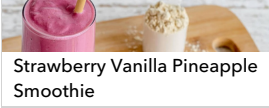
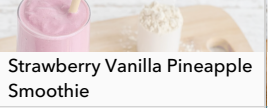
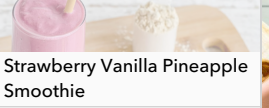





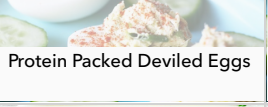
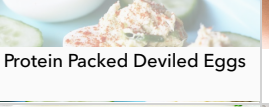
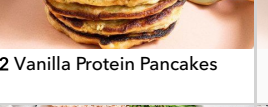
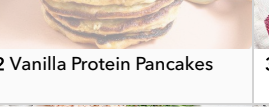
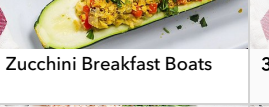
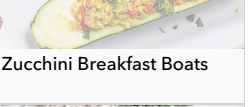
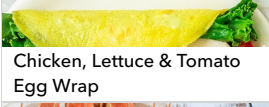
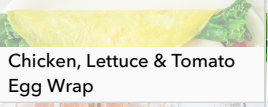
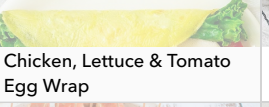
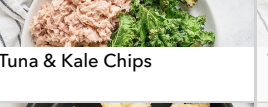
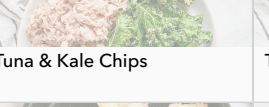
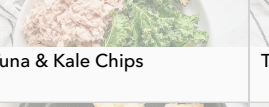
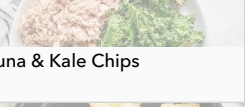
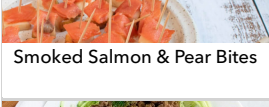
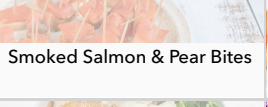
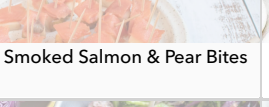
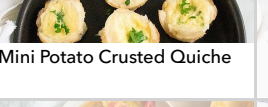
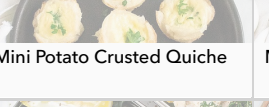
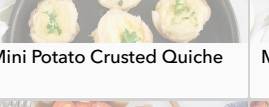
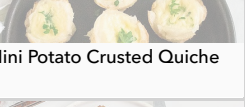
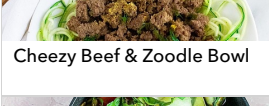



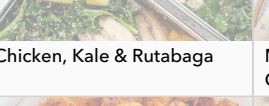
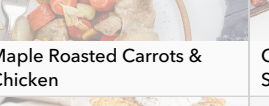
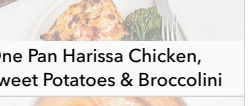



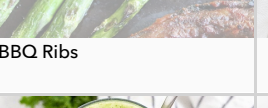
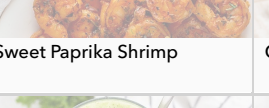
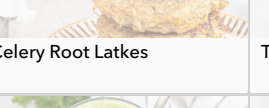
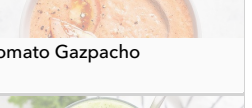

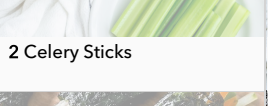
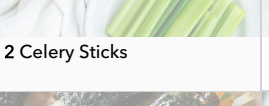




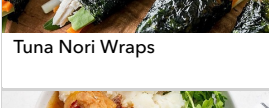
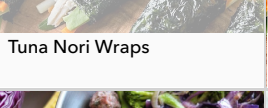
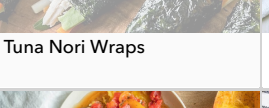


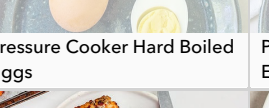







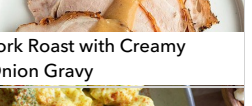


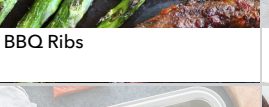
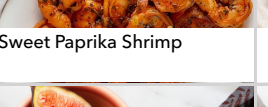

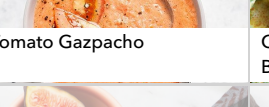
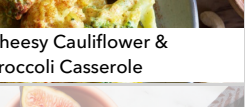




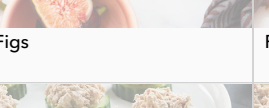
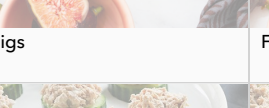
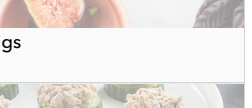

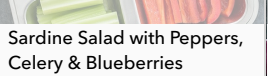
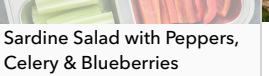

