














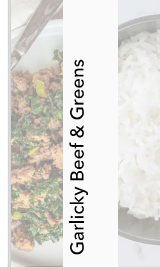





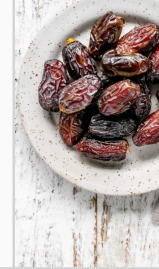





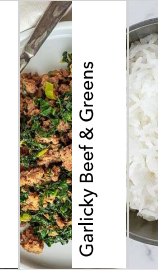














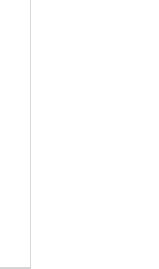
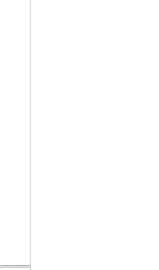
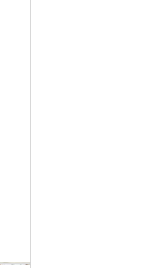


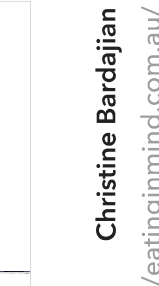











	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meal 1							
Post Workout							
Meal 2							
Post Workout							
Post Workout							
Meal 3							
Optional Snack							
							

Fruits

- ☐ 4 Banana
- ☐ 6 1/8 cups Blackberries
- ☐ 5 cups Blueberries
- ☐ 2 cups Cherries
- ☐ 2 cups Grapes
- ☐ 1 Green Apple
- ☐ 4 Kiwi
- ☐ 3/4 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 1 Pear
- ☐ 1/2 cup Raspberries
- ☐ 1/4 Seedless Watermelon
- ☐ 5 cups Strawberries

Breakfast

- ☐ 2/3 cup Almond Butter
- ☐ 2 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 cup Almonds
- ☐ 1 tbsp Chili Powder
- ☐ 1/3 tsp Cinnamon
- ☐ 1 1/2 tsps Cumin
- ☐ 1 tbsp Greek Seasoning
- ☐ 2 tbsps Ground Flax Seed
- ☐ 2/3 cup Hemp Seeds
- ☐ 1 tbsp Italian Seasoning
- ☐ 1 tbsp Pumpkin Seeds
- ☐ 1 1/8 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Sesame Seeds
- ☐ 1 1/4 cups Slivered Almonds
- ☐ 1/4 cup Walnuts

Frozen

- ☐ 1 Brown Rice Tortilla
- ☐ 2 cups Frozen Blueberries
- ☐ 3 cups Frozen Peas
- ☐ 12 Ice Cubes

Vegetables

- ☐ 1/4 cup Arugula
- ☐ 11 cups Baby Spinach
- ☐ 12 cups Broccoli
- ☐ 12 Carrot
- ☐ 1 stalk Celery
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 1/3 cup Chives
- ☐ 41 Cremini Mushrooms
- ☐ 1 1/2 Cucumber
- ☐ 4 Garlic
- ☐ 1 tbsp Ginger
- ☐ 1 Green Bell Pepper
- ☐ 16 cups Green Cabbage
- ☐ 1/2 head Green Lettuce
- ☐ 1 stalk Green Onion
- ☐ 4 cups Kale Leaves
- ☐ 2 tbsps Parsley
- ☐ 1/3 cup Red Onion
- ☐ 2 2/3 cups Snap Peas
- ☐ 2 Sweet Potato
- ☐ 2 Tomato
- ☐ 1/2 White Onion
- ☐ 1 Yellow Bell Pepper
- ☐ 2 Yellow Onion

Boxed & Canned

- ☐ 1/4 cup Chicken Broth
- ☐ 1 cup Chicken Broth, Low Sodium
- ☐ 1 cup Chickpeas
- ☐ 3 cups Jasmine Rice
- ☐ 5 cups Marinara Sauce
- ☐ 2/3 cup Quinoa
- ☐ 454 grams Rigatoni
- ☐ 1 1/2 cups Vegetable Broth

Baking

- ☐ 3 1/2 tbsps Arrowroot Powder
- ☐ 1 1/2 tsps Cornstarch
- ☐ 3 1/2 cups Oats
- ☐ 1/2 cup Pitted Dates

