
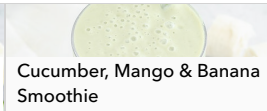
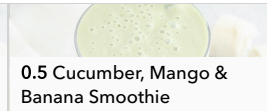



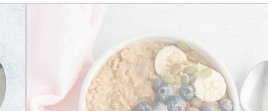


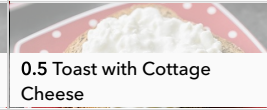




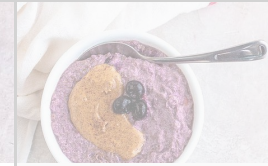
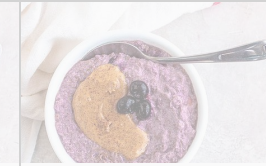

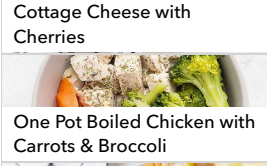
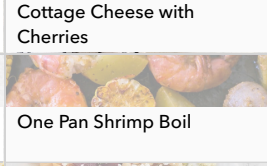
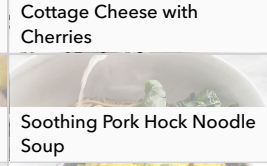
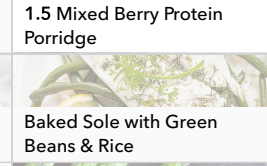
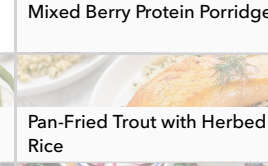
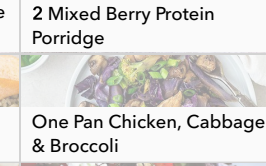
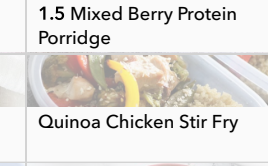


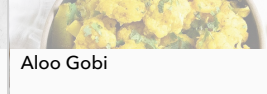



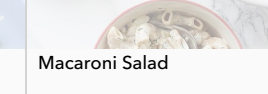
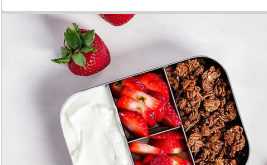
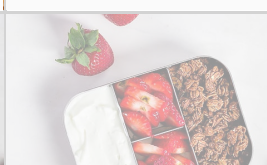
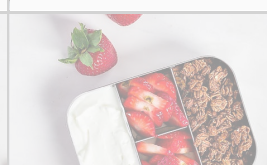
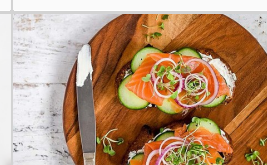
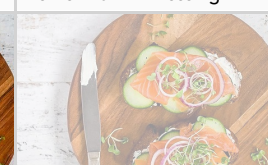
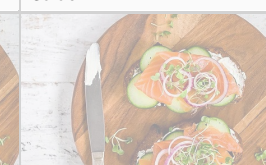
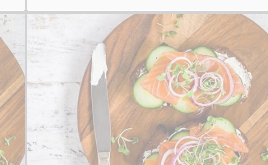
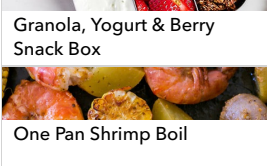
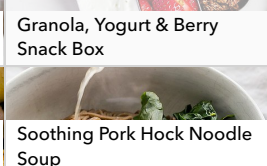
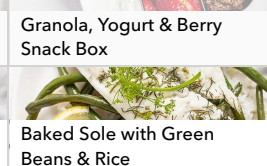
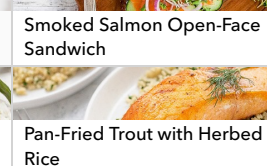
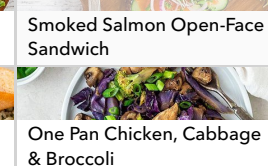
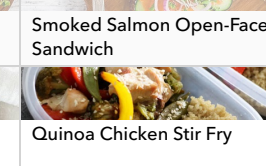
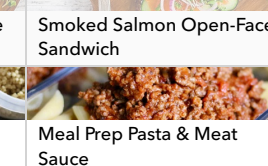

