










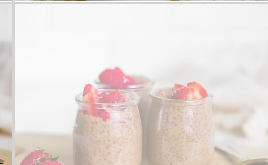


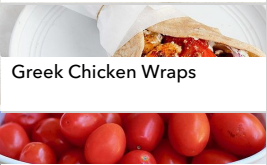
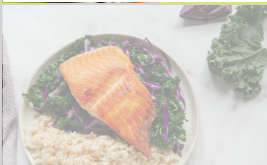
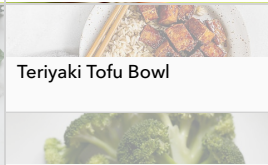

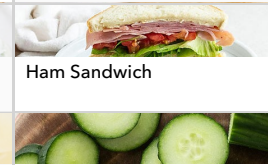















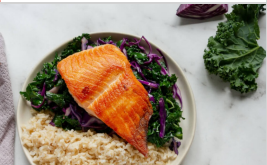
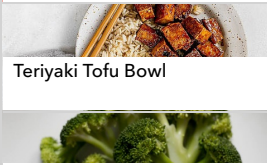


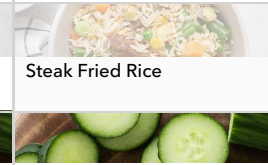

















	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Spinach & Salsa Omelette	 Spinach & Salsa Omelette	 Warm Peas with Eggs	 Warm Peas with Eggs
Snack 1	 Banana	 Grapes & Cashews	 Grapes & Cashews	 Chocolate Strawberry Chia Pudding	 Chocolate Strawberry Chia Pudding	 Simple Chocolate Protein Shake	 Simple Chocolate Protein Shake
Lunch	 Greek Chicken Wraps	 Salmon with Rice, Cabbage & Kale	 Teriyaki Tofu Bowl	 Chicken Breast & Sauteed Mushrooms with Tzatziki	 Ham Sandwich	 Greek Chicken Wraps	 Greek Chicken Wraps
	 Cherry Tomatoes		 Steamed Broccoli	 Boiled Potato	 Cucumber Slices	 Cherry Tomatoes	 Cherry Tomatoes
Snack 2	 Greek Yogurt & Blueberries	 Greek Yogurt & Blueberries	 Greek Yogurt & Blueberries	 Apple	 Greek Yogurt & Mango	 Greek Yogurt & Mango	 Greek Yogurt & Mango
Dinner	 Salmon with Rice, Cabbage & Kale	 Teriyaki Tofu Bowl	 Chicken Breast & Sauteed Mushrooms with Tzatziki	 Steak Fried Rice	 Steak Fried Rice	 Easy Salmon Poke Bowl	 Easy Salmon Poke Bowl
		 Steamed Broccoli	 Boiled Potato	 Cucumber Slices	 Cucumber Slices		
Optional	 Fresh Strawberries	 Banana	 Banana	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 27%	Fat	<div><div></div></div> 30%	Fat	<div><div></div></div> 29%	Fat	<div><div></div></div> 35%	Fat	<div><div></div></div> 37%	Fat	<div><div></div></div> 25%	Fat	<div><div></div></div> 25%
Carbs	<div><div></div></div> 44%	Carbs	<div><div></div></div> 46%	Carbs	<div><div></div></div> 43%	Carbs	<div><div></div></div> 35%	Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 46%	Carbs	<div><div></div></div> 46%
Protein	<div><div></div></div> 29%	Protein	<div><div></div></div> 24%	Protein	<div><div></div></div> 28%	Protein	<div><div></div></div> 30%	Protein	<div><div></div></div> 26%	Protein	<div><div></div></div> 29%	Protein	<div><div></div></div> 29%
Calories	1680	Calories	1794	Calories	1741	Calories	1730	Calories	1682	Calories	1784	Calories	1784
Fat	52g	Fat	62g	Fat	58g	Fat	67g	Fat	70g	Fat	52g	Fat	52g
Carbs	193g	Carbs	217g	Carbs	195g	Carbs	152g	Carbs	158g	Carbs	209g	Carbs	209g
Fiber	32g	Fiber	29g	Fiber	27g	Fiber	29g	Fiber	29g	Fiber	33g	Fiber	33g
Sugar	50g	Sugar	58g	Sugar	57g	Sugar	45g	Sugar	46g	Sugar	68g	Sugar	68g
Protein	125g	Protein	113g	Protein	125g	Protein	130g	Protein	110g	Protein	131g	Protein	131g
Cholesterol	212mg	Cholesterol	108mg	Cholesterol	191mg	Cholesterol	958mg	Cholesterol	864mg	Cholesterol	555mg	Cholesterol	555mg
Sodium	2955mg	Sodium	1709mg	Sodium	2004mg	Sodium	1617mg	Sodium	2444mg	Sodium	4484mg	Sodium	4484mg
Vitamin A	6735IU	Vitamin A	4061IU	Vitamin A	1952IU	Vitamin A	11532IU	Vitamin A	18651IU	Vitamin A	11144IU	Vitamin A	11144IU
Vitamin C	227mg	Vitamin C	193mg	Vitamin C	146mg	Vitamin C	184mg	Vitamin C	205mg	Vitamin C	195mg	Vitamin C	195mg
Calcium	1169mg	Calcium	1334mg	Calcium	1307mg	Calcium	826mg	Calcium	1068mg	Calcium	1088mg	Calcium	1088mg
Iron	10mg	Iron	13mg	Iron	13mg	Iron	14mg	Iron	14mg	Iron	12mg	Iron	12mg
Vitamin D	1087IU	Vitamin D	1083IU	Vitamin D	131IU	Vitamin D	209IU	Vitamin D	256IU	Vitamin D	841IU	Vitamin D	841IU
Folate	265µg	Folate	234µg	Folate	228µg	Folate	353µg	Folate	448µg	Folate	464µg	Folate	464µg
Magnesium	513mg	Magnesium	605mg	Magnesium	570mg	Magnesium	294mg	Magnesium	267mg	Magnesium	435mg	Magnesium	435mg

