



Adelle - Breakfast and Meal Prep Ideas

LISA HAYNE



MON



BREAKFAST
Pineapple Coconut Overnight Oats



SNACK 1
Cinnamon Yogurt Overnight Oats



DINNER
One Pot Mushroom, Sun Dried Tomato & Spinach Orzo

THU



BREAKFAST
Pineapple Cucumber Smoothie



SNACK 1
Bacon, Feta & Tomato Egg Muffins



DINNER
Spinach & Sweet Potato Frittata

SUN



BREAKFAST
Banana Mango Chia Pudding



DINNER
Roasted Chicken & Sweet Potato With Spinach

TUE



BREAKFAST
Cashew Butter & Jelly Overnight Oats



SNACK 1
Carrot Cake Baked Oatmeal



DINNER
Everything Bagel Salmon & Veggies

FRI



BREAKFAST
Creamy Blueberry Smoothie



DINNER
Sheet Pan Dijon Chicken Thighs & Broccoli

WED



BREAKFAST
Banana & Nut Chia Oats



SNACK 1
Blueberry Chia Baked Oatmeal



DINNER
One Pan Cajun-Spiced Chicken with Sweet Potato

SAT



BREAKFAST
Blackberry Chia Pudding



DINNER
Meal Prep Taco Bowl

MON

FAT 40% **CARBS 50%** **PROTEIN 10%**

Calories 970 Cholesterol 16mg
Fat 44g Sodium 837mg
Saturated 29g Vitamin C 36mg
Carbs 124g Calcium 831mg
Fiber 21g Iron 7mg
Sugar 30g Magnesium 140mg
Protein 26g Zinc 4mg

TUE

FAT 31% **CARBS 44%** **PROTEIN 25%**

Calories 1123 Cholesterol 126mg
Fat 40g Sodium 993mg
Saturated 11g Vitamin C 126mg
Carbs 126g Calcium 834mg
Fiber 21g Iron 10mg
Sugar 36g Magnesium 285mg
Protein 70g Zinc 7mg

WED

FAT 27% **CARBS 46%** **PROTEIN 27%**

Calories 773 Cholesterol 100mg
Fat 24g Sodium 750mg
Saturated 5g Vitamin C 87mg
Carbs 91g Calcium 694mg
Fiber 18g Iron 5mg
Sugar 24g Magnesium 137mg
Protein 53g Zinc 3mg

THU

FAT 50% **CARBS 31%** **PROTEIN 19%**

Calories 478 Cholesterol 489mg
Fat 27g Sodium 400mg
Saturated 9g Vitamin C 102mg
Carbs 38g Calcium 250mg
Fiber 6g Iron 6mg
Sugar 21g Magnesium 104mg
Protein 23g Zinc 4mg

FRI

FAT 31% **CARBS 31%** **PROTEIN 38%**

Calories 651 Cholesterol 164mg
Fat 23g Sodium 352mg
Saturated 7g Vitamin C 241mg
Carbs 53g Calcium 608mg
Fiber 20g Iron 5mg
Sugar 20g Magnesium 156mg
Protein 64g Zinc 5mg

SAT

FAT 61% **CARBS 19%** **PROTEIN 20%**

Calories 768 Cholesterol 360mg
Fat 54g Sodium 637mg
Saturated 14g Vitamin C 38mg
Carbs 38g Calcium 543mg
Fiber 21g Iron 9mg
Sugar 13g Magnesium 123mg
Protein 39g Zinc 8mg

SUN

FAT 41% **CARBS 34%** **PROTEIN 25%**

Calories 614 Cholesterol 103mg
Fat 28g Sodium 167mg
Saturated 19g Vitamin C 48mg
Carbs 53g Calcium 204mg
Fiber 10g Iron 3mg
Sugar 27g Magnesium 112mg
Protein 39g Zinc 1mg

FRUITS

- 2 Avocado
- 3 1/2 Banana
- 1 cup Blackberries
- 1 Lemon
- 1 1/2 tsps Lemon Juice
- 1 Mango
- 1 cup Pineapple
- 1/3 cup Raspberries

BREAKFAST

- 1 1/3 tbsps All Natural Peanut Butter
- 2 tbsps Cashew Butter
- 2/3 cup Maple Syrup
- 2 tbsps Raspberry Jam
- 2 cups Steel Cut Oats

