



2000 calories, glutenfree

MON



BREAKFAST
Butternut Squash Smoothie



SNACK 1
Zucchini & Carrot Mini Egg White Bites,
Broccoli & Spiced Yogurt



LUNCH
Creamy Coconut Chicken with Rice



SNACK 2
Grapefruit with Cottage Cheese



DINNER
Spicy Shrimp Sushi Bowls



SNACK 3
Prosciutto Wrapped Apricots

TUE



BREAKFAST
Butternut Squash Smoothie



SNACK 1
Zucchini & Carrot Mini Egg White Bites,
Broccoli & Spiced Yogurt



LUNCH
Spicy Shrimp Sushi Bowls



SNACK 2
Grapefruit with Cottage Cheese



DINNER
Pressure Cooker Thai Red Curry Beef



SNACK 3
Prosciutto Wrapped Apricots

WED



BREAKFAST
Butternut Squash Smoothie



SNACK 1
Zucchini & Carrot Mini Egg White Bites,
Broccoli & Spiced Yogurt



LUNCH
Pressure Cooker Thai Red Curry Beef



SNACK 2
Grapefruit with Cottage Cheese



DINNER
Pesto Shrimp with Rice & Peas



SNACK 3
Prosciutto Wrapped Apricots

THU



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Cottage Cheese with Blueberries, Juicy
Jicama Sticks



LUNCH
Pesto Shrimp with Rice & Peas



SNACK 2
Green Smoothie Muffins, Edamame



DINNER
Beef & Veggie Skillet



SNACK 3
Lemon & Chili Pepper Sardine Toast

FRI



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Cottage Cheese with Blueberries, Juicy
Jicama Sticks



LUNCH
Beef & Veggie Skillet



SNACK 2
Green Smoothie Muffins, Edamame



DINNER
Pan-Fried Trout with Herbed Rice



SNACK 3
Lemon & Chili Pepper Sardine Toast

SAT



BREAKFAST
Cucumber, Mango & Banana Smoothie



SNACK 1
Cottage Cheese with Blueberries, Juicy
Jicama Sticks



LUNCH
Pan-Fried Trout with Herbed Rice



SNACK 2
Green Smoothie Muffins, Edamame



DINNER
Chicken & Asparagus Pesto Pasta



SNACK 3
Lemon & Chili Pepper Sardine Toast

SUN



BREAKFAST
Cucumber, Mango & Banana Smoothie



SNACK 1
Cottage Cheese with Blueberries, Juicy
Jicama Sticks



LUNCH
Chicken & Asparagus Pesto Pasta



SNACK 2
Green Smoothie Muffins, Edamame



DINNER
Chicken Tikka Masala



SNACK 3
Lemon & Chili Pepper Sardine Toast

MON

FAT 34% **CARBS 41%** **PROTEIN 25%**

Calories 2091 Fiber 39g
Fat 81g Sugar 62g
Carbs 220g Protein 135g

TUE

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

Calories 2017 Fiber 45g
Fat 75g Sugar 73g
Carbs 221g Protein 136g

WED

FAT 31% **CARBS 41%** **PROTEIN 28%**

Calories 1955 Fiber 41g
Fat 69g Sugar 73g
Carbs 207g Protein 145g

THU

FAT 28% **CARBS 45%** **PROTEIN 27%**

Calories 2000 Fiber 39g
Fat 64g Sugar 51g
Carbs 226g Protein 139g

FRI

FAT 28% **CARBS 46%** **PROTEIN 26%**

Calories 2087 Fiber 39g
Fat 65g Sugar 49g
Carbs 243g Protein 139g

SAT

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

Calories 2047 Fiber 39g
Fat 74g Sugar 60g
Carbs 221g Protein 143g

SUN

FAT 34% **CARBS 39%** **PROTEIN 27%**

Calories 2030 Fiber 40g
Fat 81g Sugar 63g
Carbs 204g Protein 143g

FRUITS

- 1/2 Avocado
- 4 1/8 Banana
- 1 cup Blueberries
- 3 Grapefruit
- 1/2 Lemon
- 1 1/2 tsps Lemon Juice
- 1 1/2 Lime

BREAKFAST

- 1/2 cup Almond Butter
- 2 1/16 tsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 cup Chia Seeds
- 1 1/3 tsps Cinnamon
- 1 tbsp Curry Powder
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Taco Seasoning

