








	Mon	Tue	Wed	Thu	Fri
Breakfast	 Overnight Vanilla Protein Oats	 Spinach & Sweet Potato Egg Muffins	 Spinach & Sweet Potato Egg Muffins	 Berry Avocado Smoothie	 Berry Avocado Smoothie
Snack 1	 Baby Carrots & Hummus	 Baby Carrots & Hummus	 Carrots & Guacamole	 Carrots & Guacamole	 Carrots & Guacamole
Lunch	 Tuna Chickpea Salad	 Tuna Chickpea Salad	 Turkey Taco Skillet with Cauliflower Rice	 Shrimp, Kale & Quinoa Salad	 Thai Turkey Burgers with Almond Carrot Slaw
Snack 2	 Banana with Almond Butter	 Banana with Almond Butter	 Grapes & Walnuts	 Grapes & Walnuts	 Grapes & Walnuts
Dinner	 Balsamic Dijon Chicken Thighs with Broccoli	 Turkey Taco Skillet with Cauliflower Rice	 Shrimp, Kale & Quinoa Salad	 Thai Turkey Burgers with Almond Carrot Slaw	 15 Minute Grilled Steak with Mint Pesto
Snack 3	 Banana Coconut Protein Bars	 Banana Coconut Protein Bars	 Banana Coconut Protein Bars	 Banana Coconut Protein Bars	 Banana Coconut Protein Bars






### Mon

Fat  42%  
 Carbs  38%  
 Protein  20%




### Tue

Fat  49%  
 Carbs  32%  
 Protein  19%




### Wed

Fat  52%  
 Carbs  28%  
 Protein  20%

### Thu

Fat  49%  
 Carbs  29%  
 Protein  22%

### Fri

Fat  52%  
 Carbs  27%  
 Protein  21%

Calories	1530	Calories	1506	Calories	1530	Calories	1572	Calories	1643
Fat	75g	Fat	86g	Fat	92g	Fat	89g	Fat	99g
Carbs	149g	Carbs	125g	Carbs	110g	Carbs	121g	Carbs	118g
Fiber	35g	Fiber	33g	Fiber	32g	Fiber	35g	Fiber	34g
Sugar	46g	Sugar	46g	Sugar	46g	Sugar	56g	Sugar	55g
Protein	79g	Protein	75g	Protein	82g	Protein	90g	Protein	90g
Cholesterol	124mg	Cholesterol	471mg	Cholesterol	639mg	Cholesterol	271mg	Cholesterol	149mg
Sodium	1588mg	Sodium	1456mg	Sodium	1409mg	Sodium	1282mg	Sodium	2338mg
Vitamin A	19851IU	Vitamin A	30574IU	Vitamin A	40216IU	Vitamin A	34742IU	Vitamin A	28207IU
Vitamin C	166mg	Vitamin C	190mg	Vitamin C	232mg	Vitamin C	144mg	Vitamin C	368mg
Calcium	831mg	Calcium	523mg	Calcium	595mg	Calcium	1134mg	Calcium	963mg
Iron	14mg	Iron	16mg	Iron	13mg	Iron	11mg	Iron	12mg





### Fruits

- 3 Avocado
- 3 Banana
- 1/4 cup Blueberries
- 3 cups Grapes
- 2 Lemon
- 2 1/2 Lime
- 1/4 cup Raspberries

### Breakfast

- 3/4 cup Almond Butter
- 1 1/2 tsps Maple Syrup

### Seeds, Nuts & Spices

- 1 1/2 tsps Black Pepper
- 3 tbsps Chia Seeds
- 1 tbsp Chili Powder
- 1 tsp Cinnamon
- 1 tbsp Cumin
- 1 tsp Garlic Powder
- 2 tsps Oregano
- 1 tsp Paprika
- 1/4 cup Slivered Almonds
- 3/4 cup Walnuts

### Frozen

- 1 cup Frozen Berries
- 1/2 cup Frozen Cauliflower

### Vegetables

- 1 1/2 cups Baby Carrots
- 6 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 head Boston Lettuce
- 6 cups Broccoli
- 10 Carrot
- 5 cups Cauliflower Rice
- 1/2 cup Cilantro
- 2 Garlic
- 1 tbsp Ginger
- 7 stalks Green Onion
- 10 cups Kale Leaves
- 1/2 cup Mint Leaves
- 1 cup Parsley
- 1 Red Bell Pepper
- 1 cup Red Onion
- 1 Sweet Potato
- 4 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1 Zucchini

