



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:









































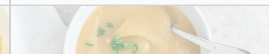
















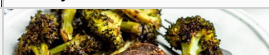


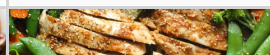
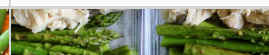
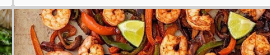










Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















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	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Mango Lime Smoothie	 Mango Lime Smoothie	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie
	 Chicken Breakfast Sausages	 Chicken Breakfast Sausages	 Chicken Breakfast Sausages	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps
Snack 1	 Chocolate Nutty Baked Pears	 Chocolate Nutty Baked Pears	 Chocolate Nutty Baked Pears	 Blackberry Popsicles	 Blackberry Popsicles	 Blackberry Popsicles	 Blackberry Popsicles
	 Pickled Green Tomatoes & Tuna Lettuce Wraps	 Pickled Green Tomatoes & Tuna Lettuce Wraps	 Pickled Green Tomatoes & Tuna Lettuce Wraps	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus
Lunch	 Maple Ginger Chicken & Veggie Bowl	 Pork Roast with Potatoes & Green Beans	 Balsamic Dijon Chicken Thighs with Broccoli	 BBQ Pork with Peach Salsa	 Slow Cooker Chicken Cacciatore	 One Pan Teriyaki Chicken	 Chicken, Asparagus & Sweet Potato
	 Slow Cooker Caribbean Carrot Soup	 Pork Roast with Potatoes & Green Beans	 Cheesy Cauliflower & Broccoli Casserole	 Fennel, Radicchio & Grapefruit Salad	 Roasted Potatoes with Tahini Dressing & Herbs	 Celery Root Soup	 Slow Cooker Stuffed Peppers
Snack 2	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Chicken, Lettuce & Tomato Egg Wrap	 Chicken, Lettuce & Tomato Egg Wrap	 Chicken, Lettuce & Tomato Egg Wrap	 Chicken, Lettuce & Tomato Egg Wrap
	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 2 Grilled Fruit Medley	 2 Grilled Fruit Medley	 Grilled Fruit Medley	 Grilled Fruit Medley
Dinner	 Pork Roast with Potatoes & Green Beans	 Balsamic Dijon Chicken Thighs with Broccoli	 BBQ Pork with Peach Salsa	 Slow Cooker Chicken Cacciatore	 One Pan Teriyaki Chicken	 Chicken, Asparagus & Sweet Potato	 Sheet Pan Shrimp Fajitas
	 Pork Roast with Potatoes & Green Beans	 Cheesy Cauliflower & Broccoli Casserole	 Fennel, Radicchio & Grapefruit Salad	 Roasted Potatoes with Tahini Dressing & Herbs	 Celery Root Soup	 Slow Cooker Stuffed Peppers	 Mexican-Style Fries Supreme
Snack 3	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie				

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  33%	Fat  34%	Fat  31%	Fat  29%	Fat  32%	Fat  33%
Carbs  37%	Carbs  35%	Carbs  36%	Carbs  41%	Carbs  43%	Carbs  37%	Carbs  37%
Protein  30%	Protein  32%	Protein  30%	Protein  28%	Protein  28%	Protein  31%	Protein  30%
Calories 2468	Calories 2426	Calories 2411	Calories 2393	Calories 2435	Calories 2351	Calories 2448
Fat 93g	Fat 92g	Fat 94g	Fat 87g	Fat 83g	Fat 88g	Fat 94g
Carbs 231g	Carbs 219g	Carbs 224g	Carbs 253g	Carbs 270g	Carbs 225g	Carbs 235g
Fiber 43g	Fiber 49g	Fiber 50g	Fiber 44g	Fiber 48g	Fiber 59g	Fiber 62g
Sugar 109g	Sugar 95g	Sugar 126g	Sugar 135g	Sugar 131g	Sugar 106g	Sugar 94g
Protein 191g	Protein 199g	Protein 189g	Protein 174g	Protein 178g	Protein 192g	Protein 193g

