












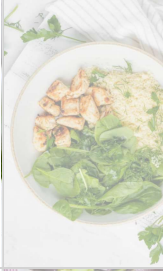
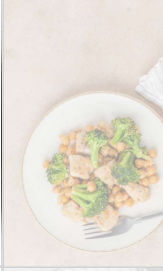














	Mon	Tue	Wed	Thu	Fri
Breakfast	 Warm Peas with Eggs	 Kimchi Avocado Toast with Eggs	 Blueberry Vanilla Protein Oats	 Blueberry Vanilla Protein Oats	 Warm Peas with Eggs
Snack 1	 Tuna Salad Plate	 Peanut Butter Toast & Fruit Snack Box	 Kimchi Avocado Toast	 Tuna Salad Plate	 Turkey & Apple Rice Cakes
Lunch	 Greek Chicken Salad	 Pumpkin Chicken Curry & Rice	 One Pan Salmon with Rainbow Veggies	 Chicken, Greens & Couscous Bowl	 One Pan Chicken, Chickpeas & Broccoli
Snack 2	 Hummus & Veggies Snack Box	 Blueberry Protein Smoothie	 Turkey & Apple Rice Cakes	 Blueberry Protein Smoothie	 Edamame
Dinner	 Pumpkin Chicken Curry & Rice	 One Pan Salmon with Rainbow Veggies	 Chicken, Greens & Couscous Bowl	 One Pan Chicken, Chickpeas & Broccoli	 Salmon, Rice & Arugula

Mon	Tue	Wed	Thu	Fri
Fat <div><div></div></div> 39% Fat <div><div></div></div> 38% Carbs <div><div></div></div> 34% Carbs <div><div></div></div> 33% Protein <div><div></div></div> 27% Protein <div><div></div></div> 25%	Fat <div><div></div></div> 38% Fat <div><div></div></div> 42% Carbs <div><div></div></div> 39% Carbs <div><div></div></div> 33% Protein <div><div></div></div> 23% Protein <div><div></div></div> 30%	Fat <div><div></div></div> 38% Fat <div><div></div></div> 38% Carbs <div><div></div></div> 32% Carbs <div><div></div></div> 32% Protein <div><div></div></div> 30% Protein <div><div></div></div> 31%	Fat <div><div></div></div> 33% Fat <div><div></div></div> 33% Carbs <div><div></div></div> 36% Carbs <div><div></div></div> 36% Protein <div><div></div></div> 31% Protein <div><div></div></div> 31%	
Calories 2029	Calories 2070	Calories 2164	Calories 2138	Calories 1755
Fat 87g	Fat 90g	Fat 103g	Fat 92g	Fat 65g
Carbs 175g	Carbs 205g	Carbs 184g	Carbs 175g	Carbs 158g
Fiber 36g	Fiber 38g	Fiber 31g	Fiber 43g	Fiber 31g
Sugar 37g	Sugar 63g	Sugar 37g	Sugar 38g	Sugar 35g
Protein 139g	Protein 123g	Protein 135g	Protein 165g	Protein 140g
Cholesterol 619mg	Cholesterol 533mg	Cholesterol 271mg	Cholesterol 271mg	Cholesterol 627mg
Sodium 4063mg	Sodium 1517mg	Sodium 1925mg	Sodium 3337mg	Sodium 4196mg
Vitamin A 28284IU	Vitamin A 24993IU	Vitamin A 10105IU	Vitamin A 11297IU	Vitamin A 7862IU
Vitamin C 155mg	Vitamin C 345mg	Vitamin C 367mg	Vitamin C 215mg	Vitamin C 171mg
Calcium 505mg	Calcium 506mg	Calcium 975mg	Calcium 958mg	Calcium 741mg
Iron 17mg	Iron 12mg	Iron 12mg	Iron 18mg	Iron 14mg
Vitamin D 162IU	Vitamin D 881IU	Vitamin D 806IU	Vitamin D 80IU	Vitamin D 728IU
Folate 445µg	Folate 428µg	Folate 437µg	Folate 685µg	Folate 791µg
Magnesium 349mg	Magnesium 370mg	Magnesium 412mg	Magnesium 511mg	Magnesium 352mg

Fruits

- ☐ 1 1/2 Apple
- ☐ 2 Avocado
- ☐ 2 1/3 cups Blueberries
- ☐ 1 3/4 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 1/2 Lime
- ☐ 1 Navel Orange

