
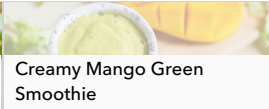
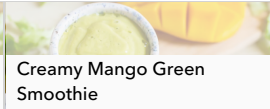

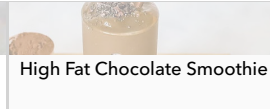


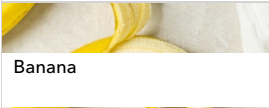
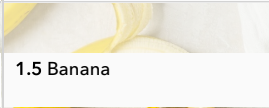
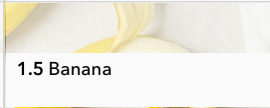



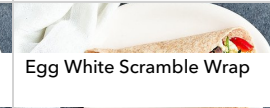

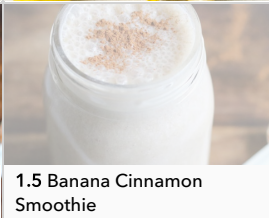
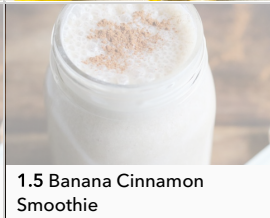

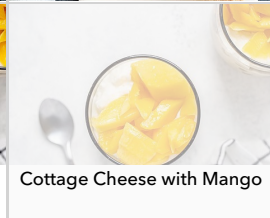
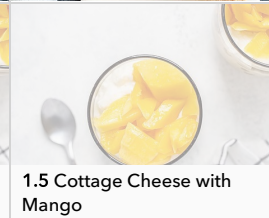
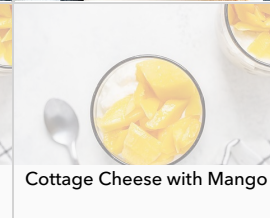
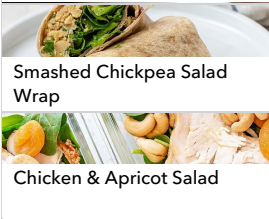
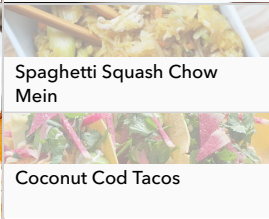
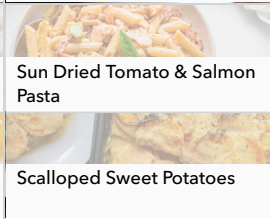
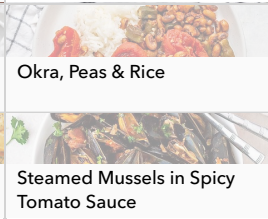
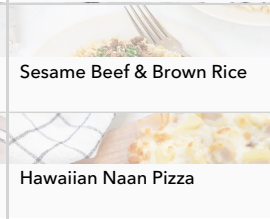
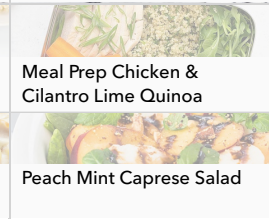
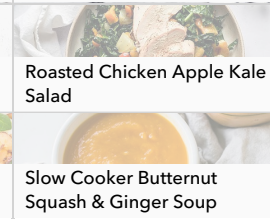







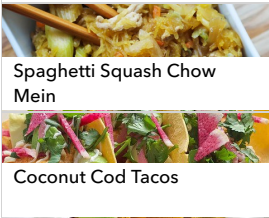
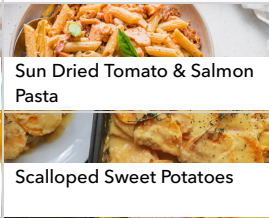
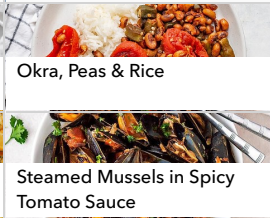
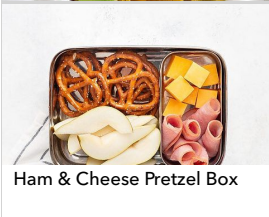
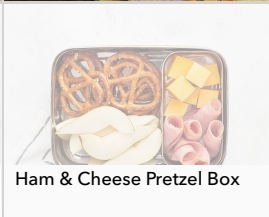
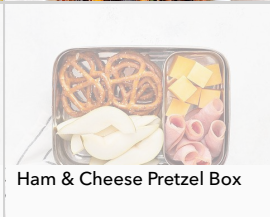





