

















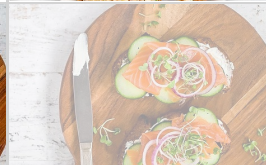
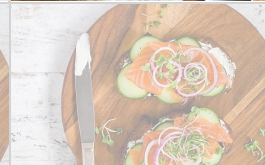
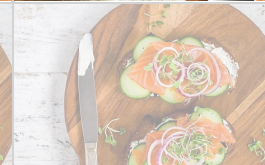

















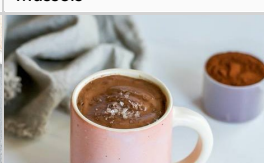
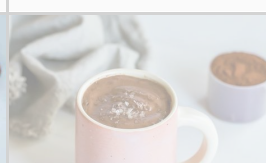
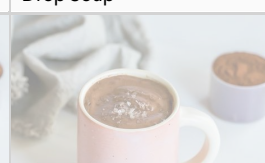
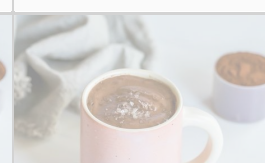




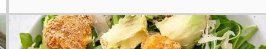

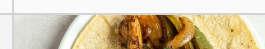



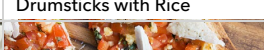



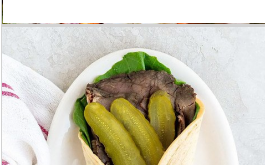

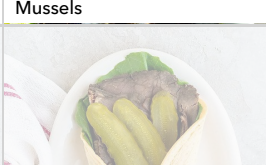
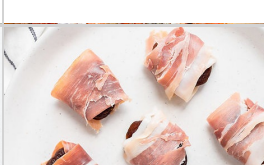

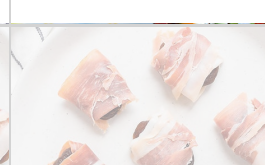

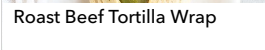
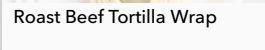

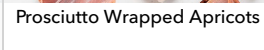
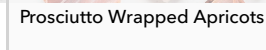
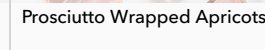
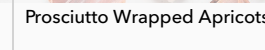

























	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Berry Avocado Smoothie	 Berry Avocado Smoothie	 Spinach & Salsa Omelette	 Spinach & Salsa Omelette	 Berry Avocado Smoothie	 Lemon Blueberry Baked Oats	 Lemon Blueberry Baked Oats
	 0.5 English Muffin Tuna Melt	 0.5 English Muffin Tuna Melt	 English Muffin Tuna Melt	 English Muffin Tuna Melt	 Coconut Chia Pudding	 Coconut Chia Pudding	 Coconut Chia Pudding
Snack 1	 Cheesy Black Bean Toast	 Cheesy Black Bean Toast	 Cheesy Black Bean Toast	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich
	 Zucchini Tofu Scramble	 Salmon Nuggets with Peas	 Lentil Meatballs & Pasta	 Creamy Lemon Garlic Pasta	 Lemon Dijon Chicken Drumsticks with Rice	 Chicken Nugget Sauerkraut Salad	 15 Minute Shrimp Puttanesca
Lunch	 Green Poutine	 Fish Taco Pizza	 Kale Blueberry Salad with Lemon Tahini Dressing	 Coconut Lime Steamed Mussels	 Bruschetta Flatbread	 Corn & Green Onion Egg Drop Soup	 Fresh Tomato Salad
	 Egg White Scramble Wrap	 Egg White Scramble Wrap	 Egg White Scramble Wrap	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie
Dinner	 Salmon Nuggets with Peas	 Lentil Meatballs & Pasta	 Creamy Lemon Garlic Pasta	 Lemon Dijon Chicken Drumsticks with Rice	 Chicken Nugget Sauerkraut Salad	 15 Minute Shrimp Puttanesca	 Easy Chicken Fajitas
	 Fish Taco Pizza	 Kale Blueberry Salad with Lemon Tahini Dressing	 Coconut Lime Steamed Mussels	 Bruschetta Flatbread	 Corn & Green Onion Egg Drop Soup	 Fresh Tomato Salad	 Coconut Cod Tacos
Snack 3	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots
	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  34%	Fat  35%	Fat  36%	Fat  35%	Fat  35%	Fat  34%
Carbs  40%	Carbs  42%	Carbs  40%	Carbs  36%	Carbs  37%	Carbs  42%	Carbs  42%
Protein  25%	Protein  24%	Protein  25%	Protein  28%	Protein  28%	Protein  23%	Protein  24%
Calories 2937	Calories 2959	Calories 2932	Calories 2871	Calories 2968	Calories 2794	Calories 2900
Fat 117g	Fat 116g	Fat 116g	Fat 114g	Fat 119g	Fat 112g	Fat 113g
Carbs 301g	Carbs 318g	Carbs 295g	Carbs 261g	Carbs 281g	Carbs 303g	Carbs 313g
Fiber 78g	Fiber 89g	Fiber 58g	Fiber 32g	Fiber 55g	Fiber 67g	Fiber 69g
Sugar 62g	Sugar 73g	Sugar 45g	Sugar 38g	Sugar 57g	Sugar 72g	Sugar 70g
Protein 186g	Protein 186g	Protein 189g	Protein 200g	Protein 213g	Protein 170g	Protein 174g

