



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:


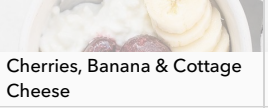
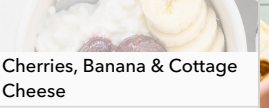





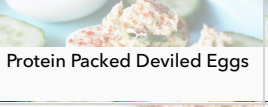
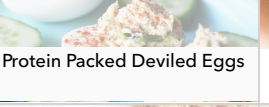



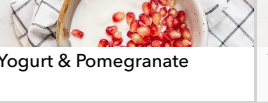
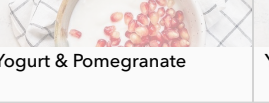
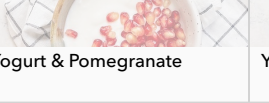


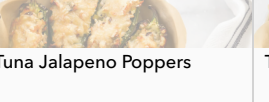
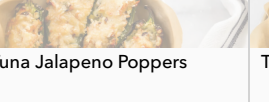
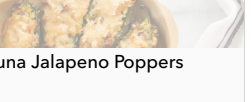
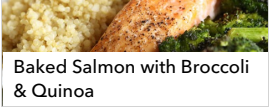


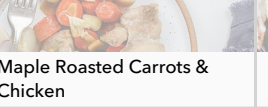
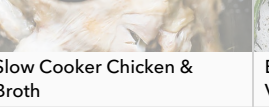
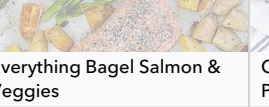
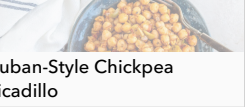


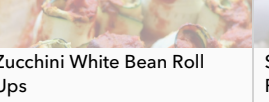
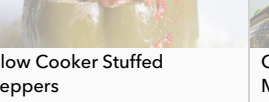
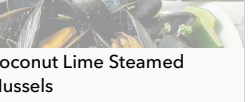



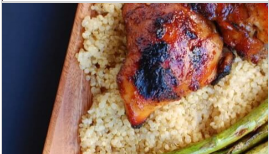

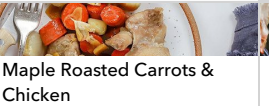






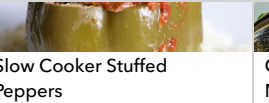
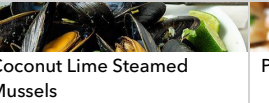

Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















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	 Cherries, Banana & Cottage Cheese	 Cherries, Banana & Cottage Cheese	 Cherries, Banana & Cottage Cheese	 2 Vanilla Protein Pancakes	 2 Vanilla Protein Pancakes	 3 Strawberry Blueberry Smoothie	 3 Strawberry Blueberry Smoothie
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs				
Snack 1	 Salmon Salad on Crackers	 1.5 Salmon Salad on Crackers	 1.5 Salmon Salad on Crackers	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate
				 Tuna Jalapeno Poppers	 Tuna Jalapeno Poppers	 Tuna Jalapeno Poppers	 Tuna Jalapeno Poppers
Lunch	 Baked Salmon with Broccoli & Quinoa	 Honey Garlic Chicken Thighs	 Shrimp Asparagus Pesto Pasta	 Maple Roasted Carrots & Chicken	 Slow Cooker Chicken & Broth	 Everything Bagel Salmon & Veggies	 Cuban-Style Chickpea Picadillo
	 10 Minute Garlic & Lemon Calamari			 Grilled Chicken Caesar Lettuce Wraps	 Zucchini White Bean Roll Ups	 Slow Cooker Stuffed Peppers	 Coconut Lime Steamed Mussels
Snack 2	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie				
Dinner	 Honey Garlic Chicken Thighs	 Shrimp Asparagus Pesto Pasta	 Maple Roasted Carrots & Chicken	 Slow Cooker Chicken & Broth	 Everything Bagel Salmon & Veggies	 Cuban-Style Chickpea Picadillo	 One Pan Pork Chops with Potatoes & Green Beans
			 Grilled Chicken Caesar Lettuce Wraps	 Zucchini White Bean Roll Ups	 Slow Cooker Stuffed Peppers	 Coconut Lime Steamed Mussels	 Pineapple Coconut Shrimp

