

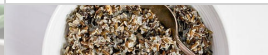






























	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 2 Tahini Toast with Blueberries	 2 Tahini Toast with Blueberries	 2 Tahini Toast with Blueberries	 Cassava Coconut Pancakes	 Cassava Coconut Pancakes	 1.5 Apple Crisp	 1.5 Apple Crisp
	 2 Broccoli & Cheddar Egg Muffins	 3 Broccoli & Cheddar Egg Muffins	 2 Broccoli & Cheddar Egg Muffins	 2 Scrambled Eggs, Tomato & Pesto on Toast	 2 Scrambled Eggs, Tomato & Pesto on Toast	 Blueberry Melon Smoothie	 Blueberry Melon Smoothie
Snack 1	 Herbed Chicken Drumsticks with Celery Root Mash	 Herbed Chicken Drumsticks with Celery Root Mash	 Herbed Chicken Drumsticks with Celery Root Mash	 Rice Cake with Apple & Sunflower Seed Butter	 Rice Cake with Apple & Sunflower Seed Butter	 Rice Cake with Apple & Sunflower Seed Butter	 Rice Cake with Apple & Sunflower Seed Butter
	 Steamed Green Beans	 Steamed Green Beans	 Steamed Green Beans	 Wild Rice	 Wild Rice	 Wild Rice	 Wild Rice
Lunch	 3 Ground Turkey, Mini Potatoes & Watercress	 Sesame Chicken Pasta Salad	 Couscous & Arugula Salad with Baked Cod	 2 Cold Noodle Salad with Chicken	 2 Haddock, Broccoli & Quinoa	 2 Chicken & Leek Quinoa	 2 Chicken & Pea Soba Noodles
	 Cumin Chicken Skewers	 Pork & Cabbage Rice Paper Dumplings	 2 Cold Noodle Salad with Chicken	 2 Haddock, Broccoli & Quinoa	 2 Chicken & Leek Quinoa	 2 Chicken & Pea Soba Noodles	 2 Chicken & Pea Soba Noodles
Snack 2	 Simple Cast-Iron Steak	 Simple Cast-Iron Steak	 Simple Cast-Iron Steak	 One Pan Roasted Tahini Chicken & Sweet Potato	 One Pan Roasted Tahini Chicken & Sweet Potato	 One Pan Roasted Tahini Chicken & Sweet Potato	 One Pan Roasted Tahini Chicken & Sweet Potato
	 Steamed White Rice	 Steamed White Rice	 Steamed White Rice	 Snap Peas	 Snap Peas	 Snap Peas	 Snap Peas
Dinner	 Sesame Chicken Pasta Salad	 Couscous & Arugula Salad with Baked Cod	 2 Cold Noodle Salad with Chicken	 2 Haddock, Broccoli & Quinoa	 2 Chicken & Leek Quinoa	 2 Chicken & Pea Soba Noodles	 2 Chicken Mango Cabbage Wraps
	 Cumin Chicken Skewers	 Pork & Cabbage Rice Paper Dumplings	 2 Cold Noodle Salad with Chicken	 2 Haddock, Broccoli & Quinoa	 2 Chicken & Leek Quinoa	 2 Chicken & Pea Soba Noodles	 2 Chicken Mango Cabbage Wraps

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  36%	Fat  37%	Fat  34%	Fat  33%	Fat  35%	Fat  30%	Fat  32%
Carbs  34%	Carbs  32%	Carbs  33%	Carbs  36%	Carbs  35%	Carbs  41%	Carbs  40%
Protein  30%	Protein  31%	Protein  33%	Protein  31%	Protein  30%	Protein  29%	Protein  28%
Calories 3374	Calories 3354	Calories 3431	Calories 3491	Calories 3371	Calories 3471	Calories 3377
Fat 135g	Fat 139g	Fat 127g	Fat 126g	Fat 132g	Fat 114g	Fat 118g
Carbs 290g	Carbs 269g	Carbs 278g	Carbs 303g	Carbs 289g	Carbs 345g	Carbs 329g
Fiber 40g	Fiber 33g	Fiber 31g	Fiber 45g	Fiber 49g	Fiber 44g	Fiber 46g
Sugar 31g	Sugar 33g	Sugar 34g	Sugar 43g	Sugar 41g	Sugar 99g	Sugar 137g
Protein 258g	Protein 256g	Protein 271g	Protein 260g	Protein 254g	Protein 242g	Protein 234g