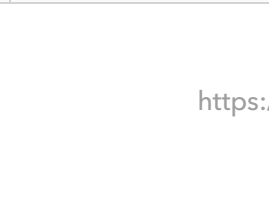


























	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Creamy Mango Green Smoothie	 Creamy Mango Green Smoothie	 Creamy Mango Green Smoothie	 High Fat Chocolate Smoothie	 High Fat Chocolate Smoothie	 Strawberry Almond Protein Smoothie	 Strawberry Almond Protein Smoothie
	 Banana	 1.5 Banana	 1.5 Banana	 Egg White Scramble Wrap	 Egg White Scramble Wrap	 Egg White Scramble Wrap	 Egg White Scramble Wrap
Snack 1	 Banana Cinnamon Smoothie	 1.5 Banana Cinnamon Smoothie	 1.5 Banana Cinnamon Smoothie	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 1.5 Cottage Cheese with Mango	 Cottage Cheese with Mango
	 Smashed Chickpea Salad Wrap	 Spaghetti Squash Chow Mein	 Sun Dried Tomato & Salmon Pasta	 Okra, Peas & Rice	 Sesame Beef & Brown Rice	 Meal Prep Chicken & Cilantro Lime Quinoa	 Roasted Chicken Apple Kale Salad
Lunch	 Chicken & Apricot Salad	 Coconut Cod Tacos	 Scalloped Sweet Potatoes	 Steamed Mussels in Spicy Tomato Sauce	 Hawaiian Naan Pizza	 Peach Mint Caprese Salad	 Slow Cooker Butternut Squash & Ginger Soup
	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie				
Snack 2	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie				
	 Spaghetti Squash Chow Mein	 Sun Dried Tomato & Salmon Pasta	 Okra, Peas & Rice	 Sesame Beef & Brown Rice	 Meal Prep Chicken & Cilantro Lime Quinoa	 Roasted Chicken Apple Kale Salad	 Spiced Cauliflower Rice Bowl
Dinner	 Coconut Cod Tacos	 Scalloped Sweet Potatoes	 Steamed Mussels in Spicy Tomato Sauce	 Hawaiian Naan Pizza	 Peach Mint Caprese Salad	 Slow Cooker Butternut Squash & Ginger Soup	 Orzo & Shrimp Pasta Salad
	 Ham & Cheese Pretzel Box	 Ham & Cheese Pretzel Box	 Ham & Cheese Pretzel Box	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie
Snack 3	 Ham & Cheese Pretzel Box	 Ham & Cheese Pretzel Box	 Ham & Cheese Pretzel Box	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  32%	Fat  27%	Fat  31%	Fat  33%	Fat  31%	Fat  32%
Carbs  45%	Carbs  44%	Carbs  47%	Carbs  40%	Carbs  39%	Carbs  42%	Carbs  43%
Protein  24%	Protein  24%	Protein  26%	Protein  29%	Protein  28%	Protein  27%	Protein  25%
Calories 2934	Calories 2983	Calories 3087	Calories 3108	Calories 2951	Calories 2960	Calories 2967
Fat 103g	Fat 110g	Fat 95g	Fat 107g	Fat 109g	Fat 106g	Fat 112g
Carbs 341g	Carbs 345g	Carbs 378g	Carbs 318g	Carbs 297g	Carbs 323g	Carbs 334g
Fiber 67g	Fiber 68g	Fiber 70g	Fiber 56g	Fiber 50g	Fiber 62g	Fiber 75g
Sugar 135g	Sugar 138g	Sugar 137g	Sugar 89g	Sugar 118g	Sugar 172g	Sugar 128g
Protein 186g	Protein 187g	Protein 210g	Protein 227g	Protein 210g	Protein 210g	Protein 195g

Fruits

- 2 Apple
- 2 Avocado
- 11 Banana
- 2 cups Cherries
- 2 1/2 tbsps Lemon Juice
- 1/2 Lime
- 2 tsps Lime Juice
- 5 1/2 Mango
- 6 Peach
- 1 1/2 Pear
- 1/2 cup Pineapple
- 4 1/2 cups Strawberries

