



1900 Calorie Gluten Free

MON



BREAKFAST
Yogurt with Pear, Protein Packed
Deviled Eggs



SNACK 1
2 Turkey & Cabbage Rolls



LUNCH
One Pan Teriyaki Chicken



SNACK 2
Cherry Blueberry Coconut Popsicles,
Tzatziki with Cucumber Slices



DINNER
Lemon Garlic Salmon, Broccoli & Sweet
Potatoes



SNACK 3
Cottage Cheese & Blueberry Sauce

TUE



BREAKFAST
Yogurt with Pear, Protein Packed
Deviled Eggs



SNACK 1
2 Turkey & Cabbage Rolls



LUNCH
Lemon Garlic Salmon, Broccoli & Sweet
Potatoes



SNACK 2
Cherry Blueberry Coconut Popsicles,
Tzatziki with Cucumber Slices



DINNER
Air Fryer Salmon & Potatoes



SNACK 3
Cottage Cheese & Blueberry Sauce

WED



BREAKFAST
Yogurt with Pear, Protein Packed
Deviled Eggs



SNACK 1
2 Turkey & Cabbage Rolls



LUNCH
Air Fryer Salmon & Potatoes



SNACK 2
Cherry Blueberry Coconut Popsicles,
Tzatziki with Cucumber Slices



DINNER
Salmon with Rice & Greens



SNACK 3
Cottage Cheese & Blueberry Sauce

THU



BREAKFAST
Kiwi Green Smoothie, Portobello
Mushrooms Florentine



SNACK 1
Rice Cake with Yogurt & Berries, Salmon
Cucumber Bites



LUNCH
Salmon with Rice & Greens



SNACK 2
2 Greek Yogurt



DINNER
Pork Roast with Potatoes & Green
Beans



SNACK 3
Tuna Nori Wraps

FRI



BREAKFAST
Kiwi Green Smoothie, Portobello
Mushrooms Florentine



SNACK 1
Rice Cake with Yogurt & Berries, Salmon
Cucumber Bites



LUNCH
Pork Roast with Potatoes & Green
Beans



SNACK 2
2 Greek Yogurt



DINNER
One Pan Roasted Chicken, Broccoli &
Sweet Potato



SNACK 3
Tuna Nori Wraps

SAT



BREAKFAST
Beef, Sweet Potato & Rapini Skillet,
Stone Fruit Salad with Cottage Cheese



SNACK 1
Rice Cake with Yogurt & Berries, Salmon
Cucumber Bites



LUNCH
One Pan Roasted Chicken, Broccoli &
Sweet Potato



SNACK 2
2 Greek Yogurt



DINNER
Spicy Shrimp Fried Rice



SNACK 3
Tuna Nori Wraps

SUN



BREAKFAST
Beef, Sweet Potato & Rapini Skillet,
Stone Fruit Salad with Cottage Cheese



