

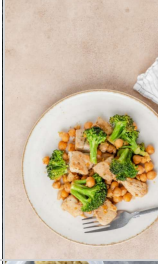





	Mon	Tue	Wed	Thu	Fri
Breakfast	 Warm Peas with Eggs	 Kimchi Avocado Toast with Eggs	 Blueberries, Granola & Greek Yogurt	 Kimchi Avocado Toast with Eggs	 Warm Peas with Eggs
Snack 1	 Tuna Rice Cake	 Carrot Sticks	 Kimchi Avocado Toast	 Tuna Rice Cake	 Nectarine
	 Avocado			 Avocado	 Avocado
Lunch	 Greek Chicken Salad	 Pumpkin Chicken Curry & Rice	 One Pan Salmon with Rainbow Veggies	 Christine's Quinoa Chicken 'Stir Fry'	 One Pan Chicken, Chickpeas & Broccoli
Snack 2	 Carrot Sticks	 Blueberry Protein Smoothie	 Edamame	 Edamame	 Blueberry Protein Smoothie
Dinner	 Pumpkin Chicken Curry & Rice	 One Pan Salmon with Rainbow Veggies	 Christine's Quinoa Chicken 'Stir Fry'	 One Pan Chicken, Chickpeas & Broccoli	 Salmon, Rice & Arugula
Snack 3	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Blueberries	 Blueberries

Mon	Tue	Wed	Thu	Fri
Fat <div><div></div></div> 40% Carbs <div><div></div></div> 35% Protein <div><div></div></div> 25%	Fat <div><div></div></div> 39% Carbs <div><div></div></div> 36% Protein <div><div></div></div> 25%	Fat <div><div></div></div> 37% Carbs <div><div></div></div> 35% Protein <div><div></div></div> 28%	Fat <div><div></div></div> 40% Carbs <div><div></div></div> 32% Protein <div><div></div></div> 28%	Fat <div><div></div></div> 31% Carbs <div><div></div></div> 41% Protein <div><div></div></div> 28%
Calories	1880	1798	1715	1950
Calories	1771			
Fat	84g	79g	73g	89g
Fat	62g			
Carbs	168g	165g	153g	163g
Carbs	189g			
Fiber	35g	33g	33g	44g
Fiber	45g			
Sugar	38g	42g	46g	37g
Sugar	62g			
Protein	116g	115g	125g	138g
Protein	128g			
Cholesterol	596mg	533mg	209mg	614mg
Cholesterol	537mg			
Sodium	2829mg	1397mg	1571mg	3685mg
Sodium	3114mg			
Vitamin A	38553IU	35063IU	6321IU	6909IU
Vitamin A	10749IU			
Vitamin C	180mg	418mg	665mg	426mg
Vitamin C	208mg			
Calcium	353mg	484mg	860mg	427mg
Calcium	518mg			
Iron	15mg	11mg	13mg	18mg
Iron	14mg			
Vitamin D	124IU	881IU	898IU	124IU
Vitamin D	721IU			
Folate	451µg	424µg	720µg	1006µg
Folate	710µg			
Magnesium	321mg	323mg	430mg	451mg
Magnesium	375mg			

Fruits

- ☐ 3 Avocado
- ☐ 2 cups Blueberries
- ☐ 1 3/4 Lemon
- ☐ 1/2 Lime
- ☐ 1 Navel Orange
- ☐ 1 Nectarine
- ☐ 3 cups Strawberries

Breakfast

- ☐ 1/4 cup Granola
- ☐ 2 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1 tbsp Curry Powder
- ☐ 2 1/2 tbsps Greek Seasoning
- ☐ 2 tbsps Ground Flax Seed
- ☐ 3/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Sesame Seeds
- ☐ 2 tbsps Walnuts

Frozen

- ☐ 2 1/4 cups Frozen Blueberries
- ☐ 1 cup Frozen Edamame
- ☐ 3 1/16 cups Frozen Peas