Breakfast

- 2 tbsps All Natural Peanut Butter
- 3 tbsps Almond Butter
- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/4 cup Almonds
- 3/4 tsp Cardamom
- 1/4 cup Cashews
- 2/3 cup Chia Seeds
- 1/8 tsp Chili Flakes
- 1 tsp Cinnamon
- 1 1/4 tsps Curry Powder
- 1/2 tsp Garlic Powder
- 1/3 cup Ground Flax Seed
- 1/4 tsp Italian Seasoning
- 2 1/2 tsps Paprika
- 1/4 tsp Red Pepper Flakes
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 1/8 tsp Turmeric

Frozen

- 1 1/2 cups Frozen Blueberries
- 8 Ice Cubes

Vegetables

- 4 cups Arugula
- 8 cups Baby Spinach
- 1 1/2 tsps Basil Leaves
- 5 1/4 cups Butternut Squash
- 2 Carrot
- 1/4 head Cauliflower
- 2 stalks Celery
- 2 tbsps Chives
- 2/3 cup Cilantro
- 2 cups Coleslaw Mix
- 1/2 head Endive
- 5 1/2 Garlic
- 1 1/8 tbsps Ginger
- 1/8 head Green Lettuce
- 1 stalk Green Onion
- 4 cups Kale Leaves
- 1/4 cup Mint Leaves
- 1 1/2 cups Okra
- 1/3 cup Parsley
- 1 Red Bell Pepper
- 3/4 cup Red Onion
- 8 leaves Romaine
- 1 cup Snap Peas
- 1/2 Spaghetti Squash
- 2/3 Sweet Potato
- 2 1/3 tbsps Thyme
- 2 tbsps Watermelon Radish
- 1/2 Yellow Bell Pepper
- 2 3/4 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1 1/4 cups Black Eyed Peas
- 3/4 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 1 1/2 cups Canned Whole Tomatoes
- 1/4 cup Chicken Broth
- 5 ozs Chickpea Pasta
- 3/4 cup Chickpeas
- 1 cup Diced Tomatoes

Bread, Fish, Meat & Cheese

- 3 ozs Cheddar Cheese
- 12 ozs Chicken Breast
- 12 ozs Chicken Breast, Cooked
- 1 Cod Fillet
- 4 Corn Tortilla
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Chicken
- 1/4 cup Goat Cheese
- 2 1/8 ozs Mozzarella Ball
- 4 ozs Mozzarella Cheese
- 2 lbs Mussels
- 2 pieces Naan
- 8 ozs Salmon Fillet
- 4 ozs Shrimp, Cooked
- 7 ozs Sliced Ham
- 5 Whole Wheat Tortilla

Condiments & Oils

- 2 3/4 tbsps Apple Cider Vinegar
- 1/2 cup Balsamic Vinegar
- 2 tbsps Coconut Aminos
- 2 3/4 tsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Hot Sauce
- 1 1/3 tbsps Sesame Oil
- 1/3 cup Sun Dried Tomatoes
- 1 tbsp Tahini
- 1 1/2 tbsps Tamari
- 2 tbsps Tomato Sauce

Cold

- 5 cups Cottage Cheese
- 1/2 Egg
- 2 cups Egg Whites
- 1 3/4 cups Plain Greek Yogurt
- 13 1/4 cups Unsweetened Almond Milk

Other

- 1/2 cup Chocolate Protein Powder

-
- | | |
|---|--|
| <input type="checkbox"/> 1/2 cup Jasmine Rice | <input type="checkbox"/> 1/4 cup Dried Apricots |
| <input type="checkbox"/> 1/4 cup Orzo | <input type="checkbox"/> 3 1/4 cups Vanilla Protein Powder |
| <input type="checkbox"/> 3 ozs Pretzels | <input type="checkbox"/> 6 3/4 cups Water |
| <input type="checkbox"/> 1/2 cup Quinoa | |
| <input type="checkbox"/> 1 1/4 cups Vegetable Broth | |

Baking

- 1 1/3 tbsps Almond Flour
- 2 tsps Cacao Nibs
- 2 tbsps Cacao Powder
- 2 tbsps Coconut Flour
- 1 1/2 tsps Coconut Sugar
- 3 1/2 tbsps Pureed Pumpkin
- 1/4 cup Unsweetened Shredded Coconut



Creamy Mango Green Smoothie

3 servings

5 minutes

Ingredients

- 3 Mango (peeled, chopped)
- 1/8 head Green Lettuce (separated into leaves and washed)
- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Plain Greek Yogurt
- 3/4 tsp Cardamom (ground)

Nutrition

Amount per serving	
Calories	323
Fat	6g
Carbs	58g
Fiber	6g
Sugar	49g
Protein	15g

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 container for up to two days.