SEEDS, NUTS & SPICES

- 1 1/2 tsps Cajun Seasoning
- 1 1/4 cups Chia Seeds
- 1/8 tsp Cinnamon
- 3/4 tsp Everything Bagel Seasoning
- 2 tsps Garlic Powder
- 1/3 cup Ground Flax Seed
- 1/2 tsp Ground Ginger
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Taco Seasoning

FROZEN

- 1 1/2 cups Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Frozen Pineapple

VEGETABLES

- 19 cups Baby Spinach
- 1/4 cup Basil Leaves
- 8 cups Broccoli
- 2 bunches Broccolini
- 2 Carrot
- 1 head Cauliflower
- 1 cup Cherry Tomatoes
- 1/4 Cucumber
- 1 tsp Ginger
- 6 stalks Green Onion
- 4 cups Mini Potatoes
- 1/2 cup Shallot
- 3 cups Shiitake Mushrooms
- 7 Sweet Potato
- 2 tsps Thyme

BOXED & CANNED

- 2 3/4 cups Canned Coconut Milk
- 2 3/4 cups Chicken Broth
- 1/4 cup Coconut Cream
- 1 1/4 cups Orzo
- 1/2 cup Salsa

BAKING

- 3 1/2 cups Oats
- 1 tsp Stevia Powder
- 1/4 cup Unsweetened Applesauce
- 1/4 cup Unsweetened Shredded Coconut
- 1 1/4 tbsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 6 slices Bacon
- 1 kilogram Chicken Breast
- 680 grams Chicken Thighs
- 1/3 cup Feta Cheese
- 454 grams Lean Ground Beef
- 1/2 cup Parmigiano Reggiano
- 680 grams Salmon Fillet

CONDIMENTS & OILS

- 2 tsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Sun Dried Tomatoes

COLD

- 2 tbsps Butter
- 20 Egg
- 1 1/2 cups Oat Milk
- 1/2 cup Plain Coconut Milk
- 3 cups Plain Greek Yogurt
- 3 1/8 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt
- 1/2 cup Whipping Cream

OTHER

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

Pineapple Coconut Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1/2 cup Oats
1 cup Canned Coconut Milk
1 tbsp Chia Seeds
1/2 cup Frozen Pineapple
1 tsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	0mg
Fat	24g	Sodium	33mg
Saturated	20g	Vitamin C	20mg
Carbs	27g	Calcium	62mg
Fiber	5g	Iron	1mg
Sugar	8g	Magnesium	34mg
Protein	5g	Zinc	1mg

DIRECTIONS

01 Whisk all of the ingredients together in a bowl. Cover and place in the fridge overnight, or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 3/4 cup.

MORE FLAVOR

Use crushed canned pineapple instead of frozen pineapple.

ADDITIONAL TOPPINGS

Top with toasted coconut.

THINNER CONSISTENCY

Use cow's milk or any other milk alternative.

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 tsps Chia Seeds
2 tsps Maple Syrup
2 tbsps Cashew Butter
2 tbsps Raspberry Jam
1/3 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	341	Cholesterol	17mg
Fat	13g	Sodium	90mg
Saturated	3g	Vitamin C	14mg
Carbs	40g	Calcium	347mg
Fiber	5g	Iron	3mg
Sugar	15g	Magnesium	77mg
Protein	17g	Zinc	2mg

DIRECTIONS

- 01 In a bowl, add the yogurt, oats, almond milk, chia seeds, and maple syrup. Mix to combine.
- 02 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.

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 tps Vanilla Extract
2 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	289	Cholesterol	17mg
Fat	11g	Sodium	155mg
Saturated	3g	Vitamin C	13mg
Carbs	34g	Calcium	567mg
Fiber	7g	Iron	2mg
Sugar	15g	Magnesium	42mg
Protein	16g	Zinc	1mg

DIRECTIONS

- 01 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.
- 02 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.

Pineapple Cucumber Smoothie

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Pineapple (fresh or frozen)
1 cup Baby Spinach
1/2 cup Water
1/4 Cucumber (roughly chopped)
1 1/2 tsps Lemon Juice
1 1/2 tsps Chia Seeds (optional)
1 tsp Ginger (fresh, grated, optional)

NUTRITION

AMOUNT PER SERVING

Calories	132	Cholesterol	0mg
Fat	2g	Sodium	30mg
Saturated	0g	Vitamin C	92mg
Carbs	29g	Calcium	114mg
Fiber	5g	Iron	2mg
Sugar	18g	Magnesium	57mg
Protein	3g	Zinc	1mg

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 1 1/2 cups.

LIKES IT SWEET

Add honey, dates, or another sweetener of choice to taste.

