



1800 calories

MON



BREAKFAST
Banana Protein Oats



SNACK 1
Lemon & Chili Pepper Sardine Toast



LUNCH
Slow Cooker Lamb & White Bean Stew



SNACK 2
Cottage Cheese Crackers with Salsa



DINNER
Ground Turkey, Rice & Broccoli



SNACK 3
Mackerel Salad Open Face Sandwich

TUE



BREAKFAST
Banana Protein Oats



SNACK 1
Lemon & Chili Pepper Sardine Toast



LUNCH
Ground Turkey, Rice & Broccoli



SNACK 2
Cottage Cheese Crackers with Salsa



DINNER
Sesame Beef & Brown Rice



SNACK 3
Mackerel Salad Open Face Sandwich

WED



BREAKFAST
Banana Protein Oats



SNACK 1
Lemon & Chili Pepper Sardine Toast



LUNCH
Sesame Beef & Brown Rice



SNACK 2
Cottage Cheese Crackers with Salsa



DINNER
Ginger Beef Sweet Potato Noodles



SNACK 3
Mackerel Salad Open Face Sandwich

THU



BREAKFAST
Blueberry Protein Oats



SNACK 1
Cottage Cheese with Blueberries,
Cherry Tomatoes



LUNCH
Ginger Beef Sweet Potato Noodles



SNACK 2
Cottage Cheese Crackers with
Cucumbers



DINNER
Ground Beef, Broccoli & Rice



SNACK 3
Prosciutto Wrapped Apricots

FRI



BREAKFAST
Blueberry Protein Oats



SNACK 1
Cottage Cheese with Blueberries,
Cherry Tomatoes



LUNCH
Ground Beef, Broccoli & Rice



SNACK 2
Cottage Cheese Crackers with
Cucumbers



DINNER
Maple Roasted Carrots & Chicken



SNACK 3
Prosciutto Wrapped Apricots

SAT



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Cottage Cheese with Blueberries,
Cherry Tomatoes



LUNCH
Maple Roasted Carrots & Chicken



SNACK 2
Cottage Cheese Crackers with
Cucumbers



DINNER
Lemon Dill Chicken with Rice & Kale
Salad



SNACK 3
Prosciutto Wrapped Apricots

SUN



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Cottage Cheese with Blueberries,
Cherry Tomatoes



LUNCH
Lemon Dill Chicken with Rice & Kale
Salad



SNACK 2
Cottage Cheese Crackers with
Cucumbers



DINNER
Cuban Beef Picadillo



SNACK 3
Prosciutto Wrapped Apricots

MON

FAT 30% **CARBS 44%** **PROTEIN 26%**

Calories 1752 Fiber 33g
Fat 59g Sugar 42g
Carbs 196g Protein 118g

TUE

FAT 30% **CARBS 44%** **PROTEIN 26%**

Calories 1773 Fiber 23g
Fat 61g Sugar 41g
Carbs 196g Protein 118g

WED

FAT 32% **CARBS 42%** **PROTEIN 26%**

Calories 1821 Fiber 27g
Fat 65g Sugar 54g
Carbs 195g Protein 119g

THU

FAT 31% **CARBS 42%** **PROTEIN 27%**

Calories 1800 Fiber 28g
Fat 64g Sugar 70g
Carbs 193g Protein 127g

FRI

FAT 27% **CARBS 41%** **PROTEIN 32%**

Calories 1809 Fiber 29g
Fat 57g Sugar 76g
Carbs 190g Protein 147g

SAT

FAT 27% **CARBS 40%** **PROTEIN 33%**

Calories 1819 Fiber 39g
Fat 57g Sugar 76g
Carbs 186g Protein 152g

SUN

FAT 30% **CARBS 41%** **PROTEIN 29%**

Calories 1793 Fiber 35g
Fat 62g Sugar 59g
Carbs 188g Protein 132g

FRUITS

- 3 1/2 Banana
- 1 3/4 cups Blueberries
- 1 Lemon
- 3 tbsps Lemon Juice
- 1/4 tsp Lemon Zest
- 1 tbsp Lime Juice

BREAKFAST

- 2 tbsps Almond Butter
- 2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1 tsp Cardamom
- 1/8 tsp Chili Flakes
- 1 1/2 tsps Cinnamon
- 1/3 tsp Cumin
- 1/4 tsp Dried Dill
- 1/8 tsp Garlic Powder
- 3 tbsps Pumpkin Seeds
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1/2 tsp Turmeric

FROZEN

- 1 cup Frozen Blueberries
- 2 cups Frozen Cauliflower

VEGETABLES

- 6 cups Broccoli
- 9 Carrot
- 1 1/2 stalks Celery
- 4 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 2 Cucumber
- 1 1/2 tbsps Fresh Dill
- 8 3/4 Garlic
- 2 tbsps Ginger
- 4 stalks Green Onion
- 3 cups Kale Leaves
- 1/4 Red Bell Pepper
- 3 Red Hot Chili Pepper
- 1/2 cup Shallot
- 2 Sweet Potato
- 2/3 Tomato
- 3/4 Yellow Onion
- 1/4 Yellow Potato