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

Nut-Free: Use cow's milk or any other milk alternative.

More Flavor: Add protein powder, chia seeds, hemp seeds, or ginger.



Banana

4 servings

1 minute

Ingredients

4 Banana

Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g

Directions

- 1 Peel and enjoy!

Notes

More protein: Dip in almond butter.



High Fat Chocolate Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Water
- 6 leaves Romaine (roughly chopped)
- 1 Zucchini (chopped, frozen)
- 1 Avocado (frozen)
- 1 Banana (frozen)
- 1/2 cup Chocolate Protein Powder
- 2 tbsps Cacao Powder
- 2 tbsps All Natural Peanut Butter
- 2 tsps Cacao Nibs (optional, for topping)

Nutrition

Amount per serving	
Calories	476
Fat	27g
Carbs	36g
Fiber	15g
Sugar	13g
Protein	29g

Directions

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

Notes

No Romaine : Use another green such as spinach.

Nut-Free: Use sunflower seed butter instead of peanut butter, or omit completely.

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



Egg White Scramble Wrap

1 serving
10 minutes

Ingredients

- 1/4 Red Bell Pepper (medium, finely chopped)
- 2 tbsps Red Onion (finely chopped)
- 3 tbsps Water
- 1 cup Baby Spinach (chopped)
- 1/2 tsp Extra Virgin Olive Oil
- 1/2 cup Egg Whites
- Sea Salt & Black Pepper (to taste)
- 1 Whole Wheat Tortilla
- 1/2 tsp 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.



Strawberry Almond Protein Smoothie

2 servings

5 minutes

Ingredients

- 3 cups Strawberries (frozen)
- 2 Banana (small, frozen)
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Almond Butter
- 2 tbsps Ground Flax Seed
- 2 1/2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g

Directions

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

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk: Use coconut milk or cashew milk instead.

Smoothie Consistency: If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.

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



Banana Cinnamon Smoothie

4 servings

5 minutes

Ingredients

- 1 cup Vanilla Protein Powder
- 1/4 cup Ground Flax Seed
- 1/4 cup Chia Seeds
- 4 Banana (frozen)
- 8 Ice Cubes
- 4 cups Water
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g

Directions

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

Notes

No Protein Powder: Use hemp seeds with vanilla extract instead.

Leftovers: Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green: Add spinach.



Cottage Cheese with Mango

5 servings

5 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

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



Smashed Chickpea Salad Wrap

1 serving
10 minutes

Ingredients

- 3/4 cup Chickpeas
- 1 tbsp Dijon Mustard
- 1 tbsp Lemon Juice
- 1/16 tsp Sea Salt
- 1 tbsp Red Onion (finely chopped)
- 2 tbsps Parsley (finely chopped)
- 1 Whole Wheat Tortilla (large)
- 2 leaves Romaine (chopped)

Nutrition

Amount per serving	
Calories	363
Fat	7g
Carbs	57g
Fiber	15g
Sugar	8g
Protein	16g

Directions

- 1 Add the chickpeas, mustard, lemon juice, and salt to a bowl and roughly mash with a fork. Add the onion and parsley and mix well to combine.
- 2 Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

Notes

Leftovers: Store components separately in the fridge until ready to assemble and serve.

Gluten-Free: Use a gluten-free or brown rice tortilla.

Serving Size: One serving is equal to one wrap.



Chicken & Apricot Salad

1 serving

5 minutes

Ingredients

- 2 cups Baby Spinach
- 4 ozs Chicken Breast, Cooked (chopped)
- 1/4 cup Dried Apricots
- 1/4 cup Cashews
- 1 1/2 tsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	520
Fat	27g
Carbs	34g
Fiber	5g
Sugar	19g
Protein	43g

Directions

- 1 Divide the spinach, cooked chicken, apricots, and cashews into containers. Drizzle with olive oil 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 1/2 cups of salad.