Fruits

- 4 Avocado
- 2 Banana
- 1 cup Blueberries
- 2 3/4 Lemon
- 3/4 Lime
- 2 tbsps Lime Juice
- 1/4 cup Pineapple

Breakfast

- 2 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 3 1/4 tbsps Almonds
- 1/4 tsp Black Pepper
- 2 tbsps Cashews
- 3/4 cup Chia Seeds
- 3/4 tsp Chili Powder
- 1/3 tsp Cumin
- 3/4 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 1 1/4 tpsps Ground Flax Seed
- 2/3 tsp Oregano
- 2/3 tsp Paprika
- 1/16 tsp Red Pepper Flakes
- 2 3/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Turmeric

Frozen

- 7 Brown Rice Tortilla
- 2 1/2 cups Frozen Berries
- 3 1/4 cups Frozen Cauliflower
- 1 cup Frozen Peas

Vegetables

- 4 cups Arugula
- 1 cup Asparagus
- 9 1/2 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1/2 cup Butternut Squash
- 1 stalk Celery
- 1 1/4 cups Cherry Tomatoes
- 1/3 cup Chives
- 1/3 cup Cilantro
- 3/4 Cucumber
- 2 1/16 cups Fresh Peas
- 5 1/8 Garlic
- 1 1/2 tbsps Ginger
- 1/4 Green Bell Pepper
- 4 1/8 stalks Green Onion
- 1/2 Jalapeno Pepper
- 4 cups Kale Leaves
- 1 cup Mushrooms
- 1/3 cup Parsley
- 1 cup Radishes
- 1 1/4 Red Bell Pepper
- 1 cup Red Onion
- 6 leaves Romaine
- 2 1/8 tbsps Shallot
- 1/2 cup Sunflower Sprouts
- 2 1/2 Tomato
- 1 tbsps Watermelon Radish
- 3/4 Yellow Bell Pepper
- 1/3 Yellow Onion
- 1 Yellow Potato
- 2 3/4 Zucchini

Boxed & Canned

- 2 Anchovy
- 3/4 cup Black Beans
- 1/4 cup Bread Crumbs
- 1 2/3 cups Brown Rice Fusilli
- 1 1/4 cups Canned Coconut Milk
- 2 cups Chicken Broth, Low Sodium
- 4 ozs Chickpea Pasta

Bread, Fish, Meat & Cheese

- 1 2/3 ozs Cheddar Cheese
- 11 1/2 ozs Chicken Breast
- 2 ozs Chicken Breast, Cooked
- 13 3/4 ozs Chicken Drumsticks
- 1/2 Cod Fillet
- 4 Corn Tortilla
- 8 ozs Deli Roast Beef
- 8 ozs English Muffin
- 1/4 cup Feta Cheese
- 3 slices Gluten-Free Bread
- 1/4 cup Goat Cheese
- 1/3 cup Hummus
- 1 1/3 ozs Mozzarella Cheese
- 2 lbs Mussels
- 7 3/4 ozs Prosciutto
- 8 1/16 ozs Salmon Fillet
- 8 ozs Shrimp
- 6 ozs Silken Tofu
- 8 ozs Smoked Salmon
- 7 ozs Sourdough Bread
- 1/2 Tilapia Fillet
- 3 Whole Wheat Tortilla