Fruits

- 1 1/2 Avocado
- 2 Banana
- 3 cups Blueberries
- 1 Grapefruit
- 1/8 Lemon
- 1 1/3 tsps Lemon Juice
- 3 Lime
- 1 2/3 tbsps Lime Juice
- 1/2 Navel Orange
- 1 1/2 Nectarine
- 1 1/3 Peach
- 1 1/2 Pear
- 3 cups Pineapple
- 1 tbsps Pomegranate Seeds
- 3 cups Strawberries

Breakfast

- 3 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1/4 cup Cashews
- 1/3 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1/8 tsp Cinnamon
- 3/4 tsp Cumin
- 1/4 tsp Dried Basil
- 1/2 tsp Dried Chives
- 1/2 tsp Dried Parsley
- 1 1/2 tsps Dried Rosemary
- 1/2 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 1/4 tsp Ground Allspice
- 1/3 tsp Ground Ginger
- 2 2/3 tbsps Hazelnuts
- 1/16 tsp Nutmeg
- 1 3/4 tsps Oregano
- 2/3 tsp Paprika
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 4 1/2 cups Asparagus
- 3 1/16 cups Baby Spinach
- 7 cups Broccoli
- 1 cup Butternut Squash
- 6 Carrot
- 1 head Cauliflower
- 6 stalks Celery
- 1 1/2 cups Celery Root
- 2/3 cup Cilantro
- 1/2 Cucumber
- 1 head Endive
- 1/2 bulb Fennel
- 1/4 cup Fresh Dill
- 10 Garlic
- 1 1/3 tbsps Ginger
- 2 cups Green Beans
- 2 1/2 Green Bell Pepper
- 3/4 head Green Lettuce
- 3 1/2 stalks Green Onion
- 2 3/4 tbsps Mint Leaves
- 1 cup Mushrooms
- 2/3 cup Parsley
- 1 1/2 cups Radicchio
- 2 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 4 leaves Romaine
- 1/2 Russet Potato
- 1 tbsps Shallot
- 2 1/2 cups Snap Peas
- 3 1/2 Sweet Potato
- 1 2/3 Tomato
- 3/4 Yellow Onion
- 5 1/2 Yellow Potato

Boxed & Canned

- 1/4 cup Canned Coconut Milk
- 1 cup Crushed Tomatoes
- 1 cup Salsa
- 15 ozs Sardines
- 2 1/2 cans Tuna

Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 7 ozs Chicken Breast, Cooked
- 1 1/4 lbs Chicken Thighs
- 12 ozs Extra Lean Ground Chicken
- 8 ozs Extra Lean Ground Turkey
- 12 3/4 ozs Pork Shoulder, Boneless
- 10 2/3 ozs Pork Tenderloin
- 5 1/16 ozs Prosciutto
- 6 ozs Shrimp

Condiments & Oils

- 1/4 cup Balsamic Vinegar
- 1/3 cup Barbecue Sauce
- 1/4 cup Black Olives
- 1 tbsps Capers
- 3 tbsps Coconut Aminos
- 1/4 tsp Coconut Oil
- 1 tbsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 2/3 oz Pickled Red Onions
- 2 tbsps Rice Vinegar
- 2 1/2 tbsps Sesame Oil
- 1 1/2 tbsps Tahini

Cold

- 8 1/2 Egg
- 1 tbsps Grapefruit Juice
- 2 1/3 tbsps Orange Juice
- 6 3/4 cups Plain Coconut Milk
- 5 3/4 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 18 Barbecue Skewers
- 2 1/8 ozs Collagen Powder
- 1/2 cup Pickled Green Tomato
- 1 3/4 cups Vanilla Protein Powder
- 2/3 cup Water

- 1 tbsp Sesame Seeds
- 1 1/3 tbsps Taco Seasoning
- 2 tbsps Walnuts

Frozen

- 1 1/2 cups Frozen Banana
- 1 2/3 cups Frozen Blackberries
- 1 1/2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower
- 3 cups Frozen Cherries
- 2 cups Frozen Mango