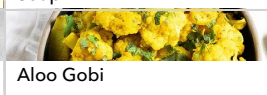

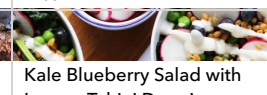

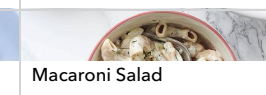
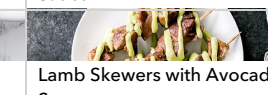
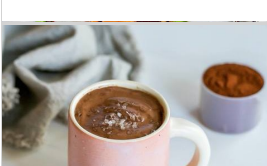
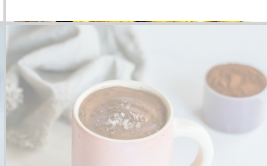
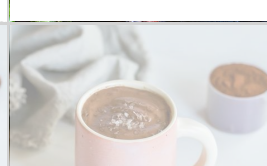





























	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cucumber, Mango & Banana Smoothie	 Cucumber, Mango & Banana Smoothie	 0.5 Cucumber, Mango & Banana Smoothie	 Melon Breakfast Bowls	 2 Melon Breakfast Bowls	 Banana Protein Oats	 Banana Protein Oats
	 1.5 Toast with Cottage Cheese	 Toast with Cottage Cheese	 0.5 Toast with Cottage Cheese				
Snack 1	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries	 1.5 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge	 2 Mixed Berry Protein Porridge	 1.5 Mixed Berry Protein Porridge
	 One Pot Boiled Chicken with Carrots & Broccoli	 One Pan Shrimp Boil	 Soothing Pork Hock Noodle Soup	 Baked Sole with Green Beans & Rice	 Pan-Fried Trout with Herbed Rice	 One Pan Chicken, Cabbage & Broccoli	 Quinoa Chicken Stir Fry
Lunch	 Hawaiian Naan Pizza	 Citrus Beet Salad	 Aloo Gobi	 BBQ Ribs	 Kale Blueberry Salad with Lemon Tahini Dressing	 Grilled Vegetable & Lentil Salad	 Macaroni Salad
	 Granola, Yogurt & Berry Snack Box	 Granola, Yogurt & Berry Snack Box	 Granola, Yogurt & Berry Snack Box	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich	 Smoked Salmon Open-Face Sandwich
Dinner	 One Pan Shrimp Boil	 Soothing Pork Hock Noodle Soup	 Baked Sole with Green Beans & Rice	 Pan-Fried Trout with Herbed Rice	 One Pan Chicken, Cabbage & Broccoli	 Quinoa Chicken Stir Fry	 Meal Prep Pasta & Meat Sauce
	 Citrus Beet Salad	 Aloo Gobi	 BBQ Ribs	 Kale Blueberry Salad with Lemon Tahini Dressing	 Grilled Vegetable & Lentil Salad	 Macaroni Salad	 Lamb Skewers with Avocado Sauce
Snack 3	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  33%	Fat  33%	Fat  30%	Fat  29%	Fat  30%	Fat  32%
Carbs  41%	Carbs  38%	Carbs  37%	Carbs  45%	Carbs  45%	Carbs  42%	Carbs  40%
Protein  28%	Protein  29%	Protein  30%	Protein  25%	Protein  26%	Protein  28%	Protein  28%
Calories 3192	Calories 3384	Calories 3206	Calories 3361	Calories 3205	Calories 3306	Calories 3328
Fat 115g	Fat 127g	Fat 118g	Fat 112g	Fat 106g	Fat 114g	Fat 118g
Carbs 335g	Carbs 329g	Carbs 304g	Carbs 382g	Carbs 371g	Carbs 353g	Carbs 341g
Fiber 60g	Fiber 60g	Fiber 49g	Fiber 64g	Fiber 77g	Fiber 75g	Fiber 64g
Sugar 111g	Sugar 104g	Sugar 100g	Sugar 116g	Sugar 133g	Sugar 110g	Sugar 84g
Protein 230g	Protein 246g	Protein 243g	Protein 217g	Protein 209g	Protein 232g	Protein 234g