## Fruits

- 2 3/4 Apple
- 3 cups Blueberries
- 1/2 Honeydew Melon
- 2/3 Mango

## Breakfast

- 3 tbsps Maple Syrup
- 4 Plain Rice Cake

## Seeds, Nuts & Spices

- 1 1/3 tbsps Cumin
- 1 tbsp Cumin Seed
- 1 tsp Dried Chives
- 2 tpsps Dried Parsley
- 2 3/4 tpsps Dried Rosemary
- 2 tpsps Everything Bagel Seasoning
- 1 tsp Fennel Seed
- 1 tbsp Ground Flax Seed
- 2 1/3 tpsps Onion Powder
- 1/2 tsp Oregano
- 1 tsp Paprika
- 2 1/8 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds

## Frozen

- 1/3 cup Coconut Ice Cream
- 2 cups Frozen Blueberries
- 4 cups Frozen Broccoli
- 1 cup Frozen Peas

## Vegetables

- 2 cups Arugula
- 2 cups Baby Kale
- 1 1/2 cups Broccoli
- 1 stalk Celery
- 2 cups Celery Root
- 3/4 cup Cilantro
- 1/2 Cucumber
- 2 tpsps Fresh Dill
- 8 1/4 Garlic
- 1 1/2 tpsps Ginger
- 2 1/2 cups Grated Carrot
- 4 1/2 cups Green Beans
- 1 1/3 cups Green Cabbage
- 6 1/2 stalks Green Onion
- 2 Leeks
- 1 cup Microgreens
- 3 cups Mini Potatoes
- 2 tpsps Mint Leaves
- 4 cups Mixed Greens
- 1 1/2 cups Mushrooms
- 1 cup Purple Cabbage
- 1 cup Radishes
- 1 Red Bell Pepper
- 1 Russet Potato
- 6 cups Snap Peas
- 2 Sweet Potato
- 2 Tomato
- 6 cups Watercress
- 1 Yellow Bell Pepper

## Boxed & Canned

- 1 1/2 cups Brown Rice Fusilli
- 13 1/16 ozs Buckwheat Soba Noodles
- 1/2 cup Couscous
- 3/4 cup Jasmine Rice
- 2 cups Quinoa
- 1 cup Wild Rice

## Baking

- 1/3 tsp Baking Powder

## Bread, Fish, Meat & Cheese

- 4 1/2 ozs Cheddar Cheese
- 2 1/8 lbs Chicken Breast
- 1 1/2 lbs Chicken Breast, Cooked
- 1 lb Chicken Drumsticks
- 3 1/2 lbs Chicken Thighs
- 2 Cod Fillet
- 12 ozs Extra Lean Ground Turkey
- 4 Haddock Fillet
- 8 ozs Lean Ground Pork
- 1 1/2 lbs Ny Striploin Steak
- 13 slices Whole Grain Bread

## Condiments & Oils

- 2/3 cup Coconut Oil
- 2 tpsps Pesto
- 4 Rice Paper Wraps
- 1/3 cup Sesame Oil
- 1/2 cup Sunflower Seed Butter
- 1 cup Tahini

## Cold

- 2 tpsps Butter
- 19 3/4 Egg
- 2 1/3 cups Plain Coconut Milk
- 1/4 cup Whipping Cream

## Other

- 4 Barbecue Skewers
- 1/2 cup Vanilla Protein Powder
- 9 1/3 cups Water

- 
- 3 1/4 tbsps Cassava Flour
  - 1/3 cup Coconut Flour
  - 1/8 oz Gelatin
  - 1/3 cup Oat Flour
  - 1/4 cup Oats
  - 1 1/2 tbsps Unsweetened Applesauce



## Tahini Toast with Blueberries

9 servings

5 minutes

### Ingredients

- 1/2 cup Tahini
- 9 slices Whole Grain Bread (toasted)
- 3 cups Blueberries

### Nutrition

Amount per serving	
Calories	227
Fat	10g
Carbs	28g
Fiber	6g
Sugar	8g
Protein	8g

### Directions

- 1 Spread tahini over the bread and top with blueberries. Enjoy!

