



Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some reminders about your meal plan:


































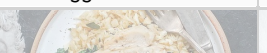











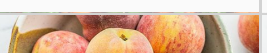



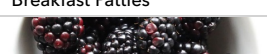

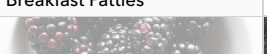


















Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















Recipes and Servings: Each recipe will show the servings at the top. You will follow the recipe exactly and make the full number of servings shown. All of the servings will be eaten by you either the day you make it, or in the following days as leftovers.

Following the Calendar: Some days may have a meal/snack with the number 2 in front. This number 2 means that you will eat two servings.

Misc Notes:

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie
	 Apple & Sweet Potato Hash	 Apple & Sweet Potato Hash	 Apple & Sweet Potato Hash	 Chicken Breakfast Sausages	 Chicken Breakfast Sausages	 Pan Seared Peaches with Dukkah	 Pan Seared Peaches with Dukkah
Snack 1	 Melon & Prosciutto	 Melon & Prosciutto	 Melon & Prosciutto	 2 Cantaloupe with Prosciutto	 2 Cantaloupe with Prosciutto	 3 Cantaloupe with Prosciutto	 3 Cantaloupe with Prosciutto
	 Melon & Prosciutto	 Pressure Cooker Hard Boiled Eggs	 2 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 2 Pressure Cooker Hard Boiled Eggs	 2 Pressure Cooker Hard Boiled Eggs
Lunch	 One Pan Cod & Sweet Potato	 Green Poutine	 Strip Loin Roast with Mashed Potatoes & Broccoli	 One Pan Teriyaki Chicken	 Pork Roast with Potatoes & Green Beans	 Riced Parsnip & Chicken	 Chicken Thighs with Sweet Potato & Cauliflower
	 Slow Cooker Caribbean Carrot Soup	 Green Poutine	 Strip Loin Roast with Mashed Potatoes & Broccoli	 One Pan Teriyaki Chicken	 Pork Roast with Potatoes & Green Beans	 Creamy Roasted Garlic & Kale Soup with Cauliflower	 Arugula, Fig & Prosciutto Salad
Snack 2	 Sweet Potato & Turkey Breakfast Patties	 Sweet Potato & Turkey Breakfast Patties	 Sweet Potato & Turkey Breakfast Patties	 Peach	 Peach	 Peach	 Peach
	 Blackberries	 Blackberries	 Blackberries	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus
Dinner	 Green Poutine	 Strip Loin Roast with Mashed Potatoes & Broccoli	 One Pan Teriyaki Chicken	 Pork Roast with Potatoes & Green Beans	 Riced Parsnip & Chicken	 Chicken Thighs with Sweet Potato & Cauliflower	 Pear & Arugula Salad with Chicken
	 Green Poutine	 Strip Loin Roast with Mashed Potatoes & Broccoli	 One Pan Teriyaki Chicken	 Pork Roast with Potatoes & Green Beans	 Creamy Roasted Garlic & Kale Soup with Cauliflower	 Arugula, Fig & Prosciutto Salad	 Cucumber Mint Gazpacho

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  37%	Fat  39%	Fat  35%	Fat  35%	Fat  38%	Fat  39%
Carbs  44%	Carbs  38%	Carbs  34%	Carbs  35%	Carbs  34%	Carbs  33%	Carbs  33%
Protein  26%	Protein  25%	Protein  27%	Protein  30%	Protein  31%	Protein  29%	Protein  28%
Calories 2135	Calories 2137	Calories 2095	Calories 2046	Calories 2091	Calories 2107	Calories 2111
Fat 73g	Fat 89g	Fat 92g	Fat 83g	Fat 84g	Fat 93g	Fat 95g
Carbs 241g	Carbs 211g	Carbs 181g	Carbs 183g	Carbs 183g	Carbs 185g	Carbs 185g
Fiber 50g	Fiber 44g	Fiber 33g	Fiber 30g	Fiber 36g	Fiber 53g	Fiber 53g
Sugar 87g	Sugar 68g	Sugar 88g	Sugar 99g	Sugar 84g	Sugar 94g	Sugar 100g
Protein 142g	Protein 137g	Protein 147g	Protein 158g	Protein 167g	Protein 158g	Protein 156g

