



Herb + Spice

Lauren - meal ideas













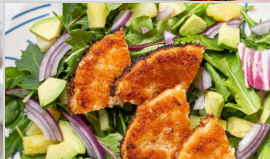





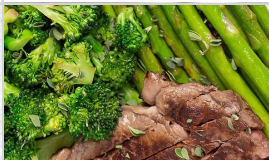





[Lisa Hayne](#)

lhayne@y7mail.com

Hi Lauren,

I've popped together a few recipes for you with ideas that can be made ahead of time, slow cooked on the weekend or cooked in double batches to help give you some leftovers for lunches and easy to grab breakfasts.

Enjoy!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Masala Chai Overnight Oats	 Banana & Nut Chia Oats	 Peach Chia Pudding	 Carrot Cake Baked Oatmeal	 Cashew Butter & Jelly Overnight Oats		
Snack 1	 Apple with Macadamia Nut Butter	 Eggs, Cheese & Crackers	 Strawberry Overnight Oats	 Whipped Peanut Butter Yogurt Bowl	 Hard Boiled Eggs		
Lunch	 Roasted Chicken & Sweet Potato With Spinach	 Chicken & Asparagus Pesto Pasta	 Pineapple & Salmon Burger Salad	 Shaved Brussels Sprouts, Bacon & Apple Salad	 Couscous Bowl with Rosemary Chicken	 Slow Cooker Chicken Cacciatore	 Slow Cooker BBQ Pulled Pork
Dinner	 One Pan Chicken & Carrots with Orange Soy Glaze	 One Pan Steak, Asparagus & Broccoli	 Spinach & Sweet Potato Frittata	 One Pan Brussels Sprouts & Sausage with Honey...	 Herb & Garlic Roasted Vegetables	 Curried Chicken Slow Cooker Stew	 Slow Cooker Butternut Squash & Ginger Soup

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 37%	Fat	<div><div></div></div> 44%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 47%	Fat	<div><div></div></div> 32%	Fat	<div><div></div></div> 24%	Fat	<div><div></div></div> 27%
Carbs	<div><div></div></div> 42%	Carbs	<div><div></div></div> 29%	Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 38%	Carbs	<div><div></div></div> 42%	Carbs	<div><div></div></div> 33%	Carbs	<div><div></div></div> 33%
Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 27%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 15%	Protein	<div><div></div></div> 26%	Protein	<div><div></div></div> 43%	Protein	<div><div></div></div> 40%
Calories	1300	Calories	1549	Calories	905	Calories	1719	Calories	1027	Calories	471	Calories	380
Fat	55g	Fat	79g	Fat	45g	Fat	90g	Fat	37g	Fat	13g	Fat	12g
Carbs	141g	Carbs	117g	Carbs	92g	Carbs	167g	Carbs	111g	Carbs	40g	Carbs	33g
Fiber	25g	Fiber	28g	Fiber	23g	Fiber	24g	Fiber	17g	Fiber	10g	Fiber	6g
Sugar	66g	Sugar	28g	Sugar	34g	Sugar	60g	Sugar	27g	Sugar	12g	Sugar	7g
Protein	69g	Protein	108g	Protein	41g	Protein	67g	Protein	70g	Protein	53g	Protein	40g
Cholesterol	214mg	Cholesterol	419mg	Cholesterol	402mg	Cholesterol	109mg	Cholesterol	477mg	Cholesterol	187mg	Cholesterol	112mg
Sodium	1743mg	Sodium	1344mg	Sodium	530mg	Sodium	1656mg	Sodium	696mg	Sodium	1185mg	Sodium	1551mg
Vitamin A	55596IU	Vitamin A	4097IU	Vitamin A	7695IU	Vitamin A	8036IU	Vitamin A	10521IU	Vitamin A	7144IU	Vitamin A	25298IU
Vitamin C	50mg	Vitamin C	107mg	Vitamin C	78mg	Vitamin C	240mg	Vitamin C	224mg	Vitamin C	27mg	Vitamin C	48mg
Calcium	639mg	Calcium	1103mg	Calcium	681mg	Calcium	865mg	Calcium	548mg	Calcium	144mg	Calcium	150mg
Iron	8mg	Iron	18mg	Iron	8mg	Iron	10mg	Iron	8mg	Iron	8mg	Iron	5mg
Magnesium	268mg	Magnesium	201mg	Magnesium	193mg	Magnesium	267mg	Magnesium	242mg	Magnesium	130mg	Magnesium	138mg
Zinc	5mg	Zinc	11mg	Zinc	4mg	Zinc	7mg	Zinc	5mg	Zinc	4mg	Zinc	3mg
Selenium	67µg	Selenium	83µg	Selenium	38µg	Selenium	26µg	Selenium	69µg	Selenium	56µg	Selenium	55µg

