



This 21-day program was created with key nutrients in mind per week.

Week 1:

Magnesium

Research shows magnesium plays a role in migraines and depression. Emerging data suggests magnesium can help with chronic pain and anxiety.

Vitamin B6

Vitamin B6 is effective when combined with magnesium in adults with severe stress. Women who consume more vitamin B6 are less likely to experience anxiety. A low B6 status may also increase panic attacks. Getting enough vitamin B6 through diet can support the body during stress and reduce anxiety.

Iron

Low iron is a known contributor to anxiety and depression. This plan contains great iron sources like beef, liver, and sausage paired with foods that have vitamin C to enhance iron absorption.

Fiber

Fiber is an important nutrient to reduce anxiety. It helps to balance blood sugar and feeds gut bacteria to produce short-chain fatty acids which can decrease anxiety. Fiber can be found in this plan from whole grains, legumes, seeds, and cruciferous vegetables.

Week 2:

Protein

Our bodies use an amino acid called tryptophan to produce serotonin, an important brain chemical often called the “feel-good” hormone. Serotonin is heavily involved in mood regulation and sleep, and there’s some evidence that it plays a role in depression as well. Tryptophan can be found in this plan from turkey, chicken, salmon, pumpkin seeds, and eggs.

B Vitamins

Vitamin B12 and B9 (folate) are helpful for your mental health by protecting and maintaining the health of your nervous system. Some evidence suggests that having enough B12 and B9 available may help improve symptoms of mood disorders like depression.

Omega-3 Fats

Omega-3 fatty acids play an essential role in brain health and function, including neurotransmitter regulation and managing inflammation, which are linked to depression.

Probiotics

A healthy gut microbiome may help reduce the symptoms and risk of depression. Fermented foods are natural sources of probiotics, which can help promote a healthy balance of gut bacteria in your microbiome.

Week 3:

Vitamin A




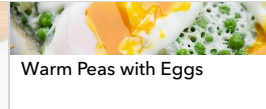
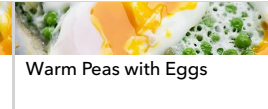


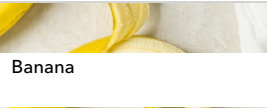
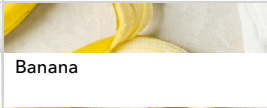
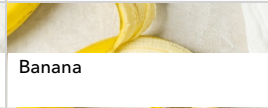







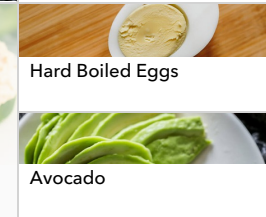
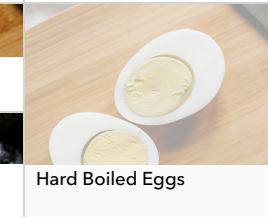
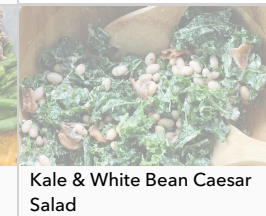
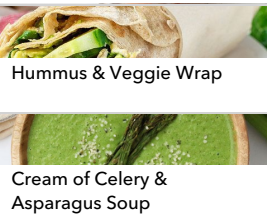
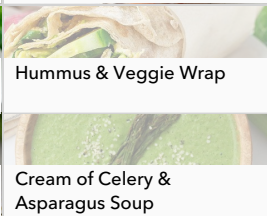
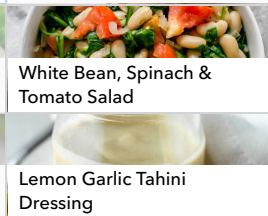
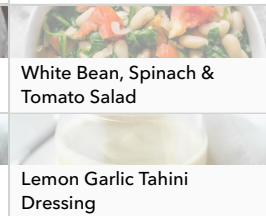
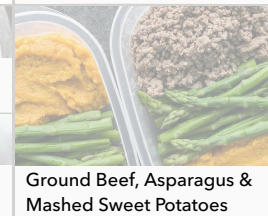
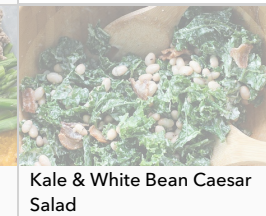
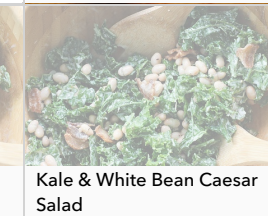



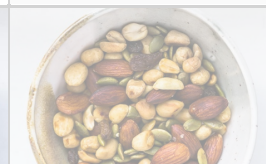

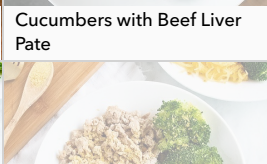
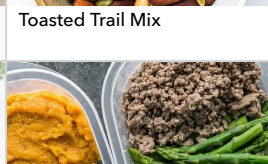
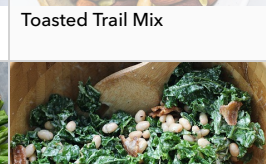
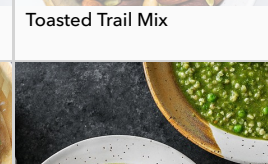
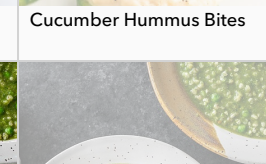
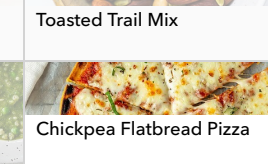

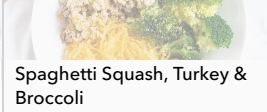
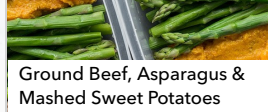


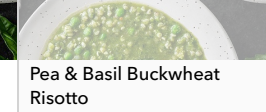
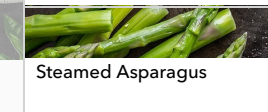
Vitamin A is a fat-soluble antioxidant involved in the cellular immune response. This meal plan contains vitamin A sources like sweet potato, mango, bell peppers, and dark leafy greens like kale. These foods are paired with healthy fats to increase vitamin A absorption.






















Zinc & Selenium

Some studies have suggested that zinc levels may be lower among people with depression. Getting more zinc may also help antidepressants work more effectively. Selenium is a mineral that might help improve mood and reduce feelings of anxiousness.

Vitamin E

Vitamin E is a powerful antioxidant that helps the body fight off infection. Diets high in vitamin E improve cellular immunity by protecting against cell damage. This program incorporates vitamin E from almond and peanut butter, avocado, and sardines.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Warm Peas with Eggs	 Warm Peas with Eggs	 Chocolate Banana Cauliflower N'Oats	 Chocolate Banana Cauliflower N'Oats
	 Banana	 Banana	 Banana	 Avocado	 Avocado		
Snack 1	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots	 Hard Boiled Eggs with Apricots	 Cucumber Hummus Bites	 Cucumber Hummus Bites	 Hard Boiled Eggs	 Hard Boiled Eggs
						 Avocado	
Lunch	 Hummus & Veggie Wrap	 Hummus & Veggie Wrap	 White Bean, Spinach & Tomato Salad	 White Bean, Spinach & Tomato Salad	 Ground Beef, Asparagus & Mashed Sweet Potatoes	 Kale & White Bean Caesar Salad	 Kale & White Bean Caesar Salad
	 Cream of Celery & Asparagus Soup	 Cream of Celery & Asparagus Soup	 Lemon Garlic Tahini Dressing	 Lemon Garlic Tahini Dressing			
Snack 2	 Cucumbers with Beef Liver Pate	 Cucumbers with Beef Liver Pate	 Toasted Trail Mix	 Toasted Trail Mix	 Toasted Trail Mix	 Cucumber Hummus Bites	 Toasted Trail Mix
Dinner	 Spaghetti Squash, Turkey & Broccoli	 Spaghetti Squash, Turkey & Broccoli	 Ground Beef, Asparagus & Mashed Sweet Potatoes	 Kale & White Bean Caesar Salad	 Pea & Basil Buckwheat Risotto	 Pea & Basil Buckwheat Risotto	 Chickpea Flatbread Pizza
							 Steamed Asparagus

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  48%	Fat  48%	Fat  44%	Fat  48%	Fat  45%	Fat  48%	Fat  55%
Carbs  34%	Carbs  34%	Carbs  39%	Carbs  34%	Carbs  35%	Carbs  35%	Carbs  26%
Protein  18%	Protein  18%	Protein  17%	Protein  18%	Protein  20%	Protein  17%	Protein  19%
Calories 1788	Calories 1788	Calories 1976	Calories 2105	Calories 1833	Calories 1610	Calories 2113
Fat 100g	Fat 100g	Fat 102g	Fat 118g	Fat 97g	Fat 89g	Fat 134g
Carbs 162g	Carbs 162g	Carbs 203g	Carbs 189g	Carbs 168g	Carbs 149g	Carbs 142g
Fiber 51g	Fiber 51g	Fiber 65g	Fiber 71g	Fiber 48g	Fiber 54g	Fiber 50g
Protein 83g	Protein 83g	Protein 89g	Protein 99g	Protein 96g	Protein 72g	Protein 103g
Sodium 2404mg	Sodium 2404mg	Sodium 965mg	Sodium 1601mg	Sodium 2277mg	Sodium 1983mg	Sodium 1673mg
Potassium 4209mg	Potassium 4209mg	Potassium 4271mg	Potassium 4337mg	Potassium 3531mg	Potassium 3212mg	Potassium 3487mg
Vitamin C 191mg	Vitamin C 191mg	Vitamin C 78mg	Vitamin C 119mg	Vitamin C 82mg	Vitamin C 136mg	Vitamin C 103mg
Calcium 1340mg	Calcium 1340mg	Calcium 1386mg	Calcium 805mg	Calcium 474mg	Calcium 898mg	Calcium 1302mg
Iron 24mg	Iron 24mg	Iron 26mg	Iron 27mg	Iron 23mg	Iron 18mg	Iron 22mg
Vitamin B12 72.1µg	Vitamin B12 72.1µg	Vitamin B12 14.1µg	Vitamin B12 20.7µg	Vitamin B12 20.3µg	Vitamin B12 29.2µg	Vitamin B12 12.3µg
Phosphorous 1479mg	Phosphorous 1479mg	Phosphorous 1447mg	Phosphorous 2020mg	Phosphorous 1684mg	Phosphorous 1242mg	Phosphorous 1559mg
Magnesium 461mg	Magnesium 461mg	Magnesium 550mg	Magnesium 761mg	Magnesium 633mg	Magnesium 550mg	Magnesium 679mg
Zinc 12mg	Zinc 12mg	Zinc 14mg	Zinc 15mg	Zinc 17mg	Zinc 9mg	Zinc 11mg
Selenium 90µg	Selenium 90µg	Selenium 57µg	Selenium 66µg	Selenium 70µg	Selenium 54µg	Selenium 58µg

Fruits

- 2 Avocado
- 4 Banana
- 1/2 Lemon
- 2 tbsps Lemon Juice
- 3/4 cup Strawberries

Breakfast

- 1/4 cup All Natural Peanut Butter
- 1 1/4 cups Buckwheat Groats

Seeds, Nuts & Spices

- 1 cup Almonds
- 2/3 tsp Black Pepper
- 1 cup Chia Seeds
- 1 tbsp Cinnamon
- 1 1/2 tpsps Dried Thyme
- 1/16 tsp Garlic Powder
- 1/2 cup Hemp Seeds
- 1/8 tsp Oregano
- 1/2 cup Pumpkin Seeds
- 1 cup Raw Peanuts
- 1/16 tsp Red Pepper Flakes
- 2 3/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 2 cups Cauliflower Rice
- 3 cups Frozen Peas