Fruits

- 1 1/2 Apple
- 1/2 Avocado
- 3 cups Blackberries
- 1 1/4 Cantaloupe
- 4 Fig
- 3/4 Honeydew Melon
- 2 2/3 Lemon
- 1 tbsp Lemon Juice
- 1/4 Lime
- 1 2/3 tbsps Lime Juice
- 3 1/2 Navel Orange
- 6 Peach
- 1/2 Pear

Breakfast

- 1 1/2 tsps Maple Syrup

Seeds, Nuts & Spices

- 1 1/3 tbsps Almonds
- 1/8 tsp Black Pepper
- 1/4 cup Cashews
- 1/4 cup Chia Seeds
- 1/2 tsp Chili Powder
- 1 1/2 tsps Coriander Seed
- 1 tsp Cumin
- 1 tbsp Dried Basil
- 2 tsps Dried Thyme
- 1/4 tsp Fennel Seed
- 1/2 tsp Garlic Powder
- 1/4 tsp Ground Allspice
- 1/3 tsp Ground Ginger
- 2 tbsps Hazelnuts
- 1 1/16 tbsps Italian Seasoning
- 1/16 tsp Nutmeg
- 3/4 tsp Oregano
- 1/2 tsp Paprika
- 2 tbsps Pumpkin Seeds
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tbsps Sesame Seeds

Vegetables

- 6 cups Arugula
- 5 cups Asparagus
- 4 cups Broccoli
- 1 cup Butternut Squash
- 4 Carrot
- 1 head Cauliflower
- 3/4 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1 Cucumber
- 3/4 tsp Fresh Sage
- 15 1/3 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 2 1/2 stalks Green Onion
- 8 cups Kale Leaves
- 1/2 cup Mint Leaves
- 2 cups Mushrooms
- 2 tbsps Parsley
- 2 Parsnip
- 1 tbsp Red Onion
- 2 Russet Potato
- 2 cups Snap Peas
- 4 1/8 Sweet Potato
- 3/4 Yellow Onion
- 4 1/2 Yellow Potato

Boxed & Canned

- 1/4 cup Canned Coconut Milk
- 3 1/3 cups Vegetable Broth

Baking

- 1 tsp Arrowroot Powder
- 1/2 cup Nutritional Yeast
- 2 tbsps Raw Honey

Bread, Fish, Meat & Cheese

- 1 3/4 lbs Chicken Breast
- 8 ozs Chicken Thighs
- 1 Cod Fillet
- 8 ozs Extra Lean Ground Chicken
- 9 2/3 ozs Extra Lean Ground Turkey
- 12 3/4 ozs Pork Shoulder, Boneless
- 1 1/16 lbs Prosciutto
- 12 ozs Sliced Turkey Breast
- 10 2/3 ozs Strip Loin Roast

Condiments & Oils

- 2 1/2 tsps Avocado Oil
- 2 1/2 tbsps Balsamic Vinegar
- 2 tbsps Coconut Aminos
- 1/2 tsp Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 3/4 cup Kimchi
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil

Cold

- 15 Egg
- 2 1/3 tbsps Orange Juice
- 2 1/2 cups Plain Coconut Milk
- 3 cups Unsweetened Almond Milk
- 2/3 cup Unsweetened Coconut Yogurt

Other

- 1 1/3 ozs Collagen Powder
- 1/2 cup Vanilla Protein Powder
- 2 1/2 cups Water

-
- 1 1/8 tsps Smoked Paprika
 - 1 1/2 tsps Walnuts

Frozen

- 1 cup Frozen Banana
- 2 cups Frozen Cauliflower
- 2 cups Frozen Cherries
- 2 cups Frozen Raspberries



