























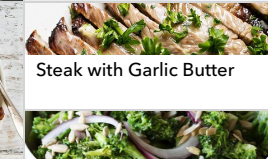
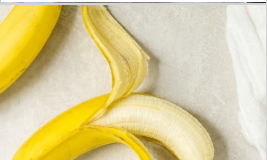
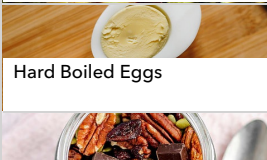

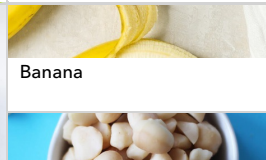

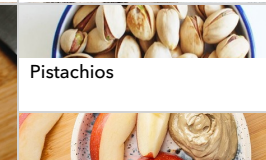








Herb + Spice

NM - Meal Plan

[Lisa Hayne](#)

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Brownie Protein Pancakes	 Mocha Overnight Protein Oats	 Strawberry Almond Protein Smoothie	 Peanut Butter Cup Overnight Oats	 Chocolate Cherry Chia Pudding	 Raspberry Zinger Smoothie	 Vanilla Protein Pancakes
Snack 1	 Toast with Nut Butter, Banana & Hemp Seeds	 Yogurt with Pear	 Peanut Butter Banana Oat Smoothie	 Post Workout Green Smoothie	 Almond, Chia & Banana Toast	 Peanut Butter Banana Oat Smoothie	 No Bake Chocolate Almond Protein Bars
Lunch	 Eggs & Rice Breakfast Bowl	 One Pan Bacon, Eggs & Brussels Sprouts	 Simple Tuna Salad	 Slow Cooker Honey Garlic Chicken	 Greek Burger	 Steak with Oven-Roasted Vegetables	 Steak with Garlic Butter
Snack 2	 Banana	 Hard Boiled Eggs	 Toasted Trail Mix	 Banana	 Hard Boiled Eggs	 Pistachios	 Whipped Ricotta & Avocado Toast
Dinner	 One Pan Steak, Potatoes & Broccoli	 Turmeric Chicken with Brown Rice	 Hummus-Crusted Chicken with Turmeric Rice	 Baked Salmon with Broccoli & Quinoa	 Cauliflower, Kale & Sausage Bowl	 Baked Salmon with Broccoli & Quinoa	 Chicken & Broccoli Slaw with Peanut Sauce

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 42%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 46%	Fat	<div><div></div></div> 55%	Fat	<div><div></div></div> 48%	Fat	<div><div></div></div> 51%
Carbs	<div><div></div></div> 43%	Carbs	<div><div></div></div> 35%	Carbs	<div><div></div></div> 34%	Carbs	<div><div></div></div> 33%	Carbs	<div><div></div></div> 27%	Carbs	<div><div></div></div> 31%	Carbs	<div><div></div></div> 22%
Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 23%	Protein	<div><div></div></div> 23%	Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 27%
Calories	2235	Calories	2201	Calories	2063	Calories	2207	Calories	2106	Calories	2355	Calories	2202
Fat	98g	Fat	105g	Fat	104g	Fat	118g	Fat	132g	Fat	133g	Fat	128g
Carbs	244g	Carbs	198g	Carbs	188g	Carbs	190g	Carbs	144g	Carbs	191g	Carbs	128g
Fiber	40g	Fiber	38g	Fiber	35g	Fiber	39g	Fiber	35g	Fiber	51g	Fiber	29g
Sugar	54g	Sugar	32g	Sugar	70g	Sugar	71g	Sugar	43g	Sugar	64g	Sugar	38g
Protein	106g	Protein	133g	Protein	125g	Protein	122g	Protein	99g	Protein	134g	Protein	152g
Cholesterol	464mg	Cholesterol	908mg	Cholesterol	176mg	Cholesterol	293mg	Cholesterol	806mg	Cholesterol	206mg	Cholesterol	695mg
Sodium	1708mg	Sodium	1177mg	Sodium	1200mg	Sodium	1428mg	Sodium	2238mg	Sodium	931mg	Sodium	3708mg
Vitamin A	6835IU	Vitamin A	3785IU	Vitamin A	4980IU	Vitamin A	6069IU	Vitamin A	2997IU	Vitamin A	4406IU	Vitamin A	10038IU
Vitamin C	270mg	Vitamin C	268mg	Vitamin C	163mg	Vitamin C	354mg	Vitamin C	127mg	Vitamin C	377mg	Vitamin C	309mg
Calcium	1269mg	Calcium	1206mg	Calcium	1305mg	Calcium	757mg	Calcium	1121mg	Calcium	1559mg	Calcium	681mg
Iron	18mg	Iron	20mg	Iron	16mg	Iron	15mg	Iron	20mg	Iron	20mg	Iron	16mg
Magnesium	659mg	Magnesium	564mg	Magnesium	686mg	Magnesium	638mg	Magnesium	373mg	Magnesium	555mg	Magnesium	414mg
Zinc	15mg	Zinc	13mg	Zinc	12mg	Zinc	12mg	Zinc	9mg	Zinc	21mg	Zinc	26mg
Selenium	111µg	Selenium	139µg	Selenium	167µg	Selenium	137µg	Selenium	78µg	Selenium	122µg	Selenium	150µg

**Fruits**

- ☐ 2 Apple
- ☐ 3 Avocado
- ☐ 13 1/2 Banana
- ☐ 3/4 cup Cherries
- ☐ 1 Green Apple
- ☐ 3 1/2 Lemon
- ☐ 1 Lime
- ☐ 1 Pear
- ☐ 1 1/2 cups Strawberries