### Boxed & Canned

- 2 cups Chickpeas
- 1 3/4 cups Diced Tomatoes
- 1/2 cup Quinoa
- 1 can Tuna

### Baking

- 2 1/4 cups Oats
- 1/3 cup Raw Honey
- 2/3 cup Unsweetened Coconut Flakes

### Bread, Fish, Meat & Cheese

- 1 lb Chicken Thighs
- 2 lbs Extra Lean Ground Turkey
- 1/2 cup Hummus
- 1 lb Ny Striploin Steak
- 1 lb Shrimp

### Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 2 1/2 tsps Avocado Oil
- 1/2 cup Balsamic Vinegar
- 2 tbsps Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 2 tbsps Tamari

### Cold

- 8 Egg
- 2 cups Plain Coconut Milk
- 1 1/4 cups Unsweetened Almond Milk

### Other

- 1/3 cup Protein Powder
- 3/4 cup Vanilla Protein Powder



## Overnight Vanilla Protein Oats

2 servings

8 hours

### Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

### Nutrition

Amount per serving	
Calories	311
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	2mg
Sodium	123mg
Vitamin A	327IU
Vitamin C	6mg
Calcium	425mg
Iron	3mg

### Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

### Notes

**Extra Garnish:** Add cacao nibs, chocolate chips, seeds or nuts.

**Leftovers:** Keep well in the fridge for 3 to 4 days.

**No Almond Butter:** Omit, or use peanut butter or sunflower seed butter instead.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.





## Spinach & Sweet Potato Egg Muffins

4 servings  
35 minutes

### Ingredients

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 6 cups Baby Spinach
- 8 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	228
Fat	15g
Carbs	9g
Fiber	2g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	491mg
Vitamin A	9372IU
Vitamin C	13mg
Calcium	113mg
Iron	3mg

### Directions

- 1 Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
- 2 Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
- 7 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

### Notes

**Serving Size:** One serving is equal to three egg cups.

**Leftovers:** Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

**No Baby Spinach:** Use finely sliced kale or swiss chard instead.



## Berry Avocado Smoothie

1 serving  
5 minutes

### Ingredients

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

### Nutrition

Amount per serving	
Calories	370
Fat	17g
Carbs	33g
Fiber	12g
Sugar	18g
Protein	25g
Cholesterol	4mg
Sodium	93mg
Vitamin A	773IU
Vitamin C	57mg
Calcium	674mg
Iron	3mg

### Directions

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

### Notes

**No Chia Seeds:** Use flax seeds instead.

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

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

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



## Baby Carrots & Hummus

2 servings

5 minutes

### Ingredients

1 1/2 cups Baby Carrots  
1/2 cup Hummus

### Nutrition

Amount per serving	
Calories	190
Fat	11g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	5g
Cholesterol	0mg
Sodium	359mg
Vitamin A	17264IU
Vitamin C	9mg
Calcium	89mg
Iron	3mg

### Directions

- 1 Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

### Notes

**No Baby Carrots:** Use celery sticks, cucumber slices or sliced bell peppers instead..

**Like it Spicy:** Top with a pinch of cayenne pepper or chili powder.



## Carrots & Guacamole

1 serving  
5 minutes

### Ingredients

- 2 Carrot (medium)
- 1/2 Avocado
- 1/2 Lime (juiced)
- 1/8 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	216
Fat	15g
Carbs	22g
Fiber	10g
Sugar	7g
Protein	3g
Cholesterol	0mg
Sodium	387mg
Vitamin A	20539IU
Vitamin C	24mg
Calcium	55mg
Iron	1mg

### Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

### Notes

**Leftovers:** Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

**Spice it Up:** Add chili flakes, salsa and/or chopped cilantro to the guacamole.





## Tuna Chickpea Salad

4 servings  
15 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (zest and juice)
- 1/4 tsp Sea Salt
- 2 cups Chickpeas (cooked)
- 1 can Tuna (drained)
- 5 stalks Green Onion (chopped)
- 1/2 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	299
Fat	16g
Carbs	25g
Fiber	7g
Sugar	5g
Protein	16g
Cholesterol	15mg
Sodium	262mg
Vitamin A	1287IU
Vitamin C	18mg
Calcium	66mg
Iron	4mg

### Directions

- 1 In a large mixing bowl whisk olive oil, lemon zest, lemon juice and salt. Fold in chickpeas, tuna, green onions and parsley. Season with additional salt or lemon juice if needed.
- 2 Serve immediately and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 3 days.

**Make it a Meal:** Serve salad over baby spinach with sliced cucumber on the side.

**No Green Onions:** Use red or white onion instead.

**No Chickpeas:** Use white beans or lentils instead.

**No Tuna:** Use canned salmon instead.

**More Flavor:** Add dried or fresh dill, minced garlic, red chili flakes, or freshly ground black pepper to taste.



## Banana with Almond Butter

1 serving  
2 minutes

### Ingredients

- 1 Banana
- 2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	297
Fat	18g
Carbs	33g
Fiber	6g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	114mg
Iron	1mg

### Directions

- 1 Slice banana.  
;
- 2 Dip in almond butter.  
;
- 3 Bam.