Condiments & Oils

- 2 tpsps Avocado Oil
- 1 1/2 tpsps Balsamic Vinegar
- 1 tbsps Capers
- 1 tbsps Coconut Aminos
- 2 1/4 tpsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tpsps Hot Sauce
- 1/2 cup Mayonnaise
- 1 1/2 cups Pickle
- 1 tbsps Pitted Kalamata Olives
- 2 1/4 tpsps Red Wine Vinegar
- 2/3 cup Sauerkraut
- 1/4 tsp Sesame Oil
- 2 tpsps Tahini
- 3/4 cup Tomato Sauce

Cold

- 1 cup Corn
- 1 cup Crushed Tomatoes
- 3 1/4 tbsps Dry Green Lentils
- 1/2 cup Jasmine Rice
- 2 cups Lentils
- 1 oz Oat Crackers
- 2/3 cup Salsa
- 2 2/3 cans Tuna
- 2/3 cup Vegetable Broth
- 4 1/2 ozs Whole Wheat Linguine

Baking

- 2 2/3 tbsps All Purpose Gluten-Free Flour
- 1 2/3 tbsps Arrowroot Powder
- 1/2 tsp Baking Powder
- 1/2 cup Cocoa Powder
- 1 tbsp Coconut Flour
- 1/3 cup Nutritional Yeast
- 1 cup Oats
- 2 ozs Unbleached All Purpose Flour
- 2 tbsps Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

- 1 cup Cow's Milk, Reduced Fat
- 1/3 cup Cream Cheese, Regular
- 12 1/2 Egg
- 1 1/2 cups Egg Whites
- 5 cups Plain Coconut Milk
- 4 cups Unsweetened Almond Milk

Other

- 1 cup Chocolate Protein Powder
- 1 cup Dried Apricots
- 1 1/4 cups Vanilla Protein Powder
- 2 1/2 cups Water



Berry Avocado Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Plain Coconut Milk (unsweetened, from the box)
- 1 1/2 Zucchini (chopped, frozen)
- 3/4 cup Frozen Cauliflower
- 1 1/2 cups Frozen Berries
- 3/4 Avocado
- 3 tbsps Chia Seeds
- 3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	367
Fat	17g
Carbs	33g
Fiber	13g
Sugar	18g
Protein	25g

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



English Muffin Tuna Melt

3 servings

5 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

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

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

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

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



Spinach & Salsa Omelette

1 serving
10 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil (divided)
- 2 cups Baby Spinach
- 3 Egg
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Salsa

Nutrition

Amount per serving	
Calories	327
Fat	24g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	22g

Directions

- 1 Heat half of the oil in a non-stick pan over medium heat. Add the spinach and cook until tender and wilted. Transfer the cooked spinach to a plate and set aside.
- 2 Whisk the eggs in a small bowl and season with salt and pepper to taste. Add the remaining oil to the pan. Add the eggs and cook until almost set. Place the salsa and cooked spinach on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

Notes

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

More Flavor: Add red pepper flakes, garlic, and/or paprika to the eggs.

Additional Toppings: Shredded cheese, avocado slices, and/or hot sauce.

No Spinach: Use another leafy green, like kale or arugula.



Lemon Blueberry Baked Oats

2 servings

30 minutes

Ingredients

- 1 cup Oats
- 1 cup Cow's Milk, Reduced Fat
- 2 tbsps Maple Syrup
- 1/2 Lemon (large, juiced)
- 1/2 tsp Vanilla Extract
- 1 1/2 tps Chia Seeds
- 1/2 tsp Baking Powder
- 1/2 cup Blueberries (plus extra for garnish)

Nutrition

Amount per serving	
Calories	308
Fat	6g
Carbs	55g
Fiber	6g
Sugar	23g
Protein	10g

Directions

- 1 Preheat the oven to 350°F (175°C) and grease a baking pan, or line it with parchment paper.
- 2 Add the oats, milk, maple syrup, lemon juice, vanilla, chia seeds, and baking powder to the pan. Mix to combine. Fold in the blueberries.
- 3 Bake for 25 to 30 minutes or until cooked through. Remove from the oven and let it cool for ten minutes. Divide between plates and enjoy!

Notes

Leftovers: Cover the dish and refrigerate for up to four days. Eat it cold or heat it up.

