
















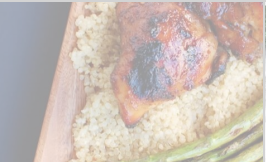
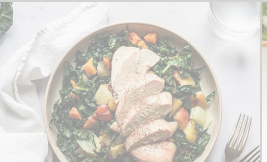





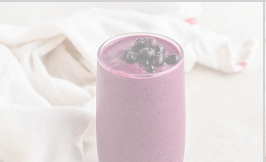
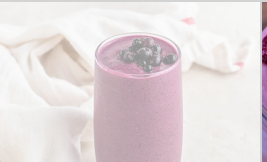










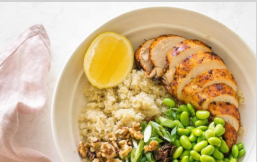


herb+
spice

Graeme's Meal Plan

Lisa Hayne | Naturopath & Nutritionist

<https://herbandspice.com.au>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana Oat Protein Pancakes	 Banana Oat Protein Pancakes	 Banana Protein Oats	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	 Chorizo, Kale & Leek Omelette	 Chorizo, Kale & Leek Omelette
Snack 1	 Yogurt & Granola	 Yogurt & Granola	 Yogurt & Granola	 Berry Avocado Smoothie	 Berry Avocado Smoothie	 Berry Avocado Smoothie	 Berry Avocado Smoothie
Lunch	 Chickpea Pasta with Pesto	 Honey Garlic Chicken Thighs	 Roasted Chicken Apple Kale Salad	 Ground Beef & Edamame with Rice	 Pomegranate Chicken & Rice	 Chicken, Edamame & Avocado Rice Bowls	 Peanut Maple Tempeh Bowl
Snack 2	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie
Dinner	 Honey Garlic Chicken Thighs	 Roasted Chicken Apple Kale Salad	 Ground Beef & Edamame with Rice	 Pomegranate Chicken & Rice	 Chicken, Edamame & Avocado Rice Bowls	 Peanut Maple Tempeh Bowl	 Edamame, Chicken & Quinoa Bowl

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 28%	Fat	<div><div></div></div> 32%	Fat	<div><div></div></div> 33%	Fat	<div><div></div></div> 34%	Fat	<div><div></div></div> 36%	Fat	<div><div></div></div> 37%	Fat	<div><div></div></div> 35%
Carbs	<div><div></div></div> 43%	Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 35%	Carbs	<div><div></div></div> 36%	Carbs	<div><div></div></div> 37%
Protein	<div><div></div></div> 29%	Protein	<div><div></div></div> 29%	Protein	<div><div></div></div> 27%	Protein	<div><div></div></div> 29%	Protein	<div><div></div></div> 29%	Protein	<div><div></div></div> 27%	Protein	<div><div></div></div> 28%
Calories	2499	Calories	2585	Calories	2475	Calories	2678	Calories	2753	Calories	2388	Calories	2313
Fat	81g	Fat	95g	Fat	92g	Fat	103g	Fat	113g	Fat	104g	Fat	93g
Saturated	17g	Saturated	21g	Saturated	29g	Saturated	30g	Saturated	28g	Saturated	23g	Saturated	21g
Carbs	277g	Carbs	257g	Carbs	252g	Carbs	251g	Carbs	249g	Carbs	222g	Carbs	224g
Fiber	59g	Fiber	50g	Fiber	48g	Fiber	55g	Fiber	58g	Fiber	53g	Fiber	51g
Sugar	81g	Sugar	101g	Sugar	94g	Sugar	85g	Sugar	80g	Sugar	53g	Sugar	70g
Protein	192g	Protein	192g	Protein	172g	Protein	199g	Protein	204g	Protein	166g	Protein	167g
Sodium	2756mg	Sodium	2695mg	Sodium	1460mg	Sodium	1801mg	Sodium	1771mg	Sodium	2080mg	Sodium	1781mg
Vitamin C	127mg	Vitamin C	193mg	Vitamin C	274mg	Vitamin C	303mg	Vitamin C	303mg	Vitamin C	261mg	Vitamin C	186mg
Calcium	1876mg	Calcium	1926mg	Calcium	2063mg	Calcium	2687mg	Calcium	2674mg	Calcium	2179mg	Calcium	2167mg
Iron	32mg	Iron	24mg	Iron	21mg	Iron	24mg	Iron	24mg	Iron	23mg	Iron	22mg
Magnesium	504mg	Magnesium	549mg	Magnesium	549mg	Magnesium	465mg	Magnesium	607mg	Magnesium	670mg	Magnesium	627mg
Zinc	15mg	Zinc	15mg	Zinc	20mg	Zinc	23mg	Zinc	19mg	Zinc	16mg	Zinc	14mg

