



# Low FODMAP Diet

LISA HAYNE

## MON



**BREAKFAST**  
Fried Eggs & Steamed Spinach



**SNACK 1**  
Macadamia Nuts, Carrot Sticks



**LUNCH**  
Ground Turkey, Green Beans & Rice



**SNACK 2**  
Cheddar Cheese & Cucumber



**DINNER**  
One Pan Salmon with Green Beans & Roasted Tomato, Brown Rice

## TUE



**BREAKFAST**  
Fried Eggs & Steamed Spinach



**SNACK 1**  
Macadamia Nuts, Carrot Sticks



**LUNCH**  
One Pan Salmon with Green Beans & Roasted Tomato, Brown Rice



**SNACK 2**  
Cheddar Cheese & Cucumber



**DINNER**  
Ground Turkey, Green Beans & Rice

## WED



**BREAKFAST**  
Peanut Butter Cup Overnight Oats



**SNACK 1**  
Macadamia Nuts, Carrot Sticks



**LUNCH**  
Ground Turkey, Green Beans & Rice



**SNACK 2**  
Kiwi, Brazil Nuts



**DINNER**  
Maple Mustard Chicken with Green Beans

## THU



**BREAKFAST**  
Peanut Butter Cup Overnight Oats



**SNACK 1**  
Crackers & Cheese



**LUNCH**  
Maple Mustard Chicken with Green Beans



**SNACK 2**  
Kiwi, Brazil Nuts



**DINNER**  
Turkey & Spinach Roasted Acorn Squash Bowls

## FRI



**BREAKFAST**  
Peanut Butter Cup Overnight Oats



**SNACK 1**  
Crackers & Cheese



**LUNCH**  
Turkey & Spinach Roasted Acorn Squash Bowls



**SNACK 2**  
Clementines & Macadamia Nuts



**DINNER**  
Slow Cooker Maple Mustard Chicken

## SAT



**BREAKFAST**  
Spinach & Sweet Potato Frittata



**SNACK 1**  
Crackers & Cheese



**LUNCH**  
Slow Cooker Maple Mustard Chicken



**SNACK 2**  
Kiwi, Brazil Nuts



**DINNER**  
Mason Jar Salmon Salad

## SUN



**BREAKFAST**  
Spinach & Sweet Potato Frittata



**SNACK 1**  
Crackers & Cheese



**LUNCH**  
Mason Jar Salmon Salad



**SNACK 2**  
Clementines & Macadamia Nuts



**DINNER**  
Slow Cooker Maple Mustard Chicken

**MON****FAT 50%**   **CARBS 28%**   **PROTEIN 22%**

**Calories** 1615                      Cholesterol 599mg  
**Fat** 92g                              Sodium 930mg  
Saturated 28g                      Vitamin C 54mg  
**Carbs** 114g                        Calcium 755mg  
Fiber 19g                            Iron 10mg  
Sugar 17g                          Magnesium 339mg  
**Protein** 93g                        Zinc 10mg

**TUE****FAT 50%**   **CARBS 28%**   **PROTEIN 22%**

**Calories** 1615                      Cholesterol 599mg  
**Fat** 92g                              Sodium 930mg  
Saturated 28g                      Vitamin C 54mg  
**Carbs** 114g                        Calcium 755mg  
Fiber 19g                            Iron 10mg  
Sugar 17g                          Magnesium 339mg  
**Protein** 93g                        Zinc 10mg

**WED****FAT 48%**   **CARBS 34%**   **PROTEIN 18%**

**Calories** 1672                      Cholesterol 166mg  
**Fat** 93g                              Sodium 1016mg  
Saturated 18g                      Vitamin C 163mg  
**Carbs** 150g                        Calcium 659mg  
Fiber 31g                            Iron 11mg  
Sugar 45g                          Magnesium 463mg  
**Protein** 80g                        Zinc 8mg

