











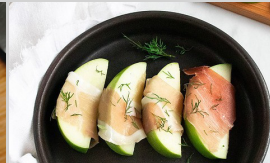
















































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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Greek Yogurt  Raspberries	 Spinach, Feta & Olive Omelette	 Yogurt & Berries	 Yogurt & Berries	 Fried Eggs & Steamed Spinach	 Veggie Goat Cheese Omelette	 Spinach, Feta & Olive Omelette
Snack 1	 Macadamia Nuts	 Toast with Cottage Cheese	 Almonds	 Hard Boiled Eggs	 Prosciutto-Wrapped Apples	 Almonds	 Cucumber Tuna Bites
Lunch	 Greek Chicken Salad	 Ground Beef & Zucchini Noodles	 Walnut Crusted Salmon	 Pesto Chicken Bake	 Ground Beef & Zucchini Noodles	 Walnut Crusted Salmon	 Simple Tuna Salad
Snack 2	 Fresh Mint Tea	 Salmon Cucumber Bites	 Toast with Cottage Cheese	 Apple	 Apple Dips	 Orange	 Apple Dips
Dinner	 Turkey & Carrots with Spinach	 Smoked Salmon Salad	 Shrimp & Green Beans	 Roast Beef Plate with Coleslaw & Pickles	 Greek Chicken Salad	 Shrimp & Green Beans	 Chicken, Carrots & Broccolini

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  58%	Fat  56%	Fat  39%	Fat  47%	Fat  50%	Fat  50%	Fat  47%
Carbs  17%	Carbs  15%	Carbs  23%	Carbs  23%	Carbs  19%	Carbs  14%	Carbs  17%
Protein  25%	Protein  29%	Protein  38%	Protein  30%	Protein  31%	Protein  36%	Protein  36%
Calories 1132	Calories 1100	Calories 1157	Calories 1124	Calories 1084	Calories 1127	Calories 1193
Fat 75g	Fat 69g	Fat 51g	Fat 59g	Fat 62g	Fat 65g	Fat 64g
Carbs 49g	Carbs 40g	Carbs 67g	Carbs 66g	Carbs 52g	Carbs 41g	Carbs 54g
Fiber 18g	Fiber 10g	Fiber 15g	Fiber 12g	Fiber 9g	Fiber 12g	Fiber 17g
Sugar 20g	Sugar 12g	Sugar 30g	Sugar 44g	Sugar 32g	Sugar 20g	Sugar 28g
Protein 75g	Protein 81g	Protein 114g	Protein 84g	Protein 87g	Protein 103g	Protein 110g
Cholesterol 204mg	Cholesterol 696mg	Cholesterol 470mg	Cholesterol 563mg	Cholesterol 582mg	Cholesterol 899mg	Cholesterol 590mg
Sodium 1537mg	Sodium 1890mg	Sodium 1408mg	Sodium 1067mg	Sodium 2162mg	Sodium 1745mg	Sodium 1587mg
Vitamin A 17866IU	Vitamin A 6586IU	Vitamin A 2135IU	Vitamin A 5305IU	Vitamin A 8064IU	Vitamin A 5286IU	Vitamin A 26908IU
Vitamin C 84mg	Vitamin C 64mg	Vitamin C 64mg	Vitamin C 99mg	Vitamin C 78mg	Vitamin C 114mg	Vitamin C 121mg
Calcium 538mg	Calcium 493mg	Calcium 910mg	Calcium 719mg	Calcium 367mg	Calcium 495mg	Calcium 722mg
Iron 9mg	Iron 12mg	Iron 7mg	Iron 7mg	Iron 10mg	Iron 8mg	Iron 14mg

Fruits

- 4 Apple
- 1/4 Avocado
- 1/2 Green Apple
- 3/4 Lemon
- 1/2 tsp Lemon Juice
- 2 Navel Orange
- 1 cup Raspberries

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1/8 tsp Black Pepper
- 1/4 tsp Cinnamon
- 1 tbsp Greek Seasoning
- 2 tbsps Hemp Seeds
- 1/2 tsp Italian Seasoning
- 1/3 cup Macadamia Nuts
- 1/4 tsp Red Pepper Flakes
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Walnuts

Frozen

- 2 cups Frozen Berries

Vegetables

- 9 cups Baby Spinach
- 1/2 bunch Broccoli
- 2 Carrot
- 1 1/2 cups Cherry Tomatoes
- 1 cup Coleslaw Mix
- 1 1/4 Cucumber
- 1 tbsp Fresh Dill
- 2 Garlic
- 1 1/4 cups Green Beans
- 2 stalks Green Onion
- 1/4 cup Mint Leaves
- 1 1/2 cups Mixed Greens
- 1 cup Mushrooms
- 1/2 cup Parsley
- 1/3 cup Red Onion
- 1/4 Tomato
- 1 1/2 Zucchini

