



1900 calories, no dairy

MON



BREAKFAST
Blueberry Protein Oats



SNACK 1
Balsamic Tomato & Basil Mini Egg White Bites, Plantain Fritters with Coconut...



LUNCH
Baba Ganoush Chicken Wrap



SNACK 2
Green Smoothie Muffins, Fried Egg



DINNER
Beef & Veggie Skillet



SNACK 3
Prosciutto Wrapped Apricots

TUE



BREAKFAST
Blueberry Protein Oats



SNACK 1
Balsamic Tomato & Basil Mini Egg White Bites, Plantain Fritters with Coconut...



LUNCH
Beef & Veggie Skillet



SNACK 2
Green Smoothie Muffins, Fried Egg



DINNER
Beef with Cabbage & Mushrooms



SNACK 3
Prosciutto Wrapped Apricots

WED



BREAKFAST
Blueberry Protein Oats



SNACK 1
Balsamic Tomato & Basil Mini Egg White Bites, Plantain Fritters with Coconut...



LUNCH
Beef with Cabbage & Mushrooms



SNACK 2
Green Smoothie Muffins, Fried Egg



DINNER
Sheet Pan Pesto Chicken, Potatoes & Veggies



SNACK 3
Prosciutto Wrapped Apricots

THU



BREAKFAST
Chocolate Tahini Layered Smoothie



SNACK 1
2 Cantaloupe with Prosciutto



LUNCH
Sheet Pan Pesto Chicken, Potatoes & Veggies



SNACK 2
Applesauce, Turkey & Cabbage Rolls



DINNER
Tempeh Taco Bowl



SNACK 3
Sardine Toast with Tomato & Onion

FRI



BREAKFAST
Chocolate Tahini Layered Smoothie



SNACK 1
2 Cantaloupe with Prosciutto



LUNCH
Tempeh Taco Bowl



SNACK 2
Applesauce, Turkey & Cabbage Rolls



DINNER
Kung Pao Chicken



SNACK 3
Sardine Toast with Tomato & Onion

SAT



BREAKFAST
Butternut Squash Smoothie



SNACK 1
2 Cantaloupe with Prosciutto



LUNCH
Kung Pao Chicken



SNACK 2
Applesauce, Turkey & Cabbage Rolls



DINNER
Pesto Shrimp with Rice & Peas



SNACK 3
Sardine Toast with Tomato & Onion

SUN



BREAKFAST
Butternut Squash Smoothie



SNACK 1
2 Cantaloupe with Prosciutto



LUNCH
Pesto Shrimp with Rice & Peas



SNACK 2
Applesauce, Turkey & Cabbage Rolls



DINNER
Spiced Beef & Spinach with Rice



SNACK 3
Sardine Toast with Tomato & Onion

MON

FAT 29% **CARBS 43%** **PROTEIN 28%**

Calories 1949 Fiber 26g
Fat 64g Sugar 63g
Carbs 215g Protein 136g

TUE

FAT 30% **CARBS 45%** **PROTEIN 25%**

Calories 1912 Fiber 24g
Fat 64g Sugar 63g
Carbs 220g Protein 124g

WED

FAT 34% **CARBS 40%** **PROTEIN 26%**

Calories 1871 Fiber 25g
Fat 72g Sugar 63g
Carbs 191g Protein 127g

THU

FAT 37% **CARBS 37%** **PROTEIN 26%**

Calories 1905 Fiber 35g
Fat 82g Sugar 55g
Carbs 185g Protein 127g

FRI

FAT 32% **CARBS 43%** **PROTEIN 25%**

Calories 1940 Fiber 34g
Fat 72g Sugar 58g
Carbs 215g Protein 127g

SAT

FAT 28% **CARBS 44%** **PROTEIN 28%**

Calories 1941 Fiber 34g
Fat 63g Sugar 53g
Carbs 218g Protein 139g

SUN

FAT 29% **CARBS 43%** **PROTEIN 28%**

Calories 1877 Fiber 31g
Fat 62g Sugar 44g
Carbs 209g Protein 133g

FRUITS

- 2 1/2 Banana
- 1 Cantaloupe
- 3/4 Lemon
- 1 Lime
- 2/3 Plantain

BREAKFAST

- 2 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 1 1/2 tps Cardamom
- 1/3 cup Chia Seeds
- 1 tsp Chili Powder
- 1/4 tsp Cinnamon
- 1 tsp Cumin
- 1 1/8 tps Curry Powder
- 1 tsp Dried Chives
- 1/2 tsp Oregano
- 2 tbsps Raw Peanuts
- 1 1/16 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Taco Seasoning