- 2 1/2 cups Vegetable Broth

Baking

- 1/4 tsp Arrowroot Powder
- 1 tbsp Coconut Flour
- 1 1/2 tps Dark Chocolate Chips
- 1/4 cup Nutritional Yeast
- 1 tsp Pumpkin Pie Spice
- 1 cup Pureed Pumpkin
- 2 1/8 tbsps Raw Honey
- 1 tsp Vanilla Extract



Banana Cherry Smoothie

3 servings

5 minutes

Ingredients

- 3 3/4 cups Plain Coconut Milk (unsweetened from the carton)
- 3 cups Frozen Cherries
- 1 1/2 cups Frozen Banana
- 2 1/8 ozs Collagen Powder
- 3 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

3 servings

20 minutes

Ingredients

12 ozs Extra Lean Ground Chicken
3 tbsps Parsley (very finely chopped)
2 1/4 Garlic (cloves, minced)
1/8 tsp Sea Salt
2 1/4 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.



Mango Lime Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Frozen Mango
- 2 cups Frozen Cauliflower
- 2 Lime (large, zest and juice)
- 1/2 cup Vanilla Protein Powder
- 3 cups Plain Coconut Milk (unsweetened, from the carton)

Nutrition

Amount per serving	
Calories	348
Fat	9g
Carbs	47g
Fiber	8g
Sugar	36g
Protein	23g

Directions

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

Notes

Additional Toppings: Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

No Coconut Milk: Use almond or oat milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Protein Packed Deviled Eggs

2 servings

20 minutes

Ingredients

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	309
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	30g

Directions

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

Notes

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

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



Pumpkin Pie Protein Smoothie

2 servings

10 minutes

Ingredients

2 cups Unsweetened Almond Milk
 1 cup Pureed Pumpkin
 2 Banana (frozen)
 1 tsp Vanilla Extract
 1 tsp Pumpkin Pie Spice
 1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	270
Fat	4g
Carbs	40g
Fiber	8g
Sugar	19g
Protein	23g

Directions

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

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 6 ozs Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

Nutrition

Amount per serving	
Calories	381
Fat	25g
Carbs	17g
Fiber	15g
Sugar	1g
Protein	26g

Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three endive-filled leaves.

Additional Toppings: Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive: Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



Chocolate Nutty Baked Pears

3 servings

35 minutes

Ingredients

- 1 1/2 Pear (sliced in half, cored)
- 1/8 tsp Cinnamon
- 2 tbsps Walnuts (chopped)
- 3/4 tsp Maple Syrup
- 1 tbsp Pomegranate Seeds
- 1 1/2 tps Dark Chocolate Chips (for drizzling)
- 1/4 tsp Coconut Oil (for drizzling)

Nutrition

Amount per serving	
Calories	109
Fat	5g
Carbs	17g
Fiber	3g
Sugar	11g
Protein	1g

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
- 3 In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
- 4 Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven and serve while warm.

Serving Size: One serving is equal to one pear half.

Nut-Free: Omit the walnuts and top with nut-free granola or use pumpkin seeds.

No Pomegranate: Use fresh cranberries instead.



Pickled Green Tomatoes & Tuna Lettuce Wraps

3 servings

5 minutes

Ingredients

- 3/4 head Green Lettuce (leaves separated)
- 1 1/2 cans Tuna (drained and flaked)
- 1/2 cup Pickled Green Tomato

Nutrition

Amount per serving	
Calories	81
Fat	1g
Carbs	2g
Fiber	0g
Sugar	2g
Protein	16g

Directions

- 1 Layer the tuna and pickled green tomatoes on top of each lettuce leaf. Repeat until all the ingredients are used. Enjoy!

Notes

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

Serving Size: One serving equals approximately three stuffed lettuce wraps

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

More Flavor: Season with sea salt and black pepper to taste.

No Pickled Green Tomatoes: Use sauerkraut instead.



