







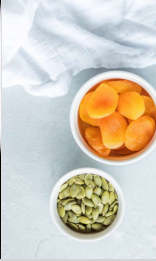
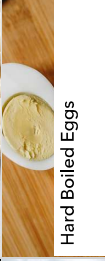







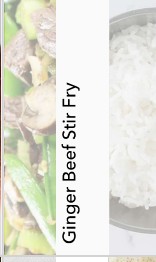

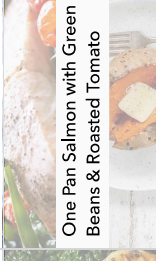

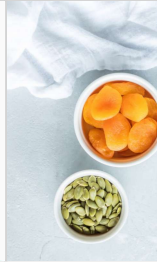


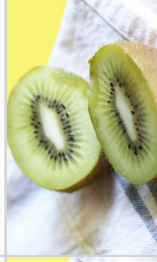














	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Warm Peas with Eggs	 Warm Peas with Eggs	 Raspberry Protein Overnight Oats	 Raspberry Protein Overnight Oats	 Raspberry Protein Overnight Oats	 Kimchi Avocado Toast with Eggs	 Kimchi Avocado Toast with Eggs
Snack 1	 Banana Cinnamon Smoothie	 Dried Apricots & Pumpkin Seeds	 Hard Boiled Eggs	 Hard Boiled Eggs	 Dried Apricots & Pumpkin Seeds	 Kiwi	 Kiwi
Lunch	 Greek Chicken Salad	 Pumpkin Chicken Curry & Rice	 Teriyaki Tofu Bowl	 Ginger Beef Stir Fry	 One Pan Crispy Chicken with Potatoes & Greens	 One Pan Salmon with Green Beans & Roasted Tomato	 Anatriciana Pasta
Snack 2	 Dried Apricots & Pumpkin Seeds	 Yogurt & Berries	 Kiwi	 Kiwi	 Yogurt with Pear	 Banana Cinnamon Smoothie	 Yogurt with Pear
Dinner	 Pumpkin Chicken Curry & Rice	 Teriyaki Tofu Bowl	 Ginger Beef Stir Fry	 One Pan Crispy Chicken with Potatoes & Greens	 One Pan Salmon with Green Beans & Roasted Tomato	 Anatriciana Pasta	 Greek Chicken Salad

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat <div><div></div></div> 38%	Fat <div><div></div></div> 32%	Fat <div><div></div></div> 36%	Fat <div><div></div></div> 40%	Fat <div><div></div></div> 40%	Fat <div><div></div></div> 42%	Fat <div><div></div></div> 44%
Carbs <div><div></div></div> 36%	Carbs <div><div></div></div> 45%	Carbs <div><div></div></div> 43%	Carbs <div><div></div></div> 39%	Carbs <div><div></div></div> 35%	Carbs <div><div></div></div> 34%	Carbs <div><div></div></div> 30%
Protein <div><div></div></div> 26%	Protein <div><div></div></div> 23%	Protein <div><div></div></div> 21%	Protein <div><div></div></div> 21%	Protein <div><div></div></div> 25%	Protein <div><div></div></div> 24%	Protein <div><div></div></div> 26%
Calories 1905	Calories 1920	Calories 1738	Calories 1771	Calories 1837	Calories 2075	Calories 1925
Fat 81g	Fat 69g	Fat 73g	Fat 81g	Fat 84g	Fat 99g	Fat 96g
Carbs 175g	Carbs 220g	Carbs 192g	Carbs 178g	Carbs 165g	Carbs 178g	Carbs 145g
Fiber 34g	Fiber 34g	Fiber 37g	Fiber 37g	Fiber 39g	Fiber 35g	Fiber 22g
Sugar 58g	Sugar 69g	Sugar 39g	Sugar 45g	Sugar 48g	Sugar 44g	Sugar 42g
Protein 128g	Protein 113g	Protein 95g	Protein 96g	Protein 120g	Protein 129g	Protein 125g
Cholesterol 564mg	Cholesterol 491mg	Cholesterol 454mg	Cholesterol 565mg	Cholesterol 251mg	Cholesterol 615mg	Cholesterol 645mg
Sodium 2528mg	Sodium 2787mg	Sodium 2887mg	Sodium 1701mg	Sodium 796mg	Sodium 1640mg	Sodium 2824mg
Vitamin A 26954IU	Vitamin A 27137IU	Vitamin A 2166IU	Vitamin A 3059IU	Vitamin A 24435IU	Vitamin A 22064IU	Vitamin A 4085IU
Vitamin C 70mg	Vitamin C 157mg	Vitamin C 225mg	Vitamin C 213mg	Vitamin C 110mg	Vitamin C 194mg	Vitamin C 201mg
Calcium 529mg	Calcium 1155mg	Calcium 1389mg	Calcium 1056mg	Calcium 1502mg	Calcium 672mg	Calcium 910mg
Iron 16mg	Iron 18mg	Iron 17mg	Iron 14mg	Iron 15mg	Iron 15mg	Iron 14mg
Vitamin D 84IU	Vitamin D 182IU	Vitamin D 188IU	Vitamin D 191IU	Vitamin D 1001IU	Vitamin D 880IU	Vitamin D 182IU
Folate 317µg	Folate 351µg	Folate 296µg	Folate 225µg	Folate 176µg	Folate 294µg	Folate 239µg
Magnesium 492mg	Magnesium 479mg	Magnesium 424mg	Magnesium 339mg	Magnesium 549mg	Magnesium 292mg	Magnesium 171mg