Vegetables

- 4 1/2 cups Asparagus
- 6 cups Baby Spinach
- 2 1/16 cups Basil Leaves
- 2 cups Broccoli
- 3 stalks Celery
- 1 1/2 Cucumber
- 2 cups Fresh Peas
- 6 1/2 Garlic
- 6 cups Kale Leaves
- 1/2 Red Bell Pepper
- 4 leaves Romaine
- 1/4 cup Shallot
- 1/2 Spaghetti Squash
- 1 1/2 Sweet Potato
- 1 Tomato
- 1/2 White Onion
- 3/4 Yellow Onion

Boxed & Canned

- 3 cups Vegetable Broth
- 4 cups White Navy Beans

Baking

- 2 tbsps Cacao Nibs
- 2 tbsps Cacao Powder
- 1/2 cup Chickpea Flour
- 1/3 cup Nutritional Yeast
- 1/2 cup Raisins

Bread, Fish, Meat & Cheese

- 5 1/2 slices Bacon
- 4 1/16 ozs Beef Liver
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 3 ozs Mozzarella Cheese
- 2 Whole Wheat Tortilla

Condiments & Oils

- 1 1/4 tbsps Avocado Oil
- 3 tbsps Coconut Oil
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 2 2/3 tbsps Tomato Sauce

Cold

- 11 Egg
- 1 1/4 cups Hummus
- 1 1/2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

Other

- 3/4 cup Dried Apricots
- 4 cups Water



Coconut Chia Seed Yogurt

3 servings

30 minutes

Ingredients

- 3 cups Unsweetened Coconut Yogurt
- 3/4 cup Chia Seeds
- 1 tbsp Cinnamon
- 3/4 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	22g
Carbs	37g
Fiber	21g
Protein	9g
Sodium	57mg
Potassium	266mg
Vitamin C	21mg
Calcium	838mg
Iron	4mg
Vitamin B12	2.7µg
Phosphorous	10mg
Magnesium	6mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

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

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Banana

1 serving

1 minute

Ingredients

1 Banana

Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Protein	1g
Sodium	1mg
Potassium	422mg
Vitamin C	10mg
Calcium	6mg
Iron	0mg
Vitamin B12	0µg
Phosphorous	26mg
Magnesium	32mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Peel and enjoy!

Notes

More protein: Dip in almond butter.



Warm Peas with Eggs

1 serving
15 minutes

Ingredients

1/4 White Onion (diced)
1 1/2 tbsps Water
1 1/2 cups Frozen Peas
1/8 tsp Sea Salt
2 Egg

Nutrition

Amount per serving	
Calories	341
Fat	10g
Carbs	38g
Fiber	11g
Protein	25g
Sodium	611mg
Potassium	442mg
Vitamin C	26mg
Calcium	122mg
Iron	5mg
Vitamin B12	0.9µg
Phosphorous	391mg
Magnesium	68mg
Zinc	3mg
Selenium	33µg

Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

Notes

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

Serving Size: One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor: Use broth or oil instead of water.

Additional Toppings: Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.



Avocado

1 serving
5 minutes

Ingredients

1/2 Avocado

Nutrition

Amount per serving	
Calories	161
Fat	15g
Carbs	9g
Fiber	7g
Protein	2g
Sodium	7mg
Potassium	487mg
Vitamin C	10mg
Calcium	12mg
Iron	1mg
Vitamin B12	0µg
Phosphorous	52mg
Magnesium	29mg
Zinc	1mg
Selenium	0µg

Directions

- 1 Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With: Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack: Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack: Top with maple syrup, honey, maple butter and/or cinnamon.



Chocolate Banana Cauliflower N'Oats

1 serving
20 minutes

Ingredients

- 1 cup Cauliflower Rice
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Cacao Powder
- 2 tbsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsp Cacao Nibs

Nutrition

Amount per serving	
Calories	462
Fat	29g
Carbs	38g
Fiber	16g
Protein	16g
Sodium	450mg
Potassium	823mg
Vitamin C	47mg
Calcium	508mg
Iron	4mg
Vitamin B12	0µg
Phosphorous	121mg
Magnesium	123mg
Zinc	1mg
Selenium	2µg

Directions

- 1 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 2 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

Notes

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

Nut-Free: Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

More Flavor: Add cinnamon or maple syrup.

More Protein: Add collagen or protein powder.

No Cacao Powder: Use cocoa powder instead.

No Banana: Top with berries instead.



Hard Boiled Eggs with Apricots

3 servings
15 minutes

Ingredients

3 Egg
3/4 cup Dried Apricots

Nutrition

Amount per serving	
Calories	150
Fat	5g
Carbs	21g
Fiber	2g
Protein	7g
Sodium	74mg
Potassium	447mg
Vitamin C	0mg
Calcium	46mg
Iron	2mg
Vitamin B12	0.5µg
Phosphorous	122mg
Magnesium	16mg
Zinc	1mg
Selenium	16µg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 3 Peel the eggs and serve with apricots. Enjoy!

Notes

Storage: Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.
Easier to Peel: Add salt to the water while boiling.



Cucumber Hummus Bites

3 servings
10 minutes

Ingredients

- 3/4 Cucumber (large)
- 3/4 cup Hummus
- 1/3 tsp Black Pepper

Nutrition

Amount per serving	
Calories	158
Fat	11g
Carbs	12g
Fiber	4g
Protein	5g
Sodium	264mg
Potassium	307mg
Vitamin C	2mg
Calcium	43mg
Iron	2mg
Vitamin B12	0µg
Phosphorous	130mg
Magnesium	57mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

Notes

More Flavour: Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.



Hard Boiled Eggs

2 servings
15 minutes

Ingredients

4 Egg

Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Protein	13g
Sodium	142mg
Potassium	138mg
Vitamin C	0mg
Calcium	56mg
Iron	2mg
Vitamin B12	0.9µg
Phosphorous	198mg
Magnesium	12mg
Zinc	1mg
Selenium	31µg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Hummus & Veggie Wrap

2 servings

5 minutes

Ingredients

- 2 Whole Wheat Tortilla (large)
- 1/2 cup Hummus
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 Red Bell Pepper (sliced)

Nutrition

Amount per serving	
Calories	382
Fat	23g
Carbs	39g
Fiber	13g
Protein	11g
Sodium	526mg
Potassium	855mg
Vitamin C	47mg
Calcium	168mg
Iron	4mg
Vitamin B12	0µg
Phosphorous	322mg
Magnesium	117mg
Zinc	2mg
Selenium	19µg

Directions

- 1 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 2 Serve immediately and enjoy!

Notes

Gluten-Free: Use a brown rice tortilla instead.

Oil-Free: Use an oil-free hummus.

More Flavor: Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

Easy Eating: Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.



Cream of Celery & Asparagus Soup

2 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 3 stalks Celery (chopped)
- 1 1/2 Garlic (cloves, minced)
- 2 cups Water
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 cups Asparagus (woody ends snapped off)
- 1/4 cup Hemp Seeds
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	222
Fat	17g
Carbs	12g
Fiber	5g
Protein	10g
Sodium	671mg
Potassium	820mg
Vitamin C	17mg
Calcium	131mg
Iron	6mg
Vitamin B12	0µg
Phosphorous	415mg
Magnesium	190mg
Zinc	3mg
Selenium	3µg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

Serving Size: One serving is approximately 2 cups.

No Hemp Seeds: Use cashews.

Add Some Crunch: Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach: Use kale, swiss chard or any leafy green.



White Bean, Spinach & Tomato Salad

2 servings
10 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Shallot (diced)
- 2 Garlic (cloves, minced)
- 2 cups White Navy Beans (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)
- 1 Tomato (medium, diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	356
Fat	8g
Carbs	56g
Fiber	22g
Protein	18g
Sodium	74mg
Potassium	1239mg
Vitamin C	30mg
Calcium	201mg
Iron	7mg
Vitamin B12	0µg
Phosphorous	324mg
Magnesium	153mg
Zinc	2mg
Selenium	7µg

Directions

- 1 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 2 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

Notes

No White Beans: Use chickpeas or lentils instead.

Extra Flavour: Add avocado, lemon juice and/or feta cheese.

Leftovers: Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.



Lemon Garlic Tahini Dressing

2 servings

5 minutes

Ingredients

- 2 tbsps Tahini
- 2 tbsps Water (warm)
- 2 tbsps Lemon Juice
- 1 Garlic (clove, small, minced)
- 1 1/2 tps Nutritional Yeast
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	103
Fat	8g
Carbs	5g
Fiber	2g
Protein	4g
Sodium	172mg
Potassium	131mg
Vitamin C	6mg
Calcium	70mg
Iron	2mg
Vitamin B12	8.4µg
Phosphorous	113mg
Magnesium	16mg
Zinc	1mg
Selenium	5µg

Directions

- 1 Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Notes

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

Serving Size: One serving is equal to approximately two and a half tablespoons.

Dressing Consistency: If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.



Cucumbers with Beef Liver Pate

2 servings

15 minutes

Ingredients

- 1 1/2 slices Bacon
- 1/4 Yellow Onion (small, minced)
- 1 Garlic (cloves, minced)
- 4 1/16 ozs Beef Liver
- 1 1/2 tsps Dried Thyme
- 2 tbsps Coconut Oil (melted)
- 1/8 tsp Sea Salt
- 1/4 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	296
Fat	23g
Carbs	6g
Fiber	1g
Protein	15g
Sodium	346mg
Potassium	307mg
Vitamin C	3mg
Calcium	32mg
Iron	4mg
Vitamin B12	33.8µg
Phosphorous	267mg
Magnesium	20mg
Zinc	3mg
Selenium	27µg

Directions

- 1 In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
- 2 Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
- 3 Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
- 4 Spread onto cucumber slices and enjoy!

Notes

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

Serving Size: Each serving equals approximately 1/4 cup of beef pate.

More Flavor: Use fresh instead of dried herbs.

No Cucumbers: Use carrot sticks or plantain chips instead.



Toasted Trail Mix

4 servings

10 minutes

Ingredients

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Raisins

Nutrition

Amount per serving	
Calories	566
Fat	44g
Carbs	32g
Fiber	9g
Protein	23g
Sodium	161mg
Potassium	803mg
Vitamin C	1mg
Calcium	150mg
Iron	5mg
Vitamin B12	0µg
Phosphorous	528mg
Magnesium	261mg
Zinc	4mg
Selenium	6µg

Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Notes

Serving Size: One serving is approximately 3/4 cup of the trail mix.

Serve it With: Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

Make it Paleo: Replace peanuts with another type of nut or seed.

Storage: Refrigerate in an air-tight container.

Other Add-Ins: Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.



Spaghetti Squash, Turkey & Broccoli

2 servings

1 hour

Ingredients

- 1/2 Spaghetti Squash (medium)
- 8 ozs Extra Lean Ground Turkey
- 1 cup Water
- 2 cups Broccoli (chopped into florets)
- 2 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	10g
Carbs	20g
Fiber	6g
Protein	30g
Sodium	729mg
Potassium	1092mg
Vitamin C	93mg
Calcium	119mg
Iron	4mg
Vitamin B12	35.1µg
Phosphorous	317mg
Magnesium	80mg
Zinc	3mg
Selenium	24µg

Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 2 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 3 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 4 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of each ingredient.