Additional Toppings: Add feta cheese, goat cheese, olives, or sliced red onion.



Strawberry Blueberry Smoothie

3 servings

5 minutes

Ingredients

- 1 1/2 cups Frozen Blueberries (wild)
- 1 1/2 cups Strawberries (stems removed)
- 3 3/4 cups Unsweetened Almond Milk
- 3 tbsps Chia Seeds
- 3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g

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 another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries: Use frozen instead.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.



Spaghetti Squash Chow Mein

2 servings
1 hour 30 minutes

Ingredients

- 1/2 Spaghetti Squash
- 1 tbsp Sesame Oil
- 1/2 Yellow Onion (medium, diced)
- 2 stalks Celery (sliced diagonally)
- 2 cups Coleslaw Mix
- 1 1/2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 3/4 tsp Coconut Oil
- 8 ozs Extra Lean Ground Chicken
- 2 tbsps Coconut Aminos

Nutrition

Amount per serving	
Calories	341
Fat	18g
Carbs	25g
Fiber	5g
Sugar	9g
Protein	22g

Directions

- 1 Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
- 2 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 3 In a separate pan, melt the coconut oil and brown the ground chicken.
- 4 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos: Use tamari instead.

Vegan and Vegetarian: Replace the ground chicken with scrambled eggs or tofu.

Likes it Spicy: Serve with hot sauce.

Leftovers: Refrigerate up to 3 days.



Coconut Cod Tacos

2 servings

35 minutes

Ingredients

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



Sun Dried Tomato & Salmon Pasta

2 servings

15 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

Dairy-Free: Use coconut milk instead of yogurt.



Scalloped Sweet Potatoes

2 servings

1 hour

Ingredients

- 2/3 Sweet Potato
- 1/16 Yellow Onion (thinly sliced)
- 2 tsps Coconut Oil
- 1 1/3 tbsps Almond Flour
- 1/2 cup Canned Coconut Milk
- 1/2 tsp Garlic Powder
- 1 tsp Thyme (stems removed)
- 1/4 tsp Sea Salt
- 3 1/2 tbsps Pureed Pumpkin

Nutrition

Amount per serving	
Calories	225
Fat	18g
Carbs	15g
Fiber	3g
Sugar	4g
Protein	3g

Directions

- 1 Peel and slice sweet potatoes to approximately 1/8-inch thick or use a mandoline. Thinly slice the onions and set aside.
- 2 Grease baking dish with a bit of coconut oil. (Note: We use a 9x9 baking dish for 6 servings.)
- 3 Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.
- 4 Preheat oven to 400°F (204°C).
- 5 In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1 to 2 min.
- 6 Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.
- 7 Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.
- 8 Bake in the oven for 40 to 45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

Notes

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

Serving Size: One serving is approximately 3/4 cup.

More Protein: Add pureed chickpeas to the sauce.

Make it Spicy: Add chilli flakes or cayenne pepper.

More Veggies: Add layers of spinach and mushrooms.



Okra, Peas & Rice

2 servings
20 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1 1/2 cups Okra (trimmed, chopped)
- 1 1/4 cups Black Eyed Peas (cooked, drained and rinsed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tsp Paprika (to taste)
- 1/4 tsp Sea Salt (to taste)
- 1 1/2 cups Canned Whole Tomatoes (drained, halved)

Nutrition

Amount per serving	
Calories	398
Fat	4g
Carbs	76g
Fiber	15g
Sugar	6g
Protein	16g

Directions

- 1 Preheat the oven to 400°F (205°C). Cook the rice according to package directions.
- 2 In a large baking sheet, add the okra, black-eyed peas, oil, paprika, and salt. Toss until well combined, then spread evenly.
- 3 Arrange the tomatoes evenly ovetop and roast for 20 minutes, stirring halfway.
- 4 Stir and season with more salt if needed. Divide into bowls alongside the rice and enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup of rice and 1 1/2 cup of peas, okra, and tomatoes.

More Flavor: Use smoked paprika or berbere spice instead. Add garlic and onions.