**THU****FAT 46%**   **CARBS 34%**   **PROTEIN 20%**

**Calories** 1673                      Cholesterol 220mg  
**Fat** 90g                              Sodium 1743mg  
Saturated 27g                      Vitamin C 184mg  
**Carbs** 146g                        Calcium 1059mg  
Fiber 29g                            Iron 13mg  
Sugar 37g                          Magnesium 489mg  
**Protein** 89g                        Zinc 10mg

**FRI****FAT 46%**   **CARBS 32%**   **PROTEIN 22%**

**Calories** 1862                      Cholesterol 351mg  
**Fat** 99g                              Sodium 1823mg  
Saturated 28g                      Vitamin C 165mg  
**Carbs** 153g                        Calcium 1069mg  
Fiber 31g                            Iron 15mg  
Sugar 46g                          Magnesium 426mg  
**Protein** 105g                        Zinc 13mg

**SAT****FAT 51%**   **CARBS 22%**   **PROTEIN 27%**

**Calories** 1684                      Cholesterol 717mg  
**Fat** 97g                              Sodium 2232mg  
Saturated 27g                      Vitamin C 174mg  
**Carbs** 92g                            Calcium 765mg  
Fiber 20g                            Iron 12mg  
Sugar 32g                          Magnesium 385mg  
**Protein** 115g                        Zinc 10mg

**SUN****FAT 51%**   **CARBS 23%**   **PROTEIN 26%**

**Calories** 1726                      Cholesterol 717mg  
**Fat** 100g                            Sodium 2231mg  
Saturated 26g                      Vitamin C 155mg  
**Carbs** 99g                            Calcium 760mg  
Fiber 21g                            Iron 13mg  
Sugar 41g                          Magnesium 303mg  
**Protein** 113g                        Zinc 10mg

## FRUITS

- 6 Clementines
- 6 Kiwi
- 2 tbsps Lemon Juice

## BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 3/4 cup Brazil Nuts
- 2 tbsps Chia Seeds
- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1 tsp Dried Basil
- 1 1/2 cups Macadamia Nuts
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 3 cups Frozen Green Beans

## VEGETABLES

- 1 Acorn Squash
- 7 1/2 cups Baby Spinach
- 3 Carrot
- 1 cup Cherry Tomatoes
- 2 Cucumber
- 14 cups Green Beans
- 8 leaves Romaine
- 1/2 Sweet Potato

## BOXED & CANNED

- 1/2 cup Brown Rice
- 3/4 cup Jasmine Rice
- 160 grams Oat Crackers

## BAKING

- 1 tbsp Cocoa Powder
- 1 1/2 cups Oats

## BREAD, FISH, MEAT & CHEESE

- 332 grams Cheddar Cheese
- 227 grams Chicken Breast
- 907 grams Chicken Thighs
- 567 grams Extra Lean Ground Turkey
- 567 grams Salmon Fillet

## CONDIMENTS & OILS

- 1 1/2 tsps Apple Cider Vinegar
- 2 2/3 tsps Coconut Oil
- 1/3 cup Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Tamari

## COLD

- 8 Egg
- 2 tsps Ghee
- 1 1/2 cups Unsweetened Almond Milk

## OTHER

- 1 3/4 cups Water

# Fried Eggs & Steamed Spinach

1 SERVING 10 MINUTES



## INGREDIENTS

2 cups Baby Spinach  
1 tbsp Water  
Sea Salt & Black Pepper (to taste)  
1 tsp Ghee  
2 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	193	Cholesterol	382mg
Fat	14g	Sodium	213mg
Saturated	6g	Vitamin C	17mg
Carbs	3g	Calcium	117mg
Fiber	1g	Iron	3mg
Sugar	1g	Magnesium	60mg
Protein	14g	Zinc	2mg

## DIRECTIONS

- 01 Heat a pan over medium heat and add spinach and water. Stir just until wilted, then remove from heat. Season with sea salt, pepper and ghee. Transfer to a plate.
- 02 In the same pan, cook your eggs. Season with sea salt and pepper.
- 03 Plate the spinach with eggs. Enjoy!

## NOTES

### NO GHEE

Use butter or oil instead.