Bread, Fish, Meat & Cheese

- ☐ 2 slices Bacon
- ☐ 1 slice Bread
- ☐ 680 grams Chicken Breast
- ☐ 416 grams Chicken Breast, Cooked
- ☐ 227 grams Chicken Thighs
- ☐ 8 Corn Tortilla
- ☐ 454 grams Extra Lean Ground Beef
- ☐ 340 grams Flank Steak
- ☐ 454 grams Lean Ground Beef
- ☐ 227 grams Mozzarella Cheese
- ☐ 50 grams Sourdough Bread

Condiments & Oils

- ☐ 2 tbsps Avocado Oil
- ☐ 2 grams Avocado Oil Spray
- ☐ 1 1/2 tbsps Balsamic Vinegar
- ☐ 1 tbsp Chinese Cooking Wine
- ☐ 1/4 cup Coconut Aminos
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Pitted Kalamata Olives
- ☐ 2 tbsps Red Wine Vinegar
- ☐ 1 tbsp Rice Vinegar
- ☐ 1 tsp Sesame Oil
- ☐ 2 tbsps Tahini
- ☐ 2 tbsps Tamari

Cold

- ☐ 1/2 cup Cow's Milk, Whole
- ☐ 14 1/3 Egg
- ☐ 3 2/3 cups Plain Greek Yogurt
- ☐ 5 3/4 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 1 3/4 cups Vanilla Protein Powder
- ☐ 10 2/3 cups Water

-
- ☐ 2 1/2 tbsps Raw Honey
 - ☐ 1 tsp Vanilla Extract



Savory Oatmeal with Mushrooms, Spinach & Eggs

3 servings
20 minutes

Ingredients

- 3 Egg
- 1 tbsp Extra Virgin Olive Oil
- 9 Cremini Mushrooms (sliced)
- 3 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Oats (rolled)
- 3 cups Water
- 1 tbsp Tamari

Nutrition

Amount per serving	
Calories	287
Fat	12g
Carbs	31g
Fiber	5g
Sugar	2g
Protein	15g
Cholesterol	186mg
Sodium	440mg
Vitamin A	3083IU
Vitamin C	10mg
Calcium	105mg
Iron	4mg
Vitamin D	45IU
Folate	105µg
Magnesium	98mg

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the egg(s). Cook for 6 1/2 minutes for soft-boiled egg(s). Once the egg(s) are done, add to a bowl of ice water and set aside. Discard the water from the pot.
- 2 Meanwhile, heat the oil in a skillet over medium heat. Add the mushrooms and cook until softened, about five minutes. Add the spinach and cook until just wilted. Season with salt and pepper and set aside.
- 3 Using the same pot used to cook the egg, combine the oats and water. Bring to a gentle boil over medium heat and cook for seven to eight minutes. Stir frequently. Once cooked through, add the tamari and stir.
- 4 Peel the egg(s) and slice in half.
- 5 Add the oats to a bowl and top with the mushrooms, spinach, and egg(s). Enjoy!



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!



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



Greek Yogurt & Blackberries

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Blackberries
- 1 1/2 tsps Hemp Seeds
- 1 1/2 tsps Raw Honey (optional)

Directions

- 1 Add the yogurt to a bowl. Top with blackberries, hemp seeds, and honey. Enjoy!

Nutrition

Amount per serving	
Calories	259
Fat	8g
Carbs	26g
Fiber	3g
Sugar	16g
Protein	24g
Cholesterol	34mg
Sodium	141mg
Vitamin A	1353IU
Vitamin C	25mg
Calcium	517mg
Iron	1mg
Vitamin D	99IU
Folate	18µg
Magnesium	45mg



Bacon, Eggs & Toast

1 serving
10 minutes

Ingredients

2 slices Bacon
2 Egg (large)
1 slice Bread (toasted)

Nutrition

Amount per serving	
Calories	440
Fat	33g
Carbs	13g
Fiber	1g
Sugar	3g
Protein	22g
Cholesterol	409mg
Sodium	690mg
Vitamin A	561IU
Vitamin C	0mg
Calcium	74mg
Iron	2mg
Vitamin D	91IU
Folate	47µg
Magnesium	27mg

Directions

- 1 In a skillet over medium heat, cook the bacon for three to four minutes or until your desired doneness. Remove the bacon from the skillet and set it on a paper towel to drain.
- 2 Keep the bacon fat in the skillet. Crack the eggs in the pan and cook until the whites are set and the yolks are your desired doneness.
- 3 Divide the bacon, eggs, and toast between plates, and enjoy!