Fruits

- 1/4 Avocado
- 6 1/2 Banana
- 1 cup Blueberries
- 1 1/2 Cantaloupe
- 2 1/4 cups Cherries
- 2 Lemon
- 2 tsps Lemon Juice
- 1/4 Navel Orange
- 1/4 cup Pineapple
- 1 1/2 cups Raspberries
- 3 cups Strawberries

Breakfast

- 3/4 cup Almond Butter
- 1 1/3 cups Granola
- 1 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Cashews
- 1/16 tsp Cayenne Pepper
- 1 1/2 tsps Celery Salt
- 1/2 cup Chia Seeds
- 3 1/3 tbsps Cinnamon
- 1 1/2 tsps Cumin
- 1/4 tsp Garam Masala
- 1/4 cup Ground Flax Seed
- 1/4 tsp Italian Seasoning
- 1/8 tsp Paprika
- 2 tbsps Pumpkin Seeds
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1 tsp Turmeric

Frozen

- 1 1/2 cups Frozen Banana
- 6 cups Frozen Berries
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 cups Frozen Mango
- 1 cup Frozen Peas

Vegetables

- 3 cups Asparagus
- 4 cups Baby Spinach
- 2 Beet
- 5 1/2 cups Broccoli
- 2 Carrot
- 1/2 head Cauliflower
- 4 1/2 ozs Chinese Broccoli
- 1 tbsp Cilantro
- 1 1/2 ears Corn On The Cob
- 12 Cremini Mushrooms
- 1 1/4 Cucumber
- 1/3 cup Fresh Dill
- 3 1/2 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 2 stalks Green Onion
- 4 cups Kale Leaves
- 1/4 cup Mint Leaves
- 4 cups Mixed Greens
- 3/4 cup Parsley
- 1 cup Portobello Mushroom
- 2 cups Purple Cabbage
- 1 1/8 cups Radishes
- 1 3/4 Red Bell Pepper
- 1 cup Red Onion
- 1 1/2 Russet Potato
- 1 cup Snap Peas
- 1/2 cup Sunflower Sprouts
- 1/2 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1 1/2 Yellow Potato
- 1 Zucchini

Boxed & Canned

- 3/4 cup Basmati Rice
- 2 2/3 ozs Buckwheat Soba Noodles
- 1/2 cup Chickpeas
- 3/4 cup Jasmine Rice
- 1 1/3 cups Lentil Macaroni
- 2 cups Lentils

Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 8 ozs Chicken Sausage
- 4 ozs Extra Lean Ground Beef
- 1/4 cup Feta Cheese
- 2 tbsps Goat Cheese
- 6 ozs Lamb Loin
- 2 ozs Mozzarella Cheese
- 1 piece Naan
- 1 1/2 lbs Pork Hock
- 1 lb Pork Ribs
- 2 Rainbow Trout Fillet
- 8 ozs Shrimp
- 2 ozs Sliced Ham
- 8 ozs Smoked Salmon
- 8 ozs Sole Fillet
- 7 ozs Sourdough Bread
- 3 slices Whole Grain Bread

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 1/2 cup Barbecue Sauce
- 1/4 cup Coconut Aminos
- 3/4 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 2/3 tbsps Mayonnaise
- 2 1/4 tsps Red Wine Vinegar
- 1 1/2 tsps Sesame Oil
- 2 tbsps Tahini
- 2 tbsps Tamari
- 1/2 cup Tomato Sauce

