



1800 calories

MON



BREAKFAST
Peach Blueberry Smoothie



SNACK 1
Pineapple Yogurt Bowl, Deli Beef Wraps



LUNCH
One Pan Teriyaki Chicken



SNACK 2
Toast with Cottage Cheese



DINNER
Meal Prep Spaghetti with Chicken,
Spinach & Tomatoes



SNACK 3
Cottage Cheese Crackers with
Cucumbers

TUE



BREAKFAST
Peach Blueberry Smoothie



SNACK 1
Pineapple Yogurt Bowl, Deli Beef Wraps



LUNCH
Meal Prep Spaghetti with Chicken,
Spinach & Tomatoes



SNACK 2
Toast with Cottage Cheese



DINNER
Sun Dried Tomato & Salmon Pasta



SNACK 3
Cottage Cheese Crackers with
Cucumbers

WED



BREAKFAST
Peach Blueberry Smoothie



SNACK 1
Pineapple Yogurt Bowl, Deli Beef Wraps



LUNCH
Sun Dried Tomato & Salmon Pasta



SNACK 2
Toast with Cottage Cheese



DINNER
One Pot Cheeseburger Pasta



SNACK 3
Cottage Cheese Crackers with
Cucumbers

THU



BREAKFAST
Cucumber, Mango & Banana Smoothie



SNACK 1
Tofu & Veggie Hot Pot



LUNCH
One Pot Cheeseburger Pasta



SNACK 2
Cantaloupe with Prosciutto



DINNER
Turkey, Artichoke & Olive Naan Pizza



SNACK 3
Lemon & Chili Pepper Sardine Toast

FRI



BREAKFAST
Cucumber, Mango & Banana Smoothie



SNACK 1
Tofu & Veggie Hot Pot



LUNCH
Turkey, Artichoke & Olive Naan Pizza



SNACK 2
2 Cantaloupe with Prosciutto



DINNER
Salmon Nuggets with Peas



SNACK 3
Lemon & Chili Pepper Sardine Toast

SAT



BREAKFAST
1.5 Brownie Protein Pancakes



SNACK 1
Tofu & Veggie Hot Pot



LUNCH
Salmon Nuggets with Peas



SNACK 2
Cantaloupe with Prosciutto



DINNER
Ground Turkey, Green Beans & Rice



SNACK 3
Lemon & Chili Pepper Sardine Toast

SUN



BREAKFAST
1.5 Brownie Protein Pancakes



SNACK 1
Tofu & Veggie Hot Pot



LUNCH
Ground Turkey, Green Beans & Rice



SNACK 2
Cantaloupe with Prosciutto



DINNER
Salmon, Rice & Arugula



SNACK 3
Lemon & Chili Pepper Sardine Toast

MON

FAT 30% **CARBS 42%** **PROTEIN 28%**

Calories 1841 Fiber 34g
Fat 62g Sugar 76g
Carbs 201g Protein 133g

TUE

FAT 29% **CARBS 42%** **PROTEIN 29%**

Calories 1848 Fiber 37g
Fat 61g Sugar 58g
Carbs 202g Protein 139g

WED

FAT 30% **CARBS 42%** **PROTEIN 28%**

Calories 1942 Fiber 37g
Fat 67g Sugar 58g
Carbs 207g Protein 140g

THU

FAT 35% **CARBS 40%** **PROTEIN 25%**

Calories 1885 Fiber 27g
Fat 75g Sugar 53g
Carbs 193g Protein 121g

FRI

FAT 33% **CARBS 39%** **PROTEIN 28%**

Calories 1801 Fiber 35g
Fat 69g Sugar 62g
Carbs 183g Protein 128g

SAT

FAT 32% **CARBS 39%** **PROTEIN 29%**

Calories 1826 Fiber 32g
Fat 67g Sugar 52g
Carbs 179g Protein 135g

SUN

FAT 34% **CARBS 38%** **PROTEIN 28%**

Calories 1804 Fiber 21g
Fat 69g Sugar 45g
Carbs 177g Protein 127g

FRUITS

- 2/3 Cantaloupe
- 1/3 Lemon
- 1/4 Navel Orange
- 1 1/2 cups Pineapple

BREAKFAST

- 1/4 cup Almond Butter

SEEDS, NUTS & SPICES

- 1 tsp Cinnamon
- 2/3 tsp Dried Basil
- 1 tsp Garlic Powder
- 1/2 cup Ground Flax Seed
- 1/4 tsp Italian Seasoning
- 1 tsp Onion Powder
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds

FROZEN

- 1 cup Frozen Banana
- 1 1/2 cups Frozen Blueberries
- 2 cups Frozen Green Beans
- 1 cup Frozen Mango
- 2 1/4 cups Frozen Peaches

VEGETABLES

- 1 cup Arugula
- 4 cups Baby Spinach
- 1 1/2 tsps Basil Leaves
- 1 cup Broccoli
- 1 1/3 Carrot
- 3/4 stalk Celery
- 2 cups Cherry Tomatoes
- 2 Cremini Mushrooms
- 2 3/4 Cucumber
- 2 1/16 cups Fresh Peas
- 4 1/2 Garlic
- 1 1/2 tsps Ginger
- 2 stalks Green Onion
- 2 cups Mushrooms
- 2 cups Napa Cabbage
- 4 Red Hot Chili Pepper
- 1 cup Snap Peas
- 1/4 Yellow Onion

BOXED & CANNED

- 1 1/8 cups Brown Rice Fusilli
- 1/2 cup Brown Rice Spaghetti
- 1/4 cup Chicken Broth
- 5 ozs Chickpea Pasta
- 1 1/8 cups Diced Tomatoes
- 3/4 cup Jasmine Rice
- 6 slices Light Rye Crisp Bread
- 1 oz Oat Crackers
- 4 ozs Sardines
- 14 ozs Shiratake Noodles
- 6 cups Vegetable Broth

BAKING

- 2 2/3 tbsps All Purpose Gluten-Free Flour
- 1 1/2 tbsps Baking Powder
- 3/4 cup Chickpea Flour
- 1 1/2 tbsps Cocoa Powder

BREAD, FISH, MEAT & CHEESE

- 1 1/3 ozs Cheddar Cheese
- 13 ozs Chicken Breast
- 4 1/2 ozs Deli Roast Beef
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 4 slices Gluten-Free Bread
- 4 ozs Mozzarella Cheese
- 2 pieces Naan
- 3 3/4 ozs Prosciutto
- 1 1/4 lbs Salmon Fillet
- 3 ozs Sliced Turkey Breast
- 16 ozs Tofu
- 3 slices Whole Grain Bread

CONDIMENTS & OILS

- 1/2 cup Artichoke Hearts
- 2 tbsps Black Olives
- 1 tbsp Coconut Aminos
- 1 tbsp Coconut Oil
- 3 1/8 tbsps Extra Virgin Olive Oil
- 2 tbsps Rice Vinegar
- 1 tbsp Sesame Oil
- 1/3 cup Sun Dried Tomatoes
- 1 tbsp Tamari
- 2 tbsps Tomato Sauce

COLD

- 2 1/4 cups Cottage Cheese
- 2/3 Egg
- 3 cups Oat Milk
- 1/4 cup Plain Greek Yogurt
- 3 1/2 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 2 cups Calabash Squash
- 3/4 cup Chocolate Protein Powder

■ 1/3 cup Dark Chocolate Chips

■ 1 tbsp Raw Honey

■ 1 1/2 tbsps Unsweetened Shredded
Coconut

■ 1 1/4 cups Vanilla Protein Powder

■ 1 1/16 cups Water

Peach Blueberry Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Oat Milk
1 1/2 cups Frozen Blueberries
2 1/4 cups Frozen Peaches
1/3 cup Ground Flax Seed
3/4 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	360	Fiber	9g
Fat	11g	Sugar	23g
Carbs	42g	Protein	26g

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

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

NO OAT MILK

Use plain coconut milk instead.