FROZEN

- 1 Brown Rice Tortilla
- 1 1/2 cups Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Frozen Peas

VEGETABLES

- 1 2/3 cups Baby Spinach
- 1 cup Basil Leaves
- 2 cups Broccoli
- 1 1/2 cups Butternut Squash
- 1 Carrot
- 1 1/4 Cucumber
- 2 Garlic
- 2 cups Green Beans
- 1 1/2 cups Green Cabbage
- 1/4 head Green Lettuce
- 1 Jalapeno Pepper
- 2 cups Mini Potatoes
- 1 3/4 cups Mushrooms
- 2 cups Purple Cabbage
- 20 leaves Romaine
- 1/4 Sweet Onion
- 5 Tomato
- 1/2 Yellow Bell Pepper
- 1/2 Yellow Onion
- 3/4 Zucchini

BOXED & CANNED

- 1/2 cup Basmati Rice
- 1 1/2 cups Brown Rice
- 1 cup Jasmine Rice
- 3/4 cup Quick Oats
- 1/2 cup Quinoa
- 2 2/3 tbsps Salsa
- 4 ozs Sardines

BAKING

- 1/4 tsp Arrowroot Powder
- 3/4 tsp Baking Powder
- 2 tbsps Cacao Powder
- 1/2 cup Oats
- 2 1/2 tbsps Pitted Dates
- 1 1/2 tbsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 8 ozs Chicken Thighs
- 1 1/4 lbs Extra Lean Ground Beef
- 11 3/4 ozs Prosciutto
- 10 1/2 ozs Shrimp
- 8 ozs Sliced Turkey Breast
- 7 1/16 ozs Tempeh
- 4 slices Whole Grain Bread

CONDIMENTS & OILS

- 1 1/8 tbsps Avocado Oil
- 2 1/4 tps Balsamic Vinegar
- 1 1/2 tbsps Coconut Oil
- 2 tbsps Extra Virgin Olive Oil
- 2 tps Mayonnaise
- 1/2 cup Pesto
- 1/2 tsp Sesame Oil
- 1 1/2 tps Sriracha
- 3 tbsps Sunflower Seed Butter
- 3 tbsps Tahini
- 2 tbsps Tamari

COLD

- 1/4 cup Baba Ganoush
- 3 1/2 Egg
- 3/4 cup Egg Whites
- 4 1/2 cups Oat Milk
- 2 3/4 cups Unsweetened Almond Milk
- 2 1/3 tbsps Unsweetened Coconut Yogurt

OTHER

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

■ 2 cups Unsweetened Applesauce

Blueberry Protein Oats

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 cup Quick Oats
3 cups Oat Milk (plain, unsweetened)
1 1/2 tsps Cardamom (ground)
3 tbsps Sunflower Seed Butter
1 tbsp Raw Honey
3/4 cup Vanilla Protein Powder
1 1/2 cups 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 Tahini Layered Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Oat Milk
1 Banana (frozen)
8 leaves Romaine (roughly chopped)
2 tbsps Chia Seeds
3 tbsps Tahini
1/2 cup Vanilla Protein Powder
2 tbsps Pitted Dates
2 tbsps Cacao Powder

NUTRITION

AMOUNT PER SERVING

Calories	502	Fiber	14g
Fat	23g	Sugar	20g
Carbs	50g	Protein	30g

DIRECTIONS

- 01 In a blender, add the milk, banana, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
- 02 In the same blender, add the dates and cacao powder and blend until smooth and creamy.
- 03 Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

NOTES

PITTED DATES

One serving is equal to approximately one to two dates.

NO OAT MILK

Use another milk or milk alternative instead.