FROZEN

- 1 cup Frozen Banana
- 3 1/2 cups Frozen Cauliflower
- 2 cups Frozen Edamame
- 1 cup Frozen Mango
- 1/2 cup Frozen Peas

VEGETABLES

- 1 cup Asparagus
- 4 3/4 cups Baby Spinach
- 6 cups Broccoli
- 2 1/4 cups Butternut Squash
- 1 1/2 Carrot
- 1 head Cauliflower
- 3 1/3 tsps Cilantro
- 1 Cucumber
- 1/4 cup Fresh Dill
- 2 Garlic
- 1/2 tsp Ginger
- 3/4 cup Grated Carrot
- 3 stalks Green Onion
- 2 2/3 cups Jicama
- 1/4 cup Parsley
- 4 Red Hot Chili Pepper
- 12 leaves Romaine
- 1/2 Yellow Bell Pepper
- 1 Yellow Onion
- 1 1/8 Zucchini

BOXED & CANNED

- 1 1/4 cups Basmati Rice
- 1 3/4 cups Brown Rice
- 1 1/16 cups Canned Coconut Milk
- 5 ozs Chickpea Pasta
- 1/2 cup Jasmine Rice
- 2 2/3 tsps Salsa
- 4 ozs Sardines
- 1 tbsp Tomato Paste
- 1/4 cup Tomato Purée
- 1 1/2 cups Vegetable Broth, Low Sodium

BAKING

- 1 tbsp All Purpose Gluten-Free Flour
- 1 tsp Baking Powder
- 1/4 cup Cacao Powder

BREAD, FISH, MEAT & CHEESE

- 8 1/4 ozs Chicken Breast
- 6 ozs Chicken Thighs
- 8 ozs Extra Lean Ground Beef
- 4 slices Gluten-Free Bread
- 1 1/2 tsps Parmigiano Reggiano
- 5 3/4 ozs Prosciutto
- 2 Rainbow Trout Fillet
- 1 1/8 lbs Shrimp
- 8 ozs Stewing Beef

CONDIMENTS & OILS

- 2 1/16 tsps Apple Cider Vinegar
- 1 1/4 tsps Avocado Oil
- 1 1/3 tsps Coconut Oil
- 1 1/8 tsps Dijon Mustard
- 2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1 tbsp Mayonnaise
- 1/2 cup Pesto
- 1 1/2 tsps Rice Vinegar
- 1/2 tsp Sriracha
- 2 tsps Tamari
- 1 tbsp Thai Red Curry Paste
- 1 1/3 tsps Tikka Masala Paste

COLD

- 2 tsps Butter
- 3 1/2 cups Cottage Cheese
- 2/3 Egg
- 3/4 cup Egg Whites
- 2 tsps Plain Cow's Yogurt, Whole Milk
- 8 1/4 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Chocolate Protein Powder

■ 1 1/2 tps Coconut Sugar

■ 2/3 cup Oats

■ 2 tps Pitted Dates

■ 3/4 cup Dried Apricots

■ 1 tbsp Maca Powder

■ 1 1/2 cups Vanilla Protein Powder

■ 1/4 cup Water

Butternut Squash Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

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

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.

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 TOPPING

Add chia seeds or hemp seeds.

PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

Zucchini & Carrot Mini Egg White Bites

3 SERVINGS 25 MINUTES



INGREDIENTS

- 3/4 cup Egg Whites
- 3/4 cup Grated Carrot (loosely packed)
- 1/3 Zucchini (medium, chopped)
- 1 1/8 tsps Dijon Mustard

NUTRITION

AMOUNT PER SERVING

Calories	49	Fiber	1g
Fat	0g	Sugar	2g
Carbs	4g	Protein	7g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, combine the egg whites, carrot, zucchini, and dijon mustard.
- 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 four mini egg muffins.

MORE FLAVOR

Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

ADDITIONAL TOPPINGS

Add goat cheese, feta cheese, or vegan cheese.

Broccoli & Spiced Yogurt

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Coconut Yogurt
1 tbsp Curry Powder
6 cups Broccoli (chopped into florets)

NUTRITION

AMOUNT PER SERVING

Calories	124	Fiber	7g
Fat	4g	Sugar	4g
Carbs	19g	Protein	6g

DIRECTIONS

01 In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!

NOTES

LEFTOVERS

Refrigerate the dip in an airtight container for up to three days.

MORE FLAVOR

Add salt and pepper to taste.