**Breakfast**

- ☐ 1 cup All Natural Peanut Butter
- ☐ 3/4 cup Almond Butter
- ☐ 1 cup Coffee
- ☐ 2 tbsps Macadamia Nut Butter
- ☐ 1/2 cup Maple Syrup

**Seeds, Nuts & Spices**

- ☐ 1 cup Almonds
- ☐ 3/4 tsp Black Pepper
- ☐ 1/2 tsp Celery Salt
- ☐ 3/4 cup Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 1/3 tsp Cinnamon
- ☐ 3 tbsps Ground Flax Seed
- ☐ 1 tbsp Hemp Seeds
- ☐ 1 tbsp Italian Seasoning
- ☐ 1 1/3 cups Macadamia Nuts
- ☐ 1 cup Pecans
- ☐ 1 cup Pistachios, In Shell
- ☐ 1 cup Pumpkin Seeds
- ☐ 1 1/4 cups Raw Peanuts
- ☐ 1 1/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 cup Sunflower Seeds
- ☐ 2 tps Turmeric

**Frozen**

- ☐ 1 cup Frozen Cauliflower
- ☐ 1 cup Frozen Raspberries

**Vegetables**

- ☐ 1/4 cup Arugula
- ☐ 10 cups Baby Spinach
- ☐ 37 cups Broccoli
- ☐ 4 cups Broccoli Slaw
- ☐ 6 cups Brussels Sprouts
- ☐ 1 1/2 heads Cauliflower
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 1/4 cup Cilantro
- ☐ 1/2 Cucumber
- ☐ 7 Garlic
- ☐ 1 tbsp Ginger
- ☐ 3 cups Green Beans
- ☐ 5 stalks Green Onion
- ☐ 3 cups Kale Leaves
- ☐ 4 cups Mini Potatoes
- ☐ 1/2 tsp Mint Leaves
- ☐ 3 cups Napa Cabbage
- ☐ 1 tsp Parsley
- ☐ 1 Red Bell Pepper
- ☐ 3/4 cup Red Onion
- ☐ 1 tbsp Rosemary
- ☐ 1 Tomato
- ☐ 4 Yellow Potato

**Boxed & Canned**

- ☐ 2 cups Brown Rice
- ☐ 1 cup Jasmine Rice
- ☐ 2 cups Quinoa
- ☐ 2 cans Tuna

**Baking**

- ☐ 1 tbsp Baking Powder
- ☐ 1/4 cup Cacao Nibs
- ☐ 1/2 cup Chickpea Flour
- ☐ 1/3 cup Cocoa Powder
- ☐ 2 ozs Dark Chocolate
- ☐ 1/2 cup Dark Chocolate Chips
- ☐ 3/4 cup Dried Unsweetened Cranberries
- ☐ 5 1/2 cups Oats
- ☐ 1/2 cup Raisins

**Bread, Fish, Meat & Cheese**

- ☐ 4 slices Bacon
- ☐ 2 1/4 lbs Chicken Breast
- ☐ 8 ozs Chicken Sausage
- ☐ 3 lbs Chicken Thighs
- ☐ 1/4 cup Feta Cheese
- ☐ 1 lb Flat Iron Steak
- ☐ 2 slices Gluten-Free Bread
- ☐ 1 1/4 cups Hummus
- ☐ 1 1/4 lbs Lean Beef Patty
- ☐ 12 ozs Ribeye Steak, Bone-In
- ☐ 1/4 cup Ricotta Cheese
- ☐ 2 1/2 lbs Salmon Fillet
- ☐ 1 3/4 ozs Sourdough Bread
- ☐ 8 ozs Top Sirloin Steak
- ☐ 2 slices Whole Grain Bread
- ☐ 8 ozs Whole Wheat Hamburger Buns

**Condiments & Oils**

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 1/2 cup Avocado Oil
- ☐ 1/3 cup Coconut Oil
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Mayonnaise
- ☐ 1/4 cup Tahini
- ☐ 1 tbsp Tamari

**Cold**

- ☐ 3 tbsps Butter
- ☐ 24 Egg
- ☐ 1 cup Plain Coconut Milk
- ☐ 2 cups Plain Greek Yogurt
- ☐ 1/4 cup Tzatziki
- ☐ 9 1/4 cups Unsweetened Almond Milk

**Other**

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



- 
- ☐ 2 tbsps Raw Honey
  - ☐ 1/3 cup Unsweetened Shredded Coconut
  - ☐ 1 tsp Vanilla Extract



## Brownie Protein Pancakes

2 servings

15 minutes

### Ingredients

2 tbsps Ground Flax Seed  
 1/3 cup Water  
 1/2 cup Chickpea Flour  
 1/2 cup Chocolate Protein Powder  
 1 tbsp Cocoa Powder  
 1 tbsp Baking Powder  
 1 cup Unsweetened Almond Milk (or water)  
 1/4 cup Dark Chocolate Chips  
 1 1/2 tsps Coconut Oil

### Nutrition

Amount per serving	
Calories	444
Fat	19g
Carbs	37g
Fiber	6g
Sugar	17g
Protein	29g
Cholesterol	4mg
Sodium	866mg
Vitamin A	259IU
Vitamin C	0mg
Calcium	773mg
Iron	4mg
Magnesium	110mg
Zinc	2mg
Selenium	9µg

### Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

### Notes

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

**Save Time:** Make the pancake batter in a blender.

**Toppings:** Maple syrup, honey, fresh fruit, granola, seeds or nuts.

**Leftovers:** Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

**No Chickpea Flour:** Try oat flour instead. Results may vary.



## Mocha Overnight Protein Oats

4 servings

8 hours

### Ingredients

2 cups Oats (rolled)  
1/4 cup Chia Seeds  
1/4 cup Cocoa Powder  
1/2 cup Chocolate Protein Powder  
2 cups Unsweetened Almond Milk  
1 cup Coffee (brewed and chilled)  
1/4 cup Cacao Nibs

### Nutrition

Amount per serving	
Calories	328
Fat	12g
Carbs	40g
Fiber	12g
Sugar	0g
Protein	19g
Cholesterol	2mg
Sodium	104mg
Vitamin A	250IU
Vitamin C	0mg
Calcium	384mg
Iron	4mg
Magnesium	152mg
Zinc	3mg
Selenium	16µg

### Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

### Notes

Leftovers: Refrigerate in an airtight container for up to four days.





## Strawberry Almond Protein Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g
Cholesterol	4mg
Sodium	244mg
Vitamin A	726IU
Vitamin C	137mg
Calcium	809mg
Iron	3mg
Magnesium	194mg
Zinc	3mg
Selenium	9µg

### Directions

1

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

### Notes

**Nut-Free:** Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

**No Almond Milk:** Use coconut milk or cashew milk instead.

**Smoothie Consistency:** If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber:** Add in some chopped leafy greens like spinach or kale.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.



## 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

### Nutrition

Amount per serving	
Calories	375
Fat	18g
Carbs	46g
Fiber	8g
Sugar	11g
Protein	12g
Cholesterol	0mg
Sodium	89mg
Vitamin A	250IU
Vitamin C	0mg
Calcium	322mg
Iron	3mg
Magnesium	136mg
Zinc	2mg
Selenium	13µg

### 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!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

**Toppings:** Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

**Warm it Up:** Heat in microwave for 30 to 60 seconds before eating.

**No Maple Syrup:** Use honey instead.

**More Fiber:** Add ground flaxseed.



## Chocolate Cherry Chia Pudding

2 servings

30 minutes

### Ingredients

1/4 cup Chia Seeds  
1 cup Plain Coconut Milk  
(unsweetened, from the carton)  
1/4 cup Chocolate Protein Powder  
3/4 cup Cherries (pitted)  
1 tbsp Unsweetened Shredded  
Coconut

### Nutrition

Amount per serving	
Calories	255
Fat	12g
Carbs	24g
Fiber	8g
Sugar	11g
Protein	14g
Cholesterol	2mg
Sodium	38mg
Vitamin A	287IU
Vitamin C	4mg
Calcium	424mg
Iron	3mg
Magnesium	100mg
Zinc	1mg
Selenium	3µg

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**No Protein Powder:** Use raw cacao powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.





## Raspberry Zinger Smoothie

1 serving

10 minutes

### Ingredients

1 cup Frozen Cauliflower  
1 cup Frozen Raspberries  
1 Lemon (juiced)  
1/4 cup Vanilla Protein Powder  
1 tbsp Chia Seeds  
1 1/2 cups Unsweetened Almond Milk

### Directions

1

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

### Notes

**No Protein Powder:** Use 1/4 cup hemp seeds per serving instead.

### Nutrition

Amount per serving	
Calories	312
Fat	10g
Carbs	36g
Fiber	16g
Sugar	12g
Protein	27g
Cholesterol	4mg
Sodium	317mg
Vitamin A	873IU
Vitamin C	100mg
Calcium	925mg
Iron	4mg
Magnesium	159mg
Zinc	2mg
Selenium	8µg



## Vanilla Protein Pancakes

2 servings

15 minutes

### Ingredients

2 Banana (plus extra for topping)  
4 Egg  
1/2 cup Vanilla Protein Powder  
1 tbsp Coconut Oil

### Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g
Cholesterol	376mg
Sodium	181mg
Vitamin A	616IU
Vitamin C	10mg
Calcium	176mg
Iron	2mg
Magnesium	91mg
Zinc	3mg
Selenium	38µg

### Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to one month.

**Serving Size:** One serving is approximately two pancakes.

**Additional Toppings:** Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



## Toast with Nut Butter, Banana & Hemp Seeds

1 serving

5 minutes

### Ingredients

2 slices Whole Grain Bread (toasted)  
2 tbsps Almond Butter  
1/2 Banana (sliced)  
1 tbsp Hemp Seeds  
1/8 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	519
Fat	26g
Carbs	56g
Fiber	11g
Sugar	14g
Protein	21g
Cholesterol	0mg
Sodium	318mg
Vitamin A	40IU
Vitamin C	5mg
Calcium	206mg
Iron	4mg
Magnesium	238mg
Zinc	4mg
Selenium	29µg

### Directions

1

Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

### Notes

**No Hemp Seeds:** Omit or use sunflower seeds or pumpkin seeds instead.

**Gluten-Free:** Use a certified gluten-free bread.

**Nut-Free:** Use sunflower seed butter instead.





Yogurt with Pear

2 servings  
5 minutes

Ingredients

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

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
Magnesium	6mg
Zinc	0mg
Selenium	0µg

Directions

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

Notes

- Dairy-Free:** Use coconut or almond yogurt instead of Greek yogurt.
- No Pear:** Use any type of fresh fruit instead.
- Likes it Sweet:** Drizzle with honey or maple syrup.