Turkey & Egg Snack Box

3 servings

5 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 6 Egg
- 3/4 cup Kimchi
- 12 ozs Sliced Turkey Breast
- 3/4 cup Cherry Tomatoes
- 3 Navel Orange

Nutrition

Amount per serving	
Calories	364
Fat	17g
Carbs	23g
Fiber	4g
Sugar	15g
Protein	31g

Directions

- 1 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 2 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Add sliced green onions, avocado, nuts, cheese, or crackers.

No Kimchi: Use sauerkraut, pickles, salsa, or olives instead.



Apple & Sweet Potato Hash

3 servings

15 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 Sweet Potato (medium, peeled and cut into small cubes)
- 1 1/2 Apple (medium, peeled and cut into small cubes)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	163
Fat	7g
Carbs	26g
Fiber	4g
Sugar	12g
Protein	1g

Directions

- 1 Heat the oil in a non-stick pan over medium heat.
- 2 Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
- 3 Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Season with salt and pepper to taste. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add dried herbs and spices like cumin, cinnamon, and/or garlic powder.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.

More Veggies: Add spinach or kale and stir until wilted.



Banana Cherry Smoothie

2 servings

5 minutes

Ingredients

2 1/2 cups Plain Coconut Milk
(unsweetened from the carton)
2 cups Frozen Cherries
1 cup Frozen Banana
1 1/3 ozs Collagen Powder
2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	394
Fat	11g
Carbs	57g
Fiber	9g
Sugar	37g
Protein	22g

Directions

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

Notes

Leftovers: Best enjoyed immediately.

Make it Vegan: Omit collagen powder and use plant-based protein powder.

Additional Toppings: Add spinach, frozen cauliflower, or hemp seeds to your smoothie.



Chicken Breakfast Sausages

2 servings

20 minutes

Ingredients

- 8 ozs Extra Lean Ground Chicken
- 2 tbsps Parsley (very finely chopped)
- 1 1/2 Garlic (cloves, minced)
- 1/8 tsp Sea Salt
- 1 1/2 tsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	197
Fat	13g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g

Directions

- 1 In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.
;
- 2 Heat the oil in a non-stick pan over medium heat.
;
- 3 Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to two patties.

More Flavor: Add other fresh or dried herbs and spices to taste.

No Extra Virgin Olive Oil: Use avocado or coconut oil instead.

No Chicken: Use ground turkey or pork instead.



Raspberry Zinger Smoothie

2 servings

10 minutes

Ingredients

- 2 cups Frozen Cauliflower
- 2 cups Frozen Raspberries
- 2 Lemon (juiced)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 3 cups Unsweetened Almond Milk

Directions

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

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g



Pan Seared Peaches with Dukkah

2 servings

10 minutes

Ingredients

2 tbsps Hazelnuts (roasted, unsalted)
 1 1/3 tbsps Almonds (roasted, unsalted)
 1 1/2 tbsps Sesame Seeds (white and/or black, toasted)
 1 1/2 tbsps Coriander Seed
 1/4 tsp Fennel Seed
 1/4 tsp Cumin (ground)
 Sea Salt & Black Pepper (to taste)
 1/2 tsp Coconut Oil
 2 Peach (halved, pit removed)
 1/2 cup Unsweetened Coconut Yogurt
 1/4 cup Mint Leaves (optional, lightly torn)

Nutrition

Amount per serving	
Calories	204
Fat	13g
Carbs	22g
Fiber	6g
Sugar	13g
Protein	5g

Directions

- 1 Combine the hazelnuts, almonds, sesame seeds, coriander seeds, fennel seeds, cumin, salt and pepper into a food processor or blender. Process until you reach a coarse grainy texture. Set aside.
- 2 Heat a cast iron skillet over medium-high heat. Once hot, add the coconut oil. Place the peaches on the skillet cut side down. Sear for 4 to 5 minutes, until charred.
- 3 Divide the yogurt evenly between bowls. Add the peaches and top with dukkah and mint leaves, if using. Enjoy!

