





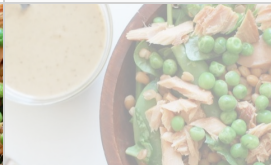


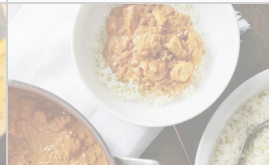

















	Mon	Tue	Wed	Thu	Fri
Breakfast	 Blueberry Overnight Oats	 Blueberry Overnight Oats	 Morning Glory Muffins	 Morning Glory Muffins	 Morning Glory Muffins
Lunch	 Spring Salad	 Spring Salad	 One Pan Salmon with Green Beans & Roasted Tomato	 One Pan Paleo Plate	 Butter Chicken & Cauliflower Rice
Snack 1	 Banana with Peanut Butter	 Banana with Peanut Butter	 Dark Chocolate	 Clean Trail Mix	 Dark Chocolate
Dinner	 One Pan Salmon with Green Beans & Roasted Tomato	 One Pan Paleo Plate	 Slow Cooker Vegan Chili	 Butter Chicken & Cauliflower Rice	 Slow Cooker Vegan Chili
Snack 2	 Popcorn	 Popcorn	 Grapes	 Grapes	 Clean Trail Mix

Mon		Tue		Wed		Thu		Fri	
Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 37%	Fat	<div><div></div></div> 37%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 46%
Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 40%	Carbs	<div><div></div></div> 43%	Carbs	<div><div></div></div> 36%	Carbs	<div><div></div></div> 39%
Protein	<div><div></div></div> 24%	Protein	<div><div></div></div> 23%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 21%	Protein	<div><div></div></div> 15%
Calories	1365	Calories	1364	Calories	1073	Calories	1263	Calories	1463
Fat	61g	Fat	58g	Fat	45g	Fat	63g	Fat	78g
Saturated	10g	Saturated	9g	Saturated	16g	Saturated	19g	Saturated	30g
Carbs	132g	Carbs	143g	Carbs	118g	Carbs	121g	Carbs	149g
Fiber	34g	Fiber	35g	Fiber	27g	Fiber	17g	Fiber	30g
Sugar	41g	Sugar	41g	Sugar	54g	Sugar	44g	Sugar	44g
Protein	87g	Protein	82g	Protein	57g	Protein	71g	Protein	57g
Sodium	868mg	Sodium	930mg	Sodium	1556mg	Sodium	1217mg	Sodium	2368mg
Vitamin C	55mg	Vitamin C	109mg	Vitamin C	75mg	Vitamin C	160mg	Vitamin C	127mg
Calcium	503mg	Calcium	508mg	Calcium	305mg	Calcium	293mg	Calcium	382mg
Iron	15mg	Iron	15mg	Iron	14mg	Iron	9mg	Iron	18mg
Magnesium	335mg	Magnesium	327mg	Magnesium	326mg	Magnesium	316mg	Magnesium	428mg
Zinc	6mg	Zinc	6mg	Zinc	5mg	Zinc	5mg	Zinc	7mg

Fruits

- ☐ 10 Banana
- ☐ 2 cups Blueberries
- ☐ 8 cups Grapes
- ☐ 1 Lime

Breakfast

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

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1/4 cup Chia Seeds
- ☐ 1/3 cup Chili Powder
- ☐ 1 tbsp Cinnamon
- ☐ 4 cups Clean Trail Mix
- ☐ 2 tsps Cumin
- ☐ 2 tsps Curry Powder
- ☐ 1 1/3 tsps Garam Masala
- ☐ 1 tsp Oregano
- ☐ 1 1/3 tsps Paprika
- ☐ 2 1/16 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 cups Slivered Almonds

Frozen

- ☐ 2 cups Frozen Corn
- ☐ 2 cups Frozen Peas

Vegetables

- ☐ 4 cups Baby Spinach
- ☐ 8 cups Brussels Sprouts
- ☐ 6 Carrot
- ☐ 2 heads Cauliflower
- ☐ 2 stalks Celery
- ☐ 4 cups Cherry Tomatoes
- ☐ 8 Garlic
- ☐ 1/4 cup Ginger
- ☐ 8 cups Green Beans
- ☐ 2 Green Bell Pepper
- ☐ 6 cups Snap Peas
- ☐ 4 Sweet Potato
- ☐ 1 White Onion
- ☐ 4 Yellow Onion

Boxed & Canned

- ☐ 2 cups Canned Coconut Milk
- ☐ 6 cups Canned Whole Tomatoes
- ☐ 4 cups Green Lentils
- ☐ 16 cups Popcorn
- ☐ 2 cups Red Kidney Beans
- ☐ 1/2 cup Tomato Paste
- ☐ 4 cans Tuna
- ☐ 2 cups White Navy Beans

Baking

- ☐ 2 cups Almond Flour
- ☐ 400 grams Dark Chocolate
- ☐ 5 cups Oats
- ☐ 1 cup Raisins