Boxed & Canned

- 1 1/2 cans Tuna

Baking

- 3/4 tsp Nutritional Yeast
- 2 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 510 grams Chicken Breast
- 85 grams Deli Roast Beef
- 227 grams Extra Lean Ground Beef
- 113 grams Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 1/3 cup Goat Cheese
- 85 grams Prosciutto
- 227 grams Salmon Fillet
- 454 grams Shrimp
- 100 grams Smoked Salmon
- 2 slices Whole Grain Bread

Condiments & Oils

- 2 1/4 tbsps Avocado Oil
- 1 1/2 tbsps Balsamic Vinegar
- 3 3/4 tbsps Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 1 tbsp Pesto
- 2 tbsps Pickle
- 3/4 cup Pitted Kalamata Olives
- 1 1/2 tbsps Tamari
- 3/4 tsp Yellow Mustard

Cold

- 1/2 cup Cottage Cheese
- 14 Egg
- 1 tbsp Ghee
- 3 1/8 cups Plain Greek Yogurt
- 1 tbsp Unsweetened Almond Milk

Other

- 3 1/16 cups Water



Greek Yogurt

1 serving
5 minutes

Ingredients

1/2 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	90
Fat	2g
Carbs	6g
Fiber	0g
Sugar	3g
Protein	11g
Cholesterol	17mg
Sodium	70mg
Vitamin A	625IU
Vitamin C	7mg
Calcium	250mg
Iron	0mg

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Toppings: Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free: Use coconut, almond or cashew yogurt instead.



Raspberries

1 serving
3 minutes

Ingredients

1 cup Raspberries

Nutrition

Amount per serving	
Calories	64
Fat	1g
Carbs	15g
Fiber	8g
Sugar	5g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	41IU
Vitamin C	32mg
Calcium	31mg
Iron	1mg

Directions

- 1 Wash berries and enjoy!

Notes

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



Spinach, Feta & Olive Omelette

1 serving
10 minutes

Ingredients

- 1 tsp Ghee (divided)
- 1 1/2 cups Baby Spinach
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Pitted Kalamata Olives
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Parsley (optional, finely chopped, for topping)

Nutrition

Amount per serving	
Calories	262
Fat	20g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	17g
Cholesterol	399mg
Sodium	542mg
Vitamin A	5534IU
Vitamin C	23mg
Calcium	218mg
Iron	5mg

Directions

- 1 In a non-stick skillet over medium heat, add half the ghee. Once melted, add the spinach and cook until just wilted. Remove and set aside.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy.
- 3 Add the remaining ghee to the skillet. Pour the egg mixture into the skillet and let it cook until almost set. Place the spinach, olives and feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Garnish with parsley, if using, and enjoy!

Notes

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

Dairy-Free: Omit the feta and use a dairy free cheese instead. Use coconut oil instead of ghee.

No Olives: Use sun dried tomatoes instead.

Additional Toppings: Top with additional feta cheese, pine nuts, or your favorite fresh herbs.



Yogurt & Berries

1 serving
5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Nutrition

Amount per serving	
Calories	261
Fat	5g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	55mg
Calcium	526mg
Iron	2mg

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



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
Fat	14g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	14g
Cholesterol	382mg
Sodium	213mg
Vitamin A	6166IU
Vitamin C	17mg
Calcium	117mg
Iron	3mg

Directions

- 1 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.
- 2 In the same pan, cook your eggs. Season with sea salt and pepper.
- 3 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.



Veggie Goat Cheese Omelette

2 servings

15 minutes

Ingredients

- 1 tbsp Tamari
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Mushrooms (sliced)
- 1/4 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Baby Spinach
- 5 Egg
- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	323
Fat	23g
Carbs	8g
Fiber	2g
Sugar	3g
Protein	22g
Cholesterol	472mg
Sodium	799mg
Vitamin A	4129IU
Vitamin C	22mg
Calcium	137mg
Iron	4mg

Directions

- 1 Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
- 2 Whisk eggs together in a mixing bowl.
- 3 Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
- 4 Repeat with remaining ingredients to create another omelette. Enjoy!



Macadamia Nuts

1 serving
2 minutes

Ingredients

1/3 cup Macadamia Nuts

Nutrition

Amount per serving	
Calories	321
Fat	34g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	38mg
Iron	2mg

Directions

- 1 Divide between bowls and enjoy!



Toast with Cottage Cheese

1 serving
10 minutes

Ingredients

1/4 cup Cottage Cheese
1 slice Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	11g
Cholesterol	9mg
Sodium	323mg
Vitamin A	74IU
Vitamin C	0mg
Calcium	86mg
Iron	1mg

Directions

- 1 Spread cottage cheese evenly on the toasted bread and enjoy!

Notes

No Whole Grain Bread: Use any type of bread or a toasted slice of sweet potato.

More Toppings: Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage: Best enjoyed immediately as the bread will soften.



