



**2000 calories, no dairy**

## MON



**BREAKFAST**  
Cucumber, Mango & Banana Smoothie



**SNACK 1**  
Chicken Noodle Soup



**LUNCH**  
Meal Prep Spaghetti with Chicken, Spinach & Tomatoes



**SNACK 2**  
Lemon & Chili Pepper Sardine Toast



**DINNER**  
Galinhada



**SNACK 3**  
Sardine Toast with Tomato & Onion

## TUE



**BREAKFAST**  
Cucumber, Mango & Banana Smoothie



**SNACK 1**  
Chicken Noodle Soup



**LUNCH**  
Galinhada



**SNACK 2**  
Lemon & Chili Pepper Sardine Toast



**DINNER**  
Lemon Dijon Chicken Drumsticks with Rice



**SNACK 3**  
Sardine Toast with Tomato & Onion

## WED



**BREAKFAST**  
Cucumber, Mango & Banana Smoothie



**SNACK 1**  
Chicken Noodle Soup



**LUNCH**  
Lemon Dijon Chicken Drumsticks with Rice



**SNACK 2**  
Lemon & Chili Pepper Sardine Toast



**DINNER**  
Pressure Cooker Thai Chicken & Vegetables with Rice



**SNACK 3**  
Sardine Toast with Tomato & Onion

## THU



**BREAKFAST**  
Chocolate Tahini Layered Smoothie



**SNACK 1**  
Sticky Sheet Pan Tofu Stir Fry



**LUNCH**  
Pressure Cooker Thai Chicken & Vegetables with Rice



**SNACK 2**  
2 Edamame



**DINNER**  
Tuna Avocado Sandwich



**SNACK 3**  
Post Workout Green Smoothie

## FRI



**BREAKFAST**  
Chocolate Tahini Layered Smoothie



**SNACK 1**  
Sticky Sheet Pan Tofu Stir Fry



**LUNCH**  
Tuna Avocado Sandwich



**SNACK 2**  
2 Edamame



**DINNER**  
Pressure Cooker Thai Red Curry Beef



**SNACK 3**  
Post Workout Green Smoothie

## SAT



**BREAKFAST**  
Butternut Squash Smoothie



**SNACK 1**  
Sticky Sheet Pan Tofu Stir Fry



**LUNCH**  
Pressure Cooker Thai Red Curry Beef



**SNACK 2**  
2 Edamame



**DINNER**  
Easy Salmon Poke Bowl



**SNACK 3**  
Post Workout Green Smoothie

## SUN



**BREAKFAST**  
Butternut Squash Smoothie



**SNACK 1**  
Sticky Sheet Pan Tofu Stir Fry



**LUNCH**  
Easy Salmon Poke Bowl



**SNACK 2**  
2 Edamame



**DINNER**  
Beef & Veggie Skillet



**SNACK 3**  
Post Workout Green Smoothie

## MON

FAT 30% CARBS 43% PROTEIN 27%

Calories 1957  
Fat 68g  
Carbs 215g  
Fiber 27g  
Sugar 45g  
Protein 133g

## TUE

FAT 32% CARBS 40% PROTEIN 28%

Calories 1985  
Fat 71g  
Carbs 203g  
Fiber 23g  
Sugar 41g  
Protein 140g

## WED

FAT 33% CARBS 39% PROTEIN 28%

Calories 1978  
Fat 73g  
Carbs 196g  
Fiber 24g  
Sugar 47g  
Protein 139g

## THU

FAT 32% CARBS 40% PROTEIN 28%

Calories 2083  
Fat 77g  
Carbs 213g  
Fiber 48g  
Sugar 54g  
Protein 151g

## FRI

FAT 33% CARBS 39% PROTEIN 28%

Calories 2073  
Fat 79g  
Carbs 211g  
Fiber 52g  
Sugar 60g  
Protein 153g

## SAT

FAT 34% CARBS 39% PROTEIN 27%

Calories 2012  
Fat 80g  
Carbs 209g  
Fiber 52g  
Sugar 53g  
Protein 141g

