



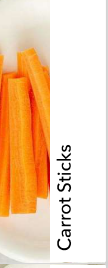












	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 Kiwi Lime Smoothie	 Kiwi Lime Smoothie	 Bloat-Fighting Tropical Smoothie	 Bloat-Fighting Tropical Smoothie
Snack 1	 Sliced Turkey & Pickles	 Sliced Turkey & Pickles	 Sliced Turkey & Pickles	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs
Lunch	 Cucumber Slices	 Cucumber Slices	 Cucumber Slices	 Carrot Sticks	 Carrot Sticks	 Kiwi	 Kiwi
	 Chicken, Rice & Broccoli	 One Pan Crispy Chicken with Potatoes & Greens	 Herbed Chicken Drumsticks with Celery Root Mash	 Salmon & Sweet Potato Salad	 Strawberry Kiwi Salad with Chicken	 Beef, Rice & Carrots	 One Pan Salmon, Green Beans & Smashed Potatoes
Snack 2	 Papaya Breakfast Box	 Papaya Breakfast Box	 Papaya Breakfast Box	 Chocolate Strawberry Chia Pudding	 Chocolate Strawberry Chia Pudding	 Chocolate Strawberry Chia Pudding	 Chocolate Strawberry Chia Pudding
Dinner	 One Pan Crispy Chicken with Potatoes & Greens	 Herbed Chicken Drumsticks with Celery Root Mash	 Salmon & Sweet Potato Salad	 Strawberry Kiwi Salad with Chicken	 Beef, Rice & Carrots	 One Pan Salmon, Green Beans & Smashed Potatoes	 Chicken, Rice & Broccoli

**Fruits**

- ☐ 10 Kiwi
- ☐ 2 tbsps Lemon Juice
- ☐ 2 Lime
- ☐ 4 cups Papaya
- ☐ 1 cup Pineapple
- ☐ 3 cups Strawberries

**Breakfast**

- ☐ 3 tbsps All Natural Peanut Butter
- ☐ 1 1/8 tbsps Maple Syrup

**Seeds, Nuts & Spices**

- ☐ 3/4 cup Chia Seeds
- ☐ 3/4 tsp Cumin
- ☐ 2/3 tsp Dried Chives
- ☐ 1 1/3 tps Dried Parsley
- ☐ 3/4 tsp Oregano
- ☐ 1 1/4 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Sesame Seeds
- ☐ 2 tbsps Sunflower Seeds

**Frozen**

- ☐ 5 Ice Cubes

**Vegetables**

- ☐ 1 cup Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 2 cups Broccoli
- ☐ 4 Carrot
- ☐ 1 1/3 cups Celery Root
- ☐ 2 tbsps Chives
- ☐ 4 1/2 Cucumber
- ☐ 2 cups Green Beans
- ☐ 2 cups Kale Leaves
- ☐ 4 cups Mini Potatoes
- ☐ 1/2 cup Mint Leaves
- ☐ 8 cups Mixed Greens
- ☐ 1 tbsp Rosemary
- ☐ 2/3 Russet Potato
- ☐ 2 Sweet Potato

**Boxed & Canned**

- ☐ 1 cup Brown Rice

**Baking**

- ☐ 1 1/2 cups Oats

**Bread, Fish, Meat & Cheese**

- ☐ 227 grams Chicken Breast
- ☐ 142 grams Chicken Breast, Cooked
- ☐ 303 grams Chicken Drumsticks
- ☐ 227 grams Chicken Thighs With Skin
- ☐ 227 grams Extra Lean Ground Beef
- ☐ 680 grams Salmon Fillet
- ☐ 339 grams Sliced Turkey Breast

**Condiments & Oils**

- ☐ 1 1/2 tbsps Apple Cider Vinegar
- ☐ 2 1/16 tps Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 3/4 cup Pickle
- ☐ 1 tbsp Rice Vinegar
- ☐ 1 tsp Tamari

**Cold**

- ☐ 14 Egg
- ☐ 1 1/2 cups Egg Whites
- ☐ 2 cups Plain Coconut Milk
- ☐ 2 cups Unsweetened Almond Milk

**Other**

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



## High Protein Peanut Butter Oatmeal

**1 serving**

**5 minutes**

### Ingredients

1/2 cup Oats (quick or rolled)  
1/2 cup Water  
1/2 cup Egg Whites  
1 tbsp All Natural Peanut Butter  
1 1/2 tsps Chia Seeds

### Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!





## Kiwi Lime Smoothie

**1 serving**

**5 minutes**

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### Ingredients

- 1 cup Unsweetened Almond Milk
- 2 Kiwi (peeled, halved)
- 1 Lime (juiced)
- 1/4 cup Vanilla Protein Powder

### Directions

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



## Bloat-Fighting Tropical Smoothie

1 serving

5 minutes

### Ingredients

- 1/2 cup Papaya (chopped)
- 1/2 cup Pineapple (chopped)
- 1/2 Cucumber (chopped)
- 2 1/2 Ice Cubes
- 1/4 cup Mint Leaves
- 1/2 cup Baby Spinach
- 1 tbsp Chia Seeds
- 1/2 cup Water

### Directions

1

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



## Sliced Turkey & Pickles

1 serving

5 minutes

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### Ingredients

113 grams Sliced Turkey Breast  
1/4 cup Pickle (sliced)

### Directions

- 1 Serve the sliced turkey breast with the pickle. Enjoy!



## Cucumber Slices

1 serving  
5 minutes

### Ingredients

1/2 Cucumber

### Directions

- 1 Slice the cucumber and enjoy!