## Peanut Butter Banana Oat Smoothie

2 servings

5 minutes

### Ingredients

1/2 cup Oats (quick or traditional)  
1/4 cup All Natural Peanut Butter  
2 Banana  
1 cup Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	389
Fat	20g
Carbs	48g
Fiber	7g
Sugar	18g
Protein	12g
Cholesterol	0mg
Sodium	88mg
Vitamin A	325IU
Vitamin C	10mg
Calcium	258mg
Iron	2mg
Magnesium	122mg
Zinc	2mg
Selenium	8µg

### Directions

1

Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

### Notes

**No Banana:** Sweeten with raw honey, maple syrup or a few soaked dates.

**No Peanut Butter:** Use any nut or seed butter.

**Storage:** Store in a mason jar with lid in the fridge up to 48 hours.

**More Protein:** Add hemp seeds or a scoop of protein powder.

**More Fibre:** Add ground flax seed.



## Post Workout Green Smoothie

2 servings

5 minutes

### Ingredients

1/4 cup Vanilla Protein Powder  
2 cups Water (cold)  
1/2 Avocado  
1 Banana (frozen)  
2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	182
Fat	8g
Carbs	20g
Fiber	6g
Sugar	8g
Protein	12g
Cholesterol	2mg
Sodium	51mg
Vitamin A	2924IU
Vitamin C	19mg
Calcium	119mg
Iron	1mg
Magnesium	83mg
Zinc	1mg
Selenium	4µg

### Directions

1

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

### Notes

**No Spinach:** Use kale instead.

**No Protein Powder:** Add a few spoonfuls of hemp seeds.





## Almond, Chia & Banana Toast

1 serving

5 minutes

### Ingredients

2 tbsps Almond Butter  
2 slices Gluten-Free Bread (toasted)  
1 tbsp Chia Seeds  
1/4 tsp Cinnamon  
1 Banana (sliced)

### Nutrition

Amount per serving	
Calories	513
Fat	26g
Carbs	63g
Fiber	12g
Sugar	21g
Protein	13g
Cholesterol	0mg
Sodium	258mg
Vitamin A	78IU
Vitamin C	10mg
Calcium	218mg
Iron	3mg
Magnesium	170mg
Zinc	2mg
Selenium	2µg

### Directions

1

Spread the almond butter on top of the toast and top with the chia seeds, cinnamon and banana slices. Enjoy!

### Notes

**Nut-Free:** Use sunflower seed butter instead.

**No Chia Seeds:** Use hemp seeds instead.

**No Almond Butter:** Use another nut butter instead.



## No Bake Chocolate Almond Protein Bars

8 servings

1 hour 15 minutes

### Ingredients

1/2 cup Almond Butter (smooth and drippy)  
 3 tbsps Coconut Oil  
 1/3 cup Maple Syrup  
 1 tsp Vanilla Extract  
 1/2 cup Vanilla Protein Powder  
 1 cup Oats  
 1 tbsp Chia Seeds  
 1/3 cup Unsweetened Shredded Coconut  
 1/4 tsp Sea Salt  
 3 tbsps Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	301
Fat	19g
Carbs	24g
Fiber	4g
Sugar	12g
Protein	10g
Cholesterol	1mg
Sodium	88mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	110mg
Iron	1mg
Magnesium	77mg
Zinc	1mg
Selenium	5µg

### Directions

- 1 Line the pan with parchment paper.
- 2 Add the almond butter, coconut oil, and maple syrup to a small saucepan. Heat over low, stirring with a spatula until smooth and well combined. Remove from heat and stir in the vanilla. Transfer to a large bowl.
- 3 To the same bowl, add the protein powder, oats, chia seeds, shredded coconut, and salt. Stir well to combine. Transfer the mixture to the prepared pan.
- 4 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Drizzle the melted chocolate over the top of the bars and place them in the fridge to set for one hour. Remove the bars from the pan and slice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week or freeze for longer.

**Serving Size:** One serving is equal to one two-inch bar. An 8 x 4-inch pan was used to make eight servings.

**Nut-Free:** Use tahini or sunflower seed butter.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



## Eggs & Rice Breakfast Bowl

3 servings

50 minutes

### Ingredients

1 cup Brown Rice  
1 3/4 cups Water  
1/4 tsp Sea Salt  
6 Egg  
1/2 tsp Coconut Oil  
4 cups Baby Spinach  
1 Avocado (sliced)

### Nutrition

Amount per serving	
Calories	492
Fat	22g
Carbs	55g
Fiber	8g
Sugar	1g
Protein	20g
Cholesterol	372mg
Sodium	381mg
Vitamin A	4389IU
Vitamin C	18mg
Calcium	123mg
Iron	4mg
Magnesium	137mg
Zinc	3mg
Selenium	42µg

### 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 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 2 Meanwhile, bring a medium pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium-high. Set your timer for 8 minutes. Use a spoon to remove the eggs from the pot and run under cold water before peeling.
- 3 In a skillet over medium-low heat, add coconut oil and sauté the spinach until just wilted.
- 4 Scoop the rice into a bowl and top with eggs, spinach and sliced avocado. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Season with chili flakes or hot sauce. Cook the rice with chicken or vegetable broth instead of water.

