




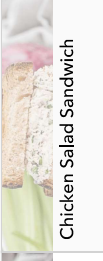
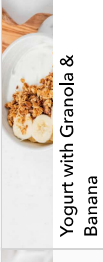












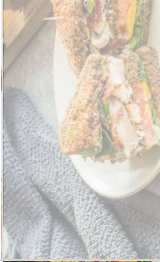

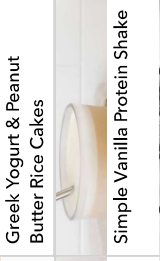







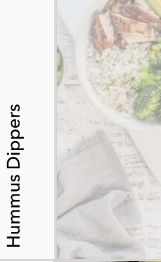

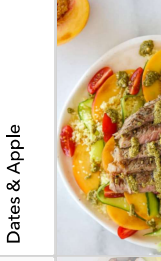















## Guy McKinnon Meal Plan Week A (Dec 2024)

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Christine Bardajian  
<https://eatinginmind.com.au/>

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	 Yogurt with Granola & Banana  Fresh Strawberries	 Yogurt with Granola & Banana  Fresh Strawberries	 Chicken Salad Sandwich	 Chicken Salad Sandwich	 Yogurt with Granola & Banana  Blueberries	 Yogurt with Granola & Banana  Blueberries
Snack 1	 Kimchi Avocado Toast	 Kimchi Avocado Toast	 Hummus Dippers	 Hummus Dippers	 Hard Boiled Eggs  Pear	 Hard Boiled Eggs  Pear
Lunch	 Turkey Club Sandwich	 Turkey Club Sandwich	 Eggs & Avocado Snack Box  Greek Yogurt & Peanut Butter Rice Cakes	 Eggs & Avocado Snack Box  Greek Yogurt & Peanut Butter Rice Cakes	 Christine's Roast Beef Sandwich	 Christine's Roast Beef Sandwich
Snack 2	 Simple Vanilla Protein Shake  Hummus Dippers	 Simple Vanilla Protein Shake  Hummus Dippers	 Simple Vanilla Protein Shake  Dates & Apple	 Simple Chocolate Protein Shake  Dates & Apple	 Christine's Mango Smoothie	 Christine's Mango Smoothie
Dinner	 Chicken, Edamame & Avocado Rice Bowls	 Chicken, Edamame & Avocado Rice Bowls	 Peach & Couscous Steak Salad	 Hot Honey Chicken Bowls	 Hot Honey Chicken Bowls	 Simple Cast-Iron Steak  2 House Salad

