



High Fiber Meal Plan

Created by The Maternal Nutritionist



High Fiber Meal Plan

The Maternal Nutritionist

Please make any dietary adjustments to meet your dietary requirements; for example, lactose-free milk, gluten-free bread etc.

High Fiber Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Avocado Toast with Hard Boiled Eggs & Strawberries	Avocado Toast with Hard Boiled Eggs & Strawberries	Blueberry Coconut Chia Pudding	Blueberry Coconut Chia Pudding	Blueberry Coconut Chia Pudding	Super Simple French Toast	Super Simple French Toast
Snack 1	Peanut Butter Fruit Dip	Strawberry & Blueberry Parfait	Avocado with Everything Bagel Seasoning	Toast with Peanut Butter	Raspberries	Fruit & Egg Snack Plate	Coconut Chia Seed Yogurt
	Raspberries						
Lunch	Sheet Pan Dijon Chicken Thighs & Broccoli	Lentils, Rapini & Mashed Potatoes	Sheet Pan Dijon Chicken Thighs & Broccoli	One Pan Everything Salmon & Brussels Sprouts	Lentil, Rice & Squash Bowl	Maple Roasted Carrots & Chicken	Mayo-Dijon Salmon with Broccoli
		Brown Rice					
Snack 2	Strawberry & Blueberry Parfait	Peanut Butter Fruit Dip	Toast with Peanut Butter	Avocado with Everything Bagel Seasoning	Toast with Peanut Butter	Coconut Chia Seed Yogurt	Fruit & Egg Snack Plate
		Raspberries					
Dinner	Lentils, Rapini & Mashed Potatoes	Sheet Pan Dijon Chicken Thighs & Broccoli	One Pan Everything Salmon & Brussels Sprouts	Lentil, Rice & Squash Bowl	Maple Roasted Carrots & Chicken	Mayo-Dijon Salmon with Broccoli	Maple Roasted Carrots & Chicken
	Brown Rice						

High Fiber Meal Plan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1747	Calories 1747	Calories 1834	Calories 1965	Calories 1807	Calories 1933	Calories 1933
Fat 67g	Fat 67g	Fat 113g	Fat 102g	Fat 68g	Fat 81g	Fat 81g
Saturated 14g	Saturated 14g	Saturated 37g	Saturated 35g	Saturated 31g	Saturated 20g	Saturated 20g
Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g
Polyunsaturated 14g	Polyunsaturated 14g	Polyunsaturated 24g	Polyunsaturated 22g	Polyunsaturated 16g	Polyunsaturated 31g	Polyunsaturated 31g
Monounsaturated 31g	Monounsaturated 31g	Monounsaturated 47g	Monounsaturated 40g	Monounsaturated 16g	Monounsaturated 23g	Monounsaturated 23g
Carbs 213g	Carbs 213g	Carbs 109g	Carbs 191g	Carbs 217g	Carbs 180g	Carbs 180g
Fiber 51g	Fiber 51g	Fiber 41g	Fiber 49g	Fiber 47g	Fiber 48g	Fiber 48g
Sugar 44g	Sugar 44g	Sugar 25g	Sugar 31g	Sugar 53g	Sugar 72g	Sugar 72g
Protein 86g	Protein 86g	Protein 105g	Protein 86g	Protein 93g	Protein 128g	Protein 128g
Cholesterol 346mg	Cholesterol 346mg	Cholesterol 254mg	Cholesterol 94mg	Cholesterol 213mg	Cholesterol 870mg	Cholesterol 870mg
Sodium 1472mg	Sodium 1472mg	Sodium 1482mg	Sodium 2144mg	Sodium 2250mg	Sodium 1893mg	Sodium 1893mg
Potassium 4096mg	Potassium 4096mg	Potassium 4021mg	Potassium 4356mg	Potassium 3745mg	Potassium 4088mg	Potassium 4088mg
Vitamin A 3198IU	Vitamin A 3198IU	Vitamin A 2571IU	Vitamin A 17338IU	Vitamin A 56842IU	Vitamin A 43204IU	Vitamin A 43204IU
Vitamin C 341mg	Vitamin C 341mg	Vitamin C 301mg	Vitamin C 254mg	Vitamin C 174mg	Vitamin C 310mg	Vitamin C 310mg
Calcium 738mg	Calcium 738mg	Calcium 461mg	Calcium 521mg	Calcium 590mg	Calcium 1346mg	Calcium 1346mg
Iron 17mg	Iron 17mg	Iron 12mg	Iron 16mg	Iron 16mg	Iron 15mg	Iron 15mg
Vitamin D 43IU	Vitamin D 43IU	Vitamin D 2IU	Vitamin D 0IU	Vitamin D 2IU	Vitamin D 126IU	Vitamin D 126IU
Vitamin E 16mg	Vitamin E 16mg	Vitamin E 12mg	Vitamin E 12mg	Vitamin E 9mg	Vitamin E 8mg	Vitamin E 8mg
Vitamin K 372ug	Vitamin K 372ug	Vitamin K 489ug	Vitamin K 396ug	Vitamin K 167ug	Vitamin K 323ug	Vitamin K 323ug