### Notes

**Leftovers:** For best results, enjoy freshly made. Refrigerate for up to one day.

**Gluten-Free:** Use gluten-free bread instead of whole grain bread.

**Additional Toppings:** Add sunflower seeds, hemp seeds, chia seeds, or shredded coconut.



## Broccoli & Cheddar Egg Muffins

7 servings

25 minutes

### Ingredients

- 2/3 cup Broccoli (chopped)
- 2/3 cup Mushrooms (chopped)
- 1 2/3 ozs Cheddar Cheese (shredded)
- 5 3/4 Egg (whisked)
- 1/3 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	91
Fat	6g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	7g

### Directions

- 1 Preheat the oven to 350°F (175°C). Grease a muffin tray or use a silicone muffin tray.
- 2 Divide the broccoli, mushrooms, and cheese evenly between the cups of the prepared muffin tray.
- 3 Mix the eggs and salt together and pour into the muffin tray. Bake for 18 to 20 minutes or until the eggs are cooked through. Let cool for five minutes. Enjoy!

### Notes

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

**Serving Size:** One serving is one egg muffin.

**Dairy-Free:** Use vegan cheese.

**More Flavor:** Add red pepper flakes.



## Cassava Coconut Pancakes

2 servings

30 minutes

### Ingredients

- 1/3 cup Water (hot, divided)
- 1/8 oz Gelatin
- 1/3 cup Plain Coconut Milk (warm)
- 1/3 cup Coconut Flour
- 3 1/4 tbsps Cassava Flour
- 1/8 tsp Sea Salt
- 2 1/3 tsps Coconut Oil (divided)

### Nutrition

Amount per serving	
Calories	196
Fat	9g
Carbs	23g
Fiber	7g
Sugar	3g
Protein	4g

### Directions

- 1 Place half the boiling water in a large bowl and sprinkle the gelatin over top. Set aside for five minutes to dissolve, then whisk in the warm coconut milk.
- 2 In a bowl, combine the coconut flour, cassava flour, and salt, then transfer it to the coconut-gelatin mixture. Stir together until well combined and there are no clumps. Add additional water as needed, until the mixture is easy to scoop and spread.
- 3 Heat a bit of the oil in a large non-stick pan over low-medium heat. Scoop 1/4 cup of the batter into the pan and cook for three to four minutes per side. Transfer to a plate and repeat with the remaining oil and batter.
- 4 Divide onto plates and add your desired toppings. Enjoy!

### Notes

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

**Serving Size:** One serving is two four-inch pancakes.

**More Flavor:** Add cinnamon and vanilla extract.

**Additional Toppings:** Top with honey, maple syrup, cottage cheese, or fresh fruit.

**Coconut Flour:** This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



## Scrambled Eggs, Tomato & Pesto on Toast

2 servings

10 minutes

### Ingredients

- 2 Egg
- 2 tbsps Whipping Cream
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Pesto
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (sliced)
- 1/2 cup Microgreens

### Nutrition

Amount per serving	
Calories	281
Fat	15g
Carbs	23g
Fiber	4g
Sugar	5g
Protein	14g

### Directions

- 1 Lightly whisk the eggs and cream in a bowl. Season with salt and pepper.
- 2 Preheat a non-stick pan over medium heat. Add the egg mixture, wait a few seconds, then use a spatula to gently scrape the egg mixture from the bottom of the pan, for about two to three minutes, or until the eggs are cooked to your liking.
- 3 Spread the pesto onto the toast. Top with tomato slices, scrambled eggs, and microgreens. Enjoy!

### Notes

**Leftovers:** For best results, enjoy freshly made. The scrambled eggs can be prepared a day in advance and kept refrigerated.