Mon	Tue	Wed	Thu	Fri	Sat
<b>Fat</b> <div><div></div></div> 37% <b>Carbs</b> <div><div></div></div> 37% <b>Protein</b> <div><div></div></div> 26%	<b>Fat</b> <div><div></div></div> 37% <b>Carbs</b> <div><div></div></div> 37% <b>Protein</b> <div><div></div></div> 26%	<b>Fat</b> <div><div></div></div> 38% <b>Carbs</b> <div><div></div></div> 38% <b>Protein</b> <div><div></div></div> 24%	<b>Fat</b> <div><div></div></div> 36% <b>Carbs</b> <div><div></div></div> 39% <b>Protein</b> <div><div></div></div> 25%	<b>Fat</b> <div><div></div></div> 31% <b>Carbs</b> <div><div></div></div> 43% <b>Protein</b> <div><div></div></div> 26%	<b>Fat</b> <div><div></div></div> 38% <b>Carbs</b> <div><div></div></div> 35% <b>Protein</b> <div><div></div></div> 27%
<b>Calories</b> 2510	<b>Calories</b> 2510	<b>Calories</b> 2525	<b>Calories</b> 2526	<b>Calories</b> 2451	<b>Calories</b> 2473
<b>Fat</b> 107g	<b>Fat</b> 107g	<b>Fat</b> 109g	<b>Fat</b> 103g	<b>Fat</b> 85g	<b>Fat</b> 106g
<b>Carbs</b> 236g	<b>Carbs</b> 236g	<b>Carbs</b> 242g	<b>Carbs</b> 254g	<b>Carbs</b> 271g	<b>Carbs</b> 223g
<b>Fiber</b> 45g	<b>Fiber</b> 45g	<b>Fiber</b> 35g	<b>Fiber</b> 35g	<b>Fiber</b> 41g	<b>Fiber</b> 38g
<b>Sugar</b> 50g	<b>Sugar</b> 50g	<b>Sugar</b> 80g	<b>Sugar</b> 107g	<b>Sugar</b> 127g	<b>Sugar</b> 94g
<b>Protein</b> 164g	<b>Protein</b> 164g	<b>Protein</b> 157g	<b>Protein</b> 160g	<b>Protein</b> 165g	<b>Protein</b> 173g
<b>Cholesterol</b> 289mg	<b>Cholesterol</b> 289mg	<b>Cholesterol</b> 624mg	<b>Cholesterol</b> 694mg	<b>Cholesterol</b> 643mg	<b>Cholesterol</b> 605mg
<b>Sodium</b> 2581mg	<b>Sodium</b> 2581mg	<b>Sodium</b> 1976mg	<b>Sodium</b> 2486mg	<b>Sodium</b> 2064mg	<b>Sodium</b> 2570mg
<b>Vitamin A</b> 6325IU	<b>Vitamin A</b> 6325IU	<b>Vitamin A</b> 8269IU	<b>Vitamin A</b> 7730IU	<b>Vitamin A</b> 5837IU	<b>Vitamin A</b> 7413IU
<b>Vitamin C</b> 307mg	<b>Vitamin C</b> 307mg	<b>Vitamin C</b> 153mg	<b>Vitamin C</b> 221mg	<b>Vitamin C</b> 227mg	<b>Vitamin C</b> 166mg
<b>Calcium</b> 1525mg	<b>Calcium</b> 1525mg	<b>Calcium</b> 1607mg	<b>Calcium</b> 1544mg	<b>Calcium</b> 1144mg	<b>Calcium</b> 1111mg
<b>Iron</b> 19mg	<b>Iron</b> 19mg	<b>Iron</b> 18mg	<b>Iron</b> 17mg	<b>Iron</b> 16mg	<b>Iron</b> 18mg
<b>Vitamin D</b> 181IU	<b>Vitamin D</b> 181IU	<b>Vitamin D</b> 256IU	<b>Vitamin D</b> 252IU	<b>Vitamin D</b> 187IU	<b>Vitamin D</b> 203IU
<b>Folate</b> 661µg	<b>Folate</b> 661µg	<b>Folate</b> 342µg	<b>Folate</b> 425µg	<b>Folate</b> 403µg	<b>Folate</b> 330µg
<b>Magnesium</b> 645mg	<b>Magnesium</b> 645mg	<b>Magnesium</b> 438mg	<b>Magnesium</b> 468mg	<b>Magnesium</b> 513mg	<b>Magnesium</b> 469mg



## Fruits

- ☐ 2 1/2 Avocado
- ☐ 6 Banana
- ☐ 2 cups Blueberries
- ☐ 2 Green Apple
- ☐ 1/4 Lemon
- ☐ 2 cups Mango
- ☐ 2 Nectarine
- ☐ 1/4 Peach
- ☐ 2 Pear
- ☐ 2 cups Strawberries

## Breakfast

- ☐ 1/4 cup All Natural Peanut Butter
- ☐ 1 2/3 cups Granola
- ☐ 4 Plain Rice Cake

## Seeds, Nuts & Spices

- ☐ 1/4 cup Ground Flax Seed
- ☐ 1/4 cup Hemp Seeds
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tsps Taco Seasoning

## Frozen

- ☐ 3/4 cup Frozen Edamame
- ☐ 1 cup Ice Cubes
- ☐ 24 Ice Cubes

## Vegetables

- ☐ 4 cups Broccoli
- ☐ 1 1/2 Carrot
- ☐ 8 stalks Celery
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 2 cups Coleslaw Mix
- ☐ 1 1/2 Cucumber
- ☐ 1 Garlic
- ☐ 1/4 head Green Lettuce
- ☐ 2 cups Mixed Greens
- ☐ 2 tbsps Parsley
- ☐ 1/4 cup Red Onion
- ☐ 1 1/2 Tomato
- ☐ 1 1/2 Yellow Bell Pepper

## Boxed & Canned

- ☐ 1/4 cup Couscous
- ☐ 1/2 cup Jasmine Rice
- ☐ 1 cup Quick Oats
- ☐ 1/3 cup Quinoa

