cheese
- 11 1/2 Egg
- 2 1/3 tbsps Orange Juice
- 1 1/8 cups Plain Greek Yogurt

## Other

- 6 Barbecue Skewers

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- 2 tbsps Raw Honey
  - 1/3 tsp Tapioca Flour
  - 1 tbsps Unsweetened Coconut Flakes
  - 1 1/4 cups Water



## Turkey & Egg Snack Box

3 servings

5 minutes

### Ingredients

- 1 1/2 tps Avocado Oil
- 6 Egg
- 3/4 cup Kimchi
- 12 ozs Sliced Turkey Breast
- 3/4 cup Cherry Tomatoes
- 3 Navel Orange

### Nutrition

Amount per serving	
Calories	364
Fat	17g
Carbs	23g
Fiber	4g
Sugar	15g
Protein	31g

### Directions

- 1 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 2 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

### Notes

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

**Additional Toppings:** Add sliced green onions, avocado, nuts, cheese, or crackers.

**No Kimchi:** Use sauerkraut, pickles, salsa, or olives instead.



## Creamy Tuna on Oat Crackers

3 servings

10 minutes

### Ingredients

- 1 1/2 cans Tuna (drained and flaked)
- 1/3 cup Plain Greek Yogurt
- 1/3 tsp Sea Salt
- 2 2/3 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.



## Hawaiian Omelette

2 servings

20 minutes

### Ingredients

- 1 1/2 tsps Coconut Oil
- 5 Egg
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 cup Pineapple (cored and diced)
- 2 2/3 ozs Prosciutto (sliced into small pieces)
- 1/2 cup Goat Cheese (crumbled)
- 2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	389
Fat	26g
Carbs	9g
Fiber	1g
Sugar	6g
Protein	30g

### Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 3 Pour 1 portion of the egg mixture in so that it covers the skillet and let cook until almost set. Place some of the pineapple, prosciutto and goat cheese on one half of the omelette and fold the other half over top. Remove from heat. Transfer to a plate and serve with a cup of baby spinach on the side.
- 4 Repeat with remaining ingredients to make additional omelettes. Enjoy!



## 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.



## Cottage Cheese & Raspberries

2 servings

5 minutes

### Ingredients

- 2 cups Cottage Cheese
- 1 cup Raspberries

### Nutrition

Amount per serving	
Calories	238
Fat	9g
Carbs	14g
Fiber	4g
Sugar	8g
Protein	24g

### Directions

- 1 Top the cottage cheese with raspberries and enjoy!

### Notes

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

**Additional Toppings:** Hemp seeds, chia seeds, shredded coconut, and/or honey.

**Make it Vegan:** Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.



## 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.



## 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.



## Sardine Salad with Peppers, Celery & Blueberries

4 servings

10 minutes

### Ingredients

- 12 ozs Sardines (packed in oil, drained)
- 1/2 cup Red Onion (minced)
- 8 stalks Celery (sliced into sticks)
- 2 Red Bell Pepper (stems and seeds removed, sliced)
- 2 cups Blueberries

### Nutrition

Amount per serving	
Calories	254
Fat	10g
Carbs	19g
Fiber	5g
Sugar	12g
Protein	23g

### Directions

- 1 Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

### Notes

**No Sardines:** Use canned tuna instead.

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



## Pineapple Coconut Shrimp

2 servings

25 minutes

### Ingredients

- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1 tbsp Parsley (chopped)
- 1/4 tsp Sea Salt
- 1 lb Shrimp (raw, peeled and deveined)
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Unsweetened Coconut Flakes
- 6 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	357
Fat	10g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	47g

### Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

### Notes

**No Pineapple:** Use sliced lemon instead.

**Likes it Spicy:** Add cayenne pepper to the shrimp spice.



## Cottage Cheese with Mango

3 servings

5 minutes

### Ingredients

3 cups Cottage Cheese  
1 1/2 Mango (peeled, chopped)

### Nutrition

Amount per serving	
Calories	307
Fat	10g
Carbs	32g
Fiber	3g
Sugar	29g
Protein	25g

### Directions

- 1 Top the cottage cheese with chopped mango and enjoy!

### Notes

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

**Make it Vegan:** Use coconut yogurt or oatmeal instead of cottage cheese.

**Additional Toppings:** Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.



## Strawberries & Walnuts

1 serving

5 minutes

### Ingredients

1 cup Strawberries

1/4 cup Walnuts

### Nutrition

Amount per serving	
Calories	242
Fat	20g
Carbs	15g
Fiber	5g
Sugar	8g
Protein	6g

### Directions

- 1 Add the strawberries and walnuts to a plate and. Enjoy!