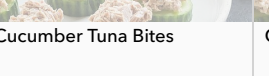
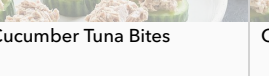
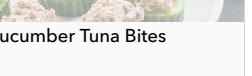

























	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Strawberry Vanilla Pineapple Smoothie	 Strawberry Vanilla Pineapple Smoothie	 Strawberry Vanilla Pineapple Smoothie	 2 Vanilla Protein Pancakes	 2 Vanilla Protein Pancakes	 3 Zucchini Breakfast Boats	 3 Zucchini Breakfast Boats
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 2 Vanilla Protein Pancakes	 2 Vanilla Protein Pancakes	 3 Zucchini Breakfast Boats	 3 Zucchini Breakfast Boats
Snack 1	 Chicken, Lettuce & Tomato Egg Wrap	 Chicken, Lettuce & Tomato Egg Wrap	 Chicken, Lettuce & Tomato Egg Wrap	 Tuna & Kale Chips	 Tuna & Kale Chips	 Tuna & Kale Chips	 Tuna & Kale Chips
	 Smoked Salmon & Pear Bites	 Smoked Salmon & Pear Bites	 Smoked Salmon & Pear Bites	 Mini Potato Crusted Quiche	 Mini Potato Crusted Quiche	 Mini Potato Crusted Quiche	 Mini Potato Crusted Quiche
Lunch	 Cheezy Beef & Zoodle Bowl	 Beef Shank & Mashed Potatoes	 Sausage, Broccoli & Cabbage Stir Fry	 One Pan Spaghetti Squash Ratatouille	 Chicken, Kale & Rutabaga	 Maple Roasted Carrots & Chicken	 One Pan Harissa Chicken, Sweet Potatoes & Broccolini
	 1.5 Grilled Watermelon & Honeydew Salad	 Carrot & Beet Turkey Bites	 Steamed Mussels in Spicy Tomato Sauce	 BBQ Ribs	 Sweet Paprika Shrimp	 Celery Root Latkes	 Tomato Gazpacho
Snack 2	 2 Celery Sticks	 2 Celery Sticks	 2 Celery Sticks	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie
	 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs
Dinner	 Beef Shank & Mashed Potatoes	 Sausage, Broccoli & Cabbage Stir Fry	 One Pan Spaghetti Squash Ratatouille	 Chicken, Kale & Rutabaga	 Maple Roasted Carrots & Chicken	 One Pan Harissa Chicken, Sweet Potatoes & Broccolini	 Pork Roast with Creamy Onion Gravy
	 Carrot & Beet Turkey Bites	 Steamed Mussels in Spicy Tomato Sauce	 BBQ Ribs	 Sweet Paprika Shrimp	 Celery Root Latkes	 Tomato Gazpacho	 Cheesy Cauliflower & Broccoli Casserole
Snack 3	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Figs	 Figs	 Figs	 Figs
	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Cucumber Tuna Bites	 Cucumber Tuna Bites	 Cucumber Tuna Bites	 Cucumber Tuna Bites

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  36%	Fat  34%	Fat  34%	Fat  34%	Fat  32%	Fat  34%	Fat  36%
Carbs  29%	Carbs  28%	Carbs  30%	Carbs  32%	Carbs  33%	Carbs  33%	Carbs  30%
Protein  35%	Protein  38%	Protein  36%	Protein  34%	Protein  35%	Protein  33%	Protein  34%
Calories 2838	Calories 2713	Calories 2786	Calories 2794	Calories 2752	Calories 2777	Calories 2675
Fat 116g	Fat 104g	Fat 106g	Fat 107g	Fat 100g	Fat 109g	Fat 112g
Carbs 212g	Carbs 194g	Carbs 214g	Carbs 226g	Carbs 229g	Carbs 236g	Carbs 208g
Fiber 48g	Fiber 45g	Fiber 51g	Fiber 43g	Fiber 44g	Fiber 64g	Fiber 64g
Sugar 111g	Sugar 77g	Sugar 107g	Sugar 121g	Sugar 109g	Sugar 102g	Sugar 90g
Protein 258g	Protein 264g	Protein 258g	Protein 245g	Protein 248g	Protein 240g	Protein 237g

Fruits

- 2 1/2 Avocado
- 4 Banana
- 1 1/2 cups Blueberries
- 8 Fig
- 1/4 Honeydew Melon
- 1 1/3 tbsps Lemon Juice
- 3 Pear
- 1/8 Seedless Watermelon
- 4 1/2 cups Strawberries

Breakfast

- 1 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Cashews
- 1/2 tsp Dried Basil
- 2/3 tsp Dried Dill
- 1/4 tsp Dried Thyme
- 2 tbsps Harissa
- 1 tsp Herbes De Provence
- 2 1/4 tps Italian Seasoning
- 1 1/2 tps Oregano
- 2 3/4 tps Paprika
- 2 2/3 tps Pumpkin Seeds
- 1/3 tsp Red Pepper Flakes
- 1 1/16 tps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 3 cups Frozen Pineapple