Bread, Fish, Meat & Cheese

- ☐ 1.6 kilograms Chicken Breast
- ☐ 1.1 kilograms Salmon Fillet

Condiments & Oils

- ☐ 1/4 cup Dijon Mustard
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Red Wine Vinegar

Cold

- ☐ 4 Egg
- ☐ 3 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1 1/2 cups Water



Blueberry Overnight Oats

8 servings

8 hours

Ingredients

3 cups Oats
3 cups Unsweetened Almond Milk
1/4 cup Chia Seeds
1/4 cup Maple Syrup
2 tps Cinnamon
1 cup Water
2 cups Blueberries
2 cups Slivered Almonds

Nutrition

Amount per serving	
Calories	413
Fat	23g
Saturated	3g
Carbs	43g
Fiber	11g
Sugar	12g
Protein	14g
Sodium	65mg
Vitamin C	4mg
Calcium	335mg
Iron	4mg
Magnesium	54mg
Zinc	1mg

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

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



Morning Glory Muffins

18 servings

40 minutes

Ingredients

2 cups Almond Flour
 2 cups Oats
 1 tsp Cinnamon
 1/2 tsp Sea Salt
 1 cup Raisins
 1/3 cup Extra Virgin Olive Oil
 1/2 cup Maple Syrup
 4 Egg
 1/2 cup Unsweetened Almond Milk
 4 Carrot (grated)
 2 Banana (ripe and mashed)

Nutrition

Amount per serving	
Calories	230
Fat	13g
Saturated	2g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	6g
Sodium	99mg
Vitamin C	2mg
Calcium	71mg
Iron	1mg
Magnesium	60mg
Zinc	1mg

Directions

- 1 Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
- 2 In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
- 3 In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
- 4 Combine the wet and dry ingredients and mix well.
- 5 Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
- 6 Remove from oven. Let cool and enjoy!

Notes

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

Serving Size: One serving equals one muffin.

No Raisins: Used unsweetened dried cranberries or fresh blueberries instead.

Egg Allergy: Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

Additional Toppings: Raw honey or butter.



Spring Salad

8 servings

15 minutes

Ingredients

4 cups Green Lentils (cooked, drained and rinsed)
 6 cups Snap Peas (washed)
 2 cups Frozen Peas (thawed)
 4 cups Baby Spinach (chopped)
 4 cans Tuna (drained and flaked)
 1/3 cup Red Wine Vinegar
 2 tbsps Extra Virgin Olive Oil
 1/4 cup Dijon Mustard
 1/2 tsp Sea Salt
 1/2 tsp Black Pepper

Nutrition

Amount per serving	
Calories	284
Fat	5g
Saturated	1g
Carbs	32g
Fiber	12g
Sugar	6g
Protein	29g
Sodium	482mg
Vitamin C	19mg
Calcium	87mg
Iron	7mg
Magnesium	95mg
Zinc	2mg

Directions

- 1 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
- 2 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

Notes

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

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

No Tuna: Use diced chicken breast instead.

Vegetarian and Vegan: Skip the tuna and add extra lentils.



Banana with Peanut Butter

4 servings

5 minutes

Ingredients

4 Banana (peeled and sliced)
1/2 cup All Natural Peanut Butter

Nutrition

Amount per serving	
Calories	298
Fat	17g
Saturated	3g
Carbs	34g
Fiber	5g
Sugar	18g
Protein	8g
Sodium	7mg
Vitamin C	10mg
Calcium	22mg
Iron	1mg
Magnesium	86mg
Zinc	1mg

Directions

- 1 Spread peanut butter across banana slices. Happy snacking!

Notes

No Peanut Butter: Use any nut or seed butter.

More Protein: Sprinkle with hemp seeds.



Dark Chocolate

8 servings
1 minute

Ingredients

400 grams Dark Chocolate (at least 70% cacao)

Nutrition

Amount per serving	
Calories	299
Fat	21g
Saturated	12g
Carbs	23g
Fiber	5g
Sugar	12g
Protein	4g
Sodium	10mg
Vitamin C	0mg
Calcium	37mg
Iron	6mg
Magnesium	114mg
Zinc	2mg

Directions

- 1
- Break apart chocolate into pieces and divide into bowls. Enjoy!

Notes

Next Level Chocolate: Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.



Clean Trail Mix

8 servings
2 minutes

Ingredients

4 cups Clean Trail Mix

Nutrition

Amount per serving	
Calories	347
Fat	22g
Saturated	4g
Carbs	34g
Fiber	0g
Sugar	0g
Protein	10g
Sodium	172mg
Vitamin C	1mg
Calcium	59mg
Iron	2mg
Magnesium	119mg
Zinc	2mg

Directions

- 1

This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 2

Pour into bowl and snack away!