SNACK 1
Rice Cake with Yogurt & Berries, Salmon
Cucumber Bites



LUNCH
Spicy Shrimp Fried Rice



SNACK 2
2 Greek Yogurt



DINNER
One Pan Pork Chops with Potatoes &
Green Beans



SNACK 3
Tuna Nori Wraps

MON

FAT 36% **CARBS 30%** **PROTEIN 34%**

Calories 2090 Fiber 27g
Fat 86g Sugar 81g
Carbs 161g Protein 179g

TUE

FAT 37% **CARBS 28%** **PROTEIN 35%**

Calories 1988 Fiber 23g
Fat 82g Sugar 52g
Carbs 142g Protein 178g

WED

FAT 34% **CARBS 30%** **PROTEIN 36%**

Calories 1942 Fiber 20g
Fat 74g Sugar 46g
Carbs 148g Protein 178g

THU

FAT 30% **CARBS 34%** **PROTEIN 36%**

Calories 1937 Fiber 31g
Fat 66g Sugar 35g
Carbs 165g Protein 179g

FRI

FAT 33% **CARBS 31%** **PROTEIN 36%**

Calories 1939 Fiber 35g
Fat 72g Sugar 42g
Carbs 155g Protein 179g

SAT

FAT 31% **CARBS 33%** **PROTEIN 36%**

Calories 1863 Fiber 33g
Fat 65g Sugar 56g
Carbs 157g Protein 173g

SUN

FAT 31% **CARBS 33%** **PROTEIN 36%**

Calories 1906 Fiber 32g
Fat 66g Sugar 53g
Carbs 162g Protein 175g

FRUITS

- 1 3/4 Avocado
- 1 Banana
- 1 3/4 cups Blueberries
- 1/2 cup Cherries
- 2 Kiwi
- 3/4 Lemon
- 1 tbsp Lemon Juice
- 1 2/3 tbsps Lime Juice
- 1/2 Mango
- 1/4 Navel Orange
- 1 Nectarine
- 1 1/2 Pear
- 1 cup Raspberries

BREAKFAST

- 1 1/2 tpsps Maple Syrup
- 4 Plain Rice Cake

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 3/4 tsp Chili Powder
- 1 1/4 tpsps Cumin
- 3/4 tsp Garlic Powder
- 1 tsp Oregano
- 2 1/4 tpsps Paprika
- 1 tsp Red Pepper Flakes
- 2 1/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tpsps Sesame Seeds
- 1 tsp Smoked Paprika

FROZEN

- 1/4 cup Frozen Cherries
- 1/2 cup Frozen Peas
- 4 Ice Cubes

VEGETABLES

- 4 1/2 cups Baby Spinach
- 1 tbsp Basil Leaves
- 6 cups Broccoli
- 3 Carrot
- 3 1/4 tbsps Cilantro
- 5 3/4 Cucumber
- 7 2/3 Garlic
- 1 tbsp Ginger
- 3 cups Green Beans
- 4 stalks Green Onion
- 3 cups Mini Potatoes
- 3 3/4 tbsps Mint Leaves
- 1 tbsp Parsley
- 8 ozs Portobello Mushroom Caps
- 3 cups Purple Cabbage
- 1/2 bunch Rapini
- 1 cup Snap Peas
- 4 Sweet Potato
- 4 cups Swiss Chard
- 3/4 Yellow Onion
- 2 Yellow Potato

BOXED & CANNED

- 1/2 cup Brown Rice
- 1/4 cup Canned Coconut Milk
- 1/2 cup Quinoa
- 3 1/2 cans Tuna

BAKING

- 1 tbsp Raw Honey

BREAD, FISH, MEAT & CHEESE

- 15 ozs Chicken Breast
- 8 ozs Extra Lean Ground Beef
- 2 tbsps Feta Cheese
- 6 1/8 ozs Pork Chop
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 1/4 lbs Salmon Fillet
- 8 ozs Shrimp
- 12 ozs Sliced Turkey Breast
- 7 1/16 ozs Smoked Salmon

CONDIMENTS & OILS

- 1 tbsp Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 2 tbsps Tahini
- 1 tbsp Tamari

COLD

- 3 1/4 cups Cottage Cheese
- 9 Egg
- 2 1/3 tbsps Orange Juice
- 9 cups Plain Greek Yogurt
- 1/4 cup Unsweetened Coconut Yogurt

OTHER

- 12 Nori Sheets
- 1/2 cup Vanilla Protein Powder
- 3 cups Water

Yogurt with Pear

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 Pear (halved and cored)
3 cups Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 232 | Fiber | 3g |
| Fat | 5g | Sugar | 15g |
| Carbs | 26g | Protein | 22g |

DIRECTIONS

01 Divide yogurt into bowls. Top with pear and enjoy!

NOTES

DAIRY-FREE

Use coconut or almond yogurt instead of Greek yogurt.

NO PEAR

Use any type of fresh fruit instead.

LIKES IT SWEET

Drizzle with honey or maple syrup.

Protein Packed Deviled Eggs

3 SERVINGS 20 MINUTES



INGREDIENTS

6 Egg (hard boiled)
1 1/2 cans Tuna (drained)
3/4 Avocado
1 1/2 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
3/4 tsp Paprika
3/4 Cucumber (sliced)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 309 | Fiber | 4g |
| Fat | 18g | Sugar | 2g |
| Carbs | 8g | Protein | 30g |

DIRECTIONS

- 01 Hard boil your eggs.
- 02 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Kiwi Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Kiwi (small, peeled)
1 Banana (frozen)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
2 1/2 cups Baby Spinach
2 cups Water
4 Ice Cubes

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 249 | Fiber | 8g |
| Fat | 5g | Sugar | 14g |
| Carbs | 31g | Protein | 23g |

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO CHIA SEEDS
Use flax seed instead.