Vegetables

- 4 cups Arugula
- 3 cups Asparagus
- 2 2/3 tbsps Basil Leaves
- 1/2 Beet
- 3 cups Broccoli
- 1 bunch Brocolini
- 1/2 cup Butternut Squash
- 10 Carrot
- 1/4 head Cauliflower
- 18 stalks Celery
- 4 1/16 cups Celery Root
- 3 1/2 Cucumber
- 1/2 Eggplant
- 1 1/2 tps Fresh Dill
- 14 2/3 Garlic
- 1 tsp Ginger
- 1 1/2 stalks Green Onion
- 14 cups Kale Leaves
- 2 2/3 tps Mint Leaves
- 1/2 Orange Bell Pepper
- 1 1/16 cups Parsley
- 2 cups Purple Cabbage
- 5 1/2 Red Bell Pepper
- 2/3 cup Red Onion
- 3 leaves Romaine
- 3 1/3 Russet Potato
- 6 cups Rutabaga
- 1/2 cup Shallot
- 1/2 Spaghetti Squash
- 2 Sweet Potato
- 6 3/4 Tomato
- 24 White Button Mushrooms
- 1/8 White Onion
- 3 1/4 Yellow Onion
- 7 Zucchini

Boxed & Canned

- 1/3 cup Chicken Broth
- 3 1/2 cups Diced Tomatoes
- 9 ozs Sardines

Bread, Fish, Meat & Cheese

- 10 2/3 ozs Beef Shanks
- 1 1/4 lbs Chicken Breast
- 5 1/4 ozs Chicken Breast, Cooked
- 5 ozs Chicken Sausage
- 1 lb Chicken Thighs
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 2 lbs Mussels
- 6 ozs Pork Loin Roast
- 1 lb Pork Ribs
- 9 1/3 ozs Shrimp
- 3 ozs Smoked Salmon

Condiments & Oils

- 2 tps Apple Cider Vinegar
- 3 1/3 tps Avocado Oil
- 3/4 tsp Balsamic Vinegar
- 1/2 cup Barbecue Sauce
- 1/2 tsp Coconut Aminos
- 2 tps Coconut Oil
- 1 1/2 tps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise

Cold

- 36 1/3 Egg
- 3 1/8 cups Unsweetened Almond Milk
- 3/4 cup Unsweetened Coconut Yogurt

Other

- 9 Nori Sheets
- 3 cups Vanilla Protein Powder
- 7 3/4 cups Water

7 cans Tuna

Baking

1/3 cup Nutritional Yeast

2 tsps Raw Honey



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.



Vanilla Protein Pancakes

4 servings

15 minutes

Ingredients

- 4 Banana (plus extra for topping)
- 8 Egg
- 1 cup Vanilla Protein Powder
- 2 tbsps 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



Zucchini Breakfast Boats

6 servings

30 minutes

Ingredients

- 6 Zucchini (large, sliced in half lengthwise)
- 3 Red Bell Pepper (chopped)
- 1 1/2 Yellow Onion (chopped)
- 24 White Button Mushrooms (chopped)
- 12 Egg
- 3/4 tsp Sea Salt
- 3/4 cup Parsley (chopped)
- 2 tbsps Nutritional Yeast (optional, for topping)

Nutrition

Amount per serving	
Calories	233
Fat	11g
Carbs	17g
Fiber	6g
Sugar	12g
Protein	20g

Directions

- 1 Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
- 2 Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
- 3 Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

Serving Size: One serving size is equal to two zucchini boats.

More Flavor: Add additional seasonings and herbs.



Chicken, Lettuce & Tomato Egg Wrap

3 servings

15 minutes

Ingredients

- 3 Egg
- 1/8 tsp Sea Salt
- 3/4 tsp Extra Virgin Olive Oil (divided)
- 3 leaves Romaine (large, whole)
- 3/4 Tomato (sliced)
- 5 1/4 ozs Chicken Breast, Cooked (thinly sliced)

Nutrition

Amount per serving	
Calories	166
Fat	8g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	22g

Directions

- 1 In a mixing bowl, whisk the eggs and salt together until well combined.
- 2 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 3 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
- 4 To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!

Notes

Leftovers: Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

Pan Size: This recipe was tested in a 8-inch non-stick pan.

Serving Size: One serving is approximately one egg wrap with topping evenly divided.

More Flavor: Add garlic powder or dried herbs to the eggs.

Additional Toppings: Add cheese or avocado slices.

No Chicken: Use cooked turkey or additional vegetables and/or avocado instead.