Fruits

- ☐ 1 Apple
- ☐ 1 Avocado
- ☐ 2 Banana
- ☐ 8 Kiwi
- ☐ 1 Lemon
- ☐ 1 Lime
- ☐ 1 Pear
- ☐ 1 1/2 cups Raspberries

Breakfast

- ☐ 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 cup Almonds
- ☐ 1/2 cup Chia Seeds
- ☐ 1 tsp Chili Flakes
- ☐ 1 1/4 tsp Cinnamon
- ☐ 2 tbsps Curry Powder
- ☐ 2 tbsps Greek Seasoning
- ☐ 2 tbsps Ground Flax Seed
- ☐ 3/4 cup Pumpkin Seeds
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1 cup Frozen Berries
- ☐ 3 1/16 cups Frozen Peas
- ☐ 4 Ice Cubes

Vegetables

- ☐ 3 stalks Celery
- ☐ 4 cups Cherry Tomatoes
- ☐ 2 Cucumber
- ☐ 2 Garlic
- ☐ 1 1/3 tbsps Ginger
- ☐ 2 cups Green Beans
- ☐ 8 cups Green Cabbage
- ☐ 4 cups Kale Leaves
- ☐ 4 cups Mini Potatoes
- ☐ 3 cups Mushrooms
- ☐ 2 tbsps Parsley
- ☐ 1/4 cup Red Onion
- ☐ 2 tbsps Rosemary
- ☐ 3 cups Snap Peas
- ☐ 6 Sweet Potato
- ☐ 1 1/2 White Onion
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 1 cup Basmati Rice
- ☐ 2 1/2 cups Brown Rice
- ☐ 2 cups Canned Coconut Milk
- ☐ 3 cups Canned Whole Tomatoes
- ☐ 2 cups Chicken Broth
- ☐ 1 cup Jasmine Rice
- ☐ 227 grams Rigatoni

Baking

- ☐ 2 tbsps Arrowroot Powder
- ☐ 3 1/16 tbsps Coconut Sugar
- ☐ 1 1/2 cups Oats
- ☐ 1 cup Pureed Pumpkin

Bread, Fish, Meat & Cheese

- ☐ 454 grams Beef Tenderloin
- ☐ 1 kilogram Chicken Breast
- ☐ 454 grams Chicken Thighs With Skin
- ☐ 142 grams Pancetta
- ☐ 1/3 cup Parmigiano Reggiano
- ☐ 283 grams Salmon Fillet
- ☐ 99 grams Sourdough Bread
- ☐ 906 grams Tofu
- ☐ 142 grams Top Sirloin Steak

Condiments & Oils

- ☐ 2 tbsps Avocado Oil
- ☐ 3 tbsps Balsamic Vinegar
- ☐ 1 tbsp Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Kimchi
- ☐ 1 cup Pitted Kalamata Olives
- ☐ 1/4 cup Rice Vinegar
- ☐ 1 cup Tamari

Cold

- ☐ 1/4 cup Butter
- ☐ 12 Egg
- ☐ 3 cups Plain Greek Yogurt
- ☐ 3 cups Unsweetened Almond Milk

Other

- ☐ 3/4 cup Dried Apricots
- ☐ 1 1/16 cups Vanilla Protein Powder
- ☐ 5 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!