Notes

Leftovers: Best served right away. Otherwise, refrigerate in an airtight container for up to two days.

Serving Size: One serving is one peach and 1/4 cup yogurt.

Likes it Sweet : Add a drizzle of honey or maple syrup.

Barbecue: To prepare on the grill, brush the peaches with oil. Grill the peaches, cut side down, for 5 minutes, without turning.

No Coconut Yogurt: Use Greek yogurt or another yogurt alternative.



Melon & Prosciutto

3 servings

5 minutes

Ingredients

- 3/4 Honeydew Melon (small, peeled, seeds removed and chopped)
- 2 2/3 ozs Prosciutto (thinly sliced)

Nutrition

Amount per serving	
Calories	144
Fat	3g
Carbs	23g
Fiber	2g
Sugar	20g
Protein	8g

Directions

- 1 Add the melon and prosciutto to a plate and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of melon.

Additional Toppings: Drizzle the melon with a bit of raw honey for extra sweetness.

No Honeydew Melon: Use cantaloupe or watermelon.



Pressure Cooker Hard Boiled Eggs

9 servings

30 minutes

Ingredients

1 1/2 cups Water

9 Egg

Nutrition

Amount per serving	
Calories	72
Fat	5g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	6g

Directions

- 1 Add the metal rack to your pressure cooker along with the water. Place the eggs on top of the rack and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, let the pressure release naturally for 5 minutes then release the rest of the pressure manually if needed.
- 3 Remove the lid carefully and then transfer the cooked eggs to an ice bath for about 10 minutes until they have cooled. Store in the refrigerator until ready to use.

Notes

Leftovers: Refrigerate in an airtight container in the shell for up to seven days.

Serving Size: One serving is one egg.

How to Make an Ice Bath: Add ice and water to a large bowl just before needed. Use enough water so ice cubes float freely around the bowl.



Cantaloupe with Prosciutto

10 servings

10 minutes

Ingredients

- 1 1/4 Cantaloupe (skin and seeds removed, sliced)
- 7 1/2 ozs Prosciutto (thinly sliced)

Nutrition

Amount per serving	
Calories	69
Fat	3g
Carbs	6g
Fiber	1g
Sugar	5g
Protein	6g

Directions

- 1 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.



One Pan Cod & Sweet Potato

1 serving
35 minutes

Ingredients

- 1 Sweet Potato (medium, cubed)
- 1/2 tsp Extra Virgin Olive Oil
- 3/4 tsp Smoked Paprika
- 1/4 tsp Oregano (dried)
- 1/2 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Garlic Powder
- 1/16 tsp Sea Salt
- 1 Cod Fillet
- 1/8 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	334
Fat	4g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	44g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with foil. Toss the cubed sweet potato with extra virgin olive oil and transfer to the baking sheet.
- 2 Combine the smoked paprika, oregano, chili powder, garlic powder and sea salt to a small bowl. Sprinkle half the seasoning onto the cubed sweet potato and bake for 20 minutes.
- 3 Remove the sweet potato from the oven and transfer to one side of the sheet to make room for the cod. Place the cod fillet on the sheet and sprinkle the remaining spice mixture on top. Bake for 8 to 10 minutes or until the cod is flaky and cooked through.
- 4 Divide the sweet potato and cod between plates. Serve with a lemon wedge and enjoy!

Notes

Leftovers: Store in the fridge in a sealed container for 2 to 3 days.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.

No Extra Virgin Olive Oil: Use avocado oil instead.

More Veggies: Serve with a side salad or extra veggies of your choice.