## Baking

- ☐ 1/2 cup Pitted Dates
- ☐ 1/4 cup Raw Honey

## Bread, Fish, Meat & Cheese

- ☐ 4 slices Bacon, Cooked
- ☐ 169 grams Cheddar Cheese
- ☐ 142 grams Chicken Breast, Cooked
- ☐ 680 grams Chicken Thighs
- ☐ 170 grams Deli Roast Beef
- ☐ 227 grams Ny Striploin Steak
- ☐ 142 grams Ribeye Steak, Boneless
- ☐ 298 grams Sourdough Bread
- ☐ 113 grams Turkey Breast, Cooked
- ☐ 10 slices Whole Grain Bread

## Condiments & Oils

- ☐ 2 1/2 tbsps Avocado Oil
- ☐ 2 tsps Dijon Mustard
- ☐ 2 tbsps Extra Virgin Olive Oil
- ☐ 1/4 cup Kimchi
- ☐ 1/3 cup Mayonnaise
- ☐ 2 tbsps Pesto
- ☐ 1/4 cup Pickle
- ☐ 1 tbsp Red Wine Vinegar
- ☐ 1 tsp Rice Vinegar
- ☐ 2 tsps Sriracha
- ☐ 1 tbsp Tamari
- ☐ 1 1/2 tsps Yellow Mustard

## Cold

- ☐ 8 Egg
- ☐ 1 1/2 cups Hummus
- ☐ 6 3/4 cups Plain Greek Yogurt
- ☐ 2 2/3 cups Unsweetened Almond Milk

## Other

- ☐ 1/4 cup Chocolate Protein Powder
- ☐ 1 3/4 cups Vanilla Protein Powder
- ☐ 3 1/16 cups Water



## Yogurt with Granola & Banana

2 servings

5 minutes

### Ingredients

2 cups Plain Greek Yogurt  
2 Banana (sliced)  
2/3 cup Granola

### Directions

- 1 Add the yogurt, banana, and granola to a bowl, and enjoy!

### Nutrition

Amount per serving	
Calories	485
Fat	15g
Carbs	61g
Fiber	7g
Sugar	28g
Protein	29g
Cholesterol	34mg
Sodium	152mg
Vitamin A	1333IU
Vitamin C	26mg
Calcium	536mg
Iron	3mg
Vitamin D	99IU
Folate	58µg
Magnesium	100mg



## Fresh Strawberries

1 serving

5 minutes

### Ingredients

1 cup Strawberries

### Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Folate	35µg
Magnesium	19mg

### Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!



## Chicken Salad Sandwich

2 servings

10 minutes

### Ingredients

142 grams Chicken Breast, Cooked (shredded)  
2 stalks Celery (chopped)  
1/4 cup Red Onion (finely chopped)  
2 tbsps Parsley (finely chopped)  
1/4 cup Plain Greek Yogurt  
1/4 Lemon (juiced, zested)  
Sea Salt & Black Pepper (to taste)  
198 grams Sourdough Bread (toasted)

### Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt, lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Spread the chicken evenly over one slice of sourdough. Close the sandwich and enjoy!

### Nutrition

Amount per serving	
Calories	394
Fat	3g
Carbs	53g
Fiber	3g
Sugar	2g
Protein	35g
Cholesterol	78mg
Sodium	567mg
Vitamin A	679IU
Vitamin C	14mg
Calcium	92mg
Iron	4mg
Vitamin D	13IU
Folate	25µg
Magnesium	33mg



## Nectarine

1 serving  
2 minutes

### Ingredients

1 Nectarine

### Directions

- 1 Wash and enjoy!

### Nutrition

Amount per serving	
Calories	62
Fat	0g
Carbs	15g
Fiber	2g
Sugar	11g
Protein	2g
Cholesterol	0mg
Sodium	0mg
Vitamin A	471IU
Vitamin C	8mg
Calcium	9mg
Iron	0mg
Vitamin D	0IU
Folate	7µg
Magnesium	13mg





## Blueberries

1 serving

2 minutes

### Ingredients

1 cup Blueberries

### Directions

- 1 Wash the berries and enjoy!

### Nutrition

Amount per serving	
Calories	84
Fat	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	80IU
Vitamin C	14mg
Calcium	9mg
Iron	0mg
Vitamin D	0IU
Folate	9µg
Magnesium	9mg



## Kimchi Avocado Toast

1 serving

5 minutes

### Ingredients

1/2 Avocado (medium, sliced)  
50 grams Sourdough Bread (toasted)  
2 tbsps Kimchi  
Sea Salt & Black Pepper (to taste)

### Directions

1

Add the avocado to the toast. Top with kimchi and season with salt and pepper.  
Enjoy!