Cold

- 2 tbsps Butter
- 3 3/4 cups Cottage Cheese
- 1/3 cup Cream Cheese, Regular
- 1 1/3 Egg
- 3 cups Egg Whites
- 2 2/3 tbsps Ghee
- 2 cups Plain Coconut Milk
- 3 1/3 cups Plain Greek Yogurt

8 Ice Cubes

2/3 cup Quinoa

1 1/2 cups Vegetable Broth, Low Sodium

1 cup Whole Wheat Penne

10 1/2 cups Unsweetened Almond Milk

2 tbsps Unsweetened Coconut Yogurt

Baking

1 tbsp All Purpose Gluten-Free Flour

1/3 cup Cocoa Powder

2 1/2 cups Oats

1 3/4 tps Raw Honey

1 tbsp Unsweetened Shredded Coconut

1 tsp Vanilla Extract

Other

1 Barbecue Skewers

3/4 cup Chocolate Protein Powder

2 1/4 cups Vanilla Protein Powder

8 1/8 cups Water



Cucumber, Mango & Banana Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Banana
- 1 1/2 cups Frozen Mango
- 3/4 Cucumber (medium, chopped)
- 3 cups Baby Spinach
- 1/3 cup Almond Butter
- 1 1/2 tsps Cinnamon
- 3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	477
Fat	21g
Carbs	51g
Fiber	11g
Sugar	28g
Protein	30g

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 cashew or oat.

No Almond Butter: Use cashew butter or sunflower seed butter.

Additional Toppings: Add chia seeds or hemp seeds.

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



Toast with Cottage Cheese

3 servings

10 minutes

Ingredients

3/4 cup Cottage Cheese
3 slices Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	11g

Directions

- 1 Spread cottage cheese evenly on the toasted bread and enjoy!

Notes

No Whole Grain Bread: Use any type of bread or a toasted slice of sweet potato.

More Toppings: Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage: Best enjoyed immediately as the bread will soften.



Melon Breakfast Bowls

3 servings

10 minutes

Ingredients

- 1 1/2 Cantaloupe (small)
- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Raspberries
- 1/3 cup Granola

Nutrition

Amount per serving	
Calories	291
Fat	7g
Carbs	44g
Fiber	8g
Sugar	30g
Protein	16g

Directions

- 1 Cut the cantaloupe in half and scoop out the seeds.
- 2 Divide the yogurt and raspberries evenly between each hollowed out cantaloupe half. Top with the granola and enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt such as coconut.

Likes it Sweet: Add a drizzle of honey or maple syrup on top.

No Raspberries: Use strawberries, blueberries or blackberries instead.

No Granola: Use nuts or seeds instead.



Banana Protein Oats

2 servings

10 minutes

Ingredients

- 1 cup Oats
- 2 cups Plain Coconut Milk (unsweetened from the carton)
- 1 Banana (sliced, plus extra for garnish)
- 2 tsps Maple Syrup
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 1 tsp Cinnamon (plus extra for garnish)
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Blueberries
- 2 tbsps Unsweetened Coconut Yogurt
- 2 tbsps Pumpkin Seeds
- 1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	487
Fat	14g
Carbs	63g
Fiber	9g
Sugar	23g
Protein	28g

Directions

- 1 Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
- 2 Turn off the heat and stir in the cinnamon and protein powder.
- 3 Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed right away.

Gluten-Free: Use certified gluten-free oats.

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

No Coconut Milk: Use another plant-based milk like cashew, oat, or almond.



Cottage Cheese with Cherries

3 servings

5 minutes

Ingredients

- 3 cups Cottage Cheese
- 2 1/4 cups Cherries (pitted)

Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	26g
Fiber	2g
Sugar	20g
Protein	25g

Directions

- 1 Serve the cottage cheese with the cherries. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt or oatmeal instead.