NO COCONUT YOGURT

Use Greek yogurt 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.

Juicy Jicama Sticks

4 SERVINGS 45 MINUTES



INGREDIENTS

- 2 2/3 cups Jicama (peeled, sliced into 1/4-inch strips)
- 1 Lime (juiced)
- 2 tsps Maple Syrup
- 2 tsps Apple Cider Vinegar
- 2/3 tsp Sea Salt
- 1 tsp Cilantro (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	45	Fiber	4g
Fat	0g	Sugar	4g
Carbs	11g	Protein	1g

DIRECTIONS

- 01 Boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Remove and drain any excess water.
- 02 Combine the jicama strips with the remaining ingredients in a large bowl. Refrigerate for at least 30 minutes.
- 03 Divide into cups and enjoy!

NOTES

JICAMA

One medium jicama equals approximately 5 cups.

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 2/3 cup of marinated jicama sticks.

LIKES IT SPICY

Add chili powder or red pepper flakes to the marinade, or skip the first step and enjoy the jicama sticks raw.

NO MAPLE SYRUP

Use orange juice instead.

Creamy Coconut Chicken with Rice

1 SERVING 20 MINUTES



INGREDIENTS

1/4 cup Jasmine Rice (dry)
1/2 cup Canned Coconut Milk
1/4 cup Water
1 1/2 tsps Tamari
1 1/2 tsps Rice Vinegar
Sea Salt & Black Pepper (to taste)
4 ozs Chicken Breast (skinless, boneless, cubed)
2 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	527	Fiber	2g
Fat	24g	Sugar	2g
Carbs	44g	Protein	33g

DIRECTIONS

- 01 Cook rice according to package instructions and set aside.
- 02 In a saucepan over medium heat, combine the coconut milk, water, tamari, rice vinegar, salt, and pepper. Add the chicken and bring to a simmer for ten minutes or cooked through.
- 03 Stir in the spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately equal to four ounces of chicken, 3/4 cup of the coconut broth, and 3/4 cup of rice.

MORE FLAVOR

Add bay leaves, ginger, garlic, or shallots.

ADDITIONAL TOPPINGS

Add red pepper flakes, green onions, or cilantro.

MAKE IT VEGAN

Use tofu, seitan, tempeh, or chickpeas instead of chicken.

Grapefruit with Cottage Cheese

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Cottage Cheese
3 Grapefruit (peeled, cut into sections)

NUTRITION

AMOUNT PER SERVING

Calories	185	Fiber	3g
Fat	5g	Sugar	21g
Carbs	24g	Protein	13g

DIRECTIONS

01 Add the cottage cheese to a bowl and top with grapefruit. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, and/or honey.

MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

Green Smoothie Muffins

4 SERVINGS 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Preheat your oven to 350°F (177°C) and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups 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 cups. 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!

Edamame

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Edamame (shelled, thawed)

NUTRITION

AMOUNT PER SERVING

Calories	94	Fiber	4g
Fat	4g	Sugar	2g
Carbs	7g	Protein	9g

DIRECTIONS

01 Enjoy as a snack or add as a side to a main dish, salad or soup.

NOTES

STORAGE

Refrigerate in an airtight container up to 4 days.

Spicy Shrimp Sushi Bowls

2 SERVINGS 30 MINUTES



INGREDIENTS

- 3/4 cup Brown Rice
- 8 ozs Shrimp (large, peeled, deveined)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1/2 tsp Sriracha
- 1/2 tsp Tamari
- 1 Carrot (shredded)
- 1/2 Cucumber (sliced)
- 1/2 Avocado (cubed)

NUTRITION

AMOUNT PER SERVING

Calories	564	Fiber	7g
Fat	22g	Sugar	4g
Carbs	63g	Protein	30g

DIRECTIONS

- 01 Cook the rice according to the package directions. Let the cooked rice cool slightly.
- 02 Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
- 03 Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
- 04 Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

ADDITIONAL TOPPINGS

Sesame seeds and/or lime zest.