Almonds

1 serving
2 minutes

Ingredients

1/4 cup Almonds (raw)

Nutrition

Amount per serving	
Calories	207
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	0mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	96mg
Iron	1mg

Directions

- 1 Place in a bowl and enjoy!

Notes

Leftovers: Store in an airtight container in the pantry.

More Flavor: Roast, toast and/or season with salt.



Hard Boiled Eggs

1 serving
15 minutes

Ingredients

2 Egg

Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	142mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg

Directions

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

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

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



Prosciutto-Wrapped Apples

4 servings
10 minutes

Ingredients

- 2 Apple (cored and sliced)
- 85 grams Prosciutto (cut in half)
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	93
Fat	3g
Carbs	13g
Fiber	2g
Sugar	9g
Protein	6g
Cholesterol	15mg
Sodium	396mg
Vitamin A	60IU
Vitamin C	4mg
Calcium	6mg
Iron	0mg

Directions

- 1 Gently wrap the apple slices with prosciutto and top with dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Add lemon juice to the apples to keep them fresh longer, or slice just before enjoying.

Serving Size: One serving is roughly four pieces.

Additional Toppings: Ricotta or parmesan cheese.



Cucumber Tuna Bites

1 serving

5 minutes

Ingredients

- 1/2 can Tuna (flaked and drained)
- 1 tbsp Mayonnaise
- 1/2 Cucumber (large, sliced into rounds)

Nutrition

Amount per serving	
Calories	187
Fat	11g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	17g
Cholesterol	36mg
Sodium	294mg
Vitamin A	214IU
Vitamin C	4mg
Calcium	39mg
Iron	2mg

Directions

- 1 Add the tuna to a small bowl with the mayonnaise and mix together.
- 2 Top each cucumber round with a spoonful of the tuna mixture. Enjoy!

Notes

Leftovers: Refrigerate leftovers separately in a sealed container up to three days.

More Flavor: Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.

Additional Toppings: Top with some sprouts or microgreens.



Greek Chicken Salad

1 serving
45 minutes

Ingredients

- 1 1/2 tsps Greek Seasoning
- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 142 grams Chicken Breast (boneless, skinless)
- 3/4 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (diced)
- 1 tbsp Red Onion (finely diced)
- 1/4 cup Pitted Kalamata Olives (chopped)
- 2 1/4 tsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	376
Fat	21g
Carbs	13g
Fiber	2g
Sugar	7g
Protein	34g
Cholesterol	103mg
Sodium	1281mg
Vitamin A	1164IU
Vitamin C	23mg
Calcium	66mg
Iron	3mg

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs: Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover: Sprinkle with feta cheese.

No Greek Seasoning: Use Italian seasoning instead.



Ground Beef & Zucchini Noodles

1 serving
20 minutes

Ingredients

- 1/3 tsp Avocado Oil
- 113 grams Extra Lean Ground Beef
- 1/16 tsp Sea Salt
- 3/4 Zucchini (medium, spiralized into noodles)

Nutrition

Amount per serving	
Calories	240
Fat	14g
Carbs	5g
Fiber	1g
Sugar	4g
Protein	24g
Cholesterol	74mg
Sodium	234mg
Vitamin A	310IU
Vitamin C	26mg
Calcium	37mg
Iron	3mg

Directions

- 1 In a large pan, heat the oil over medium heat. Cook the beef, breaking it up as it cooks. Once it is cooked through, drain off any excess liquid and season with salt to taste.
- 2 Divide the ground beef and zucchini noodles onto plates or into containers. Enjoy!

Notes

Zucchini Noodles: Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

Vegetarian/Vegan: Use lentils instead of ground beef.

Storage: Refrigerate in an airtight container up to 3 days for the ground beef, and up to 4 to 5 days for the zucchini.

Serving Size: One serving is equal to approximately 1.5 to 2 cups of zucchini noodles and 1/2 cup of ground beef.



Walnut Crusted Salmon

1 serving
20 minutes

Ingredients

2 tbsps Walnuts (very finely chopped)
1/2 stalk Green Onion (very finely chopped)
1/8 tsp Sea Salt
1/4 tsp Italian Seasoning
1/4 tsp Lemon Juice
1/2 tsp Extra Virgin Olive Oil (divided)
113 grams Salmon Fillet
1/8 Lemon (optional for serving, cut into wedges)

Nutrition

Amount per serving	
Calories	281
Fat	19g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	25g
Cholesterol	62mg
Sodium	346mg
Vitamin A	285IU
Vitamin C	1mg
Calcium	32mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Stir in the lemon juice and half of the oil.
- 3 Rub the remaining oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily. Divide between plates and serve with lemon wedges, if using. Enjoy!

Notes

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

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.



Pesto Chicken Bake

1 serving
20 minutes

Ingredients

- 113 grams Chicken Breast (boneless, skinless)
- 1 tbsp Pesto
- 1/4 Tomato (sliced)

Nutrition

Amount per serving	
Calories	206
Fat	9g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	27g
Cholesterol	82mg
Sodium	157mg
Vitamin A	692IU
Vitamin C	4mg
Calcium	55mg
Iron	1mg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Cut each breast in half to make thin slices like cutlets. Transfer to the baking sheet and top each slice with pesto and tomato slices. Bake for 12 to 15 minutes or until cooked through. Enjoy!