No Cod: Use another type of fish such as haddock, salmon or tilapia



Slow Cooker Caribbean Carrot Soup

1 serving

5 hours

Ingredients

- 2 Carrot (medium, chopped)
- 1/2 Yellow Potato (medium, chopped)
- 1 1/2 stalks Green Onion (green parts only)
- 1/2 tsp Dried Thyme
- 1/3 tsp Ground Ginger
- 1/4 tsp Ground Allspice
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1/8 tsp Cumin (ground)
- 1/16 tsp Nutmeg (ground)
- 1 cup Vegetable Broth
- 1 1/2 tps Maple Syrup
- 1/4 Lime (juiced)
- 1/4 cup Canned Coconut Milk (full fat)
- 1 tbsp Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	290
Fat	11g
Carbs	44g
Fiber	7g
Sugar	16g
Protein	5g

Directions

- 1 Add carrots, potato, green onion tops, thyme, ginger, allspice, sea salt, cumin, nutmeg, vegetable broth and maple syrup to the slow cooker and stir to combine. Cook on high for 4 hours, or on low for 6 to 8 hours.
- 2 Use a handheld immersion blender to blend the soup until smooth and creamy. Add more broth or water if needed to achieve desired consistency. Stir in lime juice and coconut milk.
- 3 Divide into bowls and garnish with cilantro (optional) and any leftover green onion. Enjoy!

Notes

Serving Size: One serving is equal to approximately two cups of soup.

No Slow Cooker: Make it on the stovetop instead. Add all ingredients to a pot and simmer on medium-low for 30 minutes, or until carrots and potatoes are tender.

No Immersion Blender: Use a regular blender instead. Be careful and always leave room for the steam to escape.

Likes it Spicy: Add a chopped jalapeno pepper.

Leftovers: Store in the fridge for up to five days. Freeze for up to three months.



Sweet Potato & Turkey Breakfast Patties

3 servings

1 hour

Ingredients

- 2/3 Sweet Potato (medium, peeled, chopped)
- 9 2/3 ozs Extra Lean Ground Turkey
- 2/3 Garlic (large clove, minced)
- 1 tsp Italian Seasoning
- 2/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	159
Fat	8g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	17g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
- 3 Using a paper towel, gently pat the turkey to remove excess moisture.
- 4 Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
- 5 Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is approximately two patties.

More Flavor: Add black pepper, onion powder or red pepper flakes.

Sweet Potato: One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.



Blackberries

3 servings

5 minutes

Ingredients

3 cups Blackberries

Nutrition

Amount per serving	
Calories	62
Fat	1g
Carbs	14g
Fiber	8g
Sugar	7g
Protein	2g

Directions

- 1 Wash and enjoy!



Peach

4 servings

5 minutes

Ingredients

4 Peach

Nutrition

Amount per serving	
Calories	59
Fat	0g
Carbs	14g
Fiber	2g
Sugar	13g
Protein	1g

Directions

- 1 Wash and enjoy whole or sliced.



Crispy Prosciutto-Wrapped Asparagus

4 servings
15 minutes

Ingredients

- 3 cups Asparagus (woody ends trimmed)
- 5 1/16 ozs Prosciutto (thinly sliced strips)

Nutrition

Amount per serving	
Calories	96
Fat	5g
Carbs	4g
Fiber	2g
Sugar	2g
Protein	11g

Directions

- 1 Preheat oven to 450°F (232°C). Line a baking sheet with foil.
- 2 Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
- 3 Divide onto plates and enjoy!

Notes

No Prosciutto: Use bacon instead. Baking times may increase depending on the thickness of the bacon.

Storage: Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days. The asparagus may also be wrapped ahead of time and refrigerated up to 3 days until ready to bake.

Serving Size: One serving is equal to approximately 3 to 4 wrapped asparagus spears.

BBQ Lover: Brush your prosciutto-wrapped asparagus with oil and grill them over medium-high heat until slightly charred, turning frequently.



