



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Snack 3							

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat <div><div></div></div> 52% Carbs <div><div></div></div> 25% Protein <div><div></div></div> 23%	Fat <div><div></div></div> 51% Carbs <div><div></div></div> 25% Protein <div><div></div></div> 24%	Fat <div><div></div></div> 58% Carbs <div><div></div></div> 16% Protein <div><div></div></div> 26%	Fat <div><div></div></div> 60% Carbs <div><div></div></div> 19% Protein <div><div></div></div> 21%	Fat <div><div></div></div> 58% Carbs <div><div></div></div> 24% Protein <div><div></div></div> 18%	Fat <div><div></div></div> 51% Carbs <div><div></div></div> 32% Protein <div><div></div></div> 17%	Fat <div><div></div></div> 54% Carbs <div><div></div></div> 30% Protein <div><div></div></div> 16%
Calories 1645	Calories 1716	Calories 1366	Calories 1684	Calories 1643	Calories 1483	Calories 1481
Fat 101g	Fat 101g	Fat 90g	Fat 118g	Fat 112g	Fat 89g	Fat 95g
Carbs 108g	Carbs 111g	Carbs 57g	Carbs 82g	Carbs 105g	Carbs 129g	Carbs 120g
Fiber 38g	Fiber 37g	Fiber 19g	Fiber 40g	Fiber 43g	Fiber 41g	Fiber 41g
Sugar 38g	Sugar 36g	Sugar 14g	Sugar 20g	Sugar 41g	Sugar 45g	Sugar 41g
Protein 98g	Protein 110g	Protein 93g	Protein 94g	Protein 80g	Protein 66g	Protein 62g
Cholesterol 549mg	Cholesterol 647mg	Cholesterol 986mg	Cholesterol 512mg	Cholesterol 515mg	Cholesterol 457mg	Cholesterol 372mg
Sodium 4082mg	Sodium 3867mg	Sodium 2806mg	Sodium 1704mg	Sodium 1905mg	Sodium 1710mg	Sodium 1593mg
Vitamin A 6714IU	Vitamin A 14110IU	Vitamin A 26512IU	Vitamin A 21767IU	Vitamin A 10348IU	Vitamin A 22480IU	Vitamin A 24767IU
Vitamin C 218mg	Vitamin C 242mg	Vitamin C 253mg	Vitamin C 302mg	Vitamin C 280mg	Vitamin C 406mg	Vitamin C 291mg
Calcium 631mg	Calcium 633mg	Calcium 545mg	Calcium 1255mg	Calcium 1414mg	Calcium 626mg	Calcium 592mg
Iron 17mg	Iron 13mg	Iron 13mg	Iron 16mg	Iron 18mg	Iron 19mg	Iron 19mg
Vitamin D 456IU	Vitamin D 456IU	Vitamin D 195IU	Vitamin D 822IU	Vitamin D 821IU	Vitamin D 82IU	Vitamin D 82IU
Folate 713µg	Folate 593µg	Folate 387µg	Folate 392µg	Folate 326µg	Folate 476µg	Folate 552µg
Magnesium 545mg	Magnesium 409mg	Magnesium 282mg	Magnesium 314mg	Magnesium 330mg	Magnesium 417mg	Magnesium 564mg

Fruits

- ☐ 5 Apple
- ☐ 2 Avocado
- ☐ 1 Lemon

Breakfast

- ☐ 1 1/8 cups Almond Butter

Seeds, Nuts & Spices

- ☐ 1/4 tsp Black Pepper
- ☐ 1 tbsp Cajun Spice
- ☐ 1/4 cup Cashews
- ☐ 1/2 cup Chia Seeds
- ☐ 1/2 tsp Cinnamon
- ☐ 1 tsp Dried Thyme
- ☐ 1 tsp Garlic Powder
- ☐ 2 tbsps Greek Seasoning
- ☐ 1/4 tsp Ground Ginger
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 tsp Italian Seasoning
- ☐ 1/8 tsp Paprika
- ☐ 2 2/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Turmeric
- ☐ 1/4 cup Walnuts