Blackberry Popsicles

4 servings

6 hours

Ingredients

- 1 2/3 cups Frozen Blackberries
- 3 1/4 tbsps Water (warm)
- 2 1/3 tbsps Maple Syrup
- 3/4 tsp Lemon Juice

Nutrition

Amount per serving	
Calories	70
Fat	0g
Carbs	18g
Fiber	3g
Sugar	14g
Protein	1g

Directions

- 1 Blend all the ingredients together in a blender until mixed well and smooth.
:
- 2 Pour the mixture into a popsicle mold and transfer to the freezer.
:
- 3 Freeze popsicles for four to six hours, or until fully frozen. Enjoy.

Notes

Leftovers: Keep frozen popsicles in an airtight container for up to one month.

Serving Size: One serving is equal to one popsicle.

More Flavor: Add vanilla and or blend mint into the mixture.

No Popsicle Mold: Use paper cups with popsicle sticks instead.

No Maple Syrup: Replace it with honey.



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.



Maple Ginger Chicken & Veggie Bowl

1 serving
20 minutes

Ingredients

- 5 ozs Chicken Breast (cut into 1-inch cubes)
- 1 1/2 tsps Sesame Oil (divided)
- 1 Carrot (medium, peeled, and sliced thin)
- 1/2 cup Snap Peas (trimmed and chopped)
- 3 tsps Water (divided)
- 1 tbsp Coconut Aminos
- 1 tsp Ginger (fresh, grated or minced)
- 1 1/2 tsps Maple Syrup
- 1/2 Garlic (clove, minced)
- 1/4 tsp Arrowroot Powder

Nutrition

Amount per serving	
Calories	317
Fat	11g
Carbs	20g
Fiber	3g
Sugar	14g
Protein	33g

Directions

- 1 Heat half of the sesame oil in a pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Transfer to a plate.
- 2 Add the carrots and snap peas to the pan. Stir to combine with any remaining juices in the pan then add two-thirds of the water and cover with a lid. Steam the vegetables for four to five minutes or until just tender.
- 3 Meanwhile, in a small bowl combine the coconut aminos, ginger, maple syrup, garlic, arrowroot powder, and the remaining sesame oil and water and mix well.
- 4 Add the chicken back to the pan with vegetables then pour in the ginger sauce. Cook for one to two minutes or until the sauce begins to bubble and thicken and the chicken has warmed through.
- 5 Divide between bowls or meal prep containers. Enjoy!

Notes

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

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

Additional Toppings: Hot sauce, red pepper flakes, sesame seeds, chopped cashews, or green onion. Serve with rice or cauliflower rice.

Veggies: Use broccoli, cauliflower, bell pepper, or mushrooms instead.

No Coconut Aminos: Use soy sauce or tamari instead.

No Chicken Breast: Use chicken thighs or pork instead.



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.



Sardine Salad with Peppers, Celery & Blueberries

3 servings

10 minutes

Ingredients

- 9 ozs Sardines (packed in oil, drained)
- 1/3 cup Red Onion (minced)
- 6 stalks Celery (sliced into sticks)
- 1 1/2 Red Bell Pepper (stems and seeds removed, sliced)
- 1 1/2 cups Blueberries

Nutrition

Amount per serving	
Calories	254
Fat	10g
Carbs	19g
Fiber	5g
Sugar	12g
Protein	23g

Directions

- 1 Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

Notes

No Sardines: Use canned tuna instead.

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



Chicken, Lettuce & Tomato Egg Wrap

4 servings

15 minutes

Ingredients

- 4 Egg
- 1/4 tsp Sea Salt
- 1 tsp Extra Virgin Olive Oil (divided)
- 4 leaves Romaine (large, whole)
- 1 Tomato (sliced)
- 7 ozs Chicken Breast, Cooked (thinly sliced)

Nutrition

Amount per serving	
Calories	166
Fat	8g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	22g

Directions

- 1 In a mixing bowl, whisk the eggs and salt together until well combined.
- 2 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 3 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
- 4 To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!