More Flavor: Season the turkey with minced onion or garlic while it cooks.

Additional Toppings: Top with fresh parsley, cilantro or your favorite hot sauce.

Make it Vegan: Use chickpeas or lentils instead of ground turkey.



Ground Beef, Asparagus & Mashed Sweet Potatoes

2 servings

30 minutes

Ingredients

- 1 1/2 Sweet Potato (medium, peeled and chopped)
- 2 cups Asparagus (woody ends trimmed, chopped in half)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tsps Avocado Oil
- 8 ozs Extra Lean Ground Beef

Nutrition

Amount per serving	
Calories	341
Fat	15g
Carbs	25g
Fiber	6g
Protein	27g
Sodium	426mg
Potassium	963mg
Vitamin C	10mg
Calcium	75mg
Iron	6mg
Vitamin B12	2.5µg
Phosphorous	324mg
Magnesium	66mg
Zinc	6mg
Selenium	22µg

Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

Notes

No Sweet Potatoes: Use regular potatoes, eddo, jicama or kohlrabi instead.

No Avocado Oil: Use coconut oil, olive oil, ghee or butter instead.

Storage: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

Vegan & Vegetarian: Omit the ground beef and use cooked lentils instead.

Extra Creamy Potatoes: Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



Kale & White Bean Caesar Salad

3 servings

25 minutes

Ingredients

4 slices Bacon
1/4 cup Hemp Seeds
2 tbsps Water
1 tbsp Nutritional Yeast
1/2 Lemon (juiced)
1 Garlic (clove, peeled)
6 cups Kale Leaves (chopped)
2 cups White Navy Beans (cooked)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	420
Fat	22g
Carbs	37g
Fiber	16g
Protein	22g
Sodium	312mg
Potassium	928mg
Vitamin C	44mg
Calcium	207mg
Iron	5mg
Vitamin B12	11.4µg
Phosphorous	482mg
Magnesium	177mg
Zinc	3mg
Selenium	12µg

Directions

- 1 Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
- 2 While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
- 3 Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
- 4 Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

Notes

Vegan and Vegetarian: Omit the bacon, or use coconut bacon.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Pea & Basil Buckwheat Risotto

4 servings
20 minutes

Ingredients

- 1 1/4 cups Buckwheat Groats (soaked overnight, drained & rinsed)
- 3 cups Vegetable Broth (divided)
- 2 cups Fresh Peas (or frozen, divided)
- 2 cups Basil Leaves (stems removed)
- 2 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	266
Fat	2g
Carbs	52g
Fiber	11g
Protein	14g
Sodium	808mg
Potassium	529mg
Vitamin C	33mg
Calcium	72mg
Iron	4mg
Vitamin B12	16.9µg
Phosphorous	259mg
Magnesium	152mg
Zinc	2mg
Selenium	6µg

Directions

- 1 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 2 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 3 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cup.

More Flavor: Add a splash of apple cider vinegar and/or your desired herbs and spices.

Additional Toppings: Top with red pepper flakes and/or a dollop of yogurt.



Chickpea Flatbread Pizza

1 serving

1 hour 20 minutes

Ingredients

- 1/2 cup Chickpea Flour
- 1/2 cup Water
- 2 1/4 tsps Avocado Oil (divided)
- 1/8 tsp Sea Salt
- 2 2/3 tsps Tomato Sauce
- 1/8 tsp Oregano
- 1/16 tsp Garlic Powder
- 1/16 tsp Red Pepper Flakes
- 3 ozs Mozzarella Cheese (shredded)
- 1 tbsp Basil Leaves (finely chopped)

Nutrition

Amount per serving	
Calories	495
Fat	29g
Carbs	29g
Fiber	6g
Protein	26g
Sodium	605mg
Potassium	524mg
Vitamin C	3mg
Calcium	349mg
Iron	3mg
Vitamin B12	0µg
Phosphorous	160mg
Magnesium	87mg
Zinc	1mg
Selenium	4µg

Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 2 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 4 Reduce the oven temperature to 350°F (176°C).
- 5 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 6 Slice and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

Serving Size: One serving is equal to approximately three slices of pizza.

Dairy-Free: Use a dairy-free shredded cheese instead.

More Flavor: Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings: Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.



Steamed Asparagus

1 serving
10 minutes

Ingredients

1 cup Asparagus (woody ends trimmed, chopped in half)

Nutrition

Amount per serving	
Calories	27
Fat	0g
Carbs	5g
Fiber	3g
Protein	3g
Sodium	3mg
Potassium	271mg
Vitamin C	8mg
Calcium	32mg
Iron	3mg
Vitamin B12	0µg
Phosphorous	70mg
Magnesium	19mg
Zinc	1mg
Selenium	3µg



Directions






- 1 Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

Notes





Leftovers: Refrigerate in an airtight container up to 5 days.

Serving Size: One serving is equal to approximately one cup of cooked asparagus.











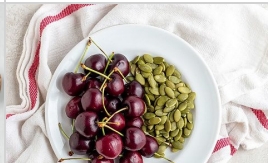












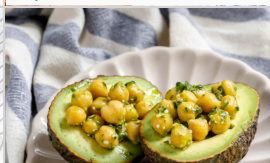


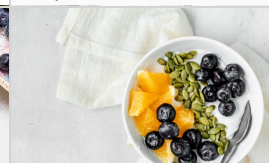

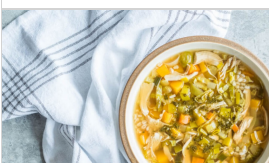



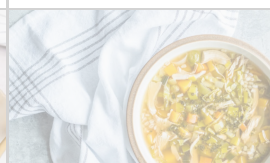
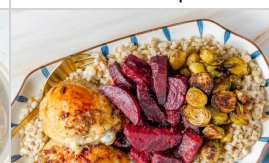
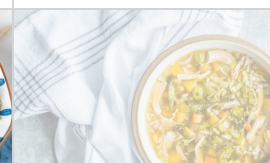
Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Make the Coconut Chia Seed Yogurt.	Combine the ingredients and divide between containers. Let stand for 30 minutes while you move on to other tasks. Top with strawberries and store in the fridge for breakfasts on Monday, Tuesday and Wednesday.
		Make Hard Boiled Eggs for snacks.	Follow directions to hard boil eggs for snacks on Monday, Tuesday, Wednesday, Saturday and Sunday.
		Make the Beef Liver Pate.	Follow the recipe directions to make pate. Divide between containers with cucumbers and store in the fridge for snacks.
		Make Cream of Celery & Asparagus Soup.	Follow recipe directions then divide into containers. Once cool, store in the refrigerator for lunch on Monday and Tuesday.
		Make Hummus & Veggie Wraps.	Store wraps in the fridge for lunch on Monday and Tuesday.




		Make the Toasted Trail Mix.	Follow the directions to toast the nuts. Store in an airtight container once cool.
1 Mon		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt with Banana, Hard Boiled Eggs with Apricots, Hummus & Veggie Wrap with Cream of Celery & Asparagus Soup, and Cucumbers with Beef Liver Pate.
		Make the Spaghetti Squash, Turkey & Broccoli for dinner.	Enjoy one serving and store leftovers in the fridge for dinner tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt with Banana, Hard Boiled Eggs with Apricots, Hummus & Veggie Wrap with Cream of Celery & Asparagus Soup, and Cucumbers with Beef Liver Pate.
		Enjoy leftover Spaghetti Squash, Turkey & Broccoli for dinner.	Reheat in the oven or in a microwave.
		Make White Bean, Spinach & Tomato Salad with Lemon Garlic Tahini Dressing.	Divide between two containers and refrigerate for lunch Wednesday and Thursday.
3 Wed		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt with Banana, Hard Boiled Eggs with Apricots, White Bean, Spinach & Tomato Salad with Lemon Garlic Tahini Dressing, and Toasted Trail Mix.

		Make the Ground Beef, Asparagus & Mashed Sweet Potatoes for Dinner.	Enjoy one serving and store the leftover in the fridge for lunch on Friday.
		Make Cucumber Hummus Bites.	Store in the fridge for snacks over the next three days.
4 Thu		Make Warm Peas with Eggs and Avocado for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Warm Peas with Eggs and Avocado, Cucumber Hummus Bites, White Bean, Spinach & Tomato Salad with Lemon Garlic Tahini Dressing, and Toasted Trail Mix.
		Make Kale & White Bean Caesar Salad for dinner.	Enjoy one serving and divide leftovers between containers in the fridge for lunches this weekend.
5 Fri		Make Warm Peas with Eggs and Avocado for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Warm Peas with Eggs and Avocado, Cucumber Hummus Bites, Ground Beef, Asparagus & Mashed Sweet Potatoes, and Toasted Trail Mix.
		Make Pea & Basil Buckwheat Risotto for dinner.	Enjoy one serving and store the leftover in the fridge for dinner on Saturday.

6 Sat		Make Chocolate Banana Cauliflower N'Oats.	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Banana Cauliflower N'Oats, Hard Boiled Eggs with Avocado, Kale & White Bean Caesar Salad, and Cucumber Hummus Bites.
		Enjoy leftover Pea & Basil Buckwheat Risotto for dinner.	Reheat on the stovetop or in a microwave.
7 Sun		Make Chocolate Banana Cauliflower N'Oats.	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Banana Cauliflower N'Oats, Hard Boiled Eggs, Kale & White Bean Caesar Salad, and Toasted Trail Mix.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Make Chickpea Flatbread Pizza with Steamed Asparagus for dinner.	Enjoy!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Potato Chickpea Breakfast Hash with Fried Eggs	 Potato Chickpea Breakfast Hash with Fried Eggs	 Greek Yogurt, Banana & Cherry Granola Bowl	 Greek Yogurt, Banana & Cherry Granola Bowl	 Greek Yogurt, Banana & Cherry Granola Bowl	 Egg Salad Wrap	 Egg Salad Wrap
Snack 1	 Greek Yogurt with Orange, Blueberries & Pumpkin...	 Collagen Green Smoothie	 Orange, Carrot & Turmeric Smoothie	 Cherries & Pumpkin Seeds	 Orange, Carrot & Turmeric Smoothie	 Cherry Kefir Smoothie	 Cherry Kefir Smoothie
Lunch	 Roast Chicken with Butternut Squash	 Turkey, Barley & Squash Soup	 Roast Chicken with Butternut Squash	 Spicy Smashed Chickpea & Avocado Wraps	 Spicy Smashed Chickpea & Avocado Wraps	 Turkey, Barley & Squash Soup	 Roasted Chicken, Beets & Brussel Sprouts with Barley
Snack 2	 Carrots & Salmon Dip	 Carrots & Salmon Dip	 Pesto Chickpea Stuffed Avocado	 Kefir & Granola Bowl	 Kefir & Granola Bowl	 Greek Yogurt with Orange, Blueberries & Pumpkin...	 Cherries & Pumpkin Seeds
Dinner	 Turkey, Barley & Squash Soup	 Roast Chicken with Butternut Squash	 Salmon Stuffed Peppers with Roasted Carrots	 Salmon Stuffed Peppers with Roasted Carrots	 Turkey, Barley & Squash Soup	 Roasted Chicken, Beets & Brussel Sprouts with Barley	 Turkey, Barley & Squash Soup

