



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Fried Eggs & Steamed Spinach	 Fried Eggs & Steamed Spinach	 Peanut Butter Cup Overnight Oats	 Peanut Butter Cup Overnight Oats	 Peanut Butter Cup Overnight Oats	 Spinach & Sweet Potato Frittata	 Spinach & Sweet Potato Frittata
Snack 1	 Macadamia Nuts	 Macadamia Nuts	 Macadamia Nuts	 Crackers & Cheese	 Crackers & Cheese	 Crackers & Cheese	 Crackers & Cheese
Lunch	 Ground Turkey, Green Beans & Rice	 One Pan Salmon with Green Beans & Roasted Tomato	 Ground Turkey, Green Beans & Rice	 Maple Mustard Chicken with Green Beans	 One Pan Crispy Chicken with Potatoes & Greens	 Baked Cod with Green Beans & Carrots	 Mason Jar Salmon Salad
Snack 2	 Cheddar Cheese & Cucumber	 Cheddar Cheese & Cucumber	 Kiwi	 Kiwi	 Papaya with Yogurt & Walnuts	 Kiwi	 Papaya with Yogurt & Walnuts
Dinner	 One Pan Salmon with Green Beans & Roasted Tomato	 Ground Turkey, Green Beans & Rice	 Maple Mustard Chicken with Green Beans	 One Pan Crispy Chicken with Potatoes & Greens	 Baked Cod with Green Beans & Carrots	 Mason Jar Salmon Salad	 Baked Cod with Green Beans & Carrots

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat <div><div></div></div> 49% Carbs <div><div></div></div> 28% Protein <div><div></div></div> 23%	Fat <div><div></div></div> 49% Carbs <div><div></div></div> 28% Protein <div><div></div></div> 23%	Fat <div><div></div></div> 48% Carbs <div><div></div></div> 34% Protein <div><div></div></div> 18%	Fat <div><div></div></div> 47% Carbs <div><div></div></div> 33% Protein <div><div></div></div> 20%	Fat <div><div></div></div> 47% Carbs <div><div></div></div> 31% Protein <div><div></div></div> 22%	Fat <div><div></div></div> 51% Carbs <div><div></div></div> 21% Protein <div><div></div></div> 28%	Fat <div><div></div></div> 51% Carbs <div><div></div></div> 21% Protein <div><div></div></div> 28%
Calories 1600 Fat 89g Carbs 114g Fiber 19g Sugar 17g Protein 96g Cholesterol 593mg Sodium 978mg Vitamin A 19399IU Vitamin C 54mg Calcium 751mg Iron 10mg Vitamin D 909IU Folate 309µg Magnesium 341mg	Calories 1600 Fat 89g Carbs 114g Fiber 19g Sugar 17g Protein 96g Cholesterol 593mg Sodium 978mg Vitamin A 19399IU Vitamin C 54mg Calcium 751mg Iron 10mg Vitamin D 909IU Folate 309µg Magnesium 341mg	Calories 1672 Fat 93g Carbs 150g Fiber 31g Sugar 45g Protein 80g Cholesterol 166mg Sodium 1016mg Vitamin A 12623IU Vitamin C 163mg Calcium 659mg Iron 11mg Vitamin D 67IU Folate 208µg Magnesium 463mg	Calories 1711 Fat 92g Carbs 148g Fiber 28g Sugar 38g Protein 87g Cholesterol 247mg Sodium 1631mg Vitamin A 3594IU Vitamin C 201mg Calcium 993mg Iron 10mg Vitamin D 67IU Folate 207µg Magnesium 427mg	Calories 1764 Fat 94g Carbs 143g Fiber 28g Sugar 30g Protein 100g Cholesterol 264mg Sodium 1482mg Vitamin A 13321IU Vitamin C 153mg Calcium 1210mg Iron 10mg Vitamin D 149IU Folate 229µg Magnesium 377mg	Calories 1565 Fat 91g Carbs 85g Fiber 19g Sugar 25g Protein 115g Cholesterol 597mg Sodium 2018mg Vitamin A 29468IU Vitamin C 168mg Calcium 753mg Iron 10mg Vitamin D 976IU Folate 386µg Magnesium 389mg	Calories 1574 Fat 91g Carbs 87g Fiber 19g Sugar 24g Protein 114g Cholesterol 597mg Sodium 2050mg Vitamin A 29349IU Vitamin C 126mg Calcium 963mg Iron 10mg Vitamin D 976IU Folate 425µg Magnesium 318mg



