



WELCOME

Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some notes about your meal plan:











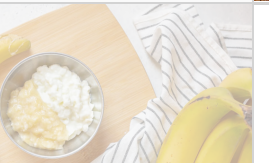

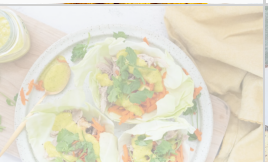
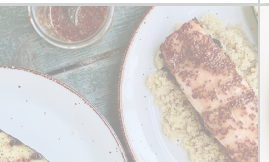
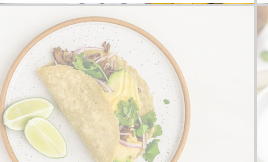
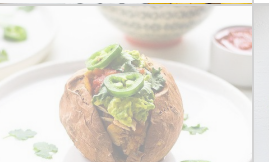


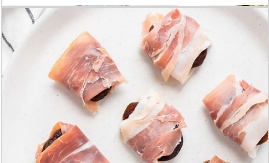

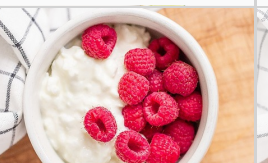
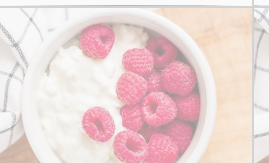

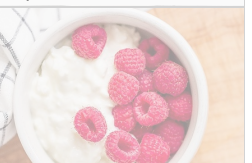

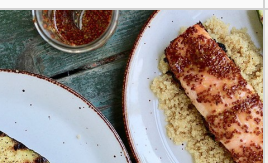
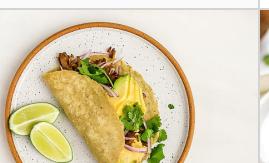




Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















Recipes and Servings: Each recipe will show the servings at the top. You will follow the recipe exactly and make the full number of servings shown. All of the servings will be eaten by you either the day you make it, or in the following days as leftovers.

Following the Calendar: Some days may have a meal/snack with the number (.5 or 2) in front. This number means that you will eat half or two servings.

Misc Notes:

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|--|--|--|---|--|--|--|
| Breakfast |  |  |  |  |  |  |  |
| | Chocolate Protein Pancakes | Chocolate Protein Pancakes | Chocolate Protein Pancakes | Vanilla Protein Pancakes | Vanilla Protein Pancakes | Basic Protein Porridge | Basic Protein Porridge |
| Snack 1 |  |  | |  |  | | |
| | Turmeric Chicken Nuggets | Turmeric Chicken Nuggets | | Cottage Cheese & Mashed Banana | Cottage Cheese & Mashed Banana | | |
| Lunch |  |  |  |  |  |  |  |
| | Pesto Chicken & Tomatoes with Quinoa | Chicken Mango Cabbage Wraps | Grilled Honey Dijon Salmon with Zucchini & Quinoa | Jerk Spiced Pulled Pork Tacos | Pressure Cooker Chicken Taco Stuffed Sweet Potato | One Pan Lemon Chicken | Rainbow Trout with Quinoa & Rapini |
| Snack 2 |  |  |  |  |  |  |  |
| | Prosciutto Wrapped Apricots | Prosciutto Wrapped Apricots | Prosciutto Wrapped Apricots | Cottage Cheese & Raspberries | Cottage Cheese & Raspberries | Cottage Cheese & Raspberries | Cottage Cheese & Raspberries |
| Dinner |  |  |  |  |  |  |  |
| | Chicken Mango Cabbage Wraps | Grilled Honey Dijon Salmon with Zucchini & Quinoa | Jerk Spiced Pulled Pork Tacos | Pressure Cooker Chicken Taco Stuffed Sweet Potato | One Pan Lemon Chicken | Rainbow Trout with Quinoa & Rapini | Chicken, Kale & Rutabaga |

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|--|---|---|---|
| Fat  35% | Fat  34% | Fat  30% | Fat  31% | Fat  34% | Fat  35% | Fat  33% |
| Carbs  30% | Carbs  32% | Carbs  37% | Carbs  33% | Carbs  32% | Carbs  29% | Carbs  31% |
| Protein  35% | Protein  34% | Protein  33% | Protein  36% | Protein  34% | Protein  36% | Protein  36% |
| Calories 1563 | Calories 1639 | Calories 1411 | Calories 1598 | Calories 1599 | Calories 1498 | Calories 1448 |
| Fat 61g | Fat 63g | Fat 47g | Fat 55g | Fat 61g | Fat 59g | Fat 53g |
| Carbs 120g | Carbs 132g | Carbs 127g | Carbs 132g | Carbs 131g | Carbs 110g | Carbs 113g |
| Fiber 18g | Fiber 19g | Fiber 15g | Fiber 23g | Fiber 26g | Fiber 29g | Fiber 33g |
| Sugar 55g | Sugar 66g | Sugar 46g | Sugar 42g | Sugar 44g | Sugar 12g | Sugar 28g |
| Protein 138g | Protein 139g | Protein 116g | Protein 142g | Protein 137g | Protein 134g | Protein 133g |