Raspberry Protein Overnight Oats

1 serving
8 hours

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Oats (rolled)
2 tbsps Chia Seeds
3 tbsps Vanilla Protein Powder
1/4 tsp Cinnamon (plus more for garnish)
1/2 cup Raspberries
2 tbsps Almonds (chopped)

Directions

- 1 Add the milk, oats, chia seeds, protein powder, and cinnamon to a bowl or container and stir to combine.
- ⋮
- 2 Refrigerate overnight then top with raspberries, chopped almonds, and cinnamon (optional) before eating. Enjoy!

Nutrition

Amount per serving	
Calories	497
Fat	22g
Carbs	51g
Fiber	20g
Sugar	4g
Protein	29g
Cholesterol	3mg
Sodium	196mg
Vitamin A	522IU
Vitamin C	16mg
Calcium	781mg
Iron	5mg
Vitamin D	101IU
Folate	40µg
Magnesium	170mg



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



Banana Cinnamon Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 tbsp Chia Seeds
1 Banana (frozen)
2 Ice Cubes
1 cup Water
1/4 tsp Cinnamon

Directions

1

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

Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g
Cholesterol	4mg
Sodium	45mg
Vitamin A	77IU
Vitamin C	10mg
Calcium	236mg
Iron	2mg
Vitamin D	0IU
Folate	32µg
Magnesium	84mg



Dried Apricots & Pumpkin Seeds

1 serving

5 minutes

Ingredients

1/4 cup Dried Apricots

1/4 cup Pumpkin Seeds

Directions

- 1 Combine apricots and seeds in a bowl or container if on-the-go. Enjoy!

Nutrition

Amount per serving	
Calories	259
Fat	16g
Carbs	24g
Fiber	4g
Sugar	18g
Protein	11g
Cholesterol	0mg
Sodium	6mg
Vitamin A	1176IU
Vitamin C	1mg
Calcium	33mg
Iron	4mg
Vitamin D	0IU
Folate	22µg
Magnesium	201mg



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!



Cucumber Slices

2 servings

5 minutes

Ingredients

1 Cucumber

Nutrition

Amount per serving	
Calories	23
Fat	0g
Carbs	5g
Fiber	1g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Vitamin A	158IU
Vitamin C	4mg
Calcium	24mg
Iron	0mg
Vitamin D	0IU
Folate	11µg
Magnesium	20mg

Directions

- 1 Slice the cucumber and enjoy!



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg
Vitamin D	0IU
Folate	5µg
Magnesium	9mg

Directions

- 1 Slice into wedges, or enjoy whole.



Kiwi

1 serving

5 minutes

Ingredients

2 Kiwi

Directions

- 1 Peel and slice. Enjoy!

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



Teriyaki Tofu Bowl

4 servings
40 minutes

Ingredients

1 1/4 cups Brown Rice
453 grams Tofu (extra-firm, pressed, and cubed)
1 tbsp Avocado Oil
1/3 cup Tamari (divided)
1 tbsp Arrowroot Powder
2 tbsps Rice Vinegar
1 1/2 tbsps Coconut Sugar
1/2 tsp Ginger (minced)
1/4 cup Water

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	52g
Fiber	3g
Sugar	5g
Protein	18g
Cholesterol	0mg
Sodium	1265mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	331mg
Iron	4mg
Vitamin D	0IU
Folate	28µg
Magnesium	116mg

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the tofu cubes to a bowl and gently toss with the oil and 1/4 of the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, in a small bowl, add the remaining tamari, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-sized pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
- 5 Once the sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice into bowls and top with tofu. Serve and enjoy!



Yogurt & Berries

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Nutrition

Amount per serving	
Calories	261
Fat	5g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	55mg
Calcium	526mg
Iron	2mg
Vitamin D	99IU
Folate	0µg
Magnesium	0mg



Yogurt with Pear

1 serving

5 minutes

Ingredients

- 1/2 Pear (halved and cored)
- 1 cup Plain Greek Yogurt

Directions

- 1 Divide yogurt into bowls. Top with pear and enjoy!