Fruits

- ☐ 4 Apple
- ☐ 1 1/2 Avocado
- ☐ 2 Banana
- ☐ 1/4 cup Blueberries
- ☐ 7 3/4 Lemon
- ☐ 1/2 tsp Lime Juice

Breakfast

- ☐ 1 1/2 tbsps All Natural Peanut Butter
- ☐ 1 cup Granola
- ☐ 3 1/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 3/4 cup Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 1 1/2 tbsps Ground Flax Seed
- ☐ 1/4 cup Hemp Seeds
- ☐ 2 tbsps Pine Nuts
- ☐ 1 tbsp Pumpkin Seeds
- ☐ 1 tbsp Raw Peanuts
- ☐ 1 2/3 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Smoked Paprika
- ☐ 1 1/2 tps Taco Seasoning
- ☐ 2 tbsps Turmeric
- ☐ 2 tbsps Walnuts

Frozen

- ☐ 1 cup Cauliflower Rice
- ☐ 2 cups Frozen Berries
- ☐ 3 cups Frozen Blueberries
- ☐ 8 cups Frozen Cauliflower
- ☐ 2 1/8 cups Frozen Edamame
- ☐ 4 cups Frozen Raspberries
- ☐ 2 cups Frozen Vegetable Mix

Vegetables

- ☐ 3 cups Asparagus
- ☐ 1 1/4 cups Basil Leaves
- ☐ 4 2/3 cups Broccoli
- ☐ 2 cups Butternut Squash
- ☐ 3 tbsps Cilantro
- ☐ 7 1/3 Garlic
- ☐ 3 stalks Green Onion
- ☐ 4 1/3 cups Kale Leaves
- ☐ 3/4 Leeks
- ☐ 1/4 cup Red Onion
- ☐ 1 tsp Rosemary
- ☐ 2 tbsps Thyme
- ☐ 2 Yellow Onion
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 1/2 cup Basmati Rice
- ☐ 1 1/2 cups Chicken Broth, Low Sodium
- ☐ 113 grams Chickpea Pasta
- ☐ 1 1/2 cups Jasmine Rice
- ☐ 3/4 cup Quinoa

Baking

- ☐ 1 1/2 tps Baking Powder
- ☐ 1 tsp Coconut Sugar
- ☐ 2 tbsps Nutritional Yeast
- ☐ 1 1/2 cups Oat Flour
- ☐ 1/2 cup Oats
- ☐ 2 2/3 tbsps Raisins
- ☐ 3 tbsps Raw Honey
- ☐ 1 1/2 tps Unsweetened Shredded Coconut
- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 2 1/16 slices Bacon, Cooked
- ☐ 47 grams Cheddar Cheese
- ☐ 510 grams Chicken Breast
- ☐ 454 grams Chicken Drumsticks
- ☐ 794 grams Chicken Thighs
- ☐ 79 grams Chorizo
- ☐ 340 grams Extra Lean Ground Beef
- ☐ 3 1/4 tbsps Gruyere Cheese
- ☐ 250 grams Tempeh

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 1/2 tps Avocado Oil
- ☐ 1 gram Avocado Oil Spray
- ☐ 2 tbsps Coconut Aminos
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/2 tsp Sesame Oil
- ☐ 2 tbsps Soy Sauce

