

















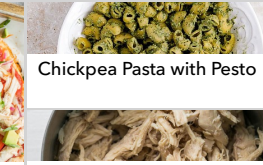

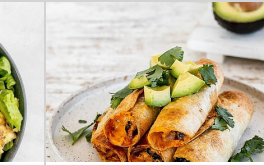











	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry Coconut Smoothie	 Yogurt Overnight Oats	 Green Blender Juice or Smoothie	 Egg & Spinach on Toast	 Mango Banana Smoothie	 Banana Chocolate Protein Smoothie	 Sweet Potato Brekky Hash with Egg
Snack 1	 Nectarine & Walnuts	 English Muffin with Peanut Butter & Banana	 Raisins & Pecans	 Nut & Seed Keto Granola Yogurt Bowl	 Pear, Pumpkin Seeds & Chocolate	 Hard Boiled Eggs with Apricots	 Popcorn
Lunch	 Harissa Spiced Meatballs & Couscous Salad	 Harissa Chickpea Couscous Salad	 Greek Burger	 Chicken Taco Pizza	 Chickpea Pasta with Pesto	 Fish Taco Bowls	 Air Fryer Chicken Taquitos
Dinner	 Parmesan Crusted Chicken with Broccoli	 Ground Beef, Cabbage & Carrot Skillet	 Crispy-skinned barramundi with Vietnamese-style salad	 Tuna, Chickpea & Avocado Salad	 Pesto Chicken & Tomatoes with Quinoa	 One Pan Tamari Beef & Vegetables	 One Pan Italian Chicken & Veggies

Fruits

- ☐ 2 1/4 Avocado
- ☐ 2 Banana
- ☐ 1/2 cup Blackberries
- ☐ 1 Green Apple
- ☐ 2 2/3 Lemon
- ☐ 1/2 Lime
- ☐ 2 tbsps Lime Juice
- ☐ 2 Limes
- ☐ 1 Mango
- ☐ 1 Nectarine
- ☐ 1 Pear
- ☐ 1 1/2 cups Pineapple
- ☐ 1/2 cup Raspberries
- ☐ 1 cup Strawberries

Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 2 tsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 cup Almonds
- ☐ 1 tbsp Chia Seeds
- ☐ 1/2 tsp Chili Flakes
- ☐ 1/2 tsp Cinnamon
- ☐ 3/4 tsp Garlic Powder
- ☐ 1/4 cup Harissa
- ☐ 1/3 cup Hemp Seeds
- ☐ 1 1/2 tsps Italian Seasoning
- ☐ 1/4 cup Pecans
- ☐ 1/4 cup Pine Nuts
- ☐ 2 tbsps Pumpkin Seeds
- ☐ 1/2 cup Raw Peanuts
- ☐ 2 1/8 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 cup Sunflower Seeds
- ☐ 1 1/2 tsps Taco Seasoning
- ☐ 1/4 tsp Turmeric
- ☐ 2/3 cup Walnuts

Frozen

Vegetables

- ☐ 1 cup Arugula
- ☐ 11 1/3 cups Baby Spinach
- ☐ 2 1/2 cups Basil Leaves
- ☐ 2 cups Bok Choy
- ☐ 1 cup Broccoli
- ☐ 1 head Broccoli
- ☐ 2 Carrot
- ☐ 5 cups Cherry Tomatoes
- ☐ 2/3 cup Cilantro
- ☐ 2 Cucumber
- ☐ 1 ea French Shallot
- ☐ 2 eas Garlic
- ☐ 8 Garlic
- ☐ 2 Garlic Clove
- ☐ 1 tbsp Ginger
- ☐ 1 cup Green Beans
- ☐ 2 cups Green Cabbage
- ☐ 3 stalks Green Onion
- ☐ 1 head Iceberg Lettuce
- ☐ 1/4 cup Mint Leaves
- ☐ 1/4 bunch Mint Leaves
- ☐ 2 cups Parsley
- ☐ 1 Red Bell Pepper
- ☐ 1 Red Hot Chili Pepper
- ☐ 1 2/3 cups Red Onion
- ☐ 6 leaves Romaine
- ☐ 1 Sweet Potato
- ☐ 1/2 bunch Thai Basil
- ☐ 1 1/3 Yellow Onion
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 1/3 cup Black Beans
- ☐ 1 tbsp Bone Broth
- ☐ 1/3 cup Bread Crumbs
- ☐ 227 grams Chickpea Pasta
- ☐ 1 1/2 cups Chickpeas
- ☐ 1/4 cup Couscous
- ☐ 1/4 cup Enchilada Sauce
- ☐ 1 1/2 cups Israeli Couscous

