



2900 calories, no dairy

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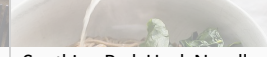

















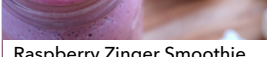
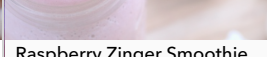
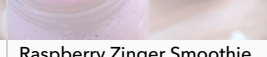














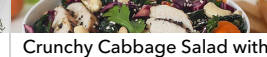











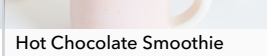
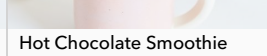
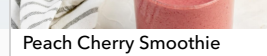
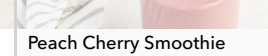
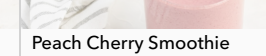
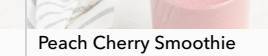
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2900 calories, no dairy

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You can substitute Tuna or Chicken Salad for Sardines

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Melon Smoothie	 Blueberry Melon Smoothie	 Blueberry Melon Smoothie	 Sweet Potato Bacon Hash	 1.5 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 1.5 Zucchini Turkey Breakfast Skillet
	 Sweet Potato Bacon Hash	 Sweet Potato Bacon Hash	 Sweet Potato Bacon Hash	 Sweet Potato Bacon Hash	 1.5 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 1.5 Zucchini Turkey Breakfast Skillet
Snack 1	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries
	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries
Lunch	 Slow Cooker Lamb & White Bean Stew	 Creamy Dill Chicken with Rice	 Greek Chicken Salad	 Soothing Pork Hock Noodle Soup	 Ground Beef, Broccoli & Rice	 Kung Pao Chicken	 Tuna Avocado Sandwich
	 Egyptian Fava Beans with Tahini	 Turkey Stuffed Zucchini Boats	 Lemon Maple Chickpea Salad	 Tomato & Thyme Quinoa	 Crunchy Cabbage Salad with Chicken	 Creamy Broccoli Salad	 Carrot & Beet Turkey Bites
Snack 2	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies
	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies
Dinner	 Creamy Dill Chicken with Rice	 Greek Chicken Salad	 Soothing Pork Hock Noodle Soup	 Ground Beef, Broccoli & Rice	 Kung Pao Chicken	 Tuna Avocado Sandwich	 Shrimp Asparagus Pesto Pasta
	 Turkey Stuffed Zucchini Boats	 Lemon Maple Chickpea Salad	 Tomato & Thyme Quinoa	 Crunchy Cabbage Salad with Chicken	 Creamy Broccoli Salad	 Carrot & Beet Turkey Bites	 Strawberry Asparagus Salad with Tahini Dressing
Snack 3	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie
	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 34%	 34%	 34%	 38%	 37%	 35%	 37%
Carbs	 39%	 38%	 36%	 32%	 34%	 35%	 30%
Protein	 27%	 28%	 30%	 30%	 29%	 30%	 33%
Calories	2940	2890	3106	2784	2833	2757	2877
Fat	114g	115g	120g	119g	119g	111g	120g
Carbs	301g	284g	286g	221g	246g	245g	225g
Fiber	78g	67g	66g	36g	46g	48g	55g
Sugar	102g	120g	110g	63g	79g	70g	80g
Protein	209g	210g	234g	207g	215g	211g	247g

## Fruits

- 1 Avocado
- 3 Banana
- 2 cups Blueberries
- 2 cups Cherries
- 3/4 Honeydew Melon
- 4 3/4 Lemon
- 2 3/4 tbsps Lemon Juice
- 4 Peach
- 3 cups Pineapple
- 1/4 cup Strawberries

## Breakfast

- 1 2/3 tbsps Maple Syrup

## Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 2 2/3 tbsps Cashews
- 2/3 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1/8 tsp Cumin
- 1/4 tsp Dried Thyme
- 1 tbsp Greek Seasoning
- 1/3 cup Ground Flax Seed
- 1 1/2 tps Italian Seasoning
- 1 tsp Onion Powder
- 2 tbsps Raw Peanuts
- 1/4 tsp Red Pepper Flakes
- 3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 2 2/3 tbsps Sunflower Seeds
- 1/2 tsp Turmeric