Breakfast

- ☐ 2 1/2 tbsps All Natural Peanut Butter
- ☐ 4 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1 1/2 tbsps Chia Seeds
- ☐ 1 tsp Curry Powder
- ☐ 2 1/2 tbsps Greek Seasoning
- ☐ 3 1/2 tbsps Ground Flax Seed
- ☐ 2 tbsps Italian Seasoning
- ☐ 3 tbsps Pecans
- ☐ 1 1/4 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 2 cups Frozen Blueberries
- ☐ 1/2 cup Frozen Edamame
- ☐ 3 cups Frozen Peas

Vegetables

- ☐ 4 cups Arugula
- ☐ 6 cups Baby Spinach
- ☐ 7 cups Broccoli
- ☐ 2 stalks Celery
- ☐ 4 3/4 cups Cherry Tomatoes
- ☐ 3/4 Cucumber
- ☐ 1/2 cup Fresh Dill
- ☐ 1/2 cup Parsley
- ☐ 1/2 Red Bell Pepper
- ☐ 1 1/16 cups Red Onion
- ☐ 1 Sweet Potato
- ☐ 1/2 White Onion
- ☐ 2 Yellow Bell Pepper

Boxed & Canned

- ☐ 1/2 cup Basmati Rice
- ☐ 1 cup Canned Coconut Milk
- ☐ 1 cup Chicken Broth
- ☐ 1 1/2 cups Chickpeas
- ☐ 1/2 cup Couscous
- ☐ 1 cup Jasmine Rice
- ☐ 2 cans Tuna

Baking

- ☐ 2 tps Honey
- ☐ 1 1/2 cups Oats
- ☐ 1/2 cup Pureed Pumpkin

Bread, Fish, Meat & Cheese

- ☐ 936 grams Chicken Breast
- ☐ 1 kilogram Salmon Fillet
- ☐ 226 grams Sliced Turkey Breast
- ☐ 149 grams Sourdough Bread
- ☐ 84 grams Swiss Cheese
- ☐ 1 slice Whole Grain Bread

Condiments & Oils

- ☐ 2 1/4 tps Balsamic Vinegar
- ☐ 1 tsp Coconut Aminos
- ☐ 2 tps Dijon Mustard
- ☐ 3/4 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Kimchi
- ☐ 1/4 cup Pitted Kalamata Olives

Cold

- ☐ 6 Egg
- ☐ 1/4 cup Hummus
- ☐ 2 cups Oat Milk
- ☐ 1/2 cup Unsweetened Coconut Yogurt

Other

- ☐ 1 cup Vanilla Protein Powder
- ☐ 2 1/8 cups Water



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!



Kimchi Avocado Toast with Eggs

1 serving
10 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
2 Egg (whisked)
1/2 Avocado (medium, sliced)
50 grams Sourdough Bread (toasted)
2 tbsps Kimchi
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the oil in a large pan over medium heat. Add the eggs to the pan and stir continuously. Keep pushing the eggs around the pan until fluffy and cooked to your desired consistency. Remove from the heat.
- 2 Add the avocado to the toast and top with the kimchi and eggs. Season with salt and pepper and enjoy!

Nutrition

Amount per serving	
Calories	451
Fat	27g
Carbs	34g
Fiber	8g
Sugar	1g
Protein	20g
Cholesterol	372mg
Sodium	481mg
Vitamin A	704IU
Vitamin C	11mg
Calcium	74mg
Iron	4mg
Vitamin D	82IU
Folate	138µg
Magnesium	44mg



Blueberry Vanilla Protein Oats

1 serving

8 hours

Ingredients

1/2 cup Oats
1 1/2 tsps Chia Seeds
2/3 cup Oat Milk
2 tsps Vanilla Protein Powder
1 1/2 tsps Ground Flax Seed
1/2 cup Blueberries
1 1/2 tsps All Natural Peanut Butter
1 tbsp Pecans (chopped)

Directions

- 1 In a large bowl or container combine the oats, chia seeds, and milk. Stir to combine. Place in the fridge for eight hours, or overnight.
- 2 After the oats have set, remove from the fridge and stir in the protein powder and ground flax until well combined. Add extra oat milk one tablespoon at a time if the oats are too thick.
- 3 Divide the oats evenly between bowls or containers and top with blueberries, peanuts butter, and chopped pecans. Enjoy!