Fruits

- ☐ 2 Apple
- ☐ 1/2 Avocado
- ☐ 2 1/2 Banana
- ☐ 2 tbsps Blueberries
- ☐ 1 tbsp Lemon Juice
- ☐ 1/3 cup Pineapple
- ☐ 1/3 cup Raspberries
- ☐ 1/2 cup Strawberries

Breakfast

- ☐ 3 1/3 tbsps All Natural Peanut Butter
- ☐ 2 tbsps Cashew Butter
- ☐ 2 tbsps Granola
- ☐ 2 tbsps Macadamia Nut Butter
- ☐ 2/3 cup Maple Syrup
- ☐ 2 tbsps Raspberry Jam

Seeds, Nuts & Spices

- ☐ 1 tsp Black Pepper
- ☐ 2/3 cup Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 1/8 tsp Cinnamon
- ☐ 2 tpsps Cumin
- ☐ 2 tbsps Curry Powder
- ☐ 1 tsp Dried Parsley
- ☐ 1 tsp Dried Rosemary
- ☐ 2 1/2 tpsps Garlic Powder
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1/2 tsp Ground Ginger
- ☐ 1/2 tsp Masala Chai Spice
- ☐ 1 tsp Onion Powder
- ☐ 1 1/2 tpsps Oregano
- ☐ 2 tpsps Paprika
- ☐ 2 1/2 tpsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1/2 cup Frozen Corn
- ☐ 1/2 cup Frozen Peaches
- ☐ 1/2 cup Frozen Peas

Vegetables

- ☐ 4 cups Asparagus
- ☐ 6 cups Baby Spinach
- ☐ 1 Beet
- ☐ 4 cups Broccoli
- ☐ 8 cups Brussels Sprouts
- ☐ 9 cups Butternut Squash
- ☐ 11 Carrot
- ☐ 1/2 head Cauliflower
- ☐ 1/4 cup Cilantro
- ☐ 1 1/2 tpsps Fresh Oregano
- ☐ 2 Garlic
- ☐ 1 3/4 tpsps Ginger
- ☐ 2 stalks Green Onion
- ☐ 2 cups Mixed Greens
- ☐ 2 cups Mushrooms
- ☐ 1/2 cup Parsley
- ☐ 1/2 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 3 Sweet Potato
- ☐ 1 tsp Thyme
- ☐ 4 Yellow Potato

Boxed & Canned

- ☐ 1 cup Chicken Broth
- ☐ 9 3/4 ozs Chickpea Pasta
- ☐ 2 cups Chickpeas
- ☐ 1/4 cup Coconut Cream
- ☐ 1/2 cup Corn
- ☐ 1/2 cup Couscous
- ☐ 2 cups Crushed Tomatoes
- ☐ 2 3/4 ozs Oat Crackers
- ☐ 5 cups Vegetable Broth

Baking

- ☐ 2 1/2 tpsps Honey
- ☐ 4 1/4 cups Oats
- ☐ 1/4 cup Unsweetened Applesauce
- ☐ 1 1/3 tpsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 3 slices Bacon, Cooked
- ☐ 2 ozs Cheddar Cheese
- ☐ 2 1/8 lbs Chicken Breast
- ☐ 1 1/2 lbs Chicken Thighs
- ☐ 8 ozs Chicken Thighs With Skin
- ☐ 3 tpsps Parmigiano Reggiano
- ☐ 1 lb Pork Sausage
- ☐ 1 1/2 lbs Pork Tenderloin
- ☐ 12 ozs Top Sirloin Steak

Condiments & Oils

- ☐ 1/3 cup Apple Cider Vinegar
- ☐ 1/2 cup Black Olives
- ☐ 2 tpsps Capers
- ☐ 1 tbsp Coconut Oil
- ☐ 3 1/2 tpsps Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Pesto
- ☐ 1 1/2 tpsps Sriracha
- ☐ 2 tpsps Tamari

