


















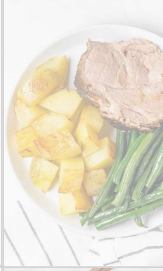


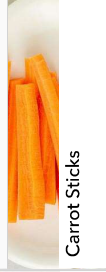

















	Mon	Tue	Wed	Thu	Fri
Breakfast	 Spinach & Salsa Omelette	 Kimchi Avocado Toast with Eggs	 Cinnamon Protein Oats	 Cinnamon Protein Oats	 Warm Peas with Eggs
Snack 1	 Pear	 Turkey & Apple Rice Cakes	 Fresh Strawberries	 Fresh Strawberries	 Simple Vanilla Protein Shake
Lunch	 Hummus Dippers	 Kiwi & Almonds	 Turkey & Apple Rice Cakes	 Kiwi & Almonds	 Kiwi
	 Greek Chicken Salad	 Teriyaki Tofu Bowl	 Teriyaki Tofu Bowl	 Easy Salmon Poke Bowl	 Pork Roast with Potatoes & Green Beans
Snack 2	 Sourdough Bread	 Pumpkin Chicken Curry & Rice	 Carrot Sticks	 Turkey & Apple Rice Cakes	 Simple Vanilla Protein Shake
	 Strawberry Almond Protein Smoothie	 Simple Vanilla Protein Shake	 Edamame	 Dates	 Dates
Dinner	 Pumpkin Chicken Curry & Rice	 Teriyaki Tofu Bowl	 Easy Salmon Poke Bowl	 Pork Roast with Potatoes & Green Beans	 Ginger Beef Stir Fry
	 Steamed Broccoli	 Sesame Soy Cucumber Salad			 Brown Basmati Rice

Fruits

- ☐ 3/4 Apple
- ☐ 1 3/4 Avocado
- ☐ 1 Banana
- ☐ 3 Kiwi
- ☐ 1/4 Lemon
- ☐ 1 1/4 Lime
- ☐ 1 2/3 tbsps Lime Juice
- ☐ 1 Pear
- ☐ 3 1/2 cups Strawberries

Breakfast

- ☐ 1 1/2 tbsps Almond Butter
- ☐ 1 tbsp Maple Syrup
- ☐ 6 Plain Rice Cake

Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 1/4 tsp Cinnamon
- ☐ 1/3 tsp Cumin
- ☐ 2 1/2 tbsps Curry Powder
- ☐ 1 1/2 tsps Greek Seasoning
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1 2/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/8 tbsps Sesame Seeds

Frozen

- ☐ 1/2 cup Frozen Edamame
- ☐ 1 1/2 cups Frozen Peas
- ☐ 18 Ice Cubes

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 4 cups Broccoli
- ☐ 1 1/4 Carrot
- ☐ 4 stalks Celery
- ☐ 3/4 cup Cherry Tomatoes
- ☐ 3 1/4 tbsps Cilantro
- ☐ 4 3/4 Cucumber
- ☐ 4 1/16 Garlic
- ☐ 1 1/4 tbsps Ginger
- ☐ 2 cups Green Beans
- ☐ 5 stalks Green Onion
- ☐ 1 1/4 Jalapeno Pepper
- ☐ 2 1/3 tsps Mint Leaves
- ☐ 3 cups Mushrooms
- ☐ 2 1/2 tbsps Parsley
- ☐ 2/3 cup Radishes
- ☐ 1 tbsp Red Onion
- ☐ 3 cups Snap Peas
- ☐ 2 1/2 Sweet Potato
- ☐ 1/4 White Onion
- ☐ 1/4 Yellow Bell Pepper
- ☐ 1/2 Yellow Onion
- ☐ 2 Yellow Potato

Boxed & Canned

- ☐ 1 1/4 cups Basmati Rice
- ☐ 1 cup Brown Basmati Rice
- ☐ 3 1/2 cups Brown Rice
- ☐ 2 1/2 cups Canned Coconut Milk
- ☐ 2 1/2 cups Chicken Broth
- ☐ 1/4 cup Salsa

Baking

- ☐ 1 1/4 tbsps Arrowroot Powder
- ☐ 2 tbsps Coconut Sugar
- ☐ 1 tbsp Honey
- ☐ 1 cup Oats
- ☐ 1/2 cup Pitted Dates
- ☐ 1 1/4 cups Pureed Pumpkin

Bread, Fish, Meat & Cheese

- ☐ 454 grams Beef Tenderloin
- ☐ 709 grams Chicken Breast
- ☐ 363 grams Pork Shoulder, Boneless
- ☐ 567 grams Salmon Fillet
- ☐ 339 grams Sliced Turkey Breast
- ☐ 99 grams Sourdough Bread
- ☐ 126 grams Swiss Cheese
- ☐ 566 grams Tofu

Condiments & Oils

- ☐ 1 1/4 tbsps Avocado Oil
- ☐ 2 1/4 tsps Balsamic Vinegar
- ☐ 1 tbsp Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 2 tbsps Kimchi
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 1/3 cup Rice Vinegar
- ☐ 2 1/4 tbsps Sesame Oil
- ☐ 2 1/2 tsps Soy Sauce
- ☐ 1 2/3 tbsps Sweet Chili Sauce
- ☐ 1 cup Tamari

Cold

- ☐ 7 Egg
- ☐ 1/4 cup Hummus
- ☐ 2 1/3 tbsps Orange Juice
- ☐ 3 1/4 cups Unsweetened Almond Milk

Other

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



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!