Simple Vanilla Protein Shake

1 serving

5 minutes

Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

Directions

1

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

Nutrition

Amount per serving

Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g
Cholesterol	4mg
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg
Vitamin D	67IU
Folate	8µg
Magnesium	58mg



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



Chocolate Cherry Green Smoothie

1 serving

5 minutes

Ingredients

1 cup Cherries (fresh and pitted, or frozen)

1/4 cup Chocolate Protein Powder

1 cup Baby Spinach

1 cup Unsweetened Almond Milk

Directions

1

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

Nutrition

Amount per serving

Calories	218
Fat	3g
Carbs	28g
Fiber	6g
Sugar	20g
Protein	22g
Cholesterol	4mg
Sodium	222mg
Vitamin A	3411IU
Vitamin C	19mg
Calcium	615mg
Iron	2mg
Vitamin D	101IU
Folate	72µg
Magnesium	105mg



Blueberry Protein Smoothie

1 serving

5 minutes

Ingredients

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

Directions

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

Nutrition

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



Chicken Salad Wrap

1 serving
10 minutes

Ingredients

113 grams Chicken Breast, Cooked (shredded)
1 stalk Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
2 tbsps Parsley (finely chopped)
3 tbsps Plain Greek Yogurt
1/4 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
1/4 cup Arugula
1 Brown Rice Tortilla

Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt, lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Add the arugula and chicken salad mixture to the tortilla. Roll up the wrap tightly and enjoy!

Nutrition

Amount per serving	
Calories	383
Fat	7g
Carbs	36g
Fiber	5g
Sugar	7g
Protein	43g
Cholesterol	124mg
Sodium	295mg
Vitamin A	1211IU
Vitamin C	22mg
Calcium	144mg
Iron	2mg
Vitamin D	20IU
Folate	41µg
Magnesium	54mg



Almonds

1 serving

2 minutes

Ingredients

1/4 cup Almonds (raw)

Directions

- 1 Place in a bowl and enjoy!

Nutrition

Amount per serving	
Calories	207
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	0mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	96mg
Iron	1mg
Vitamin D	0IU
Folate	16µg
Magnesium	97mg



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!



Greek Chicken Salad

2 servings

45 minutes

Ingredients

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

Directions

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

Nutrition

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



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!



Kiwi & Grapes

1 serving

5 minutes

Ingredients

- 1 Kiwi (peeled and sliced)
- 1 cup Grapes

Directions

- 1 In a small bowl or container, combine the kiwi and grapes. Enjoy!

Nutrition

Amount per serving	
Calories	104
Fat	1g
Carbs	26g
Fiber	3g
Sugar	21g
Protein	1g
Cholesterol	0mg
Sodium	4mg
Vitamin A	152IU
Vitamin C	68mg
Calcium	36mg
Iron	0mg
Vitamin D	0IU
Folate	21µg
Magnesium	16mg



Dates

1 serving

5 minutes

Ingredients

1/4 cup Pitted Dates

Directions

- 1 Place pitted dates on a plate. Enjoy!

Nutrition

Amount per serving	
Calories	104
Fat	0g
Carbs	28g
Fiber	3g
Sugar	23g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	14mg
Iron	0mg
Vitamin D	0IU
Folate	7µg
Magnesium	16mg



Yogurt Overnight Oats

1 serving
8 hours

Ingredients

1/2 cup Plain Greek Yogurt
1/4 cup Cow's Milk, Whole
1 tsp Maple Syrup
1/2 tsp Vanilla Extract
1/4 cup Oats
1/4 cup Blackberries
1/4 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



Dates & Apple

1 serving

5 minutes

Ingredients

- 1/4 cup Pitted Dates
- 1 Green Apple (chopped)

Directions

- 1 Add ingredients to a plate or snack box. Enjoy!