Vitamin A	572µg	Vitamin A	572µg	Vitamin A	700µg	Vitamin A	550µg	Vitamin A	107µg	Vitamin A	520µg	Vitamin A	520µg
Thiamine	1.6mg	Thiamine	1.6mg	Thiamine	1.2mg	Thiamine	1.8mg	Thiamine	1.5mg	Thiamine	1.3mg	Thiamine	1.3mg
Riboflavin	1.6mg	Riboflavin	1.6mg	Riboflavin	1.9mg	Riboflavin	1.6mg	Riboflavin	1.3mg	Riboflavin	3.0mg	Riboflavin	3.0mg
Niacin	27mg	Niacin	27mg	Niacin	36mg	Niacin	32mg	Niacin	31mg	Niacin	35mg	Niacin	35mg
Vitamin B6	3.2mg	Vitamin B6	3.2mg	Vitamin B6	3.7mg	Vitamin B6	3.5mg	Vitamin B6	3.0mg	Vitamin B6	4.0mg	Vitamin B6	4.0mg
Folate	671µg	Folate	671µg	Folate	492µg	Folate	707µg	Folate	516µg	Folate	423µg	Folate	423µg
Vitamin B12	3.2µg	Vitamin B12	3.2µg	Vitamin B12	6.4µg	Vitamin B12	5.4µg	Vitamin B12	1.4µg	Vitamin B12	10.9µg	Vitamin B12	10.9µg
Phosphorous	1567mg	Phosphorous	1567mg	Phosphorous	1276mg	Phosphorous	1240mg	Phosphorous	1283mg	Phosphorous	1575mg	Phosphorous	1575mg
Magnesium	483mg	Magnesium	483mg	Magnesium	339mg	Magnesium	409mg	Magnesium	393mg	Magnesium	317mg	Magnesium	317mg
Zinc	12mg	Zinc	12mg	Zinc	8mg	Zinc	8mg	Zinc	11mg	Zinc	12mg	Zinc	12mg
Selenium	103µg	Selenium	103µg	Selenium	138µg	Selenium	106µg	Selenium	95µg	Selenium	196µg	Selenium	196µg

High Fiber Meal Plan

40 items

Fruits

- ☐ 3 Avocado
- ☐ 3 cups Blueberries
- ☐ 4 cups Raspberries
- ☐ 4 cups Strawberries

Breakfast

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

Seeds, Nuts & Spices

- ☐ 1 cup Chia Seeds
- ☐ 2 tsps Cinnamon
- ☐ 3/4 tsp Dried Parsley
- ☐ 2 1/3 tsps Everything Bagel Seasoning
- ☐ 1 3/4 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Vegetables

- ☐ 13 cups Broccoli
- ☐ 3 cups Brussels Sprouts
- ☐ 2 cups Butternut Squash
- ☐ 12 Carrot
- ☐ 12 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 113 grams Rapini
- ☐ 2 Russet Potato
- ☐ 3/4 cup Shallot
- ☐ 1/2 tsp Thyme
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 1 1/2 cups Canned Coconut Milk
- ☐ 1/2 cup Dry Green Lentils
- ☐ 1 cup Green Lentils
- ☐ 1 3/4 cups Vegetable Broth

Baking

- ☐ 3 tsps Unsweetened Shredded Coconut
- ☐ 1 1/2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1.2 kilograms Chicken Thighs
- ☐ 680 grams Salmon Fillet
- ☐ 12 slices Whole Grain Bread

Condiments & Oils

- ☐ 2 1/8 tsps Dijon Mustard
- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 2 tsps Mayonnaise

Cold

- ☐ 8 Egg
- ☐ 3 1/4 cups Unsweetened Coconut Yogurt

Other

- ☐ 1 cup Water

Avocado Toast with Hard Boiled Eggs & Strawberries

4 ingredients · 15 minutes · 2 servings



Directions

1. Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.
2. Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!