## Hard Boiled Eggs

1 serving

15 minutes

### Ingredients

2 Egg

### 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!



## Carrot Sticks

**1 serving**

**5 minutes**

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### Ingredients

1 Carrot (medium)

### Directions

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



Kiwi

1 serving  
5 minutes

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### Ingredients

2 Kiwi

### Directions

1 Peel and slice. Enjoy!





## Papaya Breakfast Box

3 servings

15 minutes

### Ingredients

- 6 Egg
- 3 cups Papaya (peeled, seeds removed, chopped)
- 1 1/2 Cucumber (medium, chopped)

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle and slice into halves.
- 3 Serve the eggs with the papaya and cucumbers. Enjoy!



## Chocolate Strawberry Chia Pudding

4 servings

30 minutes

### Ingredients

- 1/2 cup Chia Seeds
- 2 cups Plain Coconut Milk  
(unsweetened, from the carton)
- 1/2 cup Chocolate Protein Powder
- 2 cups Strawberries (halved)

### 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 strawberries and enjoy!



## One Pan Crispy Chicken with Potatoes & Greens

2 servings

35 minutes

### Ingredients

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

### 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!





## Herbed Chicken Drumsticks with Celery Root Mash

2 servings

30 minutes

### Ingredients

302 grams Chicken Drumsticks  
2 tsps Coconut Oil (melted, divided)  
1 1/3 tsps Dried Parsley (divided)  
1/8 tsp Sea Salt (divided)  
2/3 tsp Dried Chives  
1/3 tsp Oregano  
1 1/3 cups Celery Root (peeled, cut into small cubes)  
2/3 Russet Potato (medium, peeled and chopped)

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the drumsticks on the prepared pan. Add half of the coconut oil, half of the parsley, half of the salt, chives, and oregano to the chicken and rub the seasoning to generously coat all sides. Bake for 25 to 30 minutes or until the chicken is cooked through.
- 3 Meanwhile, place a steamer basket over a pot of boiling water and steam the celery root and potato for 12 to 15 minutes or until tender. Transfer to a mixing bowl and add the remaining coconut oil, parsley and salt. Mash with a potato masher until smooth. Season with additional salt if necessary.
- 4 To serve, divide the celery root mash and chicken between plates. Enjoy!



## Salmon & Sweet Potato Salad

2 servings

35 minutes

### Ingredients

2 Sweet Potato (small, peeled, cut into wedges)  
2 tbsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
340 grams Salmon Fillet  
4 cups Mixed Greens  
1/4 cup Basil Leaves (chopped)  
1/2 Cucumber (large, chopped)  
2 tbsps Lemon Juice  
2 tbsps Chives (chopped)

### Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Spread the sweet potatoes on the prepared baking sheet. Toss the sweet potatoes with half of the oil, salt, and pepper. Cook in the oven for 10 minutes.
- 3 Remove the baking sheet from the oven. Flip the sweet potatoes and arrange the salmon in the center of the pan, among the sweet potatoes. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes. Set aside to cool slightly.
- 4 Add the mixed greens to a plate and top with basil, cucumber, sweet potatoes, and salmon. Top with the remaining oil, lemon juice, chives, and season with salt and pepper, if needed. Enjoy!





## Strawberry Kiwi Salad with Chicken

2 servings

5 minutes

### Ingredients

1 1/2 tbsps Apple Cider Vinegar  
1 1/2 tbsps Extra Virgin Olive Oil  
1 1/2 tsps Maple Syrup  
Sea Salt & Black Pepper (to taste)  
4 cups Mixed Greens  
1 cup Strawberries (chopped)  
2 Kiwi (peeled and chopped)  
2 tbsps Sunflower Seeds  
142 grams Chicken Breast, Cooked  
(sliced)

### Directions

- 1 In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!





## Beef, Rice & Carrots

2 servings

30 minutes

### Ingredients

1/2 cup Brown Rice  
2 Carrot (large, sliced)  
227 grams Extra Lean Ground Beef  
3/4 tsp Cumin  
1/2 tsp Oregano  
1/4 tsp Sea Salt

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, place a steamer basket over a pot of boiling water and steam the carrots for eight to 10 minutes or until tender.
- 3 While the carrots cook, add the beef to the pan over medium-high heat. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Once it is cooked through add the cumin, oregano, and salt and stir to combine.
- 4 To serve, divide the beef, rice and carrots between plates or meal prep containers. Enjoy!



## One Pan Salmon, Green Beans & Smashed Potatoes

2 servings

30 minutes

### Ingredients

2 cups Mini Potatoes  
1 tsp Tamari  
2 tsps Maple Syrup  
1 tbsp Rice Vinegar  
340 grams Salmon Fillet  
2 cups Green Beans (trimmed)  
2 tsps Extra Virgin Olive Oil  
1/2 tsp Sea Salt  
1 tsp Sesame Seeds

### Directions

- 1 Line a baking sheet with parchment paper. Preheat the oven to 425°F (218°C)
- 2 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 3 Meanwhile, in a small bowl, whisk together the tamari, maple syrup, and rice vinegar. Rub half of the marinade into the salmon and place it on the baking sheet. Toss the remaining marinade with the green beans and add to the baking sheet, leaving space for the potatoes.
- 4 Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the back of a fork or mug. Drizzle with olive oil and salt.
- 5 Place in the oven and bake for 12 to 14 minutes or until the salmon is cooked through. Remove the baking sheet from the oven. Garnish the salmon and green beans with sesame seeds. Divide onto plates and enjoy.





## Chicken, Rice & Broccoli

2 servings

45 minutes

### Ingredients

1/2 cup Brown Rice (uncooked, rinsed)  
1 cup Water  
227 grams Chicken Breast (boneless, skinless)  
1 tbsp Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
2 cups Broccoli (chopped into florets)

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
- 3 In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
- 4 While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
- 5 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!