



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Warm Peas with Eggs	 Warm Peas with Eggs	 Raspberry Protein Overnight Oats	 Raspberry Protein Overnight Oats	 Raspberry Protein Overnight Oats	 Kimchi Avocado Toast with Eggs	 Kimchi Avocado Toast with Eggs
Snack 1	 Banana Cinnamon Smoothie	 Fresh Strawberries	 Hard Boiled Eggs  Cucumber Slices	 Hard Boiled Eggs  Apple	 Dried Apricots & Pumpkin Seeds	 Grapes	 Grapes
Lunch	 Greek Chicken Salad	 Green Curry Salmon & Rice	 Ginger Beef Stir Fry  Steamed White Rice	 Red Lentil Curry  Steamed Cabbage	 One Pan Crispy Chicken with Potatoes & Greens	 One Pan Italian Chicken & Veggies  Air Fryer Baked Sweet Potato	 Anatriciana Pasta  Air Fryer Steak
Snack 2	 Dried Apricots & Pumpkin Seeds	 Yogurt & Berries	 Apple	 Apple	 Yogurt with Pear	 Banana Cinnamon Smoothie	 Yogurt with Pear
Dinner	 Green Curry Salmon & Rice	 Ginger Beef Stir Fry  Steamed White Rice	 Red Lentil Curry  Steamed Cabbage	 One Pan Crispy Chicken with Potatoes & Greens	 One Pan Italian Chicken & Veggies  Air Fryer Baked Sweet Potato	 Anatriciana Pasta  Air Fryer Steak	 Greek Chicken Salad

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat <div><div></div></div> 39% Carbs <div><div></div></div> 33% Protein <div><div></div></div> 28%	Fat <div><div></div></div> 36% Carbs <div><div></div></div> 39% Protein <div><div></div></div> 25%	Fat <div><div></div></div> 35% Carbs <div><div></div></div> 44% Protein <div><div></div></div> 21%	Fat <div><div></div></div> 33% Carbs <div><div></div></div> 47% Protein <div><div></div></div> 20%	Fat <div><div></div></div> 40% Carbs <div><div></div></div> 35% Protein <div><div></div></div> 25%	Fat <div><div></div></div> 42% Carbs <div><div></div></div> 33% Protein <div><div></div></div> 25%	Fat <div><div></div></div> 45% Carbs <div><div></div></div> 29% Protein <div><div></div></div> 26%
Calories 1941	Calories 1906	Calories 1752	Calories 1622	Calories 1856	Calories 2072	Calories 1903
Fat 87g	Fat 77g	Fat 71g	Fat 61g	Fat 85g	Fat 99g	Fat 95g
Carbs 165g	Carbs 188g	Carbs 199g	Carbs 194g	Carbs 165g	Carbs 174g	Carbs 141g
Fiber 31g	Fiber 28g	Fiber 46g	Fiber 48g	Fiber 38g	Fiber 31g	Fiber 19g
Sugar 56g	Sugar 54g	Sugar 48g	Sugar 56g	Sugar 48g	Sugar 47g	Sugar 45g
Protein 138g	Protein 123g	Protein 94g	Protein 85g	Protein 121g	Protein 129g	Protein 124g
Cholesterol 566mg	Cholesterol 572mg	Cholesterol 454mg	Cholesterol 486mg	Cholesterol 282mg	Cholesterol 646mg	Cholesterol 645mg
Sodium 2971mg	Sodium 2877mg	Sodium 2234mg	Sodium 1396mg	Sodium 766mg	Sodium 1608mg	Sodium 2822mg
Vitamin A 8531IU	Vitamin A 8033IU	Vitamin A 2737IU	Vitamin A 3152IU	Vitamin A 23728IU	Vitamin A 21329IU	Vitamin A 4057IU
Vitamin C 233mg	Vitamin C 351mg	Vitamin C 115mg	Vitamin C 156mg	Vitamin C 153mg	Vitamin C 113mg	Vitamin C 77mg
Calcium 502mg	Calcium 795mg	Calcium 1081mg	Calcium 1071mg	Calcium 1498mg	Calcium 634mg	Calcium 876mg
Iron 17mg	Iron 16mg	Iron 19mg	Iron 16mg	Iron 14mg	Iron 14mg	Iron 14mg
Vitamin D 1040IU	Vitamin D 1143IU	Vitamin D 188IU	Vitamin D 186IU	Vitamin D 204IU	Vitamin D 83IU	Vitamin D 182IU
Folate 326µg	Folate 326µg	Folate 255µg	Folate 231µg	Folate 198µg	Folate 285µg	Folate 208µg
Magnesium 493mg	Magnesium 223mg	Magnesium 317mg	Magnesium 307mg	Magnesium 546mg	Magnesium 271mg	Magnesium 153mg