Vegetables

- ☐ 1 1/2 cups Asparagus
- ☐ 3 cups Baby Spinach
- ☐ 7 cups Broccoli
- ☐ 1 cup Butternut Squash
- ☐ 4 Carrot
- ☐ 1 1/2 heads Cauliflower
- ☐ 7 stalks Celery
- ☐ 1/4 cup Fresh Dill
- ☐ 3 Garlic
- ☐ 6 cups Green Cabbage
- ☐ 8 cups Kale Leaves
- ☐ 2 cups Purple Cabbage
- ☐ 2 Sweet Potato
- ☐ 1 Yellow Bell Pepper
- ☐ 1 1/2 Yellow Onion

Boxed & Canned

- ☐ 1 1/2 cups Chickpeas

Baking

- ☐ 2 1/2 tbsps Cocoa Powder
- ☐ 1/8 tsp Ground Cloves
- ☐ 1/3 cup Nutritional Yeast
- ☐ 1 1/8 tsps Stevia Powder
- ☐ 2 tbsps Unsweetened Coconut Flakes
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 510 grams Chicken Breast
- ☐ 142 grams Chicken Sausage
- ☐ 227 grams Extra Lean Ground Chicken
- ☐ 227 grams Salmon Fillet
- ☐ 100 grams Smoked Salmon

Condiments & Oils

- ☐ 1/3 cup Apple Cider Vinegar
- ☐ 3 tbsps Avocado Oil
- ☐ 1/3 cup Coconut Oil
- ☐ 1 tsp Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil

Cold

- ☐ 17 Egg
- ☐ 1 cup Hummus
- ☐ 2 1/2 cups Unsweetened Almond Milk

Other

- ☐ 2 1/4 cups Water



Breakfast Cauliflower Casserole

3 servings

1 hour

Ingredients

1/2 head Cauliflower (chopped into florets)
7 Egg
1/2 cup Unsweetened Almond Milk
1 tsp Garlic Powder
1 tbsp Nutritional Yeast
1 tsp Sea Salt
1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	213
Fat	12g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	19g
Cholesterol	434mg
Sodium	1025mg
Vitamin A	1651IU
Vitamin C	50mg
Calcium	174mg
Iron	3mg
Vitamin D	112IU
Folate	131µg
Magnesium	40mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
- 3 In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
- 4 Pour mixture into a baking dish and bake for 45 minutes.
- 5 Remove from oven and let cool slightly before serving. Enjoy!



Carrot Cake Chia Pudding

2 servings

3 hours

Ingredients

1 Carrot (medium, grated)
1/2 tsp Cinnamon
1/8 tsp Ground Cloves
1/4 tsp Ground Ginger
1 tsp Stevia Powder (to taste)
2 cups Unsweetened Almond Milk
1/2 cup Chia Seeds
1/4 cup Walnuts (chopped)
2 tbsps Unsweetened Coconut Flakes

Directions

- 1 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 2 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Nutrition

Amount per serving	
Calories	402
Fat	30g
Carbs	30g
Fiber	20g
Sugar	2g
Protein	12g
Cholesterol	0mg
Sodium	191mg
Vitamin A	5597IU
Vitamin C	2mg
Calcium	790mg
Iron	5mg
Vitamin D	101IU
Folate	21µg
Magnesium	45mg



Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	360
Fat	24g
Carbs	22g
Fiber	9g
Sugar	4g
Protein	16g
Cholesterol	372mg
Sodium	185mg
Vitamin A	9908IU
Vitamin C	12mg
Calcium	88mg
Iron	3mg
Vitamin D	82IU
Folate	136µg
Magnesium	57mg

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!



Apple with Almond Butter

5 servings

5 minutes

Ingredients

5 Apple
2/3 cup Almond Butter

Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	119mg
Iron	1mg
Vitamin D	0IU
Folate	22µg
Magnesium	96mg



Hummus Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 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!