## SUN

FAT 32% CARBS 43% PROTEIN 25%

Calories 2083  
Fat 77g  
Carbs 231g  
Fiber 50g  
Sugar 46g  
Protein 138g

## FRUITS

- 2 1/2 Avocado
- 4 Banana
- 1 1/4 Lemon
- 2/3 tsp Lemon Juice
- 1/2 Lime

## BREAKFAST

- 1/2 cup Almond Butter
- 2 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/3 cup Chia Seeds
- 1 3/4 tps Cinnamon
- 1/2 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 1/2 tsp Ground Ginger
- 1/2 tsp Onion Powder
- 2/3 tsp Oregano
- 1/4 tsp Red Pepper Flakes
- 1/8 tsp Saffron
- 1 1/8 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tps Taco Seasoning

## FROZEN

- 1 1/2 cups Frozen Banana
- 1 cup Frozen Cauliflower
- 4 cups Frozen Edamame
- 1 1/2 cups Frozen Mango

## VEGETABLES

- 8 cups Baby Spinach
- 3 tbsps Basil Leaves
- 4 cups Broccoli
- 1 1/2 cups Butternut Squash
- 3 Carrot
- 1 head Cauliflower
- 3 stalks Celery
- 1 cup Cherry Tomatoes
- 2 tbsps Cilantro
- 1 1/4 Cucumber
- 6 1/16 Garlic
- 2 tps Ginger
- 3/4 cup Green Beans
- 2 1/2 stalks Green Onion
- 1/2 Jalapeno Pepper
- 1/2 cup Kale Leaves
- 3/4 Orange Bell Pepper
- 2 1/8 tps Parsley
- 1/4 cup Radishes
- 2 1/2 Red Bell Pepper
- 3 Red Hot Chili Pepper
- 1/4 cup Red Onion
- 16 leaves Romaine
- 1/8 Sweet Onion
- 2 1/3 Tomato
- 1/4 Yellow Bell Pepper
- 1 2/3 Yellow Onion
- 1/3 Zucchini

## BOXED & CANNED

- 2 cups Brown Rice
- 1/2 cup Brown Rice Macaroni
- 1/4 cup Brown Rice Spaghetti
- 1 cup Canned Coconut Milk
- 4 1/3 cups Chicken Broth
- 1 1/8 cups Jasmine Rice
- 1 1/3 tps Salsa

## BREAD, FISH, MEAT & CHEESE

- 12 ozs Chicken Breast
- 13 3/4 ozs Chicken Drumsticks
- 15 3/4 ozs Chicken Thighs
- 4 ozs Extra Lean Ground Beef
- 3 slices Gluten-Free Bread
- 8 ozs Salmon Fillet
- 7 1/16 ozs Sourdough Bread
- 8 ozs Stewing Beef
- 14 1/8 ozs Tofu
- 3 slices Whole Grain Bread

## CONDIMENTS & OILS

- 1/4 tsp Avocado Oil
- 1 tbsp Coconut Aminos
- 1 tsp Coconut Oil
- 2 1/16 tps Dijon Mustard
- 2 2/3 tps Extra Virgin Olive Oil
- 1 1/2 tps Fish Sauce
- 1 tsp Rice Vinegar
- 2 tps Sesame Oil
- 3 tps Tahini
- 1/3 cup Tamari
- 2 tps Thai Red Curry Paste

## COLD

- 1 1/2 cups Oat Milk
- 5 2/3 cups Unsweetened Almond Milk

## OTHER

- 2 1/4 cups Vanilla Protein Powder
- 4 cups Water

- 5 3/4 ozs Sardines
- 1 tbsp Tomato Paste
- 2 cans Tuna

#### **BAKING**

- 2 tbsps Cacao Powder
- 1 1/2 tps Coconut Sugar
- 2 tbsps Pitted Dates

# Cucumber, Mango & Banana Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Unsweetened Almond Milk  
1 1/2 cups Frozen Banana  
1 1/2 cups Frozen Mango  
3/4 Cucumber (medium, chopped)  
3 cups Baby Spinach  
1/3 cup Almond Butter  
1 1/2 tsps Cinnamon  
3/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### NO ALMOND MILK

Use another plant-based milk such as cashew or oat.