Fruits

- ☐ 6 Kiwi
- ☐ 2 tbsps Lemon Juice
- ☐ 2 cups Papaya

Breakfast

- ☐ 1/4 cup All Natural Peanut Butter
- ☐ 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 cup Brazil Nuts
- ☐ 2 tbsps Chia Seeds
- ☐ 1/4 tsp Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 1/2 tsp Ground Ginger
- ☐ 1 cup Macadamia Nuts
- ☐ 1 tsp Paprika
- ☐ 1 1/3 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Turmeric
- ☐ 1/2 cup Walnuts

Frozen

- ☐ 3 cups Frozen Green Beans

Vegetables

- ☐ 5 1/2 cups Baby Spinach
- ☐ 7 Carrot
- ☐ 1 cup Cherry Tomatoes
- ☐ 2 Cucumber
- ☐ 10 cups Green Beans
- ☐ 2 cups Kale Leaves
- ☐ 2 cups Mini Potatoes
- ☐ 8 leaves Romaine
- ☐ 1 tbsps Rosemary
- ☐ 1/2 Sweet Potato

Boxed & Canned

- ☐ 1/2 cup Brown Rice
- ☐ 3/4 cup Jasmine Rice
- ☐ 160 grams Oat Crackers

Baking

- ☐ 1 tbsps Cocoa Powder
- ☐ 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 332 grams Cheddar Cheese
- ☐ 227 grams Chicken Breast
- ☐ 227 grams Chicken Thighs With Skin
- ☐ 4 Cod Fillet
- ☐ 340 grams Extra Lean Ground Turkey
- ☐ 567 grams Salmon Fillet

Condiments & Oils

- ☐ 1 1/2 tps Apple Cider Vinegar
- ☐ 2 1/3 tbsps Coconut Oil
- ☐ 1 1/3 tbsps Dijon Mustard
- ☐ 3 1/2 tbsps Extra Virgin Olive Oil
- ☐ 1 tbsps Tamari

Cold

- ☐ 8 Egg
- ☐ 2 tps Ghee
- ☐ 1 1/2 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 1 2/3 cups Water



Fried Eggs & Steamed Spinach

1 serving
10 minutes

Ingredients

2 cups Baby Spinach
1 tbsp Water
Sea Salt & Black Pepper (to taste)
1 tsp Ghee
2 Egg

Nutrition

Amount per serving	
Calories	193
Fat	14g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	14g
Cholesterol	382mg
Sodium	213mg
Vitamin A	6166IU
Vitamin C	17mg
Calcium	117mg
Iron	3mg
Vitamin D	82IU
Folate	163µg
Magnesium	60mg

Directions

- 1 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
- 2 In the same pan, cook your eggs. Season with sea salt and pepper.
- 3 Plate the spinach with eggs. Enjoy!



Peanut Butter Cup Overnight Oats

3 servings
8 hours

Ingredients

1 1/2 cups Oats (quick or rolled)
1 1/2 cups Unsweetened Almond Milk
1/4 cup All Natural Peanut Butter
2 tbsps Chia Seeds
2 tbsps Maple Syrup
1 tbsp Cocoa Powder
1/2 cup Water

Directions

- 1 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

Nutrition

Amount per serving	
Calories	373
Fat	18g
Carbs	46g
Fiber	9g
Sugar	11g
Protein	12g
Cholesterol	0mg
Sodium	90mg
Vitamin A	250IU
Vitamin C	0mg
Calcium	328mg
Iron	3mg
Vitamin D	50IU
Folate	32µg
Magnesium	113mg



Spinach & Sweet Potato Frittata

2 servings
25 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
1/2 Sweet Potato (medium, peeled and cut into small cubes)
1 1/2 cups Baby Spinach (chopped)
4 Egg (whisked)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Carbs	8g
Fiber	1g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	178mg
Vitamin A	7261IU
Vitamin C	7mg
Calcium	88mg
Iron	3mg
Vitamin D	82IU
Folate	94µg
Magnesium	38mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!



Macadamia Nuts

3 servings

2 minutes

Ingredients

1 cup Macadamia Nuts

Directions

- 1 Divide between bowls and enjoy!