### MORE FLAVOUR

Sprinkle everything with nutritional yeast or Everything Bagel Seasoning.



# Peanut Butter Cup Overnight Oats

3 SERVINGS 8 HOURS



## INGREDIENTS

1 1/2 cups Oats (quick or rolled)  
1 1/2 cups Unsweetened Almond Milk  
1/4 cup All Natural Peanut Butter  
2 tbsps Chia Seeds  
2 tbsps Maple Syrup  
1 tbsp Cocoa Powder  
1/2 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	373	Cholesterol	0mg
Fat	18g	Sodium	90mg
Saturated	3g	Vitamin C	0mg
Carbs	46g	Calcium	328mg
Fiber	9g	Iron	3mg
Sugar	11g	Magnesium	113mg
Protein	12g	Zinc	2mg

## DIRECTIONS

- 01 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

### TOPPINGS

Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

### WARM IT UP

Heat in microwave for 30 to 60 seconds before eating.

### NO MAPLE SYRUP

Use honey instead.

### MORE FIBER

Add ground flaxseed.

# Spinach & Sweet Potato Frittata

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
1/2 Sweet Potato (medium, peeled and cut into small cubes)  
1 1/2 cups Baby Spinach (chopped)  
4 Egg (whisked)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	206	Cholesterol	372mg
Fat	13g	Sodium	178mg
Saturated	4g	Vitamin C	7mg
Carbs	8g	Calcium	88mg
Fiber	1g	Iron	3mg
Sugar	2g	Magnesium	38mg
Protein	14g	Zinc	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 03 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 04 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

### ADDITIONAL TOPPINGS

Salsa, hot sauce, or ketchup.

### NO SPINACH

Use kale or swiss chard instead.

# Macadamia Nuts

3 SERVINGS 2 MINUTES



## INGREDIENTS

1 cup Macadamia Nuts

## DIRECTIONS

01 Divide between bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	34g	Sodium	2mg
Saturated	5g	Vitamin C	1mg
Carbs	6g	Calcium	38mg
Fiber	4g	Iron	2mg
Sugar	2g	Magnesium	58mg
Protein	4g	Zinc	1mg



# Carrot Sticks

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 Carrot (medium)

## NUTRITION

### AMOUNT PER SERVING

Calories	25	Cholesterol	0mg
Fat	0g	Sodium	42mg
Saturated	0g	Vitamin C	4mg
Carbs	6g	Calcium	20mg
Fiber	2g	Iron	0mg
Sugar	3g	Magnesium	7mg
Protein	1g	Zinc	0mg

## DIRECTIONS

01 Peel the carrot and slice it into sticks. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

### MORE FLAVOR

Season with salt.

### SERVE IT WITH

Hummus, guacamole or your favorite dip.

# Crackers & Cheese

4 SERVINGS 5 MINUTES



## INGREDIENTS

160 grams Oat Crackers

220 grams Cheddar Cheese (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	393	Cholesterol	54mg
Fat	25g	Sodium	626mg
Saturated	12g	Vitamin C	0mg
Carbs	29g	Calcium	391mg
Fiber	4g	Iron	1mg
Sugar	0g	Magnesium	15mg
Protein	16g	Zinc	2mg

## DIRECTIONS

01 Serve the crackers with the cheese. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Add fresh or dried fruit, or nuts.

# Ground Turkey, Green Beans & Rice

3 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/8 tsps Coconut Oil  
340 grams Extra Lean Ground Turkey  
1/8 tsp Sea Salt  
3/4 cup Jasmine Rice (dry/uncooked)  
3 cups Frozen Green Beans

## NUTRITION

### AMOUNT PER SERVING

Calories	383	Cholesterol	84mg
Fat	11g	Sodium	227mg
Saturated	4g	Vitamin C	6mg
Carbs	47g	Calcium	81mg
Fiber	5g	Iron	2mg
Sugar	3g	Magnesium	49mg
Protein	26g	Zinc	3mg

## DIRECTIONS

- 01 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 02 Meanwhile, cook your rice according to the directions on the package and set aside.
- 03 Steam your green beans.
- 04 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

## NOTES

### LEFTOVERS

Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

### NO GROUND TURKEY

Use ground chicken, beef, pork, or lamb instead.

### VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

### NO GREEN BEANS

Use asparagus, edamame or green peas instead.

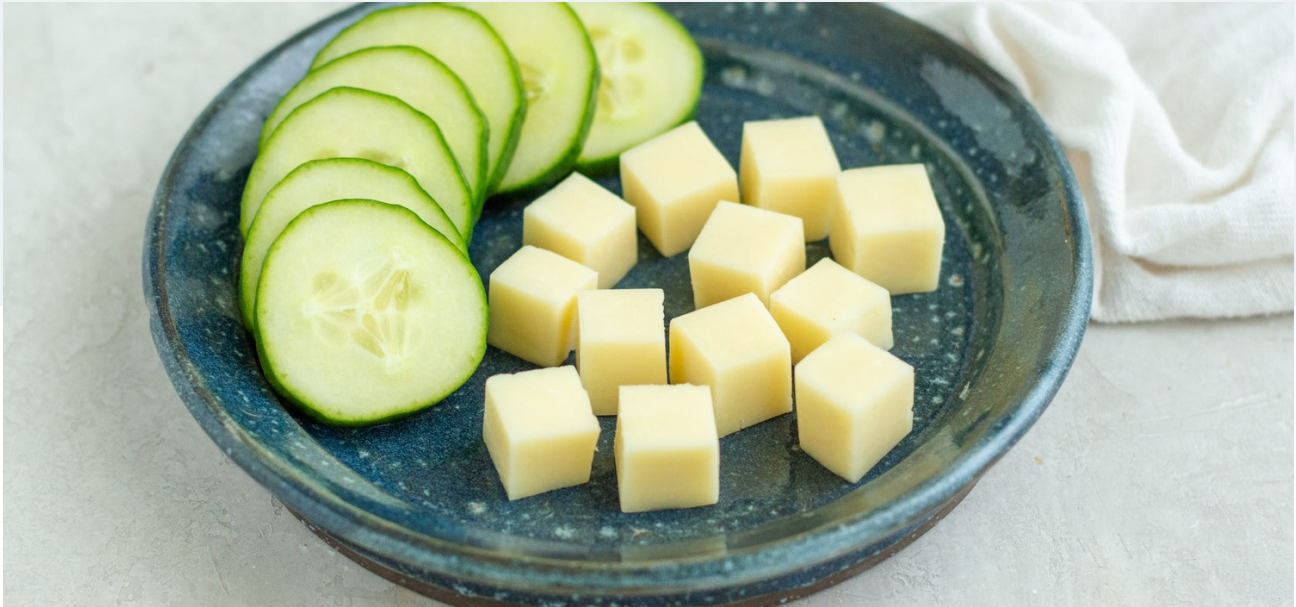
### LIKES IT SPICY

Serve with hot sauce.



# Cheddar Cheese & Cucumber

2 SERVINGS 5 MINUTES



## INGREDIENTS

112 grams Cheddar Cheese (cubed)  
1 Cucumber (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	248	Cholesterol	55mg
Fat	19g	Sodium	369mg
Saturated	11g	Vitamin C	4mg
Carbs	7g	Calcium	422mg
Fiber	1g	Iron	0mg
Sugar	3g	Magnesium	35mg
Protein	14g	Zinc	2mg

## DIRECTIONS

01 Serve cheese cubes and cucumber slices on a plate or in a bowl and enjoy!

## NOTES

### LEFTOVERS

Store cheese cubes and cucumber separately in the fridge.

### DAIRY-FREE

Use a dairy-free cheese instead.

### SERVE IT WITH

Crackers, vegetables, nuts or cooked meat slices.

### NO CHEDDAR

Use swiss or gouda cheese instead.