Nutrition

Amount per serving	
Calories	232
Fat	5g
Carbs	26g
Fiber	3g
Sugar	15g
Protein	22g
Cholesterol	34mg
Sodium	141mg
Vitamin A	1272IU
Vitamin C	19mg
Calcium	507mg
Iron	1mg
Vitamin D	99IU
Folate	6µg
Magnesium	6mg



Pumpkin Chicken Curry & Rice

4 servings

35 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
454 grams Chicken Breast (boneless, skinless, cut into cubes)
2 tbsps Curry Powder
Sea Salt & Black Pepper (to taste)
2 Sweet Potato (large, peeled, chopped)
1 cup Pureed Pumpkin
2 cups Chicken Broth
1 cup Basmati Rice (dry, rinsed)
2 cups Canned Coconut Milk (full fat)
1 Lime (juiced)
2 tbsps 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!



Steamed Cabbage

4 servings

15 minutes

Ingredients

8 cups Green Cabbage (thinly sliced)

1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	45
Fat	0g
Carbs	10g
Fiber	4g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	180mg
Vitamin A	174IU
Vitamin C	65mg
Calcium	71mg
Iron	1mg
Vitamin D	0IU
Folate	77µg
Magnesium	21mg

Directions

- 1 Place cabbage in a steamer with boiling water. Steam for 4 to 5 minutes.
;
- 2 Season with salt to taste. Enjoy!



Ginger Beef Stir Fry

4 servings

30 minutes

Ingredients

- 1/4 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Maple Syrup
- 1 tbsp Coconut Oil
- 454 grams Beef Tenderloin (sliced into strips)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (chopped)
- 3 cups Snap Peas
- 3 cups Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	417
Fat	29g
Carbs	15g
Fiber	4g
Sugar	9g
Protein	27g
Cholesterol	79mg
Sodium	1095mg
Vitamin A	652IU
Vitamin C	12mg
Calcium	67mg
Iron	5mg
Vitamin D	5IU
Folate	58µg
Magnesium	60mg

Directions

- 1 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!



Steamed White Rice

4 servings

20 minutes

Ingredients

2 cups Water

1 cup Jasmine Rice (dry, rinsed)

Nutrition

Amount per serving	
Calories	160
Fat	0g
Carbs	38g
Fiber	1g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	12mg
Iron	0mg
Vitamin D	0IU
Folate	0µg
Magnesium	2mg

Directions

- 1 Bring water to a boil in a medium saucepan.
- 2 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 3 Enjoy!



One Pan Crispy Chicken with Potatoes & Greens

4 servings

35 minutes

Ingredients

454 grams Chicken Thighs with Skin
4 cups Mini Potatoes (halved)
1/4 tsp Sea Salt
2 tbsps Rosemary (chopped)
4 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!



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!



Air Fryer Baked Sweet Potato

4 servings

40 minutes

Ingredients

4 Sweet Potato (medium)
1/4 cup Butter
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	214
Fat	12g
Carbs	26g
Fiber	4g
Sugar	5g
Protein	2g
Cholesterol	31mg
Sodium	73mg
Vitamin A	18798IU
Vitamin C	3mg
Calcium	42mg
Iron	1mg
Vitamin D	0IU
Folate	15µg
Magnesium	33mg

Directions

- 1 Pierce the sweet potatoes with a fork on all sides. Place the sweet potatoes in the air fryer and bake at 375°F (190°C) for 35 to 40 minutes, until cooked through.
- 2 Remove the sweet potatoes and top with butter. Season with salt and pepper. Enjoy!