**Serving Size:** One serving is equal to one piece of toast.

**Additional Toppings:** Chili flakes and/or fresh herbs like parsley and basil.

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

**Dairy-Free:** Omit the whipping cream or use a milk alternative instead.



## Apple Crisp

3 servings

1 hour

### Ingredients

- 3/4 Apple (cored and sliced)
- 2 1/4 tbsps Maple Syrup (divided)
- 1 1/8 tsps Coconut Flour (or 1 tbsp)
- 1 1/2 tbsps Unsweetened Applesauce
- 1/3 cup Oat Flour
- 1/4 cup Oats
- 1/3 tsp Baking Powder
- 1/8 tsp Sea Salt
- 2 tbsps Coconut Oil
- 1/3 cup Coconut Ice Cream (optional)

### Nutrition

Amount per serving	
Calories	302
Fat	14g
Carbs	36g
Fiber	4g
Sugar	18g
Protein	4g

### Directions

- 1 Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
- 2 Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
- 3 Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
- 4 Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
- 5 Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
- 6 Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
- 7 Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
- 8 Scoop into bowls and serve with coconut ice cream.

### Notes

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

**Homemade Oat Flour:** Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.



## Blueberry Melon Smoothie

1 serving

2 minutes

### Ingredients

- 1 cup Frozen Blueberries
- 1/4 Honeydew Melon (small, peeled, seeds removed, and chopped)
- 1 cup Plain Coconut Milk (unsweetened, from the carton)
- 1 1/2 tsps Ground Flax Seed
- 1/4 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.



## Herbed Chicken Drumsticks with Celery Root Mash

3 servings

30 minutes

### Ingredients

- 1 lb Chicken Drumsticks
- 1 tbsp Coconut Oil (melted, divided)
- 2 tsp Dried Parsley (divided)
- 1/4 tsp Sea Salt (divided)
- 1 tsp Dried Chives
- 1/2 tsp Oregano
- 2 cups Celery Root (peeled, cut into small cubes)
- 1 Russet Potato (medium, peeled and chopped)

### Nutrition

Amount per serving	
Calories	384
Fat	19g
Carbs	22g
Fiber	3g
Sugar	2g
Protein	31g

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the drumsticks on the prepared pan. Add half of the coconut oil, half of the parsley, half of the salt, chives, and oregano to the chicken and rub the seasoning to generously coat all sides. Bake for 25 to 30 minutes or until the chicken is cooked through.
- 3 Meanwhile, place a steamer basket over a pot of boiling water and steam the celery root and potato for 12 to 15 minutes or until tender. Transfer to a mixing bowl and add the remaining coconut oil, parsley and salt. Mash with a potato masher until smooth. Season with additional salt if necessary.
- 4 To serve, divide the celery root mash and chicken between plates. Enjoy!

### Notes

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

**More Flavor:** Add other dried herbs and spices to taste.

**Celery Root:** Two cups of celery root is approximately half of a medium celery root.

**No Russet Potato:** Omit or use white or yellow potatoes instead.

**No Drumsticks:** Use chicken thighs instead.

**No Coconut Oil:** Use ghee, avocado oil, or extra virgin olive oil instead.



## Steamed Green Beans

3 servings

10 minutes

### Ingredients

4 1/2 cups Green Beans (trimmed, fresh or frozen)

### Nutrition

Amount per serving	
Calories	47
Fat	0g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	3g

### Directions

- 1 Bring a 1/2-inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 2 Remove greens beans with a slotted spoon and serve.

### Notes

**Use a Steamer Basket:** Add green beans to the steamer basket and set over a pot of boiling water. Cover and cook for about 5 minutes or until tender.

**More Flavor:** Toss the beans in butter, coconut oil, or olive oil. Season with your favorite spices.



## Rice Cake with Apple & Sunflower Seed Butter

4 servings

2 minutes

### Ingredients

4 Plain Rice Cake  
1/4 cup Sunflower Seed Butter  
2 Apple (sliced)

### Nutrition

Amount per serving	
Calories	181
Fat	9g
Carbs	24g
Fiber	3g
Sugar	11g
Protein	4g

### Directions

- 1 Spread the sunflower seed butter on the rice cake and top with the apple slices. Enjoy!