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  36%	Fat  45%	Fat  42%	Fat  33%	Fat  35%	Fat  37%
Carbs  39%	Carbs  39%	Carbs  32%	Carbs  39%	Carbs  44%	Carbs  36%	Carbs  37%
Protein  27%	Protein  25%	Protein  23%	Protein  19%	Protein  23%	Protein  29%	Protein  26%
Calories 1913	Calories 1854	Calories 1921	Calories 1899	Calories 1896	Calories 1918	Calories 1862
Fat 75g	Fat 77g	Fat 101g	Fat 92g	Fat 72g	Fat 76g	Fat 79g
Carbs 192g	Carbs 186g	Carbs 160g	Carbs 193g	Carbs 218g	Carbs 178g	Carbs 176g
Fiber 33g	Fiber 39g	Fiber 41g	Fiber 43g	Fiber 44g	Fiber 29g	Fiber 30g
Protein 133g	Protein 121g	Protein 115g	Protein 92g	Protein 111g	Protein 139g	Protein 122g
Sodium 1727mg	Sodium 1672mg	Sodium 957mg	Sodium 1094mg	Sodium 1082mg	Sodium 1483mg	Sodium 1343mg
Potassium 5153mg	Potassium 5904mg	Potassium 4579mg	Potassium 3897mg	Potassium 3835mg	Potassium 3787mg	Potassium 4105mg
Vitamin C 200mg	Vitamin C 171mg	Vitamin C 535mg	Vitamin C 397mg	Vitamin C 176mg	Vitamin C 156mg	Vitamin C 106mg
Calcium 1144mg	Calcium 710mg	Calcium 972mg	Calcium 847mg	Calcium 1196mg	Calcium 1538mg	Calcium 1033mg
Iron 17mg	Iron 17mg	Iron 11mg	Iron 14mg	Iron 14mg	Iron 13mg	Iron 14mg
Vitamin B12 7.4µg	Vitamin B12 7.4µg	Vitamin B12 7.0µg	Vitamin B12 6.9µg	Vitamin B12 2.1µg	Vitamin B12 4.9µg	Vitamin B12 4.9µg
Phosphorous 1603mg	Phosphorous 1482mg	Phosphorous 1201mg	Phosphorous 1786mg	Phosphorous 1505mg	Phosphorous 1801mg	Phosphorous 2010mg
Magnesium 489mg	Magnesium 483mg	Magnesium 441mg	Magnesium 601mg	Magnesium 434mg	Magnesium 334mg	Magnesium 436mg
Zinc 9mg	Zinc 9mg	Zinc 7mg	Zinc 10mg	Zinc 8mg	Zinc 7mg	Zinc 9mg
Selenium 100µg	Selenium 105µg	Selenium 85µg	Selenium 83µg	Selenium 74µg	Selenium 113µg	Selenium 114µg

Fruits

- 3 Avocado
- 2 Banana
- 1 1/8 cups Blueberries
- 5 cups Cherries
- 3 Navel Orange

Breakfast

- 1 1/2 cups Granola

Seeds, Nuts & Spices

- 1 tsp Dried Dill
- 3/4 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1 tsp Paprika
- 1 cup Pumpkin Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

Vegetables

- 2 cups Arugula
- 7 cups Baby Spinach
- 2 Beet
- 2 3/4 cups Brussels Sprouts
- 6 1/2 cups Butternut Squash
- 8 Carrot
- 2 stalks Celery
- 4 Garlic
- 1 Leeks
- 1/3 cup Red Onion
- 3 Russet Potato
- 2 Yellow Bell Pepper

Boxed & Canned

- 14 ozs Canned Wild Salmon
- 12 cups Chicken Broth, Low Sodium
- 2 3/4 cups Chickpeas
- 1 cup Pearl Barley

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Thighs With Skin
- 12 ozs Turkey Breast
- 4 Whole Wheat Tortilla

Condiments & Oils

- 2 1/2 tsps Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 1/4 cup Pesto
- 1 tsp Sriracha

Cold

- 6 Egg
- 5 cups Plain Greek Yogurt
- 4 cups Plain Kefir

Other

- 3 1/8 ozs Collagen Powder
- 1 cup Water



Potato Chickpea Breakfast Hash with Fried Eggs

2 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 3 Russet Potato (medium, cut into small cubes)
- 1/4 cup Red Onion (chopped)
- 1 cup Chickpeas (cooked, rinsed well)
- 1 tsp Paprika
- 3/4 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 2 cups Baby Spinach (chopped)
- 2 Egg

Nutrition

Amount per serving	
Calories	594
Fat	21g
Carbs	83g
Fiber	14g
Protein	22g
Sodium	729mg
Potassium	1972mg
Vitamin C	33mg
Calcium	153mg
Iron	7mg
Vitamin B12	0.5µg
Phosphorous	450mg
Magnesium	152mg
Zinc	3mg
Selenium	20µg

Directions

- 1 Heat 3/4 of the oil in a pan over medium heat. Add the potatoes and cook for 10 to 12 minutes, stirring occasionally, until the potatoes start to brown and soften. Add the onion and continue to cook for five to six minutes more.
- 2 Add the chickpeas, paprika, garlic powder, and salt and continue to cook until the potatoes are tender and chickpeas are warmed through, about three to five minutes. Add the spinach and stir until wilted. Season with additional salt if needed.
- 3 Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with additional salt to taste.
- 4 Divide the potato hash and eggs between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

Serving Size: One serving is approximately two cups of potato hash and one egg.

More Flavor: Add other dried herbs and spices to the potato hash to taste, like cumin, chili powder, or oregano. Add bell pepper, jalapeno, or top with fresh herbs.

Potato: Three medium potatoes yield approximately three cups of potato cubes.

No Spinach: Use kale instead.

No Eggs: Omit or serve beside protein of choice instead (chicken, tofu, pork, or beef).



Greek Yogurt, Banana & Cherry Granola Bowl

1 serving
5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/3 cup Cherries (pitted, halved)
- 1/3 cup Granola
- 1/2 Banana (sliced)
- 1 1/2 tsps Ground Flax Seed
- 1 tbsp Pumpkin Seeds

Nutrition

Amount per serving	
Calories	437
Fat	18g
Carbs	51g
Fiber	7g
Protein	21g
Sodium	82mg
Potassium	610mg
Vitamin C	17mg
Calcium	299mg
Iron	3mg
Vitamin B12	0µg
Phosphorous	298mg
Magnesium	138mg
Zinc	2mg
Selenium	12µg

Directions

- 1 Add all of the ingredients to a bowl and serve. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to one day. Peel and slice the banana when ready to serve.

Make it Vegan: Use plant-based yogurt.

Additional Toppings: Hemp seeds and/or cacao nibs.



Egg Salad Wrap

1 serving

25 minutes

Ingredients

- 2 Egg
- 1 tbsp Mayonnaise
- 1/2 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 Whole Wheat Tortilla
- 1/2 cup Arugula

Nutrition

Amount per serving	
Calories	369
Fat	24g
Carbs	20g
Fiber	4g
Protein	17g
Sodium	513mg
Potassium	285mg
Vitamin C	2mg
Calcium	173mg
Iron	3mg
Vitamin B12	0.9µg
Phosphorous	348mg
Magnesium	52mg
Zinc	2mg
Selenium	46µg

Directions

- 1 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the eggs and let them cool in an ice bath. Once cooled, peel and add to a bowl. Add the mayonnaise, mustard, salt, and pepper. Mash with a fork to your desired consistency.
- 3 Place the tortilla on a plate and layer with arugula. Add the egg salad on top. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

Serving Size: One serving is equal to one wrap.

Make it Vegan: Use crumbled tofu instead.

More Flavor: Add a pinch of cayenne.

Additional Toppings: Add chives, chopped red onion, or chopped celery to the egg salad.

Gluten-Free: Use a gluten-free tortilla.



Greek Yogurt with Orange, Blueberries & Pumpkin Seeds

1 serving
5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 Navel Orange (chopped)
- 1/3 cup Blueberries
- 2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	333
Fat	13g
Carbs	30g
Fiber	4g
Protein	28g
Sodium	142mg
Potassium	285mg
Vitamin C	61mg
Calcium	540mg
Iron	2mg
Vitamin B12	0µg
Phosphorous	221mg
Magnesium	106mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Add all of the ingredients to a bowl and enjoy!

Notes

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

Serving Size: One serving is approximately 1 2/3 cups.

Make it Vegan: Use a plant-based yogurt alternative instead.

More Flavor: Add some maple syrup or raw honey.



Collagen Green Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Water
- 2 cups Baby Spinach
- 1/2 Avocado
- 1/2 Banana (frozen)
- 1/2 oz Collagen Powder

Nutrition

Amount per serving	
Calories	274
Fat	15g
Carbs	24g
Fiber	10g
Protein	16g
Sodium	87mg
Potassium	1036mg
Vitamin C	32mg
Calcium	106mg
Iron	2mg
Vitamin B12	0µg
Phosphorous	100mg
Magnesium	100mg
Zinc	1mg
Selenium	7µg

Directions

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

Notes

No Collagen Powder: Omit or use protein powder instead.

No Spinach: Use kale or romaine lettuce instead.

Make it Vegan/Vegetarian: Omit the collagen and use a plant-based protein powder instead.

Leftovers: Best enjoyed immediately.



Orange, Carrot & Turmeric Smoothie

1 serving
5 minutes

Ingredients

- 1 Navel Orange (small, peeled)
- 1 Carrot (small, peeled, chopped)
- 1/2 cup Plain Greek Yogurt
- 1 tsp Ground Flax Seed
- 1/4 tsp Turmeric
- 2/3 oz Collagen Powder

Nutrition

Amount per serving	
Calories	261
Fat	4g
Carbs	31g
Fiber	5g
Protein	30g
Sodium	151mg
Potassium	446mg
Vitamin C	94mg
Calcium	345mg
Iron	1mg
Vitamin B12	0µg
Phosphorous	63mg
Magnesium	28mg
Zinc	0mg
Selenium	8µg

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Add a splash of milk or water if needed. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/4 cup.

Make it Vegan: Omit the collagen powder and use a dairy-free yogurt.

More Protein: Add a scoop of vanilla protein powder.



Cherries & Pumpkin Seeds

1 serving
5 minutes

Ingredients

- 1 cup Cherries
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	277
Fat	16g
Carbs	28g
Fiber	5g
Protein	11g
Sodium	2mg
Potassium	603mg
Vitamin C	11mg
Calcium	35mg
Iron	3mg
Vitamin B12	0µg
Phosphorous	430mg
Magnesium	208mg
Zinc	3mg
Selenium	3µg

Directions

- 1 Serve the cherries with the pumpkin seeds and enjoy!

Notes

Leftovers: Store cherries and pumpkin seeds separately until ready to serve.

No Pumpkin Seeds: Use another nut or seed instead.



Cherry Kefir Smoothie

1 serving
5 minutes

Ingredients

- 1 1/2 cups Plain Kefir
- 1 cup Cherries (pitted)
- 2/3 oz Collagen Powder
- 1 tbsp Ground Flax Seed

Nutrition

Amount per serving	
Calories	404
Fat	6g
Carbs	52g
Fiber	5g
Protein	37g
Sodium	293mg
Potassium	1202mg
Vitamin C	14mg
Calcium	642mg
Iron	1mg
Vitamin B12	1.8µg
Phosphorous	490mg
Magnesium	21mg
Zinc	0mg
Selenium	7µg

Directions

- 1 Add all the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately two cups.