Fruits

- ☐ 1 Apple
- ☐ 1/2 Avocado
- ☐ 3 Banana
- ☐ 1 cup Blueberries
- ☐ 2 cups Grapes
- ☐ 1 1/2 cups Raspberries
- ☐ 6 1/2 cups Strawberries

Breakfast

- ☐ 3 tbsps Almond Butter
- ☐ 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 cup Cashews
- ☐ 1/3 cup Chia Seeds
- ☐ 3 tbsps Greek Seasoning
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1 1/2 cups Frozen Mango
- ☐ 3 1/16 cups Frozen Peas
- ☐ 1 cup Frozen Vegetable Mix
- ☐ 12 Ice Cubes

Vegetables

- ☐ 5 1/2 cups Baby Spinach
- ☐ 2 cups Broccoli
- ☐ 3 cups Cherry Tomatoes
- ☐ 5 Cremini Mushrooms
- ☐ 3 1/3 Cucumber
- ☐ 1/4 tsp Ginger
- ☐ 1/2 Jalapeno Pepper
- ☐ 2 cups Kale Leaves
- ☐ 2 cups Purple Cabbage
- ☐ 1/4 cup Radishes
- ☐ 3/4 cup Red Onion
- ☐ 2 leaves Romaine
- ☐ 1 1/4 Tomato
- ☐ 1/2 White Onion
- ☐ 1 Yellow Potato

Boxed & Canned

- ☐ 2 cups Brown Rice
- ☐ 1/3 cup Jasmine Rice
- ☐ 1/2 cup Salsa

Baking

- ☐ 1 1/2 tps Arrowroot Powder
- ☐ 1/4 cup Cocoa Powder
- ☐ 2 1/4 tps Coconut Sugar
- ☐ 1 1/2 cups Oats
- ☐ 1/2 cup Pitted Dates

Bread, Fish, Meat & Cheese

- ☐ 794 grams Chicken Breast
- ☐ 1/3 cup Feta Cheese
- ☐ 2 slices Gluten-Free Bread
- ☐ 567 grams Salmon Fillet
- ☐ 85 grams Sliced Ham
- ☐ 99 grams Sourdough Bread
- ☐ 227 grams Tofu
- ☐ 227 grams Top Sirloin Steak
- ☐ 3 Whole Wheat Pita

Condiments & Oils

- ☐ 1 1/8 tbsps Avocado Oil
- ☐ 3 3/4 tbsps Extra Virgin Olive Oil
- ☐ 1 tsp Mayonnaise
- ☐ 1 1/3 tbsps Rice Vinegar
- ☐ 2 tps Sesame Oil
- ☐ 1/4 cup Tamari
- ☐ 1/2 tsp Yellow Mustard

Cold

- ☐ 11 1/2 Egg
- ☐ 1 1/2 cups Plain Coconut Milk
- ☐ 3 cups Plain Greek Yogurt
- ☐ 2/3 cup Tzatziki
- ☐ 3 2/3 cups Unsweetened Almond Milk

Other

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



Chocolate Protein Overnight Oats

3 servings

8 hours

Ingredients

1 1/2 cups Oats
2 1/4 cups Unsweetened Almond Milk
3/4 cup Chocolate Protein Powder
1/4 cup Cocoa Powder
3 tbsps Almond Butter
1 tbsp Maple Syrup
1 1/2 cups Raspberries (plus extra to garnish)

Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide evenly between containers and top with additional raspberries, if using. Enjoy!

Nutrition

Amount per serving	
Calories	424
Fat	15g
Carbs	49g
Fiber	14g
Sugar	8g
Protein	31g
Cholesterol	4mg
Sodium	165mg
Vitamin A	395IU
Vitamin C	16mg
Calcium	560mg
Iron	4mg
Vitamin D	76IU
Folate	45µg
Magnesium	215mg



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!



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



Grapes & Cashews

1 serving

2 minutes

Ingredients

1 cup Grapes
1/4 cup Cashews

Nutrition

Amount per serving	
Calories	259
Fat	16g
Carbs	27g
Fiber	2g
Sugar	17g
Protein	6g
Cholesterol	0mg
Sodium	7mg
Vitamin A	92IU
Vitamin C	4mg
Calcium	28mg
Iron	2mg
Vitamin D	0IU
Folate	27µg
Magnesium	94mg

Directions

- 1 Place grapes and cashews together in a bowl.
- 2 Happy munching!



Chocolate Strawberry Chia Pudding

3 servings

30 minutes

Ingredients

- 1/3 cup Chia Seeds
- 1 1/2 cups Plain Coconut Milk (unsweetened, from the carton)
- 1/3 cup Chocolate Protein Powder
- 1 1/2 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!

Nutrition

Amount per serving	
Calories	219
Fat	10g
Carbs	20g
Fiber	10g
Sugar	7g
Protein	14g
Cholesterol	2mg
Sodium	41mg
Vitamin A	258IU
Vitamin C	42mg
Calcium	447mg
Iron	2mg
Vitamin D	50IU
Folate	21µg
Magnesium	33mg



Simple Chocolate Protein Shake

1 serving

5 minutes

Ingredients

2/3 cup Unsweetened Almond Milk
1/4 cup Chocolate Protein Powder
6 Ice Cubes (large)

Directions

1

Add all 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



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



Greek Chicken Wraps

1 serving
30 minutes

Ingredients

113 grams Chicken Breast (boneless, skinless, cubed)
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Greek Seasoning
1 Whole Wheat Pita
2 tsps Tzatziki
1/2 cup Baby Spinach
1/8 Cucumber (medium, sliced)
1/4 Tomato (medium, sliced)
1/4 cup Red Onion (small, sliced)
2 tsps Feta Cheese (crumbled)

Directions

- 1 Add the cubed chicken to a bowl. Add the olive oil and Greek seasoning. Mix to combine.
- 2 Heat a frying pan over medium heat and add the chicken, including the liquid from the bowl. Spread out the chicken so it's not crowded.
- 3 Cook the chicken for seven to eight minutes per side or until cooked through and browned.
- 4 To assemble, place the pitas on plates and top evenly with tzatziki, spinach, cucumber, tomato, chicken, onion, and feta. Enjoy!

Nutrition

Amount per serving	
Calories	472
Fat	17g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	37g
Cholesterol	104mg
Sodium	2540mg
Vitamin A	2075IU
Vitamin C	14mg
Calcium	199mg
Iron	3mg
Vitamin D	4IU
Folate	86µg
Magnesium	102mg



Cherry Tomatoes

1 serving

2 minutes

Ingredients

1 cup Cherry Tomatoes

Directions

- 1 Wash and add to a bowl. Enjoy!

Nutrition

Amount per serving	
Calories	27
Fat	0g
Carbs	6g
Fiber	2g
Sugar	4g
Protein	1g
Cholesterol	0mg
Sodium	7mg
Vitamin A	1241IU
Vitamin C	20mg
Calcium	15mg
Iron	0mg
Vitamin D	0IU
Folate	22µg
Magnesium	16mg



Ham Sandwich

1 serving

5 minutes

Ingredients

- 1 tsp Mayonnaise
- 1/2 tsp Yellow Mustard
- 2 slices Gluten-Free Bread
- 2 leaves Romaine
- 1/2 Tomato (medium, thinly sliced)
- 85 grams Sliced Ham

Directions

1

Spread the mayonnaise and yellow mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

Nutrition

Amount per serving	
Calories	318
Fat	13g
Carbs	29g
Fiber	4g
Sugar	6g
Protein	22g
Cholesterol	59mg
Sodium	1220mg
Vitamin A	5711IU
Vitamin C	11mg
Calcium	56mg
Iron	2mg
Vitamin D	2IU
Folate	98µg
Magnesium	45mg



Cucumber Slices

2 servings

5 minutes

Ingredients

1 Cucumber

Nutrition

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

Directions

- 1 Slice the cucumber and enjoy!



Greek Yogurt & Blueberries

1 serving

5 minutes

Ingredients

1/2 cup Plain Greek Yogurt

1/3 cup Blueberries

Directions

- 1 Add the yogurt and blueberries to a bowl and enjoy!

Nutrition

Amount per serving	
Calories	119
Fat	3g
Carbs	13g
Fiber	1g
Sugar	8g
Protein	11g
Cholesterol	17mg
Sodium	71mg
Vitamin A	652IU
Vitamin C	12mg
Calcium	253mg
Iron	0mg
Vitamin D	50IU
Folate	3µg
Magnesium	3mg



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.



Greek Yogurt & Mango

1 serving

5 minutes

Ingredients

1/2 cup Plain Greek Yogurt
1/2 cup Frozen Mango (thawed)

Directions

- 1 Add the yogurt and mango to a bowl. Enjoy!

Nutrition

Amount per serving	
Calories	140
Fat	3g
Carbs	18g
Fiber	1g
Sugar	14g
Protein	12g
Cholesterol	17mg
Sodium	71mg
Vitamin A	1518IU
Vitamin C	37mg
Calcium	259mg
Iron	0mg
Vitamin D	50IU
Folate	35µg
Magnesium	8mg



Salmon with Rice, Cabbage & Kale

2 servings

20 minutes

Ingredients

1/2 cup Brown Rice (dry, rinsed)
1 tbsp Extra Virgin Olive Oil
340 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 cups Kale Leaves (chopped)
2 cups Purple Cabbage (thinly sliced)

Nutrition

Amount per serving	
Calories	487
Fat	17g
Carbs	43g
Fiber	4g
Sugar	4g
Protein	43g
Cholesterol	87mg
Sodium	170mg
Vitamin A	2279IU
Vitamin C	70mg
Calcium	113mg
Iron	2mg
Vitamin D	957IU
Folate	50µg
Magnesium	126mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in a cast-iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Remove from the pan leaving the oil behind.
- 3 Add the kale and cabbage to the skillet. Cook them in the remaining oil for two to three minutes, or until they start to soften. Add a splash of water if you prefer them cooked down more.
- 4 Divide the rice, salmon, kale, and cabbage evenly between plates and enjoy!



Teriyaki Tofu Bowl

2 servings

40 minutes

Ingredients

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

Nutrition

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

Directions

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



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!



Chicken Breast & Sauteed Mushrooms with Tzatziki

2 servings

20 minutes

Ingredients

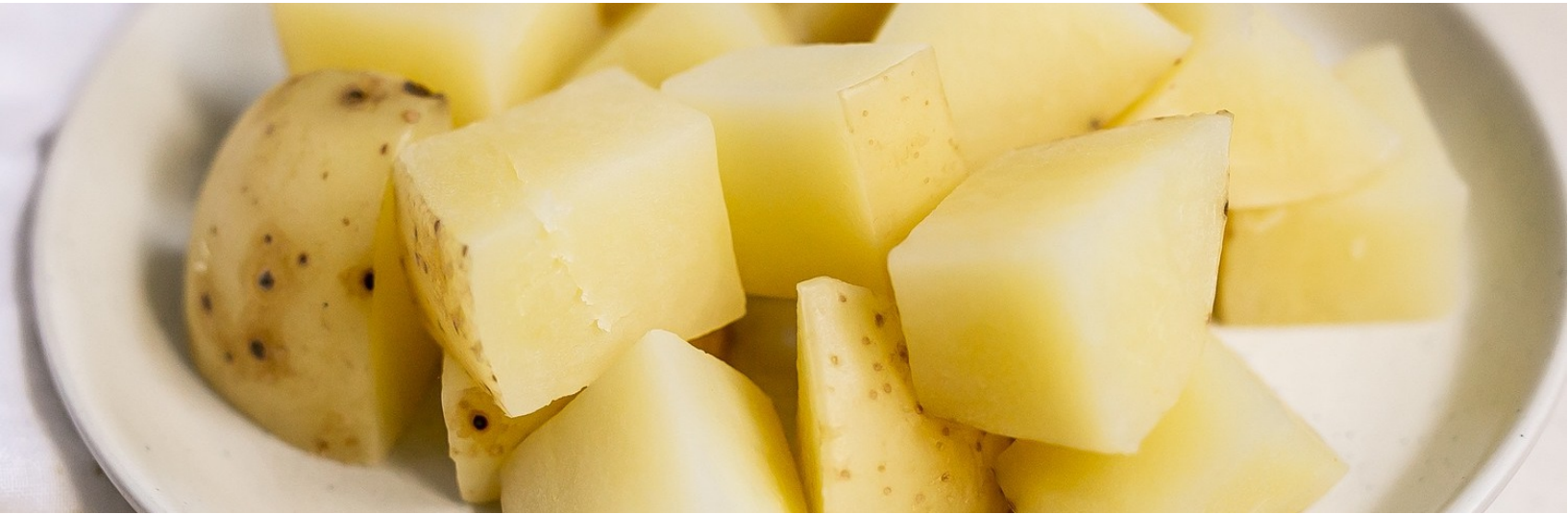
2 tsps Avocado Oil (divided)
1/4 tsp Sea Salt
454 grams Chicken Breast (boneless,
skinless)
5 Cremini Mushrooms (sliced)
1/4 cup Tzatziki