### NO ALMOND BUTTER

Use cashew butter or sunflower seed butter.

### ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds.

### PROTEIN POWDER

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

# 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.

# Chicken Noodle Soup

3 SERVINGS 1 HOUR



## INGREDIENTS

2 1/4 **tsps** Extra Virgin Olive Oil  
1 stalk Celery (chopped)  
1/2 Carrot (large, peeled, chopped)  
1/2 Yellow Onion (medium, chopped)  
1 Garlic (large clove, minced)  
1/4 **tsp** Sea Salt  
1/2 **tsp** Dried Thyme  
3 **cups** Chicken Broth  
6 1/8 **ozs** Chicken Thighs (bone-in, skin removed, trimmed)  
1/2 **cup** Brown Rice Macaroni (dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	201	Fiber	2g
Fat	7g	Sugar	3g
Carbs	19g	Protein	15g

## DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Add the celery, carrot, and onion to the pot and cook for eight to 10 minutes until softened. Add the garlic, salt, and thyme to the pot. Stir to combine and cook for another minute.
- 02 Add the broth and then place the chicken in the pot. Bring the soup to a gentle boil and simmer for about 20 minutes or until the chicken is cooked through and pulls easily.
- 03 Meanwhile, cook the pasta according to package directions.
- 04 Remove the chicken from the pot and shred the cooked chicken thighs with two forks until no large pieces remain. Return the chicken to the pot. Season the soup with additional salt if needed.
- 05 To serve, divide the soup between bowls and stir in the cooked macaroni. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately one cup of soup and 1/4 cup of macaroni.

### MORE FLAVOR

Add other dried herbs and spices, like parsley, sage, or oregano.

### CHICKEN BROTH

A low sodium chicken broth was used to create this recipe. Adjust salt to taste if needed. Add more broth if thick soup is desired.

### NO BROWN RICE MACARONI

Use another pasta noodle instead.

#### MORE VEGGIES

Add spinach or kale, bell pepper, mushrooms, potatoes, or peas.

# Sticky Sheet Pan Tofu Stir Fry

4 SERVINGS 35 MINUTES



## INGREDIENTS

- 14 1/8 ozs Tofu (extra-firm, pressed, cut into 1-cm thick triangles or cubes)
- 1/4 cup Tamari (divided)
- 4 cups Broccoli (cut into florets)
- 2 Carrot (large, peeled and sliced)
- 2 Red Bell Pepper (medium, chopped)
- 2 tbsps Maple Syrup
- 2 Garlic (small clove, minced)
- 1/2 tsp Ground Ginger
- 1/4 tsp Red Pepper Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	182	Fiber	6g
Fat	6g	Sugar	13g
Carbs	22g	Protein	15g

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the tofu and half of the tamari to a mixing bowl and toss to coat the tofu in the tamari. Transfer the tofu to one side of the baking sheet. To the same mixing bowl add the broccoli, carrot, and bell pepper. Add half the remaining tamari and mix until the vegetables are lightly coated in the tamari. Transfer the vegetables to the other side of the baking sheet.
- 03 Bake the tofu and veggies for 20 minutes.
- 04 Meanwhile, in the mixing bowl combine the remaining tamari, maple syrup, garlic, ginger, and red pepper flakes.
- 05 Flip the tofu and the vegetables then drizzle with the maple ginger sauce. Continue baking for eight to 10 minutes until the sauce is sticky and bubbly. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### ADDITIONAL TOPPINGS

Sesame seeds, sliced green onion, or more tamari.