Serving Size: One serving is equal to one square piece. An 8 x 8-inch baking dish was used to make four servings.

More Flavor: Before baking, mix in some lemon zest.

Additional Toppings: Yogurt, maple syrup, lemon zest, cinnamon, berries, sliced almonds, other nuts and seeds.

Dairy-Free: Use an alternative milk.



Coconut Chia Pudding

2 servings

1 hour

Ingredients

- 3/4 cup Canned Coconut Milk
- 3/4 cup Water
- 1/4 cup Chia Seeds
- 1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	278
Fat	23g
Carbs	13g
Fiber	8g
Sugar	1g
Protein	5g

Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1.5 cups of chia pudding.

More Flavor: Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

Additional Toppings: Top with shredded coconut, berries, banana slices, nuts or bee pollen.



Cheesy Black Bean Toast

3 servings

15 minutes

Ingredients

- 3 Egg
- 3/4 cup Black Beans (cooked, mashed)
- 3 slices Gluten-Free Bread (toasted)
- 1 2/3 ozs Cheddar Cheese (grated)
- 3 tbsps Salsa

Nutrition

Amount per serving	
Calories	271
Fat	12g
Carbs	24g
Fiber	5g
Sugar	4g
Protein	16g

Directions

- 1 Place egg(s) in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Strain the water and fill the saucepan with cold water. When cool enough to handle, peel and slice the egg(s).
- 2 Spread the mashed black beans evenly otop the toast. Top with the sliced eggs, salsa and cheddar cheese. Enjoy!

Notes

Leftovers: This recipe is best made fresh and enjoyed immediately.

Make it Vegan: Use a vegan cheese or omit the cheddar cheese completely.



Smoked Salmon Open-Face Sandwich

4 servings

5 minutes

Ingredients

- 7 ozs Sourdough Bread
- 1/3 cup Cream Cheese, Regular
- 1/2 Cucumber (thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Smoked Salmon
- 1/4 cup Red Onion (thinly sliced)
- 1/2 cup Sunflower Sprouts (optional)

Nutrition

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

Directions

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

Notes

Leftovers: This is best enjoyed immediately after making.

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

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

Additional Toppings: Capers and/or fresh herbs.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Zucchini Tofu Scramble

1 serving
20 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 1/4 Yellow Bell Pepper (medium, seeds removed, chopped)
- 1/4 Zucchini (small, chopped)
- 6 ozs Silken Tofu (drained)
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Garlic Powder
- 1/4 tsp Paprika
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	159
Fat	7g
Carbs	12g
Fiber	2g
Sugar	4g
Protein	12g

Directions

- 1 Heat the oil in a pan over medium heat. Cook the bell pepper and zucchini until fork tender, about five minutes.
- 2 Add the tofu, nutritional yeast, garlic powder, paprika, and salt. Use the spatula to stir and gently break up the tofu.
- 3 Cook until the edges are firm and liquid is gone, about 15 minutes. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Add black pepper, turmeric, and black salt.

Additional Toppings: Serve it with salsa, avocado slices, fresh fruit, toast, or tortillas.



Green Poutine

1 serving
45 minutes

Ingredients

- 1 Yellow Potato (medium)
- 1 cup Asparagus
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 cup Mushrooms (sliced)
- 1/8 Yellow Onion (medium, diced)
- 1/2 Garlic (clove, minced)
- 3/4 tsp Dried Thyme
- 1/4 cup Vegetable Broth
- 1/2 tsp Arrowroot Powder
- 1/2 cup Butternut Squash (peeled and cubed)
- 1/4 cup Water
- 2 tbsps Cashews
- 1/4 cup Nutritional Yeast
- 1/4 Lemon (juiced)
- 1/4 tsp Paprika
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!



Egg White Scramble Wrap

3 servings

10 minutes

Ingredients

- 3/4 Red Bell Pepper (medium, finely chopped)
- 1/3 cup Red Onion (finely chopped)
- 1/2 cup Water
- 3 cups Baby Spinach (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 cups Egg Whites
- Sea Salt & Black Pepper (to taste)
- 3 Whole Wheat Tortilla
- 1 1/2 tsps Hot Sauce (optional, or to taste)

Nutrition

Amount per serving	
Calories	233
Fat	7g
Carbs	24g
Fiber	6g
Sugar	4g
Protein	19g

Directions

- 1 Add the pepper, onion, and water to a non-stick pan over medium heat. Cook for about five minutes or until the peppers and onion begin to soften. Add the spinach and cook until just wilted, about one to two minutes. Move the vegetables to one side of the pan.
- 2 Add the oil to the other side of the pan. Pour in the egg whites and scramble until the eggs have set, then incorporate the vegetables into the eggs whites. Season with salt and pepper to taste.
- 3 Place the egg white scramble on the whole wheat tortilla and top with the hot sauce (if using). Enjoy!