Nutrition

Amount per serving	
Calories	200
Fat	0g
Carbs	50g
Fiber	8g
Sugar	39g
Protein	2g
Cholesterol	0mg
Sodium	2mg
Vitamin A	171IU
Vitamin C	0mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Folate	12µg
Magnesium	24mg



Watermelon

2 servings

10 minutes

Ingredients

1/4 Seedless Watermelon

Nutrition

Amount per serving	
Calories	169
Fat	1g
Carbs	43g
Fiber	2g
Sugar	35g
Protein	3g
Cholesterol	0mg
Sodium	6mg
Vitamin A	3213IU
Vitamin C	46mg
Calcium	40mg
Iron	1mg
Vitamin D	0IU
Folate	17µg
Magnesium	56mg

Directions

1

Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon, divide into bowls and enjoy!



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



Garlicky Beef & Greens

4 servings

20 minutes

Ingredients

1/4 cup Coconut Aminos
4 Garlic (clove, minced)
1 tbsp Ginger (fresh, grated or minced)
1 stalk Green Onion (chopped)
454 grams Extra Lean Ground Beef
4 cups Kale Leaves (finely chopped)
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	228
Fat	12g
Carbs	5g
Fiber	1g
Sugar	3g
Protein	24g
Cholesterol	74mg
Sodium	505mg
Vitamin A	1147IU
Vitamin C	21mg
Calcium	74mg
Iron	3mg
Vitamin D	3IU
Folate	21µg
Magnesium	31mg

Directions

- 1 In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.
- 2 Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
- 3 To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
- 4 Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. 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!



Chicken Fried Rice

4 servings

20 minutes

Ingredients

- 1 cup Jasmine Rice (uncooked)
- 5 1/3 Egg (whisked)
- 1/3 cup Water
- 8 Cremini Mushrooms (sliced)
- 2 2/3 cups Snap Peas (chopped)
- 302 grams Chicken Breast, Cooked (chopped)
- 2/3 tsp Sea Salt (divided)
- 1/3 cup Chives (plus more for garnish)

Nutrition

Amount per serving	
Calories	382
Fat	9g
Carbs	40g
Fiber	3g
Sugar	3g
Protein	37g
Cholesterol	327mg
Sodium	534mg
Vitamin A	1018IU
Vitamin C	11mg
Calcium	73mg
Iron	2mg
Vitamin D	58IU
Folate	64µg
Magnesium	56mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Heat a non-stick pan over medium heat. Add the eggs to the pan and move them around with a spatula continuously until fluffy, about two minutes. Transfer to a bowl.
- 3 In the same pan, heat the water over medium to medium-high heat. Add the mushrooms, snap peas, chicken and half the salt, scraping up any bits at the bottom of the pan. Cook for about five minutes, or until the water has absorbed and the mushrooms are soft and the snap peas are tender crisp.
- 4 Stir in the scrambled eggs, cooked rice and chives, breaking up any large chunks. Season with the remaining salt to taste. Divide into bowls and garnish with additional chives (optional). Enjoy!



Baked Beef & Spinach Rigatoni

8 servings

55 minutes

Ingredients

454 grams Rigatoni (uncooked)
454 grams Lean Ground Beef
1 Yellow Onion (medium, finely chopped)
5 cups Marinara Sauce
2 tsps Italian Seasoning
4 cups Baby Spinach
227 grams Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Calories	501
Fat	22g
Carbs	49g
Fiber	5g
Sugar	6g
Protein	24g
Cholesterol	65mg
Sodium	478mg
Vitamin A	2117IU
Vitamin C	19mg
Calcium	169mg
Iron	5mg
Vitamin D	2IU
Folate	33µg
Magnesium	21mg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cook the rigatoni al dente according to the package directions. Drain and set aside.
- 3 Preheat a large non-stick skillet over medium heat. Add the beef and the onions crumbling the meat as it cooks. Cook for seven to 10 minutes or until cooked through.
- 4 Add the marinara sauce and the Italian seasoning. Cook over medium heat for five minutes, stirring occasionally. Set aside.
- 5 In a large bowl, combine the rigatoni, spinach, and sauce. Pour it into a baking dish and top it with the cheese. Cook for 20 minutes or until browned and bubbly.
- 6 Let it rest for 10 minutes before serving. Enjoy!