Cold

- ☐ 2 1/2 tpsps Butter
- ☐ 12 Egg
- ☐ 2 1/2 cups Oat Milk
- ☐ 1 tbsp Orange Juice
- ☐ 1 cup Plain Coconut Milk
- ☐ 4 cups Plain Greek Yogurt
- ☐ 2 2/3 cups Unsweetened Almond Milk
- ☐ 1/3 cup Unsweetened Coconut Yogurt

☐ 3 1/8 ozs Salmon Burger Patty



Masala Chai Overnight Oats

2 servings

8 hours

Ingredients

1 cup Oats
1 cup Plain Coconut Milk (unsweetened from the carton)
2 tbsps Chia Seeds
2 tbsps Maple Syrup
1 tsp Vanilla Extract
1/2 tsp Masala Chai Spice
1/2 Banana (sliced, for garnish)
2 tbsps Unsweetened Coconut Yogurt (for garnish)
1/8 tsp Cinnamon (for garnish)

Directions

- 1 In a bowl, add all of the ingredients, except those used as a garnish, and mix well to combine. Taste and add more masala chai spice if desired.
- 2 Divide evenly between jars and refrigerate overnight. When ready to eat, top with banana slices, coconut yogurt, and cinnamon, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup.

No Coconut Milk: Use cow's milk or any other milk alternative.

More Protein: Add protein powder or collagen powder.

Nutrition

Amount per serving	
Calories	346
Fat	10g
Carbs	58g
Fiber	8g
Sugar	20g
Protein	8g
Cholesterol	0mg
Sodium	27mg
Vitamin A	272IU
Vitamin C	3mg
Calcium	372mg
Iron	3mg
Magnesium	104mg
Zinc	2mg
Selenium	12µg



Banana & Nut Chia Oats

4 servings

8 hours

Ingredients

2 cups Plain Greek Yogurt
2 cups Unsweetened Almond Milk
1/4 cup Oats (rolled)
1/4 cup Chia Seeds
1 1/3 tbsps All Natural Peanut Butter
1 1/3 tbsps Maple Syrup
2 tsps Vanilla Extract
2 Banana (sliced)

Nutrition

Amount per serving	
Calories	292
Fat	11g
Carbs	34g
Fiber	6g
Sugar	15g
Protein	16g
Cholesterol	17mg
Sodium	153mg
Vitamin A	912IU
Vitamin C	13mg
Calcium	558mg
Iron	2mg
Magnesium	77mg
Zinc	1mg
Selenium	2µg

Directions

- 1 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Divide into containers and add the sliced banana. Serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days.

Nut-Free: Use a nut-free milk such as oat or soy.

More Flavor: Add a pinch of cinnamon.

No Banana: Use mixed berries instead of banana.

Make it Vegan: Use a vegan yogurt.

Consistency: For a thicker consistency, add more chia seeds.



Peach Chia Pudding

2 servings

3 hours 5 minutes

Ingredients

1 cup Oat Milk
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract
1/4 cup Chia Seeds
1/2 cup Frozen Peaches (thawed and chopped)

Nutrition

Amount per serving	
Calories	224
Fat	11g
Carbs	29g
Fiber	8g
Sugar	13g
Protein	6g
Cholesterol	0mg
Sodium	52mg
Vitamin A	126IU
Vitamin C	3mg
Calcium	322mg
Iron	2mg
Magnesium	76mg
Zinc	0mg
Selenium	0µg

Directions

- 1 In a mixing bowl combine the oat milk, maple syrup, and vanilla. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
- 2 Divide between jars or bowls, top with the chopped peach, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Additional Toppings: Shredded coconut, chopped nuts, or more fruit.

No Maple Syrup: Use honey or another sweetener of choice instead.

No Frozen Peaches: Use fresh peaches or another fruit instead.