**Make it Vegan:** Omit the eggs and use a tofu scramble instead.

**Meal Prep:** Make a large batch of all ingredients and store each serving in separate airtight containers.





## One Pan Bacon, Eggs & Brussels Sprouts

4 servings

1 hour

### Ingredients

4 Yellow Potato (medium, diced)  
4 cups Brussels Sprouts (halved)  
2 tbsps Avocado Oil  
Sea Salt & Black Pepper (to taste)  
4 slices Bacon (cut into 1 inch pieces)  
8 Egg

### Nutrition

Amount per serving	
Calories	517
Fat	27g
Carbs	46g
Fiber	8g
Sugar	4g
Protein	24g
Cholesterol	390mg
Sodium	387mg
Vitamin A	1218IU
Vitamin C	117mg
Calcium	120mg
Iron	5mg
Magnesium	85mg
Zinc	3mg
Selenium	39µg

### Directions

- 1 Preheat oven to 390°F (200°C) and brush a sheet pan with some oil.
- 2 Toss the potatoes and brussels sprouts with the avocado oil, sea salt and pepper. Mix in the bacon and transfer to the sheet pan. Bake for 30 minutes.
- 3 Remove the pan from the oven and toss the vegetables gently. Form small 'wells' in the veggies and crack the eggs into them. Return to the oven and bake for 10 more minutes or until eggs are cooked to your liking.
- 4 To serve, use a spatula to lift the eggs and veggies from the pan and divide between plates. Enjoy!

### Notes

**Vegetarian:** Omit the bacon.



## Simple Tuna Salad

2 servings

10 minutes

### Ingredients

2 cans Tuna (drained)  
1 Green Apple (chopped)  
2 stalks Green Onion (finely sliced)  
2 tbsps Mayonnaise  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	287
Fat	12g
Carbs	12g
Fiber	3g
Sugar	9g
Protein	33g
Cholesterol	65mg
Sodium	498mg
Vitamin A	667IU
Vitamin C	2mg
Calcium	40mg
Iron	3mg
Magnesium	44mg
Zinc	1mg
Selenium	117µg

### Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

### Notes

**How to Serve:** Enjoy alone, on crackers, on a sandwich, or over greens.

**Leftovers:** Refrigerate for two to three days.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.





## Slow Cooker Honey Garlic Chicken

4 servings

4 hours

### Ingredients

3 tbsps Extra Virgin Olive Oil  
2 tbsps Raw Honey  
3 Garlic (cloves, minced)  
1 tbsp Chili Powder  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
2 lbs Chicken Thighs (skinless, boneless)  
6 cups Broccoli (chopped into florets)  
1 tbsp Coconut Oil (or organic butter)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	481
Fat	24g
Carbs	20g
Fiber	4g
Sugar	10g
Protein	49g
Cholesterol	213mg
Sodium	908mg
Vitamin A	1500IU
Vitamin C	122mg
Calcium	92mg
Iron	3mg
Magnesium	85mg
Zinc	4mg
Selenium	56µg

### Directions

- 1 Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
- 2 Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
- 3 Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
- 4 Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

### Notes

**No Chicken Thighs:** Use chicken wings, drumsticks or breasts.

**No Slow Cooker:** Marinade the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

**More Carbs:** Serve with rice, potato or quinoa.





## Apple Cranberry Slaw

3 servings

15 minutes

### Ingredients

1 Apple (medium, diced)  
1/4 cup Red Onion (diced)  
1/2 cup Dried Unsweetened Cranberries  
1/4 cup Pumpkin Seeds  
1/2 tsp Celery Salt  
3 cups Napa Cabbage (finely sliced)  
2 tbsps Avocado Oil  
1 tbsp Apple Cider Vinegar

### Directions

1

Combine all ingredients in a large bowl and toss until well combined. Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**More Flavor:** Add ground mustard.

### Nutrition

Amount per serving	
Calories	263
Fat	15g
Carbs	31g
Fiber	6g
Sugar	23g
Protein	5g
Cholesterol	0mg
Sodium	251mg
Vitamin A	122IU
Vitamin C	37mg
Calcium	48mg
Iron	2mg
Magnesium	79mg
Zinc	1mg
Selenium	1µg



## Greek Burger

4 servings

20 minutes

### Ingredients

1 1/4 lbs Lean Beef Patty  
8 ozs Whole Wheat Hamburger Buns  
1/4 cup Tzatziki  
1/4 cup Red Onion (medium, thinly sliced)  
1/2 Cucumber (medium, thinly sliced)  
1/4 cup Feta Cheese  
1/4 cup Arugula

### Nutrition

Amount per serving	
Calories	546
Fat	33g
Carbs	29g
Fiber	4g
Sugar	5g
Protein	32g
Cholesterol	110mg
Sodium	489mg
Vitamin A	159IU
Vitamin C	3mg
Calcium	157mg
Iron	4mg
Magnesium	8mg
Zinc	0mg
Selenium	2µg

### Directions

- 1 Cook burger patties according to package directions.
- 2 On the bottom bun, spread on the tzatziki. Top with the beef patty, red onion, cucumber, feta, arugula, and top bun. Serve immediately and enjoy!

### Notes

**Leftovers:** Refrigerate the cooked burger patties in an airtight container for up to three days. Assemble when ready to serve.