Fruits

- 3/4 Avocado
- 6 Banana
- 1 1/2 tbsps Lemon Juice
- 2 tsps Lime Juice
- 2/3 Mango
- 2 cups Raspberries

Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 1 tsp Chili Powder
- 1/2 tsp Cinnamon
- 1/2 tsp Cumin
- 1/3 cup Ground Flax Seed
- 1 1/8 tbsps Jerk Seasoning
- 1/2 tsp Oregano
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika
- 2 1/3 tsps Turmeric

Vegetables

- 1 cup Baby Spinach
- 2 cups Brussels Sprouts
- 1/4 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 2 tbsps Fresh Dill
- 1 1/2 cups Grated Carrot
- 1 1/3 cups Green Cabbage
- 1 Jalapeno Pepper
- 1 cup Kale Leaves
- 2 cups Mini Potatoes
- 1 bunch Rapini
- 2 2/3 tbsps Red Onion
- 1 tbsp Rosemary
- 3 cups Rutabaga
- 2 Sweet Potato
- 2 Zucchini

Boxed & Canned

- 1 cup Chicken Broth
- 2/3 cup Quick Oats
- 1 1/4 cups Quinoa
- 2 tbsps Salsa

Baking

- 2/3 tsp Baking Powder
- 1/3 cup Oats
- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- 1 2/3 lbs Chicken Breast
- 8 ozs Chicken Breast, Cooked
- 4 ozs Chicken Thighs
- 4 Corn Tortilla
- 10 2/3 ozs Pork Shoulder, Boneless
- 5 3/4 ozs Prosciutto
- 2 Rainbow Trout Fillet
- 8 ozs Salmon Fillet

Condiments & Oils

- 2 1/3 tsps Avocado Oil
- 3 1/2 tbsps Coconut Oil
- 2 tbsps Dijon Mustard
- 2 3/4 tbsps Extra Virgin Olive Oil
- 1 1/4 tsps Pesto
- 2 tbsps Sesame Oil

Cold

- 1 tbsp Butter
- 5 1/2 cups Cottage Cheese
- 11 Egg

Other

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



Chocolate Protein Pancakes

3 servings

15 minutes

Ingredients

- 3 Banana (ripe)
- 6 Egg (medium)
- 3/4 cup Chocolate Protein Powder
- 1 1/2 tbsps Coconut Oil

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 394 |
| Fat | 17g |
| Carbs | 29g |
| Fiber | 4g |
| Sugar | 15g |
| Protein | 33g |

Directions

- 1 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 2 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side for about two to three minutes or until browned. Enjoy!

Notes

Serving Size: One serving is approximately two pancakes.

Toppings: Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



Vanilla Protein Pancakes

2 servings

15 minutes

Ingredients

- 2 Banana (plus extra for topping)
- 4 Egg
- 1/2 cup Vanilla Protein Powder
- 1 tbsp Coconut Oil

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 394 |
| Fat | 17g |
| Carbs | 29g |
| Fiber | 4g |
| Sugar | 15g |
| Protein | 33g |

Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

Notes

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

Serving Size: One serving is approximately two pancakes.

Additional Toppings: Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



Basic Protein Porridge

2 servings

5 minutes

Ingredients

- 3 cups Water
- 2/3 cup Quick Oats
- 1/2 cup Vanilla Protein Powder
- 1/2 tsp Cinnamon (optional)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 189 |
| Fat | 2g |
| Carbs | 20g |
| Fiber | 4g |
| Sugar | 0g |
| Protein | 23g |

Directions

- 1 Bring the water to a boil in a small saucepan. Add the quick oats and cook for one minute, or until cooked to your liking.
- 2 Stir in the protein powder and cinnamon until well combined. Enjoy!

Notes

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

Additional Toppings: Add nuts, fresh or dried fruit, shredded coconut, bee pollen, nut butter, or hemp seeds.



Grain-Free Flax Bread

2 servings

1 hour

Ingredients

- 1/3 cup Ground Flax Seed
- 2/3 tsp Baking Powder
- 1/8 tsp Sea Salt
- 1 Egg (room temp)
- 1 2/3 tbsps Water (room temp)
- 1 tbsps Coconut Oil (melted)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 209 |
| Fat | 16g |
| Carbs | 7g |
| Fiber | 5g |
| Sugar | 0g |
| Protein | 8g |

Directions

- 1 Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
- 2 In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
- 6 Once cooled, slice and store in the fridge or freezer.