Smoked Salmon & Pear Bites

3 servings

5 minutes

Ingredients

- 3 ozs Smoked Salmon (cut into bite-sized pieces)
- 1 Pear (medium, cut into bite-sized pieces)
- 2 tsps Raw Honey (optional)

Nutrition

Amount per serving	
Calories	80
Fat	1g
Carbs	13g
Fiber	2g
Sugar	9g
Protein	5g

Directions

- 1 Add a piece of salmon to a piece of pear. Secure with a toothpick and repeat until all of the pieces are paired up. Drizzle with honey, if using, and enjoy!

Notes

Leftovers: Best enjoyed immediately but can be stored in an airtight container for up to two days.

Serving Size: One serving is equal to approximately six to seven bites.

Additional Toppings: Add goat cheese and fresh dill or basil.



Tuna & Kale Chips

4 servings

10 minutes

Ingredients

- 8 cups Kale Leaves (tough stems removed, torn into pieces)
- 2 cans Tuna (drained)
- 1/2 cup Unsweetened Coconut Yogurt
- 1/2 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	99
Fat	2g
Carbs	3g
Fiber	2g
Sugar	1g
Protein	17g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Arrange the kale across the baking sheet. Bake in the oven for 10 to 15 minutes or until crispy (watch closely for burning).
- 3 Meanwhile, mix the tuna, coconut yogurt, and salt together in a bowl. Serve with the kale chips and enjoy!

Notes

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

Additional Toppings: Add chopped celery and red onion to the tuna.

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



Mini Potato Crusted Quiche

4 servings

30 minutes

Ingredients

- 1 1/3 tbsps Avocado Oil (divided)
- 2 cups Water
- 1 1/3 Russet Potato (peeled, chopped)
- 2 2/3 tbsps Unsweetened Almond Milk
- 1 1/3 Egg
- 1 1/3 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	122
Fat	6g
Carbs	13g
Fiber	1g
Sugar	1g
Protein	4g

Directions

- 1 Preheat the oven to 400°F (204°C) and lightly coat a mini muffin tin with half of the avocado oil.
- 2 In a medium saucepan, bring the water to a boil and add the potatoes. Boil the potatoes for 10 to 12 minutes or until soft.
- 3 Drain the water and add the almond milk and remaining avocado oil. Mash together until smooth.
- 4 Add a spoonful of mashed potato to the muffin tray and use a spoon to create a funnel in the middle. Bake for about 10 minutes and remove from the oven.
- 5 Whisk the eggs and pour the egg mixture into the funnel created in each potato crust. Top with parsley. Bake again for another 5 to 7 minutes or until the egg is set. Let it cool and remove with a spoon or small spatula. Enjoy!

Notes

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

Serving Size: One serving is two mini potato quiches.

More Flavor: Add salt and pepper to taste.



Cheezy Beef & Zoodle Bowl

1 serving
25 minutes

Ingredients

8 ozs Extra Lean Ground Beef
1 1/2 tbsps Nutritional Yeast
1 1/2 tsps Fresh Dill (chopped, divided)
1/8 tsp Sea Salt
1 Zucchini (spiralized)

Nutrition

Amount per serving	
Calories	484
Fat	23g
Carbs	11g
Fiber	5g
Sugar	5g
Protein	55g

Directions

- 1 Add the beef to a pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add the nutritional yeast, half of the fresh dill and sea salt. Mix together until evenly combined and set the mixture aside in a bowl.
- 2 Drain the excess beef drippings and place the pan back on medium heat. Toss in the zucchini and cook for 2 to 3 minutes, or until cooked to your preference.
- 3 Divide the zucchini noodles into bowls and top with the ground beef mixture and remaining dill. Enjoy!

Notes

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

Additional Toppings: Add cherry tomatoes or bell peppers.

Make it Vegan: Use black beans instead of ground beef.

No Spiralizer: Chop the zucchini into small circles and sauté until they're cooked to your preference.



Grilled Watermelon & Honeydew Salad

2 servings

15 minutes

Ingredients

- 1/4 Honeydew Melon (medium, peeled, seeds removed, cut into wedges)
- 1/8 Seedless Watermelon (medium, cut into wedges)
- 2 1/4 tps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 3/4 tsp Balsamic Vinegar
- 2 2/3 tbsps Mint Leaves (torn)
- 2 2/3 tbsps Basil Leaves (torn)
- 2 2/3 tbsps Pumpkin Seeds (toasted)