**Serving Size:** One serving is equal to one assembled burger.

**Beef Patty:** Each beef patty is equal to approximately 5 ounces or 142 grams.

**Burger Buns:** Each burger bun is equal to approximately 57 grams or 2 ounces.

**More Flavor:** Swap the red onion for pickled onions for extra flavor.

**Additional Toppings:** Try it with sliced tomatoes, fresh lettuce, or bruschetta.





## Steak with Oven-Roasted Vegetables

2 servings

25 minutes

### Ingredients

12 ozs Ribeye Steak, Bone-in (room temperature)  
Sea Salt & Black Pepper (to taste)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 tbsp Butter  
2 Garlic (cloves, smashed)  
1 tbsp Rosemary (fresh, chopped)  
2 cups Brussels Sprouts (trimmed and halved)  
3 cups Green Beans (washed, trimmed)

### Nutrition

Amount per serving	
Calories	566
Fat	38g
Carbs	22g
Fiber	8g
Sugar	7g
Protein	40g
Cholesterol	124mg
Sodium	182mg
Vitamin A	1913IU
Vitamin C	94mg
Calcium	113mg
Iron	7mg
Magnesium	100mg
Zinc	14mg
Selenium	46µg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the steak very dry with a paper towel. Season liberally with salt and pepper.
- 3 Heat a cast-iron skillet over medium heat until hot. Add 2/3 of the oil. Place the steak in the middle of the skillet and cook for 13 to 15 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides. Reduce the heat and add the butter, garlic, and rosemary, and spoon over the top of the steak until the garlic is slightly browned. Remove and let rest for at least 10 minutes before slicing.
- 4 Meanwhile, toss the brussels sprouts and green beans with the remaining oil, salt, and pepper. Place in the oven and bake until crispy, about 15 to 18 minutes. Divide the vegetables and steak onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Dairy-Free:** Omit the butter.

**Steak Size:** This recipe was tested with a 2-inch (5 cm) steak. Adjust the cooking time as needed based on the thickness of the steak.

**No Extra Virgin Olive Oil:** Use avocado oil.





## Steak with Garlic Butter

2 servings

20 minutes

### Ingredients

- 2 tbsps Butter (room temperature, divided)
- 1 Garlic (clove, minced)
- 1 tsp Parsley
- 2 tsps Sea Salt (divided)
- 1 lb Flat Iron Steak

### Nutrition

Amount per serving	
Calories	449
Fat	30g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	46g
Cholesterol	185mg
Sodium	2546mg
Vitamin A	433IU
Vitamin C	1mg
Calcium	34mg
Iron	6mg
Magnesium	44mg
Zinc	17mg
Selenium	51µg

### Directions

- 1 Mix half of the butter with the garlic, parsley and half of the sea salt. Set aside.
- 2 Heat a cast-iron pan over medium-high heat. Once hot, add the remaining butter. Once the butter is melted, add the steak. Cook for at least 4 minutes before flipping. Cook for at least 4 minutes per side, but up to 10 depending on preference. In the final few minutes, tilt the pan towards you and carefully spoon the butter over top of the steak.
- 3 Remove the steak from the pan and let it rest for 5 minutes. Serve with the garlic butter and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add pepper or red pepper flakes to the butter mixture.

**Additional Toppings:** Caramelized onions and mushrooms.

**Serve it With:** Add to a bed of greens, roasted potatoes or alongside roasted vegetables.



## Creamy Broccoli Salad

4 servings

20 minutes

### Ingredients

8 cups Broccoli (chopped into florets)  
1/4 cup Red Onion (finely sliced)  
1/4 cup Tahini  
1 Lemon (juiced)  
2 tbsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper  
2 tbsps Water  
1/3 cup Sunflower Seeds

### Nutrition

Amount per serving	
Calories	280
Fat	21g
Carbs	20g
Fiber	8g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	226mg
Vitamin A	1147IU
Vitamin C	168mg
Calcium	162mg
Iron	3mg
Magnesium	68mg
Zinc	2mg
Selenium	18µg

### Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
- 3 In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

### Notes

**Likes it Sweet:** Add dried cranberries or diced apple.

**Meat Lover:** Add bacon.



Banana

2 servings  
1 minute

Ingredients

2 Banana

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
Magnesium	32mg
Zinc	0mg
Selenium	1µg

Directions

- 1
- Peel and enjoy!

Notes

More protein: Dip in almond butter.





## 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
Magnesium	12mg
Zinc	1mg
Selenium	31µg

### 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!

### Notes

**Leftovers:** Refrigerate in a covered container with the shell on for up to 7 days.

**Easier to Peel:** Add salt to the water while boiling.



## Pecan Trail Mix

4 servings

5 minutes

### Ingredients

1 cup Pecans  
1/4 cup Pumpkin Seeds  
1/4 cup Dried Unsweetened Cranberries  
2 ozs Dark Chocolate (at least 70%, chopped)

### Nutrition

Amount per serving	
Calories	324
Fat	28g
Carbs	16g
Fiber	5g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	3mg
Vitamin A	21IU
Vitamin C	0mg
Calcium	31mg
Iron	3mg
Magnesium	110mg
Zinc	2mg
Selenium	3µg

### Directions

- 1 Add all of the ingredients into a jar. Shake well until mixed together. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the pantry for up to one month.  
**Serving Size:** One serving equals approximately 1/2 cup.



## Toasted Trail Mix

4 servings

10 minutes

### Ingredients

- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Raisins

### Nutrition

Amount per serving	
Calories	566
Fat	44g
Carbs	32g
Fiber	9g
Sugar	17g
Protein	23g
Cholesterol	0mg
Sodium	161mg
Vitamin A	3IU
Vitamin C	1mg
Calcium	150mg
Iron	5mg
Magnesium	261mg
Zinc	4mg
Selenium	6µg

### Directions

- 1 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 2 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

### Notes

**Serving Size:** One serving is approximately 3/4 cup of the trail mix.

**Serve it With:** Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

**Make it Paleo:** Replace peanuts with another type of nut or seed.

**Storage:** Refrigerate in an air-tight container.

**Other Add-Ins:** Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.





Macadamia Nuts

4 servings  
2 minutes

Ingredients

1 1/3 cups 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
Magnesium	58mg
Zinc	1mg
Selenium	2µg



Pistachios

2 servings  
1 minute

Ingredients

1 cup Pistachios, In Shell

Directions

- 1
- Divide into bowls, peel and enjoy!