One Pan Salmon with Green Beans & Roasted Tomato

8 servings

25 minutes

Ingredients

8 cups Green Beans (washed and trimmed)
 4 cups Cherry Tomatoes
 2 tbsps Extra Virgin Olive Oil (or coconut oil)
 Sea Salt & Black Pepper (to taste)
 1.1 kilograms Salmon Fillet

Nutrition

Amount per serving	
Calories	260
Fat	10g
Saturated	2g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	34g
Sodium	120mg
Vitamin C	22mg
Calcium	57mg
Iron	2mg
Magnesium	76mg
Zinc	1mg

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 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.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 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.
- 5 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.



One Pan Paleo Plate

8 servings

35 minutes

Ingredients

907 grams Chicken Breast
 1/4 tsp Sea Salt
 8 cups Brussels Sprouts (washed, trimmed and halved)
 2 tbsps Extra Virgin Olive Oil (plus extra for brushing)
 4 Sweet Potato (washed and sliced in half)

Nutrition

Amount per serving	
Calories	259
Fat	7g
Saturated	1g
Carbs	21g
Fiber	5g
Sugar	5g
Protein	29g
Sodium	182mg
Vitamin C	76mg
Calcium	62mg
Iron	2mg
Magnesium	68mg
Zinc	1mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 3 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 4 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 5 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 6 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

Notes

No Brussels Sprouts: Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast: Use turkey breast.

Vegans and Vegetarians: Replace chicken with roasted chickpeas.

Extra Time: Slice sweet potato into cubes or fries.



Slow Cooker Vegan Chili

8 servings

8 hours

Ingredients

6 cups Canned Whole Tomatoes
 2 cups Red Kidney Beans (cooked, drained and rinsed)
 2 cups White Navy Beans (cooked, drained and rinsed)
 2 cups Frozen Corn
 2 stalks Celery (diced)
 2 Green Bell Pepper (de-seeded and chopped)
 2 Carrot (chopped)
 1 White Onion (diced)
 4 Garlic (cloves, minced)
 2 tsps Cumin
 1 tsp Oregano
 3 tsps Chili Powder
 1 tbsp Sea Salt

Nutrition

Amount per serving	
Calories	222
Fat	1g
Saturated	0g
Carbs	42g
Fiber	14g
Sugar	8g
Protein	12g
Sodium	1325mg
Vitamin C	47mg
Calcium	127mg
Iron	5mg
Magnesium	71mg

Directions

- 1 Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
- 2 Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
- 3 Ladle into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze up to four months.

Serving Size: One serving is roughly 1 1/2 cups.

Serve it With: Toast, quinoa, brown rice, or a salad.

Make Ahead: Chop celery, bell peppers, carrot and onion ahead of time.

Kid-Friendly: Omit the chili powder and puree until smooth. Serve with tortilla chips.

Extra Spicy: Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.

More Greens: Mix in chopped kale or spinach. Stir until wilted.

Extra Toppings: Top with green onion or diced avocado.

Zinc	1mg
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Butter Chicken & Cauliflower Rice

8 servings

30 minutes

Ingredients

680 grams Chicken Breast
 1/4 cup Extra Virgin Olive Oil
 4 Yellow Onion (diced)
 4 Garlic (cloves, minced)
 1/4 cup Ginger (grated)
 1/2 cup Tomato Paste
 1 1/3 tbsps Paprika
 2 tbsps Curry Powder
 1 1/3 tbsps Garam Masala
 2 tps Sea Salt
 2 tbsps Chili Powder
 1/2 cup Water
 2 cups Canned Coconut Milk (full fat)
 2 heads Cauliflower
 1 Lime (juiced)

Nutrition

Amount per serving	
Calories	365
Fat	21g
Saturated	12g
Carbs	23g
Fiber	8g
Sugar	10g
Protein	25g
Sodium	762mg
Vitamin C	77mg
Calcium	88mg
Iron	4mg
Magnesium	64mg

Directions

- 1 Dice your chicken into cubes and set aside.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 3 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 4 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 5 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 6 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 7 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly: Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk: Use Greek yogurt instead.

No Cauliflower Rice: Serve over brown rice or quinoa instead.

More Veggies: Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage: Refrigerate in an air-tight container for up to 2 - 3 days.

Zinc	1mg
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Popcorn

8 servings
2 minutes

Ingredients

16 cups Popcorn

Nutrition

Amount per serving	
Calories	110
Fat	6g
Saturated	1g
Carbs	13g
Fiber	2g
Sugar	0g
Protein	2g
Sodium	194mg
Vitamin C	0mg
Calcium	2mg
Iron	1mg
Magnesium	24mg
Zinc	1mg

Directions

- 1
- Pour into bowls and enjoy!



Grapes

4 servings
2 minutes

Ingredients

4 cups Grapes

Nutrition

Amount per serving	
Calories	62
Fat	0g
Saturated	0g
Carbs	16g
Fiber	1g
Sugar	15g
Protein	1g
Sodium	2mg
Vitamin C	4mg
Calcium	13mg
Iron	0mg
Magnesium	5mg
Zinc	0mg

Directions

- 1
- Wash grapes, divide into bowls and enjoy!