Nutrition

Amount per serving	
Calories	450
Fat	18g
Carbs	55g
Fiber	11g
Sugar	13g
Protein	21g
Cholesterol	2mg
Sodium	87mg
Vitamin A	43IU
Vitamin C	7mg
Calcium	353mg
Iron	3mg
Vitamin D	0IU
Folate	30µg
Magnesium	105mg



Tuna Salad Plate

1 serving

5 minutes

Ingredients

1 can Tuna (drained, broken into chunks)

1/2 Avocado (pit removed)

1/4 cup Unsweetened Coconut Yogurt

1/4 Cucumber (sliced)

1/4 tsp Sea Salt

Directions

1

Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Nutrition

Amount per serving

Calories	342
Fat	18g
Carbs	14g
Fiber	8g
Sugar	2g
Protein	35g
Cholesterol	59mg
Sodium	1018mg
Vitamin A	320IU
Vitamin C	12mg
Calcium	177mg
Iron	4mg
Vitamin D	78IU
Folate	93µg
Magnesium	77mg



Peanut Butter Toast & Fruit Snack Box

1 serving

5 minutes

Ingredients

- 1 tbsp All Natural Peanut Butter
- 1 slice Whole Grain Bread (toasted)
- 1/2 cup Blueberries
- 1 Apple (sliced)

Directions

- 1 Spread the peanut butter on top of the toasted bread and cut it in half.
- 2 Arrange the peanut butter toast, blueberries, and apple in a container and enjoy!

Nutrition

Amount per serving	
Calories	343
Fat	11g
Carbs	57g
Fiber	10g
Sugar	31g
Protein	10g
Cholesterol	0mg
Sodium	163mg
Vitamin A	138IU
Vitamin C	16mg
Calcium	65mg
Iron	2mg
Vitamin D	0IU
Folate	51µg
Magnesium	73mg



Kimchi Avocado Toast

1 serving

5 minutes

Ingredients

1/2 Avocado (medium, sliced)
50 grams Sourdough Bread (toasted)
2 tbsps Kimchi
Sea Salt & Black Pepper (to taste)

Directions

1

Add the avocado to the toast. Top with kimchi and season with salt and pepper.
Enjoy!

Nutrition

Amount per serving	
Calories	288
Fat	15g
Carbs	33g
Fiber	8g
Sugar	1g
Protein	7g
Cholesterol	0mg
Sodium	339mg
Vitamin A	164IU
Vitamin C	11mg
Calcium	18mg
Iron	2mg
Vitamin D	0IU
Folate	91µg
Magnesium	32mg



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



Greek Chicken Salad

1 serving
45 minutes

Ingredients

1 1/2 tsps Greek Seasoning
1/4 Lemon (juiced)
1 tbsp Extra Virgin Olive Oil
142 grams Chicken Breast (boneless, skinless)
3/4 cup Cherry Tomatoes (halved)
1/4 Cucumber (diced)
1 tbsp Red Onion (finely diced)
1/4 cup Pitted Kalamata Olives (chopped)
2 1/4 tsps 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!



Hummus & Veggies Snack Box

1 serving

5 minutes

Ingredients

- 1/2 Red Bell Pepper (sliced)
- 2 stalks Celery (cut into small stalks)
- 1/3 cup Blueberries
- 1/4 cup Hummus

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	22g
Fiber	7g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	329mg
Vitamin A	2263IU
Vitamin C	83mg
Calcium	68mg
Iron	2mg
Vitamin D	0IU
Folate	89µg
Magnesium	65mg



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



Edamame

1 serving

5 minutes

Ingredients

1/2 cup Frozen Edamame (shelled, thawed)

Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

Nutrition

Amount per serving	
Calories	94
Fat	4g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	9g
Cholesterol	0mg
Sodium	5mg
Vitamin A	231IU
Vitamin C	5mg
Calcium	49mg
Iron	2mg
Vitamin D	0IU
Folate	241µg
Magnesium	50mg



Pumpkin Chicken Curry & Rice

2 servings

35 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
227 grams Chicken Breast (boneless, skinless, cut into cubes)
1 tbsp Curry Powder
Sea Salt & Black Pepper (to taste)
1 Sweet Potato (large, peeled, chopped)
1/2 cup Pureed Pumpkin
1 cup Chicken Broth
1/2 cup Basmati Rice (dry, rinsed)
1 cup Canned Coconut Milk (full fat)
1/2 Lime (juiced)
1 tbsp Parsley (chopped, for garnish)

Nutrition

Amount per serving	
Calories	645
Fat	27g
Carbs	64g
Fiber	7g
Sugar	7g
Protein	34g
Cholesterol	85mg
Sodium	585mg
Vitamin A	18956IU
Vitamin C	10mg
Calcium	72mg
Iron	2mg
Vitamin D	1IU
Folate	30µg
Magnesium	73mg

Directions

- 1 Heat the oil in a pot over medium heat. Add the chicken and cook for five to six minutes or until browned on all sides, stirring occasionally.
- 2 Add the curry powder, salt, pepper, and sweet potato. Stir and cook for another two to three minutes. Add the pumpkin purée and chicken broth. Stir, turn the heat to low, cover the pot with a lid, and simmer for about 15 minutes.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Remove the lid from the curry pot. Stir in the coconut milk and simmer uncovered for another five minutes or until everything is cooked through. Remove from the heat and stir in the lime juice. Adjust the seasoning to your taste.
- 5 Serve the curry with rice. Top with parsley and enjoy!