Notes

Leftovers: Refrigerate eggs in an airtight container for up to three days. Assemble wrap just before serving.

No Egg Whites: Use whole eggs instead.

No Hot Sauce: Use salsa or sriracha instead.

No Spinach: Use kale instead.

No Bell Pepper: Use tomatoes or mushrooms instead.



Hot Chocolate Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Unsweetened Almond Milk
- 2 cups Frozen Cauliflower
- 2 Banana
- 1 cup Chocolate Protein Powder
- 1/2 cup Cocoa Powder
- 1/4 cup Chia Seeds
- 1/2 tsp Sea Salt (optional, for topping)

Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Salmon Nuggets with Peas

2 servings

20 minutes

Ingredients

2 2/3 tbsps All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)
2/3 Egg (large)
1 oz Oat Crackers (crushed)
8 ozs Salmon Fillet (chopped into chunks, patted dry)
2 cups Fresh Peas (or frozen and thawed)

Nutrition

Amount per serving	
Calories	409
Fat	12g
Carbs	41g
Fiber	12g
Sugar	8g
Protein	34g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the crushed oat crackers.
- 3 Dredge the salmon chunks in the flour first, shaking off any excess. Coat each chunk in the egg mixture, then transfer to the crushed oat crackers and coat well.
- 4 Arrange the salmon onto the baking sheet and bake for 12 to 15 minutes or until cooked through. Serve alongside the peas and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of salmon and one cup of peas.

More Flavor: Add dried herbs to the flour mixture.

Additional Toppings: Dip into plain yogurt, honey mustard sauce, mayonnaise, guacamole, salsa, or ketchup.

Make it Vegan: Use tofu instead of salmon.



Fish Taco Pizza

2 servings

40 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
 1/2 Tilapia Fillet
 Sea Salt & Black Pepper (to taste)
 1/2 Lemon (juiced)
 1/4 cup Pineapple (cored and diced)
 1/4 cup Red Onion (finely diced)
 1/2 Jalapeno Pepper (de-seeded and chopped)
 1/2 Red Bell Pepper (de-seeded and chopped)
 1/2 Lime (juiced)
 1 Avocado (peeled and mashed)
 1/2 Tomato (diced)
 1/2 Garlic (cloves, minced)
 2 Brown Rice Tortilla (thawed)
 1/2 cup Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	393
Fat	20g
Carbs	45g
Fiber	12g
Sugar	8g
Protein	12g

Directions

- 1 Preheat the oven to 500°F (260°C) and move rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 2 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 3 Reduce oven temperature to 410°F (210°C).
- 4 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 5 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 6 Spread guacamole onto your tortillas and top with chopped spinach, salsa and fish. Bake in the oven for 10 minutes. Enjoy!

Notes

Leftovers: Best enjoyed the same day.

Fillet Size: One tilapia fillet is equal to 116 grams or 4.1 ounces.



Lentil Meatballs & Pasta

2 servings

35 minutes

Ingredients

3 1/4 tbsps Dry Green Lentils
1/3 cup Vegetable Broth
1/4 tsp Extra Virgin Olive Oil
2 1/8 tbsps Shallot (chopped)
1 1/4 tbsps Ground Flax Seed
1 1/4 tbsps Water
1 2/3 tbsps Nutritional Yeast
3 1/4 tbsps Almonds (chopped)
1/3 tsp Sea Salt
3 1/4 tbsps Parsley (divided, chopped)
4 ozs Chickpea Pasta (shells)
3/4 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	413
Fat	12g
Carbs	58g
Fiber	16g
Sugar	11g
Protein	28g

Directions

- 1 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 3 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 4 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 5 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 6 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

Notes

Leftovers: For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

Serving Size: One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

More Flavor: Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.



Kale Blueberry Salad with Lemon Tahini Dressing

2 servings

15 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

No Kale: Use any dark leafy green instead.

No Lentils: Use chickpeas or beans instead.