### Notes

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

**Nut-Free:** Use pumpkin seeds instead.



## One Pan Chicken, Grapes & Veggies

2 servings

30 minutes

### Ingredients

- 1 lb Chicken Drumsticks
- 1/2 Acorn Squash (seeds removed, chopped)
- 4 cups Green Beans (trimmed)
- 1 cup Grapes (seedless, stems removed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	563
Fat	28g
Carbs	34g
Fiber	8g
Sugar	14g
Protein	46g

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil ovetop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

**More Flavor:** Add your choice of herbs and spices, or balsamic vinegar.



## 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

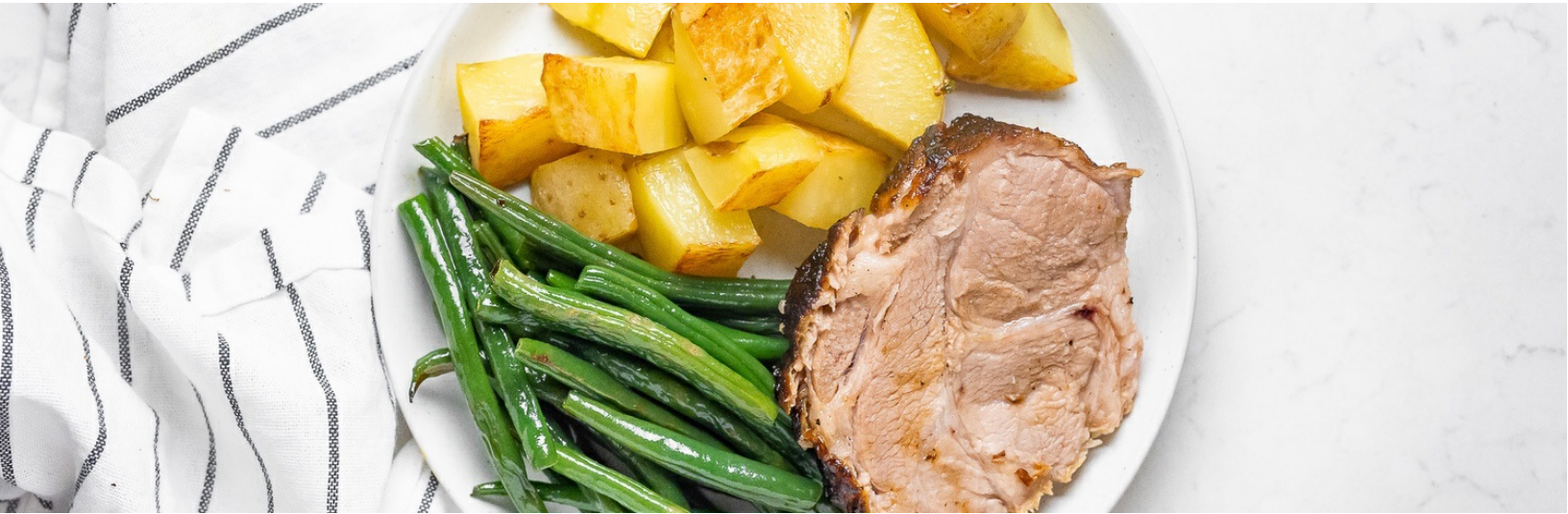
### Directions

- 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.



## 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.



## 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.



## 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.



## Lemon Dill Chicken with Rice & Kale Salad

2 servings

45 minutes

### Ingredients

- 1/4 tsp Dried Dill
- 1/4 tsp Lemon Zest
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 3 tbsps Lemon Juice (divided)
- 8 ozs Chicken Breast
- 1/2 cup Brown Rice (dry)
- 3 cups Kale Leaves (finely chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 Carrot (small, peeled and grated)

### Nutrition

Amount per serving	
Calories	395
Fat	12g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	30g

### Directions

- 1 Add the dill, lemon zest, garlic powder, salt and 1/3 of the lemon juice to a zipper-lock bag or bowl and mix to combine. Add the chicken breast and marinate for at least 15 minutes.
- 2 Cook the rice according to package directions.
- 3 Preheat the oven to 400°F (205°C).
- 4 Add the chicken to a baking dish and bake for 25 to 28 minutes or until the chicken is cooked through.
- 5 Meanwhile, add the kale to a bowl with the remaining lemon juice and the olive oil and massage with your hands until the kale is wilted and tender. Mix in the grated carrots.
- 6 To serve, divide the rice and chicken salad between plates and enjoy!