Fruits

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

Breakfast

- ☐ 1 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 cup Almonds
- ☐ 1/2 cup Chia Seeds
- ☐ 1 tsp Chili Flakes
- ☐ 1 1/4 tpsps Cinnamon
- ☐ 2 tbsps Curry Powder
- ☐ 1 tsp Garam Masala
- ☐ 1/2 tsp Garlic Powder
- ☐ 2 tbsps Greek Seasoning
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1 1/2 tpsps Italian Seasoning
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1 cup Frozen Berries
- ☐ 3 1/16 cups Frozen Peas
- ☐ 4 Ice Cubes

Vegetables

- ☐ 1 cup Broccoli
- ☐ 3 stalks Celery
- ☐ 3 1/2 cups Cherry Tomatoes
- ☐ 3/4 cup Cilantro
- ☐ 2 Cucumber
- ☐ 2 Garlic
- ☐ 3 tbsps Ginger
- ☐ 8 cups Green Cabbage
- ☐ 4 cups Kale Leaves
- ☐ 4 cups Mini Potatoes
- ☐ 3 cups Mushrooms
- ☐ 2 1/2 cups Red Onion
- ☐ 2 tbsps Rosemary
- ☐ 3 cups Snap Peas
- ☐ 4 Sweet Potato
- ☐ 1 1/2 White Onion
- ☐ 2 Yellow Bell Pepper
- ☐ 1 1/2 Yellow Onion
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 3 cups Canned Coconut Milk
- ☐ 3 cups Canned Whole Tomatoes
- ☐ 2 cups Crushed Tomatoes
- ☐ 2 1/2 cups Dry Red Lentils
- ☐ 2 cups Jasmine Rice
- ☐ 227 grams Rigatoni
- ☐ 6 cups Vegetable Broth

Baking

- ☐ 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 454 grams Beef Tenderloin
- ☐ 850 grams Chicken Breast
- ☐ 454 grams Chicken Thighs With Skin
- ☐ 142 grams Pancetta
- ☐ 1/3 cup Parmigiano Reggiano
- ☐ 680 grams Salmon Fillet
- ☐ 99 grams Sourdough Bread
- ☐ 142 grams Top Sirloin Steak

Condiments & Oils

- ☐ 3 tbsps Balsamic Vinegar
- ☐ 3 2/3 tbsps Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 1/3 tbsps Fish Sauce
- ☐ 1/4 cup Green Curry Paste
- ☐ 1/4 cup Kimchi
- ☐ 1 cup Pitted Kalamata Olives
- ☐ 1/4 cup Tamari

Cold

- ☐ 1/4 cup Butter
- ☐ 12 Egg
- ☐ 3 cups Plain Greek Yogurt
- ☐ 3 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Dried Apricots
- ☐ 1 1/16 cups Vanilla Protein Powder
- ☐ 5 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!



Raspberry Protein Overnight Oats

1 serving
8 hours

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Oats (rolled)
2 tbsps Chia Seeds
3 tbsps Vanilla Protein Powder
1/4 tsp Cinnamon (plus more for garnish)
1/2 cup Raspberries
2 tbsps Almonds (chopped)

Directions

- 1 Add the milk, oats, chia seeds, protein powder, and cinnamon to a bowl or container and stir to combine.
- ⋮
- 2 Refrigerate overnight then top with raspberries, chopped almonds, and cinnamon (optional) before eating. Enjoy!

Nutrition

Amount per serving	
Calories	497
Fat	22g
Carbs	51g
Fiber	20g
Sugar	4g
Protein	29g
Cholesterol	3mg
Sodium	196mg
Vitamin A	522IU
Vitamin C	16mg
Calcium	781mg
Iron	5mg
Vitamin D	101IU
Folate	40µg
Magnesium	170mg



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



Banana Cinnamon Smoothie

1 serving

5 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 tbsp Chia Seeds
1 Banana (frozen)
2 Ice Cubes
1 cup Water
1/4 tsp Cinnamon

Directions

1

Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g
Cholesterol	4mg
Sodium	45mg
Vitamin A	77IU
Vitamin C	10mg
Calcium	236mg
Iron	2mg
Vitamin D	0IU
Folate	32µg
Magnesium	84mg



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!



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
Vitamin D	82IU
Folate	47µg
Magnesium	12mg

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!



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!



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg
Vitamin D	0IU
Folate	5µg
Magnesium	9mg

Directions

- 1 Slice into wedges, or enjoy whole.



Dried Apricots & Pumpkin Seeds

1 serving

5 minutes

Ingredients

1/4 cup Dried Apricots

1/4 cup Pumpkin Seeds

Directions

- 1 Combine apricots and seeds in a bowl or container if on-the-go. Enjoy!