Bread, Fish, Meat & Cheese

- ☐ 4 slices Bacon
- ☐ 4 eas Barramundi Fish
- ☐ 1/3 cup Cheddar Cheese
- ☐ 56 grams Cheddar Cheese
- ☐ 1.5 kilograms Chicken Breast
- ☐ 113 grams Chicken Breast, Cooked
- ☐ 454 grams Chicken Thighs
- ☐ 2 Cod Fillet
- ☐ 57 grams English Muffin
- ☐ 567 grams Extra Lean Ground Beef
- ☐ 454 grams Extra Lean Ground Chicken
- ☐ 3/4 cup Feta Cheese
- ☐ 2 tbsps Hummus
- ☐ 567 grams Lean Beef Patty
- ☐ 85 grams Mozzarella Cheese
- ☐ 2 pieces Naan
- ☐ 50 grams Sourdough Bread
- ☐ 227 grams Whole Wheat Bun
- ☐ 4 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1 tsp Avocado Oil
- ☐ 1 1/2 tbsps Cilantro Lime Dressing
- ☐ 1 1/2 tsps Coconut Oil
- ☐ 1 1/16 cups Extra Virgin Olive Oil
- ☐ 1/4 cup Fish Sauce
- ☐ 1/4 cup Italian Dressing
- ☐ 1 2/3 tbsps Pesto
- ☐ 2 1/2 tbsps Tamari

Cold

- ☐ 1/2 cup Cow's Milk, Whole
- ☐ 1 cup Cow's Milk, Reduced Fat
- ☐ 2 tbsps Cream Cheese, Regular
- ☐ 5 Egg
- ☐ 2 cups Plain Greek Yogurt
- ☐ 1/4 cup Tzatziki
- ☐ 1 cup Unsweetened Almond Milk
- ☐ 2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1/4 cup Frozen Banana
- ☐ 1 cup Frozen Blueberries
- ☐ 1 cup Frozen Cauliflower
- ☐ 3/4 cup Frozen Mango
- ☐ 10 Ice Cubes

- ☐ 3/4 cup Marinara Sauce
- ☐ 700 mls Passata
- ☐ 8 cups Popcorn
- ☐ 1 cup Quinoa
- ☐ 100 grams Rice Vermicelli Noodles
- ☐ 1 cup Risoni
- ☐ 1 can Tuna

- ☐ 1 cup Coconut Water
- ☐ 19 grams Collagen Powder
- ☐ 1/2 cup Dried Apricots
- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 4 cups Water

Baking

- ☐ 1 tbsp Cocoa Powder
- ☐ 1/4 cup Coconut Sugar
- ☐ 28 grams Dark Chocolate
- ☐ 1/4 cup Nutritional Yeast
- ☐ 3/4 cup Oats
- ☐ 2 tbsps Pitted Dates
- ☐ 2 tbsps Raisins
- ☐ 3 tbsps Unsweetened Shredded Coconut
- ☐ 1 tsp Vanilla Extract



Blueberry Coconut Smoothie

1 serving

5 minutes

Ingredients

1 cup Coconut Water
1 cup Frozen Blueberries
1/4 cup Frozen Banana
1/4 cup Plain Greek Yogurt
1/4 cup Vanilla Protein Powder

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to approximately 1 1/3 cup.

Make it Vegan: Use coconut or cashew yogurt instead.

More Fiber: Add a combination of chia seeds, hemp seeds, and baby spinach before blending.



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.



Green Blender Juice or Smoothie

1 serving**5 minutes**

Ingredients

1 1/2 cups Pineapple (diced)
1 Cucumber (diced)
1 cup Parsley
4 cups Baby Spinach
1 tbsp Ginger (peeled)
1 Lemon (juiced)
10 Ice Cubes

Directions

1

Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.

2

Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!