MORE PROTEIN

Add collagen powder or hemp seeds.

NO BABY SPINACH

Use kale instead.

PINEAPPLE

If using fresh pineapple add ice cubes for a colder smoothie.

Creamy Blueberry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Blueberries
1 cup Frozen Cauliflower
1/2 cup Unsweetened Coconut Yogurt
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 Lemon (small, juiced)
1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	321	Cholesterol	4mg
Fat	9g	Sodium	103mg
Saturated	4g	Vitamin C	79mg
Carbs	41g	Calcium	510mg
Fiber	15g	Iron	2mg
Sugar	17g	Magnesium	79mg
Protein	25g	Zinc	2mg

DIRECTIONS

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

NOTES

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, or other berries to your smoothie.

EXTRA CREAMY

Use almond milk or oat milk instead of water.

LEMON

One lemon yields approximately 1/4 cup of lemon juice.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Blackberry Chia Pudding

2 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 cup Blackberries
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract
1/4 cup Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	188	Cholesterol	0mg
Fat	9g	Sodium	86mg
Saturated	1g	Vitamin C	15mg
Carbs	24g	Calcium	410mg
Fiber	12g	Iron	3mg
Sugar	10g	Magnesium	25mg
Protein	6g	Zinc	1mg

DIRECTIONS

- 01 Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
- 02 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
- 03 Top with additional blackberries if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Granola, nuts, seeds, yogurt.

NUT-FREE

Use oat milk or coconut milk instead of almond milk.

Banana Mango Chia Pudding

4 SERVINGS 30 MINUTES



INGREDIENTS

1/3 cup Chia Seeds
1 3/4 cups Canned Coconut Milk
2 1/2 tbsps Maple Syrup
1 tsp Vanilla Extract
1 Mango (cubed)
1 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	373	Cholesterol	0mg
Fat	24g	Sodium	31mg
Saturated	18g	Vitamin C	33mg
Carbs	37g	Calcium	130mg
Fiber	7g	Iron	1mg
Sugar	24g	Magnesium	19mg
Protein	5g	Zinc	0mg

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with coconut milk, maple syrup, and vanilla. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with mango and banana. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

ADDITIONAL TOPPINGS

Top with coconut flakes.

Cinnamon Yogurt Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/3 cup Oats (rolled)
1 tbsp Chia Seeds
1/8 tsp Cinnamon
1/4 tsp Vanilla Extract
1/2 cup Unsweetened Coconut Yogurt
1/2 cup Plain Coconut Milk (from the carton)
1/2 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	310	Cholesterol	0mg
Fat	12g	Sodium	47mg
Saturated	6g	Vitamin C	5mg
Carbs	47g	Calcium	572mg
Fiber	10g	Iron	3mg
Sugar	12g	Magnesium	54mg
Protein	7g	Zinc	1mg

DIRECTIONS

- 01 Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove from the fridge and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/4 cup.

NO COCONUT YOGURT

Use another type of yogurt.

ADDITIONAL TOPPINGS

Berries, nuts and/or seeds.

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	Cholesterol	0mg
Fat	9g	Sodium	69mg
Saturated	3g	Vitamin C	2mg
Carbs	53g	Calcium	189mg
Fiber	7g	Iron	2mg
Sugar	18g	Magnesium	65mg
Protein	8g	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 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.
- 03 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.

Blueberry Chia Baked Oatmeal

12 SERVINGS 45 MINUTES



INGREDIENTS

3 cups Water
2 cups Steel Cut Oats
1/2 cup Vanilla Protein Powder
1/4 cup Unsweetened Shredded Coconut
3 tbsps Ground Flax Seed
2 tbsps Chia Seeds
1 tsp Stevia Powder
1/2 cup Frozen Blueberries (or fresh)

NUTRITION

AMOUNT PER SERVING

Calories	160	Cholesterol	1mg
Fat	5g	Sodium	8mg
Saturated	1g	Vitamin C	0mg
Carbs	24g	Calcium	50mg
Fiber	4g	Iron	1mg
Sugar	1g	Magnesium	9mg
Protein	7g	Zinc	0mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and line a baking dish with parchment paper.
- 02 In a mixing bowl, gently combine all the ingredients, folding in the blueberries last.
- 03 Transfer to the baking dish and bake until a toothpick comes out clean, about 40 to 45 minutes. Let cool before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days or freeze for up to three months.

SERVING SIZE

One serving equals one square when making 12 servings in a 9 by 13-inch baking dish.

MORE FLAVOR

Add vanilla extract, cinnamon, or chopped nuts. Use milk instead of water.

ADDITIONAL TOPPINGS

Serve it with milk, nut butter, seed butter, honey, or maple syrup.

Bacon, Feta & Tomato Egg Muffins

12 SERVINGS 30 MINUTES



INGREDIENTS

6 slices Bacon (chopped coarsely)
6 stalks Green Onion (chopped)
1/3 cup Feta Cheese (crumbled coarsely)
1/4 cup Basil Leaves (whole)
1 cup Cherry Tomatoes (halved lengthways)
6 Egg (Large)
1/2 cup Whipping Cream

NUTRITION

AMOUNT PER SERVING

Calories	140	Cholesterol	117mg
Fat	12g	Sodium	192mg
Saturated	5g	Vitamin C	3mg
Carbs	1g	Calcium	48mg
Fiber	0g	Iron	1mg
Sugar	1g	Magnesium	9mg
Protein	6g	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Grease or line a muffin tray or use a silicone muffin tray.
- 02 Cook the bacon in a frying pan over medium heat, stirring for five minutes or until crisp. Add the green onions and cook, stirring for another two minutes or until the onion is soft. Drain on a paper towel and set aside.
- 03 Divide the bacon mixture, feta cheese, basil, and tomatoes evenly between the cups of the prepared muffin tray.
- 04 Whisk the eggs and the cream together and pour into the muffin tray.
- 05 Bake for 18 to 20 minutes or until a thin-bladed knife inserted into the center comes out clean. Let the egg muffins cool slightly before removing them from the tray. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

SERVING SIZE

One serving is equal to one egg muffin.

One Pot Mushroom, Sun Dried Tomato & Spinach Orzo

4 SERVINGS 25 MINUTES



INGREDIENTS

2 tps Extra Virgin Olive Oil
3 cups Shiitake Mushrooms (stem removed, sliced)
Sea Salt & Black Pepper (to taste)
1/2 cup Shallot (peeled, finely chopped)
1/2 cup Sun Dried Tomatoes (drained, chopped)
1 1/4 cups Orzo (dry)
2 3/4 cups Chicken Broth
3 cups Baby Spinach
1/2 cup Parmigiano Reggiano (finely grated)

NUTRITION

AMOUNT PER SERVING

Calories	314	Cholesterol	16mg
Fat	8g	Sodium	757mg
Saturated	3g	Vitamin C	11mg
Carbs	50g	Calcium	197mg
Fiber	6g	Iron	3mg
Sugar	10g	Magnesium	52mg
Protein	14g	Zinc	2mg

DIRECTIONS

- 01 Heat a large dutch oven over medium heat. Add the oil. Once hot, add the mushrooms and cook, stirring often, until browned. Season with salt and pepper.
- 02 Add the shallot and sun dried tomatoes and cook until softened, about two to three minutes. Add the orzo and stir to combine. Add the broth and bring to a low boil. Cook for nine to ten minutes, stirring frequently to avoid any sticking, until the orzo is cooked al dente and most of the liquid has been absorbed.
- 03 Turn the heat to low and stir in the spinach and parmesan cheese. Divide evenly between plates. Season with salt and pepper, if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about one cup.

MAKE IT VEGAN

Use vegetable broth. Use nutritional yeast instead of cheese, or vegan cheese shreds.

MORE FLAVOR

Add garlic and/or herbs such as thyme or rosemary.

ADDITIONAL TOPPINGS

Chopped parsley.

NO SHIITAKE MUSHROOMS

Use cremini or any other type of mushroom.

Everything Bagel Salmon & Veggies

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Mini Potatoes (halved)
2 tbsps Butter (melted, divided)
1 tsp Sea Salt (divided)
680 grams Salmon Fillet
2 bunches Broccolini (trimmed)
3/4 tsp Everything Bagel Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	462	Cholesterol	109mg
Fat	18g	Sodium	834mg
Saturated	5g	Vitamin C	110mg
Carbs	33g	Calcium	298mg
Fiber	9g	Iron	5mg
Sugar	3g	Magnesium	143mg
Protein	45g	Zinc	3mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, combine the potatoes with half the melted butter and half the salt and mix well. Transfer to the baking sheet and bake for 10 minutes.
- 03 Meanwhile, drizzle the remaining melted butter and salt amongst the salmon and the broccolini. Coat the salmon with the everything bagel seasoning.
- 04 Transfer the broccolini and salmon to the baking sheet with the potatoes and place in the oven for 13 to 16 minutes, until the salmon is cooked through. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO SALMON

Use another fish, like trout, instead.