### Notes

**More Flavor:** Add cinnamon or honey.

**No Sunflower Seed Butter:** Use another nut or seed butter instead.

**No Apple:** Use banana or strawberries instead.



## Wild Rice

4 servings

45 minutes

### Ingredients

1 cup Wild Rice  
3 cups Water  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	143
Fat	0g
Carbs	30g
Fiber	2g
Sugar	1g
Protein	6g

### Directions

- 1 Combine the wild rice, water and salt 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 simmer for 40 minutes or until the water is absorbed. Remove lid and fluff with a fork. Enjoy!

### Notes

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

**Serving Size:** One serving is about 1/2 cup wild rice.

**More Flavor:** Use chicken or vegetable broth instead of water.



## Ground Turkey, Mini Potatoes & Watercress

3 servings

30 minutes

### Ingredients

- 3 cups Mini Potatoes (halved)
- 1 1/2 tsps Coconut Oil
- 12 ozs Extra Lean Ground Turkey
- 3/4 tsp Dried Rosemary
- 1/3 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)
- 6 cups Watercress (roughly chopped)
- 3/4 Garlic (clove, minced)

### Nutrition

Amount per serving	
Calories	316
Fat	12g
Carbs	28g
Fiber	4g
Sugar	1g
Protein	26g

### Directions

- 1 Place the potatoes in a pot and cover them with water. Bring to a boil and cook for 15 to 20 minutes or until they are fork tender. Drain, season with salt and pepper, and set aside.
- 2 Heat the oil in a frying pan over medium heat and add the ground turkey, breaking it up as it cooks. Mix in the rosemary, onion powder, salt, and pepper and cook for 14 to 15 minutes or until cooked through and no longer pink. Remove from the heat and set aside.
- 3 To the same pan, add the watercress, garlic, and salt and pepper to taste, and sauté for three to four minutes or until the watercress is slightly wilted.
- 4 Divide the turkey, potatoes, and watercress evenly between bowls or containers. Enjoy!

### Notes

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

**More Flavor:** Add hot sauce or tzatziki when ready to eat.

**No Ground Turkey:** Use any other ground meat or lentils instead.



## Simple Cast-Iron Steak

3 servings

1 hour 15 minutes

### Ingredients

- 1 1/2 tsps Sea Salt (divided)
- 1 1/2 lbs NY Striploin Steak

### Nutrition

Amount per serving	
Calories	339
Fat	16g
Carbs	2g
Fiber	0g
Sugar	0g
Protein	47g

### Directions

- 1 Add half of the salt to the steak on all sides. Allow it to sit at room temperature for 45 to 60 minutes. This will allow the steak to cook more evenly.
- 2 When your steak is ready to cook, heat a cast-iron skillet over medium-high heat for 4 to 5 minutes or until very hot. Pat your steak dry and sprinkle the remaining sea salt into the pan.
- 3 Place the steak into the pan. It should sear loudly. Leave it in the pan until it is easy to move, about one minute. Flip the steak and cook for 30 seconds, occasionally pushing it down.
- 4 Continue flipping the steak until it has reached your desired doneness, approximately 5 total minutes for medium-rare. The steak shouldn't feel too spongy.
- 5 Remove the steak and place it on a plate. Cover it with tinfoil and allow it to rest for 10 minutes before cutting into it. Enjoy!

### Notes

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

**More Flavor:** Top with your favorite pesto or chimichurri. Add a pat of butter to the steak as it rests on the plate.

**Serve it With:** Add to a bed of greens, roasted potatoes or alongside roasted vegetables.



## Steamed White Rice

3 servings

20 minutes

### Ingredients

- 1 1/2 cups Water
- 3/4 cup Jasmine Rice (dry, rinsed)

### Nutrition

Amount per serving	
Calories	160
Fat	0g
Carbs	38g
Fiber	1g
Sugar	0g
Protein	3g

### Directions

- 1 Bring water to a boil in a medium saucepan.
- 2 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 3 Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to six days, or freeze for up to three months.