Nutrition

Amount per serving	
Calories	318
Fat	26g
Carbs	16g
Fiber	6g
Sugar	4g
Protein	12g
Cholesterol	0mg
Sodium	216mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	40mg
Iron	2mg
Magnesium	0mg
Zinc	0mg
Selenium	0µg



## Apple with Macadamia Nut Butter

1 serving

5 minutes

### Ingredients

- 1 Apple (cored, sliced)
- 2 tbsps Macadamia Nut Butter

### Nutrition

Amount per serving	
Calories	290
Fat	20g
Carbs	29g
Fiber	6g
Sugar	20g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	91mg
Iron	1mg
Magnesium	9mg
Zinc	0mg
Selenium	0µg

### Directions

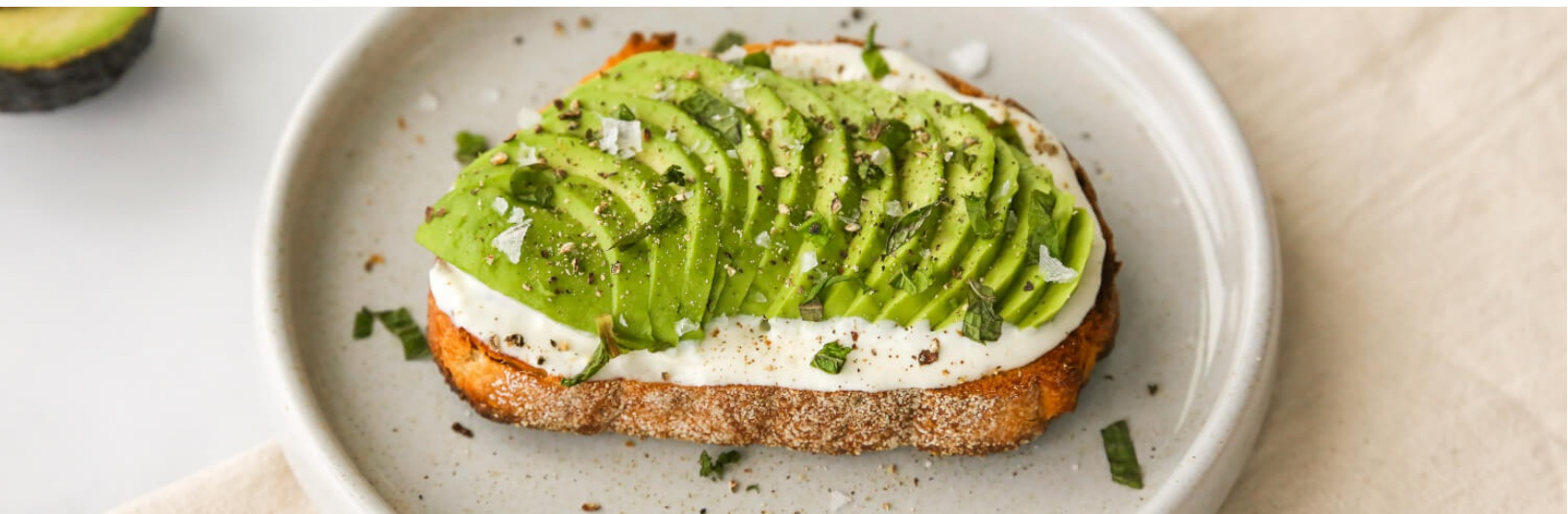
- 1 Serve the apple slices with the macadamia nut butter. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**No Macadamia Nut Butter:** Use sunflower seed butter, tahini, almond butter, or pumpkin seed butter instead.





## Whipped Ricotta & Avocado Toast

1 serving

10 minutes

### Ingredients

1/4 cup Ricotta Cheese  
1/2 Lemon (juice and zested)  
1 3/4 ozs Sourdough Bread (toasted)  
1/2 Avocado (sliced)  
1/2 tsp Mint Leaves (chopped)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	383
Fat	21g
Carbs	39g
Fiber	8g
Sugar	1g
Protein	12g
Cholesterol	30mg
Sodium	314mg
Vitamin A	435IU
Vitamin C	21mg
Calcium	142mg
Iron	2mg
Magnesium	43mg
Zinc	1mg
Selenium	4µg

### Directions

- 1 In a food processor, whip together the ricotta cheese, lemon juice, and zest until smooth.
- 2 Spread the whipped ricotta over the toasted bread. Slice the avocado and place it on top. Sprinkle with chopped mint, sea salt, and black pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate the whipped ricotta in an airtight container for up to four days.

**Gluten-Free:** Use gluten free bread.

**Dairy-Free:** Use soft vegan cheese instead of ricotta.

**Additional Toppings:** Cherry tomatoes, chili flakes, and/or jalapeno.

**Sourdough Bread:** One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



## One Pan Steak, Potatoes & Broccoli

2 servings

40 minutes

### Ingredients

4 cups Mini Potatoes  
1 1/2 cups Cherry Tomatoes  
4 cups Broccoli (chopped into florets)  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Italian Seasoning  
8 ozs Top Sirloin Steak  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	675
Fat	31g
Carbs	69g
Fiber	12g
Sugar	8g
Protein	35g
Cholesterol	88mg
Sodium	142mg
Vitamin A	2071IU
Vitamin C	237mg
Calcium	161mg
Iron	6mg
Magnesium	142mg
Zinc	6mg
Selenium	30µg

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
- 3 After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
- 4 Remove the pan from the oven, divide onto plates and enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 2 to 3 days.