More Fiber: Add a handful of baby spinach or kale.

More Protein: Add a scoop of vanilla or unflavored protein powder and adjust the liquid quantity for preferred consistency.



Roast Chicken with Butternut Squash

3 servings

30 minutes

Ingredients

12 ozs Chicken Thighs with Skin
4 1/2 cups Butternut Squash (peeled, seeds removed, chopped)
1 1/2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3 cups Baby Spinach

Nutrition

Amount per serving	
Calories	412
Fat	26g
Carbs	26g
Fiber	5g
Protein	22g
Sodium	124mg
Potassium	1138mg
Vitamin C	53mg
Calcium	139mg
Iron	3mg
Vitamin B12	0.7µg
Phosphorous	262mg
Magnesium	116mg
Zinc	2mg
Selenium	23µg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Place the chicken thighs and butternut squash on the baking sheet. Drizzle with the oil and season with salt and pepper. Roast for 25 to 30 minutes, or until the chicken is cooked through and the squash is tender. Remove the squash earlier if done.
- 3 Serve the chicken and butternut squash with baby spinach. Enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of chicken, 2/3 cup of butternut squash, and one cup of spinach.

More Flavor: Drizzle olive oil, lemon juice, or your dressing of choice over the spinach.



Spicy Smashed Chickpea & Avocado Wraps

1 serving
15 minutes

Ingredients

- 3/4 cup Chickpeas (cooked, drained)
- 1 tbsp Mayonnaise
- 1/2 tsp Sriracha
- Sea Salt & Black Pepper (to taste)
- 1 Whole Wheat Tortilla
- 1/2 cup Arugula
- 1/2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	589
Fat	32g
Carbs	62g
Fiber	20g
Protein	17g
Sodium	428mg
Potassium	1003mg
Vitamin C	14mg
Calcium	190mg
Iron	5mg
Vitamin B12	0µg
Phosphorous	410mg
Magnesium	128mg
Zinc	3mg
Selenium	20µg

Directions

- 1 In a food processor, combine the chickpeas, mayonnaise, sriracha, salt, and pepper. Pulse until just combined, but the chickpeas still have texture.
- 2 Place the tortilla on a plate and top with arugula, the chickpea mixture, and avocado. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

Serving Size: One serving is equal to one wrap.

Make it Vegan: Use a vegan mayonnaise or dairy-free unsweetened yogurt.

No Sriracha: Use hot sauce.

Gluten-Free: Use a gluten-free tortilla.

No Food Processor: Mash the chickpeas with a fork or potato masher until your desired texture has been reached.



Carrots & Salmon Dip

2 servings

5 minutes

Ingredients

6 ozs Canned Wild Salmon (flaked)
1/2 cup Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
2 Carrot (medium, peeled, cut into sticks)

Nutrition

Amount per serving	
Calories	205
Fat	6g
Carbs	9g
Fiber	2g
Protein	28g
Sodium	405mg
Potassium	460mg
Vitamin C	7mg
Calcium	176mg
Iron	1mg
Vitamin B12	4.7µg
Phosphorous	222mg
Magnesium	28mg
Zinc	1mg
Selenium	29µg

Directions

- 1 In a bowl, mash together the salmon, yogurt, salt and pepper. Serve alongside the carrot sticks. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt, mayonnaise or cream cheese instead, adjusting amounts to taste.

More Flavor: Add fresh chopped dill and lemon juice.



Pesto Chickpea Stuffed Avocado

1 serving
10 minutes

Ingredients

- 1 tbsp Pesto
- 1/4 cup Chickpeas (cooked, rinsed)
- 1 Avocado (small, halved and pitted)

Nutrition

Amount per serving	
Calories	455
Fat	36g
Carbs	30g
Fiber	17g
Protein	9g
Sodium	112mg
Potassium	1182mg
Vitamin C	21mg
Calcium	92mg
Iron	2mg
Vitamin B12	0µg
Phosphorous	216mg
Magnesium	85mg
Zinc	2mg
Selenium	2µg

Directions

- 1 Mix the pesto with the chickpeas and fill each avocado with the chickpeas. Use a spoon to scoop out the avocado flesh with the chickpeas as you eat it. Enjoy!

Notes

Leftovers: Store the chickpea and pesto mixture separately from the avocado. Cut the avocado only when ready to serve.

Serving Size: One serving is one small avocado and 1/4 cup of chickpeas.



Kefir & Granola Bowl

1 serving
5 minutes

Ingredients

- 1/2 cup Plain Kefir
- 1/4 cup Granola
- 1/4 cup Blueberries

Nutrition

Amount per serving	
Calories	240
Fat	9g
Carbs	30g
Fiber	4g
Protein	10g
Sodium	94mg
Potassium	478mg
Vitamin C	5mg
Calcium	226mg
Iron	1mg
Vitamin B12	0.6µg
Phosphorous	286mg
Magnesium	53mg
Zinc	1mg
Selenium	8µg

Directions

- 1 Pour the kefir into a bowl and top with granola and blueberries. Enjoy!

Notes

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Turkey, Barley & Squash Soup

5 servings

50 minutes

Ingredients

- 12 ozs Turkey Breast
- 12 cups Chicken Broth, Low Sodium
- 2/3 cup Pearl Barley (uncooked)
- 2 Carrot (medium, diced)
- 1 Leeks (large, sliced)
- 2 stalks Celery (diced)
- 3 Garlic (clove)
- 2 cups Butternut Squash (peeled, seeds removed, cubed)
- 2 cups Brussels Sprouts (thinly sliced)
- 3 tbsps Pesto (optional)

Nutrition

Amount per serving	
Calories	369
Fat	9g
Carbs	44g
Fiber	8g
Protein	33g
Sodium	327mg
Potassium	1298mg
Vitamin C	46mg
Calcium	136mg
Iron	4mg
Vitamin B12	1.5µg
Phosphorous	448mg
Magnesium	87mg
Zinc	2mg
Selenium	26µg

Directions

- 1 Place the turkey breast and the broth in a large pot and bring to a boil. Reduce the heat and simmer, covered, for 30 minutes or until the turkey is cooked through.
- 2 Meanwhile, cook the barley according to the package directions.
- 3 Remove the turkey and set aside. Add the carrots, leeks, celery, garlic, squash, and Brussels sprouts to the same liquid. Cook, covered, for 12 to 15 minutes or until tender.
- 4 While the vegetables cook, shred the cooked turkey breast in pieces using two forks.
- 5 Once the vegetables are cooked, return the turkey to the pot and continue cooking for two minutes or until heated through.
- 6 Cover the bottom of each bowl with barley and pour the soup over top. Top with pesto, if desired, 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 approximately 1/3 cup of barley and two cups of soup.

Make it Vegan: Use vegetable broth and tofu, edamame, chickpeas, or lentils instead of turkey breast.

Gluten-Free: Use quinoa, gluten-free pasta, or rice instead of barley.



Salmon Stuffed Peppers with Roasted Carrots

2 servings
50 minutes

Ingredients

- 8 ozs Canned Wild Salmon
- 1/2 Avocado (medium)
- 1 tsp Dried Dill
- Sea Salt & Black Pepper (to taste)
- 2 Yellow Bell Pepper
- 2 Carrot (large, sliced)
- 1 tsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	356
Fat	17g
Carbs	22g
Fiber	7g
Protein	33g
Sodium	488mg
Potassium	1203mg
Vitamin C	350mg
Calcium	97mg
Iron	2mg
Vitamin B12	6.3µg
Phosphorous	362mg
Magnesium	74mg
Zinc	1mg
Selenium	40µg

Directions

- 1 Preheat the oven to 400° (205°C). Prepare a baking sheet with parchment paper.
- 2 Add the salmon, avocado, dill, salt, and pepper to a large bowl. Mash with a potato masher or a fork until well combined.
- 3 Slice the tops of the peppers off and remove the seeds. Dice up the tops of the peppers and add them to the salmon mixture. Mix to combine.
- 4 Stuff the peppers with the salmon mixture, then add them to the prepared baking sheet along with the carrots. Drizzle the carrots with oil and season with salt and pepper.
- 5 Bake in the oven for 30 minutes or until slightly browned and cooked through. Enjoy!

Notes

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

Serving Size: One serving is equal to one stuffed pepper and approximately 1/2 cup of carrots.

Make it Vegan: Use crumbled tofu instead of salmon.



Roasted Chicken, Beets & Brussel Sprouts with Barley

2 servings

1 hour

Ingredients

- 1/4 cup Pearl Barley (dry)
- 1 1/2 tsps Dijon Mustard
- 2 1/4 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Red Onion (chopped)
- 1 Garlic (clove, small, minced)
- 8 ozs Chicken Thighs with Skin (bone-in)
- 2 Beet (medium, peeled, cut into wedges)
- 3/4 cup Brussels Sprouts (trimmed and halved)

Nutrition

Amount per serving	
Calories	443
Fat	24g
Carbs	32g
Fiber	8g
Protein	24g
Sodium	208mg
Potassium	717mg
Vitamin C	33mg
Calcium	47mg
Iron	3mg
Vitamin B12	0.7µg
Phosphorous	294mg
Magnesium	68mg
Zinc	2mg
Selenium	32µg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Cook the barley according to the package directions.
- 3 Mix the Dijon mustard, oil, salt, pepper, onion, and garlic together. Place the chicken, beets, and Brussels sprouts on the baking sheet and divide the mustard mixture between everything. Rub and mix the mustard mixture into each vegetable and the chicken until well coated.
- 4 Cook in the oven for 40 to 45 minutes or until the chicken is crispy and cooked through and the vegetables have browned edges.
- 5 Serve the barley with the chicken and vegetables and enjoy!

Notes

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




Serving Size: One serving is one chicken thigh, 1/2 cup of cooked barley, 1/3 cup Brussels sprouts and 3/4 cup of beets.




More Flavor: Garnish with fresh dill.




Gluten-Free: Omit the barley and use quinoa or rice instead.