MORE VEGGIES

Add frozen cauliflower to the vanilla layer.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

Butternut Squash Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 2/3 cups Unsweetened Almond Milk
1 cup Frozen Cauliflower
8 leaves Romaine (roughly chopped)
1 1/2 cups Butternut Squash (frozen, cubed)
1 Banana (frozen)
1/4 tsp Cinnamon
1/2 cup Vanilla Protein Powder
3 tbsps Chia Seeds
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	446	Fiber	17g
Fat	19g	Sugar	12g
Carbs	46g	Protein	31g

DIRECTIONS

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

NOTES

NUT-FREE

Use coconut or oat milk and use sunflower seed butter instead of almond butter.

NO FROZEN BUTTERNUT SQUASH

Use fresh, cooked squash or canned.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

Balsamic Tomato & Basil Mini Egg White Bites

3 SERVINGS 20 MINUTES



INGREDIENTS

3/4 cup Egg Whites
1 1/2 Tomato (medium, diced, juices drained)
3/4 cup Basil Leaves (chopped)
2 1/4 tsps Balsamic Vinegar
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	46	Fiber	1g
Fat	0g	Sugar	1g
Carbs	3g	Protein	8g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, combine the egg whites, tomato, basil, balsamic vinegar, and salt.
- 03 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately five mini egg muffins.

MORE FLAVOR

Add black pepper. Use whole eggs or a mixture of egg whites and whole eggs.

ADDITIONAL TOPPINGS

Add goat cheese or feta cheese.

Plantain Fritters with Coconut Yogurt

3 SERVINGS 20 MINUTES



INGREDIENTS

2/3 Plantain (unripe, peeled and sliced)
1 1/4 tbsps Coconut Oil (melted)
1/8 tsp Sea Salt
2 1/3 tbsps Unsweetened Coconut Yogurt
1 tsp Dried Chives

NUTRITION

AMOUNT PER SERVING

Calories	120	Fiber	1g
Fat	6g	Sugar	10g
Carbs	18g	Protein	1g

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 02 Add the plantain, coconut oil and sea salt to a food processor or blender. Blend into a thick puree.
- 03 Use a spoon to scoop the batter onto the baking sheet and spread out to approximately two inches wide and half-inch thick.
- 04 Bake until the fritters begin to brown around edges, about 15 to 20 minutes. Serve with coconut yogurt and chives. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

SERVING SIZE

One serving equals one fritter.

MORE FLAVOR

Add your choice of herbs or spices to the mixture before baking.

Cantaloupe with Prosciutto

8 SERVINGS 10 MINUTES



INGREDIENTS

1 Cantaloupe (skin and seeds removed, sliced)

6 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.

Baba Ganoush Chicken Wrap

1 SERVING 10 MINUTES



INGREDIENTS

1 Brown Rice Tortilla
1/4 head Green Lettuce (leaves separated)
1/2 Tomato (sliced)
1/4 Cucumber (julienned)
4 ozs Chicken Breast, Cooked (sliced)
1/4 cup Baba Ganoush

NUTRITION

AMOUNT PER SERVING

Calories	432	Fiber	6g
Fat	12g	Sugar	4g
Carbs	40g	Protein	41g

DIRECTIONS

01 Place the tortilla flat and layer on the lettuce, tomato slices, cucumber, chicken breast and baba ganoush. Roll up the wrap tightly and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Avocado, fresh herbs, mushrooms, or bell peppers.

MAKE IT VEGAN

Use edamame, tofu or tempeh instead of chicken.

NO BABA GANOUSH

Use hummus, mayonnaise, pesto or tzatziki instead.

NO BROWN RICE TORTILLAS

Use whole-wheat tortillas or pita bread instead.

Green Smoothie Muffins

3 SERVINGS 25 MINUTES



INGREDIENTS

1/4 tsp Coconut Oil
2/3 cup Baby Spinach
1/2 Banana (ripe)
2 tbsps Vanilla Protein Powder
1 1/2 tsps Pitted Dates
3 tbsps Unsweetened Almond Milk
1/2 Egg
1/2 cup Oats (rolled)
3/4 tsp Baking Powder

NUTRITION

AMOUNT PER SERVING

Calories	106	Fiber	2g
Fat	2g	Sugar	4g
Carbs	16g	Protein	6g

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a muffin tray with liners. Brush the liners with coconut oil or use silicone cups or a silicone muffin tray to prevent the muffins from sticking.
- 02 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 03 Scoop the muffin batter into the prepared muffin tray. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 04 Let cool and enjoy!