Egg & Spinach on Toast

1 serving

15 minutes

Ingredients

- 1 Egg
- 1/2 tsp Extra Virgin Olive Oil
- 2 Garlic (cloves, sliced)
- 1/2 tsp Chili Flakes
- 1 1/3 cups Baby Spinach
- 1/8 tsp Sea Salt (to taste)
- 50 grams Sourdough Bread (toasted)

Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the egg. Cook for 6 1/2 minutes for a soft-boiled egg. Once the egg is done, add to a bowl of ice water and set aside.
- 2 Meanwhile, heat the oil in a skillet over medium heat. Add garlic and chili flakes and sauté for a minute. Add spinach and cook for two to three minutes or until soft. Season with salt and pepper.
- 3 Add the spinach to the toast. Peel the egg, slice it in half, and place it on top of the spinach. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add onion and tomatoes.

Gluten-Free: Use gluten-free bread instead.



Mango Banana Smoothie

1 serving

5 minutes

Ingredients

1 cup Cow's Milk, Reduced Fat
1 cup Frozen Cauliflower
3/4 cup Frozen Mango
1/2 Banana (frozen)
1/3 cup Plain Greek Yogurt
19 grams Collagen 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.

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

Dairy-Free: Use dairy-free milk such as almond, cashew, coconut, or oat.

No Frozen Fruit: Use fresh instead.

No Collagen: Omit or use a vanilla protein powder instead.

Make it Vegan: Omit the collagen and use dairy-free milk.



Banana Chocolate Protein Smoothie

1 serving**5 minutes**

Ingredients

1 cup Unsweetened Almond Milk
1/4 cup Plain Greek Yogurt
1 tbsp Chia Seeds
2 tbsps Hemp Seeds
1/4 cup Oats
1 tbsp Cocoa Powder
1 Banana (frozen)
2 tbsps Pitted Dates

Directions

1

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

Notes

Pitted Dates: One serving is equal to approximately two to three dates.

Gluten-Free: Use Gluten-Free oats.

Dairy-Free: Use coconut yogurt instead.

Nut-Free: Use coconut or oat milk instead of almond milk.

More Flavor: Add a pinch of cinnamon.

Make it Vegan: Use a vegan yogurt.



Sweet Potato Brekky Hash with Egg

2 servings

30 minutes

Ingredients

4 slices Bacon (diced)
 1 tbsp Extra Virgin Olive Oil
 1 Sweet Potato (medium, peeled and cut into small cubes)
 1/2 cup Red Onion (chopped)
 1 Green Apple (diced)
 2 cups Baby Spinach
 Sea Salt & Black Pepper (to taste)
 2 Egg

Directions

- 1 Heat a pan over medium heat and add half the oil. Add the sweet potato and cook, stirring for 5-6 minutes. Add the bacon and onion and continue to cook until potato is tender and bacon is crispy.
- 2 Add the apple and spinach at the end to warm through. Season with salt and pepper to taste.
- 3 Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with salt and pepper to taste. Divide the sweet potato hash and eggs between plates. Enjoy!
- 4 Note: Add any extra veggies you like, or that need using up from the fridge. Brussel sprouts, broccoli, mushrooms are all great additions.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

Serving Size: One serving is approximately equal to one cup of the sweet potato hash and one egg.

More Flavor: Add dried herbs and spices like garlic powder, chili powder, or smoked paprika to the sweet potato hash.

Sweet Potato: One medium sweet potato yields approximately two cups of sweet potato cubes.

No Spinach: Use kale instead.

No Red Onion: Use yellow onion instead.



Nectarine & Walnuts

1 serving

2 minutes

Ingredients

1 Nectarine (chopped or sliced)

1/4 cup Walnuts

Directions

- 1 Serve the nectarine with walnuts and enjoy!

Notes

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

Nut-Free: Use sunflower seeds instead of walnuts.



English Muffin with Peanut Butter & Banana

1 serving

5 minutes

Ingredients

2 tbsps All Natural Peanut Butter
57 grams English Muffin (halved,
toasted)
1/2 Banana (sliced)

Directions

- 1 Spread the peanut butter evenly over the English muffin and top with banana slices. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Additional Toppings: Top with a sprinkle of cinnamon or a drizzle of honey.