Nutrition

Amount per serving	
Calories	239
Fat	11g
Carbs	35g
Fiber	3g
Sugar	28g
Protein	6g

Directions

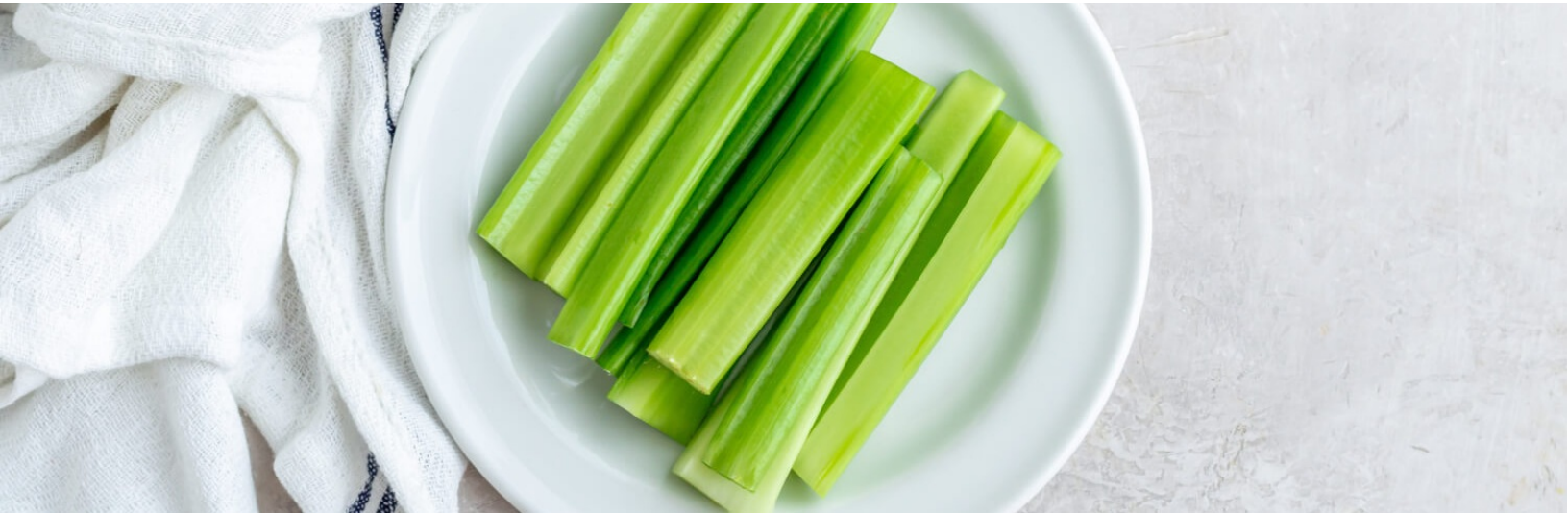
- 1 Place the honeydew and watermelon in a large baking dish or on a baking sheet. Drizzle the oil on all sides and sprinkle with salt.
- 2 Heat the grill to medium-high heat. Place the honeydew and watermelon directly on the grill and char for three minutes per side, until charred. Remove and place back on the tray or baking dish. Let cool.
- 3 Once cooled, chop the melon wedges into chunks and place in a large salad bowl. Drizzle with balsamic vinegar and top with mint, basil, and pumpkin seeds. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups salad.

Additional Toppings: Top with feta cheese.



Celery Sticks

6 servings

2 minutes

Ingredients

12 stalks Celery

Nutrition

Amount per serving	
Calories	11
Fat	0g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	1g

Directions

- 1 Cut the celery into sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

Serve it With: Hummus, guacamole, or your favorite dip.



Tuna Nori Wraps

3 servings

15 minutes

Ingredients

- 1 1/2 cans Tuna (drained and flaked)
- 1 1/2 Carrot (smaller, julienned)
- 3/4 Cucumber (julienned)
- 3/4 Avocado (peeled and sliced)
- 9 Nori Sheets (snack size)

Nutrition

Amount per serving	
Calories	190
Fat	8g
Carbs	13g
Fiber	8g
Sugar	3g
Protein	21g

Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Leftovers: Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

Serving Size: Each serving size will yield approximately 3 small rolls.

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



Pear & Kale Protein Smoothie

4 servings

5 minutes

Ingredients

- 5 cups Water (cold)
- 4 cups Kale Leaves
- 2 Pear (stem and seeds removed, chopped)
- 1 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.



Pressure Cooker Hard Boiled Eggs

4 servings

30 minutes

Ingredients

2/3 cup Water

4 Egg

Nutrition

Amount per serving	
Calories	72
Fat	5g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	6g

Directions

- 1 Add the metal rack to your pressure cooker along with the water. Place the eggs on top of the rack and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, let the pressure release naturally for 5 minutes then release the rest of the pressure manually if needed.
- 3 Remove the lid carefully and then transfer the cooked eggs to an ice bath for about 10 minutes until they have cooled. Store in the refrigerator until ready to use.

Notes

Leftovers: Refrigerate in an airtight container in the shell for up to seven days.

Serving Size: One serving is one egg.

How to Make an Ice Bath: Add ice and water to a large bowl just before needed. Use enough water so ice cubes float freely around the bowl.