### VEGETABLES

Use cauliflower, bell pepper, snap peas, zucchini, or green beans instead.

### NO TAMARI

Use soy sauce or coconut aminos instead.

### NO MAPLE SYRUP

Use honey or another liquid sweetener instead.

### SERVE IT WITH

Rice, cauliflower rice, or quinoa.

# Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

1 SERVING 30 MINUTES



## INGREDIENTS

2 1/4 tps Extra Virgin Olive Oil (divided)  
1 cup Cherry Tomatoes  
1/2 tsp Garlic Powder  
1/2 tsp Onion Powder  
1/4 tsp Sea Salt  
4 ozs Chicken Breast (sliced in halves)  
1 cup Baby Spinach  
1/4 cup Brown Rice Spaghetti (dry)

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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

## NOTES

### NO CHICKEN

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

### NO BROWN RICE SPAGHETTI

Use rice, quinoa or any type of pasta instead.

### MAKE IT CHEESY

Add parmesan or nutritional yeast to the pasta.

**SPICE IT UP**

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

**STORAGE**

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

# 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.

# Edamame

8 SERVINGS 5 MINUTES



## INGREDIENTS

4 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.

# Galinhada

2 SERVINGS 50 MINUTES



## INGREDIENTS

- 1/4 Yellow Onion (roughly chopped)
- 3/4 Garlic (cloves)
- 2 1/8 tbsps Parsley (roughly chopped)
- 2/3 tsp Lemon Juice
- 1 1/4 tbsps Extra Virgin Olive Oil
- 9 2/3 ozs Chicken Thighs (boneless, skinless, cut into slices)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Jasmine Rice (dry)
- 3/4 Orange Bell Pepper (chopped)
- 3/4 Tomato (chopped)
- 1/8 tsp Saffron (threads)
- 1 cup Chicken Broth

## NUTRITION

### AMOUNT PER SERVING

Calories	470	Fiber	3g
Fat	14g	Sugar	1g
Carbs	54g	Protein	33g

## DIRECTIONS

- 01 Place the onion, garlic, parsley, lemon juice, and oil in a food processor and pulse until well combined and finely chopped. Transfer to a large bowl and add the chicken. Season with salt and pepper. Cover and marinate in the fridge for 30 minutes.
- 02 Heat a large dutch oven over medium-high heat. Once hot, add the chicken and marinade and cook until the chicken has browned on both sides, about six to seven minutes.
- 03 Add the rice to the dutch oven and toast for one minute, stirring frequently. Add the bell pepper, tomato, saffron, and chicken broth. Season with salt and pepper. Cover and reduce the heat to low. Cook for 13 to 15 minutes or until the rice and chicken are cooked through. Check on the rice towards the end of cooking to be sure enough liquid remains and add more if needed.
- 04 Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/4 cups.

### NO SAFFRON

Use turmeric.

### MORE FLAVOR

Add sausage and cook with the chicken.

# Lemon Dijon Chicken Drumsticks with Rice

2 SERVINGS 55 MINUTES



## INGREDIENTS

2 tbsps Dijon Mustard  
2/3 tsp Oregano (dried)  
2/3 tsp Sea Salt  
2/3 Lemon (juiced, divided)  
13 3/4 ozs Chicken Drumsticks  
1/2 cup Jasmine Rice (uncooked)

## NUTRITION

### AMOUNT PER SERVING

Calories	496	Fiber	1g
Fat	18g	Sugar	0g
Carbs	40g	Protein	39g

## DIRECTIONS

- 01 Combine the Dijon mustard, oregano, sea salt and 2/3 of the lemon juice into a zipper-lock bag. Add the drumsticks to the bag. Seal the bag and massage the marinade into the chicken and let rest for at least 20 minutes.
- 02 Preheat your oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 03 Cook the rice according to the package directions.
- 04 Make sure each piece of chicken is well coated in the marinade, transfer to the prepared baking sheet. Discard the remaining marinade.
- 05 Bake for 25 to 30 minutes or until the chicken is cooked through. Remove from the oven and immediately drizzle the chicken with the remaining lemon juice.
- 06 Divide the rice and chicken between plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is 2 chicken drumsticks and roughly 1/3 cup of cooked rice.