Additional Toppings: Add hemp seeds, shredded coconut, crushed nuts, or your sweetener of choice.



Mixed Berry Protein Porridge

6 servings

15 minutes

Ingredients

- 4 1/2 cups Unsweetened Almond Milk
- 1 1/2 cups Oats (rolled)
- 6 cups Frozen Berries
- 2 tbsps Cinnamon
- 3 cups Egg Whites
- 1/3 cup Almond Butter

Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g

Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: Additional almond butter, banana slices, fresh berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.

No Almond Butter: Use another nut or seed butter instead.

Frozen Berries: This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.



One Pot Boiled Chicken with Carrots & Broccoli

1 serving
20 minutes

Ingredients

- 1 cup Water
- 1 1/2 tsps Apple Cider Vinegar
- 4 ozs Chicken Breast (skinless, boneless)
- 1 Carrot (medium, chopped)
- 1 1/2 cups Broccoli (chopped into florets)
- 1/16 tsp Sea Salt (to taste)
- 1/4 tsp Italian Seasoning

Nutrition

Amount per serving	
Calories	209
Fat	4g
Carbs	15g
Fiber	5g
Sugar	5g
Protein	30g

Directions

- 1 In a pot over medium-high heat, add everything except the Italian seasoning. Bring to a gentle simmer and close the lid. Let simmer until chicken is cooked through, about 15 to 20 minutes.
- 2 Using a slotted spoon, scoop out the chicken and chop into cubes. Divide the chicken, carrots, and broccoli onto plates or bowls. Season with Italian seasoning and more salt if needed. Drizzle some of the cooking liquid over top and enjoy!

Notes

Leftovers: Refrigerate the chicken and veggies in an airtight container for up to three days. Refrigerate the cooking liquid separately in an airtight container for up to three days or freeze for up to two months.

More Flavor: Use chicken or vegetable broth instead of water. Add herbs, garlic cloves, and/or onion wedges.

Additional Toppings: Add sauerkraut, kimchi, or other pickled veggies.



Hawaiian Naan Pizza

1 serving
15 minutes

Ingredients

- 1 piece Naan
- 1 tbsp Tomato Sauce
- 2 ozs Mozzarella Cheese (shredded, divided)
- 1/4 cup Pineapple (chopped)
- 2 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.



Granola, Yogurt & Berry Snack Box

3 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3 cups Strawberries (sliced)
- 1 cup Granola

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	18g

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

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

Gluten-Free: Ensure a gluten-free granola is used.

Dairy-Free & Vegan: Use a dairy-free yogurt.



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.



One Pan Shrimp Boil

2 servings

30 minutes

Ingredients

- 8 ozs Shrimp (raw)
- 8 ozs Chicken Sausage (sliced into chunks)
- 1 1/2 Yellow Potato (medium, diced)
- 1 1/2 ears Corn on the Cob (sliced into 2 inch chunks)
- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Celery Salt
- 1/8 tsp Paprika
- 1/16 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	593
Fat	24g
Carbs	52g
Fiber	4g
Sugar	7g
Protein	44g

Directions

- 1 Preheat oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 2 Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
- 3 Remove from the oven and divide onto plates. Enjoy!

Notes

Grill It: Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Citrus Beet Salad

2 servings

1 hour

Ingredients

- 2 Beet (medium, cut into quarters)
- 1/4 cup Quinoa (uncooked, dry)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Navel Orange (juiced)
- 1 1/2 tsps Apple Cider Vinegar
- 1/2 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach
- 2 tbsps Radishes (finely sliced)
- 1 Carrot (medium, peeled into ribbons)
- 1/2 cup Chickpeas (cooked, from the can)
- 2 tbsps Goat Cheese (crumbled)
- 1/4 cup Mint Leaves (chopped)

Nutrition

Amount per serving	
Calories	288
Fat	11g
Carbs	39g
Fiber	9g
Sugar	11g
Protein	10g

Directions

- 1 Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 2 Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 3 Cook your quinoa on the stove according to package directions, and set aside.
- 4 Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 5 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, goat cheese, and mint. Drizzle dressing over top and enjoy!