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	 35%	Fat	 34%	Fat	 34%	Fat	 33%	Fat	 33%	Fat	 34%	Fat	 32%
Carbs	 31%	Carbs	 31%	Carbs	 29%	Carbs	 28%	Carbs	 30%	Carbs	 31%	Carbs	 31%
Protein	 34%	Protein	 35%	Protein	 37%	Protein	 39%	Protein	 37%	Protein	 35%	Protein	 37%
Calories	2711	Calories	2705	Calories	2767	Calories	2689	Calories	2767	Calories	2732	Calories	2756
Fat	107g	Fat	105g	Fat	108g	Fat	98g	Fat	103g	Fat	104g	Fat	100g
Carbs	215g	Carbs	222g	Carbs	209g	Carbs	191g	Carbs	208g	Carbs	219g	Carbs	216g
Fiber	46g	Fiber	53g	Fiber	52g	Fiber	43g	Fiber	54g	Fiber	61g	Fiber	51g
Sugar	68g	Sugar	76g	Sugar	78g	Sugar	80g	Sugar	74g	Sugar	73g	Sugar	78g
Protein	239g	Protein	245g	Protein	263g	Protein	260g	Protein	261g	Protein	248g	Protein	261g

Fruits

- 3/4 Avocado
- 7 Banana
- 1 1/2 cups Cherries
- 4 2/3 Lemon
- 1 1/2 tsps Lemon Juice
- 1/2 Lime
- 2 tsps Lime Juice
- 1 cup Pineapple
- 2 cups Pomegranate Seeds
- 3 cups Strawberries

Breakfast

- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 1/3 tsps Cumin
- 1/4 tsp Dried Basil
- 1/3 tsp Everything Bagel Seasoning
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1 1/8 tsps Oregano
- 1 tsp Paprika
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika

Frozen

- 3 cups Frozen Blueberries
- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries

Vegetables

- 6 cups Asparagus
- 1/2 cup Baby Spinach
- 1/2 head Boston Lettuce
- 2 cups Broccoli
- 1 bunch Broccolini
- 8 Carrot
- 1/2 head Cauliflower
- 1/4 cup Cilantro
- 3/4 Cucumber
- 13 1/2 Garlic
- 1 3/4 tsps Ginger
- 1 cup Green Beans
- 2 Green Bell Pepper
- 4 3/4 stalks Green Onion
- 8 Jalapeno Pepper
- 3 cups Mini Potatoes
- 1 1/2 tsps Parsley
- 1/2 cup Shallot
- 1 Tomato
- 3/4 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1/2 cup Canned Coconut Milk
- 1 lb Canned Wild Salmon
- 4 ozs Chickpea Pasta
- 1 1/2 cups Chickpeas
- 4 1/4 ozs Oat Crackers
- 3/4 cup Quinoa
- 1 cup Salsa
- 2 3/4 cans Tuna
- 2 1/4 tsps Vegetable Broth
- 2 cups White Navy Beans

Baking

- 1 tbsp Coconut Flour
- 2 tsps Raw Honey
- 1 1/2 tsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 6 ozs Calamari
- 8 ozs Chicken Breast
- 2 lbs Chicken Thighs
- 8 ozs Extra Lean Ground Turkey
- 2 2/3 ozs Mozzarella Cheese
- 2 lbs Mussels
- 6 1/8 ozs Pork Chop
- 1 1/16 lbs Salmon Fillet
- 1 1/4 lbs Shrimp
- 1 1/3 lbs Whole Roasting Chicken