NO FROZEN PEACHES

Use frozen mango.

Cucumber, Mango & Banana Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 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.

Brownie Protein Pancakes

3 SERVINGS 15 MINUTES



INGREDIENTS

3 tbsps Ground Flax Seed
1/2 cup Water
3/4 cup Chickpea Flour
3/4 cup Chocolate Protein Powder
1 1/2 tbsps Cocoa Powder
1 1/2 tbsps Baking Powder
1 1/2 cups Unsweetened Almond Milk (or water)
1/3 cup Dark Chocolate Chips
2 1/4 tps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	444	Fiber	6g
Fat	19g	Sugar	17g
Carbs	37g	Protein	29g

DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 05 Plate the pancakes and enjoy!

NOTES

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

SAVE TIME

Make the pancake batter in a blender.

TOPPINGS

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

LEFTOVERS

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

NO CHICKPEA FLOUR

Try oat flour instead. Results may vary.

Pineapple Yogurt Bowl

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Coconut Yogurt

1 1/2 cups Pineapple (chopped)

1 1/2 tbsps Unsweetened Shredded Coconut (optional)

NUTRITION

AMOUNT PER SERVING

Calories	113	Fiber	3g
Fat	5g	Sugar	9g
Carbs	17g	Protein	1g

DIRECTIONS

01 Divide the coconut yogurt between bowls and top with the pineapple and shredded coconut (if using). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Top with chopped nuts, seeds, and/or granola.

MORE FRUIT

Add berries, mango, banana, or kiwi.

NO COCONUT YOGURT

Use plain or Greek yogurt instead.

Deli Beef Wraps

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 Cucumber (medium, julienned)
3/4 stalk Celery (julienned)
4 1/2 ozs Deli Roast Beef

NUTRITION

AMOUNT PER SERVING

Calories	69	Fiber	1g
Fat	2g	Sugar	1g
Carbs	3g	Protein	10g

DIRECTIONS

01 Divide the cucumber and celery into the middle of each deli roast beef slice.
Roll tightly and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two deli beef wraps.

ADDITIONAL TOPPINGS

Add pickle, tomato, arugula, and/or micro greens.

Tofu & Veggie Hot Pot

4 SERVINGS 30 MINUTES



INGREDIENTS

6 cups Vegetable Broth
1 tbsp Tamari
1 tbsp Rice Vinegar
1/2 tsp Sea Salt
2 cups Mushrooms (halved)
2 cups Calabash Squash (chopped)
2 cups Napa Cabbage (thinly sliced)
16 ozs Tofu (extra firm, broiled, cubed)
14 ozs Shiratake Noodles (rinsed, drained)

NUTRITION

AMOUNT PER SERVING

Calories	143	Fiber	3g
Fat	6g	Sugar	5g
Carbs	12g	Protein	15g

DIRECTIONS

- 01 In an induction hot pot appliance, or a large pot over the stovetop, combine the broth, tamari, vinegar and salt. Bring to a boil and adjust seasoning as needed.
- 02 Add the mushrooms, calabash squash, cabbage and tofu. Cook until the veggies are soft, about 15 to 20 minutes. Just before serving, add the shiratake noodles.
- 03 If you are using an induction hot pot at the table, each person can serve themselves as the food cooks. If you are using the stovetop, divide the ingredients and broth into bowls and enjoy!

NOTES

LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Store the noodles separately from the broth and veggies for best results.

SERVING SIZE

One serving is equal to approximately three to four ounces of noodles with one cup of veggies and tofu.

MORE FLAVOR

Use bone broth instead of vegetable broth. Marinate your tofu before adding to the broth.

ADDITIONAL TOPPINGS

Top with sliced green onions, fried shallots, enoki mushrooms, and/or sliced carrots.

NO CALABASH SQUASH

Use zucchini or celery instead.

NO SHIRATAKE NOODLES

Use ramen or rice noodles instead.