## Frozen

- 3 cups Frozen Blueberries
- 4 1/2 cups Frozen Cauliflower
- 1/4 cup Frozen Peas
- 3 cups Frozen Raspberries
- 12 Ice Cubes

## Vegetables

- 1 cup Arugula
- 2 cups Asparagus
- 9 cups Baby Spinach
- 1/2 Beet
- 6 cups Broccoli
- 2 Carrot
- 10 stalks Celery
- 2 1/4 cups Cherry Tomatoes
- 4 1/2 ozs Chinese Broccoli
- 12 Cremini Mushrooms
- 1/2 Cucumber
- 2 tbsps Fresh Dill
- 2 Garlic
- 2 cups Green Beans
- 1 1/2 cups Kale Leaves
- 1 1/2 cups Purple Cabbage
- 1/4 cup Radishes
- 3 1/8 Red Bell Pepper
- 2 1/8 cups Red Onion
- 2 Sweet Potato
- 1 1/2 tps Thyme
- 1/2 Tomato
- 1/4 Yellow Onion
- 1/4 Yellow Potato
- 5 1/3 Zucchini

## Boxed & Canned

- 3/4 cup Brown Rice
- 2 2/3 ozs Buckwheat Soba Noodles
- 2 ozs Chickpea Pasta
- 1 1/3 cups Chickpeas
- 1 cup Fava Beans
- 1 cup Jasmine Rice
- 1/2 cup Quinoa
- 1 1/3 cups Salsa
- 12 ozs Sardines
- 3/4 tsp Tomato Paste
- 2 cans Tuna
- 1/2 cup White Navy Beans

## Baking

## Bread, Fish, Meat & Cheese

- 8 slices Bacon
- 1 1/2 lbs Chicken Breast
- 8 ozs Chicken Thighs
- 8 ozs Extra Lean Ground Beef
- 2 1/3 lbs Extra Lean Ground Turkey
- 3 1/2 ozs Lamb Shank
- 1 1/2 lbs Pork Hock
- 6 ozs Shrimp
- 7 1/16 ozs Sourdough Bread

## Condiments & Oils

- 2 tps Apple Cider Vinegar
- 1 1/8 tbsps Avocado Oil
- 1 1/2 tbsps Balsamic Vinegar
- 2 tps Coconut Oil
- 1 1/8 tbsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 1 tbsp Pesto
- 1/2 cup Pitted Kalamata Olives
- 1 tsp Rice Vinegar
- 1 1/2 tps Sesame Oil
- 1 1/2 tps Sriracha
- 1/3 cup Tahini
- 2 tbsps Tamari
- 1 cup Tomato Sauce

## Cold

- 4 Egg
- 1/3 cup Egg Whites
- 3 cups Plain Coconut Milk
- 14 1/2 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

## Other

- 3/4 cup Chocolate Protein Powder
- 3 3/4 cups Vanilla Protein Powder
- 4 1/2 cups Water

- 
- 1/4 tsp Arrowroot Powder
  - 1/3 cup Cocoa Powder
  - 3/4 tsp Coconut Sugar
  - 1/2 cup Oats
  - 1/4 cup Raisins
  - 1 1/2 tsps Raw Honey



## Blueberry Melon Smoothie

3 servings

2 minutes

### Ingredients

- 3 cups Frozen Blueberries
- 3/4 Honeydew Melon (small, peeled, seeds removed, and chopped)
- 3 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 1/2 tbsps Ground Flax Seed
- 3/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	351
Fat	8g
Carbs	51g
Fiber	8g
Sugar	40g
Protein	22g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately two cups.