Notes

Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

Gluten-Free

Use gluten-free bread instead of whole grain bread.

More Flavor

Add mayo, cheese, or season with salt and pepper to taste.

Additional Toppings

Add tomato slices, cucumber, fresh herbs, sauerkraut, or pickled red onions.

Ingredients

- 2 Egg
- 2 slices Whole Grain Bread (toasted)
- 1 Avocado (sliced or mashed)
- 2 cups Strawberries

Nutrition

Amount per serving

Calories	388	Calcium	105mg
Fat	22g	Iron	3mg
Saturated	4g	Vitamin D	41IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	4g	Vitamin K	25µg
Monounsaturated	12g	Thiamine	0.2mg
Carbs	38g	Riboflavin	0.4mg
Fiber	13g	Niacin	4mg
Sugar	11g	Vitamin B6	0.5mg
Protein	15g	Folate	166µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	237mg	Phosphorous	280mg
Potassium	872mg	Magnesium	86mg
Vitamin A	434IU	Zinc	2mg
Vitamin C	95mg	Selenium	30µg

Blueberry Coconut Chia Pudding

5 ingredients · 35 minutes · 3 servings



Directions

1. Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
2. Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
3. Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/3 cups of chia pudding.

Likes it Sweeter

Add maple syrup or honey.

More Flavor

Add cardamom.

Ingredients

- 1 1/2 cups Canned Coconut Milk
- 1 1/2 cups Blueberries (plus extra for garnish)
- 1 1/2 tsps Vanilla Extract
- 1/3 cup Chia Seeds
- 3 tbsps Unsweetened Shredded Coconut (plus extra for garnish)

Nutrition

Amount per serving

Calories	407	Calcium	163mg
Fat	32g	Iron	2mg
Saturated	23g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	6g	Vitamin K	14µg
Monounsaturated	1g	Thiamine	0mg
Carbs	25g	Riboflavin	0mg
Fiber	10g	Niacin	0mg
Sugar	9g	Vitamin B6	0mg
Protein	6g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	36mg	Phosphorous	9mg
Potassium	342mg	Magnesium	5mg
Vitamin A	40IU	Zinc	0mg
Vitamin C	7mg	Selenium	0µg

Super Simple French Toast

4 ingredients · 10 minutes · 2 servings



Directions

1. Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
2. Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
3. Top with raspberries and maple syrup. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Gluten-Free

Use gluten-free bread instead.

More Flavor

Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

Additional Toppings

Nuts, shredded coconut, nut or seed butter, or cottage cheese.

Ingredients

4 Egg

4 slices Whole Grain Bread

1/4 cup Maple Syrup

1 cup Raspberries

Nutrition

Amount per serving

Calories	498	Calcium	197mg
Fat	13g	Iron	4mg
Saturated	4g	Vitamin D	82IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	4g	Vitamin K	6µg
Monounsaturated	4g	Thiamine	0.3mg
Carbs	71g	Riboflavin	1.1mg
Fiber	10g	Niacin	4mg
Sugar	33g	Vitamin B6	0.4mg
Protein	24g	Folate	113µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	462mg	Phosphorous	404mg
Potassium	506mg	Magnesium	99mg
Vitamin A	560IU	Zinc	4mg
Vitamin C	16mg	Selenium	58µg

Peanut Butter Fruit Dip

3 ingredients · 10 minutes · 2 servings



Directions

1. Combine all ingredients together in a bowl or a food processor and mix well. Enjoy!

Notes

Serving Size

One serving is equal to approximately 3 tbsp of dip.

Leftovers

Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

Serve it With

Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

Nut-Free

Make it with sunflower seed butter instead of peanut butter.

No Coconut Yogurt

Use Greek yogurt or almond yogurt instead.