One Pan Teriyaki Chicken

1 SERVING 40 MINUTES



INGREDIENTS

- 5 ozs Chicken Breast
- 1 cup Broccoli (chopped into florets)
- 1 Carrot (medium, sliced on the diagonal)
- 1 cup Snap Peas
- 1 tbsp Coconut Aminos
- 1 tbsp Sesame Oil
- 1/4 Navel Orange (juiced)
- 1 tbsp Raw Honey
- 1 tbsp Rice Vinegar
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 1/2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	505	Fiber	8g
Fat	20g	Sugar	30g
Carbs	47g	Protein	38g

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

NOTES

SERVE IT WITH

Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

LIKES IT SPICY

Whisk hot sauce or chili flakes into the teriyaki sauce.

LEFTOVERS

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

NO COCONUT AMINOS

Use tamari instead.

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	Fiber	3g
Fat	4g	Sugar	4g
Carbs	20g	Protein	11g

DIRECTIONS

01 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.

Cantaloupe with Prosciutto

5 SERVINGS 10 MINUTES



INGREDIENTS

2/3 Cantaloupe (skin and seeds removed, sliced)

3 3/4 ozs Prosciutto (thinly sliced)

NUTRITION

AMOUNT PER SERVING

Calories	69	Fiber	1g
Fat	3g	Sugar	5g
Carbs	6g	Protein	6g

DIRECTIONS

01 Gently wrap the cantaloupe slices with prosciutto. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

Each serving equals approximately two slices of prosciutto-wrapped cantaloupe.

ADDITIONAL TOPPINGS

Add in bocconcini cheese and/or arugula.

EXTRA SWEETNESS

Drizzle with a bit of raw honey.

Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil (divided)
2 cups Cherry Tomatoes
1 tsp Garlic Powder
1 tsp Onion Powder
1/2 tsp Sea Salt
8 ozs Chicken Breast (sliced in halves)
2 cups Baby Spinach
1/2 cup Brown Rice Spaghetti (dry)

NUTRITION

AMOUNT PER SERVING

Calories	468	Fiber	5g
Fat	15g	Sugar	4g
Carbs	52g	Protein	32g

DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 02 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 03 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 04 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 05 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 06 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 07 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

NOTES

NO CHICKEN

Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

NO BROWN RICE SPAGHETTI

Use rice, quinoa or any type of pasta instead.

MAKE IT CHEESY

Add parmesan or nutritional yeast to the pasta.

SPICE IT UP

Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

Sun Dried Tomato & Salmon Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

DAIRY-FREE

Use coconut milk instead of yogurt.

One Pot Cheeseburger Pasta

2 SERVINGS 20 MINUTES



INGREDIENTS

1/3 tsp Extra Virgin Olive Oil
8 ozs Extra Lean Ground Beef
1/3 Carrot (medium, finely diced)
2/3 tsp Dried Basil
1/8 tsp Sea Salt
1 1/8 cups Diced Tomatoes (with juices)
1/2 cup Water
1 1/8 cups Brown Rice Fusilli (dry)
1 1/3 ozs Cheddar Cheese (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	562	Fiber	5g
Fat	21g	Sugar	4g
Carbs	57g	Protein	33g

DIRECTIONS

- 01 In a large pot or Dutch oven, heat the oil over medium heat. Add the ground beef, carrot, basil, and salt. Cook for five minutes, stirring often. Drain any excess oil.
- 02 Add the diced tomatoes, water, and brown rice fusilli. Stir until well combined and the fusilli is mostly submerged. Cover with a lid and cook for 10 to 12 minutes or until the pasta is cooked through.
- 03 Open the lid and stir the pasta again. Top with the shredded cheese and close the lid until melted. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 to 2 cups.

DAIRY-FREE

Use vegan cheese, nutritional yeast, or omit.

MORE FLAVOR

Add fresh basil, oregano, onion, and/or garlic.

ADDITIONAL TOPPINGS

Sliced green onions, chopped pickles, avocado and/or plain yogurt.