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



Creamy Lemon Garlic Pasta

2 servings

15 minutes

Ingredients

- 1 2/3 cups Brown Rice Fusilli
- 1 tsp Extra Virgin Olive Oil
- 2/3 stalk Green Onion (sliced)
- 2/3 Garlic (clove, minced)
- 1/16 tsp Red Pepper Flakes (optional, or to taste)
- 1/3 cup Hummus
- 1/3 Lemon (juiced)

Nutrition

Amount per serving	
Calories	472
Fat	13g
Carbs	79g
Fiber	7g
Sugar	1g
Protein	10g

Directions

- 1 Cook the pasta according to the package directions. Reserve some of the starchy cooking liquid for later. Drain and set aside.
- 2 Heat the oil in a pan over medium heat. Add the green onion and cook for 2 to 3 minutes. Add the garlic and red pepper flakes, if using, and cook for a minute more until very fragrant.
- 3 Remove the pan from the heat and add the hummus and lemon juice. Stir to combine then stir in the reserved starchy cooking liquid one tablespoon at a time until your desired consistency is reached. Add the cooked pasta to the pan and toss until evenly coated. Season with salt if necessary.
- 4 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheat with a splash of water.

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

Additional Toppings: Lemon wedges, sliced green onion, red pepper flakes, fresh ground black pepper, nutritional yeast or fresh herbs.

More Veggies: Serve with roasted vegetables or sautéed greens.

No Fusilli: Use another short-cut pasta instead.

Hummus: Classic or garlic flavor hummus works best for this recipe.

No Green Onion: Use red onion instead.



Coconut Lime Steamed Mussels

2 servings

20 minutes

Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 1/4 cup Cilantro (chopped)
- 2 stalks Green Onion (chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Ginger (grated)
- 1 tbsp Coconut Aminos
- 2 lbs Mussels
- 1/4 tsp Sea Salt (optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	23g
Fiber	0g
Sugar	3g
Protein	55g

Directions

- 1 In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.
- 4 To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.

More Flavor: Add garlic or red pepper flakes to the broth.

Additional Toppings: Serve with lime wedges, green onion or cilantro.

No Coconut Aminos: Use soy sauce or tamari instead of coconut aminos



Lemon Dijon Chicken Drumsticks with Rice

2 servings

55 minutes

Ingredients

- 2 tbsps Dijon Mustard
- 2/3 tsp Oregano (dried)
- 2/3 tsp Sea Salt
- 2/3 Lemon (juiced, divided)
- 13 3/4 ozs Chicken Drumsticks
- 1/2 cup Jasmine Rice (uncooked)

Nutrition

Amount per serving	
Calories	496
Fat	18g
Carbs	40g
Fiber	1g
Sugar	0g
Protein	39g

Directions

- 1 Combine the Dijon mustard, oregano, sea salt and 2/3 of the lemon juice into a zipper-lock bag. Add the drumsticks to the bag. Seal the bag and massage the marinade into the chicken and let rest for at least 20 minutes.
- 2 Preheat your oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Cook the rice according to the package directions.
- 4 Make sure each piece of chicken is well coated in the marinade, transfer to the prepared baking sheet. Discard the remaining marinade.
- 5 Bake for 25 to 30 minutes or until the chicken is cooked through. Remove from the oven and immediately drizzle the chicken with the remaining lemon juice.
- 6 Divide the rice and chicken between plates. Enjoy!

Notes

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

Serving Size: One serving is 2 chicken drumsticks and roughly 1/3 cup of cooked rice.

More Flavor: Add fresh garlic or black pepper to the marinade.

Additional Toppings: Top with additional lemon juice or fresh herbs.

No Drumsticks: Use chicken thighs instead.

No Jasmine Rice: Use brown rice, quinoa or cauliflower rice instead.



Bruschetta Flatbread

2 servings

35 minutes

Ingredients

- 2 Tomato (finely diced)
- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Basil Leaves (chopped)
- 1 1/2 tsps Balsamic Vinegar
- 1/4 cup Feta Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 2 Brown Rice Tortilla
- 2 ozs Chicken Breast, Cooked (diced)

Nutrition

Amount per serving	
Calories	328
Fat	14g
Carbs	33g
Fiber	4g
Sugar	4g
Protein	16g

Directions

- 1 Preheat oven to 410°F (210°C). Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
- 2 Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
- 3 Remove from oven. Run a spatula between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!