Notes

Leftovers: Refrigerate in an airtight container or food wrap for up to five days. Freeze for up to two months.

Serving Size: One serving is one slice of bread.



Turmeric Chicken Nuggets

2 servings

30 minutes

Ingredients

- 1/3 cup Oats (rolled)
- 2 1/3 tsps Turmeric
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 6 1/3 ozs Chicken Breast (boneless, cubed)
- 2 1/3 tsps Avocado Oil (divided)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 231 |
| Fat | 9g |
| Carbs | 13g |
| Fiber | 2g |
| Sugar | 0g |
| Protein | 23g |

Directions

- 1 In a food processor blend the rolled oats, turmeric powder, sea salt and black pepper until a flour-like consistency forms.
- 2 In a separate bowl, toss the cubed chicken breast in half of the avocado oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 3 Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165°F (74°C).
- 4 Serve the chicken nuggets with your favorite dipping sauce and enjoy!

Notes

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

Serving Size: One serving is equal to approximately five nuggets.

Make it Vegan: Use cauliflower florets instead and bake them in the oven for 25 to 30 minutes.



Cottage Cheese & Mashed Banana

2 servings

5 minutes

Ingredients

- 1 1/2 cups Cottage Cheese
- 1 Banana (mashed)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 207 |
| Fat | 7g |
| Carbs | 19g |
| Fiber | 2g |
| Sugar | 11g |
| Protein | 18g |

Directions

- 1 Serve the cottage cheese with the mashed banana and enjoy!

Notes

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

Additional Toppings: Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.



Pesto Chicken & Tomatoes with Quinoa

1 serving
20 minutes

Ingredients

- 1/4 cup Quinoa (dry)
- 4 ozs Chicken Thighs (boneless, skinless)
- 1/4 cup Cherry Tomatoes (halved)
- 1 1/4 tsps Pesto
- 1 cup Baby Spinach

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 335 |
| Fat | 10g |
| Carbs | 30g |
| Fiber | 4g |
| Sugar | 2g |
| Protein | 30g |

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 2 Cook the quinoa according to the package directions.
- 3 Toss the chicken thighs and cherry tomatoes with the pesto until well coated. Add the chicken and tomatoes to the baking dish and bake for 15 to 20 minutes or until the chicken is cooked through.
- 4 Divide the quinoa evenly between bowls and top with baby spinach. Serve the chicken thighs and cherry tomatoes over top of the spinach. Spoon residual sauce from the baking dish on top of each serving. Enjoy!

Notes

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

More Flavor: Cook the quinoa in chicken stock instead of water.

Additional Toppings: Chopped basil or parsley.



Prosciutto Wrapped Apricots

3 servings
10 minutes

Ingredients

3/4 cup Dried Apricots
5 3/4 ozs Prosciutto (cut in half)

Nutrition

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

Directions

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

Notes

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

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

Additional Toppings: Add goat cheese and walnuts.



Cottage Cheese & Raspberries

4 servings

5 minutes

Ingredients

4 cups Cottage Cheese
2 cups Raspberries

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 238 |
| Fat | 9g |
| Carbs | 14g |
| Fiber | 4g |
| Sugar | 8g |
| Protein | 24g |

Directions

- 1 Top the cottage cheese with raspberries and enjoy!

Notes

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

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, and/or honey.

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



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.



Grilled Honey Dijon Salmon with Zucchini & Quinoa

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 2 tbsps Dijon Mustard (grainy or regular)
- 1 tbsp Raw Honey
- 8 ozs Salmon Fillet
- 2 Zucchini (sliced in half lengthwise)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 411 |
| Fat | 12g |
| Carbs | 42g |
| Fiber | 5g |
| Sugar | 13g |
| Protein | 31g |

Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill: Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini: Use asparagus or green beans instead.

Lower Carb: Omit the quinoa or serve with cauliflower rice instead.

Leftovers: Store leftovers in an airtight container in the fridge up to 2 to 3 days.