NO PROTEIN POWDER
Use hemp seeds instead.

Portobello Mushrooms Florentine

2 SERVINGS 15 MINUTES



INGREDIENTS

8 ozs Portobello Mushroom Caps
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil (divided)
2 cups Baby Spinach
2 Egg
2 tbsps Feta Cheese (crumbled, optional)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 150 | Fiber | 2g |
| Fat | 9g | Sugar | 0g |
| Carbs | 6g | Protein | 13g |

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Arrange the portobello mushroom caps on a parchment-lined baking sheet and season with salt and pepper. Bake for 10 to 15 minutes. Remove from the oven and soak up any excess liquid with a towel.
- 02 Meanwhile, heat a nonstick skillet over medium heat and add half the oil. Once warmed, add the spinach. Cook until wilted and then remove and set aside.
- 03 In a small bowl, whisk the eggs. In the same skillet, add the remaining oil. Pour in the eggs and stir with a wooden spoon until scrambled and cooked to your liking. Remove from the heat.
- 04 Layer the spinach in the mushroom caps and top with eggs, feta, salt, and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one stuffed portobello mushroom cap.

MORE FLAVOR

Season with everything bagel seasoning or nutritional yeast.

MAKE IT VEGAN

Use a tofu scramble and vegan cheese.

Beef, Sweet Potato & Rapini Skillet

2 SERVINGS 25 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Beef
1/2 Yellow Onion (sliced)
1 1/2 tsps Ginger (peeled and grated)
1 Garlic (cloves, minced)
1 Sweet Potato (medium sized, grated)
1/2 bunch Rapini (chopped)
1/4 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 297 | Fiber | 6g |
| Fat | 12g | Sugar | 6g |
| Carbs | 20g | Protein | 28g |

DIRECTIONS

- 01 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 02 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 03 Divide into bowls. Season with sea salt and enjoy

NOTES

VEGAN AND VEGETARIAN

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

NO RAPINI

Use kale or broccoli instead.

LEFTOVERS

Store leftovers in an airtight container in the fridge for up to three days.

Stone Fruit Salad with Cottage Cheese

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tbsp Basil Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 209 | Fiber | 3g |
| Fat | 5g | Sugar | 25g |
| Carbs | 30g | Protein | 14g |

DIRECTIONS

- 01 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two cups.

NO FRESH FRUIT

Use frozen, thawed fruit instead.

MAKE IT VEGAN

Use coconut yogurt instead of cottage cheese.

ADDITIONAL TOPPINGS

Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.

Turkey & Cabbage Rolls

6 SERVINGS 10 MINUTES



INGREDIENTS

3 cups Purple Cabbage (leaves pulled apart)
12 ozs Sliced Turkey Breast
1 1/2 Cucumber (medium, sliced)
1 tbsp Mayonnaise

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 101 | Fiber | 1g |
| Fat | 4g | Sugar | 3g |
| Carbs | 7g | Protein | 10g |

DIRECTIONS

01 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two small rolls.

ADDITIONAL TOPPINGS

Add sprouts or arugula.

Rice Cake with Yogurt & Berries

4 SERVINGS 5 MINUTES



INGREDIENTS

4 Plain Rice Cake
1/4 cup Unsweetened Coconut Yogurt
1 cup Raspberries

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|----|
| Calories | 58 | Fiber | 3g |
| Fat | 1g | Sugar | 2g |
| Carbs | 12g | Protein | 1g |

DIRECTIONS

01 Spread the coconut yogurt onto the rice cake and top with the raspberries.
Enjoy!

NOTES

LEFTOVERS

Store all ingredients separately until ready to serve.

MORE FLAVOR

Drizzle with honey or maple syrup or garnish with a pinch of cinnamon.

ADDITIONAL TOPPING

Sprinkle with hemp seeds, chia seeds or ground flax seeds.

NO RASPBERRIES

Use strawberries or blueberries instead.