**Serving Size:** Each serving equals approximately one cup of cooked rice.

**More Flavor:** Add your choice of herbs or spices, or use broth instead of water.



## One Pan Roasted Tahini Chicken & Sweet Potato

4 servings  
30 minutes

### Ingredients

2 lbs Chicken Thighs (boneless, skin-on)  
2 Sweet Potato (large, peeled, cubed)  
1 1/3 tbsps Coconut Oil (melted)  
1 1/3 tbsps Cumin  
Sea Salt & Black Pepper  
2 tbsps Tahini  
3 tbsps Water  
2 tbsps Mint Leaves (fresh, chopped)

### Nutrition

Amount per serving	
Calories	424
Fat	18g
Carbs	16g
Fiber	3g
Sugar	3g
Protein	47g

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Place the chicken thighs and sweet potato on the prepared baking sheet. Rub the coconut oil, cumin, salt, and pepper into the chicken and sweet potato to coat well. Cook for 20 minutes, tossing the sweet potato halfway through.
- 3 Meanwhile, mix the tahini with the water until you get a creamy consistency.
- 4 Drizzle the chicken and sweet potato with the tahini sauce and garnish with mint. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two chicken thighs and one cup of sweet potato.

**More Flavor:** Add minced garlic and shallots to the pan with the sweet potato.



## Snap Peas

4 servings

5 minutes

### Ingredients

6 cups Snap Peas

### Nutrition

Amount per serving	
Calories	47
Fat	0g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	3g

### Directions

- 1 Place in a bowl and enjoy!

### Notes

**Additional Toppings:** Serve it with hummus, baba ganoush, cream cheese, or tzatziki.



## Sesame Chicken Pasta Salad

2 servings

35 minutes

### Ingredients

- 8 ozs Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Brown Rice Fusilli (dry, uncooked)
- 1 stalk Celery (diced)
- 1/2 Cucumber (medium, diced)
- 2 stalks Green Onion (sliced)
- 1/3 cup Cilantro (chopped)
- 2 tbsps Sesame Oil
- 1 tbsp Sesame Seeds (toasted)

### Nutrition

Amount per serving	
Calories	614
Fat	22g
Carbs	70g
Fiber	6g
Sugar	2g
Protein	33g

### Directions

- 1 Preheat the oven to 400°F (205°C). Place the chicken breasts on a baking sheet and season with salt and pepper. Bake in the oven for 25 to 30 minutes or until cooked through. Set aside to cool slightly, then shred.
- 2 Meanwhile, cook the pasta according to the package directions. Strain and run under cold water immediately to prevent overcooking.
- 3 In a bowl, combine the chicken, pasta, celery, cucumber, green onions, and cilantro. Add the oil, sesame seeds, salt, and pepper. Mix well to coat. Enjoy!

### Notes

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

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

**More Flavor:** Add apple cider vinegar, lemon juice, and/or coconut aminos.



## Cumin Chicken Skewers

2 servings

20 minutes

### Ingredients

- 1 tbsp Cumin Seed
- 1 tsp Fennel Seed
- 1/2 tsp Sea Salt
- 10 ozs Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 2 1/4 tsps Coconut Oil (melted)
- 1 Red Bell Pepper (medium, chopped)
- 4 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	246
Fat	10g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	33g

### Directions

- 1 Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
- 2 In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
- 3 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

### Notes

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

**Serving Size:** One serving equals two skewers.

**More Flavor:** Add chili powder and garlic to your spice mix. Use a charcoal grill.

**Additional Toppings:** Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

**No Coconut Oil:** Use olive oil, butter, or ghee instead.



## Couscous & Arugula Salad with Baked Cod

2 servings

30 minutes

### Ingredients

- 1/2 cup Couscous (dry)
- 1 1/2 tbsps Sesame Oil (divided)
- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Fresh Dill (chopped, divided)
- 2 cups Arugula

### Nutrition

Amount per serving	
Calories	447
Fat	12g
Carbs	34g
Fiber	2g
Sugar	0g
Protein	47g

### Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Cook the couscous according to the package directions and let cool.
- 3 Rub 1/3 of the sesame oil all over the cod fillets, season with salt and pepper, and sprinkle 1/2 of the chopped dill on top. Place the fillets on the baking sheet and bake in the oven for 14 to 16 minutes or until the fish is flakey and cooked through.
- 4 In a bowl, toss together the couscous, arugula, and the remaining dill and oil. Season with salt and pepper. Divide everything evenly between plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to one cod fillet and approximately 1 1/4 cups couscous salad