**No Protein Powder:** Omit or use a few tablespoons of hemp seeds instead.

**Melon:** 1/4 small honeydew melon is approximately equal to one cup.



## Sweet Potato Bacon Hash

4 servings

25 minutes

### Ingredients

8 slices Bacon  
3 tbsps Extra Virgin Olive Oil  
2 Sweet Potato (medium, peeled and cut into small cubes)  
1 cup Red Onion (chopped)  
4 cups Baby Spinach  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	388
Fat	31g
Carbs	18g
Fiber	3g
Sugar	5g
Protein	10g

### Directions

- 1 Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about four to five minutes per side. Transfer the bacon to a paper towel-lined plate and set aside. Remove the grease from the pan and carefully wipe the pan out with a paper towel. Chop the bacon into small pieces when cool enough to handle.
- 2 Add the oil to the pan. Add the sweet potato and cook, stirring occasionally, for about five to six minutes. Add the onion and continue to cook until the potatoes are tender, seven to nine minutes more.
- 3 Add the chopped bacon and baby spinach to the pan and continue to cook until the spinach has wilted. Season the hash with salt and pepper to taste. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately equal to one cup.

**More Flavor:** Add dried herbs and spices like garlic powder, chili powder, or smoked paprika.

**Sweet Potato:** One medium sweet potato yields approximately two cups of sweet potato cubes.

**No Spinach:** Use kale instead.

**No Red Onion:** Use yellow onion instead.



## Zucchini Turkey Breakfast Skillet

4 servings

20 minutes

### Ingredients

- 2 tps Coconut Oil
- 1 1/3 lbs Extra Lean Ground Turkey
- 2 2/3 Zucchini (large, finely diced)
- 1 1/3 cups Salsa
- 4 Egg
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	366
Fat	20g
Carbs	10g
Fiber	3g
Sugar	7g
Protein	37g

### Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

### Notes

**Leftovers:** For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

**More Protein:** Add extra eggs.

**Vegetarian:** Use lentils instead of ground turkey.

**More Greens:** Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

**No Salsa:** Use crushed tomatoes instead.



## Pineapple Spinach Smoothie

3 servings

5 minutes

### Ingredients

3 cups Pineapple (fresh or frozen)  
3 cups Baby Spinach  
12 Ice Cubes  
1 1/2 cups Unsweetened Coconut  
Yogurt  
3 cups Unsweetened Almond Milk  
3/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

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

**More Fiber:** Add flaxseeds, chia seeds, or hemp seeds.

**Protein Powder:** This recipe was created and tested using vegan protein powder.

**Nut-Free:** Use nut-free milk such as oat milk or coconut milk.

**Ice Cubes:** Four ice cubes are roughly equal to 1/2 cup.



## Sardine Salad with Peppers, Celery & Blueberries

4 servings

10 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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



## Slow Cooker Lamb & White Bean Stew

1 serving

5 hours

### Ingredients

- 1 1/4 cups Water
- 3 1/2 ozs Lamb Shank
- 1/2 cup White Navy Beans (cooked)
- 1/4 Yellow Onion (medium, diced)
- 1/2 Tomato (diced)
- 1/4 Yellow Potato (medium, diced)
- 1/2 tsp Turmeric
- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Tomato Paste
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	397
Fat	14g
Carbs	39g
Fiber	12g
Sugar	4g
Protein	28g

### Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**Serve it With:** Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

**More Veggies:** Add watercress, kale or spinach before serving.

**No Potato:** Use cauliflower instead.

**Serve as Iranian Abgoosht:** Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

**Vegan & Vegetarians:** Replace the lamb with chickpeas.



## Egyptian Fava Beans with Tahini

1 serving  
15 minutes

### Ingredients

- 1 cup Fava Beans (cooked, with liquid)
- 1 tbsp Tahini
- 1/8 tsp Cumin
- 1/2 tsp Apple Cider Vinegar
- 1/16 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	37g
Fiber	11g
Sugar	3g
Protein	16g

### Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

### Notes

**Serve It With:** Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

**No Apple Cider Vinegar:** Use lemon juice instead.

**Serving Size:** One serving is equal to approximately one cup.

**Storage:** Refrigerate in an airtight container up to 3 to 5 days.



## Raspberry Zinger Smoothie

3 servings

10 minutes

### Ingredients

- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries
- 3 Lemon (juiced)
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Chia Seeds
- 4 1/2 cups Unsweetened Almond Milk