Salmon Cucumber Bites

4 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1 Cucumber (sliced)
7 1/16 ozs Smoked Salmon (sliced)
1/2 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|----|---------|-----|
| Calories | 93 | Fiber | 0g |
| Fat | 3g | Sugar | 2g |
| Carbs | 4g | Protein | 12g |

DIRECTIONS

01 Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

NOTES

NO GREEK YOGURT

Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese 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.

Cherry Blueberry Coconut Popsicles

3 SERVINGS 4 HOURS



INGREDIENTS

- 1/4 cup Frozen Cherries (roughly chopped)
- 1/4 cup Blueberries
- 1/4 cup Canned Coconut Milk

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|----|---------|----|
| Calories | 48 | Fiber | 1g |
| Fat | 4g | Sugar | 3g |
| Carbs | 4g | Protein | 0g |

DIRECTIONS

- 01 If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
- 02 Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
- 03 Place in freezer for 4 hours or until completely frozen.
- 04 Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

NOTES

MORE CREAMY

Blend all ingredients together in a food processor or blender and divide into cups.

NO COCONUT MILK

Use almond milk or any other dairy milk alternative.

Tzatziki with Cucumber Slices

3 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 Cucumber (divided)
- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 Garlic (clove, minced)
- 3/4 Lemon (juiced)
- 3 tbsps Mint Leaves (fresh, finely chopped)
- 3/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 119 | Fiber | 1g |
| Fat | 3g | Sugar | 6g |
| Carbs | 13g | Protein | 12g |

DIRECTIONS

- 01 Slice off 1/4 of the cucumber and set the remainder aside.
- 02 Slice the 1/4 portion of cucumber in half. Scoop out the seeds and discard. Grate the remaining cucumber then squeeze out as much liquid as possible. Transfer to a mixing bowl.
- 03 Stir in yogurt, garlic, lemon juice, mint and sea salt until thoroughly combined. Transfer to a serving bowl.
- 04 Slice the remaining cucumber into slices and serve with tzatziki. Enjoy!

NOTES

DAIRY-FREE

Use a plain dairy-free yogurt instead of Greek yogurt.

NO MINT

Use dill instead.

STORAGE

Best enjoyed immediately but will keep in an airtight container up to 2 days in the fridge. Stir well before serving.

Greek Yogurt

8 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|----|---------|-----|
| Calories | 90 | Fiber | 0g |
| Fat | 2g | Sugar | 3g |
| Carbs | 6g | Protein | 11g |

DIRECTIONS

01 Scoop into a bowl and enjoy!

NOTES

TOPPINGS

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

DAIRY-FREE

Use coconut, almond or cashew yogurt instead.

Lemon Garlic Salmon, Broccoli & Sweet Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

- 2 Sweet Potato (small, cut into cubes)
- 2 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1 tbsp Lemon Juice
- 1 Garlic (clove, minced)
- 1 tbsp Parsley (finely chopped)
- 12 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 478 | Fiber | 6g |
| Fat | 21g | Sugar | 7g |
| Carbs | 33g | Protein | 39g |

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
- 03 Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
- 04 Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
- 05 Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately six ounces of salmon, two cups of sweet potatoes, and one cup of broccoli.

MORE FLAVOR

Use other fresh herbs like chives or basil.

ADDITIONAL TOPPINGS

Fresh herbs or lemon wedges.

NO BROCCOLI

Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.

Air Fryer Salmon & Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Mini Potatoes (halved)
2 tsps Extra Virgin Olive Oil (divided)
3/4 tsp Smoked Paprika (divided)
3/4 tsp Garlic Powder (divided)
1/2 tsp Sea Salt (divided)
12 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 403 | Fiber | 4g |
| Fat | 16g | Sugar | 1g |
| Carbs | 28g | Protein | 37g |

DIRECTIONS

- 01 Preheat the air fryer to 400°F (205°C).
- 02 In a medium-sized bowl, toss the potatoes with half the oil, 3/4 of the smoked paprika, 3/4 of the garlic powder, and half the salt.
- 03 Add the potatoes to the air fryer and bake for 10 minutes, remove and flip and bake for eight to nine minutes longer, until cooked through and crispy. Remove and set aside.
- 04 Meanwhile, season the salmon with the remaining oil, smoked paprika, garlic powder, and salt.
- 05 Place the salmon in the air fryer and bake for seven to nine minutes, depending on thickness, until flaky and cooked through to your liking.
- 06 Divide the salmon and potatoes onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Top with chopped cilantro.