Green Poutine

2 servings

45 minutes

Ingredients

2 Yellow Potato (medium)
 2 cups Asparagus
 2 tbsps Extra Virgin Olive Oil (divided)
 2 cups Mushrooms (sliced)
 1/4 Yellow Onion (medium, diced)
 1 Garlic (clove, minced)
 1 1/2 tsps Dried Thyme
 1/2 cup Vegetable Broth
 1 tsp Arrowroot Powder
 1 cup Butternut Squash (peeled and cubed)
 1/2 cup Water
 1/4 cup Cashews
 1/2 cup Nutritional Yeast
 1/2 Lemon (juiced)
 1/2 tsp Paprika
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!



Strip Loin Roast with Mashed Potatoes & Broccoli

2 servings

3 hours 10 minutes

Ingredients

- 10 2/3 ozs Strip Loin Roast (room temperature)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 Russet Potato (medium, peeled, chopped)
- 2 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	554
Fat	26g
Carbs	43g
Fiber	6g
Sugar	3g
Protein	38g

Directions

- 1 Preheat the oven to 375°F (190°C) and move a rack to the center of the oven.
- 2 Place the roast in a roasting pan and coat evenly in olive oil, salt, and pepper. Cook for 30 minutes. Lower the temperature to 225°F (105°C) and cook for another 40 to 45 minutes, or until cooked to your liking.
- 3 Meanwhile, bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and pepper and set aside.
- 4 Set broccoli florets in a steamer over boiling water and cover. Steam for about five minutes, or until tender. Set aside.
- 5 Remove the roast from the oven and let rest for at least 15 minutes. Cut into slices.
- 6 Divide the sliced roast, mashed potatoes, and broccoli onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately five to six ounces of beef, one cup of broccoli, and one cup of mashed potatoes.

More Flavor: Cut slits into the sides of the roast and insert garlic cloves before roasting. Rub the roast with your choice of dried herbs. Add butter and milk to the mashed potatoes.

Additional Toppings: Make gravy using the roast drippings. Serve it with vegetables, mashed potatoes, or make into a sandwich.



One Pan Teriyaki Chicken

2 servings

40 minutes

Ingredients

- 10 ozs Chicken Breast
- 2 cups Broccoli (chopped into florets)
- 2 Carrot (medium, sliced on the diagonal)
- 2 cups Snap Peas
- 2 tbsps Coconut Aminos
- 2 tbsps Sesame Oil
- 1/2 Navel Orange (juiced)
- 2 tbsps Raw Honey
- 2 tbsps Rice Vinegar
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	505
Fat	20g
Carbs	47g
Fiber	8g
Sugar	30g
Protein	38g

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 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.
- 4 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!