### Directions

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

### Notes

**No Protein Powder:** Use 1/4 cup hemp seeds per serving instead.

### Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g



## Cinnamon Raisin Protein Cookies

4 servings

30 minutes

### Ingredients

- 1 1/2 Banana (ripe)
- 1/3 cup Egg Whites
- 2 tbsps Tahini
- 1/2 cup Vanilla Protein Powder (plant-based)
- 1/2 cup Oats (rolled or quick)
- 1/2 tsp Cinnamon
- 1/4 cup Raisins
- 1/4 cup Ground Flax Seed

### Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	30g
Fiber	5g
Sugar	12g
Protein	17g

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 3 Add in the remaining ingredients and mix well again.
- 4 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 5 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 6 Remove from oven, let cool completely on the baking sheet and enjoy!

### Notes

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

**Leftovers:** Store in the fridge up to 4 days, or in the freezer for up to 6 months.

**No Tahini:** Use sunflower seed butter, almond butter or peanut butter instead.

**No Raisins:** Use dried cranberries, chocolate chips or cacao nibs instead.



## Creamy Dill Chicken with Rice

2 servings

20 minutes

### Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 8 ozs Chicken Breast (skinless, boneless)
- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill (chopped, plus more for garnish)
- 2 tbsps Water
- 12 Cremini Mushrooms (sliced)

### Nutrition

Amount per serving	
Calories	414
Fat	14g
Carbs	42g
Fiber	2g
Sugar	2g
Protein	32g

### Directions

- 1 Cook the rice according to the directions on the package.
- 2 Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
- 3 In a small bowl, combine the mayonnaise and dill.
- 4 Arrange the chicken on the baking sheet and evenly spread the creamy dill sauce ovetop. Bake for 10 minutes or until cooked through. Slice into strips.
- 5 Meanwhile, heat the water in a pan over medium-high heat. Cook the mushrooms for about three minutes or until soft. Add more water as needed to prevent sticking.
- 6 Divide the rice, mushrooms and chicken onto plates and garnish with additional dill (optional). Enjoy!

### Notes

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

**More Flavor:** Use broth instead of water to cook the rice and mushrooms. Sauté onions and garlic with the mushrooms. Add garlic powder, onion powder, black pepper, and/or salt to the creamy dill sauce.

**Additional Toppings:** A squeeze of lemon juice.

**Egg-Free:** Use a vegan or egg-free mayonnaise instead.

**No White Rice:** Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.



## Turkey Stuffed Zucchini Boats

2 servings

40 minutes

### Ingredients

- 2 Zucchini (medium)
- 1 cup Tomato Sauce (divided)
- 1 1/2 tsps Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Red Bell Pepper (chopped)
- 2 cups Baby Spinach (chopped)

### Nutrition

Amount per serving	
Calories	280
Fat	14g
Carbs	16g
Fiber	5g
Sugar	11g
Protein	26g

### Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Cut the zucchini in half lengthwise and scoop out the seeds using a spoon. Add half of the tomato sauce to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
- 3 Heat the oil in a frying pan or skillet over medium-high heat. Add the turkey and cook until browned breaking it into small pieces as it cooks.
- 4 Add the garlic, Italian seasoning, salt and red pepper flakes to the turkey and stir to combine. Add the bell pepper and spinach and continue to cook until the spinach is wilted. Add the remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
- 5 Spoon the turkey mixture into the hollowed out zucchini boats.
- 6 Cover the baking dish with a lid or foil and bake for 20 to 25 minutes or until the zucchini is tender.
- 7 Divide zucchini boats between plates and enjoy!

### Notes

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

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

**More Flavor:** Use a flavored pasta sauce instead of plain tomato sauce.

**Additional Toppings:** Broil cheese on the top of each zucchini boat before serving. Garnish with additional red pepper flakes and fresh herbs like parsley or basil.