## Grapes & Walnuts

1 serving  
3 minutes

### Ingredients

1 cup Grapes (washed)  
1/4 cup Walnuts

### Nutrition

Amount per serving	
Calories	258
Fat	20g
Carbs	20g
Fiber	3g
Sugar	16g
Protein	5g
Cholesterol	0mg
Sodium	2mg
Vitamin A	92IU
Vitamin C	4mg
Calcium	42mg
Iron	1mg

### Directions

- 1 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

### Notes

**No Walnuts:** Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!



## Balsamic Dijon Chicken Thighs with Broccoli

4 servings  
30 minutes

### Ingredients

- 1 lb Chicken Thighs (skinless, boneless)
- 6 cups Broccoli (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper
- 1 tsp Garlic Powder
- 2 tbsps Dijon Mustard
- 1/2 cup Balsamic Vinegar
- 2 tpsps Oregano (dried)

### Nutrition

Amount per serving	
Calories	285
Fat	12g
Carbs	16g
Fiber	4g
Sugar	7g
Protein	27g
Cholesterol	107mg
Sodium	834mg
Vitamin A	890IU
Vitamin C	122mg
Calcium	93mg
Iron	2mg

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place chicken in the center of the baking sheet and arrange the broccoli in a single layer around the chicken. Drizzle oil over chicken and veggies then add half of the salt, pepper and garlic powder. Using your hands, toss or rub the spices evenly all over the chicken and the broccoli. Bake in the oven for 15 minutes.
- 3 Meanwhile, whisk the Dijon mustard, balsamic vinegar, oregano and remaining salt together. Set aside.
- 4 After the chicken has baked for 15 minutes, remove from oven and brush half the Dijon mixture on top of the chicken and lightly over the broccoli. Return to oven and bake for 10 more minutes.
- 5 After 10 minutes, repeat step 4 with remaining Dijon mixture. Place back into the oven and continue to bake for 5 to 10 more minutes, or until chicken is cooked through and broccoli is very tender.
- 6 Remove from oven and serve immediately.

### Notes

**Leftovers:** Keeps well in the fridge for 3 days.

**No Chicken Thighs:** Use chicken breasts or drumsticks instead.





## Turkey Taco Skillet with Cauliflower Rice

4 servings  
30 minutes

### Ingredients

- 1 tsp Avocado Oil
- 1 lb Extra Lean Ground Turkey
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (diced)
- 1 Yellow Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1 3/4 cups Diced Tomatoes (from the can)
- 5 cups Cauliflower Rice
- 1 Avocado (sliced, optional)
- 1/4 cup Cilantro (chopped, optional)

### Nutrition

Amount per serving	
Calories	344
Fat	19g
Carbs	20g
Fiber	9g
Sugar	8g
Protein	27g
Cholesterol	84mg
Sodium	334mg
Vitamin A	2568IU
Vitamin C	139mg
Calcium	97mg
Iron	4mg

### Directions

- 1 Heat a skillet over medium heat and add the avocado oil. Add the ground turkey, onion, red bell pepper, yellow bell pepper, chili powder, paprika, cumin, and sea salt. Cook for 10 to 15 minutes or until cooked through. Add the tomatoes, stir well and remove from heat.
- 2 Divide the cauliflower rice into bowls then top with the turkey, avocado and cilantro. Enjoy!

### Notes

**Cauliflower Rice:** Can be served raw or cooked. To cook your cauliflower rice, saute in a skillet for 5 to 7 minutes before serving.

**Vegan & Vegetarian:** Use cooked lentils instead of ground turkey.

**Save Time:** Use pre-riced cauliflower.

**Dairy-Lover:** Top with Greek yogurt or grated cheese.

**Leftovers:** Store in the fridge for up to three days.

**No Avocado Oil:** Use coconut or olive oil instead.





## Shrimp, Kale & Quinoa Salad

4 servings  
20 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- Sea Salt & Black Pepper (to taste)
- 1 lb Shrimp (peeled, deveined)
- 2 tps Cumin
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tps Maple Syrup
- 10 cups Kale Leaves (stems removed and chopped)
- 2 Carrot (medium, grated or sliced)

### Nutrition

Amount per serving	
Calories	336
Fat	16g
Carbs	21g
Fiber	5g
Sugar	4g
Protein	28g
Cholesterol	183mg
Sodium	188mg
Vitamin A	7638IU
Vitamin C	51mg
Calcium	244mg
Iron	3mg

### Directions

- 1 Boil quinoa and water in a saucepan over high heat. Reduce to a simmer and cover with a lid for 13 to 15 minutes. Season with salt and pepper, and fluff with a fork. Set aside.
- 2 Meanwhile, coat the shrimp with cumin, salt and pepper. Heat 1/4 of the olive oil in a pan over medium-high heat. Add the shrimp and cook for about 3 to 5 minutes, flipping halfway.
- 3 In a large salad bowl, whisk together the vinegar, maple syrup and remaining olive oil.
- 4 Add the kale and carrot, and massage in the vinaigrette. Add the cooked quinoa and shrimp and toss until thoroughly combined. Divide onto plates and enjoy!