Notes

Leftovers: Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

Pan Size: This recipe was tested in a 8-inch non-stick pan.

Serving Size: One serving is approximately one egg wrap with topping evenly divided.

More Flavor: Add garlic powder or dried herbs to the eggs.

Additional Toppings: Add cheese or avocado slices.

No Chicken: Use cooked turkey or additional vegetables and/or avocado instead.



Grilled Fruit Medley

6 servings

10 minutes

Ingredients

3 cups Pineapple (diced and cored)
 1 1/2 cups Strawberries (halved and stems removed)
 1 1/2 Nectarine (sliced and pit removed)
 18 Barbecue Skewers
 1 1/2 cups Blueberries
 1/3 Lime (juiced)

Nutrition

Amount per serving	
Calories	90
Fat	0g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	1g

Directions

- 1 Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
- 2 Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
- 3 Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

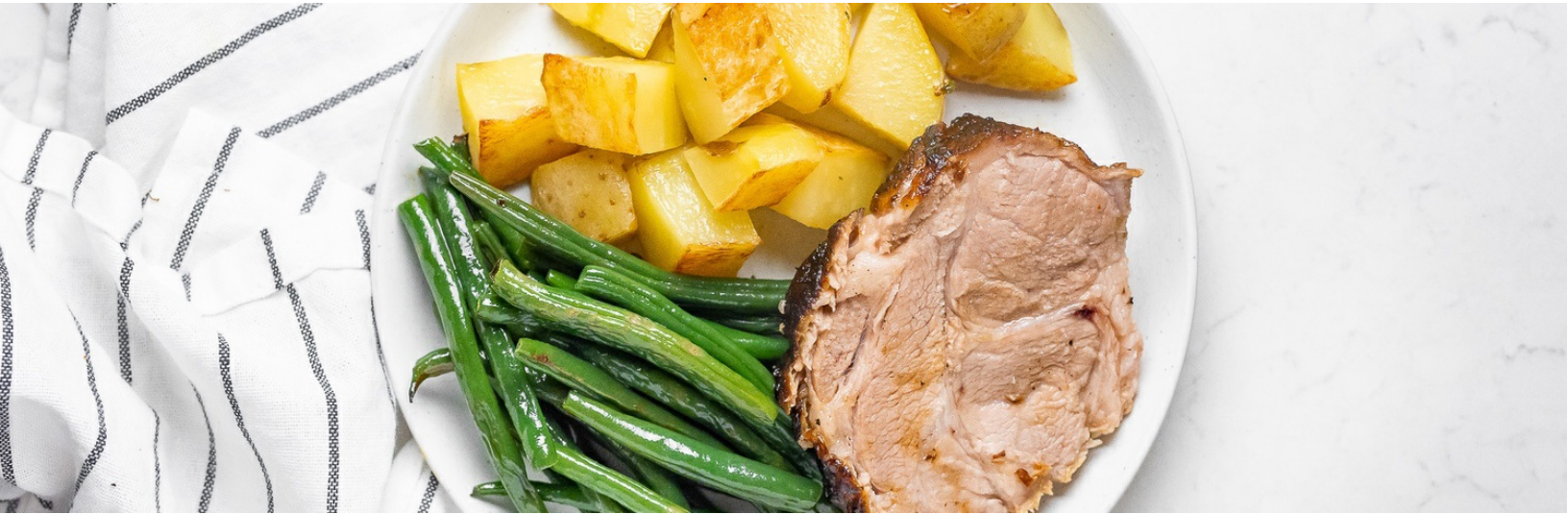
Other Grilled Fruit Ideas: Use watermelon, peach, apricot, cantaloupe, or mango.

No Grill: Use a grill pan on the stovetop instead, or broil in the oven.

Serve it With: Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

Serve it as a Salad: Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

Storage: This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.



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.