Gluten-Free: Use a rice cake, gluten-free bread slice or toasted sweet potato slice instead of an english muffin.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Raisins & Pecans

1 serving

2 minutes

Ingredients

2 tbsps Raisins

1/4 cup Pecans

Directions

- 1 Add the raisins and pecans to a bowl and enjoy!

Notes

Serving Size: One serving is two tablespoons of raisins and 1/4 cup of pecans.



Nut & Seed Keto Granola Yogurt Bowl

4 servings

10 minutes

Ingredients

- 1/3 cup Almonds
- 1/3 cup Sunflower Seeds
- 1/3 cup Walnuts
- 1/2 tsp Cinnamon
- 1 1/2 tps Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 3 tbsps Unsweetened Shredded Coconut
- 3 tbsps Hemp Seeds
- 2 cups Unsweetened Coconut Yogurt
- 1 cup Strawberries (sliced)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and sea salt. Spread the mixture onto the baking sheet.
- 3 Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
- 4 Remove the granola from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds to the bowl and mix well.
- 5 Divide the coconut yogurt, strawberries, and granola evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate the granola in an airtight container for up to one week.

More Flavor: Add cacao powder to the granola mixture before baking.

Additional Toppings: Top with other fresh berries, peaches, cacao nibs, or maple syrup for sweetness.



Pear, Pumpkin Seeds & Chocolate

1 serving

5 minutes

Ingredients

1 Pear
2 tbsps Pumpkin Seeds
28 grams Dark Chocolate

Directions

1 Slice the pear and serve with pumpkin seeds and chocolate. Enjoy!

Notes

Leftovers: Store ingredients separately until ready to serve.



Hard Boiled Eggs with Apricots

2 servings

15 minutes

Ingredients

2 Egg
1/2 cup Dried Apricots

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 3 Peel the eggs and serve with apricots. Enjoy!

Notes

Storage: Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

Easier to Peel: Add salt to the water while boiling.



Popcorn

4 servings

2 minutes

Ingredients

8 cups Popcorn

Directions

1

Pour into bowls and enjoy!



Harissa Spiced Meatballs & Couscous Salad

4 servings

30 minutes

Ingredients

454 grams Extra Lean Ground Chicken
 1/4 cup Harissa
 3 Garlic (cloves, minced)
 Sea Salt & Black Pepper (to taste)
 2/3 cup Parsley (chopped, divided)
 1/4 cup Mint Leaves (chopped, divided)
 2 1/4 cups Water
 1 1/2 cups Israeli Couscous (dry)
 1/8 Lemon (juiced, zested)
 1/4 cup Extra Virgin Olive Oil
 1 1/2 cups Cherry Tomatoes (halved)
 1/2 cup Feta Cheese (crumbled)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix together the chicken, harissa, garlic, salt, pepper, half of the parsley, and half of the mint until well combined.
- 3 Using slightly damp hands, form into balls approximately two inches in diameter. Transfer to the prepared baking sheet and place in the oven to cook for 12 to 15 minutes. Turn the oven to broil and broil for eight to ten minutes, or until browned on top and cooked through. Watch closely as broilers can vary greatly between ovens.
- 4 While the meatballs cook, bring the water to a boil in a medium-sized pot. Once boiling, add the couscous. Reduce the heat to a simmer, cover, and cook for 15 minutes or until most of the liquid is gone and the couscous is cooked through. Drain any excess water if needed.
- 5 Transfer the couscous to a bowl and add the lemon juice, lemon zest, oil, tomatoes, feta cheese, remaining parsley, and remaining mint. Season with salt and pepper.
- 6 Divide the couscous and meatballs evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately four meatballs and 3/4 cup couscous salad.

Dairy-Free: Use dairy-free feta cheese or omit.

No Israeli Couscous: Use regular couscous and adjust the cooking time as needed.



Harissa Chickpea Couscous Salad

1 serving

20 minutes

Ingredients

1/4 cup Couscous (uncooked)
1/2 cup Chickpeas (cooked)
1 1/2 tsps Harissa
2/3 cup Arugula
2 tsps Hummus
1 1/2 tsps Red Onion (thinly sliced)
1 1/2 tsps Cilantro Lime Dressing

Directions

- 1 Cook the couscous according to the package directions and let cool.
- 2 Meanwhile, heat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 3 In bowl combine together the chickpeas and harissa. Place chickpeas on the baking sheet and bake in the oven for 15 minutes.
- 4 Arrange the couscous, arugula, chickpeas, hummus, and red onion in your serving bowl. Top with dressing and enjoy!