Additional Toppings: Serve with rice, bread, quinoa, or over mixed greens.



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.



Sesame Beef & Brown Rice

2 servings
35 minutes

Ingredients

- 1/2 cup Brown Rice (dry, uncooked)
- 1 1/2 tbsps Tamari
- 1 1/2 tsps Coconut Sugar
- 1 tsp Sesame Oil
- 1/8 tsp Ginger (ground)
- 1/8 tsp Chili Flakes
- 8 ozs Extra Lean Ground Beef
- 2 tbsps Cilantro (for topping, chopped)
- 1 1/2 tsps Sesame Seeds (optional, for topping)

Nutrition

Amount per serving	
Calories	418
Fat	16g
Carbs	39g
Fiber	2g
Sugar	3g
Protein	28g

Directions

- 1 Cook the rice according to the directions on the package.
- 2 While the rice cooks, in a small bowl, whisk together the tamari, coconut sugar, sesame oil, ginger and chili flakes.
- 3 In a nonstick skillet over medium heat, add the ground beef and cook. As it browns, break it up with a wooden spoon or spatula. Cook for 3 to 4 minutes and then add the tamari mixture. Reduce the heat to medium-low and stir frequently until cooked through, about 5 minutes more.
- 4 Divide the rice onto plates, top with the beef. If using, top with the cilantro and sesame seeds. Serve and enjoy!

Notes

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

Additional Toppings: Add sautéed vegetables on the side.

No Cilantro: Use green onions instead or completely omit.



Hawaiian Naan Pizza

2 servings

15 minutes

Ingredients

- 2 pieces Naan
- 2 tbsps Tomato Sauce
- 4 ozs Mozzarella Cheese (shredded, divided)
- 1/2 cup Pineapple (chopped)
- 4 ozs Sliced Ham (chopped)

Nutrition

Amount per serving	
Calories	504
Fat	19g
Carbs	52g
Fiber	3g
Sugar	8g
Protein	30g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Remove the naan from the oven and spread the tomato sauce evenly over top of the naan. Top with half the mozzarella, pineapple, sliced ham, and then the remaining mozzarella.
- 3 Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy. Cut into slices and enjoy!

Notes

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

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese.

Additional Toppings: Add chopped bacon, green bell pepper slices, or mushrooms.

Naan: One piece of naan is 3.2 oz or 90 grams.



Meal Prep Chicken & Cilantro Lime Quinoa

2 servings

15 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1/4 cup Cilantro (chopped)
- 2 tsps Lime Juice (to taste)
- 1/8 tsp Sea Salt (to taste)
- 4 cups Arugula (packed)
- 2 Carrot (small, chopped)
- 8 ozs Chicken Breast, Cooked (sliced)
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	366
Fat	7g
Carbs	35g
Fiber	6g
Sugar	4g
Protein	42g

Directions

- 1 Cook the quinoa according to the package directions and let cool.
;
- 2 Toss the quinoa with cilantro, lime juice, and salt.
;
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

Notes

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

More Flavor: Use balsamic vinegar or your dressing of choice.

Additional Toppings: Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



Peach Mint Caprese Salad

2 servings

15 minutes

Ingredients

- 1/2 cup Balsamic Vinegar
- 2 tbsps Maple Syrup
- 2 cups Baby Spinach
- 1/4 cup Mint Leaves
- 2 Peach (sliced)
- 2 1/8 ozs Mozzarella Ball (sliced)
- 1/4 cup Almonds (crushed)

Nutrition

Amount per serving	
Calories	369
Fat	16g
Carbs	45g
Fiber	5g
Sugar	35g
Protein	13g

Directions

- 1 In a small saucepan over high heat, stir balsamic vinegar and maple syrup and bring to a boil. Reduce heat and simmer until mixture is thick, about 15 minutes.
- 2 Meanwhile, divide spinach onto plates and arrange alternate slices of peach and mozzarella. Drizzle balsamic vinegar reduction overtop and sprinkle with crushed almonds and mint. Enjoy immediately.

Notes

Slicing Mozzarella: Use a serrated knife or pull dental floss tight along the cheese.

Nut-Free: Use hemp seeds instead of almonds.

No Maple Syrup: Use honey instead.

