



|           | Mon  | Tue  | Wed  | Thu  | Fri  | Sat  | Sun  |
|-----------|--|--|--|--|--|--|--|
| Breakfast | <br>Chocolate Protein Overnight Oats  | <br>Chocolate Protein Overnight Oats    | <br>Chocolate Protein Overnight Oats            | <br>Spinach & Salsa Omelette                   | <br>Spinach & Salsa Omelette          | <br>Warm Peas with Eggs               | <br>Warm Peas with Eggs               |
| Snack 1   | <br>Grapes & Cashews                  | <br>Grapes & Cashews                    | <br>Grapes & Cashews                            | <br>Yogurt & Granola                           | <br>Yogurt & Granola                  | <br>Simple Chocolate Protein Shake    | <br>Simple Chocolate Protein Shake    |
| Lunch     | <br>Greek Chicken Wraps               | <br>Salmon with Rice, Cabbage & Kale    | <br>Sheet Pan Balsamic Tofu & Broccoli          | <br>Air Fryer Lemon Saffron Chicken & Couscous | <br>Ham Sandwich                      | <br>Greek Chicken Wraps               | <br>Greek Chicken Wraps               |
| Snack 2   | <br>Greek Yogurt & Blueberries        | <br>Greek Yogurt & Blueberries          | <br>Greek Yogurt & Blueberries                  | <br>Fresh Strawberries                         | <br>Chocolate Strawberry Chia Pudding | <br>Chocolate Strawberry Chia Pudding | <br>Chocolate Strawberry Chia Pudding |
| Dinner    | <br>Salmon with Rice, Cabbage & Kale | <br>Sheet Pan Balsamic Tofu & Broccoli | <br>Air Fryer Lemon Saffron Chicken & Couscous | <br>Steak Fried Rice                          | <br>Steak Fried Rice                 | <br>Easy Salmon Poke Bowl            | <br>Easy Salmon Poke Bowl            |
| Optional  | <br>Banana                          | <br>Banana                            | <br>Banana                                    | <br>Fresh Strawberries                       | <br>Fresh Strawberries              | <br>Kiwi & Almonds                  | <br>Kiwi & Almonds                  |

| Mon   | Tue   | Wed   | Thu   | Fri   | Sat   | Sun   |
|---|---|---|---|---|---|---|
| <b>Fat</b> <div><div></div></div> 31%<br><b>Carbs</b> <div><div></div></div> 43%<br><b>Protein</b> <div><div></div></div> 26% | <b>Fat</b> <div><div></div></div> 34%<br><b>Carbs</b> <div><div></div></div> 40%<br><b>Protein</b> <div><div></div></div> 26% | <b>Fat</b> <div><div></div></div> 34%<br><b>Carbs</b> <div><div></div></div> 41%<br><b>Protein</b> <div><div></div></div> 25% | <b>Fat</b> <div><div></div></div> 37%<br><b>Carbs</b> <div><div></div></div> 36%<br><b>Protein</b> <div><div></div></div> 27% | <b>Fat</b> <div><div></div></div> 38%<br><b>Carbs</b> <div><div></div></div> 36%<br><b>Protein</b> <div><div></div></div> 26% | <b>Fat</b> <div><div></div></div> 33%<br><b>Carbs</b> <div><div></div></div> 41%<br><b>Protein</b> <div><div></div></div> 26% | <b>Fat</b> <div><div></div></div> 33%<br><b>Carbs</b> <div><div></div></div> 41%<br><b>Protein</b> <div><div></div></div> 26% |
| <b>Calories</b> 1893  | <b>Calories</b> 1797  | <b>Calories</b> 1797  | <b>Calories</b> 1895  | <b>Calories</b> 1922  | <b>Calories</b> 2066  | <b>Calories</b> 2066  |
| <b>Fat</b> 68g  | <b>Fat</b> 71g  | <b>Fat</b> 72g  | <b>Fat</b> 77g  | <b>Fat</b> 82g  | <b>Fat</b> 77g  | <b>Fat</b> 77g  |
| <b>Carbs</b> 209g   | <b>Carbs</b> 193g   | <b>Carbs</b> 192g   | <b>Carbs</b> 173g   | <b>Carbs</b> 174g   | <b>Carbs</b> 218g   | <b>Carbs</b> 218g   |
| <b>Fiber</b> 31g  | <b>Fiber</b> 33g  | <b>Fiber</b> 33g  | <b>Fiber</b> 24g  | <b>Fiber</b> 32g  | <b>Fiber</b> 46g  | <b>Fiber</b> 46g  |
| <b>Sugar</b> 60g  | <b>Sugar</b> 71g  | <b>Sugar</b> 69g  | <b>Sugar</b> 39g  | <b>Sugar</b> 46g  | <b>Sugar</b> 62g  | <b>Sugar</b> 62g  |
| <b>Protein</b> 130g   | <b>Protein</b> 123g   | <b>Protein</b> 119g   | <b>Protein</b> 129g   | <b>Protein</b> 126g   | <b>Protein</b> 140g   | <b>Protein</b> 140g   |
| <b>Cholesterol</b> 212mg  | <b>Cholesterol</b> 108mg  | <b>Cholesterol</b> 124mg  | <b>Cholesterol</b> 923mg  | <b>Cholesterol</b> 881mg  | <b>Cholesterol</b> 540mg  | <b>Cholesterol</b> 540mg  |
| <b>Sodium</b> 2961mg  | <b>Sodium</b> 1545mg  | <b>Sodium</b> 1471mg  | <b>Sodium</b> 1357mg  | <b>Sodium</b> 2524mg  | <b>Sodium</b> 4455mg  | <b>Sodium</b> 4455mg  |
| <b>Vitamin A</b> 6810IU   | <b>Vitamin A</b> 4636IU   | <b>Vitamin A</b> 3532IU   | <b>Vitamin A</b> 13456IU  | <b>Vitamin A</b> 18391IU  | <b>Vitamin A</b> 9928IU   | <b>Vitamin A</b> 9928IU   |
| <b>Vitamin C</b> 146mg  | <b>Vitamin C</b> 292mg  | <b>Vitamin C</b> 240mg  | <b>Vitamin C</b> 229mg  | <b>Vitamin C</b> 183mg  | <b>Vitamin C</b> 179mg  | <b>Vitamin C</b> 179mg  |
| <b>Calcium</b> 1174mg   | <b>Calcium</b> 1739mg   | <b>Calcium</b> 1666mg   | <b>Calcium</b> 875mg  | <b>Calcium</b> 1339mg   | <b>Calcium</b> 1373mg   | <b>Calcium</b> 1373mg   |
| <b>Iron</b> 11mg  | <b>Iron</b> 15mg  | <b>Iron</b> 15mg  | <b>Iron</b> 15mg  | <b>Iron</b> 16mg  | <b>Iron</b> 15mg  | <b>Iron</b> 15mg  |
| <b>Vitamin D</b> 1087IU   | <b>Vitamin D</b> 1083IU   | <b>Vitamin D</b> 127IU  | <b>Vitamin D</b> 254IU  | <b>Vitamin D</b> 305IU  | <b>Vitamin D</b> 841IU  | <b>Vitamin D</b> 841IU  |
| <b>Folate</b> 257µg   | <b>Folate</b> 316µg   | <b>Folate</b> 318µg   | <b>Folate</b> 404µg   | <b>Folate</b> 447µg   | <b>Folate</b> 448µg   | <b>Folate</b> 448µg   |
| <b>Magnesium</b> 588mg  | <b>Magnesium</b> 614mg  | <b>Magnesium</b> 565mg  | <b>Magnesium</b> 325mg  | <b>Magnesium</b> 327mg  | <b>Magnesium</b> 549mg  | <b>Magnesium</b> 549mg  |