Ingredients

2 tbsps All Natural Peanut Butter

1/4 cup Unsweetened Coconut Yogurt

3/4 tsp Maple Syrup

Nutrition

Amount per serving

Calories	117	Calcium	73mg
Fat	9g	Iron	0mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	2g	Vitamin K	0µg
Monounsaturated	4g	Thiamine	0mg
Carbs	7g	Riboflavin	0.1mg
Fiber	1g	Niacin	2mg
Sugar	3g	Vitamin B6	0.1mg
Protein	4g	Folate	14µg
Cholesterol	0mg	Vitamin B12	0.3µg
Sodium	9mg	Phosphorous	54mg
Potassium	95mg	Magnesium	28mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	1µg

Raspberries

1 ingredient · 3 minutes · 2 servings



Directions

1. Wash berries and enjoy!

Notes

Tip

Do not wash until ready to eat, as washed berries spoil more quickly.

Ingredients

2 cups Raspberries

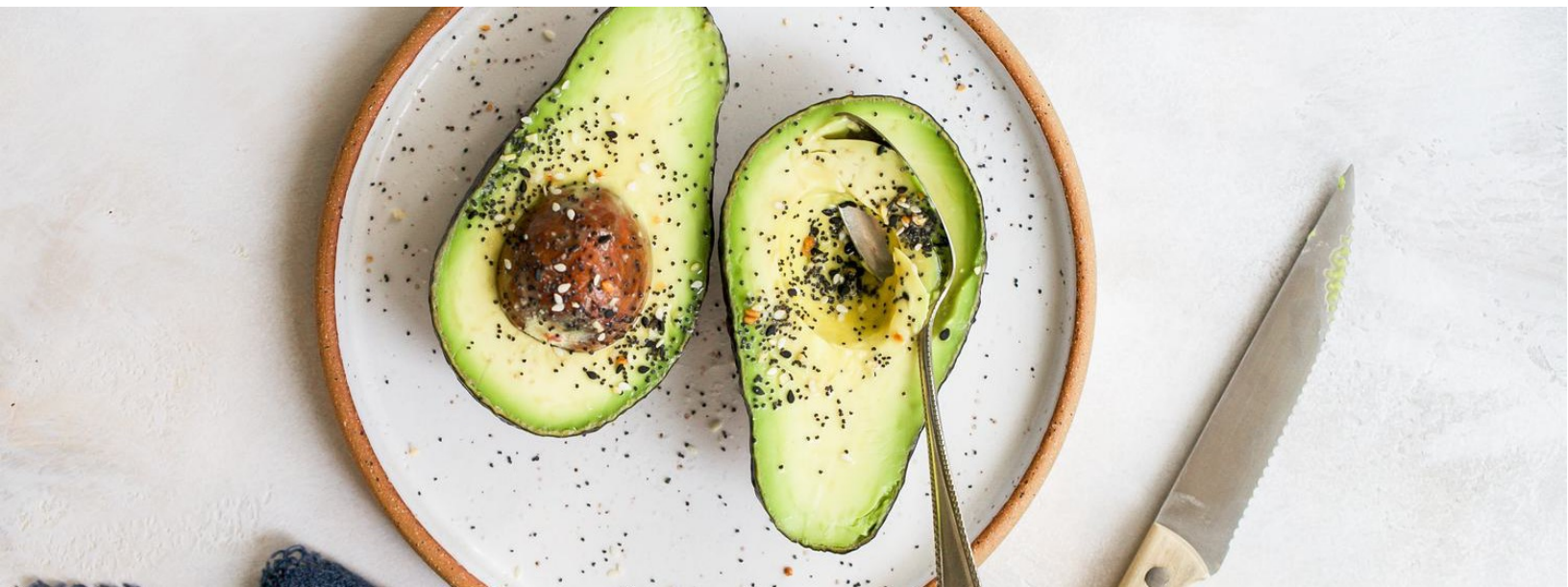
Nutrition

Amount per serving

Calories	64	Calcium	31mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	0g	Vitamin K	10µg
Monounsaturated	0g	Thiamine	0mg
Carbs	15g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	5g	Vitamin B6	0.1mg
Protein	1g	Folate	26µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphorous	36mg
Potassium	186mg	Magnesium	27mg
Vitamin A	41IU	Zinc	1mg
Vitamin C	32mg	Selenium	0µg

Avocado with Everything Bagel Seasoning

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice avocado in half. Remove the pit and skin. Sprinkle the spices and seeds over top and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