No Peaches: Use tomato, zucchini, nectarine or plums instead.



Roasted Chicken Apple Kale Salad

2 servings

35 minutes

Ingredients

- 2 Yellow Onion (small, diced)
- 2 Apple (small, diced)
- 2 cups Butternut Squash (frozen, cubed)
- 2 tbsps Thyme (fresh, chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 12 ozs Chicken Breast
- 4 cups Kale Leaves (thinly sliced)
- 2 tbsps Apple Cider Vinegar
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	665
Fat	33g
Carbs	55g
Fiber	12g
Sugar	31g
Protein	42g

Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
- 3 Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
- 4 In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

Notes

Leftovers: Keep salad in a resealable container in the fridge for up to 3 days.

Serving Size: One serving is equal to approximately three cups of salad.

More Flavor: Swap out fresh thyme with sage for an autumn-inspired salad.

Additional Toppings: Top with hemp seeds for an extra nutrition boost.



Slow Cooker Butternut Squash & Ginger Soup

2 servings

4 hours

Ingredients

- 3 1/4 cups Butternut Squash (peeled, seeds removed and chopped)
- 1 3/4 tsps Ginger (peeled and grated)
- 1 1/4 tsps Curry Powder
- 1 1/4 cups Vegetable Broth
- 2 1/3 tsps Apple Cider Vinegar
- 1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	1g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	3g

Directions

- 1 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 2 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

Notes

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

Leftovers: Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

Save Time: Use pre-sliced butternut squash cubes (fresh or frozen).

Optional Toppings: Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

No Curry Powder: Use turmeric instead.

No Vegetable Broth: Use bone broth or almond milk instead.



Spiced Cauliflower Rice Bowl

1 serving
40 minutes

Ingredients

- 1/3 cup Brown Rice (dry, uncooked)
- 1/8 tsp Sea Salt
- 1/4 head Cauliflower (chopped into florets)
- 1/8 tsp Turmeric
- 1/4 tsp Paprika
- 1/4 tsp Thyme (dried)
- 1 tbsp Tahini
- 1/2 Garlic (clove, minced)
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Water
- 1/2 Avocado (sliced)
- 2 tsps Cilantro (chopped)
- 1/2 tsp Sesame Seeds (for topping)

Nutrition

Amount per serving	
Calories	529
Fat	26g
Carbs	68g
Fiber	14g
Sugar	4g
Protein	13g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

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

No Brown Rice: Use jasmine rice, cauliflower rice, quinoa or millet instead.



Orzo & Shrimp Pasta Salad

1 serving
15 minutes

Ingredients

1/4 cup Orzo (dry)
4 ozs Shrimp, Cooked (chopped)
1/2 head Endive (chopped)
1 cup Snap Peas (chopped)
1/4 cup Goat Cheese (crumbled)
2 tbsps Chives (chopped)
1 tbsp Lemon Juice
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	367
Fat	8g
Carbs	39g
Fiber	12g
Sugar	6g
Protein	40g

Directions

- 1 Cook the orzo according to the directions on the package. Once it's done cooking, set it aside and let it cool.
- 2 Add the orzo and the remaining ingredients to a large bowl. Toss until well combined. Divide onto plates and enjoy!

Notes

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

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

Gluten-Free: Use quinoa or brown rice pasta instead.

Dairy-Free: Use vegan cheese instead.

More Flavor: Add balsamic vinegar and your choice of additional spices and herbs.

Additional Toppings: Red pepper flakes, kimchi, sauerkraut, and/or your favorite dressing.

No Shrimp: Use chicken, turkey, edamame, marinated tofu, or chickpeas.



Ham & Cheese Pretzel Box

3 servings

5 minutes

Ingredients

- 3 ozs Pretzels
- 1 1/2 Pear (seeds removed, sliced)
- 3 ozs Cheddar Cheese (cubed)
- 3 ozs Sliced Ham

Nutrition

Amount per serving	
Calories	310
Fat	12g
Carbs	38g
Fiber	4g
Sugar	10g
Protein	15g

Directions

- 1 Arrange all of the ingredients in a container and enjoy!

Notes

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

Gluten-Free: Use gluten-free pretzels and crackers.

Dairy-Free: Use vegan cheese, olives or hummus instead of cheddar cheese.



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.