Chicken Nugget Sauerkraut Salad

2 servings

25 minutes

Ingredients

2 ozs Unbleached All Purpose Flour
 Sea Salt & Black Pepper (to taste)
 1 Egg (large)
 1/4 cup Bread Crumbs
 8 ozs Chicken Breast (boneless, cubed)
 4 cups Arugula
 2/3 cup Sauerkraut (drained)
 1 Avocado

Nutrition

Amount per serving	
Calories	508
Fat	21g
Carbs	44g
Fiber	10g
Sugar	3g
Protein	37g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the bread crumbs.
- 3 Dredge the chicken nuggets in the flour first, shaking off any excess. Coat each one in the egg mixture, then transfer to the bread crumbs and coat well.
- 4 Arrange the chicken nuggets onto the baking sheet and bake for 20 minutes or until cooked through.
- 5 Meanwhile, divide the arugula, sauerkraut, and avocado onto plates. Top with chicken nuggets and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of chicken and 2.5 cups of salad.

More Flavor: Add dried herbs to the flour mixture.

Additional Toppings: Drizzle lemon juice, olive oil or your dressing of choice over top.



Corn & Green Onion Egg Drop Soup

2 servings

15 minutes

Ingredients

- 2 cups Chicken Broth, Low Sodium
- 1 cup Corn (fresh or frozen)
- 1/8 tsp Turmeric
- 1/4 tsp Sesame Oil
- 1/4 tsp Sea Salt (to taste)
- 1 1/2 tbsps Arrowroot Powder
- 2 2/3 tbsps Water
- 1 1/2 Egg (lightly whisked)
- 1 1/2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	192
Fat	7g
Carbs	25g
Fiber	2g
Sugar	4g
Protein	12g

Directions

- 1 Heat the broth, corn, turmeric, sesame oil, and salt in a pot over medium heat. Bring to a gentle simmer.
- 2 Meanwhile, combine the arrowroot powder and water in a small bowl. Stir the slurry into the soup until well incorporated.
- 3 While stirring the soup, slowly add the whisked eggs. Allow the streaks of egg to set, about two minutes.
- 4 Stir in the green onions. Divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/4 cup.

More Flavor: Add ginger or white pepper.

Additional Toppings: Add shredded chicken, carrot, and/or cilantro.



15 Minute Shrimp Puttanesca

2 servings

15 minutes

Ingredients

4 1/2 ozs Whole Wheat Linguine
8 ozs Shrimp (large, peeled, deveined)
Sea Salt & Black Pepper (to taste)
1 tbsp Extra Virgin Olive Oil
1 1/2 Garlic (cloves, chopped)
2 Anchovy (fillets, whole)
1 cup Crushed Tomatoes (from the can)
1 tbsp Capers
1 tbsp Pitted Kalamata Olives (chopped)
2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	419
Fat	10g
Carbs	56g
Fiber	10g
Sugar	8g
Protein	34g

Directions

- 1 Cook the pasta according to the directions on the package. Drain and set aside.
- 2 Pat the shrimp dry and season with salt and pepper.
- 3 Meanwhile, heat a dutch oven over medium-low heat. Once warm, add the oil. Add the garlic and anchovies and cook for one minute. Add the shrimp and cook for about two minutes per side, until bright pink and cooked through. Remove the shrimp with a slotted spoon and set aside.
- 4 Add the tomatoes with their juices, capers, and olives to the pot and bring to a low simmer. Cook for about five to eight minutes, until slightly thickened. Remove from the heat, add the pasta and the shrimp back in and toss to combine. Top with parsley and enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups of pasta with shrimp.

Gluten-Free: Use a gluten-free pasta instead.

Additional Toppings: Add chili flakes.

Make it Vegan: Omit the anchovy and shrimp.



Fresh Tomato Salad

2 servings

20 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Red Wine Vinegar
- 3/4 tsp Dijon Mustard
- 1/2 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 cups Baby Spinach
- 1 1/4 cups Cherry Tomatoes (halved)
- 1 cup Lentils (cooked, drained and rinsed)
- 1/4 Cucumber (diced)
- 1/2 Avocado (peeled and diced)
- 1 stalk Celery (diced)
- 1/4 cup Goat Cheese (crumbled)

Directions

- 1 Create dressing by combining olive oil, vinegar, mustard, garlic, sea salt and pepper. Mix well and set aside.
- 2 Place baby spinach in a bowl. Top with cherry tomatoes, lentils, cucumber, avocado and celery. Sprinkle with crumbled goat cheese. Drizzle with desired amount of dressing and toss well. Divide into bowls and serve. Enjoy!