Notes

Prep Ahead and Save Time: The beets and quinoa can be prepped in advance to make assembling this salad much faster.

Dairy-Free: Omit the goat cheese

No Chickpeas: Use another protein instead such as tofu or cooked, diced chicken breast.

No Quinoa: Use rice instead.

Leftovers: Store in an airtight container in the fridge up to 3 to 4 days and enjoy cold.



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.



Aloo Gobi

2 servings

45 minutes

Ingredients

- 2 2/3 tbsps Ghee
- 1 1/2 tsps Cumin
- 1/4 tsp Garam Masala
- 1/2 tsp Cinnamon
- 1 tsp Turmeric
- 1/2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (minced)
- 1/2 Yellow Onion (chopped)
- 1 1/2 Russet Potato (peeled, cut into 1-inch pieces)
- 1/2 head Cauliflower (chopped into florets)
- 1/4 cup Water
- 1 tbsp Cilantro (chopped)
- Sea Salt & Black Pepper

Nutrition

Amount per serving	
Calories	334
Fat	17g
Carbs	41g
Fiber	8g
Sugar	7g
Protein	7g

Directions

- 1 Add the ghee to a medium-sized pan over low heat. Once melted, add the cumin, garam masala, cinnamon and turmeric. Stir until fragrant.
- 2 Once mixed together, add the garlic and ginger. Cook for 3 minutes on low.
- 3 Turn the heat to medium and add the onions. Cook for another 5 minutes or until soft. Then add the potatoes, cauliflower and water. Cook covered for 20-25 minutes, or until the potatoes are tender.
- 4 Divide evenly between bowls. Top with cilantro, salt and pepper. Enjoy!

Notes

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

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

No Russet Potatoes: Use yellow or sweet potatoes instead.



Baked Sole with Green Beans & Rice

2 servings

20 minutes

Ingredients

- 3/4 cup Jasmine Rice
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (divided)
- 1 tbsp Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Sole Fillet (boneless)
- 2 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	413
Fat	9g
Carbs	65g
Fiber	4g
Sugar	4g
Protein	20g

Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
- 3 In a bowl, combine the olive oil, juice of half the lemon, dill, salt, and pepper.
- 4 Arrange the sole fillets and green beans onto the baking sheet and coat evenly in the lemon-dill mixture. Top with the remaining lemon cut into slices. Bake for 10 to 15 minutes or until the fish is opaque and the asparagus is tender.
- 5 Divide the rice, green beans, and sole fillets onto plates and enjoy!

Notes

Leftovers: Refrigerate in airtight container up to two days.

Serving Size: One serving equals approximately one cup of rice, 4 ounces (113 grams) of sole, and one cup of green beans.

More Flavor: Add garlic and red pepper flakes.



BBQ Ribs

2 servings

4 hours

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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



Pan-Fried Trout with Herbed Rice

2 servings

30 minutes

Ingredients

- 1 1/2 cups Vegetable Broth, Low Sodium
- 3/4 cup Basmati Rice (uncooked)
- 2 tbsps Butter (divided)
- 1/4 cup Parsley (chopped)
- 1/4 cup Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 2 Rainbow Trout Fillet (patted dry)
- 1 tbsp All Purpose Gluten-Free Flour

Nutrition

Amount per serving	
Calories	589
Fat	17g
Carbs	66g
Fiber	3g
Sugar	2g
Protein	39g

Directions

- 1 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 2 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 3 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 4 Divide the herbed rice and trout onto plates and enjoy!

Notes

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

Serving Size: One serving equals one trout fillet and just over a cup of herbed rice.

Trout Fillets: One fillet is equal to approximately 159 grams or 5.6 ounces in size.