Balsamic Dijon Chicken Thighs with Broccoli

2 servings

30 minutes

Ingredients

- 8 ozs Chicken Thighs (skinless, boneless)
- 3 cups Broccoli (chopped into florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Black Pepper
- 1/2 tsp Garlic Powder
- 1 tbsp Dijon Mustard
- 1/4 cup Balsamic Vinegar
- 1 tsp Oregano (dried)

Nutrition

Amount per serving	
Calories	285
Fat	12g
Carbs	16g
Fiber	4g
Sugar	7g
Protein	27g

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place chicken in the center of the baking sheet and arrange the broccoli in a single layer around the chicken. Drizzle oil over chicken and veggies then add half of the salt, pepper and garlic powder. Using your hands, toss or rub the spices evenly all over the chicken and the broccoli. Bake in the oven for 15 minutes.
- 3 Meanwhile, whisk the Dijon mustard, balsamic vinegar, oregano and remaining salt together. Set aside.
- 4 After the chicken has baked for 15 minutes, remove from oven and brush half the Dijon mixture on top of the chicken and lightly over the broccoli. Return to oven and bake for 10 more minutes.
- 5 After 10 minutes, repeat step 4 with remaining Dijon mixture. Place back into the oven and continue to bake for 5 to 10 more minutes, or until chicken is cooked through and broccoli is very tender.
- 6 Remove from oven and serve immediately.

Notes

Leftovers: Keeps well in the fridge for 3 days.

No Chicken Thighs: Use chicken breasts or drumsticks instead.



Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

Ingredients

- 1 cup Butternut Squash (peeled, seeded and cubed)
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1/4 cup Water
- 1/2 head Cauliflower (medium, chopped into florets)
- 2 cups Broccoli (chopped into florets)
- 1/4 cup Cashews
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt
- 1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time: Buy frozen, pre-sliced butternut squash cubes.

More Carbs: Serve with brown rice macaroni or quinoa.



BBQ Pork with Peach Salsa

2 servings

4 hours

Ingredients

10 2/3 ozs Pork Tenderloin
 1/3 cup Barbecue Sauce
 1 1/3 Peach (pitted and diced)
 2 2/3 tbsps Red Onion (finely diced)
 2/3 Tomato (diced)
 1/8 Lemon (juiced)
 1/3 cup Cilantro (chopped)
 Sea Salt & Black Pepper (to taste)
 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	301
Fat	4g
Carbs	32g
Fiber	3g
Sugar	24g
Protein	34g

Directions

- 1 Place the pork and barbecue sauce in a ziplock bag and massage until well coated. Refrigerate overnight or at least 3 hours.
- 2 Meanwhile, make your peach salsa. In a bowl, combine diced peach, red onion, tomato, lemon juice, cilantro, salt and pepper. Refrigerate until ready to serve.
- 3 When ready to cook, preheat grill on medium heat.
- 4 Place pork on the grill and cook for about 20 to 25 minutes. At the halfway mark, flip over and baste generously with leftover marinade.
- 5 Increase the grill to high heat and cook an additional 2 to 3 minutes until pork is a bit charred and completely cooked through. During this time, baste the pork with the leftover marinade 1 to 2 more times. Let rest for at least 10 minutes.
- 6 Slice BBQ pork and serve over spinach. Top with peach salsa and enjoy!

Notes

No BBQ: Roast marinated pork in the oven at 350°F (177°C) and follow the same instructions. Switch to the broiler for the final 2 to 3 minutes.

Make it Spicy: Add chopped jalapeno pepper or cayenne pepper to the salsa.

Chinese BBQ Pork: Mix honey with your leftover marinade and generously baste your pork while it is cooking. Repeat several times.



Fennel, Radicchio & Grapefruit Salad

2 servings

25 minutes

Ingredients

- 1/2 bulb Fennel (cored and thinly sliced)
- 1 1/2 cups Radicchio (thinly sliced)
- 1 tbsp Shallot (thinly sliced)
- 1 tbsp Grapefruit Juice
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Raw Honey
- 1/16 tsp Sea Salt
- 1 Grapefruit (peeled and pulled apart into pieces)
- 2 tbsps Mint Leaves (thinly sliced)
- 2 2/3 tbsps Hazelnuts (toasted and chopped)

Nutrition

Amount per serving	
Calories	269
Fat	21g
Carbs	21g
Fiber	5g
Sugar	14g
Protein	4g

Directions

- 1 Add the sliced fennel, radicchio and shallot to a large salad bowl.
- 2 In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
- 3 Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

Notes

No Radicchio: Use endive or romaine lettuce instead.