Nutrition

Amount per serving

Calories	259
Fat	16g
Carbs	24g
Fiber	4g
Sugar	18g
Protein	11g
Cholesterol	0mg
Sodium	6mg
Vitamin A	1176IU
Vitamin C	1mg
Calcium	33mg
Iron	4mg
Vitamin D	0IU
Folate	22µg
Magnesium	201mg



Grapes

2 servings
2 minutes

Ingredients

2 cups Grapes

Nutrition

Amount per serving	
Calories	62
Fat	0g
Carbs	16g
Fiber	1g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	2mg
Vitamin A	92IU
Vitamin C	4mg
Calcium	13mg
Iron	0mg
Vitamin D	0IU
Folate	4µg
Magnesium	5mg

Directions

- 1 Wash grapes, divide into bowls and enjoy!



Red Lentil Curry

4 servings

30 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 cup Red Onion (chopped)
- 1 tbsp Ginger (fresh, minced)
- 1 tbsp Curry Powder
- 1/2 tsp Garam Masala
- 1 1/4 cups Dry Red Lentils (rinsed, drained)
- 1/2 cup Canned Coconut Milk (full fat)
- 1 cup Crushed Tomatoes
- 3 cups Vegetable Broth
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	372
Fat	10g
Carbs	54g
Fiber	12g
Sugar	7g
Protein	19g
Cholesterol	0mg
Sodium	614mg
Vitamin A	593IU
Vitamin C	10mg
Calcium	59mg
Iron	6mg
Vitamin D	0IU
Folate	17µg
Magnesium	23mg

Directions

- 1 Heat the oil in a large pot over medium-high heat. Add the onions and cook for three to five minutes or until translucent.
- 2 Add the ginger, curry powder, garam masala, and lentils. Cook, stirring, for 30 seconds or until the flavors are blended.
- 3 Add the coconut milk, crushed tomatoes, and broth. Stir well to combine.
- 4 Bring to a boil, reduce the heat to low, and cover. Simmer for 20 minutes, stirring occasionally, until the lentils are cooked through.
- 5 Divide onto plates, sprinkle with cilantro, and enjoy!



Yogurt & Berries

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Nutrition

Amount per serving	
Calories	261
Fat	5g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	55mg
Calcium	526mg
Iron	2mg
Vitamin D	99IU
Folate	0µg
Magnesium	0mg



Yogurt with Pear

1 serving

5 minutes

Ingredients

1/2 Pear (halved and cored)
1 cup Plain Greek Yogurt

Directions

- 1 Divide yogurt into bowls. Top with pear and enjoy!

Nutrition

Amount per serving	
Calories	232
Fat	5g
Carbs	26g
Fiber	3g
Sugar	15g
Protein	22g
Cholesterol	34mg
Sodium	141mg
Vitamin A	1272IU
Vitamin C	19mg
Calcium	507mg
Iron	1mg
Vitamin D	99IU
Folate	6µg
Magnesium	6mg



Green Curry Salmon & Rice

4 servings
20 minutes

Ingredients

1 cup Jasmine Rice (dry, rinsed)
2 tsps Coconut Oil
1 Yellow Onion (medium, thickly sliced)
2 Yellow Bell Pepper (medium, thickly sliced)
2 cups Canned Coconut Milk
1/4 cup Green Curry Paste
1 1/3 tbsps Fish Sauce
2 tbsps Lime Juice
680 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
1/4 cup Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	681
Fat	33g
Carbs	54g
Fiber	4g
Sugar	5g
Protein	44g
Cholesterol	87mg
Sodium	1028mg
Vitamin A	533IU
Vitamin C	173mg
Calcium	45mg
Iron	3mg
Vitamin D	957IU
Folate	39µg
Magnesium	74mg

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 375°F (190°C).
- 3 Heat a large oven-safe pan over medium heat and melt the oil. Add the onions and peppers and cook for three minutes or until just starting to soften.
- 4 Add the coconut milk, curry paste, fish sauce, and lime juice. Stir to combine.
- 5 Nestle the salmon into the skillet and season with salt and pepper. Transfer to the oven and bake for ten to 13 minutes or until cooked through. The timing will depend on the thickness of your fillet(s).
- 6 Divide the rice and salmon mixture into bowls or plates and top with cilantro. 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!



Steamed White Rice

4 servings
20 minutes

Ingredients

2 cups Water
1 cup Jasmine Rice (dry, rinsed)

Nutrition

Amount per serving	
Calories	160
Fat	0g
Carbs	38g
Fiber	1g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	12mg
Iron	0mg
Vitamin D	0IU
Folate	0µg
Magnesium	2mg

Directions

- 1 Bring water to a boil in a medium saucepan.
- 2 Stir in the rice, cover and reduce heat to low. Simmer for 15 minutes, or until all the water is absorbed. If the rice is too firm, add a few tablespoons of water and cook longer.
- 3 Enjoy!