Notes

No Pesto: Use hummus instead.

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



Simple Tuna Salad

1 serving
10 minutes

Ingredients

1 can Tuna (drained)
1/2 Green Apple (chopped)
1 stalk Green Onion (finely sliced)
1 tbsp Mayonnaise
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	287
Fat	12g
Carbs	12g
Fiber	3g
Sugar	9g
Protein	33g
Cholesterol	65mg
Sodium	498mg
Vitamin A	667IU
Vitamin C	2mg
Calcium	40mg
Iron	3mg

Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve: Enjoy alone, on crackers, on a sandwich, or over greens.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Fresh Mint Tea

2 servings
10 minutes

Ingredients

2 1/2 cups Water
1/4 cup Mint Leaves (stems removed)

Nutrition

Amount per serving	
Calories	2
Fat	0g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	0g
Cholesterol	0mg
Sodium	7mg
Vitamin A	136IU
Vitamin C	1mg
Calcium	37mg
Iron	0mg

Directions

- 1 Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

Notes

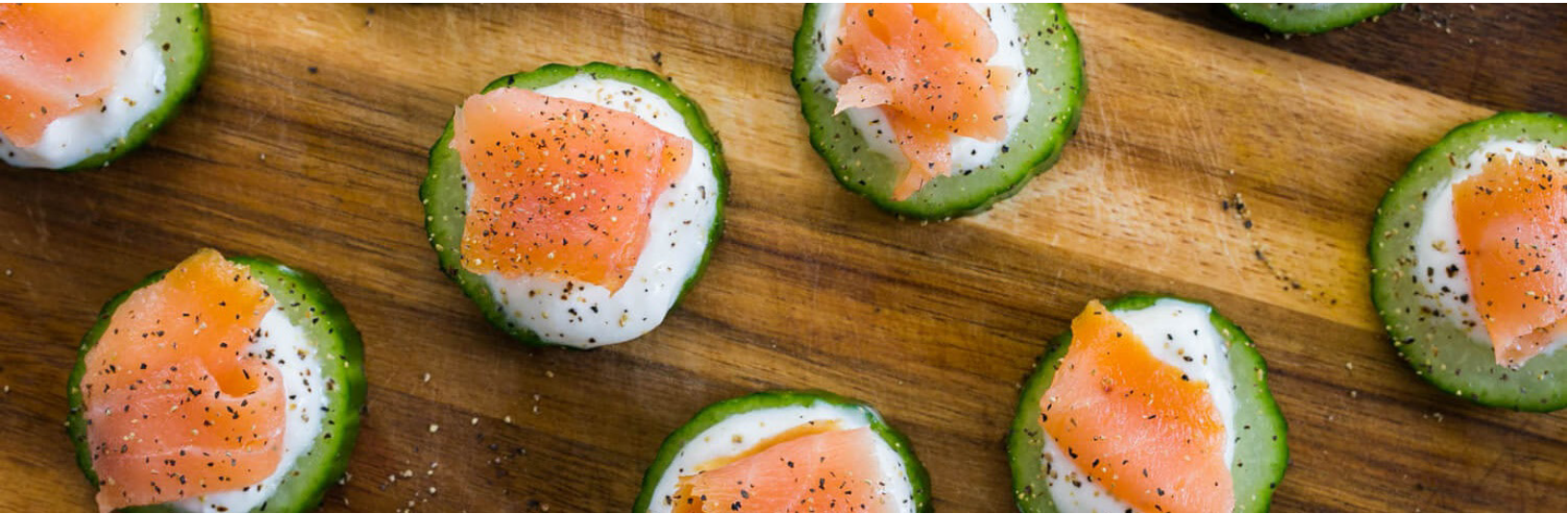
Leftovers: Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size: One serving equals approximately 1 3/4 cup.

More Flavor: Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

No Mint Leaves: Use peppermint or spearmint leaves instead.

Enjoy it Cold: Add ice cubes.



Salmon Cucumber Bites

1 serving

5 minutes

Ingredients

2 tbsps Plain Greek Yogurt
1/4 Cucumber (sliced)
50 grams Smoked Salmon (sliced)
1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	93
Fat	3g
Carbs	4g
Fiber	0g
Sugar	2g
Protein	12g
Cholesterol	16mg
Sodium	355mg
Vitamin A	281IU
Vitamin C	4mg
Calcium	82mg
Iron	1mg

Directions

1

Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Notes

No Greek Yogurt: Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg

Directions

- 1 Slice into wedges, or enjoy whole.