1 Avocado

1/2 tsp Everything Bagel Seasoning

Nutrition

Amount per serving

Calories	322	Calcium	24mg
Fat	29g	Iron	1mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsaturated	4g	Vitamin K	42µg
Monounsaturated	20g	Thiamine	0.1mg
Carbs	17g	Riboflavin	0.3mg
Fiber	13g	Niacin	3mg
Sugar	1g	Vitamin B6	0.5mg
Protein	4g	Folate	163µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	114mg	Phosphorous	105mg
Potassium	975mg	Magnesium	58mg
Vitamin A	293IU	Zinc	1mg
Vitamin C	20mg	Selenium	1µg

Toast with Peanut Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Toast the bread slices, then spread on the peanut butter. Enjoy!

Notes

Topping Ideas

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

Ingredients

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All Natural Peanut Butter (or any nut butter)

Nutrition

Amount per serving

Calories	412	Calcium	100mg
Fat	20g	Iron	3mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	6g	Vitamin K	1µg
Monounsaturated	9g	Thiamine	0.2mg
Carbs	43g	Riboflavin	0.2mg
Fiber	8g	Niacin	8mg
Sugar	9g	Vitamin B6	0.4mg
Protein	18g	Folate	81µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	320mg	Phosphorous	296mg
Potassium	370mg	Magnesium	119mg
Vitamin A	0IU	Zinc	2mg
Vitamin C	0mg	Selenium	29µg

Fruit & Egg Snack Plate

3 ingredients · 20 minutes · 2 servings



Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
2. Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

Notes

Leftovers

Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

Serving Size

One serving is one egg and one cup of fruit.

More Flavor

Season the hard boiled egg with salt and pepper.

Ingredients

2 Egg

1 cup Blueberries

1 cup Strawberries (halved)

Nutrition

Amount per serving

Calories	137	Calcium	44mg
Fat	5g	Iron	1mg
Saturated	2g	Vitamin D	41IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Vitamin K	16µg
Monounsaturated	2g	Thiamine	0.1mg
Carbs	17g	Riboflavin	0.3mg
Fiber	3g	Niacin	1mg
Sugar	11g	Vitamin B6	0.2mg
Protein	7g	Folate	45µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	72mg	Phosphorous	125mg
Potassium	236mg	Magnesium	20mg
Vitamin A	319IU	Zinc	1mg
Vitamin C	50mg	Selenium	16µg

Sheet Pan Dijon Chicken Thighs & Broccoli

5 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
2. 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.
3. 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.
4. 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.

Ingredients

510 grams Chicken Thighs (boneless, skinless)

1 1/2 tbsps Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

1 1/2 tsps Dijon Mustard

6 cups Broccoli (florets, chopped)

Nutrition

Amount per serving

Calories	330	Calcium	98mg
Fat	14g	Iron	3mg
Saturated	3g	Vitamin D	2IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	3g	Vitamin K	194µg
Monounsaturated	8g	Thiamine	0.3mg
Carbs	12g	Riboflavin	0.6mg
Fiber	5g	Niacin	11mg
Sugar	3g	Vitamin B6	1.1mg
Protein	39g	Folate	121µg
Cholesterol	160mg	Vitamin B12	1.0µg
Sodium	249mg	Phosphorous	435mg
Potassium	987mg	Magnesium	77mg
Vitamin A	1175IU	Zinc	3mg
Vitamin C	162mg	Selenium	44µg

Strawberry & Blueberry Parfait

4 ingredients · 5 minutes · 2 servings



Directions

1. Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.

Ingredients

1 cup Unsweetened Coconut Yogurt

1 cup Granola

1/2 cup Strawberries

1/2 cup Blueberries

Nutrition

Amount per serving

Calories	386	Calcium	304mg
Fat	19g	Iron	3mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	7mg
Polyunsaturated	5g	Vitamin K	11µg
Monounsaturated	7g	Thiamine	0.4mg
Carbs	47g	Riboflavin	0.2mg
Fiber	9g	Niacin	2mg
Sugar	18g	Vitamin B6	0.3mg
Protein	9g	Folate	62µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	41mg	Phosphorous	276mg
Potassium	412mg	Magnesium	109mg
Vitamin A	36IU	Zinc	3mg
Vitamin C	25mg	Selenium	16µg

Coconut Chia Seed Yogurt

4 ingredients · 30 minutes · 2 servings



Directions

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Ingredients

2 cups Unsweetened Coconut Yogurt

1/2 cup Chia Seeds

2 tsps Cinnamon

1/2 cup Strawberries (chopped)