Cold

- ☐ 8 1/16 Egg
- ☐ 2 1/2 cups Oat Milk
- ☐ 5 cups Plain Coconut Milk
- ☐ 3 cups Plain Greek Yogurt
- ☐ 1/2 cup Pomegranate Juice
- ☐ 2 cups Soy Milk
- ☐ 6 cups Unsweetened Almond Milk
- ☐ 1 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 4 1/2 cups Vanilla Protein Powder
- ☐ 4 1/16 cups Water



Banana Oat Protein Pancakes

3 servings

15 minutes

Ingredients

- 1 1/2 cups Oat Flour
- 1 cup Vanilla Protein Powder
- 1 1/2 tsp Baking Powder
- 1 1/2 tbsps Ground Flax Seed
- 1/8 tsp Sea Salt
- 1 1/2 Banana (medium, mashed)
- 2 cups Soy Milk
- 2 1/4 tpsps Extra Virgin Olive Oil
- 1 1/2 tbsps Maple Syrup (optional)

Nutrition

Amount per serving	
Calories	549
Fat	12g
Saturated	2g
Carbs	71g
Fiber	10g
Sugar	19g
Protein	41g
Sodium	515mg
Vitamin C	5mg
Calcium	523mg
Iron	4mg
Magnesium	105mg
Zinc	3mg

Directions

- 1 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 2 Add the mashed banana and milk to the bowl. Stir until well combined.
- 3 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size: One serving is approximately three pancakes.

Soy-Free: Use oat milk instead.

Additional Toppings: Serve with berries, yogurt, and/or nut butter.



Banana Protein Oats

1 serving

10 minutes

Ingredients

1/2 cup Oats
 1 cup Plain Coconut Milk (unsweetened from the carton)
 1/2 Banana (sliced, plus extra for garnish)
 1 tsp Maple Syrup
 1/2 tsp Vanilla Extract
 1/8 tsp Sea Salt
 1/2 tsp Cinnamon (plus extra for garnish)
 1/4 cup Vanilla Protein Powder
 1/4 cup Blueberries
 1 tbsp Unsweetened Coconut Yogurt
 1 tbsp Pumpkin Seeds
 1 1/2 tps Unsweetened Shredded Coconut

Directions

- 1 Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
- 2 Turn off the heat and stir in the cinnamon and protein powder.
- 3 Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed right away.

Gluten-Free: Use certified gluten-free oats.

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

No Coconut Milk: Use another plant-based milk like cashew, oat, or almond.

Nutrition

Amount per serving	
Calories	487
Fat	14g
Saturated	8g
Carbs	63g
Fiber	9g
Sugar	23g
Protein	28g
Sodium	378mg
Vitamin C	9mg
Calcium	646mg
Iron	4mg
Magnesium	171mg

Zinc

4mg



Apple Turmeric Smoothie

2 servings

5 minutes

Ingredients

2 1/2 cups Oat Milk
 2 Apple (small, cored, chopped)
 1 cup Cauliflower Rice (or chopped florets)
 1/2 cup Vanilla Protein Powder
 2 tbsps Turmeric
 2 tbsps Chia Seeds (plus more for garnish if desired)

Nutrition

Amount per serving	
Calories	430
Fat	11g
Saturated	1g
Carbs	60g
Fiber	15g
Sugar	29g
Protein	27g
Sodium	182mg
Vitamin C	29mg
Calcium	665mg
Iron	7mg
Magnesium	75mg
Zinc	2mg

Directions

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

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for two days.

More Flavor: Add ground ginger, cinnamon, or nutmeg.

No Cauliflower Rice: Use pumpkin puree or steamed sweet potato instead.

No Oat Milk: Use almond, soy, pea, rice, coconut, or dairy milk instead.



Air Fryer Broccoli & Cheddar Quiche Cups

2 servings

20 minutes

Ingredients

- 1 gram Avocado Oil Spray
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Broccoli (florets, chopped very small)
- 47 grams Cheddar Cheese (grated, divided)
- 2 slices Bacon, Cooked (chopped)

Nutrition

Amount per serving	
Calories	293
Fat	21g
Saturated	9g
Carbs	4g
Fiber	1g
Sugar	1g
Protein	22g
Sodium	484mg
Vitamin C	27mg
Calcium	239mg
Iron	2mg
Magnesium	27mg
Zinc	3mg

Directions

- 1 Preheat the air fryer to 300°F (150°C) and grease ramekin(s) with oil spray.
- 2 Season the whisked eggs with salt and pepper. Add the broccoli, 3/4 of the cheese, and the bacon to the eggs and mix to combine.
- 3 Divide the egg mixture evenly between the ramekin(s) and place in the air fryer. Bake for 13 to 14 minutes, until cooked through.
- 4 Top with the remaining cheese and increase the temperature to 380°F (195°C). Bake for two minutes longer or until the cheese has melted.
- 5 Carefully remove from the air fryer. Enjoy!

Notes

Leftovers: Cover and refrigerate for up to three days. Reheat in the microwave or air fryer on low until warmed through.

Serving Size: One ramekin is equal to one serving. Each ramekin is eight ounces (120-mL).

Additional Toppings: Top with green onions, chives, or parsley.

Dairy-Free: Use dairy-free cheese.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



Chorizo, Kale & Leek Omelette

2 servings

30 minutes

Ingredients

2 1/3 tsps Extra Virgin Olive Oil
 3/4 Leeks (medium, chopped)
 79 grams Chorizo (sliced)
 1/3 Garlic (cloves, chopped)
 1/3 cup Kale Leaves (finely chopped)
 4 Egg (whisked)
 Sea Salt & Black Pepper (to taste)
 3 1/4 tbsps Gruyere Cheese

Nutrition

Amount per serving	
Calories	322
Fat	21g
Saturated	6g
Carbs	10g
Fiber	2g
Sugar	3g
Protein	21g
Sodium	319mg
Vitamin C	8mg
Calcium	226mg
Iron	4mg
Magnesium	27mg
Zinc	3mg

Directions

- 1 Place the rack at the top of the oven. Preheat the oven to broil.
- 2 In a non-stick ovenproof skillet, heat the oil over medium heat and sauté the leeks and chorizo for five minutes, without browning the leeks.
- 3 Add the garlic and the kale and cook for two more minutes.
- 4 Spread the leek and the chorizo evenly in the pan and pour the eggs over top. Season with salt and pepper. Cook for three to four minutes, breaking up the bottom with a spatula to speed up cooking.
- 5 Sprinkle the cheese on top and finish cooking in the oven for two minutes. Watch closely as broiler heat can vary.
- 6 Divide evenly between plates and enjoy!

Notes

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

Serving Size: A 12-inch skillet was used to make five servings.

Additional Toppings: Use fresh herbs like basil, chives, and dill.



Yogurt & Granola

3 servings**5 minutes**

Ingredients

3 cups Plain Greek Yogurt

1 cup Granola

Nutrition

Amount per serving	
Calories	380
Fat	15g
Saturated	5g
Carbs	34g
Fiber	4g
Sugar	14g
Protein	28g
Sodium	151mg
Vitamin C	15mg
Calcium	530mg
Iron	2mg
Magnesium	68mg
Zinc	2mg

Directions

- 1 Divide the yogurt into bowls and top with granola. Enjoy!

Notes

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

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Granola: Use any type of fresh fruit or nuts instead.



Berry Avocado Smoothie

4 servings

5 minutes

Ingredients

4 cups Plain Coconut Milk
(unsweetened, from the box)
2 Zucchini (chopped, frozen)
1 cup Frozen Cauliflower
2 cups Frozen Berries
1 Avocado
1/4 cup Chia Seeds
1 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	367
Fat	17g
Saturated	6g
Carbs	33g
Fiber	13g
Sugar	18g
Protein	25g
Sodium	95mg
Vitamin C	57mg
Calcium	684mg
Iron	3mg
Magnesium	84mg
Zinc	2mg

Directions

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

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Chickpea Pasta with Pesto

1 serving
20 minutes

Ingredients

113 grams Chickpea Pasta (uncooked)
1 1/4 cups Basil Leaves (packed)
2 tbsps Pine Nuts
2 tbsps Nutritional Yeast
1 Garlic (clove)
1/8 tsp Sea Salt
1/4 Lemon (juiced)
2 tbsps Water

Nutrition

Amount per serving	
Calories	579
Fat	19g
Saturated	1g
Carbs	75g
Fiber	21g
Sugar	11g
Protein	42g
Sodium	468mg
Vitamin C	15mg
Calcium	195mg
Iron	15mg
Magnesium	78mg
Zinc	2mg

Directions

- 1 Cook chickpea pasta according to the package.
- 2 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 3 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 4 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 5 Divide onto 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 of pasta.

Nut-Free: Use sunflower seeds instead of pine nuts.



Creamy Blueberry Smoothie

3 servings**5 minutes**

Ingredients

3 cups Frozen Blueberries
3 cups Frozen Cauliflower
1 1/2 cups Unsweetened Coconut
Yogurt
3/4 cup Vanilla Protein Powder
3 tbsps Chia Seeds
3 Lemon (small, juiced)
3 cups Water

Nutrition

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

Directions

- 1 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.



Raspberry Zinger Smoothie

4 servings**10 minutes**

Ingredients

4 cups Frozen Cauliflower
4 cups Frozen Raspberries
4 Lemon (juiced)
1 cup Vanilla Protein Powder
1/4 cup Chia Seeds
6 cups Unsweetened Almond Milk

Directions

1

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

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	308
Fat	9g
Saturated	1g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g
Sodium	319mg
Vitamin C	100mg
Calcium	934mg
Iron	4mg
Magnesium	124mg
Zinc	2mg



Honey Garlic Chicken Thighs

2 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
 2 tbsps Raw Honey
 3 Garlic (cloves, minced)
 1 tbsp Chili Powder
 1 tsp Sea Salt
 1/2 tsp Black Pepper
 454 grams Chicken Thighs
 3 cups Asparagus (woody ends snapped off)
 1/2 cup Quinoa (uncooked)
 3/4 cup Water

Nutrition

Amount per serving	
Calories	670
Fat	26g
Saturated	5g
Carbs	56g
Fiber	9g
Sugar	20g
Protein	56g
Sodium	1519mg
Vitamin C	13mg
Calcium	118mg
Iron	9mg
Magnesium	174mg
Zinc	6mg

Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or chicken wings. Grill time will vary.

No Asparagus: Use any grilled vegetable.



Roasted Chicken Apple Kale Salad

2 servings

35 minutes

Ingredients

- 2 Yellow Onion (small, diced)
- 2 Apple (small, diced)
- 2 cups Butternut Squash (frozen, cubed)
- 2 tbsps Thyme (fresh, chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 340 grams Chicken Breast
- 4 cups Kale Leaves (thinly sliced)
- 2 tbsps Apple Cider Vinegar
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	665
Fat	33g
Saturated	5g
Carbs	55g
Fiber	12g
Sugar	31g
Protein	42g
Sodium	407mg
Vitamin C	81mg
Calcium	245mg
Iron	7mg
Magnesium	123mg
Zinc	2mg

Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
- 3 Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
- 4 In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

Notes

Leftovers: Keep salad in a resealable container in the fridge for up to 3 days.

Serving Size: One serving is equal to approximately three cups of salad.

More Flavor: Swap out fresh thyme with sage for an autumn-inspired salad.

Additional Toppings: Top with hemp seeds for an extra nutrition boost.