Carrot Cake Baked Oatmeal

4 servings

40 minutes

Ingredients

2 cups Oats
2 tbsps Ground Flax Seed
1/2 tsp Ground Ginger
2 Carrot (small, peeled and grated)
1 1/2 cups Oat Milk
1/4 cup Maple Syrup (plus extra for drizzling)
1/4 cup Unsweetened Applesauce
1/4 cup Coconut Cream (optional, to garnish)

Nutrition

Amount per serving	
Calories	320
Fat	9g
Carbs	53g
Fiber	7g
Sugar	18g
Protein	8g
Cholesterol	0mg
Sodium	69mg
Vitamin A	5100IU
Vitamin C	2mg
Calcium	189mg
Iron	2mg
Magnesium	65mg
Zinc	2mg
Selenium	12µg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, mix together the oats, flax seed, and ground ginger. Stir in the grated carrot, oat milk, maple syrup, and applesauce. Pour the mixture into a baking dish.
- 3 Bake for 30 minutes or until cooked through. Allow it to cool for ten minutes. Serve onto plates, top with coconut cream and maple syrup, if using, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Enjoy cold, or reheat before serving.

Serving Size: One serving is equal to one square piece. An 8 x 8-inch baking dish was used to make four servings.

More Flavor: Add grated apple, cinnamon, and/or nutmeg.



Cashew Butter & Jelly Overnight Oats

2 servings

8 hours

Ingredients

1 cup Plain Greek Yogurt
1/2 cup Oats
3 tbsps Unsweetened Almond Milk
2 tpsps Chia Seeds
2 tpsps Maple Syrup
2 tbsps Cashew Butter
2 tbsps Raspberry Jam
1/3 cup Raspberries

Nutrition

Amount per serving	
Calories	342
Fat	13g
Carbs	40g
Fiber	5g
Sugar	15g
Protein	17g
Cholesterol	17mg
Sodium	90mg
Vitamin A	678IU
Vitamin C	14mg
Calcium	344mg
Iron	3mg
Magnesium	88mg
Zinc	2mg
Selenium	8µg

Directions

- 1 In a bowl, add the yogurt, oats, almond milk, chia seeds, and maple syrup. Mix to combine.
- 2 Lightly fold in the cashew butter and jam to the yogurt mix. Cover and refrigerate overnight. When ready to eat, top with raspberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight jar for up to three days.

Serving Size: One serving is roughly 1 1/2 cups.

Dairy-Free: Use coconut yogurt or other non-dairy yogurt.

Additional Toppings: Hemp seeds, chia seeds, sliced almonds, and/or pumpkin seeds.

No Almond Milk: Use cow's milk or any other milk alternative.



Apple with Macadamia Nut Butter

1 serving

5 minutes

Ingredients

- 1 Apple (cored, sliced)
- 2 tbsps Macadamia Nut Butter

Nutrition

Amount per serving	
Calories	290
Fat	20g
Carbs	29g
Fiber	6g
Sugar	20g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	91mg
Iron	1mg
Magnesium	9mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Serve the apple slices with the macadamia nut butter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

No Macadamia Nut Butter: Use sunflower seed butter, tahini, almond butter, or pumpkin seed butter instead.



Eggs, Cheese & Crackers

2 servings

15 minutes

Ingredients

- 2 Egg
- 2 ozs Cheddar Cheese (sliced)
- 2 3/4 ozs Oat Crackers

Nutrition

Amount per serving	
Calories	352
Fat	21g
Carbs	27g
Fiber	4g
Sugar	0g
Protein	16g
Cholesterol	214mg
Sodium	514mg
Vitamin A	618IU
Vitamin C	0mg
Calcium	227mg
Iron	2mg
Magnesium	14mg
Zinc	2mg
Selenium	23µg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle and slice into halves.
- 3 Serve the eggs with the cheese and crackers on a plate or in a container if on the go. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store crackers separately.

Serving Size: One serving is equal to one egg, one ounce of cheese, and four crackers.

Dairy-Free: Use dairy-free cheese instead.

More Flavor: Season the egg with salt and pepper.

Additional Toppings: Add raw veggies, like cucumber slices, celery, or carrot sticks.

No Oat Crackers: Use another cracker instead.



Strawberry Overnight Oats

2 servings

8 hours

Ingredients

1/2 cup Oats
1/2 cup Unsweetened Almond Milk
1/2 cup Strawberries (chopped, plus extra to garnish)
1/4 cup Unsweetened Coconut Yogurt
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	138
Fat	3g
Carbs	25g
Fiber	3g
Sugar	8g
Protein	3g
Cholesterol	0mg
Sodium	49mg
Vitamin A	129IU
Vitamin C	21mg
Calcium	202mg
Iron	1mg
Magnesium	39mg
Zinc	1mg
Selenium	6µg

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 into containers and top with additional strawberries, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

No Coconut Yogurt: Use Greek yogurt or plain cow's milk yogurt instead.