Vegetables

- ☐ 4 cups Arugula
- ☐ 2 cups Baby Spinach
- ☐ 11 cups Broccoli
- ☐ 2 Carrot
- ☐ 4 3/4 cups Cherry Tomatoes
- ☐ 1/4 Cucumber
- ☐ 1 tbsp Parsley
- ☐ 1 1/3 Red Capsicum
- ☐ 1 1/16 cups Red Onion
- ☐ 2 leaves Romaine
- ☐ 2 cups Snow Peas
- ☐ 1 Sweet Potato
- ☐ 1/2 White Onion
- ☐ 2 Yellow Bell Pepper
- ☐ 1 1/3 Yellow Capsicum
- ☐ 1/2 Yellow Potato

Boxed & Canned

- ☐ 1/2 cup Basmati Rice
- ☐ 1 cup Canned Coconut Milk
- ☐ 1 cup Chicken Broth
- ☐ 1 1/2 cups Chickpeas
- ☐ 1 cup Jasmine Rice
- ☐ 2/3 cup Quinoa
- ☐ 1 can Tuna

Baking

- ☐ 1/2 cup Pureed Pumpkin
- ☐ 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 1.2 kilograms Chicken Breast
- ☐ 1 kilogram Salmon Fillet
- ☐ 149 grams Sourdough Bread

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 2 1/4 tps Balsamic Vinegar
- ☐ 1 tbsp Coconut Aminos
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Kimchi
- ☐ 2 tbsps Mayonnaise
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 1 tbsp Sesame Oil
- ☐ 3 tbsps Tamari

Cold

- ☐ 8 Egg
- ☐ 1 cup Plain Greek Yogurt

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 3 2/3 cups Water



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
Sugar	12g
Protein	25g
Cholesterol	372mg
Sodium	611mg
Vitamin A	5581IU
Vitamin C	26mg
Calcium	122mg
Iron	5mg
Vitamin D	82IU
Folate	194µg
Magnesium	68mg

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!



Kimchi Avocado Toast with Eggs

1 serving
10 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
2 Egg (whisked)
1/2 Avocado (medium, sliced)
50 grams Sourdough Bread (toasted)
2 tbsps Kimchi
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the oil in a large pan over medium heat. Add the eggs to the pan and stir continuously. Keep pushing the eggs around the pan until fluffy and cooked to your desired consistency. Remove from the heat.
- 2 Add the avocado to the toast and top with the kimchi and eggs. Season with salt and pepper and enjoy!

Nutrition

Amount per serving	
Calories	451
Fat	27g
Carbs	34g
Fiber	8g
Sugar	1g
Protein	20g
Cholesterol	372mg
Sodium	481mg
Vitamin A	704IU
Vitamin C	11mg
Calcium	74mg
Iron	4mg
Vitamin D	82IU
Folate	138µg
Magnesium	44mg



Blueberries, Granola & Greek Yogurt

1 serving

5 minutes

Ingredients

1 cup Plain Greek Yogurt
1/4 cup Frozen Blueberries
1/4 cup Granola
2 tbsps Walnuts

Directions

- 1 Add all ingredients to a bowl and enjoy!

Nutrition

Amount per serving	
Calories	448
Fat	22g
Carbs	35g
Fiber	5g
Sugar	16g
Protein	29g
Cholesterol	34mg
Sodium	149mg
Vitamin A	1273IU
Vitamin C	16mg
Calcium	540mg
Iron	2mg
Vitamin D	99IU
Folate	43µg
Magnesium	77mg



Tuna Rice Cake

1 serving

5 minutes

Ingredients

1/2 can Tuna (drained)
1 tbsp Mayonnaise
Sea Salt & Black Pepper (to taste)
1 Plain Rice Cake
1 leave Romaine

Directions

- 1 Mash the tuna with a fork in a bowl. Mix in the mayonnaise and season with salt and pepper.
- 2 Top the rice cake with the lettuce and then the tuna mixture. Enjoy!