Nutrition

Amount per serving	
Calories	321
Fat	34g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	38mg
Iron	2mg
Vitamin D	0IU
Folate	5µg
Magnesium	58mg



Carrot Sticks

3 servings

5 minutes

Ingredients

3 Carrot (medium)

Nutrition

Amount per serving	
Calories	25
Fat	0g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	42mg
Vitamin A	10191IU
Vitamin C	4mg
Calcium	20mg
Iron	0mg
Vitamin D	0IU
Folate	12µg
Magnesium	7mg

Directions

- 1 Peel the carrot and slice it into sticks. Enjoy!



Crackers & Cheese

4 servings
5 minutes

Ingredients

160 grams Oat Crackers
220 grams Cheddar Cheese (sliced)

Directions

- 1 Serve the crackers with the cheese. Enjoy!

Nutrition

Amount per serving	
Calories	393
Fat	25g
Carbs	29g
Fiber	4g
Sugar	0g
Protein	16g
Cholesterol	54mg
Sodium	626mg
Vitamin A	683IU
Vitamin C	0mg
Calcium	391mg
Iron	1mg
Vitamin D	13IU
Folate	15µg
Magnesium	15mg



Ground Turkey, Green Beans & Rice

3 servings
20 minutes

Ingredients

1 1/8 tps Coconut Oil
340 grams Extra Lean Ground Turkey
1/8 tsp Sea Salt
3/4 cup Jasmine Rice (dry/uncooked)
3 cups Frozen Green Beans

Nutrition

Amount per serving	
Calories	383
Fat	11g
Carbs	47g
Fiber	5g
Sugar	3g
Protein	26g
Cholesterol	84mg
Sodium	227mg
Vitamin A	648IU
Vitamin C	6mg
Calcium	81mg
Iron	2mg
Vitamin D	16IU
Folate	39µg
Magnesium	49mg

Directions

- 1 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 2 Meanwhile, cook your rice according to the directions on the package and set aside.
- 3 Steam your green beans.
- 4 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.



Cheddar Cheese & Cucumber

2 servings

5 minutes

Ingredients

112 grams Cheddar Cheese (cubed)
1 Cucumber (sliced)

Directions

- 1 Serve cheese cubes and cucumber slices on a plate or in a bowl and enjoy!

Nutrition

Amount per serving	
Calories	248
Fat	19g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	14g
Cholesterol	55mg
Sodium	369mg
Vitamin A	854IU
Vitamin C	4mg
Calcium	422mg
Iron	0mg
Vitamin D	13IU
Folate	26µg
Magnesium	35mg



Kiwi

1 serving

5 minutes

Ingredients

2 Kiwi

Nutrition

Amount per serving	
Calories	84
Fat	1g
Carbs	20g
Fiber	4g
Sugar	12g
Protein	2g
Cholesterol	0mg
Sodium	4mg
Vitamin A	120IU
Vitamin C	128mg
Calcium	47mg
Iron	0mg
Vitamin D	0IU
Folate	35µg
Magnesium	23mg

Directions

- 1 Peel and slice. Enjoy!



Brazil Nuts

1 serving

5 minutes

Ingredients

1/4 cup Brazil Nuts

Nutrition

Amount per serving	
Calories	219
Fat	22g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	1mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	53mg
Iron	1mg
Vitamin D	0IU
Folate	7µg
Magnesium	125mg

Directions

- 1 Divide into bowls and enjoy!



Papaya with Yogurt & Walnuts

2 servings

5 minutes

Ingredients

2 cups Papaya (peeled, seeds removed, chopped)
1/4 tsp Cinnamon (to taste)
1 cup Unsweetened Coconut Yogurt
1/2 cup Walnuts

Directions

- 1 Divide the papaya into cups and top with cinnamon, yogurt and walnuts. Enjoy!

Nutrition

Amount per serving	
Calories	312
Fat	23g
Carbs	26g
Fiber	6g
Sugar	12g
Protein	6g
Cholesterol	0mg
Sodium	37mg
Vitamin A	1IU
Vitamin C	86mg
Calcium	310mg
Iron	1mg
Vitamin D	0IU
Folate	81µg
Magnesium	77mg



One Pan Salmon with Green Beans & Roasted Tomato

2 servings
25 minutes

Ingredients

2 cups Green Beans (washed and trimmed)
1 cup Cherry Tomatoes
1 1/2 tps Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
283 grams Salmon Fillet

Nutrition

Amount per serving	
Calories	260
Fat	10g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	34g
Cholesterol	72mg
Sodium	120mg
Vitamin A	1540IU
Vitamin C	22mg
Calcium	57mg
Iron	2mg
Vitamin D	798IU
Folate	53µg
Magnesium	76mg

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!