BOXED & CANNED

- 1 1/4 cups Brown Rice
- 1/3 cup Diced Tomatoes
- 1 cup Jasmine Rice
- 14 slices Light Rye Crisp Bread
- 1/2 cup Quick Oats
- 1/3 cup Salsa
- 3 ozs Sardines
- 3/4 tsp Tomato Paste
- 1/2 cup White Navy Beans

BAKING

- 1/4 cup Cacao Powder
- 1 1/2 tsps Coconut Sugar
- 1 1/2 cups Oats
- 2 tsps Raw Honey
- 1 1/2 tbsps Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 3 ozs Canned Mackerel
- 8 ozs Chicken Breast
- 1 lb Chicken Thighs
- 1 3/4 lbs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 6 slices Gluten-Free Bread
- 3 1/2 ozs Lamb Shank
- 7 3/4 ozs Prosciutto

CONDIMENTS & OILS

- 1 1/2 tsps Apple Cider Vinegar
- 1/4 cup Coconut Aminos
- 1 1/4 tbsps Coconut Oil
- 3/4 tsp Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Green Olives
- 1 tsp Sesame Oil
- 2 tbsps Sunflower Seed Butter
- 1 1/2 tbsps Tamari

COLD

- 5 1/2 cups Cottage Cheese
- 2 cups Oat Milk
- 3 cups Plain Coconut Milk
- 1/3 cup Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk
- 3 tbsps Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Chocolate Protein Powder
- 1 cup Dried Apricots
- 1 tbsp Maca Powder
- 1 1/4 cups Vanilla Protein Powder
- 1 1/3 cups Water

Banana Protein Oats

3 SERVINGS 10 MINUTES



INGREDIENTS

- 1 1/2 cups Oats
- 3 cups Plain Coconut Milk (unsweetened from the carton)
- 1 1/2 Banana (sliced, plus extra for garnish)
- 1 tbsp Maple Syrup
- 1 1/2 tsps Vanilla Extract
- 1/3 tsp Sea Salt
- 1 1/2 tsps Cinnamon (plus extra for garnish)
- 3/4 cup Vanilla Protein Powder
- 3/4 cup Blueberries
- 3 tbsps Unsweetened Coconut Yogurt
- 3 tbsps Pumpkin Seeds
- 1 1/2 tbsps Unsweetened Shredded Coconut

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 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.
- 02 Turn off the heat and stir in the cinnamon and protein powder.
- 03 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.

Blueberry Protein Oats

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Quick Oats
2 cups Oat Milk (plain, unsweetened)
1 tsp Cardamom (ground)
2 tbsps Sunflower Seed Butter
2 tsps Raw Honey
1/2 cup Vanilla Protein Powder
1 cup Frozen Blueberries (or fresh)

NUTRITION

AMOUNT PER SERVING

Calories	443	Fiber	8g
Fat	16g	Sugar	21g
Carbs	51g	Protein	28g

DIRECTIONS

- 01 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
- 02 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
- 03 Transfer to a bowl and top with the blueberries. Enjoy!

NOTES

LEFTOVERS

For best results, enjoy freshly made. Refrigerate for up to two days.

MORE FLAVOR

Add vanilla extract, cinnamon, or nutmeg.

ADDITIONAL TOPPINGS

Top with crushed nuts, shredded coconut, or hemp seeds.

NO OAT MILK

Use plain coconut milk instead.

Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

NUTRITION

AMOUNT PER SERVING

Calories	449	Fiber	17g
Fat	16g	Sugar	20g
Carbs	50g	Protein	31g

DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.

Lemon & Chili Pepper Sardine Toast

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 Garlic (clove)
3 slices Gluten-Free Bread (toasted)
3 ozs Sardines (packed in oil, drained, halved lengthwise)
1 1/2 stalks Green Onion (sliced)
3 Red Hot Chili Pepper (sliced)
1/8 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.

Cottage Cheese with Blueberries

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Cottage Cheese
1 cup Blueberries (fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	124	Fiber	1g
Fat	5g	Sugar	6g
Carbs	9g	Protein	12g

DIRECTIONS

01 Divide the cottage cheese and blueberries into bowls or storage containers.
Enjoy!

NOTES

MAKE IT SWEET

Drizzle honey or maple syrup overtop.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

Cherry Tomatoes

4 SERVINGS 2 MINUTES



INGREDIENTS

4 cups Cherry Tomatoes

NUTRITION

AMOUNT PER SERVING

Calories	27	Fiber	2g
Fat	0g	Sugar	4g
Carbs	6g	Protein	1g

DIRECTIONS

01 Wash and add to a bowl. Enjoy!

NOTES

SERVE THEM WITH

Our Vegan Ranch Dressing or Turmeric Hummus.