Notes

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

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

Gluten-Free: Use quinoa instead of couscous.

More Flavor: Add cucumber and tomato.

Additional Toppings: Fresh herbs.



Greek Burger

4 servings

20 minutes

Ingredients

567 grams Lean Beef Patty
227 grams Whole Wheat Bun
1/4 cup Tzatziki
1/4 cup Red Onion (medium, thinly sliced)
1/2 Cucumber (medium, thinly sliced)
1/4 cup Feta Cheese
1/4 cup Arugula

Directions

- 1 Cook burger patties according to package directions.
- 2 On the bottom bun, spread on the tzatziki. Top with the beef patty, red onion, cucumber, feta, arugula, and top bun. Serve immediately and enjoy!

Notes

Leftovers: Refrigerate the cooked burger patties in an airtight container for up to three days. Assemble when ready to serve.

Serving Size: One serving is equal to one assembled burger.

Beef Patty: Each beef patty is equal to approximately 5 ounces or 142 grams.

Whole Wheat Bun: One bun is equal to approximately 57 grams or two ounces.

More Flavor: Swap the red onion for pickled onions for extra flavor.

Additional Toppings: Try it with sliced tomatoes, fresh lettuce, or bruschetta.



Chicken Taco Pizza

2 servings

30 minutes

Ingredients

2 pieces Naan
 3/4 cup Marinara Sauce
 1 1/2 tsps Taco Seasoning
 85 grams Mozzarella Cheese (shredded)
 1/2 Red Bell Pepper (medium, sliced)
 1/4 cup Red Onion (sliced)
 113 grams Chicken Breast, Cooked (shredded)
 1/4 Avocado (diced)
 2 tbsps Plain Greek Yogurt
 2 tbsps Cilantro (chopped, plus more for garnish)

Directions

- 1 With the rack in the middle of the oven, preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Place the naan on the prepared baking sheet. Add the marinara sauce and top with the taco seasoning, cheese, bell pepper, onion, and cooked chicken.
- 3 Bake for about 10 to 12 minutes or until golden and crisp.
- 4 Garnish with avocado, yogurt, and the cilantro. Enjoy!

Notes

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

Serving Size: One serving is equal to one naan.

Naan: One piece of naan is 3.2 oz or 90 grams.

More Flavor: Use cooked turkey or black beans instead of chicken.

Additional Toppings: Chives, black olives, corn, and/or jalapeño pepper.

Gluten-Free: Use a brown rice tortilla instead of naan and adjust the baking time accordingly.



Chickpea Pasta with Pesto

2 servings

20 minutes

Ingredients

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

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.



Shredded Chicken

2 servings

20 minutes

Ingredients

1 tsp Sea Salt
227 grams Chicken Breast (skinless,
boneless)

Directions

- 1 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Remove chicken and shred into pieces using two forks.

Notes

Leftovers: Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

Serve it With: Any of our sides, salads or vegetarian pastas.

Serving Size: One serving is approximately 4 ounces (113 grams) of chicken.



Fish Taco Bowls

3 servings

20 minutes

Ingredients

2 Cod Fillet
 1/3 cup Extra Virgin Olive Oil (divided)
 1/4 tsp Turmeric (ground)
 1/4 tsp Garlic Powder
 1/2 tsp Sea Salt (divided)
 2 tbsps Lime Juice
 1/4 cup Cilantro (finely chopped)
 6 leaves Romaine (large, chopped)
 1 cup Cherry Tomatoes (halved)
 1 Mango (peeled and cubed)
 1 Avocado (sliced)

Directions

- 1 Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
- 2 Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
- 3 Using a blender or immersion blender, blend the remaining oil, lime juice, cilantro, and remaining salt until smooth.
- 4 Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

Notes

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

More Flavor: Add jalapeno to the dressing before blending and purée. Add a touch of honey to the dressing to for a bit of sweetness.

Additional Toppings: Add crushed tortilla chips to the salad for crunch.

No Blender: Finely chop the cilantro and shake the dressing ingredients together in a jar.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.