# Kiwi

1 SERVING 5 MINUTES



## INGREDIENTS

2 Kiwi

## DIRECTIONS

01 Peel and slice. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	84	Cholesterol	0mg
Fat	1g	Sodium	4mg
Saturated	0g	Vitamin C	128mg
Carbs	20g	Calcium	47mg
Fiber	4g	Iron	0mg
Sugar	12g	Magnesium	23mg
Protein	2g	Zinc	0mg

# Brazil Nuts

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Brazil Nuts

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	219	Cholesterol	0mg
Fat	22g	Sodium	1mg
Saturated	5g	Vitamin C	0mg
Carbs	4g	Calcium	53mg
Fiber	2g	Iron	1mg
Sugar	1g	Magnesium	125mg
Protein	5g	Zinc	1mg

# Clementines & Macadamia Nuts

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Macadamia Nuts

6 Clementines (peeled and sectioned)

## DIRECTIONS

01 Divide the macadamia nuts and clementines onto plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days, or longer if the clementines are left unpeeled.

### NUT-FREE

Use pumpkin seeds or sunflower seeds instead of macadamia nuts.

### NO MACADAMIA NUTS

Use almonds or walnuts instead.

## NUTRITION

### AMOUNT PER SERVING

Calories	345	Cholesterol	0mg
Fat	26g	Sodium	4mg
Saturated	4g	Vitamin C	109mg
Carbs	31g	Calcium	95mg
Fiber	7g	Iron	2mg
Sugar	22g	Magnesium	66mg
Protein	5g	Zinc	1mg

# One Pan Salmon with Green Beans & Roasted Tomato

2 SERVINGS 25 MINUTES



## INGREDIENTS

2 cups Green Beans (washed and trimmed)

1 cup Cherry Tomatoes

1 1/2 tps Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

283 grams Salmon Fillet

## NUTRITION

### AMOUNT PER SERVING

Calories	275	Cholesterol	78mg
Fat	13g	Sodium	72mg
Saturated	2g	Vitamin C	22mg
Carbs	10g	Calcium	61mg
Fiber	4g	Iron	2mg
Sugar	5g	Magnesium	74mg
Protein	31g	Zinc	1mg

## DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 05 Divide veggies between plates and top with salmon. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO SALMON

Use any type of fish fillet. Baking times will vary depending on thickness.

### VEGAN

Use roasted chickpeas instead of salmon.

### MORE CARBS

Serve with quinoa or rice.

### ADDED TOUCH

Toss the green beans in balsamic vinegar before serving.



# Brown Rice

2 SERVINGS 45 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (uncooked)  
1 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	1g	Sodium	5mg
Saturated	0g	Vitamin C	0mg
Carbs	35g	Calcium	16mg
Fiber	2g	Iron	1mg
Sugar	0g	Magnesium	56mg
Protein	3g	Zinc	1mg

## DIRECTIONS

- 01 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!

# Maple Mustard Chicken with Green Beans

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 tbsp Maple Syrup  
1 tbsp Dijon Mustard  
1 1/2 tsps Apple Cider Vinegar  
1 tbsp Tamari  
227 grams Chicken Breast  
4 cups Green Beans (washed and trimmed)  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	267	Cholesterol	82mg
Fat	7g	Sodium	650mg
Saturated	1g	Vitamin C	24mg
Carbs	21g	Calcium	92mg
Fiber	5g	Iron	3mg
Sugar	13g	Magnesium	88mg
Protein	30g	Zinc	1mg

## DIRECTIONS

- 01 In a small bowl, combine the maple syrup, dijon mustard, apple cider vinegar and tamari. Whisk well and pour it into a ziplock baggie with the chicken breasts. Shake well and store in the fridge while you prep the rest.
- 02 Toss your green beans in the extra virgin olive oil and season with sea salt and black pepper to taste. Set aside.
- 03 Preheat the grill to medium heat. Add the chicken breasts and cook for about 10 minutes per side, or until cooked through. At the halfway point, transfer the green beans into a grilling basket. Grill for about 10 minutes or until slightly charred, tossing periodically.
- 04 Remove chicken and beans from the grill and divide onto plates. Enjoy!