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 1 tbsp Coconut Aminos
- 2 tsps Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 1 1/3 tsps Mayonnaise
- 1/3 cup Pesto
- 1 1/2 tsps Red Wine Vinegar
- 1 cup Tomato Sauce

Cold

- 1 tbsp Butter
- 3 cups Cottage Cheese
- 14 1/2 Egg
- 4 1/2 cups Plain Greek Yogurt
- 12 cups Unsweetened Almond Milk

Other

- 3 Barbecue Skewers
- 2 tsps Dry Sherry
- 3 1/4 cups Vanilla Protein Powder
- 3 3/4 cups Water



Cherries, Banana & Cottage Cheese

3 servings

5 minutes

Ingredients

- 3 cups Cottage Cheese
- 3 Banana (medium, sliced)
- 1 1/2 cups Cherries (pitted, fresh or frozen)

Nutrition

Amount per serving	
Calories	359
Fat	10g
Carbs	46g
Fiber	5g
Sugar	30g
Protein	25g

Directions

- 1 Top the cottage cheese with banana slices and cherries. Enjoy!

Notes

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

Make it Vegan: Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.



Protein Packed Deviled Eggs

3 servings

20 minutes

Ingredients

- 6 Egg (hard boiled)
- 1 1/2 cans Tuna (drained)
- 3/4 Avocado
- 1 1/2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Paprika
- 3/4 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.



Vanilla Protein Pancakes

4 servings

15 minutes

Ingredients

- 4 Banana (plus extra for topping)
- 8 Egg
- 1 cup Vanilla Protein Powder
- 2 tbsps Coconut Oil

Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g

Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

Notes

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

Serving Size: One serving is approximately two pancakes.

Additional Toppings: Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



Strawberry Blueberry Smoothie

6 servings

5 minutes

Ingredients

- 3 cups Frozen Blueberries (wild)
- 3 cups Strawberries (stems removed)
- 7 1/2 cups Unsweetened Almond Milk
- 1/3 cup Chia Seeds
- 1 1/2 cups 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.



Salmon Salad on Crackers

4 servings

5 minutes

Ingredients

1 lb Canned Wild Salmon
1/2 cup Plain Greek Yogurt
4 1/4 ozs Oat Crackers

Nutrition

Amount per serving	
Calories	330
Fat	12g
Carbs	22g
Fiber	3g
Sugar	1g
Protein	35g

Directions

- 1 In a bowl, mash together the wild salmon and greek yogurt until well combined. Spread the mixture evenly ovetop each cracker and enjoy!

Notes

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

Dairy-Free: Use mayonnaise or coconut yogurt instead of greek yogurt.

More Flavor: Season with salt, pepper, fresh dill, red pepper flakes, and/or lemon juice.

No Salmon: Use tuna instead.

No Oat Crackers: Use toast, rice crackers, or cucumber slices instead.



Yogurt & Pomegranate

4 servings

5 minutes

Ingredients

- 4 cups Plain Greek Yogurt
- 2 cups Pomegranate Seeds

Nutrition

Amount per serving	
Calories	241
Fat	6g
Carbs	25g
Fiber	3g
Sugar	15g
Protein	23g

Directions

- 1 Top the yogurt with pomegranate seeds and enjoy!

Notes

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

Dairy-Free: Use a dairy-free yogurt like coconut, almond, or cashew.

Additional Toppings: Add hemp seeds, nuts, pumpkin seeds, shredded coconut, or more fruit.



Tuna Jalapeno Poppers

4 servings

20 minutes

Ingredients

- 1 1/3 cans Tuna (drained)
- 1 1/3 tbsps Mayonnaise
- 1 1/3 stalks Green Onion (sliced)
- Sea Salt & Black Pepper (to taste)
- 8 Jalapeno Pepper
- 2 2/3 ozs Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	135
Fat	7g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	14g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, mix together the tuna, mayonnaise, and green onion. Season with salt and pepper.
- 3 Cut the jalapenos in half lengthwise and remove the seeds. Stuff each half with the tuna mixture, about one tablespoon per half. Top with mozzarella cheese.
- 4 Place the stuffed jalapenos on the baking sheet. Bake in the oven for 13 to 15 minutes or until the cheese has melted and is golden brown. Enjoy!