Air Fryer Chicken Taquitos

2 servings

15 minutes

Ingredients

142 grams Chicken Breast (shredded, Cooked)
1/4 cup Enchilada Sauce
1/3 cup Black Beans (cooked, rinsed)
2 tbsps Cream Cheese, Regular
4 Whole Wheat Tortilla (small size)
56 grams Cheddar Cheese (shredded)
1 tsp Avocado Oil
1/2 Avocado (cubed)
2 tbsps Cilantro (roughly chopped, for topping)

Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a medium-sized bowl, combine the chicken, enchilada sauce, black beans, and cream cheese and stir together.
- 3 Lay the tortilla on a flat surface and divide the chicken mixture evenly into the tortillas. Top with cheese. Roll tightly and place in the air fryer, seam side down. Brush each taquito with avocado oil.
- 4 Bake for five to six minutes, until lightly browned and crispy on one side, flip and bake for another five to six minutes.
- 5 Divide the taquitos onto plates and top with cubed avocado and cilantro. Enjoy!

Notes

Leftovers: Best enjoyed fresh while still crispy. Can refrigerate for up to three days and reheat in the oven or in a pan.

Serving Size: One serving is two small tortillas.

Gluten-Free: Use gluten-free tortilla wraps.

Dairy-Free: Use dairy-free cream cheese and shredded cheese.

More Flavor: Add hot sauce to the chicken.



Parmesan Crusted Chicken with Broccoli

4 servings

40 minutes

Ingredients

800 grams Chicken Breast
 1 Yellow Onion (finely chopped)
 2 eas Garlic (finely chopped)
 700 mls Passata
 1 Lemon (finely grated, juiced)
 1 cup Risoni
 1 head Broccoli (cut into florets)
 1/3 cup Bread Crumbs
 1/3 cup Cheddar Cheese (or parmesan, grated)
 2 tbsps Parsley (chopped)
 1/4 cup Extra Virgin Olive Oil
 1 tbsps Bone Broth (paste or stock cube)
 1 1/2 cups Water

Directions

- 1 Heat 2 tbs oil in a flameproof roasting pan over medium heat. Season chicken fillets. Add to pan and cook for 3 minutes each side or until browned. Transfer to a plate.
- 2 Add onion and garlic and cook for 3 minutes or until softened. Add passata, 1 ½ cups water, bone broth/stock, lemon juice and rind. Stir to combine. Bring to a boil. Add risoni and stir to combine.
- 3 Return chicken to pan and simmer for 10 minutes. Add broccoli and cook for 10 minutes or until broccoli is tender and chicken cooked through.
- 4 Preheat grill on high. Combine breadcrumbs, parmesan, parsley and remaining oil. Season with pepper. Pour mixture over chicken. Place under grill and cook for 5 minutes or until topping is golden. Serve.



Ground Beef, Cabbage & Carrot Skillet

2 servings

25 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
 1/3 Yellow Onion (diced)
 1 Garlic (clove, minced)
 227 grams Extra Lean Ground Beef
 2 cups Green Cabbage (thinly sliced)
 1 Carrot (medium, julienned)
 Sea Salt & Black Pepper (to taste)
 1/2 Lime (juiced)
 2 tbsps Cilantro (chopped)

Directions

- 1 Warm the oil in a large pan over medium heat. Add the onion and sauté for three to four minutes or until soft. Add the garlic and cook for another minute.
- 2 Add the beef, breaking it up as it cooks. Cook for five to seven minutes, stirring occasionally. Add the cabbage and carrot to the pan. Season with salt and pepper and cook for 10 to 12 minutes or until everything is cooked through. Stir occasionally.
- 3 Drizzle with lime juice and top with cilantro before serving. Enjoy!

Notes

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

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

More Flavor: Add mushrooms.

No Lime: Use lemon instead.