Day	Task	Notes	
<p style="text-align: center;">0 Sun</p>		<p>Grocery shop.</p>	<p>Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Divide the chicken thighs into two portions and freeze one portion.</p>	<p>This guide will remind you to thaw them later in the week.</p>
		<p>Make Potato Chickpea Breakfast Hash.</p>	<p>Divide between containers and store in the fridge for breakfast. Cook eggs just before serving.</p>
		<p>Portion Greek Yogurt with Orange, Blueberries & Pumpkin Seeds.</p>	<p>Store in a container in the fridge for a snack.</p>
		<p>Make Roast Chicken with Butternut Squash.</p>	<p>Divide between containers and store in the fridge for meals.</p>
		<p>Make Carrots & Salmon Dip.</p>	<p>Divide between containers and store in the fridge for snacks.</p>
<p style="text-align: center;">1 Mon</p>		<p>Cook eggs to eat with Potato Chickpea Breakfast Hash.</p>	<p>Enjoy for breakfast or pack if you're on-the-go.</p>






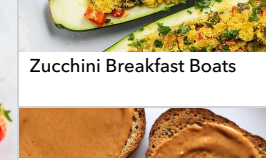

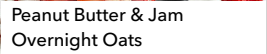
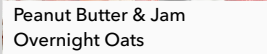
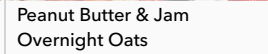


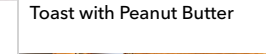
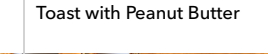



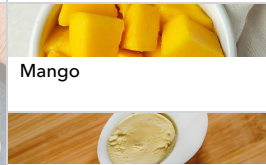
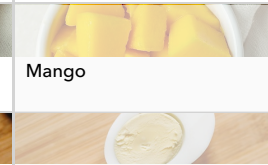






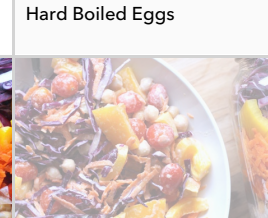

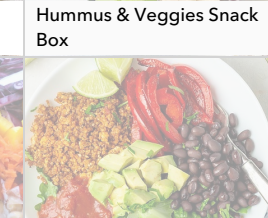
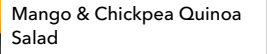
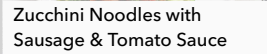
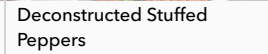
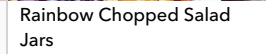
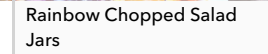
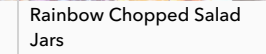
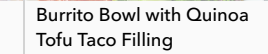


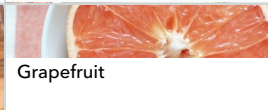
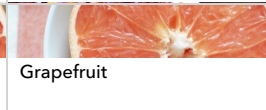
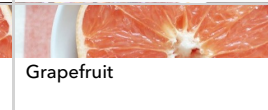
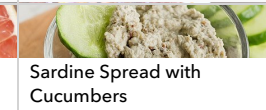



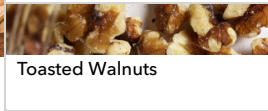
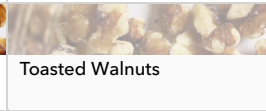
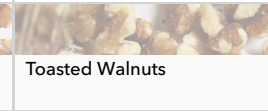

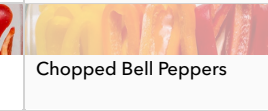
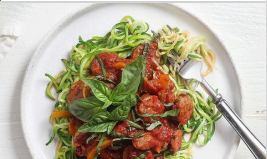





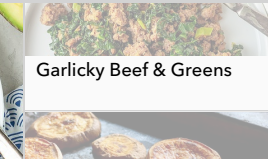




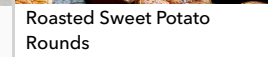
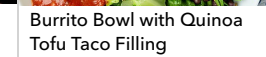
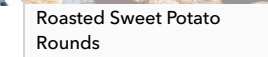







		Pack your meals if you are on-the-go.	Potato Chickpea Breakfast Hash with Fried Eggs, Greek Yogurt with Orange, Blueberries & Pumpkin Seeds, Roast Chicken with Butternut Squash, Carrots & Salmon Dip.
		Make Turkey, Barley & Squash Soup for dinner.	Divide between containers. Freeze portions for later in the week and store remaining portions in the fridge.
2 Tue		Cook eggs to eat with Potato Chickpea Breakfast Hash.	Enjoy for breakfast or pack if you're on-the-go.
		Make Collagen Green Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Potato Chickpea Breakfast Hash with Fried Eggs, Collagen Green Smoothie, Turkey, Barley & Squash Soup, Carrots & Salmon Dip.
		Enjoy leftover Roast Chicken with Butternut Squash for dinner.	Reheat in the microwave or in the oven.
3 Wed		Make Greek Yogurt, Banana & Cherry Granola Bowl.	Enjoy for breakfast or pack if you're on the go.
		Make Orange, Carrot & Turmeric Smoothie.	Pack in a portable cup for a snack.
		Make Pesto Chickpea Stuffed Avocado.	Pack in a container and store in the fridge for a snack.






















		Pack your meals if you are on-the-go.	Greek Yogurt, Banana & Cherry Granola Bowl, Orange, Carrot & Turmeric Smoothie, Roast Chicken with Butternut Squash, Pesto Chickpea Stuffed Avocado.
		Make Salmon Stuffed Peppers with Roasted Carrots for dinner.	Enjoy and store leftovers in the fridge for dinner tomorrow.
		Make Spicy Smashed Chickpea & Avocado Wrap.	Store in the fridge for lunch.
		Portion Cherries & Pumpkin Seeds.	Store in a container for a snack.
4 Thu		Make Greek Yogurt, Banana & Cherry Granola Bowl.	Enjoy for breakfast or pack if you're on-the-go.
		Portion Kefir & Granola Bowl.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Greek Yogurt, Banana & Cherry Granola Bowl, Cherries & Pumpkin Seeds, Spicy Smashed Chickpea & Avocado Wrap, Kefir & Granola Bowl.
		Enjoy leftover Salmon Stuffed Peppers with Roasted Carrots for dinner.	Reheat in the microwave or in the oven.
		Make Spicy Smashed Chickpea & Avocado Wrap.	Store in the fridge for lunch.
		Take the remaining portions of Turkey, Barley & Squash Soup out of the freezer.	Thaw in the fridge for meals this week.

5 Fri		Make Greek Yogurt, Banana & Cherry Granola Bowl.	Enjoy for breakfast or pack if you're on-the-go.
		Make Orange, Carrot & Turmeric Smoothie.	Pack in a portable cup for a snack.
		Portion Kefir & Granola Bowl.	Store in a container for a snack.
		Pack your meals if you are on-the-go.	Greek Yogurt, Banana & Cherry Granola Bowl, Orange, Carrot & Turmeric Smoothie, Spicy Smashed Chickpea & Avocado Wrap, Kefir & Granola Bowl.
		Enjoy leftover Turkey, Barley & Squash Soup for dinner.	Reheat in the microwave or in a pot.
		Portion Greek Yogurt with Orange, Blueberries & Pumpkin Seeds.	Store in a container for a snack.
Prepare the eggs for Egg Salad Wrap tomorrow.		Boil eggs and prepare the egg salad to quickly make tomorrow's breakfast.	
6 Sat		Make Egg Salad Wrap.	Enjoy for breakfast or pack if you're on-the-go.
		Make Cherry Kefir Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Egg Salad Wrap, Cherry Kefir Smoothie, Turkey, Barley & Squash Soup, Greek Yogurt with Orange, Blueberries & Pumpkin Seeds.

		Make Roasted Chicken, Beets & Brussels Sprouts with Barley for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Cherries & Pumpkin Seeds.	Store in a container for a snack.
		Prepare the eggs for Egg Salad Wrap tomorrow.	Boil eggs and prepare the egg salad to quickly make tomorrow's breakfast.
7 Sun		Make Egg Salad Wrap.	Enjoy for breakfast or pack if you're on-the-go.
		Make Cherry Kefir Smoothie.	Pack in a portable cup for a snack.
		Pack your meals if you are on-the-go.	Egg Salad Wrap, Cherry Kefir Smoothie, Roasted Chicken, Beets & Brussels Sprouts with Barley, Cherries & Pumpkin Seeds.
		Shop and prep for next week.	
		Enjoy leftover Turkey, Barley & Squash Soup for dinner.	Reheat in the microwave or in a pot.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peanut Butter & Jam Overnight Oats	 Peanut Butter & Jam Overnight Oats	 Peanut Butter & Jam Overnight Oats	 Strawberry Almond Protein Smoothie	 Strawberry Almond Protein Smoothie	 Zucchini Breakfast Boats	 Zucchini Breakfast Boats
	 Toast with Peanut Butter	 Toast with Peanut Butter	 Toast with Peanut Butter	 Mango	 Mango	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box
Snack 1	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box
	 Creamy Roasted Garlic & Kale Soup with Cauliflower	 Zucchini Noodles with Sausage & Tomato Sauce	 Deconstructed Stuffed Peppers	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars	 Burrito Bowl with Quinoa Tofu Taco Filling
Lunch	 Mango & Chickpea Quinoa Salad	 Zucchini Noodles with Sausage & Tomato Sauce	 Deconstructed Stuffed Peppers	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars	 Burrito Bowl with Quinoa Tofu Taco Filling
	 Apple with Almond Butter	 Apple with Almond Butter	 Grapefruit	 Grapefruit	 Grapefruit	 Sardine Spread with Cucumbers	 Sardine Spread with Cucumbers
Snack 2	 Apple with Almond Butter	 Apple with Almond Butter	 Toasted Walnuts	 Toasted Walnuts	 Toasted Walnuts	 Chopped Bell Peppers	 Chopped Bell Peppers
	 Zucchini Noodles with Sausage & Tomato Sauce	 Deconstructed Stuffed Peppers	 Creamy Roasted Garlic & Kale Soup with Cauliflower	 Deconstructed Stuffed Peppers	 Garlicky Beef & Greens	 Roasted Sweet Potato Rounds	 Garlicky Beef & Greens
Dinner	 Zucchini Noodles with Sausage & Tomato Sauce	 Deconstructed Stuffed Peppers	 Mango & Chickpea Quinoa Salad	 Deconstructed Stuffed Peppers	 Roasted Sweet Potato Rounds	 Burrito Bowl with Quinoa Tofu Taco Filling	 Roasted Sweet Potato Rounds
	 Zucchini Noodles with Sausage & Tomato Sauce	 Deconstructed Stuffed Peppers	 Mango & Chickpea Quinoa Salad	 Deconstructed Stuffed Peppers	 Roasted Sweet Potato Rounds	 Burrito Bowl with Quinoa Tofu Taco Filling	 Roasted Sweet Potato Rounds

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  48%	Fat  46%	Fat  42%	Fat  38%	Fat  40%	Fat  45%	Fat  48%
Carbs  37%	Carbs  36%	Carbs  40%	Carbs  42%	Carbs  40%	Carbs  36%	Carbs  31%
Protein  15%	Protein  18%	Protein  18%	Protein  20%	Protein  20%	Protein  19%	Protein  21%
Calories 1989	Calories 1966	Calories 1975	Calories 1938	Calories 1829	Calories 2161	Calories 1965
Fat 111g	Fat 104g	Fat 97g	Fat 87g	Fat 86g	Fat 112g	Fat 108g
Carbs 192g	Carbs 182g	Carbs 206g	Carbs 214g	Carbs 192g	Carbs 206g	Carbs 155g
Fiber 44g	Fiber 36g	Fiber 42g	Fiber 46g	Fiber 43g	Fiber 58g	Fiber 42g
Protein 81g	Protein 94g	Protein 90g	Protein 100g	Protein 97g	Protein 106g	Protein 109g
Sodium 3090mg	Sodium 2257mg	Sodium 2767mg	Sodium 1627mg	Sodium 1424mg	Sodium 2837mg	Sodium 2884mg
Potassium 4478mg	Potassium 4199mg	Potassium 4294mg	Potassium 4128mg	Potassium 3787mg	Potassium 5138mg	Potassium 4738mg
Vitamin C 548mg	Vitamin C 490mg	Vitamin C 508mg	Vitamin C 570mg	Vitamin C 498mg	Vitamin C 611mg	Vitamin C 445mg
Calcium 1316mg	Calcium 1072mg	Calcium 1267mg	Calcium 1287mg	Calcium 1295mg	Calcium 1133mg	Calcium 975mg
Iron 17mg	Iron 17mg	Iron 20mg	Iron 20mg	Iron 17mg	Iron 26mg	Iron 21mg
Vitamin B12 8.3µg	Vitamin B12 10.8µg	Vitamin B12 10.1µg	Vitamin B12 4.0µg	Vitamin B12 4.0µg	Vitamin B12 22.6µg	Vitamin B12 25.1µg
Phosphorous 1545mg	Phosphorous 1622mg	Phosphorous 1612mg	Phosphorous 1770mg	Phosphorous 1656mg	Phosphorous 2120mg	Phosphorous 1862mg
Magnesium 512mg	Magnesium 492mg	Magnesium 508mg	Magnesium 530mg	Magnesium 479mg	Magnesium 590mg	Magnesium 505mg
Zinc 12mg	Zinc 16mg	Zinc 16mg	Zinc 16mg	Zinc 15mg	Zinc 14mg	Zinc 16mg
Selenium 72µg	Selenium 86µg	Selenium 98µg	Selenium 84µg	Selenium 78µg	Selenium 142µg	Selenium 146µg