Notes

Leftovers: Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is four poppers.

More Flavor: Add dill.

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



Baked Salmon with Broccoli & Quinoa

1 serving
20 minutes

Ingredients

5 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 cups Broccoli (sliced into small florets)
1 1/2 tsps Extra Virgin Olive Oil
1/4 cup Quinoa (uncooked)
1/3 cup Water
1/8 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	480
Fat	19g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	39g

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers: Store covered in the fridge up to 2 days.

Speed it Up: Cook the quinoa ahead of time.

Vegan: Use tofu steaks instead of salmon fillets.



10 Minute Garlic & Lemon Calamari

1 serving
10 minutes

Ingredients

- 2 1/4 tsps Extra Virgin Olive Oil
- 1 1/4 Garlic (cloves, roughly chopped)
- 6 ozs Calamari (sliced into rings)
- 1/16 tsp Sea Salt
- 2 1/4 tsps Vegetable Broth
- 1 1/2 tsps Lemon Juice
- 1 tbsp Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	255
Fat	13g
Carbs	7g
Fiber	0g
Sugar	0g
Protein	27g

Directions

- 1 Heat a cast-iron pan over medium heat. Once hot, add the oil and then add the garlic. Sauté until fragrant, stirring often, about two minutes.
- 2 Pat the calamari dry and season with salt. Add it to the skillet and cook for two minutes. Then add the broth and lemon juice and stir to combine, just until heated through. Stir in the parsley.
- 3 Remove from the heat and enjoy!

Notes

Leftovers: This is best enjoyed immediately after cooking.

Additional Toppings: Black pepper or chili flakes for some heat.



Raspberry Zinger Smoothie

3 servings

10 minutes

Ingredients

- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries
- 3 Lemon (juiced)
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Chia Seeds
- 4 1/2 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



Honey Garlic Chicken Thighs

2 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 lb Chicken Thighs
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water

Nutrition

Amount per serving	
Calories	670
Fat	26g
Carbs	56g
Fiber	9g
Sugar	20g
Protein	56g

Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or chicken wings. Grill time will vary.

No Asparagus: Use any grilled vegetable.



Shrimp Asparagus Pesto Pasta

2 servings

30 minutes

Ingredients

- 3 cups Asparagus (chopped into 1 inch pieces)
- 12 ozs Shrimp (uncooked, shells on)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)
- 1 Lemon (sliced into rounds)
- 4 ozs Chickpea Pasta
- 2 tbsps Pesto

Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	43g
Fiber	13g
Sugar	10g
Protein	54g

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 3 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 4 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

No Asparagus: Use green beans or zucchini instead.

Vegan: Swap out the shrimp for tofu.

More Greens: Top with microgreens.



Maple Roasted Carrots & Chicken

2 servings

40 minutes

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 6 Garlic (cloves, still attached to each other)
- 1 tsp Extra Virgin Olive Oil
- 8 Carrot (chopped roughly)
- 1/2 cup Shallot (peeled, cut in half)
- 1 tsp Ginger (thinly sliced)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	463
Fat	12g
Carbs	40g
Fiber	8g
Sugar	21g
Protein	48g

Directions

- 1 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 2 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 3 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

Notes

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

More Flavor: Add chili flakes.

No Shallots: Use small pearl onions instead.