Steamed Broccoli

2 servings

10 minutes

Ingredients

2 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	31
Fat	0g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	3g
Cholesterol	0mg
Sodium	30mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	43mg
Iron	1mg
Vitamin D	0IU
Folate	57µg
Magnesium	19mg

Directions

1

Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!



Easy Chicken Fajitas

4 servings

20 minutes

Ingredients

2 tbsps Avocado Oil
397 grams Chicken Breast (sliced into strips)
1 tbsp Chili Powder
1 1/2 tsps Cumin
1/2 tsp Sea Salt
1 Green Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
1 Yellow Onion (sliced)
8 Corn Tortilla

Directions

- 1 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
- 2 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
- 3 Divide chicken and peppers between tortillas. Enjoy!

Nutrition

Amount per serving	
Calories	359
Fat	11g
Carbs	36g
Fiber	4g
Sugar	3g
Protein	26g
Cholesterol	72mg
Sodium	401mg
Vitamin A	836IU
Vitamin C	109mg
Calcium	237mg
Iron	3mg
Vitamin D	1IU
Folate	25µg
Magnesium	42mg



House Salad

4 servings

10 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil
2 tbsps Red Wine Vinegar
1/2 head Green Lettuce (roughly
chopped)
2 Tomato (medium, sliced)
1 Cucumber (sliced)

Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Nutrition

Amount per serving	
Calories	141
Fat	14g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	27mg
Vitamin A	1131IU
Vitamin C	11mg
Calcium	16mg
Iron	1mg
Vitamin D	0IU
Folate	23µg
Magnesium	15mg



Steak & Carrot Mash

4 servings

25 minutes

Ingredients

12 Carrot (small, peeled, diced)
1 cup Chicken Broth, Low Sodium
1 tsp Sea Salt (divided)
1/4 cup Extra Virgin Olive Oil (divided)
24 Cremini Mushrooms (sliced)
340 grams Flank Steak

Nutrition

Amount per serving	
Calories	368
Fat	22g
Carbs	22g
Fiber	6g
Sugar	11g
Protein	24g
Cholesterol	58mg
Sodium	786mg
Vitamin A	30572IU
Vitamin C	13mg
Calcium	89mg
Iron	3mg
Vitamin D	11IU
Folate	63µg
Magnesium	51mg

Directions

- 1 Add the carrots to a medium pot and cover with water. Bring to a boil and cook for ten minutes or until the carrots are fork tender. Drain the water and mash the carrots.
- 2 Add the chicken broth and half of the sea salt to the mashed carrots, and cook for five minutes, until warmed through. Set aside.
- 3 While the carrots cook, heat half the oil in a pan over medium-high heat. Add the mushrooms and cook for three to five minutes, until golden brown. Remove from pan.
- 4 Season the steak with the remaining salt. Add the remaining oil to the pan and add the steak. Cook for three to four minutes per side, or until your desired doneness. Remove from heat and rest for five minutes before slicing into it.
- 5 To serve, add the carrot mash to a plate and top with sliced steak and mushrooms. Enjoy!



Roasted Veggie & Quinoa Bowl

3 servings

40 minutes

Ingredients

2 cups Broccoli (chopped into florets)
2 Sweet Potato (medium, cut into 1/2-inch cubes)
1 cup Chickpeas (cooked)
1/4 cup Lemon Juice (divided)
1 tsp Italian Seasoning
1/4 tsp Sea Salt
2/3 cup Quinoa (uncooked)
1 1/2 cups Vegetable Broth
2 tbsps Tahini
2 tbsps Water (warm)
1 1/2 tbsps Maple Syrup
1 tbsp Pumpkin Seeds (optional)

Nutrition

Amount per serving	
Calories	434
Fat	11g
Carbs	72g
Fiber	12g
Sugar	15g
Protein	16g
Cholesterol	0mg
Sodium	610mg
Vitamin A	12965IU
Vitamin C	65mg
Calcium	159mg
Iron	5mg
Vitamin D	0IU
Folate	227µg
Magnesium	165mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Transfer the chopped broccoli, sweet potatoes and chickpeas to the the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 3 While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
- 4 While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 5 To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!