NOTES

RECOMMENDED PROTEIN POWDER

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

LEFTOVERS

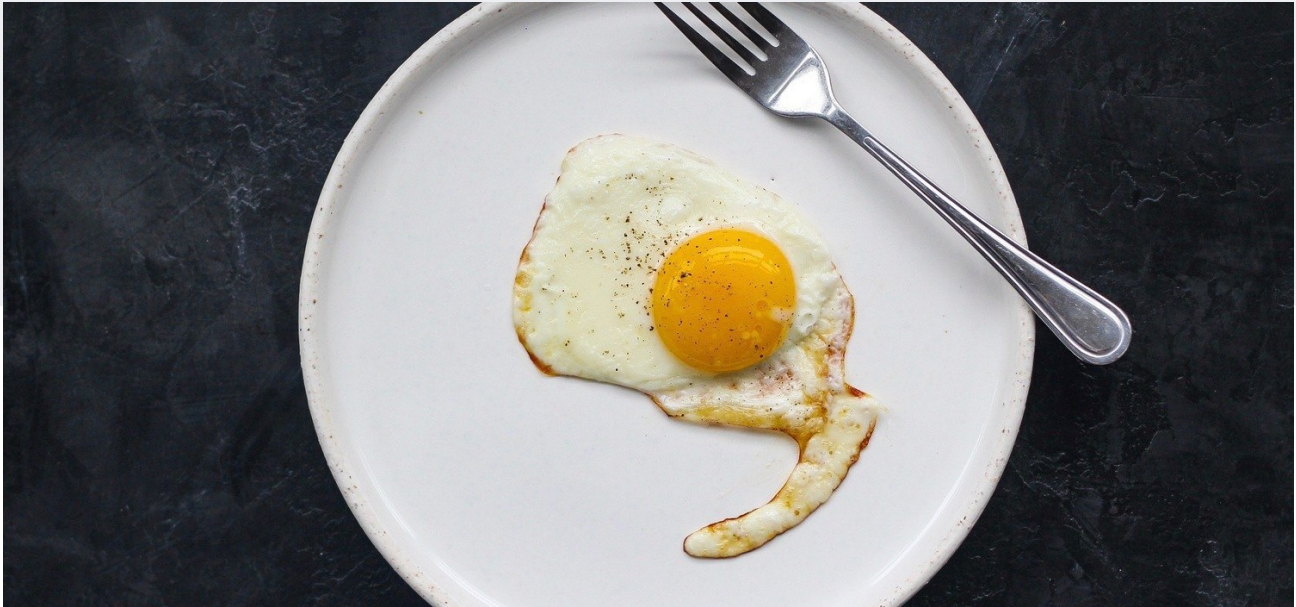
Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

ADD-INS

After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!

Fried Egg

3 SERVINGS 5 MINUTES



INGREDIENTS

3/4 tsp Coconut Oil
3 Egg
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	82	Fiber	0g
Fat	6g	Sugar	0g
Carbs	0g	Protein	6g

DIRECTIONS

- 01 In a medium pan, heat the coconut oil over medium heat.
- 02 Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

NOTES

NO COCONUT OIL
Use butter or ghee instead.

Applesauce

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Applesauce

NUTRITION

AMOUNT PER SERVING

Calories	51	Fiber	1g
Fat	0g	Sugar	11g
Carbs	14g	Protein	0g

DIRECTIONS

01 Divide between bowls and enjoy!

NOTES

ADDITIONAL TOPPINGS

Cinnamon, chopped nuts, seeds or granola.

Turkey & Cabbage Rolls

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Purple Cabbage (leaves pulled apart)
8 ozs Sliced Turkey Breast
1 Cucumber (medium, sliced)
2 tsps 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.