Whipped Peanut Butter Yogurt Bowl

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 2 tbsps All Natural Peanut Butter
- 2 tbsps Granola
- 2 tbsps Blueberries (fresh or frozen)
- 1 tsp Maple Syrup

Nutrition

Amount per serving	
Calories	476
Fat	25g
Carbs	35g
Fiber	3g
Sugar	18g
Protein	31g
Cholesterol	34mg
Sodium	151mg
Vitamin A	1263IU
Vitamin C	17mg
Calcium	535mg
Iron	2mg
Magnesium	82mg
Zinc	2mg
Selenium	5µg

Directions

- 1 In a bowl, whisk the yogurt and peanut butter together vigorously. Top with granola, blueberries, and maple syrup. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup of yogurt.

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

More Flavor: Swirl berry jam or chia jam into the yogurt.



Hard Boiled Eggs

1 serving

15 minutes

Ingredients

2 Egg

Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	142mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg
Magnesium	12mg
Zinc	1mg
Selenium	31µg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Roasted Chicken & Sweet Potato With Spinach

2 servings

25 minutes

Ingredients

1 Sweet Potato (medium, cut into cubes)
10 ozs Chicken Breast (skinless, boneless)
1 tsp Thyme (fresh)
1 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
3 cups Baby Spinach

Nutrition

Amount per serving	
Calories	241
Fat	4g
Carbs	16g
Fiber	3g
Sugar	3g
Protein	34g
Cholesterol	103mg
Sodium	136mg
Vitamin A	13503IU
Vitamin C	15mg
Calcium	74mg
Iron	2mg
Magnesium	93mg
Zinc	1mg
Selenium	33µg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potatoes and chicken breast on the baking sheet. Season with thyme, garlic powder, salt, and pepper. Bake for 18 to 20 minutes or until the chicken is cooked through and the sweet potatoes are golden.
- 3 Divide the spinach between plates. Top with the sweet potatoes and chicken. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container in the fridge for up to three days.

More Flavor: Add za'atar and/or paprika to the chicken.

Additional Toppings: Add roasted bell pepper, zucchini, and/or your choice of dressing.

No Fresh Thyme: Use dried thyme or rosemary instead.



Chicken & Asparagus Pesto Pasta

4 servings

30 minutes

Ingredients

8 1/2 ozs Chicken Breast
2 cups Asparagus (ends trimmed)
1 tbsp Extra Virgin Olive Oil
9 3/4 ozs Chickpea Pasta (dry)
1/3 cup Pesto
1 tbsp Lemon Juice
3 tbsps Parmigiano Reggiano (finely grated)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	456
Fat	19g
Carbs	44g
Fiber	12g
Sugar	9g
Protein	36g
Cholesterol	48mg
Sodium	262mg
Vitamin A	886IU
Vitamin C	5mg
Calcium	188mg
Iron	8mg
Magnesium	36mg
Zinc	1mg
Selenium	15µg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
- 3 Meanwhile, cook the pasta according to package instructions.
- 4 To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately two cups.

Dairy-Free: Use nutritional yeast or plant-based cheese instead of parmesan.

Additional Toppings: Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.



Pineapple & Salmon Burger Salad

1 serving

20 minutes

Ingredients

- 3 1/8 ozs Salmon Burger Patty
- 2 cups Mixed Greens
- 1/4 cup Red Onion (sliced)
- 1/3 cup Pineapple (chopped)
- 1/2 Avocado (small, chopped)

Nutrition

Amount per serving	
Calories	337
Fat	18g
Carbs	30g
Fiber	11g
Sugar	11g
Protein	18g
Cholesterol	30mg
Sodium	251mg
Vitamin A	179IU
Vitamin C	47mg
Calcium	69mg
Iron	2mg
Magnesium	40mg
Zinc	1mg
Selenium	1µg

Directions

- 1 Cook the salmon burger patty according to package instructions. Cut into slices.
- 2 Arrange the mixed greens, red onions, pineapple, and avocado on a plate. Top with the salmon burger patty. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Top with lemon juice, yogurt or your dressing of choice.

Salmon Burger Patty: One salmon burger patty is 90 grams or 3.2 ounces.