Pressure Cooker Thai Red Curry Beef

2 SERVINGS 1 HOUR



INGREDIENTS

1 tsp Coconut Oil (divided)
8 ozs Stewing Beef (diced into cubes)
Sea Salt & Black Pepper (to taste)
1/2 Yellow Onion (small, thinly sliced)
1/2 tsp Ginger (minced)
1 tbsp Thai Red Curry Paste
1 tbsp Tomato Paste
1 1/2 tps Fish Sauce
1 1/2 tps Coconut Sugar
1/2 Carrot (large, chopped)
1 head Cauliflower (sliced into florets)
1/3 cup Canned Coconut Milk
1/2 Lime (juiced)
1/4 cup Brown Rice (optional, dry/uncooked)
1 stalk Green Onion (optional, chopped)
2 tbsps Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	453	Fiber	8g
Fat	18g	Sugar	13g
Carbs	45g	Protein	34g

DIRECTIONS

- 01 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 02 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 03 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 04 If making the brown rice, cook according to package directions.
- 05 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

NOTES

NO PRESSURE COOKER

Make it in the slow cooker on low for about 5 hours.

NO FISH SAUCE

Use soy sauce or tamari instead.

NO COCONUT SUGAR

Use cane sugar instead.

VEGETABLE MODIFICATIONS

Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

CRUNCHY VEGGIES

Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

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.

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.

Pan-Fried Trout with Herbed Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 cups Vegetable Broth, Low Sodium
3/4 cup Basmati Rice (uncooked)
2 tbsps Butter (divided)
1/4 cup Parsley (chopped)
1/4 cup Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
2 Rainbow Trout Fillet (patted dry)
1 tbsp All Purpose Gluten-Free Flour

NUTRITION

AMOUNT PER SERVING

Calories	589	Fiber	3g
Fat	17g	Sugar	2g
Carbs	66g	Protein	39g

DIRECTIONS

- 01 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 02 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 03 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 04 Divide the herbed rice and trout onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals one trout fillet and just over a cup of herbed rice.

TROUT FILLETS

One fillet is equal to approximately 159 grams or 5.6 ounces in size.

DAIRY-FREE

Use vegan butter, olive oil, or coconut oil instead.

MORE FLAVOR

Add cilantro and saffron to the rice.

ADDITIONAL TOPPINGS

Add lemon juice and fresh herbs.

Chicken & Asparagus Pesto Pasta

2 SERVINGS 30 MINUTES



INGREDIENTS

4 1/4 ozs Chicken Breast
1 cup Asparagus (ends trimmed)
1 1/2 tpsps Extra Virgin Olive Oil
5 ozs Chickpea Pasta (dry)
2 2/3 tbsps Pesto
1 1/2 tpsps Lemon Juice
1 1/2 tbsps Parmigiano Reggiano (finely grated)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	456	Fiber	12g
Fat	19g	Sugar	9g
Carbs	44g	Protein	36g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
- 03 Meanwhile, cook the pasta according to package instructions.
- 04 To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls 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 nutritional yeast or plant-based cheese instead of parmesan.

ADDITIONAL TOPPINGS

Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.

Chicken Tikka Masala

1 SERVING 55 MINUTES



INGREDIENTS

6 ozs Chicken Thighs (boneless, skinless, cut into bite sized pieces)
1 1/3 tbsps Tikka Masala Paste (divided)
2 tbsps Plain Cow's Yogurt, Whole Milk
1/4 cup Jasmine Rice (dry)
3/4 tsp Avocado Oil
1/4 cup Tomato Purée
3 tbsps Canned Coconut Milk
1/4 tsp Sea Salt
1 tbsp Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	572	Fiber	4g
Fat	24g	Sugar	5g
Carbs	49g	Protein	39g

DIRECTIONS

- 01 Place the chicken in a large bowl along with half of the tikka masala paste and yogurt. Cover and refrigerate for 30 minutes.
- 02 Cook the rice according to package instructions and set aside.
- 03 In a large dutch oven or pot over medium heat, pour in the avocado oil. Then add the remaining tikka masala paste and cook, stirring often for two minutes. Pour in the chicken and marinade from the bowl, tomato purée, and coconut milk. Cover and reduce the heat to a simmer. Cook for 18 to 20 minutes.
- 04 Remove the lid and use a slotted spoon to remove the chicken. Increase the heat to medium and thicken the sauce, stirring often, for five minutes. Return the chicken to the pot and turn the heat off and add the salt, stir to combine.
- 05 Divide the rice and chicken into bowls and top with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is about 1/2 cup rice and one cup chicken and sauce.

MORE VEGETABLES

Add broccoli on the side, or sautéed spinach.

DAIRY-FREE

Use a dairy-free yogurt.

ADDITIONAL TOPPINGS

Serve with pita, roti, or naan on the side.

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 TOPPING

Add goat cheese and walnuts.

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.