## Fruits

- ☐ 1/2 Avocado
- ☐ 3 Banana
- ☐ 1 cup Blueberries
- ☐ 3 cups Grapes
- ☐ 2 Kiwi
- ☐ 1/2 Lemon
- ☐ 1 1/2 cups Raspberries
- ☐ 4 1/2 cups Strawberries

## Breakfast

- ☐ 3 tbsps Almond Butter
- ☐ 2 cups Granola
- ☐ 2 tbsps Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1/2 cup Almonds
- ☐ 3/4 cup Cashews
- ☐ 1/3 cup Chia Seeds
- ☐ 3 tbsps Greek Seasoning
- ☐ 1 tsp Italian Seasoning
- ☐ 1/4 tsp Saffron
- ☐ 1/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

## Frozen

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

## Vegetables

- ☐ 5 1/2 cups Baby Spinach
- ☐ 4 cups Broccoli
- ☐ 3 cups Cherry Tomatoes
- ☐ 4 Cucumber
- ☐ 1/4 head Green Lettuce
- ☐ 1/2 Jalapeno Pepper
- ☐ 2 cups Kale Leaves
- ☐ 2 cups Purple Cabbage
- ☐ 2 1/4 cups Radishes
- ☐ 1 1/16 cups Red Onion
- ☐ 2 leaves Romaine
- ☐ 2 1/4 Tomato
- ☐ 1/2 White Onion

## Boxed & Canned

- ☐ 1 1/4 cups Brown Rice
- ☐ 1/2 cup Couscous
- ☐ 1/3 cup Jasmine Rice
- ☐ 1/2 cup Salsa

## Baking

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

## Bread, Fish, Meat & Cheese

- ☐ 624 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
- ☐ 454 grams Tofu
- ☐ 227 grams Top Sirloin Steak
- ☐ 3 Whole Wheat Pita

## Condiments & Oils

- ☐ 1/3 cup Balsamic Vinegar
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1 tsp Mayonnaise
- ☐ 1 tbsp Red Wine Vinegar
- ☐ 1 tsp 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
- ☐ 7 1/2 cups Plain Greek Yogurt
- ☐ 1/3 cup Tzatziki
- ☐ 3 2/3 cups Unsweetened Almond Milk

## Other

- ☐ 4 Barbecue Skewers
- ☐ 1 2/3 cups Chocolate Protein Powder
- ☐ 3 1/16 tbsps 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 tps 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!





## 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!



## 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   |



## 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

### 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 |

### Directions

- 1 Place pitted dates on a plate. Enjoy!



## 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   |





## 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!



## 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  |



## 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   |



## 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 tsps 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

### 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 |



## 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 |