### MORE FLAVOR

Add fresh garlic or black pepper to the marinade.

### ADDITIONAL TOPPINGS

Top with additional lemon juice or fresh herbs.

### NO DRUMSTICKS

Use chicken thighs instead.

### NO JASMINE RICE

Use brown rice, quinoa or cauliflower rice instead.

# Pressure Cooker Thai Chicken & Vegetables with Rice

2 SERVINGS 40 MINUTES



## INGREDIENTS

- 1/2 cup Brown Rice
- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Chicken Broth
- 1 tbsp Thai Red Curry Paste
- 1 tbsp Coconut Aminos
- 1 1/2 tsps Ginger (fresh, minced)
- 1 Garlic (clove, minced)
- 8 ozs Chicken Breast
- 1/2 Red Bell Pepper (sliced)
- 1/4 Yellow Onion (sliced)
- 3/4 cup Green Beans
- 1/2 cup Kale Leaves (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	463	Fiber	4g
Fat	16g	Sugar	7g
Carbs	47g	Protein	32g

## DIRECTIONS

- 01 Cook the rice according to the directions on the package.
- 02 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
- 03 Set to “sealing”, then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 04 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
- 05 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine.
- 06 Divide the rice, chicken and vegetables between plates and top generously with the red curry sauce. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

### NO BROWN RICE

Omit or use jasmine rice, quinoa or cauliflower rice instead.

**NO CHICKEN BREAST**

Use chicken thighs instead.

**NO FRESH GREEN BEANS**

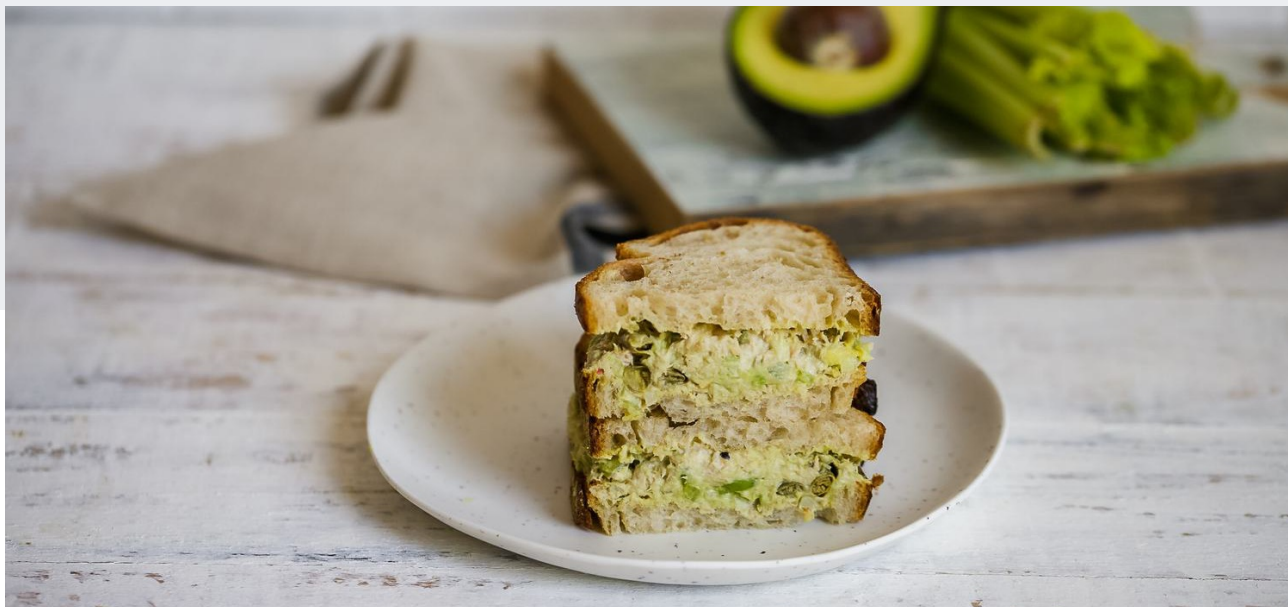
Use frozen or choose another vegetable like snap peas or broccoli.

