
































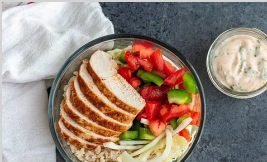





herb+  
spice

## Dahlia - High Protein Meal Plan

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Creamy Vanilla Blueberry Protein Oatmeal	 Kiwi Green Smoothie	 Egg & Chorizo Wraps	 Banana & Nut Chia Oats	 Yogurt Overnight Oats	 Chocolate Protein Overnight Oats	 Mango Oat Smoothie
Snack 1	 Wasabi Mayo Tuna Wrap	 Bagel & Hummus	 Whipped Peanut Butter Yogurt Bowl	 Blueberry Banana Protein Smoothie	 Yogurt with Granola & Banana	 Grape & Coconut Protein Chia Pudding	 Cherries, Banana & Cottage Cheese
Lunch	 Cajun Chicken Meal Prep Bowl	 Italian Chicken & Rice Meal Prep Bowl	 Meal Prep Veggie Bowls	 Sun Dried Tomato & Salmon Pasta	 Pesto Shrimp with Rice & Peas	 Meal Prep Veggie Bowls	 Maple Roasted Carrots & Chicken
Snack 2	 Vanilla Protein Pancakes	 Vanilla Protein Pancakes	 Grape & Coconut Protein Chia Pudding	 Cucumber, Mango & Banana Smoothie	 Cottage Cheese with Cherries & Pumpkin Seeds	 Cucumber, Mango & Banana Smoothie	 Cucumber, Mango & Banana Smoothie
Dinner	 Italian Chicken & Rice Meal Prep Bowl	 Southwest Chicken Meal Prep Bowls	 Sun Dried Tomato & Salmon Pasta	 Pesto Shrimp with Rice & Peas	 Meal Prep Taco Bowl	 Maple Roasted Carrots & Chicken	 Tandoori Cauliflower & Chicken Meal Prep Bowls



## Fruits

- ☐ 2 Avocado
- ☐ 18 Banana
- ☐ 1/2 cup Blackberries
- ☐ 4 1/4 cups Blueberries
- ☐ 1 1/2 cups Cherries
- ☐ 1 1/3 cups Grapes
- ☐ 2 Kiwi
- ☐ 3/4 Lemon
- ☐ 1 tbsp Lemon Juice
- ☐ 3 tbsps Lime Juice
- ☐ 2 1/2 cups Raspberries

## Breakfast

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 1 1/4 cups Almond Butter
- ☐ 1 cup Granola
- ☐ 1/3 cup Maple Syrup

## Seeds, Nuts & Spices

- ☐ 2 tbsps Cajun Seasoning
- ☐ 1 1/3 cups Chia Seeds
- ☐ 1/2 tsp Chili Powder
- ☐ 1 2/3 tbsps Cinnamon
- ☐ 1 1/2 tps Cumin
- ☐ 2 1/2 tps Garam Masala
- ☐ 1 tsp Garlic Powder
- ☐ 2 tbsps Ground Flax Seed
- ☐ 2 tbsps Hemp Seeds
- ☐ 1 1/8 tbsps Italian Seasoning
- ☐ 2/3 cup Pumpkin Seeds
- ☐ 1 1/2 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Sesame Seeds
- ☐ 2 tps Smoked Paprika
- ☐ 1 tbsp Taco Seasoning
- ☐ 3/4 tsp Turmeric

## Frozen

- ☐ 6 Brown Rice Tortilla
- ☐ 4 cups Frozen Banana

## Vegetables

- ☐ 16 1/2 cups Baby Spinach
- ☐ 1 tbsp Basil Leaves
- ☐ 6 cups Broccoli
- ☐ 16 Carrot
- ☐ 1 head Cauliflower
- ☐ 2 cups Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 2 Cucumber
- ☐ 15 Garlic
- ☐ 2 tps Ginger
- ☐ 2 cups Green Beans
- ☐ 1/2 Green Bell Pepper
- ☐ 1 1/2 cups Green Cabbage
- ☐ 3/4 cup Red Onion
- ☐ 14 leaves Romaine
- ☐ 1 head Romaine Hearts
- ☐ 1 cup Shallot
- ☐ 2 Sweet Potato
- ☐ 1 Tomato
- ☐ 1/2 Yellow Onion
- ☐ 2 Zucchini

## Boxed & Canned

- ☐ 1 cup Basmati Rice
- ☐ 2 1/2 cups Brown Rice
- ☐ 1/2 cup Chicken Broth
- ☐ 278 grams Chickpea Pasta
- ☐ 1 cup Jasmine Rice
- ☐ 1/2 cup Salsa
- ☐ 4 cans Tuna

## Baking

- ☐ 1/3 cup Cocoa Powder
- ☐ 1 1/3 tbsps Honey
- ☐ 5 cups Oats
- ☐ 1 tbsp Vanilla Extract

## Bread, Fish, Meat & Cheese

- ☐ 2 Bagel
- ☐ 165 grams Cheddar Cheese
- ☐ 1.7 kilograms Chicken Breast
- ☐ 907 grams Chicken Thighs
- ☐ 510 grams Chorizo
- ☐ 454 grams Lean Ground Beef
- ☐ 454 grams Salmon Fillet
- ☐ 600 grams Shrimp
- ☐ 4 Whole Wheat Tortilla

## Condiments & Oils

- ☐ 2 tps Apple Cider Vinegar
- ☐ 1 tbsp Avocado Oil
- ☐ 1/4 cup Coconut Oil
- ☐ 3/4 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Mayonnaise
- ☐ 1/2 cup Pesto
- ☐ 3/4 cup Sun Dried Tomatoes
- ☐ 1/4 cup Tahini

## Cold

- ☐ 3 1/2 cups Cottage Cheese
- ☐ 1/2 cup Cow's Milk, Whole
- ☐ 40 Egg
- ☐ 1/4 cup Hummus
- ☐ 11 1/2 cups Plain Greek Yogurt
- ☐ 17 1/2 cups Unsweetened Almond Milk
- ☐ 2 2/3 cups Unsweetened Coconut Yogurt

## Other

- ☐ 1 cup Chocolate Protein Powder
- ☐ 6 1/2 cups Vanilla Protein Powder
- ☐ 1 tbsp Wasabi Paste
- ☐ 3 1/3 cups Water

- 
- ☐ 6 cups Frozen Mango
  - ☐ 1 cup Frozen Peas
  - ☐ 4 Ice Cubes





## Creamy Vanilla Blueberry Protein Oatmeal

4 servings

15 minutes

### Ingredients

2 cups Oats (rolled)  
1/2 cup Vanilla Protein Powder  
4 cups Plain Greek Yogurt  
2 cups Blueberries  
1/4 cup Pumpkin Seeds  
1 1/3 tbsps Honey

### Directions

- 1 Cook the oats according to the package directions.  
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- 2 Stir the protein powder into the yogurt.  
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- 3 Place the oatmeal in a bowl. Top with blueberries, yogurt, and pumpkin seeds. Drizzle with honey and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to three days, keeping the yogurt separate.

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

**Additional Toppings:** Cinnamon, chia seeds, ground flax seeds, shredded coconut.



## Kiwi Green Smoothie

2 servings

5 minutes

### Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

### Directions

1

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

### Notes

**No Chia Seeds:** Use flax seed instead.

**No Protein Powder:** Use hemp seeds instead.



## Egg & Chorizo Wraps

**6 servings****15 minutes**

### Ingredients

510 grams Chorizo (casing removed)  
12 Egg  
165 grams Cheddar Cheese (shredded)  
6 Brown Rice Tortilla  
1/3 cup Cilantro (roughly chopped, optional)

### Directions

- 1 In a large cast-iron skillet over medium heat, add the chorizo and break it apart until crumbled. Cook for about seven to nine minutes, until cooked through. Remove with a slotted spoon, set aside, and lightly wipe out the skillet with a paper towel.
- 2 In a small bowl, whisk the eggs and add the cheese.
- 3 In the same pan over medium heat, add the egg mixture and cook, stirring often with a spatula until fluffy and cooked to your liking.
- 4 Divide the egg mixture into the tortillas and top with chorizo and cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving is one tortilla.

**Dairy-Free:** Omit the cheese or use nutritional yeast or dairy-free cheese instead.

**Additional Toppings:** Salsa, avocado, black beans, onions, tomatoes, and/or bell peppers.





## 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)

### 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.



## Yogurt Overnight Oats

2 servings

8 hours

### Ingredients

1 cup Plain Greek Yogurt  
1/2 cup Cow's Milk, Whole  
2 tsps Maple Syrup  
1 tsp Vanilla Extract  
1/2 cup Oats  
1/2 cup Blackberries  
1/2 cup Raspberries

### Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate 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 approximately one cup.

**Make it Vegan:** Use plant-based yogurt and milk of choice.

**Additional Toppings:** Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



## Chocolate Protein Overnight Oats

**4 servings****8 hours**

### Ingredients

2 cups Oats  
3 cups Unsweetened Almond Milk  
1 cup Chocolate Protein Powder  
1/3 cup Cocoa Powder  
1/4 cup Almond Butter  
1 1/3 tbsps Maple Syrup  
2 cups Raspberries (plus extra to garnish)

### 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 evenly between containers and top with additional raspberries, if using. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/4 cups.

**Additional Toppings:** If a thinner consistency is desired, stir in a splash of milk when ready to eat.





## Mango Oat Smoothie

2 servings

5 minutes

### Ingredients

2 cups Frozen Mango  
1 Banana  
1/4 cup Oats  
2 cups Unsweetened Almond Milk  
2 tbsps Hemp Seeds  
1/4 Lemon (juiced)

### Directions

1

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

### Notes

**No Banana:** Sweeten with raw honey, maple syrup or soaked dates instead.

**Storage:** Refrigerate in a mason jar or other air-tight container up to 48 hours.

**More Protein:** Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

**More Fiber:** Add ground flax seed.

**More Like Mango Lassi:** Reduce almond milk and add coconut yogurt.



## Wasabi Mayo Tuna Wrap

4 servings

10 minutes

### Ingredients

- 1/2 cup Mayonnaise
- 1 tbsp Wasabi Paste
- 1 tsp Maple Syrup
- 2 tsps Apple Cider Vinegar
- 1 head Romaine Hearts (chopped)
- 4 cans Tuna (drained)
- 2 tsps Sesame Seeds
- 4 Whole Wheat Tortilla (large)

### Directions

- 1 Whisk together the mayonnaise, wasabi paste, maple syrup, and apple cider vinegar in a bowl. Toss in the romaine lettuce, tuna, and sesame seeds until well combined.
- 2 Spread the tuna salad down the center of the tortilla. Roll or fold the tortilla together and enjoy!

### Notes

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

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**Additional Toppings:** Cucumber and crushed nori sheets.

**Make it Vegan:** Use vegan mayonnaise and replace the tuna with chickpeas.

**Gluten-Free:** Use brown rice tortilla instead of whole wheat tortilla, or omit completely.



## Bagel & Hummus

2 servings

5 minutes

### Ingredients

- 1/4 cup Hummus
- 2 Bagel (plain, sliced in half, toasted)
- 2 tsps Extra Virgin Olive Oil

### Directions

- 1 Spread the hummus onto the bagel and top it with oil. Enjoy!

### Notes

**Leftovers:** Refrigerate leftovers in an airtight container for up to three days. Best enjoyed immediately.

**Serving Size:** One serving is one bagel.

**Additional Toppings:** Fresh dill, chopped olives, crispy chickpeas, sprouts, hemp hearts, or protein of choice.

**Gluten-Free:** Use a gluten-free bagel instead.

**Oil-Free:** Omit the oil.





## Whipped Peanut Butter Yogurt Bowl

2 servings

5 minutes

### Ingredients

2 cups Plain Greek Yogurt  
1/4 cup All Natural Peanut Butter  
1/4 cup Granola  
1/4 cup Blueberries (fresh or frozen)  
2 tps Maple Syrup

### 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.



## Blueberry Banana Protein Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Blueberries
- 2 Banana (small, frozen)
- 1/2 cup Vanilla Protein Powder
- 3 tbsps All Natural Peanut Butter
- 2 tbsps Ground Flax Seed
- 2 1/2 cups Unsweetened Almond Milk

### Directions

1

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

### Notes

**Nut-Free:** Use sunflower seed butter instead of peanut butter and coconut milk instead of almond milk.

**No Almond Milk:** Use any other milk.

**Consistency:** For a smoother, colder smoothie, use frozen blueberries. If the smoothie is too thick, add more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber:** Add in some chopped leafy greens like spinach or kale.



## Yogurt with Granola & Banana

2 servings

5 minutes

### Ingredients

2 cups Plain Greek Yogurt

2 Banana (sliced)

2/3 cup Granola

### Directions

- 1 Add the yogurt, banana, and granola to a bowl, and enjoy!

### Notes

**More Flavor:** Add maple syrup or vanilla.

**Additional Toppings:** Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

**Gluten-Free:** Use gluten-free granola.

**Dairy-Free:** Use a dairy-free yogurt alternative.





## Grape & Coconut Protein Chia Pudding

2 servings

35 minutes

### Ingredients

1/2 cup Chia Seeds  
1 cup Unsweetened Coconut Yogurt  
2/3 cup Water  
1/2 tsp Cinnamon  
1/2 cup Vanilla Protein Powder  
2/3 cup Grapes (halved)

### Directions

- 1 In a small bowl, mix together the chia seeds, yogurt, water, cinnamon, and protein powder.
- 2 Layer the chia pudding and grapes into small jars, one jar per serving, and refrigerate for at least 30 minutes. Enjoy!

### Notes

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

**Serving Size:** One serving is 3/4 cup of chia pudding.

**More Flavor:** Add maple syrup.

**Additional Toppings:** Nuts and seeds.



## Cherries, Banana & Cottage Cheese

2 servings

5 minutes

### Ingredients

- 2 cups Cottage Cheese
- 2 Banana (medium, sliced)
- 1 cup Cherries (pitted, fresh or frozen)

### Directions

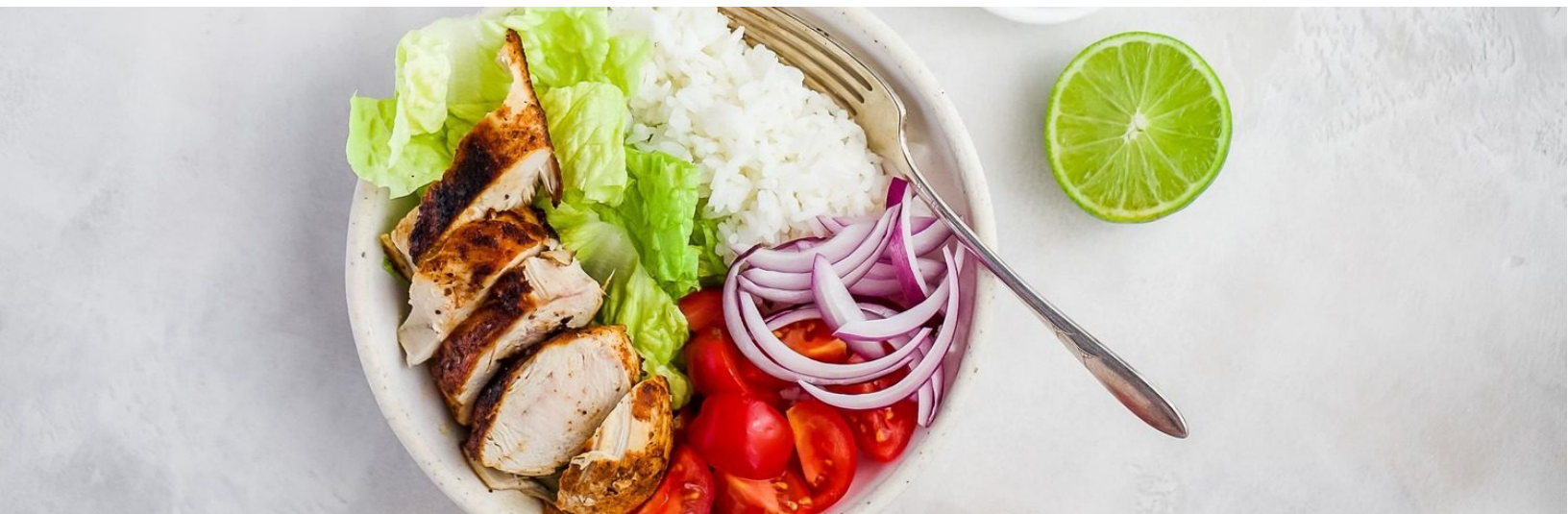
- 1 Top the cottage cheese with banana slices and cherries. Enjoy!

### Notes

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

**Make it Vegan:** Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

**Additional Toppings:** Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.



## Cajun Chicken Meal Prep Bowl

4 servings

40 minutes

### Ingredients

454 grams Chicken Breast (skinless, boneless)  
2 tbsps Extra Virgin Olive Oil (divided)  
2 tbsps Cajun Seasoning  
1 cup Jasmine Rice (uncooked)  
3 tbsps Unsweetened Coconut Yogurt  
2 tbsps Lime Juice  
1 tbsp Cilantro (chopped)  
14 leaves Romaine (chopped)  
1 cup Cherry Tomatoes (halved)  
1/3 cup Red Onion (sliced thin)

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet. Drizzle with half of the oil and sprinkle with cajun seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 3 Meanwhile, cook the rice according to the directions on the package.
- 4 In a small bowl, add the yogurt, lime juice, cilantro, and remaining oil and mix well.
- 5 Divide the rice and chicken into bowls and add the romaine, cherry tomatoes, and red onion. Store the dressing separately and toss to combine when ready to eat. Enjoy!

### Notes

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

**No Coconut Yogurt:** Use Greek yogurt instead.

**No Romaine:** Use another green such as spinach or arugula.

**No Cilantro:** Omit or use another herb such as chives.

**More Flavor:** Add salt and pepper to the dressing and/or to the rice.





## Meal Prep Veggie Bowls

**3 servings****35 minutes**

### Ingredients

4 cups Broccoli (chopped into florets)  
2 Sweet Potato (small, chopped into cubes)  
1 tsp Avocado Oil  
1/2 tsp Chili Powder  
Sea Salt & Black Pepper (to taste)  
2 cups Green Beans (trimmed)  
6 Egg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and sweet potatoes to the pan. Drizzle with avocado oil, chili powder, sea salt and pepper. Bake for 15 to 20 minutes.
- 2 Remove the pan from the oven and add the green beans. Cook for an additional 10 minutes.
- 3 Meanwhile, bring a pot of water to a boil. Hard boil the eggs. Cool, peel and slice.
- 4 Divide the vegetables and sliced eggs between plates, or into containers. Enjoy!

### Notes

**Egg-Free:** Replace the eggs with your favorite protein such as ground beef, sliced chicken, chickpeas or lentils.

**No Avocado Oil:** Use olive or coconut oil.

**More Flavor:** Add cayenne pepper, chili flakes or hot sauce.

**Leftovers:** Refrigerate in an airtight container for up to 4 days.

**Serving Size:** One serving is equal to approximately 2 cups of roasted vegetables topped with 2 eggs.



## Vanilla Protein Pancakes

8 servings

15 minutes

### Ingredients

8 Banana (plus extra for topping)  
16 Egg  
2 cups Vanilla Protein Powder  
1/4 cup Coconut Oil

### Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two pancakes.

**Additional Toppings:** Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



## Cucumber, Mango & Banana Smoothie

8 servings

5 minutes

### Ingredients

- 8 cups Unsweetened Almond Milk
- 4 cups Frozen Banana
- 4 cups Frozen Mango
- 2 Cucumber (medium, chopped)
- 8 cups Baby Spinach
- 1 cup Almond Butter
- 1 1/3 tbsps Cinnamon
- 2 cups Vanilla Protein Powder

### Directions

1

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

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use another plant-based milk such as cashew or oat.

**No Almond Butter:** Use cashew butter or sunflower seed butter.

**Additional Toppings:** Add chia seeds or hemp seeds.

**Protein Powder:** This recipe was tested using plant-based vanilla protein powder.





## Cottage Cheese with Cherries & Pumpkin Seeds

2 servings

5 minutes

### Ingredients

- 1 1/2 cups Cottage Cheese
- 1/3 cup Pumpkin Seeds
- 1/2 cup Cherries

### Directions

- 1 Add all ingredients to a bowl and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for three days.

**Serving Size:** One serving is approximately 1 1/4 cups.

**More Flavor:** Add cinnamon, protein powder, and/or maple syrup/honey.

**Additional Toppings:** Hemp seeds and/or cacao nibs.



## Italian Chicken & Rice Meal Prep Bowl

4 servings

35 minutes

### Ingredients

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

### Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 3 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Drizzle with the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 4 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.
- 5 Divide the rice, chicken, and veggies evenly between meal prep containers or plates and enjoy!

### Notes

**Leftovers:** Refrigerate for up to three days.

**More Flavor:** Add other dried herbs and spices to taste, like red pepper flakes, onion powder, or parsley.

**Additional Toppings:** Avocado or dipping sauce, like tzatziki or hummus.

**No Brown Rice:** Omit or use white rice, quinoa, or cauliflower rice instead.





## Southwest Chicken Meal Prep Bowls

2 servings

50 minutes

### Ingredients

1/2 cup Brown Rice  
 227 grams Chicken Breast  
 2 tsps Avocado Oil (divided)  
 1 1/2 tsps Taco Seasoning (divided)  
 1/2 cup Unsweetened Coconut Yogurt  
 1 tbsp Lime Juice  
 1 tbsp Cilantro  
 1 1/2 cups Green Cabbage (thinly sliced)  
 1/2 Green Bell Pepper (medium, chopped)  
 1 Tomato (medium, chopped)

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Cook the rice according to package directions. Let the rice cool slightly.
- 3 Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
- 4 Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
- 5 Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

**More Flavor:** Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

**Additional Toppings:** Lime wedges, cilantro, or chopped green onion.

**No Brown Rice:** Use quinoa or cauliflower rice instead.

**No Cabbage:** Use romaine lettuce or kale instead.





## Sun Dried Tomato & Salmon Pasta

4 servings

15 minutes

### Ingredients

278 grams Chickpea Pasta (dry)  
 2 tbsps Extra Virgin Olive Oil (divided)  
 454 grams Salmon Fillet  
 3 Garlic (clove, minced)  
 1/2 Yellow Onion (medium, diced)  
 3/4 cup Sun Dried Tomatoes (drained, chopped)  
 1/2 tsp Italian Seasoning  
 1/2 cup Chicken Broth  
 1/2 cup Plain Greek Yogurt  
 Sea Salt & Black Pepper (to taste)  
 1 tbsp Basil Leaves (chopped)

### Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 3 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 4 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 5 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

### Notes

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

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

**Dairy-Free:** Use coconut milk instead of yogurt.



## Pesto Shrimp with Rice & Peas

4 servings

20 minutes

### Ingredients

1 cup Basmati Rice  
1 cup Frozen Peas (thawed)  
1 tbsp Extra Virgin Olive Oil  
600 grams Shrimp (peeled and deveined)  
1/2 cup Pesto  
1/2 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the rice according to package directions. In the last two to three minutes of cooking, add the peas to the pot with the rice. Remove the pot from the heat and let rest for three to five minutes.
- 2 Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 3 Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
- 4 Divide the rice and shrimp between plates and serve with additional lemon juice if needed. Enjoy!

### Notes

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

**More Flavor:** Season the shrimp with dried herbs and spices to taste.

**Additional Toppings:** Fresh herbs or red pepper flakes.

**No Basmati Rice:** Use white rice, brown rice, or cauliflower rice instead.

**No Peas:** Omit or use spinach instead.

**Dairy-Free:** Use a dairy-free pesto.





## 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

### Directions

- 1 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.
- 2 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.
- 3 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.





## Maple Roasted Carrots & Chicken

4 servings

40 minutes

### Ingredients

907 grams Chicken Thighs (boneless, skinless)  
1 tsp Sea Salt (divided)  
12 Garlic (cloves, still attached to each other)  
2 tps Extra Virgin Olive Oil  
16 Carrot (chopped roughly)  
1 cup Shallot (peeled, cut in half)  
2 tps Ginger (thinly sliced)  
2 tbsps Maple Syrup

### Directions

- 1 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 2 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 3 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

### Notes

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

**More Flavor:** Add chili flakes.

**No Shallots:** Use small pearl onions instead.



## Tandoori Cauliflower & Chicken Meal Prep Bowls

4 servings

40 minutes

### Ingredients

- 1 cup Brown Rice (dry)
- 2 1/2 tsps Garam Masala
- 2 tsps Smoked Paprika
- 3/4 tsp Turmeric
- 1 1/2 tsps Cumin
- 1/2 tsp Sea Salt
- 1 head Cauliflower (chopped into florets)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 454 grams Chicken Breast
- 1/4 cup Tahini
- 1 tbsp Lemon Juice
- 1 tbsp Water

### Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat the oven to 400 (204°C) and line a baking sheet with parchment paper.
- 3 In a large bowl, mix together the garam masala, smoked paprika, turmeric, cumin, and salt.
- 4 Add the cauliflower to the bowl with the spices along with half the oil and toss well with your hands, rubbing the spices into the cauliflower to coat. Transfer to the baking sheet.
- 5 Add the chicken to the same bowl and add the remaining oil. Stir well to coat the chicken in the spices. Transfer to the same baking sheet with the cauliflower. Place the baking sheet in the oven and bake for 25 to 30 minutes until the chicken is cooked through and the cauliflower is browned.
- 6 In a small jar, combine the tahini, lemon juice, and water and shake well.
- 7 To serve, divide the cauliflower, chicken, and rice into bowls and top with the tahini dressing. Enjoy!

### Notes

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

**Additional Toppings:** Top with cilantro or parsley.

**No Rice:** Use another grain such as quinoa.