No Grapefruit: Use navel orange instead.

No Honey: Use maple syrup instead.



Slow Cooker Chicken Cacciatore

2 servings

4 hours

Ingredients

- 12 ozs Chicken Thighs (skinless, boneless)
- 1/2 Carrot (peeled and sliced)
- 1 cup Mushrooms (sliced)
- 1 cup Crushed Tomatoes
- 3/4 tsp Oregano
- 1 tbsp Capers
- 1/4 cup Black Olives (pitted, sliced)
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	286
Fat	10g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	38g

Directions

- 1 Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.
- 2 Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

Notes

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

Serve it With: Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice or couscous.



Roasted Potatoes with Tahini Dressing & Herbs

2 servings

50 minutes

Ingredients

- 3 Yellow Potato (small, washed and cubed)
- 2 1/4 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Dried Rosemary
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Tahini
- 1/2 tsp Lemon Juice
- 1 1/2 tsps Water
- 2/3 oz Pickled Red Onions (homemade or store-bought)
- 1/4 cup Parsley (washed and dried)
- 1/4 cup Fresh Dill (washed and dried)

Nutrition

Amount per serving	
Calories	368
Fat	12g
Carbs	61g
Fiber	8g
Sugar	3g
Protein	9g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 2 Place the potatoes on the tray. Toss with olive oil, dried rosemary, salt, and pepper. Place the tray in the middle rack of the oven and cook for 30 to 40 minutes or until golden brown.
- 3 In the meantime, in a small bowl whisk together the tahini, lemon juice, and water until smooth. Season with salt.
- 4 Once the potatoes are cooked, place them on a serving platter. Drizzle with the tahini dressing. Add the pickled onions and spread parsley and dill on top. Enjoy!

Notes

Leftovers: Refrigerate the potatoes and tahini dressing in separate airtight containers for up to three days. Reheat the potatoes in the oven before serving and top with pickled onions and herbs.

Serving Size: One serving is equal to approximately one cup of roasted potatoes and dressing.

More Flavor: Add spices like paprika, garlic powder, and/or chili powder to the potatoes before roasting.

Additional Toppings: Fresh mint and sesame seeds.

No Pickled Red Onions: Use thinly sliced fresh red onion instead.



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.



Celery Root Soup

2 servings

30 minutes

Ingredients

- 1 1/2 cups Celery Root (peeled, cut into cubes)
- 1 stalk Green Onion (chopped)
- 1/2 Carrot (small, peeled and chopped)
- 1/2 Russet Potato (medium, peeled and cut into cubes)
- 1 1/2 cups Vegetable Broth
- 1/2 tsp Dried Parsley
- 1/2 tsp Dried Chives
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	107
Fat	1g
Carbs	23g
Fiber	4g
Sugar	4g
Protein	4g

Directions

- 1 Combine all of the ingredients in a pot over medium-high heat and bring to a gentle boil. Reduce the heat to medium and continue to cook for 20 to 25 minutes or until the vegetables are tender.
- 2 Transfer the soup to a blender or food processor and blend until smooth. Add more vegetable broth or water to thin, if needed. Divide between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately one cup of soup.

More Flavor: Add garlic, yellow onion, or other dried herb and spices to taste.

Additional Toppings: Fresh herbs, like parsley, or a drizzle of extra virgin olive oil.

Celery Root: Three cups of celery root cubes is approximately half of a large celery root.