Ground Beef & Edamame with Rice

2 servings

30 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 1/4 cup Red Onion (diced)
- 2 tbsps Water
- 3 Garlic (clove, minced)
- 340 grams Extra Lean Ground Beef
- 2 tbsps Coconut Aminos
- 1 tsp Coconut Sugar
- 2 cups Broccoli (florets, chopped)
- 1 cup Frozen Edamame (defrosted)
- 2 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Calories	622
Fat	21g
Saturated	7g
Carbs	59g
Fiber	8g
Sugar	9g
Protein	49g
Sodium	421mg
Vitamin C	90mg
Calcium	132mg
Iron	6mg
Magnesium	108mg
Zinc	10mg

Directions

- 1 Cook the rice according to the package directions and set aside. When the rice is done cooking, fluff it with a fork.
- 2 In a pan over medium-high heat, add the onion and water. Cook for about five minutes or until soft, stirring occasionally. Add the garlic and cook for another minute.
- 3 Add the ground beef, stir, and break the beef up as it cooks. Cook for seven to 10 minutes or until cooked through. Add the coconut aminos, coconut sugar, and broccoli to the pan. Stir well and cook for another five minutes or until everything is cooked through and the broccoli is tender-crisp.
- 4 Divide the rice, beef mixture, edamame, and green onion evenly between bowls. Enjoy!

Notes

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

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

More Flavor: Add any vegetables of your choice to the beef mixture.



Pomegranate Chicken & Rice

2 servings

35 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
 454 grams Chicken Drumsticks
 1/2 cup Pomegranate Juice
 1 1/2 cups Chicken Broth, Low Sodium
 1 tbsp Raw Honey
 1 tsp Rosemary (fresh)
 Sea Salt & Black Pepper (to taste)
 1/2 cup Basmati Rice (dry, rinsed)
 1 tbsp Cilantro (optional for garnish)

Nutrition

Amount per serving	
Calories	658
Fat	24g
Saturated	6g
Carbs	59g
Fiber	1g
Sugar	16g
Protein	49g
Sodium	300mg
Vitamin C	0mg
Calcium	33mg
Iron	2mg
Magnesium	47mg
Zinc	4mg

Directions

- 1 Heat the oil in a pan over medium heat. Add the chicken to the pan and cook for eight to ten minutes or until brown on all sides.
- 2 Add the pomegranate juice, chicken broth, honey, rosemary, salt, and pepper. Stir well, cover the pan with a lid and let simmer on low heat for about 20 minutes or until the chicken is cooked through. Flip the chicken occasionally.
- 3 Meanwhile, cook the rice according to the package instructions.
- 4 Uncover the pan, turn the heat to medium and let simmer for three to four minutes or until the sauce reduces slightly.
- 5 Top the chicken with cilantro, if using. Serve with rice and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two drumsticks and 1/2 cup rice.

No Basmati Rice: Use Jasmine rice instead.

Likes it Sweet: Add more honey to the sauce, one teaspoon at a time, to desired taste.



Chicken, Edamame & Avocado Rice Bowls

2 servings

30 minutes

Ingredients

1/2 cup Jasmine Rice (uncooked, rinsed)
 1/4 cup Hemp Seeds
 Sea Salt & Black Pepper (to taste)
 340 grams Chicken Thighs (boneless, skinless)
 1 1/2 tsps Avocado Oil
 1 1/2 tsps Taco Seasoning
 3/4 cup Frozen Edamame
 2 cups Broccoli (chopped into florets)
 1/2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	697
Fat	31g
Saturated	5g
Carbs	57g
Fiber	11g
Sugar	4g
Protein	54g
Sodium	391mg
Vitamin C	90mg
Calcium	119mg
Iron	6mg
Magnesium	250mg
Zinc	6mg

Directions

- 1 Cook the rice according to the package directions and set aside. When the rice is done cooking, fluff it with a fork and mix in the hemp seeds. Season with salt and pepper.
- 2 In a large bowl, combine the chicken with the oil, taco seasoning, salt, and pepper. Toss well to combine.
- 3 Preheat the grill to medium heat. Transfer the chicken thighs to the grill and cook for eight to 10 minutes per side or until cooked through. Let cool slightly and then slice.
- 4 Meanwhile, bring a large pot of water to a boil. Add the edamame and cook covered for one minute. Remove the lid and add the broccoli. Continue to cook for another three minutes or until the broccoli is tender-crisp and edamame is cooked through. Drain.
- 5 Divide the rice, chicken, edamame, broccoli, and avocado evenly between bowls. Season as needed with salt and pepper. Enjoy!