MAKE IT VEGAN

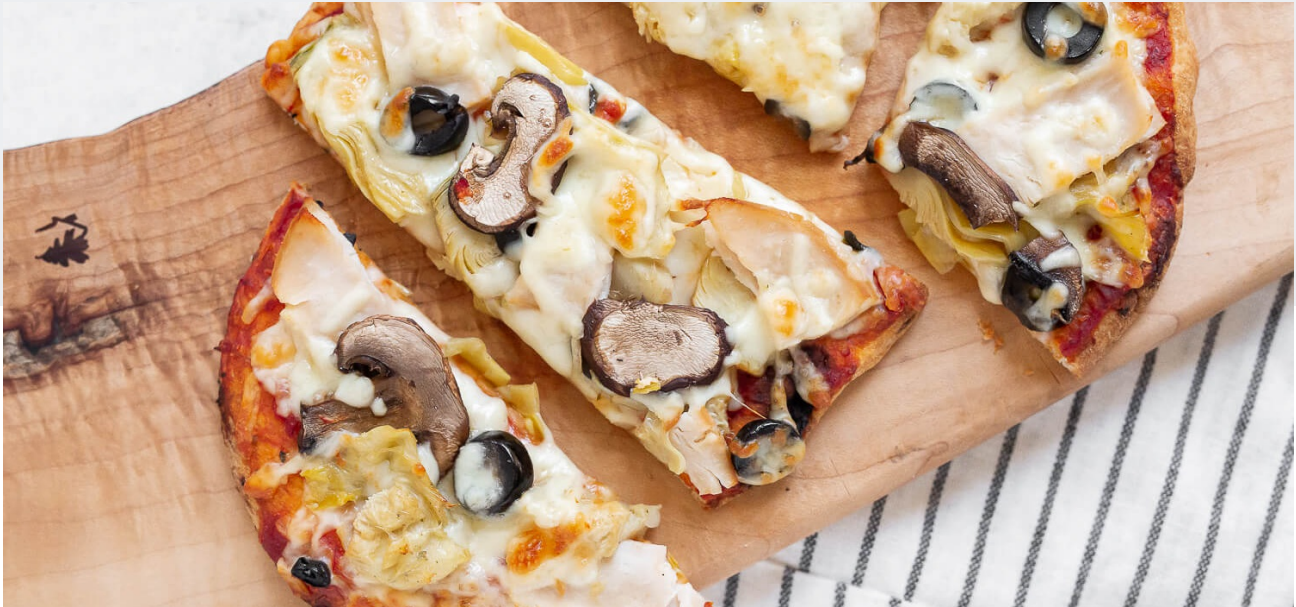
Use lentils instead of ground beef.

MORE VEGGIES

Stir in finely chopped spinach before topping with cheese.

Turkey, Artichoke & Olive Naan Pizza

2 SERVINGS 15 MINUTES



INGREDIENTS

- 2 pieces Naan
- 2 tbsps Tomato Sauce
- 4 ozs Mozzarella Cheese (shredded, divided)
- 1/2 cup Artichoke Hearts (from the can, drained, sliced)
- 3 ozs Sliced Turkey Breast (chopped)
- 2 Cremini Mushrooms (sliced)
- 2 tbsps Black Olives (pitted, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	478	Fiber	5g
Fat	18g	Sugar	6g
Carbs	50g	Protein	27g

DIRECTIONS

- 01 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.
- 02 Spread the tomato sauce evenly over the naan. Top with half the mozzarella, artichoke hearts, turkey, mushrooms, olives, and then the remaining mozzarella.
- 03 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.

NAAN

One piece of naan is 3.2 oz or 90 grams.