Chicken, Asparagus & Sweet Potato

2 servings

30 minutes

Ingredients

- 1 1/2 Sweet Potato (medium, diced)
- 2 1/4 tsps Extra Virgin Olive Oil (divided)
- 1 1/2 cups Asparagus (woody ends trimmed)
- 10 ozs Chicken Breast (boneless, skinless)

Nutrition

Amount per serving	
Calories	318
Fat	9g
Carbs	24g
Fiber	5g
Sugar	6g
Protein	36g

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
- 3 Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
- 4 While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
- 5 Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

Notes

No Asparagus: Use zucchini, green beans, broccoli or cauliflower instead.

No Sweet Potato: Use carrots or regular potato instead.

Vegan: Swap out the chicken for roasted chickpeas or marinated lentils.

Leftovers: Keeps well in the fridge up to 3 days.



Slow Cooker Stuffed Peppers

2 servings

4 hours

Ingredients

- 2 Green Bell Pepper (large)
- 8 ozs Extra Lean Ground Turkey
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 tsps Chili Powder
- 1/4 tsp Cumin
- 1/4 tsp Dried Basil
- 1/2 Egg
- 1 Garlic (cloves, minced)
- 1/4 Yellow Onion (diced)
- 1/2 cup Baby Spinach (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Coconut Flour
- 1 cup Salsa
- 1/2 head Cauliflower (large)

Nutrition

Amount per serving	
Calories	348
Fat	16g
Carbs	27g
Fiber	10g
Sugar	13g
Protein	30g

Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.



Sheet Pan Shrimp Fajitas

1 serving
20 minutes

Ingredients

6 ozs Shrimp (deveined, peeled, tails removed)
1/2 Red Bell Pepper (thinly sliced)
1/2 Green Bell Pepper (thinly sliced)
1/4 cup Red Onion (thinly sliced)
2 1/4 tsps Extra Virgin Olive Oil
2 tsps Taco Seasoning
1/4 Lime (juiced)

Nutrition

Amount per serving	
Calories	300
Fat	11g
Carbs	16g
Fiber	4g
Sugar	7g
Protein	37g

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Place the shrimp, peppers, and onion on a large baking sheet. Season with oil and taco seasoning and mix until the shrimp and veggies are well coated. Arrange into a single layer.
- 3 Bake for six to eight minutes or until the shrimp are cooked through.
- 4 Remove the pan from the oven and turn the oven to broil. Remove the shrimp from the pan and set aside. Broil the peppers and onions for three to four minutes or until slightly charred.
- 5 Add the shrimp back to the pan and drizzle with lime juice. Season with salt if needed. Enjoy!

Notes

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

More Flavor: Add red pepper flakes or cayenne to taste.

Serve it With: Tortillas, rice, cauliflower rice, lettuce, salsa, avocado, cilantro and/or sour cream.

No Taco Seasoning: Use a combination of chili powder, cumin, garlic powder, onion powder, oregano, and salt.



Mexican-Style Fries Supreme

1 serving
30 minutes

Ingredients

2 Sweet Potato (medium, sliced into 1/4-inch strips)
1 tbsp Extra Virgin Olive Oil
2 tsps Taco Seasoning
Sea Salt & Black Pepper (to taste)
1/2 cup Baby Spinach (thinly sliced)
1/2 Red Bell Pepper (medium, diced)
1/4 cup Unsweetened Coconut Yogurt (optional)

Nutrition

Amount per serving	
Calories	409
Fat	16g
Carbs	64g
Fiber	11g
Sugar	15g
Protein	6g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Toss the sweet potato with the oil, taco seasoning, salt and black pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
- 3 Transfer the sweet potato fries onto a plate and top with the baby spinach, red bell pepper, and coconut yogurt (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Reheat in the oven for best results.

Additional Toppings: Tomatoes, shredded cheese, or green onions.



Strawberry Blueberry Smoothie

3 servings

5 minutes

Ingredients

- 1 1/2 cups Frozen Blueberries (wild)
- 1 1/2 cups Strawberries (stems removed)
- 3 3/4 cups Unsweetened Almond Milk
- 3 tbsps Chia Seeds
- 3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g

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.

No Almond Milk: Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries: Use frozen instead.

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