Pear

1 serving

5 minutes

Ingredients

1 Pear

Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	16mg
Iron	0mg
Vitamin D	0IU
Folate	12µg
Magnesium	12mg

Directions

1

Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and 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



Cinnamon Protein Oats

1 serving
10 minutes

Ingredients

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

Nutrition

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

Directions

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



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!



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!



Hummus Dippers

1 serving
15 minutes

Ingredients

1/4 Yellow Bell Pepper
1/4 Carrot
1 stalk Celery
1/4 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



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



Simple Vanilla Protein Shake

1 serving

5 minutes

Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

Directions

1

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

Nutrition

Amount per serving

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



Kiwi

1 serving

5 minutes

Ingredients

2 Kiwi

Directions

- 1 Peel and slice. Enjoy!

Nutrition

Amount per serving	
Calories	84
Fat	1g
Carbs	20g
Fiber	4g
Sugar	12g
Protein	2g
Cholesterol	0mg
Sodium	4mg
Vitamin A	120IU
Vitamin C	128mg
Calcium	47mg
Iron	0mg
Vitamin D	0IU
Folate	35µg
Magnesium	23mg



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!



Carrot Sticks

1 serving

5 minutes

Ingredients

1 Carrot (medium)

Directions

- 1 Peel the carrot and slice it into sticks. Enjoy!

Nutrition

Amount per serving	
Calories	25
Fat	0g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	42mg
Vitamin A	10191IU
Vitamin C	4mg
Calcium	20mg
Iron	0mg
Vitamin D	0IU
Folate	12µg
Magnesium	7mg



Strawberry Almond Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Directions

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

Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g
Cholesterol	4mg
Sodium	244mg
Vitamin A	726IU
Vitamin C	137mg
Calcium	809mg
Iron	3mg
Vitamin D	126IU
Folate	96µg
Magnesium	194mg



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



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

5 servings
35 minutes

Ingredients

2 1/2 tsps Extra Virgin Olive Oil
567 grams Chicken Breast (boneless, skinless, cut into cubes)
2 1/2 tbsps Curry Powder
Sea Salt & Black Pepper (to taste)
2 1/2 Sweet Potato (large, peeled, chopped)
1 1/4 cups Pureed Pumpkin
2 1/2 cups Chicken Broth
1 1/4 cups Basmati Rice (dry, rinsed)
2 1/2 cups Canned Coconut Milk (full fat)
1 1/4 Lime (juiced)
2 1/2 tbsps Parsley (chopped, for garnish)

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!

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



Steamed Broccoli

4 servings

10 minutes

Ingredients

4 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!



Teriyaki Tofu Bowl

5 servings
40 minutes

Ingredients

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



Sesame Soy Cucumber Salad

5 servings

10 minutes

Ingredients

- 3 1/3 Cucumber (medium)
- 1 2/3 tbsps Sea Salt
- 2 1/2 tsps Soy Sauce
- 3/4 Garlic (clove, minced)
- 1 2/3 tbsps Rice Vinegar
- 1 2/3 tbsps Sweet Chili Sauce
- 1 2/3 tsps Sesame Oil
- 1 1/8 tbsps Sesame Seeds (toasted)
- 5 stalks Green Onion (sliced)

Directions

- 1 Slice the cucumber using a spiralizer or a knife.
- 2 Sprinkle salt over the cucumbers and let it sit for eight to 12 minutes. Rinse and pat dry.
- 3 In a small bowl, mix together the soy sauce, garlic, vinegar, chili sauce, sesame oil, sesame seeds, and green onions. Stir until well combined.
- 4 Toss the cucumbers in the dressing until evenly coated. Enjoy!

Nutrition

Amount per serving	
Calories	67
Fat	3g
Carbs	10g
Fiber	1g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	2537mg
Vitamin A	691IU
Vitamin C	7mg
Calcium	60mg
Iron	1mg
Vitamin D	0IU
Folate	20µg
Magnesium	37mg



