









	Mon	Tue	Wed	Thu	Fri	Sat
Meal 1	 Eggs & Toast	 Eggs & Toast	 Spinach & Salsa Omelette	 Spinach & Salsa Omelette	 Smoked Salmon & Feta Omelette	 Smoked Salmon & Feta Omelette
Snack 1	 Turkey & Apple Rice Cakes	 Turkey & Apple Rice Cakes	 Turkey & Apple Rice Cakes	 Sourdough Bread	 Boiled Potato	 Boiled Potato
	 Cucumber Slices	 Cucumber Slices	 Cucumber Slices	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box
Meal 2	 Kimchi & Tofu Rice Bowls	 Kimchi & Tofu Rice Bowls	 Chicken BLT Wrap	 Chicken BLT Wrap	 Ginger Chicken Bowl	 Ginger Chicken Bowl
Snack 2	 Tuna & Crackers	 Tuna & Crackers	 Tuna & Crackers	 Yogurt Overnight Oats	 Yogurt Overnight Oats	 Banana
	 Apple		 Carrot Sticks	 Yogurt Overnight Oats	 Hummus Dippers	 Hummus Dippers
Meal 3	 White Bean Chicken Chili	 White Bean Chicken Chili	 Lentil Masala Soup	 Fajita Steak Salad	 Salmon & Rice Bowl	 Ginger Beef Stir Fry
Optional Snack	 Almonds & Dark Chocolate	 Yogurt with Pear	 Yogurt with Pear	 Greek Yogurt	 Greek Yogurt	 Cottage Cheese & Orange

Mon	Tue	Wed	Thu	Fri	Sat
Fat <div><div></div></div> 41% Carbs <div><div></div></div> 36% Protein <div><div></div></div> 23%	Fat <div><div></div></div> 37% Carbs <div><div></div></div> 35% Protein <div><div></div></div> 28%	Fat <div><div></div></div> 37% Carbs <div><div></div></div> 37% Protein <div><div></div></div> 26%	Fat <div><div></div></div> 45% Carbs <div><div></div></div> 32% Protein <div><div></div></div> 23%	Fat <div><div></div></div> 43% Carbs <div><div></div></div> 29% Protein <div><div></div></div> 28%	Fat <div><div></div></div> 43% Carbs <div><div></div></div> 32% Protein <div><div></div></div> 25%
Calories 2002	Calories 1886	Calories 2073	Calories 1706	Calories 1930	Calories 2178
Fat 93g	Fat 78g	Fat 85g	Fat 87g	Fat 92g	Fat 105g
Carbs 184g	Carbs 170g	Carbs 193g	Carbs 138g	Carbs 143g	Carbs 180g
Fiber 33g	Fiber 27g	Fiber 30g	Fiber 27g	Fiber 26g	Fiber 30g
Sugar 53g	Sugar 42g	Sugar 47g	Sugar 35g	Sugar 37g	Sugar 62g
Protein 116g	Protein 132g	Protein 135g	Protein 97g	Protein 136g	Protein 140g
Cholesterol 577mg	Cholesterol 610mg	Cholesterol 777mg	Cholesterol 704mg	Cholesterol 710mg	Cholesterol 722mg
Sodium 3783mg	Sodium 3917mg	Sodium 4385mg	Sodium 1854mg	Sodium 2060mg	Sodium 3603mg
Vitamin A 2634IU	Vitamin A 3798IU	Vitamin A 21980IU	Vitamin A 18098IU	Vitamin A 10256IU	Vitamin A 12649IU
Vitamin C 50mg	Vitamin C 61mg	Vitamin C 95mg	Vitamin C 269mg	Vitamin C 210mg	Vitamin C 364mg
Calcium 1127mg	Calcium 1557mg	Calcium 1309mg	Calcium 916mg	Calcium 942mg	Calcium 684mg
Iron 19mg	Iron 16mg	Iron 17mg	Iron 14mg	Iron 12mg	Iron 15mg
Vitamin D 130IU	Vitamin D 229IU	Vitamin D 270IU	Vitamin D 258IU	Vitamin D 1239IU	Vitamin D 480IU
Folate 353µg	Folate 346µg	Folate 267µg	Folate 504µg	Folate 275µg	Folate 390µg
Magnesium 535mg	Magnesium 427mg	Magnesium 270mg	Magnesium 268mg	Magnesium 340mg	Magnesium 364mg