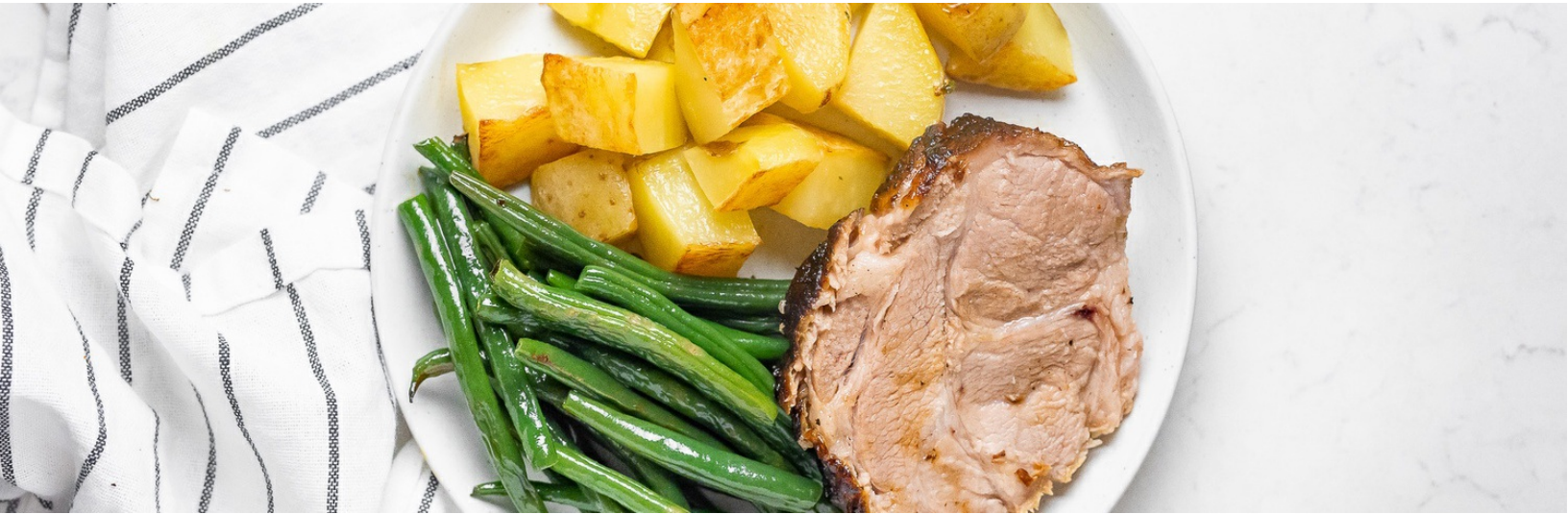
Notes

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.



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
Fat	23g
Carbs	48g
Fiber	7g
Sugar	7g
Protein	48g

Directions

- 1 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.
- 2 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 3 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 4 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.
- 5 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.
- 6 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.



Riced Parsnip & Chicken

2 servings

25 minutes

Ingredients

- 2 Parsnip (peeled, chopped)
- 2 tsp Extra Virgin Olive Oil (divided)
- 3/4 tsp Fresh Sage (loosely packed)
- 12 ozs Chicken Breast (skinless and boneless)
- 1/2 tsp Oregano (dried)
- 1/4 tsp Garlic Powder
- 4 cups Kale Leaves (roughly chopped)

Nutrition

Amount per serving	
Calories	374
Fat	10g
Carbs	30g
Fiber	8g
Sugar	8g
Protein	42g

Directions

- 1 Add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
- 2 In a skillet over medium-low heat, add half the extra virgin olive oil and the sage. Fry until the sage leaves are crispy, about 3 to 4 minutes. Remove the sage, roughly chop it and set aside. Add the parsnip rice to the skillet and cook for about 5 to 7 minutes, until cooked through. Remove and set aside.
- 3 Season the chicken on all sides with the oregano and garlic. In the same skillet over medium heat, add the remaining extra virgin olive oil and the chicken. Cook for 8 to 10 minutes. Remove, slice the chicken, and add it back to the pan to cook for 1 to 2 minutes more, until cooked through. Remove and set aside.
- 4 Add the kale to the skillet and cook over medium low heat, until just wilted, about 1 to 2 minutes.
- 5 Plate the parsnip rice, and top with the kale, sliced chicken and sage. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Kale: Use another leafy green such as Swiss chard or spinach.



Creamy Roasted Garlic & Kale Soup with Cauliflower

2 servings
1 hour 15 minutes

Ingredients

- 6 Garlic (cloves, peeled and trimmed)
- 1/2 Yellow Onion (large, roughly chopped)
- 1/2 head Cauliflower (sliced into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 tps Italian Seasoning
- 1/2 tsp Sea Salt
- 4 cups Kale Leaves (packed)
- 2 cups Vegetable Broth (divided)

Nutrition

Amount per serving	
Calories	176
Fat	11g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	5g

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Notes

Leftovers: Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Serve it With: An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

Too Thick: If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.