Apple Dips

1 serving

15 minutes

Ingredients

- 1/4 cup Plain Greek Yogurt
- 1 tbsp Unsweetened Shredded Coconut
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon
- 1/2 Apple (sliced)

Nutrition

Amount per serving	
Calories	182
Fat	10g
Carbs	18g
Fiber	3g
Sugar	11g
Protein	9g
Cholesterol	8mg
Sodium	38mg
Vitamin A	364IU
Vitamin C	8mg
Calcium	141mg
Iron	1mg

Directions

- 1 Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
- 2 Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
- 3 Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

Notes

Kid-Friendly: Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

Make it Sweeter: Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

No Coconut: Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

No Yogurt: Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.



Orange

2 servings

2 minutes

Ingredients

2 Navel Orange

Nutrition

Amount per serving	
Calories	69
Fat	0g
Carbs	18g
Fiber	3g
Sugar	12g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	346IU
Vitamin C	83mg
Calcium	60mg
Iron	0mg

Directions

- 1 Slice into wedges or peel and section. Enjoy!



Turkey & Carrots with Spinach

1 serving
25 minutes

Ingredients

- 1/2 cup Water
- 1 Carrot (peeled, chopped)
- 1 1/2 tsps Avocado Oil (divided)
- 113 grams Extra Lean Ground Turkey
- 2 cups Baby Spinach
- 3/4 tsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	279
Fat	17g
Carbs	9g
Fiber	4g
Sugar	3g
Protein	25g
Cholesterol	84mg
Sodium	176mg
Vitamin A	15900IU
Vitamin C	20mg
Calcium	116mg
Iron	3mg

Directions

- 1 In a medium saucepan, add the water and bring to a boil. Add the carrots and cook for 10 minutes or until soft. Drain and set aside.
- 2 While the carrots cook, heat half of the avocado oil in a pan over medium heat and add the ground turkey. Use a spatula to break it up as it browns. Cook for 8 to 10 minutes, until no pink remains. Once cooked, drain the fat and set aside.
- 3 In the same pan, add in the other half of the avocado oil and the spinach. Sauté the spinach until it has wilted, about 2 to 3 minutes. Season with the nutritional yeast.
- 4 Divide between plates, or into containers if on-the-go. Enjoy!

Notes

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

No Spinach: Use another leafy green like Swiss chard or kale instead.

Make it Vegan: Use black beans or lentils instead of ground turkey.



Smoked Salmon Salad

1 serving
15 minutes

Ingredients

- 1 Egg
- 1 1/2 cups Mixed Greens
- 50 grams Smoked Salmon (sliced)
- 1/4 Avocado (sliced)
- 1 tbsp Avocado Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	344
Fat	28g
Carbs	6g
Fiber	4g
Sugar	1g
Protein	17g
Cholesterol	198mg
Sodium	436mg
Vitamin A	387IU
Vitamin C	11mg
Calcium	70mg
Iron	2mg

Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 2 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Notes

Extra Topping Suggestions: Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon: Replace with the protein of your choice.

No Avocado Oil: Use Extra Virgin Olive Oil instead.



Shrimp & Green Beans

1 serving
20 minutes

Ingredients

3/4 tsp Avocado Oil (divided)
2/3 cup Green Beans (trimmed)
227 grams Shrimp (raw, peeled and deveined)
1/16 tsp Sea Salt
3/4 tsp Tamari
1/8 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	247
Fat	5g
Carbs	5g
Fiber	2g
Sugar	2g
Protein	47g
Cholesterol	365mg
Sodium	599mg
Vitamin A	525IU
Vitamin C	8mg
Calcium	170mg
Iron	2mg

Directions

- 1 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 2 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 2 to 3 days.

Serve It With: Rice, quinoa, polenta, spaghetti squash, couscous, sweet potatoes or zucchini noodles.

No Tamari: Use soy sauce or coconut aminos instead.



Roast Beef Plate with Coleslaw & Pickles

1 serving
10 minutes

Ingredients

- 1 cup Coleslaw Mix
- 3 tbsps Mayonnaise
- 3/4 tsp Yellow Mustard
- 1 tbsp Unsweetened Almond Milk
- 85 grams Deli Roast Beef (sliced)
- 2 tbsps Pickle (sliced)

Nutrition

Amount per serving	
Calories	419
Fat	35g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	21g
Cholesterol	75mg
Sodium	626mg
Vitamin A	2725IU
Vitamin C	32mg
Calcium	71mg
Iron	2mg

Directions

- 1 In a large mixing bowl, combine the coleslaw mix, mayonnaise, mustard and milk.
- 2 Divide the coleslaw, roast beef and pickles onto plates or into containers if on-the-go. Enjoy!

Notes

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

Egg-Free: Use vegan mayonnaise or greek yogurt instead of mayo.

Nut-Free: Use any alternative milk such as oat, coconut or hemp milk, instead of almond milk.