**No Turkey:** Use ground chicken or pork sausage instead.



## Greek Chicken Salad

2 servings

45 minutes

### Ingredients

- 1 tbsp Greek Seasoning
- 1/2 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 10 ozs Chicken Breast (boneless, skinless)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (diced)
- 2 tbsps Red Onion (finely diced)
- 1/2 cup Pitted Kalamata Olives (chopped)
- 1 1/2 tbsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	376
Fat	21g
Carbs	13g
Fiber	2g
Sugar	7g
Protein	34g

### Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

### Notes

**More Carbs:** Mix quinoa into the salad or serve with roasted potatoes.

**Cheese Lover:** Sprinkle with feta cheese.

**No Greek Seasoning:** Use Italian seasoning instead.



## Lemon Maple Chickpea Salad

2 servings

15 minutes

### Ingredients

- 2 tbsps Lemon Juice
- 1 1/3 tbsps Maple Syrup
- 2 tpsps Dijon Mustard
- 1/3 tsp Sea Salt
- 2/3 Red Bell Pepper (chopped)
- 2/3 Zucchini (small, chopped)
- 2 2/3 tbsps Red Onion (finely chopped)
- 1 1/3 cups Chickpeas (cooked)

### Nutrition

Amount per serving	
Calories	249
Fat	3g
Carbs	46g
Fiber	10g
Sugar	18g
Protein	11g

### Directions

- 1 In a large mixing bowl, whisk the lemon juice, maple syrup, mustard and salt together.
- 2 Add the bell pepper, zucchini, red onion and chickpeas to the mixing bowl with the dressing. Fold everything together. Season with additional salt or lemon juice, if needed.
- 3 Divide between plates and enjoy! For best flavor, serve chilled.

### Notes

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

**More Flavor:** Add in baby arugula, chopped basil or parsley, fresh ground pepper or dried dill.

**Serve it With:** Enjoy alone or serve over leafy greens like baby spinach, mixed greens or romaine lettuce.



## Soothing Pork Hock Noodle Soup

2 servings

8 hours 30 minutes

### Ingredients

- 1 1/2 lbs Pork Hock
- 2 cups Water
- 1/4 tsp Sea Salt
- 2 2/3 ozs Buckwheat Soba Noodles
- 4 1/2 ozs Chinese Broccoli

### Nutrition

Amount per serving	
Calories	652
Fat	20g
Carbs	30g
Fiber	2g
Sugar	1g
Protein	75g

### Directions

- 1 Add the pork hock, water and salt to a slow cooker and cook on high for 6 to 8 hours. Strain or skim the fat from the surface. Adjust salt as needed.
- 2 About 20 minutes before the pork is done, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 3 Add the Chinese broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender.
- 4 Divide the soba noodles, Chinese broccoli, pork hock and broth from the slow cooker into bowls. Enjoy!

### Notes

**Leftovers:** Refrigerate the pork and broth in airtight containers for up to three days or freeze for up to two months. Refrigerate the soba noodles and Chinese broccoli for up to five days.

**Serving Size:** One serving equals approximately 2 to 3 pieces of pork hock, 3/4 cup of Chinese broccoli, 1 cup of broth and 1 cup of soba noodles.

**More Flavor:** Add herbs, spices, onion, garlic, carrot and/or celery to the broth for more depth of flavor.

**Additional Toppings:** Top with fresh herbs, fried garlic and lime juice.

**No Pork Hock:** Use pork shank instead.



## Tomato & Thyme Quinoa

2 servings

30 minutes

### Ingredients

- 3/4 cup Cherry Tomatoes (cut in half)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/16 tsp Sea Salt
- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 1 1/2 tsps Thyme (chopped)
- 2 1/4 tsps Lemon Juice

### Nutrition

Amount per serving	
Calories	258
Fat	13g
Carbs	30g
Fiber	4g
Sugar	2g
Protein	7g

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the tomatoes cut side up. Drizzle with half the extra virgin olive oil and sea salt and cook for 10 minutes. Remove, flip the tomatoes and place back in the oven for 12 to 15 minutes.
- 2 Meanwhile, combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 13 to 15 minutes or until the water is absorbed.
- 3 Add the quinoa to a large bowl along with the tomatoes and thyme. Add the remaining extra virgin olive oil and lemon juice. Toss to combine. Serve and enjoy!