Salmon with Rice & Greens

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 cup Brown Rice (uncooked)
- 1 tsp Paprika
- 3/4 tsp Cumin
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 12 ozs Salmon Fillet
- 2 tbsps Water
- 4 cups Swiss Chard (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 432 | Fiber | 3g |
| Fat | 13g | Sugar | 1g |
| Carbs | 39g | Protein | 39g |

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the rice according to package directions.
- 03 In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
- 04 Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
- 05 To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPING

Add butter, ghee, or freshly squeezed lemon juice.

NO SWISS CHARD

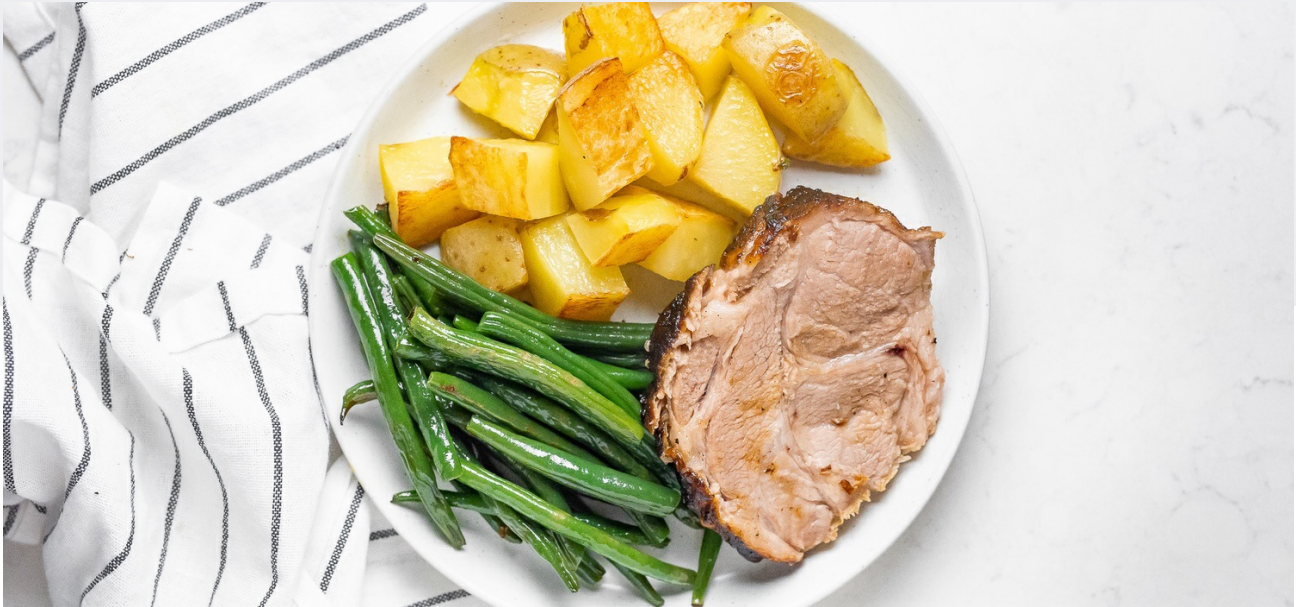
Use spinach or kale instead.

NO BROWN RICE

Use white rice, quinoa, or cauliflower rice instead.

Pork Roast with Potatoes & Green Beans

2 SERVINGS 10 HOURS



INGREDIENTS

- 2 1/3 tbsps Extra Virgin Olive Oil (divided)
- 2 1/3 tbsps Orange Juice
- 1 2/3 tbsps Lime Juice
- 3 1/4 tbsps Cilantro
- 2 1/3 tsps Mint Leaves
- 1 1/4 Garlic (cloves)
- 1/3 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 Yellow Potato (medium, chopped)
- 2 cups Green Beans (trimmed)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 585 | Fiber | 7g |
| Fat | 23g | Sugar | 7g |
| Carbs | 48g | Protein | 48g |

DIRECTIONS

- 01 Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
- 02 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 03 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 04 Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
- 05 Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
- 06 Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately six ounces of roast pork, one medium potato, and one cup of green beans.