Chicken, Carrots & Broccolini

1 serving
30 minutes

Ingredients

- 1/2 bunch Broccolini (trimmed)
- 1 Carrot (large, sliced into rounds)
- 1 1/2 tsps Extra Virgin Olive Oil
- 113 grams Chicken Breast (boneless, skinless)

Nutrition













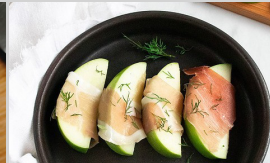























Amount per serving	
Calories	275
Fat	11g
Carbs	13g
Fiber	8g
Sugar	4g
Protein	34g
Cholesterol	82mg
Sodium	215mg
Vitamin A	20129IU
Vitamin C	84mg
Calcium	284mg
Iron	3mg






















Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 3 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 4 Remove the chicken and shred into pieces using two forks.
- 5 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

Notes

No Broccolini: Use regular broccoli or cauliflower instead.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Greek Yogurt  Raspberries	 Spinach, Feta & Olive Omelette	 Yogurt & Berries	 Yogurt & Berries	 Fried Eggs & Steamed Spinach	 Veggie Goat Cheese Omelette	 Spinach, Feta & Olive Omelette
Snack 1	 Macadamia Nuts	 Toast with Cottage Cheese	 Almonds	 Hard Boiled Eggs	 Prosciutto-Wrapped Apples	 Almonds	 Cucumber Tuna Bites
Lunch	 Greek Chicken Salad	 Ground Beef & Zucchini Noodles	 Walnut Crusted Salmon	 Pesto Chicken Bake	 Ground Beef & Zucchini Noodles	 Walnut Crusted Salmon	 Simple Tuna Salad
Snack 2	 Fresh Mint Tea	 Salmon Cucumber Bites	 Toast with Cottage Cheese	 Apple	 Apple Dips	 Orange	 Apple Dips
Dinner	 Turkey & Carrots with Spinach	 Smoked Salmon Salad	 Shrimp & Green Beans	 Roast Beef Plate with Coleslaw & Pickles	 Greek Chicken Salad	 Shrimp & Green Beans	 Chicken, Carrots & Broccolini

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  58%	Fat  56%	Fat  39%	Fat  47%	Fat  50%	Fat  50%	Fat  47%
Carbs  17%	Carbs  15%	Carbs  23%	Carbs  23%	Carbs  19%	Carbs  14%	Carbs  17%
Protein  25%	Protein  29%	Protein  38%	Protein  30%	Protein  31%	Protein  36%	Protein  36%
Calories 1132	Calories 1100	Calories 1157	Calories 1124	Calories 1084	Calories 1127	Calories 1193
Fat 75g	Fat 69g	Fat 51g	Fat 59g	Fat 62g	Fat 65g	Fat 64g
Carbs 49g	Carbs 40g	Carbs 67g	Carbs 66g	Carbs 52g	Carbs 41g	Carbs 54g
Fiber 18g	Fiber 10g	Fiber 15g	Fiber 12g	Fiber 9g	Fiber 12g	Fiber 17g
Sugar 20g	Sugar 12g	Sugar 30g	Sugar 44g	Sugar 32g	Sugar 20g	Sugar 28g
Protein 75g	Protein 81g	Protein 114g	Protein 84g	Protein 87g	Protein 103g	Protein 110g
Cholesterol 204mg	Cholesterol 696mg	Cholesterol 470mg	Cholesterol 563mg	Cholesterol 582mg	Cholesterol 899mg	Cholesterol 590mg
Sodium 1537mg	Sodium 1890mg	Sodium 1408mg	Sodium 1067mg	Sodium 2162mg	Sodium 1745mg	Sodium 1587mg
Vitamin A 17866IU	Vitamin A 6586IU	Vitamin A 2135IU	Vitamin A 5305IU	Vitamin A 8064IU	Vitamin A 5286IU	Vitamin A 26908IU
Vitamin C 84mg	Vitamin C 64mg	Vitamin C 64mg	Vitamin C 99mg	Vitamin C 78mg	Vitamin C 114mg	Vitamin C 121mg
Calcium 538mg	Calcium 493mg	Calcium 910mg	Calcium 719mg	Calcium 367mg	Calcium 495mg	Calcium 722mg
Iron 9mg	Iron 12mg	Iron 7mg	Iron 7mg	Iron 10mg	Iron 8mg	Iron 14mg

Fruits

- 4 Apple
- 1/4 Avocado
- 1/2 Green Apple
- 3/4 Lemon
- 1/2 tsp Lemon Juice
- 2 Navel Orange
- 1 cup Raspberries

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1/8 tsp Black Pepper
- 1/4 tsp Cinnamon
- 1 tbsp Greek Seasoning
- 2 tbsps Hemp Seeds
- 1/2 tsp Italian Seasoning
- 1/3 cup Macadamia Nuts
- 1/4 tsp Red Pepper Flakes
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Walnuts