Fruits

- 2 Apple
- 1 1/2 Avocado
- 2 Banana
- 2 1/8 cups Blueberries
- 3 Grapefruit
- 2 Lemon
- 1/2 Lime
- 1 1/2 tsps Lime Juice
- 1 1/2 Mango
- 6 cups Strawberries

Breakfast

- 3/4 cup All Natural Peanut Butter
- 1/2 cup Almond Butter
- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1 1/2 tsps Chia Seeds
- 1 1/4 tsps Chili Powder
- 3/4 tsp Cumin
- 1/2 tsp Garlic Powder
- 2 tsps Ground Flax Seed
- 1 1/8 tsps Italian Seasoning
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1/4 tsp Red Pepper Flakes
- 2 1/3 tsps Sea Salt
- 1 cup Walnuts

Vegetables

- 1/4 cup Basil Leaves
- 1/2 head Cauliflower
- 10 stalks Celery
- 1 cup Cherry Tomatoes
- 2 tsps Cilantro
- 1 Cucumber
- 8 Garlic
- 1 1/2 tsps Ginger
- 3 1/2 stalks Green Onion
- 6 cups Kale Leaves
- 1 cup Matchstick Carrots
- 1/2 Orange Bell Pepper
- 1/4 cup Parsley
- 3 cups Purple Cabbage
- 6 1/2 Red Bell Pepper
- 1/3 cup Red Onion
- 1/4 head Romaine Hearts
- 1 Sweet Potato
- 8 White Button Mushrooms
- 2 1/2 Yellow Bell Pepper
- 1 Yellow Onion
- 4 Zucchini

Boxed & Canned

- 1/2 cup Black Beans
- 1/2 cup Brown Rice
- 3 1/4 cups Chickpeas
- 1 3/4 cups Crushed Tomatoes
- 1/2 cup Diced Tomatoes
- 1/2 cup Quinoa
- 1/2 cup Salsa
- 15 ozs Sardines
- 2 cups Vegetable Broth

Baking

- 2 1/2 tsps Nutritional Yeast
- 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Extra Lean Ground Beef
- 8 ozs Pork Sausage
- 7 ozs Tofu
- 4 slices Whole Grain Bread

Condiments & Oils

- 1/3 cup Apple Cider Vinegar
- 2 tsps Coconut Aminos
- 3/4 tsp Coconut Oil
- 3 tsps Extra Virgin Olive Oil
- 3 tsps Mayonnaise
- 1/3 cup Tahini
- 1 cup Tomato Sauce

Cold

- 8 Egg
- 1/2 cup Hummus
- 4 1/3 cups Unsweetened Almond Milk

Other

- 1/2 cup Vanilla Protein Powder
- 3/4 cup Water



Peanut Butter & Jam Overnight Oats

3 servings

8 hours

Ingredients

- 1/2 cup All Natural Peanut Butter (divided)
- 1/4 cup Maple Syrup (divided)
- 2 cups Unsweetened Almond Milk
- 1 1/2 cups Oats (quick)
- 1 1/2 tbsps Chia Seeds
- 3 cups Strawberries (finely chopped)

Nutrition

Amount per serving	
Calories	565
Fat	27g
Carbs	71g
Fiber	12g
Protein	17g
Sodium	116mg
Potassium	703mg
Vitamin C	85mg
Calcium	415mg
Iron	4mg
Vitamin B12	0µg
Phosphorous	336mg
Magnesium	159mg
Zinc	3mg
Selenium	14µg

Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

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

No Peanut Butter: Use almond butter, cashew butter or sunflower seed butter instead.



Strawberry Almond Protein Smoothie

1 serving
5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Protein	29g
Sodium	244mg
Potassium	1094mg
Vitamin C	137mg
Calcium	809mg
Iron	3mg
Vitamin B12	0.6µg
Phosphorous	517mg
Magnesium	194mg
Zinc	3mg
Selenium	9µg

Directions

1

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

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk: Use coconut milk or cashew milk instead.

Smoothie Consistency: If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Zucchini Breakfast Boats

2 servings

30 minutes

Ingredients

- 2 Zucchini (large, sliced in half lengthwise)
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 8 White Button Mushrooms (chopped)
- 4 Egg
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (chopped)
- 2 tps Nutritional Yeast (optional, for topping)

Nutrition

Amount per serving	
Calories	233
Fat	11g
Carbs	17g
Fiber	6g
Protein	20g
Sodium	472mg
Potassium	1149mg
Vitamin C	123mg
Calcium	116mg
Iron	5mg
Vitamin B12	12.2µg
Phosphorous	354mg
Magnesium	65mg
Zinc	3mg
Selenium	38µg

Directions

- 1 Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
- 2 Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
- 3 Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

Notes

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

Serving Size: One serving size is equal to two zucchini boats.

More Flavor: Add additional seasonings and herbs.



Toast with Peanut Butter

1 serving
5 minutes

Ingredients

- 2 slices Whole Grain Bread (or any type of bread)
- 2 tbsps All Natural Peanut Butter (or any nut butter)

Nutrition

Amount per serving	
Calories	412
Fat	20g
Carbs	43g
Fiber	8g
Protein	18g
Sodium	320mg
Potassium	370mg
Vitamin C	0mg
Calcium	100mg
Iron	3mg
Vitamin B12	0µg
Phosphorous	296mg
Magnesium	119mg
Zinc	2mg
Selenium	29µg

Directions

- 1 Toast the bread slices, then spread on the peanut butter. Enjoy!

Notes

Topping Ideas: Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.



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
Protein	23g
Sodium	329mg
Potassium	757mg
Vitamin C	87mg
Calcium	370mg
Iron	3mg
Vitamin B12	7.6µg
Phosphorous	466mg
Magnesium	56mg
Zinc	2mg
Selenium	45µg

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.



Mango

2 servings
5 minutes

Ingredients

1 Mango

Nutrition

Amount per serving	
Calories	101
Fat	1g
Carbs	25g
Fiber	3g
Protein	1g
Sodium	2mg
Potassium	282mg
Vitamin C	61mg
Calcium	18mg
Iron	0mg
Vitamin B12	0µg
Phosphorous	24mg
Magnesium	17mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Peel and cut into chunks. Portion into bowls and enjoy!

Notes

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

Serving Size: One serving is equal to one-half of a medium-sized mango.



Hard Boiled Eggs

2 servings
15 minutes

Ingredients

4 Egg

Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Protein	13g
Sodium	142mg
Potassium	138mg
Vitamin C	0mg
Calcium	56mg
Iron	2mg
Vitamin B12	0.9µg
Phosphorous	198mg
Magnesium	12mg
Zinc	1mg
Selenium	31µg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Hummus & Veggies Snack Box

2 servings

5 minutes

Ingredients

- 1 Red Bell Pepper (sliced)
- 4 stalks Celery (cut into small stalks)
- 2/3 cup Blueberries
- 1/2 cup Hummus

Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	22g
Fiber	7g
Protein	6g
Sodium	329mg
Potassium	563mg
Vitamin C	83mg
Calcium	68mg
Iron	2mg
Vitamin B12	0µg
Phosphorous	152mg
Magnesium	65mg
Zinc	1mg
Selenium	3µg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

No Hummus: Use guacamole or a ready-made dip instead.



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 tpsps 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
Protein	5g
Sodium	1272mg
Potassium	701mg
Vitamin C	114mg
Calcium	172mg
Iron	3mg
Vitamin B12	0µg
Phosphorous	108mg
Magnesium	40mg
Zinc	1mg
Selenium	3µg

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.



Mango & Chickpea Quinoa Salad

2 servings

15 minutes

Ingredients

- 2 2/3 tbsps Quinoa (uncooked)
- 1/3 cup Water
- 2 tbsps Cilantro (chopped)
- 1/4 cup Chickpeas (cooked)
- 3 ozs Tofu (extra firm, patted dry, cubed)
- 1/4 tsp Sea Salt
- 1/2 Lime (juiced)
- 1/2 Avocado (sliced)
- 1/2 Mango (sliced)

Nutrition

Amount per serving	
Calories	255
Fat	11g
Carbs	33g
Fiber	8g
Protein	10g
Sodium	305mg
Potassium	598mg
Vitamin C	39mg
Calcium	158mg
Iron	3mg
Vitamin B12	0µg
Phosphorous	186mg
Magnesium	78mg
Zinc	2mg
Selenium	8µg

Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

Notes

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

Serving Size: Each serving equals approximately 1 1/2 cups of salad.

More Flavor: Add chilli powder or red pepper flakes.

Additional Toppings: Add in cucumber, corn, red onion and/or green bell pepper.



Rainbow Chopped Salad Jars

3 servings
15 minutes

Ingredients

- 1/3 cup Tahini
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Water
- 3 cups Chickpeas (cooked, from the can)
- 1 cup Cherry Tomatoes
- 1 cup Matchstick Carrots
- 1 Yellow Bell Pepper (chopped)
- 3 cups Purple Cabbage (chopped)

Nutrition

Amount per serving	
Calories	495
Fat	18g
Carbs	69g
Fiber	19g
Protein	22g
Sodium	494mg
Potassium	1079mg
Vitamin C	189mg
Calcium	252mg
Iron	8mg
Vitamin B12	0µg
Phosphorous	515mg
Magnesium	132mg
Zinc	4mg
Selenium	15µg

Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage: Keeps well in the fridge for up to 4 days.

No Tahini: Use a nut butter or sunflower seed butter instead.



Apple with Almond Butter

1 serving
5 minutes

Ingredients

- 1 Apple
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	31g
Fiber	8g
Protein	7g
Sodium	4mg
Potassium	428mg
Vitamin C	8mg
Calcium	119mg
Iron	1mg
Vitamin B12	0µg
Phosphorous	179mg
Magnesium	96mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Grapefruit

1 serving
5 minutes

Ingredients

1 Grapefruit

Nutrition

Amount per serving	
Calories	82
Fat	0g
Carbs	21g
Fiber	3g
Protein	2g
Sodium	0mg
Potassium	356mg
Vitamin C	88mg
Calcium	31mg
Iron	0mg
Vitamin B12	0µg
Phosphorous	20mg
Magnesium	20mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

Notes

Cut the flavour: Sprinkle with a pinch of sea salt.