Nutrition

Amount per serving

Calories	355	Calcium	838mg
Fat	22g	Iron	4mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	12g	Vitamin K	2µg
Monounsaturated	1g	Thiamine	0mg
Carbs	37g	Riboflavin	0mg
Fiber	21g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	9g	Folate	9µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	57mg	Phosphorous	10mg
Potassium	266mg	Magnesium	6mg
Vitamin A	12IU	Zinc	0mg
Vitamin C	21mg	Selenium	0µg

Lentils, Rapini & Mashed Potatoes

4 ingredients · 25 minutes · 2 servings



Directions

1. Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
2. Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
3. Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
4. Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

Notes

Extra Creamy

Mash the potatoes with coconut or almond milk for extra creaminess.

No Rapini

Use broccoli, broccolini or green beans instead.

Less Bitter Rapini

Saute the rapini in your choice of oil and seasoning after boiling.

Storage

Refrigerate in an airtight container up to 3 to 4 days.

Serving Size

One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.

Ingredients

3/4 tsp Sea Salt (divided)

2 Russet Potato (medium, peeled and chopped)

113 grams Rapini (chopped, divided)

1 cup Green Lentils (cooked, drained and rinsed)

Nutrition

Amount per serving

Calories	292	Calcium	111mg
Fat	1g	Iron	6mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	0g	Vitamin K	132µg
Monounsaturated	0g	Thiamine	0.4mg
Carbs	59g	Riboflavin	0.2mg
Fiber	13g	Niacin	4mg
Sugar	4g	Vitamin B6	0.9mg
Protein	15g	Folate	271µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	930mg	Phosphorous	342mg
Potassium	1428mg	Magnesium	100mg
Vitamin A	1512IU	Zinc	2mg
Vitamin C	27mg	Selenium	4µg

Brown Rice

2 ingredients · 45 minutes · 2 servings



Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

1/2 cup Brown Rice (uncooked)

1 cup Water

Nutrition

Amount per serving

Calories	170	Calcium	16mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Vitamin K	0µg
Monounsaturated	0g	Thiamine	0.3mg
Carbs	35g	Riboflavin	0mg
Fiber	2g	Niacin	3mg
Sugar	0g	Vitamin B6	0.2mg
Protein	3g	Folate	11µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphorous	144mg
Potassium	116mg	Magnesium	56mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	8µg

One Pan Everything Salmon & Brussels Sprouts

5 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the Brussels sprouts to the pan. Drizzle with the oil and toss to coat. Bake in the oven for 15 minutes.
3. Remove the pan from the oven and season the Brussels sprouts with half of the everything bagel seasoning. Toss to coat evenly.
4. Place the salmon on the pan and spread the Dijon mustard evenly over the top side of the fillets. Generously coat the top side of the salmon with the remaining everything bagel seasoning. Continue to bake for 15 to 18 minutes or until the salmon is cooked through. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season with salt and pepper if your everything bagel seasoning doesn't contain salt.

No Brussels Sprouts

Use broccoli or cauliflower instead.

No Salmon

Use another fish, like trout, instead.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

- 3 cups Brussels Sprouts
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Everything Bagel Seasoning (divided)
- 340 grams Salmon Fillet
- 2 tsps Dijon Mustard

Nutrition

Amount per serving

Calories	363	Calcium	76mg
Fat	18g	Iron	3mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	5g	Vitamin K	238µg
Monounsaturated	9g	Thiamine	0.6mg
Carbs	12g	Riboflavin	0.8mg
Fiber	5g	Niacin	14mg
Sugar	3g	Vitamin B6	1.7mg
Protein	38g	Folate	123µg
Cholesterol	94mg	Vitamin B12	5.4µg
Sodium	763mg	Phosphorous	431mg
Potassium	1347mg	Magnesium	80mg
Vitamin A	1063IU	Zinc	2mg
Vitamin C	112mg	Selenium	64µg

Lentil, Rice & Squash Bowl

10 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. Meanwhile, add the onions and garlic to a pot with a few splashes of broth. Heat over medium heat and cook for about five minutes until the onions begin to soften. Add the parsley, thyme, and salt and cook for another minute.
3. Add the lentils and the remaining broth and stir to combine. Bring to a gentle boil and cover with the lid. Cook for about 20 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not cooked to the desired tenderness, add more water or broth and continue cooking until done.
4. Meanwhile, add the squash to a steamer basket and steam for about eight to ten minutes then add the broccoli to the basket and continue to steam for about five minutes more or until the vegetables are tender. To serve, divide the ingredients evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add other dried or fresh herbs to the lentils.