One Pan Salmon with Rainbow Veggies

4 servings

40 minutes

Ingredients

4 cups Cherry Tomatoes
567 grams Salmon Fillet
2 Yellow Bell Pepper (sliced)
4 cups Broccoli (chopped into small florets)
1 cup Red Onion (sliced into chunks)
1/4 cup Extra Virgin Olive Oil
1 tbsp Coconut Aminos
1 Navel Orange (zested and juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	425
Fat	21g
Carbs	27g
Fiber	6g
Sugar	11g
Protein	37g
Cholesterol	72mg
Sodium	220mg
Vitamin A	2311IU
Vitamin C	296mg
Calcium	105mg
Iron	2mg
Vitamin D	798IU
Folate	132µg
Magnesium	97mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 3 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 4 Divide between plates and enjoy!



Chicken, Greens & Couscous Bowl

2 servings

25 minutes

Ingredients

1/2 cup Couscous (dry)
283 grams Chicken Breast (boneless, skinless, cubed)
1/4 cup Extra Virgin Olive Oil (divided)
1/4 cup Lemon Juice (divided)
2 tbsps Italian Seasoning
4 cups Baby Spinach
1/2 cup Fresh Dill (chopped)
1/2 cup Parsley (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	598
Fat	31g
Carbs	39g
Fiber	4g
Sugar	1g
Protein	40g
Cholesterol	103mg
Sodium	126mg
Vitamin A	7123IU
Vitamin C	51mg
Calcium	105mg
Iron	4mg
Vitamin D	1IU
Folate	170µg
Magnesium	117mg

Directions

- 1 Cook the couscous according to the package directions. Set aside.
- 2 In a bowl, add the chicken, half of the oil, half of the lemon juice, and Italian seasoning. Mix to combine.
- 3 Heat a large pan over medium heat. Add the seasoned chicken along with the liquid from the bowl. Spread it out into an even layer. Cook for seven to eight minutes per side or until cooked through and browned. Add a splash of water or broth if needed.
- 4 Divide the spinach, couscous, chicken, dill, and parsley into bowls. Top each bowl with the remaining oil and lemon juice. Season with salt and pepper. Enjoy!



One Pan Chicken, Chickpeas & Broccoli

2 servings
20 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
283 grams Chicken Breast (boneless, skinless, cut into cubes)
1 Lemon (juiced, divided)
2 tbsps Greek Seasoning (divided)
3 cups Broccoli (cut into florets)
1 1/2 cups Chickpeas (drained, rinsed)

Nutrition

Amount per serving	
Calories	542
Fat	21g
Carbs	44g
Fiber	13g
Sugar	9g
Protein	47g
Cholesterol	103mg
Sodium	2038mg
Vitamin A	927IU
Vitamin C	133mg
Calcium	133mg
Iron	5mg
Vitamin D	1IU
Folate	315µg
Magnesium	129mg

Directions

- 1 Heat the oil in a large pan over medium heat. Add the chicken and cook for six to seven minutes or until cooked through. Add the lemon juice and half of the Greek seasoning. Add a splash of water if needed. Stir to combine and then add the chicken to a plate to set aside.
- 2 To the same pan, add the broccoli and sauté for three to four minutes or until slightly tender. Stir in the chickpeas, remaining lemon juice, and Greek seasoning. Add water if needed.
- 3 Stir the chicken back in and cook for another two to three minutes. Divide evenly between bowls or plates and enjoy!



Salmon, Rice & Arugula

4 servings

25 minutes

Ingredients

454 grams Salmon Fillet
1/2 tsp Sea Salt
1 cup Jasmine Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
4 cups Arugula

Nutrition

Amount per serving	
Calories	375
Fat	12g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	29g
Cholesterol	58mg
Sodium	389mg
Vitamin A	659IU
Vitamin C	5mg
Calcium	43mg
Iron	1mg
Vitamin D	638IU
Folate	27µg
Magnesium	44mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!