Fruits

- ☐ 1 3/4 Apple
- ☐ 1 1/3 Avocado
- ☐ 1 Banana
- ☐ 1/2 cup Blackberries
- ☐ 1 cup Blueberries
- ☐ 2/3 Lime
- ☐ 1 1/3 tbsps Lime Juice
- ☐ 1 Navel Orange
- ☐ 1 Pear
- ☐ 1/2 cup Raspberries

Breakfast

- ☐ 1 1/8 tbsps Maple Syrup
- ☐ 6 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 2 tbsps Almonds
- ☐ 2 tps Chili Powder
- ☐ 1 tsp Cumin
- ☐ 1 1/2 tps Garam Masala
- ☐ 1 tsp Garlic Powder
- ☐ 1 tsp Ground Ginger
- ☐ 3/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 tsp Sesame Seeds
- ☐ 1/2 tsp Turmeric

Frozen

- ☐ 2 Brown Rice Tortilla
- ☐ 3 cups Cauliflower Rice
- ☐ 1/3 cup Frozen Corn

Vegetables

- ☐ 4 cups Baby Spinach
- ☐ 2 1/4 Carrot
- ☐ 8 1/2 stalks Celery
- ☐ 1/3 cup Cherry Tomatoes
- ☐ 1 1/3 cups Cilantro
- ☐ 2 1/4 Cucumber
- ☐ 1/4 cup Fresh Dill
- ☐ 4 1/3 Garlic
- ☐ 1 1/2 tps Ginger
- ☐ 1/8 head Green Lettuce
- ☐ 2/3 Jalapeno Pepper
- ☐ 2 cups Kale Leaves
- ☐ 1 1/2 cups Mushrooms
- ☐ 2 1/8 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 5 1/3 leaves Romaine
- ☐ 1 1/2 cups Snap Peas
- ☐ 2/3 Sweet Onion
- ☐ 1/2 Tomato
- ☐ 1 Yellow Bell Pepper
- ☐ 1/4 Yellow Onion
- ☐ 2 Yellow Potato

Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 1/2 cup Canned Coconut Milk
- ☐ 2 cups Chicken Broth
- ☐ 1 1/2 cups Diced Tomatoes
- ☐ 1/2 cup Dry Red Lentils
- ☐ 1 cup Jasmine Rice
- ☐ 1/2 cup Salsa
- ☐ 75 grams Seed Crackers
- ☐ 1 1/2 cans Tuna
- ☐ 2 cups Vegetable Broth
- ☐ 2 cups White Navy Beans

Baking

- ☐ 1 1/2 tps Arrowroot Powder
- ☐ 25 grams Dark Chocolate
- ☐ 1 tbsp Honey

Bread, Fish, Meat & Cheese

- ☐ 227 grams Beef Tenderloin
- ☐ 2 slices Bread
- ☐ 85 grams Chicken Breast, Cooked
- ☐ 302 grams Chicken Thighs
- ☐ 454 grams Extra Lean Ground Chicken
- ☐ 1/4 cup Feta Cheese
- ☐ 151 grams Flank Steak
- ☐ 227 grams Salmon Fillet
- ☐ 339 grams Sliced Turkey Breast
- ☐ 112 grams Smoked Salmon
- ☐ 99 grams Sourdough Bread
- ☐ 126 grams Swiss Cheese
- ☐ 243 grams Tofu
- ☐ 2 slices Turkey Bacon

Condiments & Oils

- ☐ 2 tbsps Coconut Aminos
- ☐ 1 1/3 tbsps Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 cup Kimchi
- ☐ 1/3 cup Mayonnaise
- ☐ 1 1/2 tbsps Rice Vinegar
- ☐ 1 tsp Sriracha
- ☐ 2 tbsps Sunflower Seed Butter
- ☐ 3 3/4 tbsps Tamari

Cold

- ☐ 2 tps Butter
- ☐ 1 cup Cottage Cheese
- ☐ 1/2 cup Cow's Milk, Whole
- ☐ 14 Egg
- ☐ 1 cup Hummus
- ☐ 4 cups Plain Greek Yogurt