MORE FLAVOR

Add fresh oregano and orange zest to the marinade.

ADDITIONAL TOPPINGS

Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.

One Pan Roasted Chicken, Broccoli & Sweet Potato

2 SERVINGS 30 MINUTES



INGREDIENTS

10 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 Sweet Potato (medium, diced)
1 tbsp Extra Virgin Olive Oil (divided)
3 cups Broccoli (chopped into small florets)
2 tbsps Tahini
1 1/2 tbsps Maple Syrup
2 tbsps Water
1/8 tsp Cayenne Pepper

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 434 | Fiber | 7g |
| Fat | 19g | Sugar | 8g |
| Carbs | 29g | Protein | 39g |

DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 02 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 03 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 04 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 05 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 06 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

NOTES

STORAGE

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

VEGAN & VEGETARIAN

Replace the chicken breast with black beans.

Spicy Shrimp Fried Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
3/4 cup Water
8 ozs Shrimp (cooked, peeled and patted dry)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/8 tsp Cayenne Pepper
3/4 tsp Chili Powder
1 Egg
1/4 Yellow Onion (diced)
1/2 cup Frozen Peas
1 Garlic (cloves, minced)
2 1/2 stalks Green Onion (chopped)
1 tbsp Extra Virgin Olive Oil (divided)
1 tsp Red Pepper Flakes
1 tbsp Tamari

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 402 | Fiber | 6g |
| Fat | 13g | Sugar | 4g |
| Carbs | 37g | Protein | 36g |

DIRECTIONS

- 01 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 02 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 03 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 04 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 05 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

One Pan Pork Chops with Potatoes & Green Beans

1 SERVING 25 MINUTES



INGREDIENTS

- 1 cup Mini Potatoes (quartered)
- 1 cup Green Beans (trimmed and halved)
- 3/4 tsp Extra Virgin Olive Oil
- 1/3 tsp Oregano (divided)
- 1/4 tsp Sea Salt (divided)
- 6 1/8 ozs Pork Chop (bone-in, 1/2-inch thick)
- 1/4 tsp Smoked Paprika
- 1/8 tsp Cumin

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 477 | Fiber | 6g |
| Fat | 20g | Sugar | 5g |
| Carbs | 34g | Protein | 41g |

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 02 Place the potatoes and green beans on the baking sheet. Drizzle with the olive oil and season with two-thirds of the oregano and half of the salt. Toss well to coat. Bake for 15 minutes.
- 03 Meanwhile, season the pork chops on both sides with the smoked paprika, cumin, remaining oregano, and salt.
- 04 Remove the pan from the oven and stir the vegetables. Add the pork chops to the center of the pan. Place the sheet back in the oven and bake for 10 minutes or until the pork chops are cooked through.
- 05 Remove the baking sheet from the oven. Divide the pork chops, green beans, and potatoes between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic powder, onion powder, ground coriander or chili powder to the pork chop seasoning.

NO GREEN BEANS

Use broccoli or sliced carrots instead.

COOKING TIME

Thicker pork chops may require additional cooking time.

Cottage Cheese & Blueberry Sauce

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Blueberries (fresh or frozen, thawed)

2 1/4 cups Cottage Cheese

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 197 | Fiber | 2g |
| Fat | 7g | Sugar | 12g |
| Carbs | 16g | Protein | 18g |

DIRECTIONS

- 01 Blend the blueberries in a mini food processor or with an immersion blender until your desired consistency is reached.
- 02 Serve the cottage cheese with the blended blueberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

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

Tuna Nori Wraps

4 SERVINGS 15 MINUTES



INGREDIENTS

2 cans Tuna (drained and flaked)
2 Carrot (smaller, julienned)
1 Cucumber (julienned)
1 Avocado (peeled and sliced)
12 Nori Sheets (snack size)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 190 | Fiber | 8g |
| Fat | 8g | Sugar | 3g |
| Carbs | 13g | Protein | 21g |

DIRECTIONS

01 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
02 Roll or wrap the tuna-stuffed nori and enjoy immediately.

NOTES

LEFTOVERS

Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

SERVING SIZE

Each serving size will yield approximately 3 small rolls.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.