Steamed Cabbage

4 servings

15 minutes

Ingredients

8 cups Green Cabbage (thinly sliced)
1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	45
Fat	0g
Carbs	10g
Fiber	4g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	180mg
Vitamin A	174IU
Vitamin C	65mg
Calcium	71mg
Iron	1mg
Vitamin D	0IU
Folate	77µg
Magnesium	21mg

Directions

- 1 Place cabbage in a steamer with boiling water. Steam for 4 to 5 minutes.
;
- 2 Season with salt to taste. Enjoy!



One Pan Crispy Chicken with Potatoes & Greens

4 servings
35 minutes

Ingredients

454 grams Chicken Thighs with Skin
4 cups Mini Potatoes (halved)
1/4 tsp Sea Salt
2 tbsps Rosemary (chopped)
4 cups Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	375
Fat	19g
Carbs	28g
Fiber	4g
Sugar	1g
Protein	22g
Cholesterol	111mg
Sodium	260mg
Vitamin A	1127IU
Vitamin C	49mg
Calcium	82mg
Iron	2mg
Vitamin D	3IU
Folate	40µg
Magnesium	63mg

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 3 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 4 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 5 Divide the chicken, potatoes and kale onto plates and enjoy!



One Pan Italian Chicken & Veggies

2 servings
25 minutes

Ingredients

283 grams Chicken Breast (cut into large cubes)
1 cup Broccoli (cut into small florets)
1/4 cup Red Onion (cut into thick slices)
1/2 cup Cherry Tomatoes
1 Zucchini (chopped)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Italian Seasoning
1/2 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	279
Fat	11g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	35g
Cholesterol	103mg
Sodium	90mg
Vitamin A	833IU
Vitamin C	65mg
Calcium	53mg
Iron	1mg
Vitamin D	1IU
Folate	75µg
Magnesium	73mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Add the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 3 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 4 Divide evenly between plates or meal prep containers and enjoy!



Air Fryer Baked Sweet Potato

4 servings
40 minutes

Ingredients

4 Sweet Potato (medium)
1/4 cup Butter
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	214
Fat	12g
Carbs	26g
Fiber	4g
Sugar	5g
Protein	2g
Cholesterol	31mg
Sodium	73mg
Vitamin A	18798IU
Vitamin C	3mg
Calcium	42mg
Iron	1mg
Vitamin D	0IU
Folate	15µg
Magnesium	33mg

Directions

- 1 Pierce the sweet potatoes with a fork on all sides. Place the sweet potatoes in the air fryer and bake at 375°F (190°C) for 35 to 40 minutes, until cooked through.
- 2 Remove the sweet potatoes and top with butter. Season with salt and pepper. Enjoy!



Amatriciana Pasta

4 servings
25 minutes

Ingredients

227 grams Rigatoni (uncooked)
1 cup Water (reserved from cooking pasta)
142 grams Pancetta (thick slices, cubed)
1 White Onion (small, chopped)
1 tsp Chili Flakes
3 cups Canned Whole Tomatoes (with juices)
1/3 cup Parmigiano Reggiano (finely grated, divided)
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	419
Fat	15g
Carbs	52g
Fiber	5g
Sugar	7g
Protein	19g
Cholesterol	25mg
Sodium	845mg
Vitamin A	825IU
Vitamin C	20mg
Calcium	180mg
Iron	4mg
Vitamin D	0IU
Folate	5µg
Magnesium	4mg

Directions

- 1 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 2 Meanwhile, cook the pancetta in a large non-stick pan over medium heat for two to three minutes. Add the onion to the pan and cook for another two to three minutes or until onions are soft.
- 3 Add chili flakes and tomatoes to the pan. Crush the tomatoes as they cook. Simmer for about seven to 10 minutes.
- 4 Slowly add the pasta water a few tablespoons at a time along with 2/3 of the parmesan cheese. Stir well and season with salt. Add more pasta water as needed. Stir well and season with salt.
- 5 Divide the pasta evenly between plates and top with the remaining parmesan cheese. Enjoy!



Air Fryer Steak

1 serving
15 minutes

Ingredients

142 grams Top Sirloin Steak
Sea Salt & Black Pepper (to taste)
1 1/2 tps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	363
Fat	27g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	28g
Cholesterol	111mg
Sodium	72mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	36mg
Iron	2mg
Vitamin D	0IU
Folate	16µg
Magnesium	28mg

Directions

- 1 Preheat the air fryer to 375°F (190°C).
- 2 Pat the steaks dry with a paper towel. Season all over with salt and pepper and coat with the oil.
- 3 For a medium steak, cook in the air fryer for ten minutes or until the internal temperature reaches 145°F, flipping halfway through.
- 4 Remove from the air fryer, let sit for about five minutes before slicing and enjoy!



Greek Chicken Salad

4 servings

45 minutes

Ingredients

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