Dairy-Free: Use vegan butter, olive oil, or coconut oil instead.

More Flavor: Add cilantro and saffron to the rice.

Additional Toppings: Add lemon juice and fresh herbs.



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.



One Pan Chicken, Cabbage & Broccoli

2 servings

25 minutes

Ingredients

- 1/4 cup Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 3 Garlic (clove, minced)
- 1 1/2 tpsps Ginger (fresh, grated or minced)
- 1/8 tsp Sea Salt
- 2 cups Broccoli (cut into small florets)
- 2 cups Purple Cabbage (cut into thin strips)
- 12 Cremini Mushrooms (medium, quartered)
- 10 ozs Chicken Breast (boneless, skinless, cut into strips)
- 2 stalks Green Onion (chopped, optional for garnish)

Nutrition

Amount per serving	
Calories	412
Fat	18g
Carbs	25g
Fiber	6g
Sugar	14g
Protein	39g

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Combine the coconut aminos, olive oil, garlic, ginger, and salt into a mixing bowl. Add the broccoli, cabbage, and mushrooms to the bowl and toss to combine. Using a slotted spoon, transfer the veggies to the baking sheet, leaving the leftover marinade in the bowl.
- 3 Add the chicken to the bowl with the leftover marinade. Allow the chicken to marinate while the oven preheats, then transfer it to the baking sheet with the veggies.
- 4 Place the baking sheet in the oven. Cook for 15 minutes or until the chicken is cooked through and the vegetables are fork-tender. Divide between plates and top with green onions. Enjoy!

Notes

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

More Flavor: Add sesame oil, hot sauce, or red pepper flakes to the marinade.

Serve it With: Rice, quinoa, or cauliflower rice.



Grilled Vegetable & Lentil Salad

2 servings

20 minutes

Ingredients

- 1 Red Bell Pepper (cored and sliced)
- 1/2 cup Red Onion (coarsely chopped)
- 1 Zucchini (sliced into rounds)
- 1 cup Portobello Mushroom (sliced)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Cashews
- 1/2 Lemon (juiced)
- 1 1/2 tsps Tamari
- 1/2 cup Parsley
- 1 tbsp Water
- 1 1/2 tsps Red Wine Vinegar
- 4 cups Mixed Greens
- 1 cup Lentils (cooked, drained and rinsed)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g

Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils: Use chickpeas or black beans instead.

Vegan: Omit the cheese and top with toasted cashews instead.

Save Time: Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers: Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.



Quinoa Chicken Stir Fry

2 servings

30 minutes

Ingredients

- 1 1/2 tbsps Tamari
- 1 1/2 tsps Apple Cider Vinegar
- 1 1/2 tsps Raw Honey
- 1 1/2 tsps Sesame Oil
- 10 ozs Chicken Breast (sliced into cubes)
- 1/2 Red Bell Pepper (de-seeded and sliced)
- 1/2 Yellow Bell Pepper (de-seeded and sliced)
- 2 cups Broccoli (chopped into florets)
- 1 cup Snap Peas
- 1/3 cup Quinoa (dry)
- 3/4 cup Water
- 1 1/2 tsps Sesame Seeds

Nutrition

Amount per serving	
Calories	420
Fat	11g
Carbs	40g
Fiber	7g
Sugar	9g
Protein	42g

Directions

- 1 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 2 In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
- 3 Add the chicken, red bell pepper, yellow bell pepper, broccoli and snap peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 to 30 minutes, or until chicken is cooked through.
- 4 Meanwhile, cook your quinoa. Combine the quinoa and water in a saucepot and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 5 Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!

Notes

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

Vegan & Vegetarian: Replace the chicken breast with chickpeas.