Notes

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

Serving Size: One serving is about two chicken thighs, 1/3 cup rice, 1/3 cup edamame, 1 cup broccoli, and 1/4 of an avocado.

More Flavor: Cook the rice in coconut milk or broth instead.

Additional Toppings: Serve with a cilantro lime dressing, top with cilantro, lime juice, and/or sesame seeds.



Peanut Maple Tempeh Bowl

2 servings

35 minutes

Ingredients

1/2 cup Jasmine Rice (dry)
 2 tbsps Soy Sauce
 1 1/2 tbsps All Natural Peanut Butter
 1 1/2 tbsps Maple Syrup
 1/2 tsp Sesame Oil
 1/2 tsp Lime Juice
 1 tbsp Water
 250 grams Tempeh (sliced)
 1 tsp Extra Virgin Olive Oil
 2 cups Frozen Vegetable Mix (cooked)
 1 tbsp Raw Peanuts (chopped)
 2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	694
Fat	26g
Saturated	5g
Carbs	86g
Fiber	10g
Sugar	16g
Protein	39g
Sodium	956mg
Vitamin C	6mg
Calcium	216mg
Iron	6mg
Magnesium	185mg
Zinc	3mg

Directions

- 1 Cook the rice according to the directions on the package and set aside.
- 2 In a large bowl, whisk together the soy sauce, peanut butter, maple syrup, sesame oil, lime juice, and water. Add in tempeh and toss to coat. Marinate for fifteen minutes.
- 3 In a pan, heat the olive oil on medium heat. Add in the tempeh and cook for three minutes per side, until golden. Add in the remaining marinade and cook to warm through, about one to two minutes.
- 4 To serve, portion the rice into bowls. Top with the vegetable mix, tempeh, chopped peanuts, and cilantro. Enjoy!

Notes

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

Serving Size: One serving size is equal to approximately four slices of tempeh, one cup of vegetable mix, and 1/2 cup of rice.

Gluten-Free: Substitute soy sauce for gluten-free tamari.

More Flavor: Add a squeeze of lime to the plate right before serving for a zesty twist.

Prep Ahead: This tempeh can be marinated in the fridge overnight, however, the peanut butter sauce will thicken and solidify. Once the tempeh and marinade are reheated, it will thin back out.



Edamame, Chicken & Quinoa Bowl

1 serving

30 minutes

Ingredients

1/2 Lemon (juiced, plus extra for serving)
 1/2 tsp Smoked Paprika
 Sea Salt & Black Pepper (to taste)
 170 grams Chicken Breast
 1/4 cup Quinoa (dry)
 1/3 cup Frozen Edamame (defrosted)
 2 tbsps Walnuts (chopped)
 1 stalk Green Onion (thinly sliced)
 2 2/3 tbsps Raisins

Nutrition

Amount per serving	
Calories	622
Fat	20g
Saturated	3g
Carbs	59g
Fiber	9g
Sugar	21g
Protein	55g
Sodium	92mg
Vitamin C	15mg
Calcium	107mg
Iron	5mg
Magnesium	207mg
Zinc	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the lemon juice, paprika, salt, and pepper. Brush the chicken all over with the mixture. Place on the baking sheet and bake in the oven for 20 to 25 minutes or until completely cooked through.
- 3 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork.
- 4 Divide the quinoa, chicken, edamame, walnuts, green onion, and raisins evenly between bowls. Squeeze some lemon juice on top and enjoy!

Notes

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

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

More Flavor: Add tomato and cucumber. Serve with your choice of dressing.