Beef Shank & Mashed Potatoes

2 servings

4 hours

Ingredients

- 1 1/2 tpsps Extra Virgin Olive Oil (Divided)
- 10 2/3 ozs Beef Shanks (cut into 3-inch pieces)
- 1 Garlic (cloves, minced)
- 1/8 White Onion (large, sliced)
- 1 cup Diced Tomatoes
- Sea Salt & Black Pepper (to taste)
- 2 Russet Potato (medium, peeled and chopped)
- 4 cups Arugula

Nutrition

Amount per serving	
Calories	429
Fat	10g
Carbs	44g
Fiber	6g
Sugar	6g
Protein	40g

Directions

- 1 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 2 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 3 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 4 Meanwhile, bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and pepper.
- 5 Divide the beef shank, mashed potatoes, and arugula onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size: One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

More Flavor: Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

Additional Toppings: Add carrots, celery, peas, or mushrooms to the stew.



Carrot & Beet Turkey Bites

2 servings

25 minutes

Ingredients

- 8 ozs Extra Lean Ground Turkey
- 1/2 Carrot (medium, peeled and grated)
- 1/2 Beet (medium, peeled and grated)
- 1/4 tsp Sea Salt
- 1/4 tsp Dried Thyme
- 1 1/2 tsps Dijon Mustard
- 1 tbsp Avocado Oil

Nutrition

Amount per serving	
Calories	251
Fat	17g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	22g

Directions

- 1 In a large mixing bowl, use your hands or a spatula to combine all the ingredients except avocado oil.
- 2 Divide the mixture and form patties about 4-inches wide. The patties will shrink after cooking.
- 3 Heat avocado oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about 4 to 5 minutes each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices.
- 4 Transfer to a plate lined with paper towel and serve immediately. Enjoy!

Notes

Serve Them With: Salad, quinoa or sweet potato fries.

No Avocado Oil: Use olive oil, coconut oil or ghee instead.

Serving Size: One serving is equal to about 4 small patties.

Leftovers: Keeps well in the fridge up to 3 days. Freeze in an airtight container up to 6 months.



Sausage, Broccoli & Cabbage Stir Fry

2 servings

25 minutes

Ingredients

- 5 ozs Chicken Sausage
- 1/2 Yellow Onion (small, diced)
- 1/2 Garlic (clove, minced)
- 2 cups Broccoli (chopped into small florets)
- 2 cups Purple Cabbage (finely sliced)
- 1 tsp Italian Seasoning

Nutrition

Amount per serving	
Calories	224
Fat	11g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	14g

Directions

- 1 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 2 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.

No Sausage: Use ground meat instead.

Make it Quick: Use bagged coleslaw mix to save time on slicing cabbage.



Steamed Mussels in Spicy Tomato Sauce

2 servings

20 minutes

Ingredients

- 2 lbs Mussels
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Red Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 tsp Paprika
- 1/4 tsp Red Pepper Flakes
- 1 cup Diced Tomatoes (from the can with the juices)
- 1/4 cup 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.



One Pan Spaghetti Squash Ratatouille

2 servings

1 hour

Ingredients

- 1/2 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- Sea Salt & Black Pepper
- 1/2 Eggplant (large, coarsely chopped)
- 1/2 Orange Bell Pepper (large, coarsely chopped)
- 1/2 Yellow Onion (large, coarsely chopped)
- 1 tsp Herbes de Provence
- 1 1/2 cups Diced Tomatoes (from the can, with juices)
- 2 Garlic (cloves, roughly chopped)

Nutrition

Amount per serving	
Calories	144
Fat	0g
Carbs	32g
Fiber	8g
Sugar	12g
Protein	5g

Directions

- 1 Preheat the oven to 400°F (205°C). Line rimmed baking sheets with parchment paper.
- 2 Season the flesh of the squash with salt and pepper and arrange cut side down on the prepared baking sheet. Cook in the oven for 20 minutes.
- 3 Arrange the eggplant, bell peppers, and onions around the partially cooked squash. Season with herbes de provence. Continue cooking for 20 minutes.
- 4 Add the tomatoes and garlic. Continue cooking for 10 minutes.
- 5 Using a fork, scrape the squash into a serving platter. Spoon the roasted veggies on top and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add your protein of choice.

Additional Toppings: Fresh basil, parsley, parmesan cheese, or nutritional yeast.



BBQ Ribs

2 servings

4 hours

Ingredients

1/2 cup Barbecue Sauce (divided)
 1 lb Pork Ribs
 3 cups Asparagus (woody ends snapped off)
 1 1/2 tps Extra Virgin Olive Oil (chopped)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	609
Fat	29g
Carbs	36g
Fiber	5g
Sugar	26g
Protein	51g

Directions

- 1 Brush your ribs with half of the barbecue sauce and place in the slow cooker. Cook on low for 6 to 8 hours, or high for 4.
- 2 When ready to eat, preheat grill over medium heat.
- 3 Toss your asparagus with oil and season with salt and black pepper to taste.
- 4 Carefully remove ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with the remaining barbecue sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 to 10 minutes or until bright green.
- 5 Remove ribs and asparagus from grill and divide onto plates. Enjoy!