Shaved Brussels Sprouts, Bacon & Apple Salad

3 servings

15 minutes

Ingredients

4 cups Brussels Sprouts (trimmed and halved)
1 Apple (chopped)
1/4 cup Red Onion (medium, diced)
3 slices Bacon, Cooked (chopped)
3 tbsps Apple Cider Vinegar
2 tbsps Extra Virgin Olive Oil
1 tbsp Dijon Mustard
1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	237
Fat	13g
Carbs	25g
Fiber	6g
Sugar	14g
Protein	7g
Cholesterol	9mg
Sodium	265mg
Vitamin A	921IU
Vitamin C	104mg
Calcium	65mg
Iron	2mg
Magnesium	36mg
Zinc	1mg
Selenium	7µg

Directions

- 1 In a food processor, add the Brussels sprouts and process until shredded, about twenty seconds.
- 2 In a large bowl, mix together shaved Brussels sprouts, apple, onion, and bacon.
- 3 In a small bowl, whisk together apple cider vinegar, olive oil, dijon mustard, and maple syrup. Add to salad and toss to combine.
- 4 Portion into bowls and enjoy!

Notes

Leftovers: Refrigerate in a resealable container for up to four days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Top with grilled chicken or cooked chickpeas for an extra satiating meal.

Additional Toppings: Sprinkle with nutritional yeast or grated parmesan for extra flavor.

Make it Vegan: Omit bacon for a vegan alternative.



Couscous Bowl with Rosemary Chicken

2 servings

30 minutes

Ingredients

8 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 tsp Dried Rosemary
1/2 cup Couscous (dry)
1 tsp Butter (unsalted)
1/2 Red Bell Pepper (medium, diced)
1/2 cup Corn (cooked)
1/4 cup Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	361
Fat	6g
Carbs	44g
Fiber	4g
Sugar	3g
Protein	33g
Cholesterol	88mg
Sodium	58mg
Vitamin A	1276IU
Vitamin C	41mg
Calcium	29mg
Iron	1mg
Magnesium	66mg
Zinc	1mg
Selenium	26µg

Directions

- 1 Preheat the oven to 400°F (205°C). Season the chicken breast with salt, pepper and dried rosemary. Place the chicken on a tray lined with parchment paper. Bake it in the oven for 20 minutes or until the chicken is cooked through.
- 2 Meanwhile, cook the couscous according to the package directions. Once cooked, add the butter and mix well. Season with salt and pepper to taste.
- 3 Cut the cooked chicken into 1/2 inch cubes.
- 4 Divide the couscous, chicken cubes, corn, and bell pepper between serving bowls. Garnish with chopped cilantro (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

Gluten-Free: Use quinoa instead.

More Flavor: Add onion powder and/or cumin powder to the chicken.

Additional Toppings: Add diced red onions.



Slow Cooker Chicken Cacciatore

4 servings

4 hours

Ingredients

- 1 1/2 lbs Chicken Thighs (skinless, boneless)
- 1 Carrot (peeled and sliced)
- 2 cups Mushrooms (sliced)
- 2 cups Crushed Tomatoes
- 1 1/2 tsp Oregano
- 2 tbsps Capers
- 1/2 cup Black Olives (pitted, sliced)
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	286
Fat	10g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	38g
Cholesterol	160mg
Sodium	923mg
Vitamin A	3557IU
Vitamin C	23mg
Calcium	92mg
Iron	5mg
Magnesium	76mg
Zinc	3mg
Selenium	44µg

Directions

- 1 Combine all ingredients except parsley in the slow cooker and cook on high for 4 hours, or on low for approximately 6 to 8 hours.
- 2 Divide into bowls and garnish with parsley. Adjust salt to taste if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serve it With: Rice, bread, potatoes, spaghetti squash, zucchini noodles, pasta, cauliflower rice or couscous.