Other

- ☐ 2 1/16 cups Water

-
- ☐ **1/2 cup Oats**
 - ☐ **1 tsp Vanilla Extract**



Eggs & Toast

1 serving

5 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 Egg
- 1 slice Bread (toasted)

Nutrition

Amount per serving	
Calories	261
Fat	16g
Carbs	13g
Fiber	1g
Sugar	3g
Protein	14g
Cholesterol	372mg
Sodium	270mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	71mg
Iron	2mg
Vitamin D	82IU
Folate	47µg
Magnesium	20mg

Directions

- 1 Heat oil in a medium pan over medium heat. Crack the eggs into the pan and cook until done to your liking.
- 2 Transfer the eggs to a plate and serve with toast. Enjoy!



Spinach & Salsa Omelette

1 serving
10 minutes

Ingredients

2 tsps Extra Virgin Olive Oil (divided)
2 cups Baby Spinach
3 Egg
Sea Salt & Black Pepper (to taste)
1/4 cup Salsa

Nutrition

Amount per serving	
Calories	327
Fat	24g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	22g
Cholesterol	558mg
Sodium	723mg
Vitamin A	6736IU
Vitamin C	18mg
Calcium	163mg
Iron	5mg
Vitamin D	123IU
Folate	190µg
Magnesium	75mg

Directions

- 1 Heat half of the oil in a non-stick pan over medium heat. Add the spinach and cook until tender and wilted. Transfer the cooked spinach to a plate and set aside.
- 2 Whisk the eggs in a small bowl and season with salt and pepper to taste. Add the remaining oil to the pan. Add the eggs and cook until almost set. Place the salsa and cooked spinach on one half of the omelette and fold the other half over top. Remove from heat and enjoy!



Sourdough Bread

1 serving

1 minute

Ingredients

50 grams Sourdough Bread

Nutrition

Amount per serving	
Calories	124
Fat	0g
Carbs	24g
Fiber	1g
Sugar	0g
Protein	5g
Cholesterol	0mg
Sodium	239mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	0mg
Iron	1mg
Vitamin D	0IU
Folate	0µg
Magnesium	0mg

Directions

1

Top with your desired spread or filling, or serve as a side to soups, salads or entree. Enjoy!



Smoked Salmon & Feta Omelette

1 serving

5 minutes

Ingredients

2 Egg
2 tbsps Fresh Dill (finely chopped,
divided)
1 tsp Butter
2 tbsps Feta Cheese (crumbled)
56 grams Smoked Salmon

Nutrition

Amount per serving	
Calories	293
Fat	20g
Carbs	2g
Fiber	0g
Sugar	0g
Protein	26g
Cholesterol	412mg
Sodium	733mg
Vitamin A	872IU
Vitamin C	1mg
Calcium	158mg
Iron	2mg
Vitamin D	469IU
Folate	56µg
Magnesium	26mg

Directions

- 1 In a bowl, add the eggs and half of the dill. Whisk well to combine.
- 2 In a non-stick skillet over medium heat, add the butter. Once hot, pour the egg mixture into the skillet and let it cook until almost set. Place the feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Top with smoked salmon and the remaining dill. Enjoy!



Boiled Potato

2 servings

15 minutes

Ingredients

1 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!



Turkey & Apple Rice Cakes

1 serving

5 minutes

Ingredients

42 grams Swiss Cheese (sliced)
113 grams Sliced Turkey Breast
1/4 Apple (sliced)
2 Plain Rice Cake
1 tsp Dijon Mustard
1 tsp Honey

Directions

1

Layer on the cheese, turkey breast, and sliced apples onto each rice cake. Drizzle with dijon mustard and honey. Enjoy!

Nutrition

Amount per serving	
Calories	403
Fat	18g
Carbs	30g
Fiber	2g
Sugar	11g
Protein	30g
Cholesterol	94mg
Sodium	1153mg
Vitamin A	464IU
Vitamin C	2mg
Calcium	394mg
Iron	1mg
Vitamin D	7IU
Folate	14µg
Magnesium	61mg



Cucumber Slices

1 serving

5 minutes

Ingredients

1/2 Cucumber

Directions

- 1 Slice the cucumber and enjoy!