Notes

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

No Ribs: Use wings, chicken breast or drumsticks instead.



Chicken, Kale & Rutabaga

2 servings

40 minutes

Ingredients

- 6 cups Rutabaga (peeled, cubed)
- 1/8 tsp Sea Salt (to taste)
- 8 ozs Chicken Breast (boneless, skinless)
- 2 cups Kale Leaves (tough stems removed, roughly torn into pieces)
- 1 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Oregano

Nutrition

Amount per serving	
Calories	361
Fat	11g
Carbs	38g
Fiber	11g
Sugar	19g
Protein	31g

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
- 3 While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
- 4 Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
- 5 Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

Notes

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

More Flavor: Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

Additional Toppings: Kimchi, sauerkraut, pickled veggies, or olives.

No Rutabaga: Use sweet potato or cauliflower instead.



Sweet Paprika Shrimp

2 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 tps Maple Syrup
- 1 tsp Paprika
- 1 tsp Italian Seasoning
- 1/8 tsp Sea Salt
- 1/16 tsp Red Pepper Flakes (optional)
- 9 1/3 ozs Shrimp (large, peeled and deveined)
- 1 tbsp Water
- 1 tsp Lemon Juice

Nutrition

Amount per serving	
Calories	195
Fat	8g
Carbs	5g
Fiber	0g
Sugar	4g
Protein	27g

Directions

- 1 In a mixing bowl whisk the olive oil, maple syrup, paprika, Italian seasoning, salt and red pepper flakes, if using, until combined. Add the shrimp to the sauce and toss to coat.
- 2 Heat a large non-stick pan or skillet over medium-high heat.
- 3 Add the shrimp and all of the sauce to the pan. Let the shrimp cook for 1 to 2 minutes per side. Add the water and lemon juice. Stir to coat the shrimp in the sauce. Let the sauce come to a gentle bubble then remove from the heat and season with additional salt and lemon juice if needed.
- 4 Divide between plates and serve immediately. Enjoy!

Notes

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

More Flavor: Serve with extra lemon wedges or fresh ground pepper on top.

Make it a Meal: Serve shrimp beside cooked quinoa or brown rice with sauteed greens.



Maple Roasted Carrots & Chicken

2 servings

40 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 6 Garlic (cloves, still attached to each other)
- 1 tsp Extra Virgin Olive Oil
- 8 Carrot (chopped roughly)
- 1/2 cup Shallot (peeled, cut in half)
- 1 tsp Ginger (thinly sliced)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	463
Fat	12g
Carbs	40g
Fiber	8g
Sugar	21g
Protein	48g

Directions

- 1 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 2 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 3 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

Notes

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

More Flavor: Add chili flakes.

No Shallots: Use small pearl onions instead.



Celery Root Latkes

2 servings

20 minutes

Ingredients

4 cups Celery Root (shredded)
2 Egg
2/3 tsp Dried Dill
Sea Salt & Black Pepper (to taste)
1 1/3 tsps Extra Virgin Olive Oil
1/3 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	248
Fat	10g
Carbs	31g
Fiber	6g
Sugar	5g
Protein	11g

Directions

- 1 In a large bowl, combine the shredded celery root, eggs, dill, salt, and pepper. Mix until well combined.
- 2 Heat the oil in a large pan over medium heat. Form the celery root mixture into patties with your hands, about 1/2 cup per latke. Transfer to the frying pan and cook for five minutes on each side or until golden.
- 3 Top the latkes with coconut yogurt. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to two latkes.

More Flavor: Add garlic and onions.

No Coconut Yogurt: Use plain Greek yogurt, sour cream, and/or goat cheese instead.



One Pan Harissa Chicken, Sweet Potatoes & Broccolini

2 servings
40 minutes

Ingredients

- 2 Sweet Potato (medium, cubed)
- 1 bunch Broccolini
- 12 ozs Chicken Breast (skinless, boneless)
- 1 tbsp Avocado Oil
- 2 tbsps Harissa
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	432
Fat	13g
Carbs	33g
Fiber	10g
Sugar	7g
Protein	49g

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato, broccolini, and chicken breast to the baking sheet. Drizzle the oil and harissa evenly over top of all ingredients. Season everything with salt and pepper and toss well to coat. Place the baking sheet in the oven and bake for 15 minutes.
- 3 Remove the sheet from the oven. Flip the chicken and potatoes. Remove the broccolini from the sheet and set it aside on a plate. Place the baking sheet back into the oven and bake for another 15 minutes or until the chicken is cooked through.
- 4 Remove the baking sheet from the oven and divide the chicken, sweet potato, and broccolini onto plates. Enjoy!

Notes

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

No Broccolini: Use regular broccoli instead. Adjust bake time accordingly.