### Notes

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

**More Flavor:** Add other dried herbs and spices to the chicken marinade.

**Additional Toppings:** Lemon wedges or fresh herbs.

**No Brown Rice:** Use cauliflower rice, white rice, or quinoa.



## Slow Cooker Beef Meatballs

2 servings

5 hours

### Ingredients

2 Garlic (large cloves, divided)  
 1 1/2 cups Canned Whole Tomatoes (drained)  
 1 tbsp Tomato Paste  
 1/4 Yellow Onion (chopped)  
 1/8 tsp Red Pepper Flakes  
 2 tsps Italian Seasoning (divided)  
 1/2 tsp Sea Salt (divided)  
 8 ozs Extra Lean Ground Beef  
 2 tbsps Almond Flour  
 1/2 Egg

### Nutrition

Amount per serving	
Calories	313
Fat	16g
Carbs	12g
Fiber	3g
Sugar	7g
Protein	28g

### Directions

- 1 Roughly chop half of the garlic cloves then add to a blender or food processor with the tomatoes, tomato paste, onion, red pepper flakes, half of the Italian seasoning, and half of the salt. Pulse four to five times until combined and the ingredients are finely chopped. Set aside.
- 2 Add the beef to a mixing bowl. Mince the remaining garlic and add to the meat along with the remaining Italian seasoning, remaining salt, almond flour, and egg. Mix well.
- 3 Form the meat mixture into balls approximately one to two inches in diameter and place them in the bottom of the slow cooker.
- 4 Pour the tomato sauce over top of the meatballs. Cover and cook on high for four and a half hours or low for eight hours. Stir well and season with additional salt if needed.
- 5 To serve, divide meatballs between plates and top with a generous amount of sauce. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately four to five meatballs.

**More Flavor:** Season meatballs with other dried herbs, like basil, oregano, and/or rosemary.

**Additional Toppings:** Grated parmesan cheese or fresh herbs like basil and parsley.

**Serve it With:** Cooked noodles, cauliflower rice, quinoa, rice, or roasted vegetables.

**No Canned Whole Tomatoes:** Used canned diced tomatoes instead.



## Manhattan-Style Fish Chowder

1 serving  
30 minutes

### Ingredients

1/2 cup Vegetable Broth (divided)  
1/8 White Onion (large, diced)  
1/8 stalk Celery (diced)  
1/8 Carrot (medium, diced)  
1/8 tsp Thyme (fresh, plus more for optional garnish)  
2 tbsps White Cooking Wine  
1/3 tsp Tapioca Flour  
1/3 cup Diced Tomatoes  
1/4 cup Mini Potatoes (quartered)  
1/3 Haddock Fillet (cubed)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	139
Fat	0g
Carbs	14g
Fiber	2g
Sugar	4g
Protein	14g

### Directions

- 1 Heat a few tablespoons of the broth in a pot over medium-high heat. Cook the onion, celery, carrot, and thyme until soft, about five to eight minutes. Add a splash of water as needed to prevent sticking.
- 2 Meanwhile, whisk together the white wine and tapioca flour in a small bowl to create a slurry. Add the slurry to the veggies and stir well.
- 3 Add the diced tomatoes, potatoes, and remaining broth. Bring to a boil, then lower to a simmer for 10 minutes, or until the potatoes are tender.
- 4 Add the haddock and cook for an additional 10 minutes. Season with salt and black pepper to taste. Divide into bowls, garnish with more thyme (optional) 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 chowder.

**More Flavor:** Add bay leaves, bacon and/or sausage. Sauté the veggies with oil instead of broth.

**Serve it With:** Crackers or crusty bread.

**No Haddock:** Use tilapia or cod instead.

**Haddock Fillet:** Each haddock fillet is equal to 150 grams or 5.3 ounces.



## Steamed Mussels in Spicy Tomato Sauce

1 serving  
20 minutes

### Ingredients

1 lb Mussels  
 1 1/2 tsps Extra Virgin Olive Oil  
 2 tsbps Red Onion (finely chopped)  
 1 Garlic (clove, minced)  
 1/2 tsp Paprika  
 1/8 tsp Red Pepper Flakes  
 1/2 cup Diced Tomatoes (from the can with the juices)  
 2 tsbps Parsley (finely chopped, plus more for garnish)  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	494
Fat	17g
Carbs	25g
Fiber	2g
Sugar	4g
Protein	56g

### Directions

- 1 Place the mussels in a large colander and rinse well with cold water. Discard any broken mussels and remove beards if necessary.
- 2 In a large pot with a lid, heat the oil over medium heat. Add the onion and the garlic and cook for three to five minutes until the onions begin to soften. Stir in the paprika and red pepper flakes.
- 3 Add the tomatoes and parsley and stir to combine. Bring the sauce to a gentle boil and season with salt and pepper to taste.
- 4 Transfer mussels to the pot and cover with the lid. Let them steam for six to eight minutes or until mussels have opened, stirring halfway through. Transfer the opened mussels to a dish and discard any that have not opened. Season the tomato broth with additional salt and pepper, if needed.
- 5 To serve, spoon broth over top of the mussels and enjoy!

### Notes

**Leftovers:** Remove cooked mussels from their shells and place in an airtight container. Cover the mussels completely in the spicy tomato broth and keep refrigerated for one day.

**More Flavor:** For spicier mussels, add more red pepper flakes or a pinch of cayenne. For mild mussels, omit the red pepper flakes.

**Additional Toppings:** Fresh herbs and/or lemon wedges.