Brown Rice

2 servings

45 minutes

Ingredients

1/2 cup Brown Rice (uncooked)
1 cup Water

Nutrition

Amount per serving	
Calories	170
Fat	1g
Carbs	35g
Fiber	2g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	5mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	16mg
Iron	1mg
Vitamin D	0IU
Folate	11µg
Magnesium	56mg

Directions

1

Combine the brown rice 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 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Maple Mustard Chicken with Green Beans

2 servings

25 minutes

Ingredients

1 tbsp Maple Syrup
1 tbsp Dijon Mustard
1 1/2 tsps Apple Cider Vinegar
1 tbsp Tamari
227 grams Chicken Breast
4 cups Green Beans (washed and trimmed)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	267
Fat	7g
Carbs	21g
Fiber	5g
Sugar	13g
Protein	30g
Cholesterol	82mg
Sodium	650mg
Vitamin A	1414IU
Vitamin C	24mg
Calcium	92mg
Iron	3mg
Vitamin D	1IU
Folate	78µg
Magnesium	88mg

Directions

- 1 In a small bowl, combine the maple syrup, dijon mustard, apple cider vinegar and tamari. Whisk well and pour it into a ziplock baggie with the chicken breasts. Shake well and store in the fridge while you prep the rest.
- 2 Toss your green beans in the extra virgin olive oil and season with sea salt and black pepper to taste. Set aside.
- 3 Preheat the grill to medium heat. Add the chicken breasts and cook for about 10 minutes per side, or until cooked through. At the halfway point, transfer the green beans into a grilling basket. Grill for about 10 minutes or until slightly charred, tossing periodically.
- 4 Remove chicken and beans from the grill and divide onto plates. Enjoy!



One Pan Crispy Chicken with Potatoes & Greens

2 servings

35 minutes

Ingredients

227 grams Chicken Thighs with Skin
2 cups Mini Potatoes (halved)
1/8 tsp Sea Salt
1 tbsp Rosemary (chopped)
2 cups Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	375
Fat	19g
Carbs	28g
Fiber	4g
Sugar	1g
Protein	22g
Cholesterol	111mg
Sodium	260mg
Vitamin A	1127IU
Vitamin C	49mg
Calcium	82mg
Iron	2mg
Vitamin D	3IU
Folate	40µg
Magnesium	63mg

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 3 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 4 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 5 Divide the chicken, potatoes and kale onto plates and enjoy!



Baked Cod with Green Beans & Carrots

4 servings

35 minutes

Ingredients

4 Carrot (large, peeled and thinly sliced)
4 cups Green Beans (trimmed)
2 tbsps Coconut Oil (melted, divided)
1/2 tsp Sea Salt (divided)
1 tsp Paprika
1/2 tsp Turmeric
1/2 tsp Cumin
1/2 tsp Ground Ginger
4 Cod Fillet

Nutrition

Amount per serving	
Calories	311
Fat	9g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	44g
Cholesterol	99mg
Sodium	469mg
Vitamin A	11260IU
Vitamin C	18mg
Calcium	99mg
Iron	3mg
Vitamin D	83IU
Folate	61µg
Magnesium	109mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
- 3 Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
- 4 Remove the vegetables from the oven and flip. Make space for the cod fillets in the center of the baking sheet. Add the fillets and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. Divide between plates and enjoy!



Mason Jar Salmon Salad

2 servings
20 minutes

Ingredients

1/2 tsp Sea Salt (divided)
283 grams Salmon Fillet
2 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
1 tsp Dijon Mustard
1 Cucumber (sliced)
8 leaves Romaine (chopped)

Nutrition

Amount per serving	
Calories	352
Fat	21g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	34g
Cholesterol	72mg
Sodium	740mg
Vitamin A	10144IU
Vitamin C	15mg
Calcium	75mg
Iron	2mg
Vitamin D	798IU
Folate	174µg
Magnesium	79mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add sea salt to the salmon and bake for 10 to 12 minutes or until cooked through and flaky. Once cooled, flake into pieces with a fork.
- 2 In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, salmon and the romaine. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!