Cream of Celery & Asparagus Soup

2 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 3 stalks Celery (chopped)
- 1 1/2 Garlic (cloves, minced)
- 2 cups Water
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 cups Asparagus (woody ends snapped off)
- 1/4 cup Hemp Seeds
- 2 cups Baby Spinach

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Nutrition

Amount per serving	
Calories	222
Fat	17g
Carbs	12g
Fiber	5g
Sugar	5g
Protein	10g
Cholesterol	0mg
Sodium	671mg
Vitamin A	3847IU
Vitamin C	17mg
Calcium	131mg
Iron	6mg
Vitamin D	0IU
Folate	154µg
Magnesium	190mg



Smoked Salmon Wrapped Avocado

2 servings

5 minutes

Ingredients

- 1 Avocado
- 100 grams Smoked Salmon (sliced)

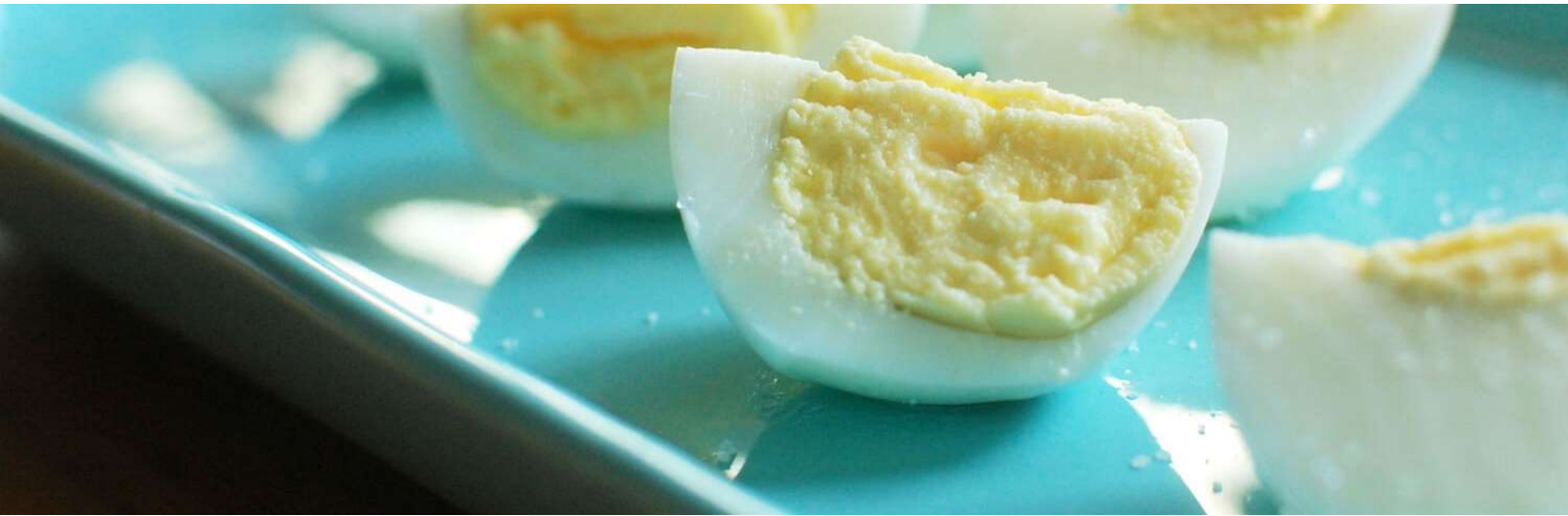
Directions

1

Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Nutrition

Amount per serving	
Calories	219
Fat	17g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	11g
Cholesterol	12mg
Sodium	343mg
Vitamin A	190IU
Vitamin C	10mg
Calcium	18mg
Iron	1mg
Vitamin D	343IU
Folate	82µg
Magnesium	38mg



Salt n' Vinegar Hard Boiled Eggs

3 servings

35 minutes

Ingredients

6 Egg
3/4 tsp Sea Salt (divided)
3 tbsps Apple Cider Vinegar (divided)

Nutrition

Amount per serving	
Calories	146
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	733mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	57mg
Iron	2mg
Vitamin D	82IU
Folate	47µg
Magnesium	13mg

Directions

- 1 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 2 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 3 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



One Pan Chicken, Chickpeas & Broccoli

2 servings
20 minutes

Ingredients

2 **tbps** Extra Virgin Olive Oil
283 **grams** Chicken Breast (boneless, skinless, cut into cubes)
1 **Lemon** (juiced, divided)
2 **tbps** 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!