Tomato Gazpacho

2 servings

10 minutes

Ingredients

- 6 Tomato (medium, chopped)
- 1 Red Bell Pepper (medium, seeds and stem removed)
- 2 Garlic (clove)
- 2 tbsps Apple Cider Vinegar
- 1 Avocado (medium)
- 1/2 tsp Dried Basil
- 1/2 tsp Oregano (dried)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	238
Fat	16g
Carbs	24g
Fiber	11g
Sugar	3g
Protein	7g

Directions

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

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to three days.

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

Additional Toppings: Top with sliced cherry tomatoes or fresh basil.

No Avocado: Use coconut cream instead.

No Apple Cider Vinegar: Use lemon juice instead.

Temperature: Can be enjoyed at room temperature or chilled.



Pork Roast with Creamy Onion Gravy

1 serving
1 hour 20 minutes

Ingredients

- 1/3 cup Chicken Broth
- 1/2 Yellow Onion (cut into wedges)
- 2/3 Garlic (clove, roughly chopped)
- 5 3/4 ozs Pork Loin Roast
- 1/2 tsp Extra Virgin Olive Oil
- 1/4 tsp Italian Seasoning
- 1/8 tsp Sea Salt
- 1/2 tsp Coconut Aminos

Nutrition

Amount per serving	
Calories	329
Fat	16g
Carbs	7g
Fiber	2g
Sugar	5g
Protein	37g

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Add the broth, onion and garlic to the bottom of a small roasting pan, dutch oven or high-sided baking dish.
- 3 Drizzle the pork with the olive oil and then season with the Italian seasoning and salt. Rub the seasoning on all sides of the roast. Place the pork roast on top of the onions in the roasting pan.
- 4 Transfer the meat to the oven and roast for 20 minutes. Reduce the oven temperature to 350°F (176°C) and continue to roast for 40 to 55 minutes (about 20 to 25 minutes per pound) or until the pork is cooked through. Transfer the cooked roast to a plate to rest for 10 to 15 minutes.
- 5 Meanwhile, make the gravy. Transfer the cooking liquid, roasted onions and garlic from the roasting pan to a blender or food processor. Add the coconut aminos and blend until smooth. Add extra chicken broth to achieve your desired consistency, if necessary. Season with additional salt if needed.
- 6 To serve, slice the pork, divide between plates and top with the gravy. Enjoy!

Notes

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

More Flavor: Add garlic powder or onion powder to the pork seasoning.

Serve it With: Serve alongside roasted vegetables, and mashed potatoes or mashed cauliflower.

Gravy: If most of the liquid evaporated during cooking, add more chicken broth to the blender, then thin the gravy with additional broth after blending if needed.



Cheesy Cauliflower & Broccoli Casserole

1 serving

1 hour

Ingredients

- 1/2 cup Butternut Squash (peeled, seeded and cubed)
- 1/4 Yellow Onion (medium, diced)
- 1/2 Garlic (cloves, minced)
- 2 tbsps Water
- 1/4 head Cauliflower (medium, chopped into florets)
- 1 cup Broccoli (chopped into florets)
- 2 tbsps Cashews
- 2 tbsps Nutritional Yeast
- 1/8 tsp Sea Salt
- 1/16 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time: Buy frozen, pre-sliced butternut squash cubes.

More Carbs: Serve with brown rice macaroni or quinoa.



Sardine Salad with Peppers, Celery & Blueberries

3 servings

10 minutes

Ingredients

- 9 ozs Sardines (packed in oil, drained)
- 1/3 cup Red Onion (minced)
- 6 stalks Celery (sliced into sticks)
- 1 1/2 Red Bell Pepper (stems and seeds removed, sliced)
- 1 1/2 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.



Figs

4 servings

2 minutes

Ingredients

8 Fig (cut in half)

Nutrition

Amount per serving	
Calories	74
Fat	0g
Carbs	19g
Fiber	3g
Sugar	16g
Protein	1g

Directions

- 1 Add the figs to a bowl and enjoy!

Notes

Leftovers: Refrigerate leftovers in an airtight container for two days.

Serving Size: One serving is two figs.

More Flavor: Top with goat cheese and honey or dip in melted chocolate.



Cucumber Tuna Bites

4 servings

5 minutes

Ingredients

- 2 cans Tuna (flaked and drained)
- 1/4 cup Mayonnaise
- 2 Cucumber (large, sliced into rounds)

Nutrition

Amount per serving	
Calories	187
Fat	11g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	17g

Directions

- 1 Add the tuna to a small bowl with the mayonnaise and mix together.
- 2 Top each cucumber round with a spoonful of the tuna mixture. Enjoy!

Notes

Leftovers: Refrigerate leftovers separately in a sealed container up to three days.

More Flavor: Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.

Additional Toppings: Top with some sprouts or microgreens.

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