Additional Toppings

Butter or olive oil for the vegetables.

No Broccoli

Use cauliflower or green beans instead.

No Brown Rice

Use quinoa, white rice, or millet instead.

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1/2 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1 3/4 cups Vegetable Broth (divided)
- 3/4 tsp Dried Parsley
- 1/2 tsp Thyme (dried)
- 1/4 tsp Sea Salt
- 1/2 cup Dry Green Lentils (rinsed)
- 2 cups Butternut Squash (cut into 1-inch cubes)
- 2 cups Broccoli (cut into small florets)

Nutrition

Amount per serving

Calories	461	Calcium	158mg
Fat	3g	Iron	7mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	1g	Vitamin K	101µg
Monounsaturated	1g	Thiamine	0.9mg
Carbs	94g	Riboflavin	0.3mg
Fiber	13g	Niacin	7mg
Sugar	9g	Vitamin B6	0.9mg
Protein	20g	Folate	336µg
Cholesterol	0mg	Vitamin B12	0µg

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Sodium	911mg	Phosphorous	399mg
Potassium	1322mg	Magnesium	147mg
Vitamin A	15942IU	Zinc	3mg
Vitamin C	115mg	Selenium	12µg

Maple Roasted Carrots & Chicken

8 ingredients · 40 minutes · 3 servings



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.

Ingredients

680 grams Chicken Thighs (boneless, skinless)

3/4 tsp Sea Salt (divided)

9 Garlic (cloves, still attached to each other)

1 1/2 tsps Extra Virgin Olive Oil

12 Carrot (chopped roughly)

3/4 cup Shallot (peeled, cut in half)

1 1/2 tsps Ginger (thinly sliced)

1 1/2 tsps Maple Syrup

Nutrition

Amount per serving

Calories	463	Calcium	138mg
Fat	12g	Iron	3mg
Saturated	3g	Vitamin D	2IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	3g	Vitamin K	41µg
Monounsaturated	5g	Thiamine	0.4mg
Carbs	40g	Riboflavin	0.7mg
Fiber	8g	Niacin	15mg
Sugar	21g	Vitamin B6	1.6mg
Protein	48g	Folate	69µg
Cholesterol	213mg	Vitamin B12	1.4µg
Sodium	982mg	Phosphorous	543mg
Potassium	1525mg	Magnesium	95mg

Vitamin A	40819IU	Zinc	5mg
Vitamin C	20mg	Selenium	54µg

Mayo-Dijon Salmon with Broccoli

6 ingredients · 15 minutes · 2 servings



Directions

1. Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
2. In a bowl, mix together the mayonnaise and dijon mustard.
3. Place the salmon fillets on the baking sheet and season with salt and pepper. Coat the salmon generously in the mayo-dijon mixture.
4. Toss the broccoli florets in the oil and season with salt and pepper. Add them to the baking sheet, arranging them around the salmon fillets.
5. Bake the salmon and broccoli in the oven for 10 to 15 minutes, or until the salmon flakes with a fork and is browned on top. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving equals approximately six ounces of salmon and 2 1/2 cups of broccoli.

Ingredients

2 tbsps Mayonnaise

1 tbsp Dijon Mustard

340 grams Salmon Fillet

Sea Salt & Black Pepper (to taste)

5 cups Broccoli (sliced into small florets)

1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	480	Calcium	129mg
Fat	29g	Iron	3mg
Saturated	4g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	11g	Vitamin K	258µg
Monounsaturated	11g	Thiamine	0.5mg
Carbs	15g	Riboflavin	0.9mg
Fiber	6g	Niacin	15mg
Sugar	4g	Vitamin B6	1.8mg
Protein	40g	Folate	187µg
Cholesterol	99mg	Vitamin B12	5.4µg
Sodium	320mg	Phosphorous	493mg
Potassium	1555mg	Magnesium	97mg
Vitamin A	1494IU	Zinc	2mg
Vitamin C	203mg	Selenium	68µg