Air Fryer Sesame Chicken Bites

2 servings
25 minutes

Ingredients

227 grams Chicken Thighs (boneless, skinless, chopped into bite-size pieces)
3 1/2 tbsps Arrowroot Powder
Sea Salt & Black Pepper (to taste)
2 grams Avocado Oil Spray
1/4 cup Chicken Broth
1 tbsp Chinese Cooking Wine
1 tbsp Tamari
1 tbsp Rice Vinegar
1 1/2 tbsps Raw Honey
1 tsp Sesame Oil
1 1/2 tsps Cornstarch
1/2 tsp Sesame Seeds

Directions

- 1 Preheat the air fryer to 375°F (190°C).
- 2 Place the chicken in a bowl and toss with the arrowroot powder. Season with salt and pepper. Gently tap off excess flour and transfer to the air fryer basket.
- 3 Spray the chicken and cook for 14 to 15 minutes, until cooked through and crispy. Check halfway through and spray with more oil if needed.
- 4 Meanwhile, in a saucepan, whisk together the broth, wine, tamari, vinegar, honey, sesame oil, and cornstarch. Bring to a simmer over medium-low heat until thickened, about three to five minutes.
- 5 Toss the chicken in the sauce until well coated. Divide evenly between bowls and top with sesame seeds. Enjoy!

Nutrition

Amount per serving	
Calories	275
Fat	7g
Carbs	28g
Fiber	1g
Sugar	13g
Protein	24g
Cholesterol	107mg
Sodium	776mg
Vitamin A	28IU
Vitamin C	0mg
Calcium	18mg
Iron	1mg
Vitamin D	1IU
Folate	7µg
Magnesium	33mg



Broccoli & Rice

4 servings

25 minutes

Ingredients

1 cup Jasmine Rice (dry, rinsed)
4 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	191
Fat	0g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	30mg
Vitamin A	567IU
Vitamin C	81mg
Calcium	43mg
Iron	1mg
Vitamin D	0IU
Folate	57µg
Magnesium	19mg

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, set the broccoli florets in a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender.
- 3 Divide the rice and broccoli into bowls or containers. Enjoy!



Triple Berry Protein Bowl

9 servings

10 minutes

Ingredients

- 4 1/2 cups Strawberries (sliced)
- 4 1/2 cups Blueberries
- 4 1/2 cups Blackberries
- 1/2 cup Almond Butter
- 1/2 cup Hemp Seeds
- 1 1/8 cups Slivered Almonds
- 2 1/4 cups Unsweetened Almond Milk

Directions

- 1 Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Nutrition

Amount per serving	
Calories	360
Fat	24g
Carbs	31g
Fiber	11g
Sugar	16g
Protein	13g
Cholesterol	0mg
Sodium	44mg
Vitamin A	329IU
Vitamin C	65mg
Calcium	256mg
Iron	3mg
Vitamin D	25IU
Folate	59µg
Magnesium	146mg



Cinnamon Protein Oats

1 serving
10 minutes

Ingredients

1 cup Water
1/2 cup Oats
1/4 cup Vanilla Protein Powder
1/8 tsp Cinnamon

Nutrition

Amount per serving	
Calories	240
Fat	3g
Carbs	29g
Fiber	5g
Sugar	0g
Protein	24g
Cholesterol	4mg
Sodium	45mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	162mg
Iron	2mg
Vitamin D	0IU
Folate	21µg
Magnesium	108mg

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder and cinnamon.
- 2 Transfer the cooked oats to a bowl and enjoy!



Pear & Walnuts

1 serving

5 minutes

Ingredients

1 Pear
1/4 cup Walnuts

Directions

- 1 Slice the pear and serve with walnuts. Enjoy!

Nutrition

Amount per serving	
Calories	298
Fat	20g
Carbs	31g
Fiber	8g
Sugar	18g
Protein	5g
Cholesterol	0mg
Sodium	2mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	45mg
Iron	1mg
Vitamin D	0IU
Folate	42µg
Magnesium	60mg