Frozen

- 2 cups Frozen Berries

Vegetables

- 9 cups Baby Spinach
- 1/2 bunch Broccoli
- 2 Carrot
- 1 1/2 cups Cherry Tomatoes
- 1 cup Coleslaw Mix
- 1 1/4 Cucumber
- 1 tbsp Fresh Dill
- 2 Garlic
- 1 1/4 cups Green Beans
- 2 stalks Green Onion
- 1/4 cup Mint Leaves
- 1 1/2 cups Mixed Greens
- 1 cup Mushrooms
- 1/2 cup Parsley
- 1/3 cup Red Onion
- 1/4 Tomato
- 1 1/2 Zucchini

Boxed & Canned

- 1 1/2 cans Tuna

Baking

- 3/4 tsp Nutritional Yeast
- 2 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 510 grams Chicken Breast
- 85 grams Deli Roast Beef
- 227 grams Extra Lean Ground Beef
- 113 grams Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 1/3 cup Goat Cheese
- 85 grams Prosciutto
- 227 grams Salmon Fillet
- 454 grams Shrimp
- 100 grams Smoked Salmon
- 2 slices Whole Grain Bread

Condiments & Oils

- 2 1/4 tbsps Avocado Oil
- 1 1/2 tbsps Balsamic Vinegar
- 3 3/4 tbsps Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 1 tbsp Pesto
- 2 tbsps Pickle
- 3/4 cup Pitted Kalamata Olives
- 1 1/2 tbsps Tamari
- 3/4 tsp Yellow Mustard

Cold

- 1/2 cup Cottage Cheese
- 14 Egg
- 1 tbsp Ghee
- 3 1/8 cups Plain Greek Yogurt
- 1 tbsp Unsweetened Almond Milk

Other

- 3 1/16 cups Water



Greek Yogurt

1 serving
5 minutes

Ingredients

1/2 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	90
Fat	2g
Carbs	6g
Fiber	0g
Sugar	3g
Protein	11g
Cholesterol	17mg
Sodium	70mg
Vitamin A	625IU
Vitamin C	7mg
Calcium	250mg
Iron	0mg

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Toppings: Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

Dairy-Free: Use coconut, almond or cashew yogurt instead.



Raspberries

1 serving
3 minutes

Ingredients

1 cup Raspberries

Nutrition

Amount per serving	
Calories	64
Fat	1g
Carbs	15g
Fiber	8g
Sugar	5g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	41IU
Vitamin C	32mg
Calcium	31mg
Iron	1mg

Directions

- 1 Wash berries and enjoy!

Notes

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



Spinach, Feta & Olive Omelette

1 serving
10 minutes

Ingredients

- 1 tsp Ghee (divided)
- 1 1/2 cups Baby Spinach
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Pitted Kalamata Olives
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Parsley (optional, finely chopped, for topping)

Nutrition

Amount per serving	
Calories	262
Fat	20g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	17g
Cholesterol	399mg
Sodium	542mg
Vitamin A	5534IU
Vitamin C	23mg
Calcium	218mg
Iron	5mg

Directions

- 1 In a non-stick skillet over medium heat, add half the ghee. Once melted, add the spinach and cook until just wilted. Remove and set aside.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy.
- 3 Add the remaining ghee to the skillet. Pour the egg mixture into the skillet and let it cook until almost set. Place the spinach, olives and feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Garnish with parsley, if using, and enjoy!

Notes

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

Dairy-Free: Omit the feta and use a dairy free cheese instead. Use coconut oil instead of ghee.

No Olives: Use sun dried tomatoes instead.

Additional Toppings: Top with additional feta cheese, pine nuts, or your favorite fresh herbs.



Yogurt & Berries

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Nutrition

Amount per serving	
Calories	261
Fat	5g
Carbs	32g
Fiber	5g
Sugar	21g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	55mg
Calcium	526mg
Iron	2mg

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



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
Fat	14g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	14g
Cholesterol	382mg
Sodium	213mg
Vitamin A	6166IU
Vitamin C	17mg
Calcium	117mg
Iron	3mg

Directions

- 1 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.
- 2 In the same pan, cook your eggs. Season with sea salt and pepper.
- 3 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.



Veggie Goat Cheese Omelette

2 servings

15 minutes

Ingredients

- 1 tbsp Tamari
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Mushrooms (sliced)
- 1/4 cup Red Onion (diced)
- 2 Garlic (cloves, minced)
- 2 cups Baby Spinach
- 5 Egg
- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	323
Fat	23g
Carbs	8g
Fiber	2g
Sugar	3g
Protein	22g
Cholesterol	472mg
Sodium	799mg
Vitamin A	4129IU
Vitamin C	22mg
Calcium	137mg
Iron	4mg

Directions

- 1 Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 5 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and saute just until wilted. Remove from heat and transfer into a bowl.
- 2 Whisk eggs together in a mixing bowl.
- 3 Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
- 4 Repeat with remaining ingredients to create another omelette. Enjoy!