Nutrition

Amount per serving	
Calories	204
Fat	11g
Carbs	8g
Fiber	1g
Sugar	0g
Protein	17g
Cholesterol	36mg
Sodium	296mg
Vitamin A	2495IU
Vitamin C	1mg
Calcium	25mg
Iron	2mg
Vitamin D	40IU
Folate	44µg
Magnesium	35mg



Avocado

1 serving

5 minutes

Ingredients

1/2 Avocado

Nutrition

Amount per serving	
Calories	161
Fat	15g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	7mg
Vitamin A	147IU
Vitamin C	10mg
Calcium	12mg
Iron	1mg
Vitamin D	0IU
Folate	81µg
Magnesium	29mg

Directions

- 1 Cut avocado into slices or chunks. Enjoy!



Carrot Sticks

1 serving

5 minutes

Ingredients

1 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!



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



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



Greek Chicken Salad

1 serving
45 minutes

Ingredients

1 1/2 tsp Greek Seasoning
1/4 Lemon (juiced)
1 tbsp Extra Virgin Olive Oil
142 grams Chicken Breast (boneless, skinless)
3/4 cup Cherry Tomatoes (halved)
1/4 Cucumber (diced)
1 tbsp Red Onion (finely diced)
1/4 cup Pitted Kalamata Olives (chopped)
2 1/4 tsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

Nutrition

Amount per serving	
Calories	376
Fat	21g
Carbs	13g
Fiber	2g
Sugar	7g
Protein	34g
Cholesterol	103mg
Sodium	1281mg
Vitamin A	1164IU
Vitamin C	23mg
Calcium	66mg
Iron	3mg
Vitamin D	1IU
Folate	39µg
Magnesium	66mg



Boiled Potato

1 serving
15 minutes

Ingredients

1/2 Yellow Potato (medium, chopped)

Nutrition

Amount per serving	
Calories	82
Fat	0g
Carbs	19g
Fiber	2g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	6mg
Vitamin A	2IU
Vitamin C	21mg
Calcium	13mg
Iron	1mg
Vitamin D	0IU
Folate	16µg
Magnesium	24mg

Directions

1

Bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and enjoy!



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
1 cup Water (cold)

Directions

1

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

Nutrition

Amount per serving	
Calories	206
Fat	4g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	68mg
Vitamin A	2884IU
Vitamin C	12mg
Calcium	190mg
Iron	2mg
Vitamin D	0IU
Folate	77µg
Magnesium	83mg



Edamame

1 serving

5 minutes

Ingredients

1/2 cup Frozen Edamame (shelled,
thawed)

Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

Nutrition

Amount per serving	
Calories	94
Fat	4g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	9g
Cholesterol	0mg
Sodium	5mg
Vitamin A	231IU
Vitamin C	5mg
Calcium	49mg
Iron	2mg
Vitamin D	0IU
Folate	241µg
Magnesium	50mg



Pumpkin Chicken Curry & Rice

2 servings

35 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
227 grams Chicken Breast (boneless, skinless, cut into cubes)
1 tbsp Curry Powder
Sea Salt & Black Pepper (to taste)
1 Sweet Potato (large, peeled, chopped)
1/2 cup Pureed Pumpkin
1 cup Chicken Broth
1/2 cup Basmati Rice (dry, rinsed)
1 cup Canned Coconut Milk (full fat)
1/2 Lime (juiced)
1 tbsp Parsley (chopped, for garnish)

Nutrition

Amount per serving	
Calories	645
Fat	27g
Carbs	64g
Fiber	7g
Sugar	7g
Protein	34g
Cholesterol	85mg
Sodium	585mg
Vitamin A	18956IU
Vitamin C	10mg
Calcium	72mg
Iron	2mg
Vitamin D	1IU
Folate	30µg
Magnesium	73mg

Directions

- 1 Heat the oil in a pot over medium heat. Add the chicken and cook for five to six minutes or until browned on all sides, stirring occasionally.
- 2 Add the curry powder, salt, pepper, and sweet potato. Stir and cook for another two to three minutes. Add the pumpkin purée and chicken broth. Stir, turn the heat to low, cover the pot with a lid, and simmer for about 15 minutes.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Remove the lid from the curry pot. Stir in the coconut milk and simmer uncovered for another five minutes or until everything is cooked through. Remove from the heat and stir in the lime juice. Adjust the seasoning to your taste.
- 5 Serve the curry with rice. Top with parsley and enjoy!