Toasted Walnuts

3 servings
15 minutes

Ingredients

1 cup Walnuts (shelled)

Nutrition

Amount per serving	
Calories	235
Fat	23g
Carbs	5g
Fiber	2g
Protein	5g
Sodium	1mg
Potassium	159mg
Vitamin C	0mg
Calcium	35mg
Iron	1mg
Vitamin B12	0µg
Phosphorous	125mg
Magnesium	57mg
Zinc	1mg
Selenium	2µg

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



Sardine Spread with Cucumbers

2 servings

5 minutes

Ingredients

- 6 ozs Sardines (in oil, drained)
- 3 tbsps Mayonnaise
- 1/3 cup Apple Cider Vinegar
- 1 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	348
Fat	25g
Carbs	6g
Fiber	1g
Protein	22g
Sodium	397mg
Potassium	590mg
Vitamin C	4mg
Calcium	353mg
Iron	3mg
Vitamin B12	7.6µg
Phosphorous	460mg
Magnesium	55mg
Zinc	1mg
Selenium	46µg

Directions

- 1 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 2 Serve alongside cucumber slices and enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Add black pepper or your choice of fresh or dried herbs.

No Cucumbers: Use bell pepper slices, carrot sticks, celery sticks or crackers instead.



Chopped Bell Peppers

2 servings

5 minutes

Ingredients

- 1/2 Yellow Bell Pepper
- 1/2 Orange Bell Pepper
- 1/2 Red Bell Pepper

Nutrition

Amount per serving	
Calories	20
Fat	0g
Carbs	5g
Fiber	1g
Protein	1g
Sodium	2mg
Potassium	161mg
Vitamin C	123mg
Calcium	7mg
Iron	0mg
Vitamin B12	0µg
Phosphorous	19mg
Magnesium	9mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

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



Zucchini Noodles with Sausage & Tomato Sauce

2 servings
20 minutes

Ingredients

- 8 ozs Pork Sausage (Italian)
- 1 Yellow Bell Pepper (thinly sliced)
- 1 cup Tomato Sauce
- 2 Zucchini (medium size, spiralized into noodles)
- 1/4 cup Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	452
Fat	34g
Carbs	21g
Fiber	5g
Protein	19g
Sodium	1064mg
Potassium	1291mg
Vitamin C	215mg
Calcium	82mg
Iron	3mg
Vitamin B12	0.7µg
Phosphorous	270mg
Magnesium	83mg
Zinc	3mg
Selenium	1µg

Directions

- 1 In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
- 2 Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
- 3 Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

Notes

Leftovers: For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

No Pork: Use chicken, turkey, lamb or veggie sausages instead.

Additional Toppings: Top with nutritional yeast or chili flakes.

Make it Vegan: Use a vegan sausage or chickpeas instead.



Deconstructed Stuffed Peppers

3 servings

50 minutes

Ingredients

- 1/2 cup Brown Rice
- 12 ozs Extra Lean Ground Beef
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 Red Bell Pepper (chopped)
- 1 1/2 tsps Italian Seasoning
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 3/4 cups Crushed Tomatoes (from the can)
- 1/2 cup Diced Tomatoes (from the can)
- 1/4 cup Water
- 3 stalks Green Onion (chopped, divided)

Nutrition

Amount per serving	
Calories	408
Fat	15g
Carbs	40g
Fiber	6g
Protein	28g
Sodium	744mg
Potassium	1020mg
Vitamin C	95mg
Calcium	86mg
Iron	6mg
Vitamin B12	2.5µg
Phosphorous	371mg
Magnesium	98mg
Zinc	7mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 3 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with with Italian Seasoning, paprika, salt and red pepper flakes.
- 4 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 5 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. This dish will thicken as it cools, so you may want to add a bit of water when you reheat it until your desired consistency is reached.

Serving Size: One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

More Flavor: Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

No Red Bell Pepper: Use any colour of bell pepper instead.

No Beef: Use ground pork or sausage meat instead.

Selenium

25µg

No Brown Rice: Use white rice, quinoa or cauliflower rice instead.



Garlicky Beef & Greens

2 servings

20 minutes

Ingredients

- 2 tbsps Coconut Aminos
- 2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, grated or minced)
- 1/2 stalk Green Onion (chopped)
- 8 ozs Extra Lean Ground Beef
- 2 cups Kale Leaves (finely chopped)
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	228
Fat	12g
Carbs	5g
Fiber	1g
Protein	24g
Sodium	505mg
Potassium	460mg
Vitamin C	21mg
Calcium	74mg
Iron	3mg
Vitamin B12	2.5µg
Phosphorous	226mg
Magnesium	31mg
Zinc	6mg
Selenium	19µg

Directions

- 1 In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.
- 2 Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
- 3 To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
- 4 Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup.

More Flavor: Add sesame oil, lime juice, red pepper flakes or a drizzle of honey.

Additional Toppings: Top with sesame seeds or chopped cilantro. Serve over top of cooked rice, quinoa or cauliflower rice.

No Beef: Use ground chicken, turkey or pork instead.

No Coconut Aminos: Use tamari or other soy-based sauce instead.



Roasted Sweet Potato Rounds

2 servings

35 minutes

Ingredients

1 Sweet Potato (medium, washed and scrubbed)

3/4 tsp Coconut Oil

Nutrition

Amount per serving	
Calories	71
Fat	2g
Carbs	13g
Fiber	2g
Protein	1g
Sodium	36mg
Potassium	219mg
Vitamin C	2mg
Calcium	20mg
Iron	0mg
Vitamin B12	0µg
Phosphorous	31mg
Magnesium	16mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 3 Brush the slices with melted coconut oil, then flip them over and repeat.
- 4 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 5 Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

Notes

Serve it With : A side dish, with guacamole, or with your favorite dressing for dipping. You can also use them as a burger bun replacement!



Burrito Bowl with Quinoa Tofu Taco Filling

2 servings

35 minutes

Ingredients

- 1/4 cup Quinoa (uncooked)
- 4 ozs Tofu (extra firm, crumbled)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/4 tsp Chili Powder
- 3/4 tsp Cumin
- 1/2 tsp Oregano
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/2 cup Salsa (divided)
- 1 1/2 tsps Lime Juice
- 1/2 tsp Nutritional Yeast
- 1 Red Bell Pepper (sliced)
- 1/4 head Romaine Hearts (chopped)
- 1/2 cup Black Beans (cooked)
- 1 Avocado (diced)

Nutrition

Amount per serving	
Calories	452
Fat	27g
Carbs	44g
Fiber	16g
Protein	17g
Sodium	823mg
Potassium	1226mg
Vitamin C	89mg
Calcium	237mg
Iron	5mg
Vitamin B12	2.8µg
Phosphorous	324mg

Directions



- 1 Cook quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 3 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 6 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!




Notes

Leftovers: Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.





Additional Toppings: Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

Magnesium	145mg
Zinc	3mg
Selenium	11µg

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze half of the ground beef.	This guide will remind you to take it out to thaw later in the week.
		Make the Peanut Butter & Jam Overnight Oats.	Combine the ingredients and divide between containers. Store in the fridge for breakfasts on Monday, Tuesday and Wednesday.
		Make the Creamy Roasted Garlic & Kale Soup with Cauliflower.	Follow the directions to roast the vegetables. While the vegetables are roasting, move on to the next task. When done, divide soup between containers and store in the fridge.
		Make the Mango & Chickpea Quinoa Salad.	Follow the recipe instructions to cook the quinoa. Set aside to cool while you move on to the next task. Once cooled, combine with remaining ingredients and store in the fridge.
		Make Sardine Salad with Peppers, Celery & Blueberries and the Hummus & Veggies Snack Box.	Wash and cut the peppers and celery. Make the sardine salad and divide it into containers with

			peppers, celery and blueberries. Portion hummus into containers with peppers, celery and blueberries for later in the week.
		Make Apple with Almond Butter Snacks.	Divide almond butter into small containers and store in the fridge.
		Make the Toasted Walnuts.	Follow the directions to toast the walnuts. Store in an airtight container.
1 Mon		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Sardine Salad with Peppers, Celery & Blueberries, Creamy Roasted Garlic & Kale Soup with Cauliflower and Mango & Chickpea Salad, and Apple with Almond Butter.
		Make the Zucchini Noodles with Sausage & Tomato Sauce.	Enjoy one serving and store leftovers in the fridge for lunch tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Sardine Salad with Peppers, Celery & Blueberries, Zucchini Noodles with Sausage & Tomato Sauce, and Apple with Almond Butter.
		Make the Deconstructed Stuffed Peppers.	Enjoy one serving and store leftovers in the fridge for lunch tomorrow and dinner on Thursday.

3 Wed		Pack your meals if you are on-the-go.	Peanut Butter & Jam Overnight Oats, Sardine Salad with Peppers, Celery & Blueberries, Deconstructed Stuffed Peppers, and Grapefruit with Toasted Walnuts
		Enjoy leftover Creamy Roasted Garlic & Kale Soup with Cauliflower and Mango & Chickpea Salad for dinner.	Reheat the soup on your stovetop or in a microwave.
		Make the Mango and Hard Boiled Eggs snacks.	Follow directions to hard boil the eggs. While they are cooking, dice up and the mango, then move on to the next task.
		Make Rainbow Chopped Salad Jars.	Follow directions to layer ingredients in mason jars. Store in the fridge for lunches over the next three days.
4 Thu		Make Strawberry Almond Protein Smoothie for breakfast.	Pour into a glass or travel cup and enjoy it!
		Pack your meals if you are on-the-go.	Strawberry Almond Protein Smoothie, Mango and Hard Boiled Eggs, Rainbow Chopped Salad Jar, and Grapefruit with Toasted Walnuts.
		Enjoy leftover Deconstructed Stuffed Peppers for dinner.	Reheat on your stovetop or in a microwave.
		Take ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.

5 Fri		Make Strawberry Almond Protein Smoothie for breakfast.	Pour into a glass or travel cup and enjoy it!
		Pack your meals if you are on-the-go.	Strawberry Almond Protein Smoothie, Mango and Hard Boiled Eggs, Rainbow Chopped Salad Jar, and Grapefruit with Toasted Walnuts.
		Make Garlicky Beef & Greens with Roasted Sweet Potato Rounds for dinner.	Follow the directions to roast the sweet potatoes. While they are roasting, cook beef and greens. Store leftovers in the fridge for dinner on Sunday.
		Make Sardine Spread with Cucumber and Chopped Bell Peppers.	Store in the fridge for snacks this weekend.
6 Sat		Make Zucchini Breakfast Boats with Toast with Peanut Butter.	Store leftover Zucchini Breakfast Boats in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Zucchini Breakfast Boats with Toast with Peanut Butter, Hummus & Veggie Snack Box, Rainbow Chopped Salad Jar, and Sardine Spread with Cucumbers and Chopped Bell Peppers.
		Make Burrito Bowl with Quinoa Tofu Taco Filling for dinner.	Enjoy one serving and store leftovers in the fridge for lunch tomorrow
7		Reheat leftover Zucchini Breakfast Boats and make Toast with Peanut Butter for breakfast.	Reheat in a toaster oven or microwave and enjoy!

Sun		Pack your meals if you are on-the-go.	Zucchini Breakfast Boats with Toast with Peanut Butter, Hummus & Veggie Snack Box, Burrito Bowl with Quinoa Tofu Taco Filling, and Sardine Spread with Cucumbers and Chopped Bell Peppers.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Enjoy leftover Garlicky Beef & Greens with Roasted Sweet Potato Rounds for dinner.	Reheat in the microwave or on the stovetop.