**More Flavor:** Add red bell pepper and/or diced red onion to the salad.

**No Couscous:** Use quinoa instead.

**No Cod:** Use another white fish, like haddock, instead.

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



## Pork & Cabbage Rice Paper Dumplings

2 servings

45 minutes

### Ingredients

- 1 1/2 tsps Coconut Oil (divided)
- 1 1/2 Garlic (cloves, minced)
- 8 ozs Lean Ground Pork
- 1 cup Purple Cabbage (thinly sliced)
- 1 cup Grated Carrot
- 1 1/2 tsps Ginger (grated)
- Sea Salt & Black Pepper (to taste)
- 2 1/2 stalks Green Onion (chopped)
- 4 Rice Paper Wraps

### Nutrition

Amount per serving	
Calories	390
Fat	22g
Carbs	28g
Fiber	3g
Sugar	5g
Protein	22g

### Directions

- 1 Warm 1/3 of the oil in a pan over medium heat. Add the garlic and cook for one minute, stirring frequently. Add the ground pork and continue to cook for five minutes, until starting to brown.
- 2 Add the cabbage and cook for another 10 minutes, or until tender-crisp. Add the grated carrot, ginger, salt, and pepper and continue to cook for five more minutes, or until the carrot is softened. Add the green onion and cook for one minute, then turn off the heat.
- 3 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate.
- 4 Scoop 1/3 cup of the pork and veggie mixture into the center of the rice paper wrap and fold the sides in. Allow them to stick together to create a pocket, and roll to create a dumpling. Repeat for the remaining wraps.
- 5 Warm the remaining oil in the pan and cook the wraps for five minutes on each side or until they start to brown and get crispy. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

**Serving Size:** One serving is equal to two dumplings.

**Make it Vegan:** Use crumbled tofu or tempeh instead of pork.

**More Flavor:** Add tamari or coconut aminos and red pepper flakes.

**Serve it With:** Plum sauce, peanut sauce, hoisin sauce, or ponzu.



## Cold Noodle Salad with Chicken

4 servings

15 minutes

### Ingredients

7 1/16 ozs Buckwheat Soba Noodles  
 1/4 cup Tahini  
 1/2 cup Water (warm)  
 2 stalks Green Onion (chopped thinly)  
 2 tsps Maple Syrup  
 2 tsps Everything Bagel Seasoning  
 (plus more for garnish)  
 4 cups Mixed Greens  
 1 cup Radishes (thinly sliced)  
 1 lb Chicken Breast, Cooked  
 (shredded)

### Nutrition

Amount per serving	
Calories	514
Fat	13g
Carbs	43g
Fiber	3g
Sugar	3g
Protein	44g

### Directions

- 1 Cook the noodles according to the package directions. Drain, rinse under cold water and set aside.
- 2 Add the tahini to a small bowl and whisk in the water, until smooth. Add the green onion, maple syrup, and the everything bagel seasoning.
- 3 Divide the mixed greens between bowls and top with the noodles, sliced radish, and chicken. Drizzle with the tahini dressing and add extra seasoning if desired. Enjoy!

### Notes

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

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

**Additional Toppings:** Microgreens and/or fresh herbs.



## Haddock, Broccoli & Quinoa

4 servings

25 minutes

### Ingredients

- 1 cup Quinoa (uncooked)
- 4 Haddock Fillet
- 4 cups Frozen Broccoli
- 1/4 cup Coconut Oil
- 1 tsp Onion Powder
- 1 tsp Paprika
- 1 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	455
Fat	17g
Carbs	34g
Fiber	6g
Sugar	2g
Protein	40g

### Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to package directions.
- 3 Place the haddock fillets and broccoli onto the parchment paper. In a small bowl, whisk together the coconut oil, onion powder, paprika, and sea salt. Brush the mixture onto the haddock and broccoli.
- 4 Bake the haddock and broccoli for 20 minutes, or until the fish is cooked through. Serve with the quinoa and enjoy!