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



Hummus & Veggies Snack Box

1 serving

5 minutes

Ingredients

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

Directions

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

Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	22g
Fiber	7g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	329mg
Vitamin A	2263IU
Vitamin C	83mg
Calcium	68mg
Iron	2mg
Vitamin D	0IU
Folate	89µg
Magnesium	65mg



Kimchi & Tofu Rice Bowls

2 servings

35 minutes

Ingredients

1/2 cup Brown Rice (uncooked)
243 grams Tofu (extra-firm, pressed and cubed)
1 1/2 tbsps Tamari (divided)
1 1/2 tbsps Rice Vinegar (divided)
1 1/2 tsps Arrowroot Powder
2 tbsps Sunflower Seed Butter
1 tbsp Water
1 cup Kimchi
1/4 Cucumber (thinly sliced)

Nutrition

Amount per serving	
Calories	401
Fat	17g
Carbs	46g
Fiber	5g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	1136mg
Vitamin A	118IU
Vitamin C	1mg
Calcium	391mg
Iron	6mg
Vitamin D	0IU
Folate	104µg
Magnesium	167mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 While the oven preheats, cook the brown rice according to package directions and set aside when finished cooking.
- 3 Add the tofu cubes to a bowl and gently toss with 1/3 of the tamari and 1/3 of the rice vinegar. 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, pour the remaining tamari, remaining rice vinegar, sunflower seed butter, and water into a mason jar and shake to combine.
- 5 Divide the rice, tofu, kimchi and cucumber into bowls. Drizzle with the sunflower seed butter sauce. Enjoy!



Chicken BLT Wrap

2 servings

15 minutes

Ingredients

2 slices Turkey Bacon
2 tsps Mayonnaise
2 Brown Rice Tortilla
1/2 Tomato (medium, sliced)
1/8 head Green Lettuce (chopped)
85 grams Chicken Breast, Cooked
(shredded)

Directions

- 1 Heat a skillet over medium heat. Cook the turkey bacon for five minutes on each side or until cooked to your desired crispiness.
- 2 Spread the mayonnaise onto the tortilla. Add the tomato, lettuce, chicken, and turkey bacon to the tortilla. Roll up the tortilla tightly and enjoy!

Nutrition

Amount per serving	
Calories	272
Fat	9g
Carbs	28g
Fiber	3g
Sugar	3g
Protein	18g
Cholesterol	55mg
Sodium	338mg
Vitamin A	546IU
Vitamin C	5mg
Calcium	12mg
Iron	1mg
Vitamin D	1IU
Folate	10µg
Magnesium	18mg



Ginger Chicken Bowl

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 3 cups Cauliflower Rice
- 454 grams Extra Lean Ground Chicken
- 2 tbsps Coconut Aminos
- 1 tsp Ground Ginger
- 1 tsp Garlic Powder
- 1/2 Cucumber (sliced)
- 1 Carrot (medium, peeled, and grated)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	476
Fat	25g
Carbs	17g
Fiber	5g
Sugar	9g
Protein	44g
Cholesterol	195mg
Sodium	469mg
Vitamin A	5310IU
Vitamin C	67mg
Calcium	70mg
Iron	3mg
Vitamin D	0IU
Folate	15µg
Magnesium	65mg

Directions

- 1 Heat a skillet over medium heat. Add half the oil and then the cauliflower rice. Sauté for five to seven minutes, then remove and set aside.
- 2 In the same pan, over medium-high heat, add the remaining oil and ground chicken and cook for five minutes, breaking apart into smaller pieces.
- 3 Add in coconut aminos, ginger, and garlic. Cook for another five minutes, until cooked through and golden.
- 4 Divide the cauliflower rice onto plates. Top with the ground chicken, cucumber, carrots, and cilantro. Enjoy!