GRILL THEM

Slide onto skewers and grill for one to two minutes per side.

Slow Cooker Lamb & White Bean Stew

1 SERVING 5 HOURS



INGREDIENTS

1 1/4 cups Water
3 1/2 ozs Lamb Shank
1/2 cup White Navy Beans (cooked)
1/4 Yellow Onion (medium, diced)
1/2 Tomato (diced)
1/4 Yellow Potato (medium, diced)
1/2 tsp Turmeric
1 1/2 tsps Apple Cider Vinegar
3/4 tsp Tomato Paste
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	397	Fiber	12g
Fat	14g	Sugar	4g
Carbs	39g	Protein	28g

DIRECTIONS

- 01 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 02 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving equals approximately two cups.

SERVE IT WITH

Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

MORE VEGGIES

Add watercress, kale or spinach before serving.

NO POTATO

Use cauliflower instead.

SERVE AS IRANIAN ABGOOSHT

Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

VEGAN & VEGETARIANS

Replace the lamb with chickpeas.

Cottage Cheese Crackers with Salsa

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Cottage Cheese
6 slices Light Rye Crisp Bread
1/3 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	152	Fiber	5g
Fat	5g	Sugar	4g
Carbs	17g	Protein	14g

DIRECTIONS

01 Spread the cottage cheese on top of each crisp bread. Top with salsa and enjoy!

NOTES

GLUTEN-FREE

Use gluten-free crackers instead.

ADDITIONAL TOPPINGS

Top with fresh parsley, cilantro, or avocado slices.

Cottage Cheese Crackers with Cucumbers

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Cottage Cheese
8 slices Light Rye Crisp Bread
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.

Ground Turkey, Rice & Broccoli

2 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Broccoli (chopped into florets)
1 1/2 tps Extra Virgin Olive Oil
3/4 tsp Coconut Oil
8 ozs Extra Lean Ground Turkey
1/2 cup Jasmine Rice (dry)

NUTRITION

AMOUNT PER SERVING

Calories	406	Fiber	3g
Fat	15g	Sugar	2g
Carbs	44g	Protein	27g

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
- 04 While the turkey is cooking, cook the jasmine rice according to the directions on the package.
- 05 Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

NOTES

LEFTOVERS

Refrigerate up to 3 days. Freeze for longer.

NO GROUND TURKEY

Use ground chicken, beef, lamb or pork instead.

VEGAN & VEGETARIAN

Use roasted chickpeas instead of ground meat.

NO RICE

Use quinoa or cauliflower rice instead.

Sesame Beef & Brown Rice

2 SERVINGS 35 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add sautéed vegetables on the side.

NO CILANTRO

Use green onions instead or completely omit.

Ginger Beef Sweet Potato Noodles

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1/4 cup Coconut Aminos
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Coconut Oil
- 2 Sweet Potato (small, peeled and spiralized into noodles)
- 2 cups Broccoli (cut into florets)
- 1/2 Yellow Onion (medium, roughly chopped)
- 2 tbsps Water
- 8 ozs Extra Lean Ground Beef

NUTRITION

AMOUNT PER SERVING

Calories	454	Fiber	7g
Fat	19g	Sugar	15g
Carbs	43g	Protein	28g

DIRECTIONS

- 01 In a small mixing bowl combine the coconut aminos, garlic, ginger, and lime juice. Set aside.
- 02 Heat the coconut oil in a large non-stick pan or skillet with a lid. Add the sweet potato noodles and saute for six to eight minutes or until the noodles are tender. (If the noodles start to stick to the pan, add a couple of drops of water.) Remove the noodles from the pan and set them aside.
- 03 Add the broccoli and onions to the pan. Add the water and cover with a lid. Steam for four to five minutes until the broccoli is tender. Remove from the pan and set aside.
- 04 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 05 Add the steamed broccoli and onions to the pan with the beef then add the coconut aminos sauce and stir to combine. Bring the sauce to a bubble and let it cook for two to three minutes. Add in the sweet potato noodles and stir to combine. Continue to cook until the noodles have warmed through.
- 06 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add sesame oil, red pepper flakes, hot sauce or maple syrup to the sauce.

ADDITIONAL TOPPINGS

Green onion, cilantro and/or sesame seeds.

SWEET POTATO NOODLES

Two small sweet potatoes are equal to approximately four cups of sweet potato noodles.

NO COCONUT OIL
Use avocado oil instead.

Ground Beef, Broccoli & Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry, rinsed)
2 cups Broccoli (chopped into florets)
8 ozs Extra Lean Ground Beef
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	391	Fiber	3g
Fat	12g	Sugar	2g
Carbs	44g	Protein	28g

DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 03 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 04 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

NOTES

NO JASMINE RICE

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.