Beef & Veggie Skillet

2 SERVINGS 20 MINUTES



INGREDIENTS

3/4 cup Brown Rice
1/2 tsp Avocado Oil
1/2 Yellow Onion (chopped, medium size)
8 ozs Extra Lean Ground Beef
1 tbsp Taco Seasoning
1 Garlic (clove, minced)
3/4 Zucchini (medium, chopped)
1/2 Yellow Bell Pepper (chopped)
2 2/3 tbsps Salsa
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	524	Fiber	6g
Fat	15g	Sugar	6g
Carbs	67g	Protein	31g

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Heat a pan over medium heat. Drizzle in the oil and add the onion and sauté for about four to five minutes, until fragrant and softened. Add the beef, taco seasoning, and garlic and cook for six to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 03 Add the zucchini, pepper, and salsa to the pan and cook, stirring occasionally until the zucchini is just softened, about ten minutes. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

ADDITIONAL TOPPINGS

Top with cilantro.

MAKE IT VEGAN

Use extra firm tofu instead of ground beef.

Beef with Cabbage & Mushrooms

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1/2 cup Jasmine Rice
- 8 ozs Extra Lean Ground Beef
- 1/2 tsp Sea Salt (divided)
- 1 3/4 cups Mushrooms (sliced)
- 1 1/2 cups Green Cabbage (thinly sliced)
- 1 tbsp Water

NUTRITION

AMOUNT PER SERVING

Calories	395	Fiber	4g
Fat	12g	Sugar	4g
Carbs	45g	Protein	29g

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, season with 1/4 of the salt. Transfer the cooked beef to a bowl and set aside.
- 03 Add the mushrooms to the pan and cook for about 5 minutes until browned. Season with 1/4 of the salt.
- 04 Reduce heat to medium then add the cabbage to the pan with the mushrooms and stir to combine. Add the water to the pan and cover with a lid. Stir occasionally for about 5 minutes until the cabbage is tender.
- 05 Add the cooked beef back to the pan and stir to combine with the vegetables. Add the remaining salt and stir to mix well.
- 06 To serve, divide the rice between plates and top with the beef and vegetable mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add fresh garlic, ginger, tamari, coconut aminos or sesame oil.

ADDITIONAL TOPPINGS

Top with sesame seeds or sliced green onion.

NO GREEN CABBAGE

Use purple cabbage instead.

NO BEEF

Use ground chicken, ground turkey or ground pork.

Sheet Pan Pesto Chicken, Potatoes & Veggies

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Breast (skinless, boneless)
2 cups Mini Potatoes (halved)
2 cups Broccoli (cut into florets)
1 Carrot (medium, sliced)
1 1/2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper
3 tbsps Pesto

NUTRITION

AMOUNT PER SERVING

Calories	483	Fiber	7g
Fat	23g	Sugar	6g
Carbs	38g	Protein	34g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Arrange the chicken, potatoes, broccoli, and carrot to the baking sheet. Drizzle with oil and season with salt and pepper. Spread the pesto over top until well coated.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt and pepper if needed. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four ounces of chicken, one cup of potatoes, one cup of broccoli, and half a cup of carrot.

ADDITIONAL TOPPINGS

Add red pepper flakes, parmesan, or nutritional yeast.

Tempeh Taco Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1/2 cup Quinoa
- 1 tbsp Avocado Oil
- 7 1/16 ozs Tempeh (crumbled)
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Oregano
- 1/4 tsp Sea Salt
- 1 Jalapeno Pepper (small, seeds removed and finely chopped)
- 1 Tomato (large, diced)
- 1 Lime (juiced, divided)
- 4 leaves Romaine (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	445	Fiber	6g
Fat	21g	Sugar	1g
Carbs	42g	Protein	28g

DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about five minutes until browned. Add the chili powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
- 03 Stir in the tomato and half of the lime juice and continue to cook for another three to five minutes until the tomatoes begin to soften. Add a little bit of water if it starts to stick to the pan. Season with additional salt if needed.
- 04 To serve, divide the lettuce, quinoa, and tempeh between bowls and drizzle with the remaining lime juice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add other dried herbs and spices to the tempeh or use taco seasoning instead.

ADDITIONAL TOPPINGS

Add avocado, salsa, sour cream, cilantro, green onion, or extra jalapeno.

NO QUINOA

Use white or brown rice or cauliflower rice instead.