Crispy-skinned barramundi with Vietnamese-style salad

4 servings

18 minutes

Ingredients

100 grams Rice Vermicelli Noodles
 1 ea French Shallot (thinly sliced)
 1/4 cup Fish Sauce
 1/4 cup Coconut Sugar
 2 Limes (juiced, plus 1 extra cut into wedges to serve)
 1 Red Hot Chili Pepper (thinly sliced)
 2 Garlic Clove (thinly sliced)
 4 ea Barramundi Fish (skin on)
 1 tbsp Extra Virgin Olive Oil
 1 head Iceberg Lettuce (or cos lettuce, trimmed, leaves separated)
 1 Carrot (julienned)
 1/4 bunch Mint Leaves (leaves picked)
 1/2 bunch Thai Basil (leaves picked)
 1/2 cup Raw Peanuts (toasted, roughly chopped)

Directions

- 1 Cook noodles according to packet instructions.
- 2 Meanwhile, combine shallot, fish sauce, sugar, lime juice, chilli and garlic in a small bowl. Set aside until needed.
- 3 Heat a large non-stick frying pan over medium heat. Pat barramundi skin with paper towel. Drizzle oil over both sides of barramundi, then cook, skin-side down, for 6 minutes or until skin is golden and crisp. Turn barramundi and cook for 7 minutes or until just cooked through. Remove pan from heat and rest for 2 minutes.
- 4 Divide barramundi, noodles, lettuce, carrot and herbs among plates. Drizzle with dressing and scatter over peanuts. Serve with lime wedges.



Tuna, Chickpea & Avocado Salad

2 servings

15 minutes

Ingredients

- 1 can Tuna (drained, flaked with a fork)
- 1 cup Chickpeas (cooked, drained)
- 1/2 Cucumber (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 Avocado (cubed)
- 1/4 cup Red Onion (sliced)
- 1/4 cup Italian Dressing
- 2 tbsps Parsley (fresh, chopped)

Directions

1

Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

Notes

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

No Italian Dressing: Use olive oil and lemon juice instead.

No Tuna: Use other canned fish like salmon or mackerel.

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



Pesto Chicken & Tomatoes with Quinoa

4 servings

20 minutes

Ingredients

1 cup Quinoa (dry)
454 grams Chicken Thighs (boneless, skinless)
1 cup Cherry Tomatoes (halved)
1 2/3 tbsps Pesto
4 cups Baby Spinach

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 2 Cook the quinoa according to the package directions.
- 3 Toss the chicken thighs and cherry tomatoes with the pesto until well coated. Add the chicken and tomatoes to the baking dish and bake for 15 to 20 minutes or until the chicken is cooked through.
- 4 Divide the quinoa evenly between bowls and top with baby spinach. Serve the chicken thighs and cherry tomatoes over top of the spinach. Spoon residual sauce from the baking dish on top of each serving. Enjoy!

Notes

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

More Flavor: Cook the quinoa in chicken stock instead of water.

Additional Toppings: Chopped basil or parsley.



One Pan Tamari Beef & Vegetables

2 servings

20 minutes

Ingredients

340 grams Extra Lean Ground Beef
1/2 Red Bell Pepper (diced)
3 stalks Green Onion (chopped)
1 cup Green Beans (chopped)
2 cups Bok Choy (chopped)
2 1/2 tbsps Tamari

Directions

- 1 Heat a large, non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary.
- 2 Add the peppers, green onion, and green beans to the pan with the beef and continue to cook for five to six minutes stirring often until the peppers and beans are just tender.
- 3 Add the bok choy and tamari to the pan and cook for two to three minutes more until the bok choy is wilted and tender. Season with additional tamari if needed then divide between plates. Enjoy!

Notes

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

More Flavor: Add red pepper flakes, garlic, or ginger.

No Tamari: Use soy sauce or coconut aminos instead.

No Ground Beef: Use ground chicken, turkey, or pork instead.

No Bok Choy: Use spinach or kale instead.



One Pan Italian Chicken & Veggies

2 servings

25 minutes

Ingredients

283 grams Chicken Breast (cut into large cubes)
 1 cup Broccoli (cut into small florets)
 1/4 cup Red Onion (cut into thick slices)
 1/2 cup Cherry Tomatoes
 1 Zucchini (chopped)
 1 tbsp Extra Virgin Olive Oil
 1 1/2 tsp Italian Seasoning
 1/2 tsp Garlic Powder
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Add the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 3 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.
- 4 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 other dried herbs and spices to taste, like red pepper flakes, onion powder, and/or parsley.

Serve it With: Rice, cauliflower rice, or quinoa. Add avocado or dipping sauce, like tzatziki or hummus.