Salmon Nuggets with Peas

2 SERVINGS 20 MINUTES



INGREDIENTS

2 2/3 tbsps All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)
2/3 Egg (large)
1 oz Oat Crackers (crushed)
8 ozs Salmon Fillet (chopped into chunks, patted dry)
2 cups Fresh Peas (or frozen and thawed)

NUTRITION

AMOUNT PER SERVING

Calories	409	Fiber	12g
Fat	12g	Sugar	8g
Carbs	41g	Protein	34g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the crushed oat crackers.
- 03 Dredge the salmon chunks in the flour first, shaking off any excess. Coat each chunk in the egg mixture, then transfer to the crushed oat crackers and coat well.
- 04 Arrange the salmon onto the baking sheet and bake for 12 to 15 minutes or until cooked through. Serve alongside the peas and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four ounces of salmon and one cup of peas.

MORE FLAVOR

Add dried herbs to the flour mixture.

ADDITIONAL TOPPING

Dip into plain yogurt, honey mustard sauce, mayonnaise, guacamole, salsa, or ketchup.

MAKE IT VEGAN

Use tofu instead of salmon.

Ground Turkey, Green Beans & Rice

2 SERVINGS 20 MINUTES



INGREDIENTS

3/4 tsp Coconut Oil
8 ozs Extra Lean Ground Turkey
1/8 tsp Sea Salt
1/2 cup Jasmine Rice (dry/uncooked)
2 cups Frozen Green Beans

NUTRITION

AMOUNT PER SERVING

Calories	383	Fiber	5g
Fat	11g	Sugar	3g
Carbs	47g	Protein	26g

DIRECTIONS

- 01 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 02 Meanwhile, cook your rice according to the directions on the package and set aside.
- 03 Steam your green beans.
- 04 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

NO GROUND TURKEY

Use ground chicken, beef, pork, or lamb instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

NO GREEN BEANS

Use asparagus, edamame or green peas instead.

LIKES IT SPICY

Serve with hot sauce.

Salmon, Rice & Arugula

1 SERVING 25 MINUTES



INGREDIENTS

4 ozs Salmon Fillet
1/8 tsp Sea Salt
1/4 cup Jasmine Rice (dry, uncooked)
1 1/2 tsps Extra Virgin Olive Oil
1/8 Lemon (juiced)
1 cup Arugula

NUTRITION

AMOUNT PER SERVING

Calories	387	Fiber	1g
Fat	14g	Sugar	1g
Carbs	39g	Protein	26g

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 03 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 04 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 05 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

NOTES

NO SALMON

Use any type of fish fillet instead, or use canned fish.

NO ARUGULA

Use baby spinach, kale or mixed greens instead.

NO RICE

Use quinoa instead.

LEFTOVERS

Refrigerate in an air-tight container up to 3 days.

Cottage Cheese Crackers with Cucumbers

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Cottage Cheese
6 slices Light Rye Crisp Bread
1 1/2 Cucumber (medium, sliced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	165	Fiber	5g
Fat	5g	Sugar	5g
Carbs	20g	Protein	15g

DIRECTIONS

01 Spread the cottage cheese on top of each crisp bread. Top with cucumbers, salt, and pepper. Enjoy!

NOTES

GLUTEN-FREE

Use gluten-free crackers instead.

ADDITIONAL TOPPINGS

Add sliced tomatoes.

Lemon & Chili Pepper Sardine Toast

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 Garlic (clove)
- 4 slices Gluten-Free Bread (toasted)
- 4 ozs Sardines (packed in oil, drained, halved lengthwise)
- 2 stalks Green Onion (sliced)
- 4 Red Hot Chili Pepper (sliced)
- 1/4 Lemon (juiced, zested)

NUTRITION

AMOUNT PER SERVING

Calories	156	Fiber	2g
Fat	6g	Sugar	5g
Carbs	17g	Protein	10g

DIRECTIONS

- 01 Rub the open end of the garlic clove evenly over the toast. Top each slice with the sardines, green onion, red hot chili pepper, and lemon zest. Squeeze the lemon juice over top and enjoy!

NOTES

LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

MORE FLAVOR

Butter the toast or pan fry the bread in butter. Season with salt and pepper to taste.

NO SARDINES

Use tuna instead.