Notes

No Goat Cheese: Use feta cheese instead.

Vegan: Use pine nuts instead of cheese.

No Spinach: Use kale, swiss chard or any leafy green.

Nutrition

Amount per serving	
Calories	356
Fat	21g
Carbs	32g
Fiber	14g
Sugar	6g
Protein	14g



Easy Chicken Fajitas

1 serving
20 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 3 1/2 ozs Chicken Breast (sliced into strips)
- 3/4 tsp Chili Powder
- 1/3 tsp Cumin
- 1/8 tsp Sea Salt
- 1/4 Green Bell Pepper (sliced)
- 1/4 Yellow Bell Pepper (sliced)
- 1/4 Yellow Onion (sliced)
- 2 Corn Tortilla

Nutrition

Amount per serving	
Calories	359
Fat	11g
Carbs	36g
Fiber	4g
Sugar	3g
Protein	26g

Directions

- 1 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
- 2 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
- 3 Divide chicken and peppers between tortillas. Enjoy!

Notes

Optional Toppings: Salsa, guacamole, shredded cheese, sour cream, cilantro and/or hot sauce.

Vegetarian Option: Use sliced mushrooms instead of chicken.

Grain-Free: Use lettuce wraps instead of corn tortillas.

No Chicken Breast: Use boneless, skinless chicken thighs, ground meat or sliced steak instead.

Leftovers: Store chicken and peppers in an airtight container in the fridge for up to three days. Reheat, then serve with tortillas.

Serving Size: One serving is equal to two fajitas.



Coconut Cod Tacos

1 serving
35 minutes

Ingredients

- 1/4 Egg
- 2 tbsps Unsweetened Shredded Coconut
- 1 tbsp Coconut Flour
- 1/8 tsp Paprika
- 1/16 tsp Sea Salt
- 1/2 Cod Fillet (cut into small pieces)
- 2 Corn Tortilla
- 1/4 Yellow Bell Pepper (sliced thinly)
- 1 tbsp Watermelon Radish (thinly sliced)
- 1/4 Lime (juiced)
- 1 tbsp Cilantro (optional, roughly chopped)
- 1/4 Avocado (cubed)

Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Sugar	2g
Protein	27g

Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

Notes

Leftovers: Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

Serving Size: One serving is equal to two tacos.

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

No Tortillas: Use lettuce as a wrap.

No Watermelon Radish: Omit or use regular radish.

Likes it Spicy: Add hot sauce or cayenne pepper to the assembled tacos.

Likes it Saucy: Drizzle the assembled tacos with mayonnaise or sour cream.



Roast Beef Tortilla Wrap

3 servings

5 minutes

Ingredients

- 3 Brown Rice Tortilla
- 1 1/2 tbsps Mayonnaise (or more to taste)
- 6 leaves Romaine
- 8 ozs Deli Roast Beef (sliced)
- 1 1/2 cups Pickle (sliced)

Nutrition

Amount per serving	
Calories	314
Fat	11g
Carbs	31g
Fiber	5g
Sugar	5g
Protein	21g

Directions

- 1 Spread the mayonnaise down the center of the tortilla then top with the romaine, beef, and sliced pickle. Roll or fold the tortilla together and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, assemble wrap just before serving.

Additional Toppings: Add mustard, prepared horseradish, or cheese.

More Veggies: Add cucumber, bell pepper, or tomato.

No Deli Roast Beef: Use another deli meat or sliced chicken or turkey instead.

No Brown Rice Tortilla: Use wheat tortillas instead.



Prosciutto Wrapped Apricots

4 servings
10 minutes

Ingredients

1 cup Dried Apricots
7 3/4 ozs Prosciutto (cut in half)

Nutrition

Amount per serving	
Calories	196
Fat	7g
Carbs	20g
Fiber	2g
Sugar	17g
Protein	15g

Directions

- 1 Gently wrap each dried apricot with prosciutto. Enjoy!

Notes

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

Serving Size: One serving equals approximately four to five prosciutto-wrapped apricots.

Additional Toppings: Add goat cheese and walnuts.