Slow Cooker BBQ Pulled Pork

4 servings

6 hours

Ingredients

1 1/2 lbs Pork Tenderloin
2 tbsps Extra Virgin Olive Oil
1 cup Chicken Broth
1/2 tsp Sea Salt
1 tsp Black Pepper
1 tbsp Chili Powder
2 tsps Paprika
1 tsp Garlic Powder
1 tsp Onion Powder
1 tsp Cumin

Nutrition

Amount per serving	
Calories	266
Fat	11g
Carbs	4g
Fiber	1g
Sugar	1g
Protein	37g
Cholesterol	112mg
Sodium	676mg
Vitamin A	1171IU
Vitamin C	0mg
Calcium	31mg
Iron	3mg
Magnesium	56mg
Zinc	3mg
Selenium	53µg

Directions

- 1 Place pork tenderloin in the slow cooker. Drizzle with olive oil and pour in the broth.
- 2 In a small bowl, combine sea salt, black pepper, chili powder, paprika, garlic powder, onion powder and cumin. Sprinkle this spice mix over the meat ensuring it is well coated. Cover the slow cooker with a lid and cook on low for 6 to 8 hours, or high for 4 hours or until pork is tender.
- 3 Once pork is cooked, use two forks to shred it in the slow cooker. Toss it well to coat in the juices and add extra broth if necessary. Let sit for 5 minutes to absorb juices. Toss again and serve. Enjoy!

Notes

Serve it With: Sautéed kale, brown rice or sweet potato.

No Pork: Replace the pork with skinless, boneless chicken breasts.



One Pan Chicken & Carrots with Orange Soy Glaze

2 servings

40 minutes

Ingredients

8 ozs Chicken Thighs with Skin
 1/2 tsp Extra Virgin Olive Oil
 8 Carrot (medium-sized, chopped into 4" pieces)
 2 tbsps Tamari
 1 1/2 tbsps Sriracha
 1 tbsp Orange Juice (plus zest from half an orange)
 1 tbsp Honey
 1 tsp Ginger (fresh, minced)
 2 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Calories	423
Fat	21g
Carbs	38g
Fiber	8g
Sugar	23g
Protein	23g
Cholesterol	111mg
Sodium	1578mg
Vitamin A	41723IU
Vitamin C	24mg
Calcium	102mg
Iron	2mg
Magnesium	62mg
Zinc	2mg
Selenium	22µg

Directions

- 1 Preheat the oven to 425°F (218°C). Pat the chicken dry with a paper towel. Rub the oil on the skin side of the chicken.
- 2 Heat a cast-iron skillet over medium-low heat and once hot, add the chicken skin-side down. Cook for five minutes. Increase the heat to medium and continue cooking skin side down for 10 to 12 minutes, until browned. Transfer to a plate skin side up and set aside.
- 3 In the same skillet, over medium heat, add the carrots, spacing them out as much as you can, side-by-side. Cook for three to four minutes. Turn and cook for an additional three to four minutes, until lightly browned.
- 4 Meanwhile, combine the tamari, sriracha, orange juice, orange zest, honey, and ginger in a bowl. Stir to combine then set aside.
- 5 Add the chicken back to the skillet, laying on top of the carrots. Drizzle the tamari sauce all over the chicken and carrots. Place in the oven and cook for 15 to 18 minutes or until the chicken is cooked through. Remove from the oven and let rest for five to 10 minutes.
- 6 Divide onto plates and top with green onion. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately four carrots and two chicken thighs.

Additional Toppings: Top with sesame seeds.



One Pan Steak, Asparagus & Broccoli

2 servings

10 minutes

Ingredients

- 1 1/2 tps Butter (divided)
- 12 ozs Top Sirloin Steak
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tps Fresh Oregano (chopped, divided)
- 2 cups Asparagus (woody ends trimmed)
- 2 cups Broccoli (small florets, chopped)

Nutrition

Amount per serving	
Calories	449
Fat	28g
Carbs	12g
Fiber	6g
Sugar	4g
Protein	40g
Cholesterol	140mg
Sodium	415mg
Vitamin A	1681IU
Vitamin C	89mg
Calcium	130mg
Iron	6mg
Magnesium	74mg
Zinc	7mg
Selenium	43µg

Directions

- 1 Heat half of the butter in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let it rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining butter and half the oregano to the skillet. Cook the asparagus and broccoli for about six to eight minutes, or until cooked through. Season with the remaining salt.
- 4 Divide the asparagus, broccoli, and steak onto plates. Garnish with the remaining oregano and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Grill on the barbecue.

Dairy-Free: Use olive oil, coconut oil, avocado oil, or ghee instead of butter.

No Oregano: Use rosemary instead.