Grilled Chicken Caesar Lettuce Wraps

2 servings

40 minutes

Ingredients

1/2 Garlic (whole bulb)
 Sea Salt & Black Pepper (to taste)
 1/4 tsp Paprika
 1/4 tsp Black Pepper
 1/4 tsp Onion Powder
 1/4 tsp Garlic Powder
 1/4 tsp Sea Salt
 1/2 Lime (juiced)
 8 ozs Chicken Breast
 1/2 Lemon (juiced)
 2 tbsps Extra Virgin Olive Oil (plus some extra for roasting garlic)
 1 1/2 tpsps Dijon Mustard
 1/2 head Boston Lettuce (washed and pulled apart into leaves)

Nutrition

Amount per serving	
Calories	269
Fat	17g
Carbs	3g
Fiber	0g
Sugar	1g
Protein	26g

Directions

- 1 Preheat the grill over medium heat.
- 2 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
- 3 In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
- 4 Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
- 5 Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
- 6 Remove chicken from the grill and dice with a knife.
- 7 Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

Notes

Time Saver: Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

No Grill: Use an oven pre-heated to 400°F (204°C) instead.

More Carbs: Add quinoa to your wraps.

Vegan: Use roasted chickpeas instead of chicken.



Slow Cooker Chicken & Broth

2 servings

18 hours

Ingredients

- 1 1/3 lbs Whole Roasting Chicken
- 2 tsp Dry Sherry
- 2/3 tsp Sea Salt (divided)
- 1 tsp Apple Cider Vinegar
- 2 cups Water

Nutrition

Amount per serving	
Calories	344
Fat	8g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	61g

Directions

- 1 Place the chicken in the slow cooker. Drizzle dry sherry over top and season with half the salt. Cook on low for approximately 6 hours, or on high for 4 hours.
- 2 Enjoy immediately, and store any leftover meat for future use. Return the bones to the slow cooker and add the apple cider vinegar, remaining salt and water. Feel free to add any veggie scraps on hand.
- 3 Cook for at least 12 hours on low. After 12 hours, strain the broth through a strainer or mesh sack. Freeze broth until ready to use.

Notes

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

Refrigerate the broth for up to four days or freeze for up to three months.

Serving Size: One serving equals approximately 3/4 cup of cooked chicken, and 1 cup of broth.

More Flavor: Add onion, garlic, herbs, carrot and celery.

Less Fat: Once the broth cools, remove the layer of fat that forms on the top and discard or save it for future cooking.



Zucchini White Bean Roll Ups

2 servings

1 hour

Ingredients

- 2 Zucchini (medium)
- 2 cups White Navy Beans (cooked, from the can)
- 1/4 cup Pesto
- Sea Salt & Black Pepper (to taste)
- 1 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	449
Fat	14g
Carbs	63g
Fiber	23g
Sugar	12g
Protein	22g

Directions

- 1 Preheat your oven to 350°F (177°C).
- 2 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 3 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 4 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 5 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

Notes

No White Beans: Use chickpeas instead.



Everything Bagel Salmon & Veggies

2 servings

30 minutes

Ingredients

- 2 cups Mini Potatoes (halved)
- 1 tbsp Butter (melted, divided)
- 1/2 tsp Sea Salt (divided)
- 12 ozs Salmon Fillet
- 1 bunch Broccolini (trimmed)
- 1/3 tsp Everything Bagel Seasoning

Nutrition

Amount per serving	
Calories	462
Fat	18g
Carbs	33g
Fiber	9g
Sugar	3g
Protein	45g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the potatoes with half the melted butter and half the salt and mix well. Transfer to the baking sheet and bake for 10 minutes.
- 3 Meanwhile, drizzle the remaining melted butter and salt amongst the salmon and the broccolini. Coat the salmon with the everything bagel seasoning.
- 4 Transfer the broccolini and salmon to the baking sheet with the potatoes and place in the oven for 13 to 16 minutes, until the salmon is cooked through. Divide between plates and enjoy!

Notes

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

No Salmon: Use another fish, like trout, instead.

More Flavor: Serve with lemon wedges.

No Broccolini: Use broccoli instead.



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.