Jerk Spiced Pulled Pork Tacos

2 servings

1 hour 5 minutes

Ingredients

- 10 2/3 ozs Pork Shoulder, Boneless (cut into large chunks)
- 1 1/8 tbsps Jerk Seasoning
- 2 2/3 tbsps Water
- 4 Corn Tortilla
- 1/3 Avocado (sliced)
- 2 2/3 tbsps Red Onion (sliced thin)
- 1 3/4 tbsps Cilantro (roughly chopped)
- 2 tsps Lime Juice

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 410 |
| Fat | 11g |
| Carbs | 36g |
| Fiber | 4g |
| Sugar | 1g |
| Protein | 37g |

Directions

- 1 Add the pork shoulder to a large bowl and season well with the jerk seasoning, using your hands to rub it in.
- 2 Place the pork and water in your pressure cooker. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 40 minutes on high pressure. Once finished, let it release naturally for 10 minutes and then do a quick release. Remove the pork and place in a bowl. Shred it with two forks.
- 3 Place the pork into a tortilla and top with avocado, onion and cilantro. Drizzle with lime juice. Serve and enjoy!

Notes

Leftovers: Store ingredients separately in airtight containers in the fridge for up to 3 days. Assemble tacos just before eating.

Serving Size: One serving is equal to two tacos.

Additional Toppings: Diced mango or pineapple.



Pressure Cooker Chicken Taco Stuffed Sweet Potato

2 servings

50 minutes

Ingredients

- 2 Sweet Potato (medium, pierced with a fork)
- 8 ozs Chicken Breast (skinless and boneless)
- 1 tsp Chili Powder
- 1/2 tsp Cumin (ground)
- 1/2 tsp Smoked Paprika
- 1 cup Chicken Broth
- 2 tbsps Salsa
- 1/2 Avocado (mashed)
- 1 tbsp Cilantro (optional, chopped)
- 1 Jalapeno Pepper (optional, sliced)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 349 |
| Fat | 11g |
| Carbs | 34g |
| Fiber | 9g |
| Sugar | 7g |
| Protein | 30g |

Directions

- 1 Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
- 2 Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 3 Remove the lid carefully. Remove the chicken and shred it with two forks.
- 4 When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

Notes

Dairy Lover: Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

Meal Prep: Cook the sweet potatoes ahead of time for a quick weeknight meal.

Leftovers: Keep in a sealed container in the fridge for 3 to 4 days.



One Pan Lemon Chicken

2 servings

35 minutes

Ingredients

8 ozs Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
2 cups Brussels Sprouts (halved)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 411 |
| Fat | 17g |
| Carbs | 35g |
| Fiber | 7g |
| Sugar | 3g |
| Protein | 32g |

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 2 In a small bowl, mix together the extra virgin olive oil, lemon juice, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes, and brussels sprouts.
- 3 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

Notes

No Brussels Sprouts: Use another green veggie instead such as green beans, asparagus or broccoli.

No Chicken Breasts: Use chicken legs or thighs instead and increase cooking time as needed.

More Flavor: Add spices such as oregano, thyme, or chili flakes.

No Mini Potatoes: Use diced regular potatoes.

Additional Toppings: Add lemon slices, zest from one lemon, and fresh rosemary.



Rainbow Trout with Quinoa & Rapini

2 servings

20 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 Rainbow Trout Fillet
- 2 tbsps Fresh Dill (chopped)
- 1/4 tsp Sea Salt (divided, to taste)
- 1 tbsp Butter
- 1 bunch Rapini (chopped)

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 451 |
| Fat | 15g |
| Carbs | 34g |
| Fiber | 9g |
| Sugar | 1g |
| Protein | 47g |

Directions

- 1 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 2 Meanwhile, coat the trout fillets in the dill and half the salt.
- 3 Heat the butter in a non-stick pan over medium heat. Place the trout flesh side down and cook for three minutes, then flip and cook for three to four minutes until cooked through. Remove and set aside.
- 4 In the same pan, add the rapini and cook until just wilted. Serve alongside the trout and quinoa, and season with the remaining salt. Enjoy!

Notes

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

Serving Size: One serving is approximately one trout fillet, one cup of quinoa, and two cups of rapini.

Fillet Size: One fillet is equal to 159 grams or 5.6 ounces.

Dairy-Free: Use vegan butter or your cooking oil of choice.

Additional Toppings: Add lemon juice, fresh herbs, salad greens, olives, capers, sliced red onions, or crumbled feta cheese.

No Rainbow Trout: Use salmon instead.



Chicken, Kale & Rutabaga

1 serving
40 minutes

Ingredients

- 3 cups Rutabaga (peeled, cubed)
- 1/16 tsp Sea Salt (to taste)
- 4 ozs Chicken Breast (boneless, skinless)
- 1 cup Kale Leaves (tough stems removed, roughly torn into pieces)
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Oregano

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 361 |
| Fat | 11g |
| Carbs | 38g |
| Fiber | 11g |
| Sugar | 19g |
| Protein | 31g |

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
- 3 While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
- 4 Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
- 5 Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

Notes

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

More Flavor: Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

Additional Toppings: Kimchi, sauerkraut, pickled veggies, or olives.

No Rutabaga: Use sweet potato or cauliflower instead.