### Nutrition

Amount per serving	
Calories	288
Fat	15g
Carbs	33g
Fiber	8g
Sugar	1g
Protein	7g
Cholesterol	0mg
Sodium	339mg
Vitamin A	164IU
Vitamin C	11mg
Calcium	18mg
Iron	2mg
Vitamin D	0IU
Folate	91µg
Magnesium	32mg



## Hummus Dippers

2 servings

15 minutes

### Ingredients

1/2 Yellow Bell Pepper  
1/2 Carrot  
2 stalks Celery  
1/2 cup Hummus

### Nutrition

Amount per serving	
Calories	170
Fat	11g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	305mg
Vitamin A	2834IU
Vitamin C	87mg
Calcium	55mg
Iron	2mg
Vitamin D	0IU
Folate	59µg
Magnesium	58mg

### Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up one small mason jar per serving (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat. Enjoy!



## Hard Boiled Eggs

1 serving  
15 minutes

### Ingredients

2 Egg

### Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	142mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg
Vitamin D	82IU
Folate	47µg
Magnesium	12mg

### 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!





## Pear

1 serving

5 minutes

### Ingredients

1 Pear

### Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	16mg
Iron	0mg
Vitamin D	0IU
Folate	12µg
Magnesium	12mg

### Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!



## Turkey Club Sandwich

2 servings  
15 minutes

### Ingredients

2 tbsps Mayonnaise  
2 tsps Dijon Mustard  
6 slices Whole Grain Bread (toasted)  
2 cups Mixed Greens (divided)  
57 grams Cheddar Cheese (sliced)  
1/2 Tomato (medium, sliced)  
113 grams Turkey Breast, Cooked (shredded)  
4 slices Bacon, Cooked

### Directions

- 1 Add the mayonnaise and mustard to one side of each slice of toast.
- 2 To assemble the sandwich: Place a slice of toast, mayonnaise side up. Add half of the greens, cheese, and tomato. Top with another slice of toast, mayonnaise side up. Then add the turkey, bacon, and remaining greens. Top with another slice of toast.
- 3 Slice into triangles and secure with toothpicks. Enjoy!

### Nutrition

Amount per serving	
Calories	719
Fat	33g
Carbs	57g
Fiber	10g
Sugar	8g
Protein	47g
Cholesterol	91mg
Sodium	1248mg
Vitamin A	787IU
Vitamin C	8mg
Calcium	360mg
Iron	4mg
Vitamin D	13IU
Folate	102µg
Magnesium	128mg



## Eggs & Avocado Snack Box

1 serving  
15 minutes

### Ingredients

2 Egg  
1/2 Avocado (medium, peeled)  
1/3 Cucumber (sliced)  
56 grams Cheddar Cheese (cubed)

### Nutrition

Amount per serving	
Calories	545
Fat	43g
Carbs	15g
Fiber	7g
Sugar	3g
Protein	28g
Cholesterol	427mg
Sodium	517mg
Vitamin A	1488IU
Vitamin C	13mg
Calcium	482mg
Iron	3mg
Vitamin D	95IU
Folate	151µg
Magnesium	69mg

### Directions

- 1 Place the 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. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!



## Greek Yogurt & Peanut Butter Rice Cakes

1 serving

5 minutes

### Ingredients

3/4 cup Plain Greek Yogurt  
2 tbsps All Natural Peanut Butter  
2 Plain Rice Cake  
1/2 Banana (sliced)

### Directions

1

In a bowl, combine the yogurt and peanut butter. Divide the mix between the rice cakes. Top with sliced banana. Enjoy!

### Nutrition

Amount per serving	
Calories	451
Fat	21g
Carbs	44g
Fiber	4g
Sugar	15g
Protein	26g
Cholesterol	25mg
Sodium	116mg
Vitamin A	975IU
Vitamin C	16mg
Calcium	395mg
Iron	2mg
Vitamin D	75IU
Folate	44µg
Magnesium	94mg





## Christine's Roast Beef Sandwich

1 serving

5 minutes

### Ingredients

1 cup Coleslaw Mix  
2 tbsps Mayonnaise  
3/4 tsp Yellow Mustard  
85 grams Deli Roast Beef  
2 tbsps Pickle (sliced)  
2 slices Whole Grain Bread

### Directions

- 1 Spread mayonnaise and mustard on slices of bread.
- 2 Layer the coleslaw, roast beef and pickles between the slices of bread. Enjoy!