## NOTES

### NO GRILL

Use an oven preheated to 400°F (204°C) instead. Cook the chicken for 10 to 15 minutes per side or until cooked through.

### NO GREEN BEANS

Use asparagus or zucchini instead.

### MORE CARBS

Grill or roast some sweet potato as a side.

### PREP AHEAD

Marinate the chicken and store in the fridge up to 24 hours.

# Turkey & Spinach Roasted Acorn Squash Bowls

2 SERVINGS 50 MINUTES



## INGREDIENTS

1 Acorn Squash  
1 1/2 tsps Extra Virgin Olive Oil  
1 1/2 tsps Coconut Oil  
227 grams Extra Lean Ground Turkey  
1 tbsp Chili Powder  
1/2 tsp Oregano  
1/2 tsp Cumin  
1/8 tsp Sea Salt  
2 tsps Water  
2 cups Baby Spinach (chopped and packed)

## NUTRITION

### AMOUNT PER SERVING

Calories	337	Cholesterol	84mg
Fat	17g	Sodium	372mg
Saturated	6g	Vitamin C	32mg
Carbs	26g	Calcium	148mg
Fiber	5g	Iron	5mg
Sugar	0g	Magnesium	125mg
Protein	24g	Zinc	4mg

## DIRECTIONS

- 01 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 02 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from the oven and stuff each half with the turkey/spinach mix. Enjoy!

## NOTES

### VEGAN & VEGETARIAN

Use lentils or black beans instead of ground meat.

### SAVE TIME

Roast acorn squash ahead of time and warm it at the time of meal.

### LEFTOVERS

Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

### EXTRA PROTEIN AND HEALTHY FAT

Top with a fried or poached egg.

#### WASTE NOT, WANT NOT

Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.



# Slow Cooker Maple Mustard Chicken

4 SERVINGS 4 HOURS



## INGREDIENTS

907 grams Chicken Thighs (skinless, boneless)  
2 tbsps Maple Syrup  
1/3 cup Dijon Mustard  
1 tsp Dried Basil  
1 tsp Paprika  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
8 cups Green Beans (washed and trimmed)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	414	Cholesterol	213mg
Fat	13g	Sodium	731mg
Saturated	3g	Vitamin C	24mg
Carbs	21g	Calcium	107mg
Fiber	6g	Iron	4mg
Sugar	13g	Magnesium	107mg
Protein	48g	Zinc	4mg

## DIRECTIONS

- 01 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 02 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 03 Divide green beans between plates and top with maple mustard chicken. Enjoy!

## NOTES

### NO CHICKEN THIGHS

Use chicken breast or drumsticks instead.

### SAVE TIME

Combine the chicken and marinade in a large zip lock baggie ahead of time.

Shake well to mix and store in the fridge for up to 24 hours or freeze.

### MORE CARBS

Serve with rice, sweet potato or quinoa.

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

# Mason Jar Salmon Salad

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 tsp Sea Salt (divided)  
283 grams Salmon Fillet  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Lemon Juice  
1 tsp Dijon Mustard  
1 Cucumber (sliced)  
8 leaves Romaine (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	368	Cholesterol	78mg
Fat	23g	Sodium	692mg
Saturated	3g	Vitamin C	15mg
Carbs	10g	Calcium	79mg
Fiber	3g	Iron	3mg
Sugar	4g	Magnesium	77mg
Protein	30g	Zinc	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add sea salt to the salmon and bake for 10 to 12 minutes or until cooked through and flaky. Once cooled, flake into pieces with a fork.
- 02 In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, salmon and the romaine. Seal with a lid.
- 03 When ready to eat, shake well and dump into a bowl. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in the mason jar or an airtight container for up to two days.

### SERVING SIZE

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

### MORE FLAVOR

Add additional herbs or spices to the salmon.

### ADDITIONAL TOPPINGS

Add additional veggies to the salad such as carrots, peppers or cabbage.