Easy Salmon Poke Bowl

5 servings

30 minutes

Ingredients

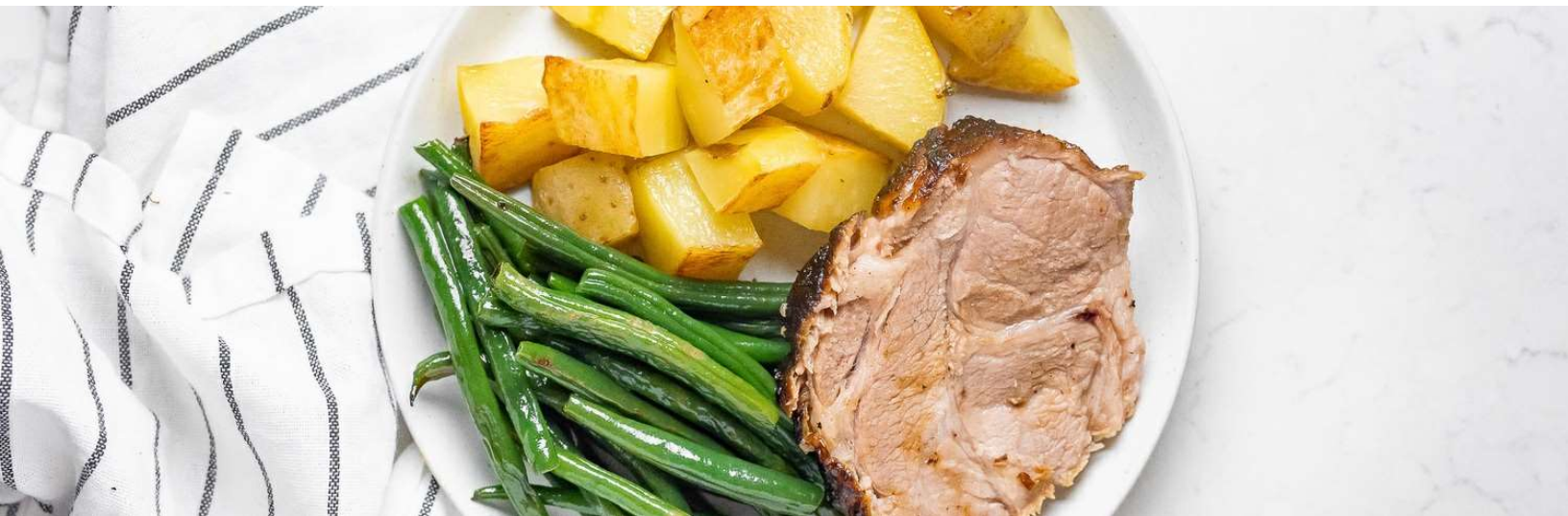
2 cups Brown Rice
1 2/3 tbsps Sesame Oil (divided)
567 grams Salmon Fillet (sushi-grade, skinless, diced)
1/3 cup Tamari
2 1/2 tsps Rice Vinegar
1 1/4 Cucumber (sliced)
2/3 cup Radishes (thinly sliced)
1 1/4 Avocado (sliced)
1 1/4 Jalapeno Pepper (thinly sliced)

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



Pork Roast with Potatoes & Green Beans

2 servings

10 hours

Ingredients

2 1/3 tbsps Extra Virgin Olive Oil
(divided)
2 1/3 tbsps Orange Juice
1 2/3 tbsps Lime Juice
3 1/4 tbsps Cilantro
2 1/3 tpsps Mint Leaves
1 1/4 Garlic (cloves)
1/3 tsp Cumin (ground)
Sea Salt & Black Pepper (to taste)
363 grams Pork Shoulder, Boneless
2 Yellow Potato (medium, chopped)
2 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	585
Fat	23g
Carbs	48g
Fiber	7g
Sugar	7g
Protein	48g
Cholesterol	109mg
Sodium	119mg
Vitamin A	878IU
Vitamin C	68mg
Calcium	89mg
Iron	5mg
Vitamin D	0IU
Folate	74µg
Magnesium	127mg

Directions

- 1 Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
- 2 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 3 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 4 Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
- 5 Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
- 6 Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!



Ginger Beef Stir Fry

4 servings

30 minutes

Ingredients

- 1/4 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Maple Syrup
- 1 tbsp Coconut Oil
- 454 grams Beef Tenderloin (sliced into strips)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (chopped)
- 3 cups Snap Peas
- 3 cups Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	417
Fat	29g
Carbs	15g
Fiber	4g
Sugar	9g
Protein	27g
Cholesterol	79mg
Sodium	1095mg
Vitamin A	652IU
Vitamin C	12mg
Calcium	67mg
Iron	5mg
Vitamin D	5IU
Folate	58µg
Magnesium	60mg

Directions

- 1 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!



Brown Basmati Rice

4 servings

1 hour

Ingredients

1 cup Brown Basmati Rice (uncooked)

2 cups Water

Nutrition

Amount per serving	
Calories	160
Fat	1g
Carbs	35g
Fiber	1g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	12mg
Iron	1mg
Vitamin D	0IU
Folate	0µg
Magnesium	2mg

Directions

1

Combine the brown basmati rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce the heat to a simmer and cover with a lid. Let simmer for 50 minutes. Do not stir or lift the lid during this time.

2

Remove from heat and let it sit with the lid on for five minutes. Fluff with a fork and enjoy!