**NO KALE**

Use spinach or bok choy instead.

# Tuna Avocado Sandwich

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cans Tuna  
Sea Salt & Black Pepper (to taste)  
2 stalks Celery (finely chopped)  
1/4 cup Red Onion (finely chopped)  
1 Avocado (medium)  
7 1/16 ozs Sourdough Bread (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	566	Fiber	10g
Fat	16g	Sugar	2g
Carbs	60g	Protein	44g

## DIRECTIONS

- 01 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 02 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

### GLUTEN-FREE

Use gluten-free bread instead.

### CANNED TUNA

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

### NO RED ONION

Use chives or green onions instead.

### NO AVOCADO

Use mayonnaise or Greek yogurt instead.

# 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.

# Easy Salmon Poke Bowl

2 SERVINGS 30 MINUTES



## INGREDIENTS

3/4 cup Brown Rice  
2 tsps Sesame Oil (divided)  
8 ozs Salmon Fillet (sushi-grade, skinless, diced)  
2 tbsps Tamari  
1 tsp Rice Vinegar  
1/2 Cucumber (sliced)  
1/4 cup Radishes (thinly sliced)  
1/2 Avocado (sliced)  
1/2 Jalapeno Pepper (thinly sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	561	Fiber	7g
Fat	21g	Sugar	3g
Carbs	62g	Protein	31g

## DIRECTIONS

- 01 Cook the brown rice according to the directions on the package. Once it has finished cooking, drizzle half the sesame oil over top and mix to combine.
- 02 Meanwhile, in a medium-sized bowl, add the salmon, tamari, rice vinegar, and the remaining sesame oil. Place in the fridge to marinate for 10 minutes.
- 03 Assemble your bowl by adding brown rice to the bottom. Top it with salmon, cucumber, radishes, avocado, and jalapeno. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to one day.

### MORE FLAVOR

Add minced ginger and chili flakes to the salmon while it's marinating.

### ADDITIONAL TOPPINGS

Sesame seeds, cilantro and/or a spicy mayo.

### MAKE IT VEGAN

Use tofu or tempeh instead of salmon.

# Beef & Veggie Skillet

1 SERVING 20 MINUTES



## INGREDIENTS

1/3 cup Brown Rice  
1/4 tsp Avocado Oil  
1/4 Yellow Onion (chopped, medium size)  
4 ozs Extra Lean Ground Beef  
1 1/2 tsps Taco Seasoning  
1/2 Garlic (clove, minced)  
1/3 Zucchini (medium, chopped)  
1/4 Yellow Bell Pepper (chopped)  
1 1/3 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.

# Sardine Toast with Tomato & Onion

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 slices Whole Grain Bread (toasted)  
1 1/2 Tomato (small, sliced)  
3 ozs Sardines (drained, halved lengthwise)  
1/8 Sweet Onion (medium, thinly sliced)  
3 tbsps Basil Leaves  
1/3 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.

# Post Workout Green Smoothie

4 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Vanilla Protein Powder  
4 cups Water (cold)  
1 Avocado  
2 Banana (frozen)  
4 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	182	Fiber	6g
Fat	8g	Sugar	8g
Carbs	20g	Protein	12g

## DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

## NOTES

### NO SPINACH

Use kale instead.

### NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds.