











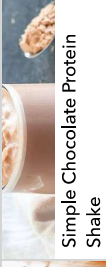




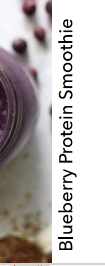







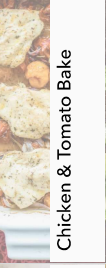




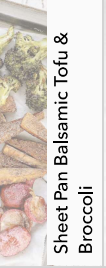
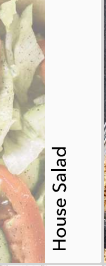














**Charlotte Kerr Maintenance
October 2024**

Christine Bardajian
<https://eatinginmind.com.au/>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Spinach & Salsa Omelette	 Warm Peas with Eggs	 Chocolate Protein Overnight Oats	 Poached Eggs & Toast	 Warm Peas with Eggs
Snack 1	 Hummus Dippers	 Hummus Dippers	 Simple Chocolate Protein Shake	 Blueberry Protein Smoothie	 Hummus Dippers	 Simple Chocolate Protein Shake	 Simple Chocolate Protein Shake
Lunch	 Turkey & Apple Rice Cakes	 Turkey & Apple Rice Cakes	 Dates	 Air Fryer Lemon Saffron Chicken & Couscous	 Chicken & Tomato Bake	 Ham Sandwich	 Tuna Bean Salad
Snack 2	 Greek Yogurt & Blueberries	 Greek Yogurt & Blueberries	 Sheet Pan Balsamic Tofu & Broccoli	 House Salad	 Yogurt & Granola	 Cucumber Slices	 Chocolate Strawberry Chia Pudding
Dinner	 Salmon with Rice, Cabbage & Kale	 Salmon with Rice, Cabbage & Kale	 House Salad	 Steamed Asparagus	 Steak & Carrot Mash	 Easy Salmon Poke Bowl	 Easy Salmon Poke Bowl
Optional	 Banana	 Banana	 Nectarine & Almonds	 Nectarine & Almonds	 Banana	 Kiwi & Almonds	 Kiwi & Almonds

Fruits

- ☐ 1/2 Apple
- ☐ 1/2 Avocado
- ☐ 3 Banana
- ☐ 2/3 cup Blueberries
- ☐ 2 Kiwi
- ☐ 1/2 Lemon
- ☐ 2 Nectarine
- ☐ 1 1/2 cups Raspberries
- ☐ 1 cup Strawberries

Breakfast

- ☐ 3 tbsps Almond Butter
- ☐ 3 cups Granola
- ☐ 2 tbsps Maple Syrup
- ☐ 4 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1/4 cup Chia Seeds
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1 tbsp Herbes De Provence
- ☐ 1 tsp Italian Seasoning
- ☐ 1/4 tsp Saffron
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1 cup Frozen Blueberries
- ☐ 3 cups Frozen Peas
- ☐ 18 Ice Cubes

Vegetables

- ☐ 2 cups Asparagus
- ☐ 3 cups Baby Spinach
- ☐ 2 cups Bok Choy
- ☐ 4 cups Broccoli
- ☐ 5 1/4 Carrot
- ☐ 9 stalks Celery
- ☐ 2 1/3 cups Cherry Tomatoes
- ☐ 6 Cremini Mushrooms
- ☐ 1 1/2 Cucumber
- ☐ 1 1/3 cups Green Beans
- ☐ 1/4 head Green Lettuce
- ☐ 1/2 Jalapeno Pepper
- ☐ 2 cups Kale Leaves
- ☐ 2 cups Purple Cabbage
- ☐ 2 1/4 cups Radishes
- ☐ 1/3 Red Bell Pepper
- ☐ 3/4 cup Red Onion
- ☐ 2 leaves Romaine
- ☐ 1 1/2 Tomato
- ☐ 1/2 White Onion
- ☐ 2 1/4 Yellow Bell Pepper

Boxed & Canned

- ☐ 1 1/4 cups Brown Rice
- ☐ 1/4 cup Chicken Broth, Low Sodium
- ☐ 1/2 cup Couscous
- ☐ 2/3 cup Mixed Beans
- ☐ 1/4 cup Salsa
- ☐ 2/3 can Tuna

Baking

- ☐ 1/4 cup Cocoa Powder
- ☐ 2 tsps Honey
- ☐ 1 1/2 cups Oats
- ☐ 3/4 cup Pitted Dates

Bread, Fish, Meat & Cheese

- ☐ 624 grams Chicken Breast
- ☐ 85 grams Flank Steak
- ☐ 4 slices Gluten-Free Bread
- ☐ 567 grams Salmon Fillet
- ☐ 85 grams Sliced Ham
- ☐ 226 grams Sliced Turkey Breast
- ☐ 50 grams Sourdough Bread
- ☐ 84 grams Swiss Cheese
- ☐ 454 grams Tofu

Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 1/3 cup Balsamic Vinegar
- ☐ 1 1/3 tbsps Dijon Mustard
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1 tsp Mayonnaise
- ☐ 3 tbsps Red Wine Vinegar
- ☐ 1 tsp Rice Vinegar
- ☐ 2 tsps Sesame Oil
- ☐ 1/4 cup Tamari
- ☐ 1/2 tsp Yellow Mustard

Cold

- ☐ 9 Egg
- ☐ 2 1/4 cups Hummus
- ☐ 1 cup Plain Coconut Milk
- ☐ 10 cups Plain Greek Yogurt
- ☐ 4 1/4 cups Unsweetened Almond Milk

Other

- ☐ 4 Barbecue Skewers
- ☐ 1 3/4 cups Chocolate Protein Powder
- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 1 1/8 cups 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

2 servings

15 minutes

Ingredients

1/2 White Onion (diced)
3 tbsps Water
3 cups Frozen Peas
1/4 tsp Sea Salt
4 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!



Poached Eggs & Toast

1 serving
10 minutes

Ingredients

2 Egg
1 tbsp Apple Cider Vinegar
2 slices Gluten-Free Bread
Sea Salt & Black Pepper

Nutrition

Amount per serving	
Calories	301
Fat	14g
Carbs	25g
Fiber	2g
Sugar	5g
Protein	16g
Cholesterol	372mg
Sodium	398mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	87mg
Iron	2mg
Vitamin D	82IU
Folate	47µg
Magnesium	28mg

Directions

- 1 Bring a pot of water to a rolling boil and add the vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your eggs into the water. Cook for three to four minutes or until cooked to your liking and then use a slotted spoon to carefully remove from the water. Add the eggs onto a plate lined with a paper towel to soak up the excess liquid.
- 2 Serve eggs with toasted bread and season with salt and pepper. Enjoy!



Hummus Dippers

3 servings

15 minutes

Ingredients

3/4 Yellow Bell Pepper
3/4 Carrot
3 stalks Celery
3/4 cup Hummus

Nutrition

Amount per serving	
Calories	170
Fat	11g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	305mg
Vitamin A	2834IU
Vitamin C	87mg
Calcium	55mg
Iron	2mg
Vitamin D	0IU
Folate	59µg
Magnesium	58mg

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up one small mason jar per serving (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat. Enjoy!



Turkey & Apple Rice Cakes

1 serving

5 minutes

Ingredients

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

Directions

1

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

Nutrition

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



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



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



Tuna Bean Salad

1 serving
10 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 tbsp Red Wine Vinegar
1 tsp Dijon Mustard
2/3 cup Green Beans (trimmed, chopped, and blanched)
1/3 cup Mixed Beans (cooked, rinsed well)
2 2/3 tbsps Cherry Tomatoes (halved or quartered)
1/8 Red Bell Pepper (diced)
1/3 can Tuna (drained, flaked with a fork)
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a large mixing bowl combine the oil, red wine vinegar, and Dijon mustard. Add the green beans, mixed beans, cherry tomatoes, bell pepper, and tuna, and mix well. Season with salt and pepper to taste.
- 2 Divide between plates or bowls and enjoy!

Nutrition

Amount per serving	
Calories	280
Fat	15g
Carbs	20g
Fiber	6g
Sugar	4g
Protein	17g
Cholesterol	20mg
Sodium	199mg
Vitamin A	1319IU
Vitamin C	38mg
Calcium	60mg
Iron	3mg
Vitamin D	26IU
Folate	114µg
Magnesium	60mg



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

1 serving

5 minutes

Ingredients

1/2 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

2 servings

5 minutes

Ingredients

1 cup Plain Greek Yogurt
2/3 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



Chocolate Strawberry 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
- 1 cup 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



Yogurt & Granola

3 servings

5 minutes

Ingredients

3 cups Plain Greek Yogurt

1 cup Granola

Directions

- 1 Divide the yogurt into bowls and top with granola. Enjoy!

Nutrition

Amount per serving	
Calories	380
Fat	15g
Carbs	34g
Fiber	4g
Sugar	14g
Protein	28g
Cholesterol	34mg
Sodium	151mg
Vitamin A	1258IU
Vitamin C	15mg
Calcium	530mg
Iron	2mg
Vitamin D	99IU
Folate	34µg
Magnesium	68mg



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!



Sheet Pan Balsamic Tofu & Broccoli

2 servings

30 minutes

Ingredients

454 grams Tofu (extra-firm, pressed, and sliced into triangles)
2 tbsps Tamari (divided)
1 tbsp Extra Virgin Olive Oil (divided)
4 cups Broccoli (florets, chopped)
2 cups Radishes (halved)
Sea Salt & Black Pepper (to taste)
1/3 cup Balsamic Vinegar
1 tbsp Maple Syrup
1 tsp Italian Seasoning

Nutrition

Amount per serving	
Calories	403
Fat	20g
Carbs	34g
Fiber	9g
Sugar	20g
Protein	31g
Cholesterol	0mg
Sodium	1131mg
Vitamin A	1142IU
Vitamin C	180mg
Calcium	779mg
Iron	7mg
Vitamin D	0IU
Folate	167µg
Magnesium	144mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 2 In a large bowl, toss the tofu with half the tamari, and 1/3 of the oil. Place on the baking sheet, spacing out the tofu from one another.
- 3 In the same bowl, toss the broccoli and radishes with the remaining oil, salt, and pepper. Transfer to the baking sheet alongside the tofu, leaving enough space between everything. Line another baking sheet if needed. Bake for 20 minutes, flipping halfway through.
- 4 Meanwhile, in a bowl or jar, mix together the balsamic vinegar, maple syrup, Italian seasoning, salt, pepper, and remaining tamari.
- 5 Remove the baking sheet(s) from the oven and drizzle the balsamic mixture over everything. Place back in the oven for five minutes. Divide evenly between plates and enjoy!



Air Fryer Lemon Saffron Chicken & Couscous

2 servings

20 minutes

Ingredients

1/2 Lemon (juiced)
1/4 tsp Saffron (ground)
Sea Salt & Black Pepper (to taste)
283 grams Chicken Breast (cut into cubes)
1/3 cup Red Onion (chopped)
4 Barbecue Skewers
1/2 cup Couscous (uncooked)

Nutrition

Amount per serving	
Calories	346
Fat	4g
Carbs	37g
Fiber	3g
Sugar	1g
Protein	38g
Cholesterol	103mg
Sodium	69mg
Vitamin A	44IU
Vitamin C	7mg
Calcium	24mg
Iron	1mg
Vitamin D	1IU
Folate	29µg
Magnesium	62mg

Directions

- 1 Preheat the air fryer to 390°F (200°C).
- 2 In a bowl, whisk together the lemon juice, saffron, salt, and pepper. Add the chicken breast and mix well. Thread the chicken and onion onto the skewers.
- 3 Place the skewers into the air fryer basket and cook for 12 to 15 minutes, or until cooked through.
- 4 Meanwhile, cook the couscous according to the package directions and season with salt.
- 5 Divide the chicken skewers and couscous between serving plates and enjoy!



House Salad

2 servings

10 minutes

Ingredients

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



Chicken & Tomato Bake

2 servings

25 minutes

Ingredients

2 cups Cherry Tomatoes
1/2 cup Red Onion (sliced)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Herbes de Provence (divided)
Sea Salt & Black Pepper (to taste)
340 grams Chicken Breast (halved lengthwise)

Nutrition

Amount per serving	
Calories	366
Fat	18g
Carbs	10g
Fiber	2g
Sugar	6g
Protein	40g
Cholesterol	124mg
Sodium	86mg
Vitamin A	1293IU
Vitamin C	23mg
Calcium	33mg
Iron	1mg
Vitamin D	2IU
Folate	45µg
Magnesium	68mg

Directions

- 1 Preheat the oven to 450°F (230°C).
- 2 In a baking dish, add the cherry tomatoes, red onions, half of the oil, and half of the Herbes de Provence. Season with salt and pepper. Toss to coat.
- 3 Brush the chicken breasts with the remaining oil. Season with the remaining Herbes de Provence, salt, and pepper. Nestle them with the tomatoes into the dish.
- 4 Bake for 15 to 20 minutes or until the chicken is cooked through and the tomatoes have started to blacken and release their juices. Enjoy!



Steamed Asparagus

2 servings

10 minutes

Ingredients

2 cups Asparagus (woody ends trimmed, chopped in half)

Directions

1

Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

Nutrition

Amount per serving	
Calories	27
Fat	0g
Carbs	5g
Fiber	3g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	3mg
Vitamin A	1013IU
Vitamin C	8mg
Calcium	32mg
Iron	3mg
Vitamin D	0IU
Folate	70µg
Magnesium	19mg



Steak & Carrot Mash

1 serving

25 minutes

Ingredients

3 Carrot (small, peeled, diced)
1/4 cup Chicken Broth, Low Sodium
1/4 tsp Sea Salt (divided)
1 tbsp Extra Virgin Olive Oil (divided)
6 Cremini Mushrooms (sliced)
85 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!



Steamed Bok Choy

1 serving
10 minutes

Ingredients

2 cups Bok Choy (baby, halved)

Nutrition

Amount per serving	
Calories	18
Fat	0g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	2g
Cholesterol	0mg
Sodium	91mg
Vitamin A	6255IU
Vitamin C	63mg
Calcium	147mg
Iron	1mg
Vitamin D	0IU
Folate	92µg
Magnesium	27mg

Directions

1

Bring a pot of water to a boil. Place bok choy in a steamer basket over boiling water and cover. Steam for 2 to 3 minutes, or until just tender. 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



Banana

1 serving

1 minute

Ingredients

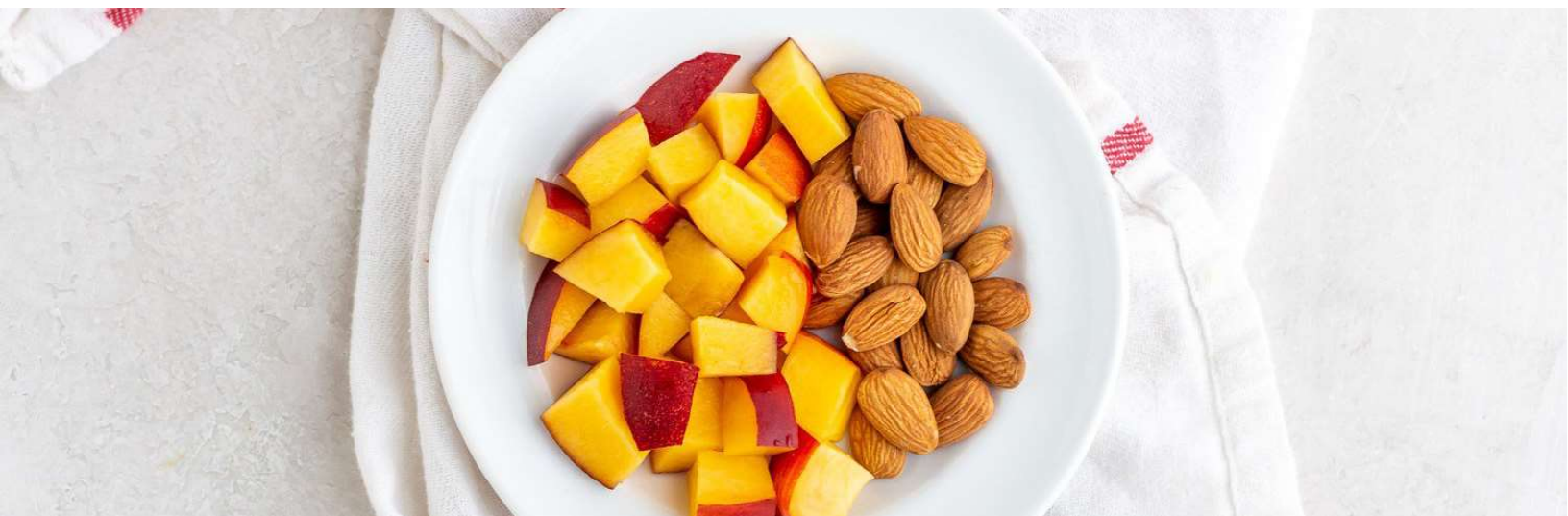
1 Banana

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
Vitamin D	0IU
Folate	24µg
Magnesium	32mg

Directions

- 1 Peel and enjoy!



Nectarine & Almonds

1 serving

5 minutes

Ingredients

1 Nectarine (chopped or sliced)

1/4 cup Almonds

Directions

- 1 Serve the nectarine with almonds and enjoy!

Nutrition

Amount per serving	
Calories	269
Fat	18g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	9g
Cholesterol	0mg
Sodium	0mg
Vitamin A	472IU
Vitamin C	8mg
Calcium	105mg
Iron	2mg
Vitamin D	0IU
Folate	23µg
Magnesium	109mg



Kiwi & Almonds

1 serving

5 minutes

Ingredients

1 Kiwi (halved)
1/4 cup Almonds

Directions

- 1 Add the kiwi and almonds to a plate and enjoy!

Nutrition

Amount per serving	
Calories	249
Fat	18g
Carbs	18g
Fiber	7g
Sugar	8g
Protein	8g
Cholesterol	0mg
Sodium	2mg
Vitamin A	61IU
Vitamin C	64mg
Calcium	120mg
Iron	2mg
Vitamin D	0IU
Folate	33µg
Magnesium	108mg