One Pan Salmon with Rainbow Veggies

4 servings
40 minutes

Ingredients

4 cups Cherry Tomatoes
567 grams Salmon Fillet
2 Yellow Bell Pepper (sliced)
4 cups Broccoli (chopped into small florets)
1 cup Red Onion (sliced into chunks)
1/4 cup Extra Virgin Olive Oil
1 tbsp Coconut Aminos
1 Navel Orange (zested and juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	425
Fat	21g
Carbs	27g
Fiber	6g
Sugar	11g
Protein	37g
Cholesterol	72mg
Sodium	220mg
Vitamin A	2311IU
Vitamin C	296mg
Calcium	105mg
Iron	2mg
Vitamin D	798IU
Folate	132µg
Magnesium	97mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 3 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 4 Divide between plates and enjoy!



Christine's Quinoa Chicken 'Stir Fry'

4 servings
30 minutes

Ingredients

3 tbsps Tamari
1 tbsp Apple Cider Vinegar
1 tbsp Raw Honey
1 tbsp Sesame Oil
567 grams Chicken Breast (cut into cubes)
1 1/3 Red Capsicum (de-seeded and sliced)
1 1/3 Yellow Capsicum (de-seeded and sliced)
4 cups Broccoli (chopped into florets)
2 cups Snow Peas
2/3 cup Quinoa (dry)
1 1/2 cups Water
1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	414
Fat	11g
Carbs	40g
Fiber	7g
Sugar	9g
Protein	42g
Cholesterol	103mg
Sodium	857mg
Vitamin A	2325IU
Vitamin C	252mg
Calcium	125mg
Iron	4mg
Vitamin D	1IU

Directions

- 1 Preheat oven to 180°C and line a large baking tray with baking paper.
- 2 In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
- 3 Add the chicken, red & yellow capsicum, broccoli and snow peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 to 30 minutes, or until chicken is cooked through.
- 4 Meanwhile, cook your quinoa. Wash quinoa first. Combine the quinoa and water in a saucepan and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 5 Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!
- 6 Remember that this recipe serves 3. Please adjust accordingly if you are serving more/less.



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Folate	178µg
Magnesium	155mg



One Pan Chicken, Chickpeas & Broccoli

2 servings
20 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
283 grams Chicken Breast (boneless,
skinless, cut into cubes)
1 Lemon (juiced, divided)
2 tbsps Greek Seasoning (divided)
3 cups Broccoli (cut into florets)
1 1/2 cups Chickpeas (drained, rinsed)

Nutrition

Amount per serving	
Calories	542
Fat	21g
Carbs	44g
Fiber	13g
Sugar	9g
Protein	47g
Cholesterol	103mg
Sodium	2038mg
Vitamin A	927IU
Vitamin C	133mg
Calcium	133mg
Iron	5mg
Vitamin D	1IU
Folate	315µg
Magnesium	129mg

Directions

- 1 Heat the oil in a large pan over medium heat. Add the chicken and cook for six to seven minutes or until cooked through. Add the lemon juice and half of the Greek seasoning. Add a splash of water if needed. Stir to combine and then add the chicken to a plate to set aside.
- 2 To the same pan, add the broccoli and sauté for three to four minutes or until slightly tender. Stir in the chickpeas, remaining lemon juice, and Greek seasoning. Add water if needed.
- 3 Stir the chicken back in and cook for another two to three minutes. Divide evenly between bowls or plates and enjoy!



Salmon, Rice & Arugula

4 servings
25 minutes

Ingredients

454 grams Salmon Fillet
1/2 tsp Sea Salt
1 cup Jasmine Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
4 cups Arugula

Nutrition

Amount per serving	
Calories	375
Fat	12g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	29g
Cholesterol	58mg
Sodium	389mg
Vitamin A	659IU
Vitamin C	5mg
Calcium	43mg
Iron	1mg
Vitamin D	638IU
Folate	27µg
Magnesium	44mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!



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!



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