Spinach & Sweet Potato Frittata

4 servings

25 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 Sweet Potato (medium, peeled and cut into small cubes)
3 cups Baby Spinach (chopped)
8 Egg (whisked)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Carbs	8g
Fiber	1g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	178mg
Vitamin A	7261IU
Vitamin C	7mg
Calcium	88mg
Iron	3mg
Magnesium	38mg
Zinc	2mg
Selenium	31µg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings: Salsa, hot sauce, or ketchup.

No Spinach: Use kale or swiss chard instead.



One Pan Brussels Sprouts & Sausage with Honey Mustard

4 servings

40 minutes

Ingredients

4 cups Brussels Sprouts (trimmed, halved)
4 Yellow Potato (quartered)
3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper
1 lb Pork Sausage (scored)
2 1/2 tbsps Dijon Mustard
1 1/2 tbsps Honey

Nutrition

Amount per serving	
Calories	686
Fat	43g
Carbs	54g
Fiber	8g
Sugar	10g
Protein	21g
Cholesterol	66mg
Sodium	1171mg
Vitamin A	752IU
Vitamin C	117mg
Calcium	76mg
Iron	4mg
Magnesium	84mg
Zinc	2mg
Selenium	2µg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
- 2 Scatter the brussels sprouts and potatoes in an even layer on the baking sheet. Toss with 3/4 of the oil and season with salt and pepper. Add the sausage to the baking sheet. Place in the oven for 20 minutes.
- 3 Meanwhile, in a small bowl, whisk together the mustard, honey, and remaining oil.
- 4 Remove the baking sheet and drizzle the honey mustard dressing over everything. Return the baking sheet to the oven and bake for 15 minutes more, until everything is cooked through. Divide onto plates and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days.

Serving Size: One serving is approximately one cup of brussels sprouts, one yellow potato, and four ounces of sausage.

Gluten-Free: Use a gluten-free sausage.

More Flavor: Use a mix of dijon mustard and a grainy mustard.



Herb & Garlic Roasted Vegetables

2 servings

45 minutes

Ingredients

1/2 head Cauliflower (small, cut into florets)
1 Beet (large, peeled and chopped)
2 cups Broccoli (cut into florets)
1 cup Butternut Squash (cut into cubes)
1 tbsp Coconut Oil (melted)
1 tsp Dried Parsley
1/2 tsp Garlic Powder
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	181
Fat	8g
Carbs	26g
Fiber	8g
Sugar	9g
Protein	7g
Cholesterol	0mg
Sodium	406mg
Vitamin A	8027IU
Vitamin C	169mg
Calcium	119mg
Iron	2mg
Magnesium	76mg
Zinc	1mg
Selenium	4µg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the cauliflower, beet, broccoli, and squash to the baking sheet. Drizzle with coconut oil and season with parsley, garlic powder, and salt.
- 3 Bake for 35 to 40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups.

More Flavor: Add other dried herbs and spices to taste.

Vegetables: Use Brussels sprouts, sweet potato, carrots, or bell peppers instead.



Curried Chicken Slow Cooker Stew

6 servings

6 hours

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

Nutrition

Amount per serving	
Calories	185
Fat	3g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	15g
Cholesterol	27mg
Sodium	262mg
Vitamin A	3587IU
Vitamin C	4mg
Calcium	52mg
Iron	3mg
Magnesium	54mg
Zinc	1mg
Selenium	12µg

Directions

- 1 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 2 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of stew.

More Carbs: Serve it over brown rice.

More Protein: Serve it over quinoa.

Vegan and Budget-Friendly: Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup: Double up on the broth.

More Green Veggies: Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.



Slow Cooker Butternut Squash & Ginger Soup

5 servings

4 hours

Ingredients

8 cups Butternut Squash (peeled, seeds removed and chopped)
1 1/2 tbsps Ginger (peeled and grated)
1 tbsp Curry Powder
3 cups Vegetable Broth
2 tbsps Apple Cider Vinegar
1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	1g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	3g
Cholesterol	0mg
Sodium	875mg
Vitamin A	24127IU
Vitamin C	48mg
Calcium	119mg
Iron	2mg
Magnesium	82mg
Zinc	0mg
Selenium	2µg

Directions

- 1 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 2 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Leftovers: Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

Save Time: Use pre-sliced butternut squash cubes (fresh or frozen).

Optional Toppings: Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

No Curry Powder: Use turmeric instead.

No Vegetable Broth: Use bone broth or almond milk instead.