### Notes

- No Shrimp:** Use chicken, chickpeas, tofu or tempeh instead.  
**Leftovers:** Refrigerate in an airtight container up to 3 days.



## Thai Turkey Burgers with Almond Carrot Slaw

4 servings  
30 minutes

### Ingredients

- 1 lb Extra Lean Ground Turkey
- 2 stalks Green Onion (sliced)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Basil Leaves (chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- Sea Salt & Black Pepper (to taste)
- 2 Carrot (medium, grated)
- 1 Lime (juiced)
- 2 tbsps Almond Butter
- 2 tbsps Tamari (or Coconut Aminos)
- 1 head Boston Lettuce (peeled apart into leaves)

### Nutrition

Amount per serving	
Calories	244
Fat	14g
Carbs	7g
Fiber	2g
Sugar	2g
Protein	24g
Cholesterol	84mg
Sodium	605mg
Vitamin A	5693IU
Vitamin C	7mg
Calcium	75mg
Iron	2mg

### Directions

- 1 In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
- 2 Heat a grill or pan to medium heat and cook the patties for 10 to 15 minutes per side, or until cooked through.
- 3 While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
- 4 To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

### Notes

**More Carbs:** Serve on burger buns or sweet potato toast.

**Make Ahead:** Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.

**No Boston Lettuce:** Use cabbages leaves instead.

**Oven Version:** Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.



## 15 Minute Grilled Steak with Mint Pesto

4 servings

15 minutes

### Ingredients

- 1/4 cup Slivered Almonds
- 1 Garlic (clove)
- 1/2 cup Mint Leaves (fresh)
- 1/2 cup Parsley
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 lb NY Striploin Steak
- 2 tsps Sea Salt
- 3 Yellow Bell Pepper (de-seeded and sliced into 1/4's)
- 1 cup Red Onion (sliced into 1/8's)
- 1 tbsp Balsamic Vinegar

### Nutrition

Amount per serving	
Calories	407
Fat	26g
Carbs	18g
Fiber	4g
Sugar	3g
Protein	28g
Cholesterol	61mg
Sodium	1244mg
Vitamin A	1103IU
Vitamin C	275mg
Calcium	73mg
Iron	4mg

### Directions

- 1 In a food processor, combine the slivered almonds, garlic, mint, parsley, olive oil and lemon juice. Pulse until a thick paste forms. Set aside.
- 2 Preheat grill to medium heat.
- 3 Rub steaks generously with sea salt. Place yellow peppers, red onion and steaks on the grill. Cook for 4 to 5 minutes and then turn. Cook for another 4 to 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
- 4 Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar and drizzle with a splash of olive oil. Divide onto plates. Add the steak and top with a spoonful of mint pesto. Enjoy!

### Notes

**Add Carbs:** Serve with quinoa, brown rice or sweet potato.

**Time Saver:** Blend up the pesto in advance and chop the veggies. Grill the veggies and steak at time of meal.

**Leftovers:** Store in an airtight container in the fridge for up to three days.





## Banana Coconut Protein Bars

12 servings  
20 minutes

### Ingredients

- 1 Banana (mashed)
- 1 1/4 cups Oats
- 2/3 cup Unsweetened Coconut Flakes
- 1/3 cup Raw Honey
- 1/3 cup Almond Butter
- 1 tsp Cinnamon
- 1/3 cup Protein Powder

### Nutrition

Amount per serving	
Calories	148
Fat	7g
Carbs	18g
Fiber	3g
Sugar	9g
Protein	5g
Cholesterol	0mg
Sodium	7mg
Vitamin A	7IU
Vitamin C	1mg
Calcium	44mg
Iron	1mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place all ingredients together in a bowl and mix well with a spatula.
- 3 Pack mixture down firmly into a pan. (I use a 9 x 9 square pan.)
- 4 Bake in oven for 15 minutes. Remove and let cool for 30 minutes.
- 5 When cool, cut into bars. Store in an air-tight container or wrap them individually and throw them in the freezer for an easy grab-and-go snack.