### Notes

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

**Fillet Size:** Each haddock fillet is equal to 150 grams or 5.3 ounces.



## Chicken & Leek Quinoa

4 servings

25 minutes

### Ingredients

- 2 tbsps Butter
- 1 1/2 lbs Chicken Thighs (boneless, skinless, cut into 1-inch pieces)
- 2 Leeks (large, white and most green parts, trimmed, sliced)
- Sea Salt & Black Pepper (to taste)
- 2 Garlic (clove, finely chopped)
- 2 tsps Dried Rosemary
- 1 cup Quinoa (dry, rinsed)
- 3 cups Water
- 2 cups Baby Kale (chopped)

### Nutrition

Amount per serving	
Calories	454
Fat	16g
Carbs	36g
Fiber	5g
Sugar	2g
Protein	41g

### Directions

- 1 Melt the butter in a non-stick pan over medium heat. Add the chicken and the leeks and cook for four minutes, stirring occasionally. Season with salt and pepper.
- 2 Add the garlic and rosemary and cook for one more minute.
- 3 Add the quinoa and the water, stir well, and bring to a boil. Cover, reduce the heat to low and simmer for 12 to 15 minutes.
- 4 Add the kale and stir. Season to taste if desired. Divide evenly between plates and enjoy!

### Notes

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

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

**More Flavor:** Add more vegetables. Use spinach in place of kale.



## Chicken & Pea Soba Noodles

4 servings

35 minutes

### Ingredients

- 1 lb Chicken Breast
- 2/3 cup Water (divided)
- 6 ozs Buckwheat Soba Noodles
- 1 Yellow Bell Pepper (sliced)
- 1 cup Frozen Peas (thawed)
- 1/4 cup Sunflower Seed Butter
- 4 Garlic (cloves, minced)
- 1 tsp Onion Powder
- 1 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	482
Fat	13g
Carbs	44g
Fiber	4g
Sugar	4g
Protein	36g

### Directions

- 1 Warm a non-stick pan over medium heat. Add the chicken breasts and half of the water, then cover with a lid. Cook for seven to 10 minutes on each side.
- 2 Meanwhile, cook the soba noodles according to the package directions.
- 3 Once the chicken is nearly done, add the peppers and peas to the pan with the chicken, and return the lid. Cook until the chicken is cooked through. Remove the chicken breasts and slice into pieces.
- 4 In a small bowl, combine the sunflower seed butter, garlic, onion powder, salt, and remaining water. Whisk until smooth.
- 5 Divide the soba noodles, chicken, vegetables, and sauce evenly between bowls. Enjoy!

### Notes

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

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

**Make it Vegan:** Use tofu or tempeh in place of the chicken.

**More Flavor:** For the sauce, use lime juice and tamari in place of water and add maple syrup, ginger, and red pepper flakes.

**Additional Toppings:** Cilantro and sesame seeds.

**No Sunflower Seed Butter:** Use peanut butter or almond butter instead.



## Chicken Mango Cabbage Wraps

2 servings

20 minutes

### Ingredients

2/3 Mango  
2 tbsps Sesame Oil  
1/3 cup Cilantro (tightly packed, divided, chopped)  
2 tbsps Water  
1/2 tsp Sea Salt  
8 ozs Chicken Breast, Cooked (shredded)  
1 1/2 cups Grated Carrot  
1 1/3 cups Green Cabbage (pulled apart into leaves)

### Nutrition

Amount per serving	
Calories	407
Fat	18g
Carbs	28g
Fiber	6g
Sugar	21g
Protein	37g

### Directions

- 1 Add the mango, oil, 1/3 of the cilantro, water, and salt to a blender or immersion blender and blend for 20 to 30 seconds, until a smooth consistency is achieved. Set aside.
- 2 Add the chicken, carrot, and remaining cilantro to the cabbage leaves. Top with the mango cilantro sauce. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately three wraps.

**More Flavor:** Season the chicken with paprika, red pepper flakes, chili powder, or cayenne.

**Additional Toppings:** Red pepper or cucumber.

**Make it Vegan:** Use tofu, tempeh, or any legume in place of chicken.