Maple Roasted Carrots & Chicken

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 6 Garlic (cloves, still attached to each other)
- 1 tsp Extra Virgin Olive Oil
- 8 Carrot (chopped roughly)
- 1/2 cup Shallot (peeled, cut in half)
- 1 tsp Ginger (thinly sliced)
- 1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	463	Fiber	8g
Fat	12g	Sugar	21g
Carbs	40g	Protein	48g

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 02 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 03 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chili flakes.

NO SHALLOTS

Use small pearl onions instead.

Lemon Dill Chicken with Rice & Kale Salad

2 SERVINGS 45 MINUTES



INGREDIENTS

1/4 tsp Dried Dill
1/4 tsp Lemon Zest
1/8 tsp Garlic Powder
1/8 tsp Sea Salt
3 tbsps Lemon Juice (divided)
8 ozs Chicken Breast
1/2 cup Brown Rice (dry)
3 cups Kale Leaves (finely chopped)
1 tbsp Extra Virgin Olive Oil
1 Carrot (small, peeled and grated)

NUTRITION

AMOUNT PER SERVING

Calories	395	Fiber	4g
Fat	12g	Sugar	3g
Carbs	41g	Protein	30g

DIRECTIONS

- 01 Add the dill, lemon zest, garlic powder, salt and 1/3 of the lemon juice to a zipper-lock bag or bowl and mix to combine. Add the chicken breast and marinate for at least 15 minutes.
- 02 Cook the rice according to package directions.
- 03 Preheat the oven to 400°F (205°C).
- 04 Add the chicken to a baking dish and bake for 25 to 28 minutes or until the chicken is cooked through.
- 05 Meanwhile, add the kale to a bowl with the remaining lemon juice and the olive oil and massage with your hands until the kale is wilted and tender. Mix in the grated carrots.
- 06 To serve, divide the rice and chicken salad between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices to the chicken marinade.

ADDITIONAL TOPPINGS

Lemon wedges or fresh herbs.

NO BROWN RICE

Use cauliflower rice, white rice, or quinoa.

Cuban Beef Picadillo

1 SERVING 45 MINUTES



INGREDIENTS

1/4 cup Brown Rice (uncooked)
1/3 tsp Extra Virgin Olive Oil
4 ozs Extra Lean Ground Beef
1/4 Red Bell Pepper (chopped)
1/3 cup Diced Tomatoes (from the can with juices)
1 stalk Green Onion (chopped, green part only)
2 tbsps Cilantro (chopped)
2 tbsps Green Olives (sliced)
1/3 tsp Cumin
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	437	Fiber	4g
Fat	17g	Sugar	4g
Carbs	42g	Protein	28g

DIRECTIONS

- 01 Cook the brown rice according to package directions.
- 02 Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 03 Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
- 04 Divide the rice and beef mixture between plates and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Stir in a couple of tablespoons of olive brine or add minced garlic.

ADDITIONAL TOPPINGS

Serve with extra chopped cilantro, green onions or lime juice on top.

GRAIN-FREE

Use roasted potatoes or cauliflower rice instead of rice.

Mackerel Salad Open Face Sandwich

3 SERVINGS 10 MINUTES



INGREDIENTS

3 ozs Canned Mackerel (skinless, boneless)
1/3 cup Plain Greek Yogurt
3/4 Lemon (juiced)
3/4 tsp Dijon Mustard
1 1/2 stalks Celery (chopped)
1 1/2 stalks Green Onion (thinly sliced)
1 1/2 tbsps Fresh Dill (finely chopped)
Sea Salt & Black Pepper (to taste)
3 slices Gluten-Free Bread
1/8 Tomato (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	154	Fiber	2g
Fat	5g	Sugar	4g
Carbs	16g	Protein	11g

DIRECTIONS

- 01 Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
- 02 Divide the mackerel salad onto the bread and add a tomato slice to each piece. Enjoy!

NOTES

LEFTOVERS

Refrigerate the mackerel salad in an airtight container for up to three days. Spread onto bread when ready to serve.

SERVING SIZE

One serving is equal to one piece of bread and approximately 1/2 cup of mackerel salad.

DAIRY-FREE

Use coconut yogurt or mayonnaise instead of Greek yogurt.

NO DILL

Use fresh parsley.

NO BREAD

Eat the mackerel salad as is or put it in a lettuce wrap or on top of crackers.

Prosciutto Wrapped Apricots

4 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Dried Apricots
7 3/4 ozs Prosciutto (cut in half)

NUTRITION

AMOUNT PER SERVING

Calories	196	Fiber	2g
Fat	7g	Sugar	17g
Carbs	20g	Protein	15g

DIRECTIONS

01 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.