Chicken Thighs with Sweet Potato & Cauliflower

2 servings

45 minutes

Ingredients

- 1 Sweet Potato (medium, cut in half lengthwise)
- 1 tsp Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Chicken Thighs (boneless, skinless & trimmed)
- 1/3 tsp Smoked Paprika
- 1/8 tsp Garlic Powder
- 1/2 head Cauliflower (small, cut into florets)

Nutrition

Amount per serving	
Calories	252
Fat	8g
Carbs	21g
Fiber	5g
Sugar	6g
Protein	26g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Drizzle the cut sides of the sweet potatoes with half of the oil and season with salt and pepper. Place the potatoes cut side down on the baking sheet and bake for 25 minutes.
- 3 Remove the baking sheet from the oven and carefully flip the sweet potatoes over so they are cut side up. Place the chicken on the baking sheet and toss with the remaining oil. Add the smoked paprika and garlic powder and season generously with salt and pepper.
- 4 Continue to bake for 15 to 18 minutes or until the chicken thighs are cooked through and the sweet potatoes are soft when poked with a fork.
- 5 Meanwhile, add the cauliflower to a steamer basket over boiling water. Steam for about five minutes or until desired doneness is reached.
- 6 To serve, divide the chicken, sweet potato, and cauliflower evenly between plates or meal prep containers and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the chicken and/or sweet potato with other dried herbs and spices to taste, like cumin, coriander, chili powder, or cinnamon.

No Chicken Thighs: Use chicken breast instead.



Arugula, Fig & Prosciutto Salad

2 servings

10 minutes

Ingredients

- 4 cups Arugula
- 4 Fig (quartered)
- 2 1/16 ozs Prosciutto (torn into slices)
- 2 tbsps Pumpkin Seeds
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	23g
Fiber	4g
Sugar	18g
Protein	11g

Directions

- 1 Add the arugula, figs, prosciutto and pumpkin seeds into a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, balsamic vinegar and sea salt together.
- 3 Drizzle the dressing over the salad, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For best results, store the dressing separately.

More Flavor: Add goat cheese, mozzarella or basil.

Make it Vegan: Use roasted chickpeas instead of prosciutto.



Pear & Arugula Salad with Chicken

1 serving
35 minutes

Ingredients

6 ozs Chicken Breast
1/4 tsp Italian Seasoning
1/16 tsp Sea Salt
2 cups Arugula
1/2 Pear (chopped)
1 tbsp Red Onion (thinly sliced)
1 1/2 tps Walnuts (finely chopped)
1 1/2 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Calories	314
Fat	7g
Carbs	21g
Fiber	4g
Sugar	14g
Protein	40g

Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Slice the pears just before serving for best results.

Nut-Free: Omit the walnuts or use sunflower or pumpkin seeds instead.

No Chicken: Use salmon, shrimp, chickpeas, or tofu instead.

No Arugula: Use baby spinach instead.

No Pear: Use apple instead.

More Fat: Add extra virgin olive oil and mix with the balsamic vinegar.



Cucumber Mint Gazpacho

1 serving
10 minutes

Ingredients

- 1 Cucumber (large, peeled, chopped)
- 1/2 Avocado (medium)
- 1/4 cup Mint Leaves
- 1 stalk Green Onion (chopped)
- 1 Garlic (clove)
- 1 tbsp Dried Basil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice
- 1/2 cup Water
- 2 tbsps Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	240
Fat	16g
Carbs	26g
Fiber	10g
Sugar	7g
Protein	5g

Directions

- 1 Add the cucumber, avocado, mint, green onion, garlic, dried basil, salt, black pepper, lemon juice, and water to a blender and blend until smooth.
- 2 Divide into bowls and top with yogurt. Enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to one day.

Serving Size: One serving equals two cups.

More Flavor: Use fresh basil instead of dried basil.

Additional Toppings: Top with fresh basil, mint, or sliced cucumbers.

No Lemon Juice: Use apple cider vinegar instead.

Temperature: Enjoy at room temperature or chilled.