### Notes

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

**More Flavor:** Add additional seasonings or herbs such as parsley, chili flakes or oregano.

**Serving Size:** One serving is roughly 3/4 cup.



## Ground Beef, Broccoli & Rice

2 servings

30 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 cups Broccoli (chopped into florets)
- 8 ozs Extra Lean Ground Beef
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g

### Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

### Notes

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

**Leftovers:** Refrigerate in an airtight container up to 3 days.

**Serving Size:** One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



## Crunchy Cabbage Salad with Chicken

2 servings

20 minutes

### Ingredients

- 6 ozs Chicken Breast (skinless and boneless)
- 1 tsp Onion Powder
- 1 tsp Sesame Seeds
- 1/4 tsp Sea Salt (divided)
- 1/2 tsp Avocado Oil
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Rice Vinegar
- 1 tsp Sesame Oil
- 3/4 tsp Coconut Sugar
- 1 1/2 cups Purple Cabbage (chopped)
- 1 1/2 cups Kale Leaves (de-stemmed and shredded)
- 1 1/2 Carrot (thinly sliced)
- 2 2/3 tbsps Cashews (roughly chopped)

### Nutrition

Amount per serving	
Calories	319
Fat	19g
Carbs	16g
Fiber	4g
Sugar	7g
Protein	23g

### Directions

- 1 Coat the chicken with the onion powder, sesame seeds and sea salt. Heat a skillet over medium heat. Add the avocado oil and chicken. Cook for 6 to 7 minutes and then flip. Continue to cook until the chicken is cooked through. Remove and let cool, and then slice and set aside.
- 2 Whisk the extra virgin olive oil, rice vinegar, sesame oil and coconut sugar in a small bowl.
- 3 Add the cabbage, kale and carrots to a large bowl. Add the dressing and massage it in. Top the salad with chicken and cashews and lightly toss. Divide between bowls and enjoy!

### Notes

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

**Nut-Free:** Omit the cashews or use pumpkin seeds instead.

**Make it Vegan:** Top with tofu or chickpeas instead of chicken.

**No Avocado Oil :** Use extra virgin olive oil instead.

**No Coconut Sugar:** Use brown sugar or maple syrup instead.



## Kung Pao Chicken

2 servings

30 minutes

### Ingredients

- 3/4 cup Brown Rice
- 1/2 tsp Sesame Oil
- 8 ozs Chicken Thighs (boneless, skinless, cubed)
- 2 cups Green Beans (washed, trimmed)
- 1 Garlic (cloves, smashed)
- 2 tbsps Tamari
- 1 1/2 tsps Sriracha
- 1 1/2 tsps Raw Honey
- 1/4 tsp Arrowroot Powder
- 2 tbsps Raw Peanuts (chopped)

### Nutrition

Amount per serving	
Calories	518
Fat	13g
Carbs	68g
Fiber	6g
Sugar	9g
Protein	34g

### Directions

- 1 Cook the rice according to the directions on the package.
- 2 Heat a cast-iron pan over medium heat and add the sesame oil. Once hot add the chicken and cook for about four to five minutes, stirring occasionally. Remove and set aside on a plate.
- 3 Add the green beans to the same skillet and cook for two to three minutes, until just starting to soften. Add the garlic and cook for one minute more, until fragrant. Add the chicken back in and put a lid on to finish cooking, about two to three minutes more.
- 4 Meanwhile, in a small bowl, mix together the tamari, sriracha, honey, and arrowroot powder. Remove the lid and add the sauce. Reduce the heat and stir to combine until thickened, about one minute.
- 5 Divide the rice onto plates and add the chicken and beans. Top with peanuts. Enjoy!