Nutrition

Amount per serving	
Calories	352
Fat	13g
Carbs	2g
Fiber	0g
Sugar	2g
Protein	53g
Cholesterol	170mg
Sodium	459mg
Vitamin A	168IU
Vitamin C	2mg
Calcium	73mg
Iron	1mg
Vitamin D	5IU
Folate	28µg
Magnesium	67mg

Directions

- 1 Add half of the oil to a large pan over medium heat.
- 2 Season the chicken with the salt and add the chicken to the pan. Cook, covered, for seven to ten minutes, flipping halfway through until cooked through. Slice the chicken.
- 3 Add the remaining oil to the pan and sauté the mushrooms. Cook for four to five minutes or until browned.
- 4 Spread the tzatziki onto a serving plate and top with the chicken. Add the mushrooms to the top. Serve and 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!



Steak Fried Rice

2 servings

25 minutes

Ingredients

1/3 cup Jasmine Rice (dry, uncooked)
227 grams Top Sirloin Steak (cubed)
Sea Salt & Black Pepper (to taste)
1 1/2 Egg (large, whisked)
1 cup Frozen Vegetable Mix

Nutrition

Amount per serving	
Calories	462
Fat	20g
Carbs	38g
Fiber	5g
Sugar	3g
Protein	32g
Cholesterol	228mg
Sodium	143mg
Vitamin A	4095IU
Vitamin C	3mg
Calcium	72mg
Iron	3mg
Vitamin D	31IU
Folate	47µg
Magnesium	47mg

Directions

- 1 Cook the rice according to the package instructions and set aside.
- 2 Heat a large nonstick pan over medium-high heat. Add the cubed steak and season with salt and pepper. Cook to your desired doneness, then transfer to a bowl.
- 3 Add the eggs to the same pan and stir to scramble as it cooks, about two to three minutes.
- 4 Push the eggs to the side of the pan, and add the frozen vegetables. Season with salt and pepper and cook until warmed through, about three minutes.
- 5 Add the rice and cooked steak. Stir until well combined and season with additional salt and pepper if needed. Divide into bowls and enjoy!



Easy Salmon Poke Bowl

2 servings

30 minutes

Ingredients

3/4 cup Brown Rice
 2 tps Sesame Oil (divided)
 227 grams Salmon Fillet (sushi-grade, skinless, diced)
 2 tbsps Tamari
 1 tsp Rice Vinegar
 1/2 Cucumber (sliced)
 1/4 cup Radishes (thinly sliced)
 1/2 Avocado (sliced)
 1/2 Jalapeno Pepper (thinly sliced)

Directions

- 1 Cook the brown rice according to the directions on the package. Once it has finished cooking, drizzle half the sesame oil over top and mix to combine.
- 2 Meanwhile, in a medium-sized bowl, add the salmon, tamari, rice vinegar, and the remaining sesame oil. Place in the fridge to marinate for 10 minutes.
- 3 Assemble your bowl by adding brown rice to the bottom. Top it with salmon, cucumber, radishes, avocado, and jalapeno. Enjoy!

Nutrition

Amount per serving	
Calories	549
Fat	20g
Carbs	62g
Fiber	7g
Sugar	3g
Protein	34g
Cholesterol	58mg
Sodium	1108mg
Vitamin A	375IU
Vitamin C	13mg
Calcium	42mg
Iron	2mg
Vitamin D	638IU
Folate	77µg
Magnesium	148mg



Fresh Strawberries

1 serving

5 minutes

Ingredients

1 cup Strawberries

Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	23mg
Iron	1mg
Vitamin D	0IU
Folate	35µg
Magnesium	19mg

Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!