Tuna & Crackers

1 serving

5 minutes

Ingredients

1/2 can Tuna (drained)
1 tbsp Mayonnaise
Sea Salt & Black Pepper (to taste)
25 grams Seed Crackers

Nutrition

Amount per serving	
Calories	276
Fat	15g
Carbs	16g
Fiber	4g
Sugar	0g
Protein	19g
Cholesterol	36mg
Sodium	438mg
Vitamin A	56IU
Vitamin C	0mg
Calcium	71mg
Iron	2mg
Vitamin D	40IU
Folate	4µg
Magnesium	69mg

Directions

- 1 Mash the tuna with a fork in a bowl. Mix in the mayonnaise and season with salt and pepper.
- 2 Serve tuna mixture with the crackers. 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.



Carrot Sticks

1 serving

5 minutes

Ingredients

1 Carrot (medium)

Directions

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

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



Yogurt Overnight Oats

2 servings

8 hours

Ingredients

1 cup Plain Greek Yogurt
1/2 cup Cow's Milk, Whole
2 tsps Maple Syrup
1 tsp Vanilla Extract
1/2 cup Oats
1/2 cup Blackberries
1/2 cup Raspberries

Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

Nutrition

Amount per serving	
Calories	259
Fat	6g
Carbs	35g
Fiber	6g
Sugar	14g
Protein	16g
Cholesterol	23mg
Sodium	99mg
Vitamin A	811IU
Vitamin C	23mg
Calcium	354mg
Iron	2mg
Vitamin D	81IU
Folate	25µg
Magnesium	50mg



Banana

1 serving

1 minute

Ingredients

1 Banana

Directions

- 1 Peel and enjoy!

Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	6mg
Iron	0mg
Vitamin D	0IU
Folate	24µg
Magnesium	32mg



Hummus Dippers

1 serving
15 minutes

Ingredients

1/4 Yellow Bell Pepper
1/4 Carrot
1 stalk Celery
1/4 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!



White Bean Chicken Chili

4 servings

40 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
2/3 Sweet Onion (medium, chopped)
2/3 Jalapeno Pepper (seeded and chopped)
2/3 Red Bell Pepper (chopped)
1 1/3 Garlic (cloves, minced)
1 tsp Cumin
2 tsps Chili Powder
1/3 tsp Sea Salt
2 cups Chicken Broth (divided)
2 cups White Navy Beans (cooked and divided)
302 grams Chicken Thighs (boneless, skinless)
1/3 cup Frozen Corn
1/3 cup Cilantro (chopped)
2/3 Lime (sliced into wedges)

Directions

- 1 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 2 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 3 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
- 4 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 5 Divide the chili into bowls and serve with a lime wedge. Enjoy!

Nutrition

Amount per serving	
Calories	290
Fat	7g
Carbs	34g
Fiber	11g
Sugar	5g
Protein	25g
Cholesterol	74mg
Sodium	776mg
Vitamin A	1190IU
Vitamin C	35mg



Calcium	99mg
Iron	4mg
Vitamin D	1IU
Folate	160µg
Magnesium	84mg



Lentil Masala Soup

2 servings
30 minutes

Ingredients

3/4 tsp Coconut Oil
1/4 cup Red Onion (finely diced)
2 Garlic (cloves, minced)
1/2 tsp Turmeric
1 1/2 tsps Garam Masala
1/2 tsp Sea Salt
1/2 cup Cilantro (finely diced)
2 cups Vegetable Broth
1 1/2 cups Diced Tomatoes
1/2 cup Dry Red Lentils
1/2 cup Canned Coconut Milk (full fat)
2 cups Kale Leaves (finely sliced)

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g
Cholesterol	0mg
Sodium	1308mg
Vitamin A	2557IU
Vitamin C	42mg
Calcium	118mg
Iron	6mg
Vitamin D	0IU
Folate	20µg
Magnesium	14mg



Fajita Steak Salad

2 servings

30 minutes

Ingredients

2 2/3 tbsps Extra Virgin Olive Oil
(divided)
151 grams Flank Steak
Sea Salt & Black Pepper (to taste)
1 1/3 tbsps Lime Juice
1/3 cup Cilantro
2/3 Yellow Bell Pepper (sliced)
2 2/3 tbsps Red Onion (sliced)
1/3 cup Cherry Tomatoes (halved)
5 1/3 leaves Romaine (chopped)
2/3 Avocado (sliced)