### Notes

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

**Nut-Free:** Omit the peanuts.

**More Flavor:** Finish with a drizzle of toasted sesame oil. Garnish with cilantro.

**No Chicken Thighs:** Use chicken breast instead.

**No Sriracha:** Use chili flakes or another hot sauce.

**No Rice:** Use cauliflower rice or quinoa instead.



## Creamy Broccoli Salad

2 servings

20 minutes

### Ingredients

- 4 cups Broccoli (chopped into florets)
- 2 tbsps Red Onion (finely sliced)
- 2 tbsps Tahini
- 1/2 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 tbsp Water
- 2 2/3 tbsps Sunflower Seeds

### Nutrition

Amount per serving	
Calories	280
Fat	21g
Carbs	20g
Fiber	8g
Sugar	4g
Protein	10g

### Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
- 3 In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

### Notes

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

**Likes it Sweet:** Add dried cranberries or diced apple.



## Tuna Avocado Sandwich

2 servings

10 minutes

### Ingredients

- 2 cans Tuna
- Sea Salt & Black Pepper (to taste)
- 2 stalks Celery (finely chopped)
- 1/4 cup Red Onion (finely chopped)
- 1 Avocado (medium)
- 7 1/16 ozs Sourdough Bread (toasted)

### Nutrition

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

### Directions

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

### Notes

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

**Gluten-Free:** Use gluten-free bread instead.

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

**No Red Onion:** Use chives or green onions instead.

**No Avocado:** Use mayonnaise or Greek yogurt instead.

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



## 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.



## Shrimp Asparagus Pesto Pasta

1 serving  
30 minutes

### Ingredients

- 1 1/2 cups Asparagus (chopped into 1 inch pieces)
- 6 ozs Shrimp (uncooked, shells on)
- 1 tbsp Extra Virgin Olive Oil
- 1/16 tsp Sea Salt (or more to taste)
- 1/2 Lemon (sliced into rounds)
- 2 ozs Chickpea Pasta
- 1 tbsp Pesto

### Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	43g
Fiber	13g
Sugar	10g
Protein	54g

### Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 3 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 4 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

**No Asparagus:** Use green beans or zucchini instead.

**Vegan:** Swap out the shrimp for tofu.

**More Greens:** Top with microgreens.



## Strawberry Asparagus Salad with Tahini Dressing

1 serving  
20 minutes

### Ingredients

- 1/2 cup Asparagus
- 1 cup Arugula
- 1/4 cup Radishes (thinly sliced)
- 1/4 cup Strawberries (thinly sliced)
- 1/4 cup Frozen Peas (thawed)
- 1 tbsp Tahini
- 3/4 tsp Maple Syrup
- 1/4 Lemon (juiced)
- 1 1/2 tsps Water (warm)

### Nutrition

Amount per serving	
Calories	171
Fat	9g
Carbs	20g
Fiber	6g
Sugar	9g
Protein	7g

### Directions

- 1 Trim the woody ends from the asparagus and cut the spears in half.
- 2 Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
- 3 Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
- 4 In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
- 5 Drizzle desired amount of dressing over top of the salad and serve.

### Notes

**Cheese Lover:** Add crumbled plant-based feta cheese.

**No Asparagus:** Use green beans instead.

**Leftovers:** Store in the fridge up to 2 days with the dressing on the side.



## Hot Chocolate Smoothie

3 servings

5 minutes

### Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 Banana
- 3/4 cup Chocolate Protein Powder
- 1/3 cup Cocoa Powder
- 3 tbsps Chia Seeds
- 1/3 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.



## Peach Cherry Smoothie

4 servings

5 minutes

### Ingredients

- 4 cups Unsweetened Almond Milk
- 4 Peach (medium, pitted)
- 2 cups Cherries (pitted)
- 1/4 cup Chia Seeds
- 1 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use cow's milk or any other milk alternative.

**More Fiber:** Add spinach, kale, or ground flax.

**No Fresh Peaches or Cherries:** Use frozen instead.