Amatriciana Pasta

4 servings
25 minutes

Ingredients

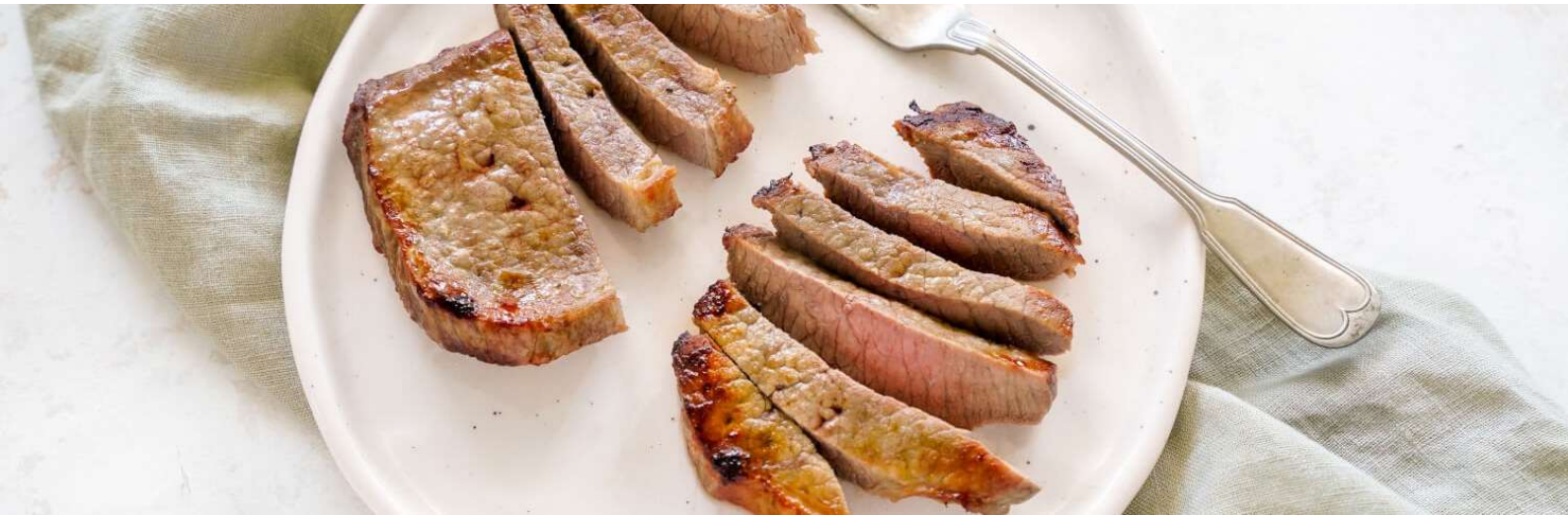
227 grams Rigatoni (uncooked)
1 cup Water (reserved from cooking pasta)
142 grams Pancetta (thick slices, cubed)
1 White Onion (small, chopped)
1 tsp Chili Flakes
3 cups Canned Whole Tomatoes (with juices)
1/3 cup Parmigiano Reggiano (finely grated, divided)
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	419
Fat	15g
Carbs	52g
Fiber	5g
Sugar	7g
Protein	19g
Cholesterol	25mg
Sodium	845mg
Vitamin A	825IU
Vitamin C	20mg
Calcium	180mg
Iron	4mg
Vitamin D	0IU
Folate	5µg
Magnesium	4mg

Directions

- 1 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 2 Meanwhile, cook the pancetta in a large non-stick pan over medium heat for two to three minutes. Add the onion to the pan and cook for another two to three minutes or until onions are soft.
- 3 Add chili flakes and tomatoes to the pan. Crush the tomatoes as they cook. Simmer for about seven to 10 minutes.
- 4 Slowly add the pasta water a few tablespoons at a time along with 2/3 of the parmesan cheese. Stir well and season with salt. Add more pasta water as needed. Stir well and season with salt.
- 5 Divide the pasta evenly between plates and top with the remaining parmesan cheese. Enjoy!



Air Fryer Steak

1 serving
15 minutes

Ingredients

142 grams Top Sirloin Steak
Sea Salt & Black Pepper (to taste)
1 1/2 tps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	363
Fat	27g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	28g
Cholesterol	111mg
Sodium	72mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	36mg
Iron	2mg
Vitamin D	0IU
Folate	16µg
Magnesium	28mg

Directions

- 1 Preheat the air fryer to 375°F (190°C).
- 2 Pat the steaks dry with a paper towel. Season all over with salt and pepper and coat with the oil.
- 3 For a medium steak, cook in the air fryer for ten minutes or until the internal temperature reaches 145°F, flipping halfway through.
- 4 Remove from the air fryer, let sit for about five minutes before slicing and enjoy!



Greek Chicken Salad

4 servings
45 minutes

Ingredients

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

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

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!