Nutrition

Amount per serving	
Calories	433
Fat	35g
Carbs	15g
Fiber	7g
Sugar	3g
Protein	19g
Cholesterol	51mg
Sodium	56mg
Vitamin A	7117IU
Vitamin C	132mg
Calcium	69mg
Iron	3mg
Vitamin D	3IU
Folate	190µg
Magnesium	60mg

Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add 1/4 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 10 to 15 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 2 Meanwhile, in a blender or food processor, add the remaining oil, lime juice, cilantro, and salt and pepper to taste. Process until smooth and set aside.
- 3 In the same cast iron pan used to cook the steak, turn the heat to medium and add the bell pepper, onion, and tomatoes. Cook until charred in spots and softened, about three to five minutes and then remove and set aside.
- 4 Divide the romaine onto plates and top with steak, onion mixture, and avocado. Add the cilantro dressing and enjoy!



Salmon & Rice Bowl

2 servings

25 minutes

Ingredients

1/2 cup Brown Rice (dry)
2/3 tsp Tamari
2/3 tsp Extra Virgin Olive Oil
227 grams Salmon Fillet (skin removed)
Sea Salt & Black Pepper (to taste)
1 3/4 tbsps Mayonnaise
1 tsp Sriracha
2/3 Avocado (cubed)
1/3 tsp Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	529
Fat	28g
Carbs	42g
Fiber	6g
Sugar	1g
Protein	31g
Cholesterol	63mg
Sodium	354mg
Vitamin A	373IU
Vitamin C	8mg
Calcium	29mg
Iron	2mg
Vitamin D	639IU
Folate	74µg
Magnesium	110mg

Directions

- 1 Cook the rice according to the package directions. When the rice is finished cooking, pour on the tamari and set aside.
- 2 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Once the salmon has cooled, flake with a fork and set aside.
- 3 In a small bowl, mix together the mayonnaise and sriracha.
- 4 Divide the rice into bowls and top with salmon, avocado, and garnish with sesame seeds. Serve with spicy mayo. Enjoy!



Ginger Beef Stir Fry

2 servings

30 minutes

Ingredients

2 tbsps Tamari
1 Garlic (cloves, minced)
1 1/2 tsps Ginger (peeled and grated)
1 1/2 tsps Maple Syrup
1 1/2 tsps Coconut Oil
227 grams Beef Tenderloin (sliced into strips)
1/4 Yellow Onion (diced)
1 1/2 stalks Celery (chopped)
1 1/2 cups Snap Peas
1 1/2 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!



Almonds & Dark Chocolate

1 serving

3 minutes

Ingredients

25 grams Dark Chocolate (at least 70% cacao)
2 tbsps Almonds

Directions

- 1 Divide between bowls. Enjoy!

Nutrition

Amount per serving	
Calories	253
Fat	20g
Carbs	15g
Fiber	5g
Sugar	7g
Protein	6g
Cholesterol	1mg
Sodium	5mg
Vitamin A	10IU
Vitamin C	0mg
Calcium	66mg
Iron	4mg
Vitamin D	0IU
Folate	8µg
Magnesium	105mg



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



Greek Yogurt

1 serving

5 minutes

Ingredients

1/2 cup Plain Greek Yogurt

Directions

- 1 Scoop into a bowl and enjoy!

Nutrition

Amount per serving	
Calories	90
Fat	2g
Carbs	6g
Fiber	0g
Sugar	3g
Protein	11g
Cholesterol	17mg
Sodium	70mg
Vitamin A	625IU
Vitamin C	7mg
Calcium	250mg
Iron	0mg
Vitamin D	50IU
Folate	0µg
Magnesium	0mg



Cottage Cheese & Orange

1 serving

5 minutes

Ingredients

- 1 Navel Orange (large, chopped)
- 1 cup Cottage Cheese

Directions

- 1 Serve the chopped orange with the cottage cheese. Enjoy!

Nutrition

Amount per serving	
Calories	274
Fat	9g
Carbs	25g
Fiber	3g
Sugar	18g
Protein	25g
Cholesterol	36mg
Sodium	663mg
Vitamin A	640IU
Vitamin C	83mg
Calcium	235mg
Iron	0mg
Vitamin D	6IU
Folate	73µg
Magnesium	32mg