### Nutrition

Amount per serving	
Calories	546
Fat	28g
Carbs	42g
Fiber	8g
Sugar	9g
Protein	32g
Cholesterol	69mg
Sodium	846mg
Vitamin A	3060IU
Vitamin C	36mg
Calcium	131mg
Iron	4mg
Vitamin D	4IU
Folate	58µg
Magnesium	87mg



## Simple Vanilla Protein Shake

1 serving

5 minutes

### Ingredients

2/3 cup Unsweetened Almond Milk  
1/4 cup Vanilla Protein Powder  
6 Ice Cubes (large)

### Directions

1

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

### Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g
Cholesterol	4mg
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg
Vitamin D	67IU
Folate	8µg
Magnesium	58mg



## Dates & Apple

1 serving

5 minutes

### Ingredients

1/4 cup Pitted Dates  
1 Green Apple (chopped)

### Directions

- 1 Add ingredients to a plate or snack box. Enjoy!

### Nutrition

Amount per serving	
Calories	200
Fat	0g
Carbs	50g
Fiber	8g
Sugar	39g
Protein	2g
Cholesterol	0mg
Sodium	2mg
Vitamin A	171IU
Vitamin C	0mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Folate	12µg
Magnesium	24mg



## Simple Chocolate Protein Shake

1 serving

5 minutes

### Ingredients

2/3 cup Unsweetened Almond Milk  
1/4 cup Chocolate Protein Powder  
6 Ice Cubes (large)

### Directions

1

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

### Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g
Cholesterol	4mg
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg
Vitamin D	67IU
Folate	8µg
Magnesium	58mg





## Christine's Mango Smoothie

1 serving

5 minutes

### Ingredients

1 cup Mango  
2 tbsps Ground Flax Seed (medium)  
1/2 cup Ice Cubes  
1 1/2 cups Water  
1/2 cup Vanilla Protein Powder  
1/2 cup Quick Oats

### Directions

1

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

### Nutrition

Amount per serving	
Calories	493
Fat	9g
Carbs	59g
Fiber	11g
Sugar	23g
Protein	48g
Cholesterol	8mg
Sodium	87mg
Vitamin A	0IU
Vitamin C	60mg
Calcium	322mg
Iron	3mg
Vitamin D	0IU
Folate	100µg
Magnesium	174mg



## Chicken, Edamame & Avocado Rice Bowls

2 servings

30 minutes

### Ingredients

1/2 cup Jasmine Rice (uncooked, rinsed)  
1/4 cup Hemp Seeds  
Sea Salt & Black Pepper (to taste)  
340 grams Chicken Thighs (boneless, skinless)  
1 1/2 tps Avocado Oil  
1 1/2 tps Taco Seasoning  
3/4 cup Frozen Edamame  
2 cups Broccoli (chopped into florets)  
1/2 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	697
Fat	31g
Carbs	57g
Fiber	11g
Sugar	4g
Protein	54g
Cholesterol	160mg
Sodium	391mg
Vitamin A	857IU
Vitamin C	90mg
Calcium	119mg
Iron	6mg
Vitamin D	2IU
Folate	308µg
Magnesium	250mg

### Directions

- 1 Cook the rice according to the package directions and set aside. When the rice is done cooking, fluff it with a fork and mix in the hemp seeds. Season with salt and pepper.
- 2 In a large bowl, combine the chicken with the oil, taco seasoning, salt, and pepper. Toss well to combine.
- 3 Preheat the grill to medium heat. Transfer the chicken thighs to the grill and cook for eight to 10 minutes per side or until cooked through. Let cool slightly and then slice.
- 4 Meanwhile, bring a large pot of water to a boil. Add the edamame and cook covered for one minute. Remove the lid and add the broccoli. Continue to cook for another three minutes or until the broccoli is tender-crisp and edamame is cooked through. Drain.
- 5 Divide the rice, chicken, edamame, broccoli, and avocado evenly between bowls. Season as needed with salt and pepper. Enjoy!