## Turmeric Chicken with Brown Rice

3 servings

30 minutes

### Ingredients

1 cup Brown Rice (dry, uncooked)  
1 lb Chicken Breast (skinless and boneless)  
1 tbsp Avocado Oil  
1 tsp Turmeric  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	451
Fat	11g
Carbs	48g
Fiber	2g
Sugar	0g
Protein	39g
Cholesterol	110mg
Sodium	71mg
Vitamin A	45IU
Vitamin C	0mg
Calcium	15mg
Iron	2mg
Magnesium	116mg
Zinc	2mg
Selenium	45µg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add garlic powder or cayenne pepper.

**More Fiber:** Add your favorite leafy greens, roasted broccoli or cauliflower.





## Hummus Roasted Broccoli & Cauliflower

4 servings

25 minutes

### Ingredients

3 cups Broccoli (chopped into florets)  
1 head Cauliflower (chopped into florets)  
1 cup Hummus  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	206
Fat	12g
Carbs	21g
Fiber	8g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	329mg
Vitamin A	439IU
Vitamin C	132mg
Calcium	93mg
Iron	3mg
Magnesium	83mg
Zinc	2mg
Selenium	5µg

### Directions

- 1 Preheat oven to 425°F (218°C) and line a baking pan with parchment paper.
- 2 In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
- 3 Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**No Broccoli or Cauliflower:** Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.



## Hummus-Crusted Chicken with Turmeric Rice

4 servings

30 minutes

### Ingredients

- 1 lb Chicken Thighs (skinless, boneless)
- 1/4 cup Hummus
- 1 cup Jasmine Rice (dry, uncooked)
- 1 tsp Turmeric
- 1 Tomato (large, diced)
- 4 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	347
Fat	8g
Carbs	43g
Fiber	3g
Sugar	0g
Protein	28g
Cholesterol	107mg
Sodium	209mg
Vitamin A	3259IU
Vitamin C	13mg
Calcium	48mg
Iron	3mg
Magnesium	65mg
Zinc	2mg
Selenium	27µg

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
- 3 Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
- 4 Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

### Notes

**Use a Rice Cooker:** Add the turmeric and tomatoes into the rice cooker along with the rice and water.

**Leftovers:** Refrigerate in an airtight container up to 3 days.





## Baked Salmon with Broccoli & Quinoa

4 servings

20 minutes

### Ingredients

1 1/4 lbs Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
8 cups Broccoli (sliced into small florets)  
2 tbsps Extra Virgin Olive Oil  
1 cup Quinoa (uncooked)  
1 1/2 cups Water  
1/2 Lemon (sliced into wedges)

### Nutrition

Amount per serving	
Calories	480
Fat	19g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	39g
Cholesterol	78mg
Sodium	126mg
Vitamin A	1197IU
Vitamin C	165mg
Calcium	132mg
Iron	4mg
Magnesium	165mg
Zinc	3mg
Selenium	60µg

### Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

### Notes

**Leftovers:** Store covered in the fridge up to 2 days.

**Speed it Up:** Cook the quinoa ahead of time.

**Vegan:** Use tofu steaks instead of salmon fillets.





## Cauliflower, Kale & Sausage Bowl

2 servings

40 minutes

### Ingredients

1/2 head Cauliflower (chopped into florets)  
2 tbsps Avocado Oil (divided)  
Sea Salt & Black Pepper (to taste)  
3 cups Kale Leaves (chopped)  
8 ozs Chicken Sausage  
2 Egg  
1 Avocado

### Nutrition

Amount per serving	
Calories	649
Fat	51g
Carbs	27g
Fiber	11g
Sugar	6g
Protein	27g
Cholesterol	322mg
Sodium	1311mg
Vitamin A	1933IU
Vitamin C	110mg
Calcium	266mg
Iron	8mg
Magnesium	83mg
Zinc	5mg
Selenium	40µg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
- 3 While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
- 4 Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
- 5 To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

### Notes

**Plant-Based:** Use chickpeas or tempeh instead of sausage, and skip the egg.



## Chicken & Broccoli Slaw with Peanut Sauce

4 servings

35 minutes

### Ingredients

1 1/4 lbs Chicken Breast  
 Sea Salt & Black Pepper (to taste)  
 1/4 cup All Natural Peanut Butter  
 1 tbsp Tamari  
 1 Lime (juiced)  
 1 tbsp Extra Virgin Olive Oil  
 1 tbsp Ginger (peeled and grated)  
 1 Garlic (clove, minced)  
 1/4 cup Water  
 4 cups Broccoli Slaw  
 1 Red Bell Pepper (sliced)  
 3 stalks Green Onion (chopped)  
 1/4 cup Cilantro (chopped, optional)  
 1/4 cup Raw Peanuts (chopped)

### Nutrition

Amount per serving	
Calories	395
Fat	20g
Carbs	15g
Fiber	5g
Sugar	6g
Protein	41g
Cholesterol	103mg
Sodium	353mg
Vitamin A	7407IU
Vitamin C	109mg
Calcium	57mg
Iron	2mg
Magnesium	91mg
Zinc	2mg

### Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
- 2 In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
- 3 In a large salad bowl, combine broccoli slaw, red pepper and green onion.
- 4 Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

### Notes

**Vegan & Vegetarian:** Use roasted chickpeas instead of diced chicken.

**Slow Cooker Version:** Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

**Prep Ahead:** The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

**Leftovers:** Store in an airtight container in the fridge up to 3 days.

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Selenium	34µg
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