Cajun Chicken, Sweet Potatoes & Kale

2 servings

35 minutes

Ingredients

1 Sweet Potato (medium, diced into 1/2 inch thick pieces)
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Cajun Spice (divided)
1 1/2 tsps Coconut Oil (divided)
227 grams Extra Lean Ground Chicken
4 cups Kale Leaves (sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	293
Fat	17g
Carbs	15g
Fiber	4g
Sugar	3g
Protein	22g
Cholesterol	98mg
Sodium	456mg
Vitamin A	11243IU
Vitamin C	41mg
Calcium	133mg
Iron	2mg
Vitamin D	0IU
Folate	34µg
Magnesium	54mg

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
- 2 Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
- 3 Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
- 4 Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
- 5 Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!



One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings
40 minutes

Ingredients

2 Carrot (medium)
1/2 head Cauliflower
3 tbsps Extra Virgin Olive Oil (divided
three ways)
227 grams Chicken Breast
1 tsp Dried Thyme
1 tsp Turmeric (powder)
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	382
Fat	24g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	29g
Cholesterol	82mg
Sodium	286mg
Vitamin A	10244IU
Vitamin C	75mg
Calcium	70mg
Iron	3mg
Vitamin D	1IU
Folate	107µg
Magnesium	65mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!



One Pan Salmon, Kale & Cabbage

2 servings

20 minutes

Ingredients

6 cups Green Cabbage (roughly chopped)
4 cups Kale Leaves (roughly chopped)
3 tbsps Avocado Oil
227 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
1/4 cup Fresh Dill (finely chopped)
2 tbsps Apple Cider Vinegar
1 tsp Dijon Mustard

Nutrition

Amount per serving	
Calories	422
Fat	27g
Carbs	18g
Fiber	8g
Sugar	9g
Protein	30g
Cholesterol	58mg
Sodium	188mg
Vitamin A	2552IU
Vitamin C	138mg
Calcium	227mg
Iron	3mg
Vitamin D	638IU
Folate	149µg
Magnesium	81mg

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking pan with foil.
- 2 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 3 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 4 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 5 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!



Sausage, Broccoli & Cabbage Stir Fry

2 servings

25 minutes

Ingredients

142 grams Chicken Sausage
1/2 Yellow Onion (small, diced)
1/2 Garlic (clove, minced)
2 cups Broccoli (chopped into small florets)
2 cups Purple Cabbage (finely sliced)
1 tsp Italian Seasoning

Directions

- 1 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 2 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Nutrition

Amount per serving	
Calories	224
Fat	11g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	14g
Cholesterol	85mg
Sodium	788mg
Vitamin A	1560IU
Vitamin C	132mg
Calcium	165mg
Iron	6mg
Vitamin D	0IU
Folate	78µg
Magnesium	43mg



Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

Ingredients

1 cup Butternut Squash (peeled, seeded and cubed)
1/2 Yellow Onion (medium, diced)
1 Garlic (cloves, minced)
1/4 cup Water
1/2 head Cauliflower (medium, chopped into florets)
2 cups Broccoli (chopped into florets)
1/4 cup Cashews
1/4 cup Nutritional Yeast
1/4 tsp Sea Salt
1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g
Cholesterol	0mg
Sodium	427mg
Vitamin A	8079IU
Vitamin C	167mg
Calcium	143mg
Iron	6mg
Vitamin D	0IU
Folate	172µg
Magnesium	111mg

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!



Dark Chocolate Almond Fat Bombs

8 servings

50 minutes

Ingredients

1/2 cup Almond Butter
1/4 cup Coconut Oil
2 1/2 tbsps Cocoa Powder
1 tsp Vanilla Extract
1/8 tsp Stevia Powder

Nutrition

Amount per serving	
Calories	162
Fat	16g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	4g
Cholesterol	0mg
Sodium	1mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	56mg
Iron	1mg
Vitamin D	0IU
Folate	9µg
Magnesium	52mg

Directions

- 1 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 2 Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce to lowest heat.
- 3 Add the almond butter and coconut oil to the double boiler and allow them to melt. Stir to combine. Stir in the cocoa powder.
- 4 In a small bowl combine the vanilla and stevia powder and stir until the stevia has fully dissolved. Add the sweetened vanilla extract to the almond butter mixture and stir well to combine.
- 5 Divide the chocolate almond butter mixture between the paper baking cups then transfer to the freezer. Allow the fat bombs to set for about 30 minutes or until solid. Transfer to an airtight container and keep frozen. Enjoy!