MORE FLAVOR

Serve with lemon wedges.

NO BROCCOLINI

Use broccoli instead.

One Pan Cajun-Spiced Chicken with Sweet Potato

4 SERVINGS 30 MINUTES



INGREDIENTS

4 Sweet Potato (small, peeled and cut into cubes)
1 head Cauliflower (small, cut into florets)
1 1/3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
454 grams Chicken Breast
1 1/2 tps Cajun Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	324	Cholesterol	82mg
Fat	8g	Sodium	587mg
Saturated	1g	Vitamin C	74mg
Carbs	33g	Calcium	77mg
Fiber	7g	Iron	2mg
Sugar	8g	Magnesium	86mg
Protein	30g	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Place the sweet potato and cauliflower on the baking sheet. Drizzle with 3/4 of the oil and season generously with salt and pepper. Toss to evenly coat the vegetables. Make space for the chicken in the center of the baking sheet. Cover the chicken with the remaining oil and season with cajun seasoning, salt, and pepper.
- 03 Bake for about 30 minutes, flipping the vegetables halfway, or until the chicken is cooked through and the vegetables are tender. Season with additional salt and pepper if necessary.
- 04 To serve, divide evenly between plates or meal prep containers and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add more cajun spice to taste. For spicier chicken, add cayenne pepper, red pepper flakes, or chili powder. For sweeter chicken, add some coconut sugar or cane sugar to the cajun seasoning.

NO CHICKEN BREAST

Use chicken thighs 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	Cholesterol	372mg
Fat	13g	Sodium	178mg
Saturated	4g	Vitamin C	7mg
Carbs	8g	Calcium	88mg
Fiber	1g	Iron	3mg
Sugar	2g	Magnesium	38mg
Protein	14g	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 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.
- 03 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.
- 04 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.

Sheet Pan Dijon Chicken Thighs & Broccoli

4 SERVINGS 40 MINUTES



INGREDIENTS

680 grams Chicken Thighs (boneless, skinless)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
2 tsps Dijon Mustard
8 cups Broccoli (florets, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	330	Cholesterol	160mg
Fat	14g	Sodium	249mg
Saturated	3g	Vitamin C	162mg
Carbs	12g	Calcium	98mg
Fiber	5g	Iron	3mg
Sugar	3g	Magnesium	77mg
Protein	39g	Zinc	3mg

DIRECTIONS

- 01** Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 02** In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.
- 03** Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
- 04** Divide evenly between plates. Season with additional salt and pepper if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about three cups.

MORE FLAVOR

Add maple syrup and/or honey to the chicken.

Meal Prep Taco Bowl

4 SERVINGS 15 MINUTES



INGREDIENTS

454 grams Lean Ground Beef
1 1/2 tsps Taco Seasoning
6 Egg
Sea Salt & Black Pepper (to taste)
6 cups Baby Spinach
2 Avocado (sliced)
1/2 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	580	Cholesterol	360mg
Fat	45g	Sodium	551mg
Saturated	13g	Vitamin C	23mg
Carbs	14g	Calcium	133mg
Fiber	9g	Iron	6mg
Sugar	3g	Magnesium	98mg
Protein	33g	Zinc	7mg

DIRECTIONS

- 01 Heat a large skillet over medium heat. Once hot, add the beef into the skillet. Use a spatula to break it apart. Add the taco seasoning and cook until browned and cooked through, remove with a slotted spoon and set aside. Drain any excess drippings from the pan.
- 02 Whisk the eggs in a bowl. In the same skillet, over medium-low heat, add the eggs and cook until fluffy and cooked through. Season with salt and pepper and set aside.
- 03 Divide the spinach between plates, or into containers. Top with beef, eggs, avocado, and salsa. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to two days.

ADDITIONAL TOPPINGS

Top with shredded cheese or sour cream.

Roasted Chicken & Sweet Potato With Spinach

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Sweet Potato (medium, cut into cubes)
567 grams Chicken Breast (skinless, boneless)
2 tsps Thyme (fresh)
2 tsps Garlic Powder
Sea Salt & Black Pepper (to taste)
6 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	241	Cholesterol	103mg
Fat	4g	Sodium	136mg
Saturated	1g	Vitamin C	15mg
Carbs	16g	Calcium	74mg
Fiber	3g	Iron	2mg
Sugar	3g	Magnesium	93mg
Protein	34g	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 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.
- 03 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.