Kung Pao Chicken

2 SERVINGS 30 MINUTES



INGREDIENTS

- 3/4 cup Brown Rice
- 1/2 tsp Sesame Oil
- 8 ozs Chicken Thighs (boneless, skinless, cubed)
- 2 cups Green Beans (washed, trimmed)
- 1 Garlic (cloves, smashed)
- 2 tbsps Tamari
- 1 1/2 tsps Sriracha
- 1 1/2 tsps Raw Honey
- 1/4 tsp Arrowroot Powder
- 2 tbsps Raw Peanuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	518	Fiber	6g
Fat	13g	Sugar	9g
Carbs	68g	Protein	34g

DIRECTIONS

- 01 Cook the rice according to the directions on the package.
- 02 Heat a cast-iron pan over medium heat and add the sesame oil. Once hot add the chicken and cook for about four to five minutes, stirring occasionally. Remove and set aside on a plate.
- 03 Add the green beans to the same skillet and cook for two to three minutes, until just starting to soften. Add the garlic and cook for one minute more, until fragrant. Add the chicken back in and put a lid on to finish cooking, about two to three minutes more.
- 04 Meanwhile, in a small bowl, mix together the tamari, sriracha, honey, and arrowroot powder. Remove the lid and add the sauce. Reduce the heat and stir to combine until thickened, about one minute.
- 05 Divide the rice onto plates and add the chicken and beans. Top with peanuts. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NUT-FREE

Omit the peanuts.

MORE FLAVOR

Finish with a drizzle of toasted sesame oil. Garnish with cilantro.

NO CHICKEN THIGHS

Use chicken breast instead.

NO SRIRACHA

Use chili flakes or another hot sauce.

NO RICE

Use cauliflower rice or quinoa instead.

Pesto Shrimp with Rice & Peas

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Basmati Rice
1/2 cup Frozen Peas (thawed)
1 1/2 tsps Extra Virgin Olive Oil
10 1/2 ozs Shrimp (peeled and deveined)
1/4 cup Pesto
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	502	Fiber	3g
Fat	16g	Sugar	4g
Carbs	49g	Protein	39g

DIRECTIONS

- 01 Cook the rice according to package directions. In the last two to three minutes of cooking, add the peas to the pot with the rice. Remove the pot from the heat and let rest for three to five minutes.
- 02 Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 03 Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
- 04 Divide the rice and shrimp between plates and serve with additional lemon juice if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the shrimp with dried herbs and spices to taste.

ADDITIONAL TOPPINGS

Fresh herbs or red pepper flakes.

NO BASMATI RICE

Use white rice, brown rice, or cauliflower rice instead.

NO PEAS

Omit or use spinach instead.

DAIRY-FREE

Use a dairy-free pesto.

Spiced Beef & Spinach with Rice

1 SERVING 20 MINUTES



INGREDIENTS

1/3 cup Jasmine Rice
4 ozs Extra Lean Ground Beef
1 1/8 tps Curry Powder
Sea Salt & Black Pepper (to taste)
1 cup Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	454	Fiber	3g
Fat	12g	Sugar	0g
Carbs	59g	Protein	28g

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 03 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 04 Divide the rice between plates and top with the beef mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the beef with other dried herbs and spices or add fresh garlic and ginger.

ADDITIONAL TOPPINGS

Cilantro, lime wedges, and/or red pepper flakes.

NO BEEF

Use ground chicken, turkey, or pork instead.

NO RICE

Use quinoa or cauliflower rice instead.

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	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.

Sardine Toast with Tomato & Onion

4 SERVINGS 5 MINUTES



INGREDIENTS

4 slices Whole Grain Bread (toasted)
2 Tomato (small, sliced)
4 ozs Sardines (drained, halved lengthwise)
1/4 Sweet Onion (medium, thinly sliced)
1/4 cup Basil Leaves
1/2 Lemon (juiced, zested)

NUTRITION

AMOUNT PER SERVING

Calories	185	Fiber	4g
Fat	5g	Sugar	4g
Carbs	22g	Protein	13g

DIRECTIONS

01 Top the bread with the tomatoes, sardines, onion, basil, and lemon zest. Squeeze the lemon juice ovetop and enjoy!

NOTES

LEFTOVERS

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

GLUTEN-FREE

Use gluten-free bread, rice cakes, or sweet potato toast instead of whole grain bread.

MORE FLAVOR

Rub garlic on the toast. Add mayonnaise or butter.

ADDITIONAL TOPPINGS

Add olive oil, salt, or pepper to taste.

NO SARDINES

Use tuna or mackerel instead.