Macaroni Salad

2 servings

40 minutes

Ingredients

- 1 1/3 cups Lentil Macaroni (dry/uncooked)
- 1 1/3 Egg
- 1/3 Red Bell Pepper (chopped)
- 2 2/3 tbsps Red Onion (finely diced)
- 1/3 cup Plain Greek Yogurt
- 2 2/3 tbsps Mayonnaise
- 2 tsps Lemon Juice
- 1/3 tsp Raw Honey
- 1/3 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	408
Fat	18g
Carbs	41g
Fiber	6g
Sugar	5g
Protein	21g

Directions

- 1 Cook the macaroni according to the directions on the package. Rinse with cold water and add to a large bowl.
- 2 Hard boil the eggs and transfer to a bowl of ice water to cool. Once cool, remove the shells and chop. Add them to the bowl with the cooked macaroni.
- 3 Add the chopped red bell pepper and red onion to the bowl with the macaroni and eggs.
- 4 Mix the dressing by combining the yogurt, mayonnaise, lemon juice, honey, mustard, salt and pepper. Mix well then add to the macaroni salad and mix thoroughly.
- 5 Refrigerate and enjoy!

Notes

No Lentil Macaroni: Use brown rice, whole wheat or chickpea macaroni instead.

Leftovers: Keeps well in the fridge for 3 to 4 days.



Meal Prep Pasta & Meat Sauce

1 serving
25 minutes

Ingredients

- 1 cup Whole Wheat Penne (dry, uncooked)
- 4 ozs Extra Lean Ground Beef
- 1/2 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	527
Fat	13g
Carbs	69g
Fiber	11g
Sugar	7g
Protein	33g

Directions

- 1 Cook the pasta according to the instructions on the package.
- 2 While the pasta cooks, heat a large skillet over medium heat. Add the beef and saute, breaking it up as it cooks. Once it is completely cooked through, pour the tomato sauce over top and mix well.
- 3 Divide the cooked pasta into containers and divide the meat sauce over top. Enjoy!

Notes

No Ground Beef: Use any type of ground meat instead.

Leftovers: Keeps well in the fridge for 3 to 4 days. Freeze up to two months.

Vegan & Vegetarian: Use cooked lentils instead of ground meat.

No Tomato Sauce: Use canned crushed tomatoes instead.

Gluten-Free: Use a gluten-free pasta like chickpea, quinoa or rice.

More Veggies: Cook chopped vegetables into the sauce such as diced zucchini, mushrooms, bell peppers, eggplant, spinach or basil.



Lamb Skewers with Avocado Sauce

1 serving
15 minutes

Ingredients

6 ozs Lamb Loin (fat trimmed, chopped into 1-inch cubes)
2 1/4 tsps Extra Virgin Olive Oil (divided)
1 Barbecue Skewers
1/3 tsp Sea Salt (divided)
1/8 Lemon (juiced)
1/4 Avocado (peeled, pitted)

Nutrition

Amount per serving	
Calories	414
Fat	28g
Carbs	5g
Fiber	3g
Sugar	0g
Protein	37g

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with foil.
- 2 Toss the lamb in 1/3 of the oil and thread onto the skewers. Season with 1/3 of the salt. Transfer to the baking sheet and cook for 8 to 10 minutes or until cooked through.
- 3 Meanwhile, combine the remaining oil, salt, lemon juice and avocado in a food processor or blender. If needed, add a bit of water until your desired consistency is reached.
- 4 Divide the lamb skewers onto plates. Drizzle with avocado sauce and enjoy!

Notes

Leftovers: Refrigerate the lamb and avocado sauce in separate airtight containers for up to three days.

Serving Size: One serving is equal to approximately one large lamb skewer and two tablespoons of avocado sauce.

No Lemon Juice: Use apple cider vinegar instead.

No Lamb Loin: Use beef, chicken or shrimp instead.

Grill Lover: Grill the lamb skewers over medium heat, rotating frequently for 7 to 8 minutes for medium-rare to medium.

Barbecue Skewers: If your barbecue skewers are wooden, be sure to soak them before using.



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.



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.