## Peach & Couscous Steak Salad

1 serving  
30 minutes

### Ingredients

1/4 cup Couscous (uncooked)  
142 grams Ribeye Steak, Boneless  
(room temperature)  
Sea Salt & Black Pepper (to taste)  
1/4 Peach (pitted, sliced)  
1/4 Cucumber (thinly sliced length-  
wise)  
1/2 cup Cherry Tomatoes (quartered)  
2 tbsps Pesto

### Nutrition

Amount per serving	
Calories	598
Fat	29g
Carbs	48g
Fiber	5g
Sugar	8g
Protein	38g
Cholesterol	90mg
Sodium	324mg
Vitamin A	1318IU
Vitamin C	15mg
Calcium	137mg
Iron	5mg
Vitamin D	6IU
Folate	36µg
Magnesium	89mg

### Directions

- 1 Cook the couscous according to the package directions and let cool.
- 2 Pat the steak dry with paper towel. Season all over with salt and pepper.
- 3 Heat a cast-iron skillet over medium heat until hot. Place the steak in the middle of the skillet and cook for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
- 4 Divide the couscous, peach, cucumber, and cherry tomatoes between serving plates. Slice the steak and place on top. Top with pesto and enjoy!





## Hot Honey Chicken Bowls

2 servings

40 minutes

### Ingredients

340 grams Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
1 tbsp Tamari  
1 tsp Rice Vinegar  
2 tbsps Avocado Oil (divided)  
2 cups Broccoli (chopped into florets)  
1/3 cup Quinoa (dry, rinsed)  
1/4 cup Raw Honey  
2 tsps Sriracha  
1 Garlic (clove, large, minced)

### Nutrition

Amount per serving	
Calories	599
Fat	23g
Carbs	60g
Fiber	5g
Sugar	35g
Protein	41g
Cholesterol	160mg
Sodium	834mg
Vitamin A	779IU
Vitamin C	83mg
Calcium	74mg
Iron	4mg
Vitamin D	2IU
Folate	119µg
Magnesium	119mg

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 2 Place the chicken thighs in a bowl and season with salt and pepper. Add the tamari, vinegar, and half the oil. Mix to combine and then transfer to the baking sheet.
- 3 Add the broccoli to a second baking sheet. Toss with the remaining oil and season with salt and pepper. Transfer both baking sheets to the oven and bake for 25 to 30 minutes or until the chicken is cooked through and the broccoli is tender.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 In a small saucepan, combine the honey, sriracha, and garlic over low heat. Bring to a low simmer and let the mixture bubble and thicken for two to four minutes and then remove from the heat.
- 6 Divide the quinoa, chicken, and broccoli evenly between bowls. Add hot honey sauce over top and enjoy!





## Simple Cast-Iron Steak

1 serving  
1 hour 15 minutes

### Ingredients

1/2 tsp Sea Salt (divided)  
227 grams NY Striploin Steak

### Nutrition

Amount per serving	
Calories	339
Fat	16g
Carbs	2g
Fiber	0g
Sugar	0g
Protein	47g
Cholesterol	122mg
Sodium	1286mg
Vitamin A	93IU
Vitamin C	0mg
Calcium	9mg
Iron	4mg
Vitamin D	18IU
Folate	0µg
Magnesium	45mg

### Directions

- 1 Add half of the salt to the steak on all sides. Allow it to sit at room temperature for 45 to 60 minutes. This will allow the steak to cook more evenly.
- 2 When your steak is ready to cook, heat a cast-iron skillet over medium-high heat for 4 to 5 minutes or until very hot. Pat your steak dry and sprinkle the remaining sea salt into the pan.
- 3 Place the steak into the pan. It should sear loudly. Leave it in the pan until it is easy to move, about one minute. Flip the steak and cook for 30 seconds, occasionally pushing it down.
- 4 Continue flipping the steak until it has reached your desired doneness, approximately 5 total minutes for medium-rare. The steak shouldn't feel too spongy.
- 5 Remove the steak and place it on a plate. Cover it with tinfoil and allow it to rest for 10 minutes before cutting into it. Enjoy!



## House Salad

2 servings

10 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
1 tbsp Red Wine Vinegar  
1/4 head Green Lettuce (roughly  
chopped)  
1 Tomato (medium, sliced)  
1/2 Cucumber (sliced)

### Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.  
;
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top.  
Toss until well coated. Divide onto plates and enjoy!

### Nutrition

Amount per serving	
Calories	141
Fat	14g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	27mg
Vitamin A	1131IU
Vitamin C	11mg
Calcium	16mg
Iron	1mg
Vitamin D	0IU
Folate	23µg
Magnesium	15mg