Cuban-Style Chickpea Picadillo

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, chopped)
- 1 Garlic (clove, minced)
- 1 tsp Cumin
- 3/4 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1 Tomato (medium, diced)
- 1 1/2 cups Chickpeas (cooked, rinsed well)
- 1/4 cup Green Olives (chopped)
- 1/4 cup Water

Nutrition

Amount per serving	
Calories	308
Fat	12g
Carbs	40g
Fiber	11g
Sugar	8g
Protein	12g

Directions

- 1 Heat the oil in a pan over medium heat. Add the onion and cook for three to five minutes or until softened.
- 2 Add the garlic, cumin, oregano, and salt and stir to combine then add the tomato. Cook for about one minute then stir in the chickpeas. Continue to cook for two to three minutes until the tomatoes start to break down and the chickpeas warm through.
- 3 Add the olives and the water and continue to cook for three to five minutes or until the sauce thickens. Season with additional salt if needed. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

More Flavor: Add green pepper, cilantro, or raisins. Use vegetable broth or tomato sauce instead of water.

Serve it With: Rice, fried plantains, cauliflower rice, inside of tortillas, or lettuce leaves.

Oil-Free: Use water or broth instead of oil.



Coconut Lime Steamed Mussels

2 servings

20 minutes

Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 1/4 cup Cilantro (chopped)
- 2 stalks Green Onion (chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Ginger (grated)
- 1 tbsp Coconut Aminos
- 2 lbs Mussels
- 1/4 tsp Sea Salt (optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	23g
Fiber	0g
Sugar	3g
Protein	55g

Directions

- 1 In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.
- 4 To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.

More Flavor: Add garlic or red pepper flakes to the broth.

Additional Toppings: Serve with lime wedges, green onion or cilantro.

No Coconut Aminos: Use soy sauce or tamari instead of coconut aminos



One Pan Pork Chops with Potatoes & Green Beans

1 serving

25 minutes

Ingredients

- 1 cup Mini Potatoes (quartered)
- 1 cup Green Beans (trimmed and halved)
- 3/4 tsp Extra Virgin Olive Oil
- 1/3 tsp Oregano (divided)
- 1/4 tsp Sea Salt (divided)
- 6 1/8 ozs Pork Chop (bone-in, 1/2-inch thick)
- 1/4 tsp Smoked Paprika
- 1/8 tsp Cumin

Nutrition

Amount per serving	
Calories	477
Fat	20g
Carbs	34g
Fiber	6g
Sugar	5g
Protein	41g

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Place the potatoes and green beans on the baking sheet. Drizzle with the olive oil and season with two-thirds of the oregano and half of the salt. Toss well to coat. Bake for 15 minutes.
- 3 Meanwhile, season the pork chops on both sides with the smoked paprika, cumin, remaining oregano, and salt.
- 4 Remove the pan from the oven and stir the vegetables. Add the pork chops to the center of the pan. Place the sheet back in the oven and bake for 10 minutes or until the pork chops are cooked through.
- 5 Remove the baking sheet from the oven. Divide the pork chops, green beans, and potatoes between plates. Enjoy!

Notes

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

More Flavor: Add garlic powder, onion powder, ground coriander or chili powder to the pork chop seasoning.

No Green Beans: Use broccoli or sliced carrots instead.

Cooking Time: Thicker pork chops may require additional cooking time.



Pineapple Coconut Shrimp

1 serving
25 minutes

Ingredients

- 3/4 Garlic (cloves, minced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Red Wine Vinegar
- 1 1/2 tsps Parsley (chopped)
- 1/8 tsp Sea Salt
- 8 ozs Shrimp (raw, peeled and deveined)
- 1 cup Pineapple (diced into chunks)
- 1 1/2 tsps Unsweetened Coconut Flakes
- 3 Barbecue Skewers

Nutrition

Amount per serving	
Calories	357
Fat	10g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	47g

Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

No Pineapple: Use sliced lemon instead.

Likes it Spicy: Add cayenne pepper to the shrimp spice.