Macadamia Nuts

1 serving
2 minutes

Ingredients

1/3 cup Macadamia Nuts

Nutrition

Amount per serving	
Calories	321
Fat	34g
Carbs	6g
Fiber	4g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	38mg
Iron	2mg

Directions

- 1 Divide between bowls and enjoy!



Toast with Cottage Cheese

1 serving
10 minutes

Ingredients

1/4 cup Cottage Cheese
1 slice Whole Grain Bread (toasted)

Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	20g
Fiber	3g
Sugar	4g
Protein	11g
Cholesterol	9mg
Sodium	323mg
Vitamin A	74IU
Vitamin C	0mg
Calcium	86mg
Iron	1mg

Directions

- 1 Spread cottage cheese evenly on the toasted bread and enjoy!

Notes

No Whole Grain Bread: Use any type of bread or a toasted slice of sweet potato.

More Toppings: Add a drizzle of honey, maple syrup, fresh fruit, bee pollen, cucumbers, avocado, tomato slices, hemp hearts or pomegranate seeds.

Storage: Best enjoyed immediately as the bread will soften.



Almonds

1 serving
2 minutes

Ingredients

1/4 cup Almonds (raw)

Nutrition

Amount per serving	
Calories	207
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	0mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	96mg
Iron	1mg

Directions

- 1 Place in a bowl and enjoy!

Notes

Leftovers: Store in an airtight container in the pantry.

More Flavor: Roast, toast and/or season with salt.



Hard Boiled Eggs

1 serving
15 minutes

Ingredients

2 Egg

Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g
Cholesterol	372mg
Sodium	142mg
Vitamin A	540IU
Vitamin C	0mg
Calcium	56mg
Iron	2mg

Directions

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

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

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



Prosciutto-Wrapped Apples

4 servings
10 minutes

Ingredients

- 2 Apple (cored and sliced)
- 85 grams Prosciutto (cut in half)
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	93
Fat	3g
Carbs	13g
Fiber	2g
Sugar	9g
Protein	6g
Cholesterol	15mg
Sodium	396mg
Vitamin A	60IU
Vitamin C	4mg
Calcium	6mg
Iron	0mg

Directions

- 1 Gently wrap the apple slices with prosciutto and top with dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Add lemon juice to the apples to keep them fresh longer, or slice just before enjoying.

Serving Size: One serving is roughly four pieces.

Additional Toppings: Ricotta or parmesan cheese.



Cucumber Tuna Bites

1 serving

5 minutes

Ingredients

- 1/2 can Tuna (flaked and drained)
- 1 tbsp Mayonnaise
- 1/2 Cucumber (large, sliced into rounds)

Nutrition

Amount per serving	
Calories	187
Fat	11g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	17g
Cholesterol	36mg
Sodium	294mg
Vitamin A	214IU
Vitamin C	4mg
Calcium	39mg
Iron	2mg

Directions

- 1 Add the tuna to a small bowl with the mayonnaise and mix together.
- 2 Top each cucumber round with a spoonful of the tuna mixture. Enjoy!

Notes

Leftovers: Refrigerate leftovers separately in a sealed container up to three days.

More Flavor: Add spices or herbs to the tuna mixture such as chili flakes, cayenne, dill or parsley.

Additional Toppings: Top with some sprouts or microgreens.



Greek Chicken Salad

1 serving
45 minutes

Ingredients

- 1 1/2 tsps Greek Seasoning
- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 142 grams Chicken Breast (boneless, skinless)
- 3/4 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (diced)
- 1 tbsp Red Onion (finely diced)
- 1/4 cup Pitted Kalamata Olives (chopped)
- 2 1/4 tsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	376
Fat	21g
Carbs	13g
Fiber	2g
Sugar	7g
Protein	34g
Cholesterol	103mg
Sodium	1281mg
Vitamin A	1164IU
Vitamin C	23mg
Calcium	66mg
Iron	3mg

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

Notes

- More Carbs:** Mix quinoa into the salad or serve with roasted potatoes.
- Cheese Lover:** Sprinkle with feta cheese.
- No Greek Seasoning:** Use Italian seasoning instead.



Ground Beef & Zucchini Noodles

1 serving
20 minutes

Ingredients

- 1/3 tsp Avocado Oil
- 113 grams Extra Lean Ground Beef
- 1/16 tsp Sea Salt
- 3/4 Zucchini (medium, spiralized into noodles)

Nutrition

Amount per serving	
Calories	240
Fat	14g
Carbs	5g
Fiber	1g
Sugar	4g
Protein	24g
Cholesterol	74mg
Sodium	234mg
Vitamin A	310IU
Vitamin C	26mg
Calcium	37mg
Iron	3mg

Directions

- 1 In a large pan, heat the oil over medium heat. Cook the beef, breaking it up as it cooks. Once it is cooked through, drain off any excess liquid and season with salt to taste.
- 2 Divide the ground beef and zucchini noodles onto plates or into containers. Enjoy!

Notes

Zucchini Noodles: Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

Vegetarian/Vegan: Use lentils instead of ground beef.

Storage: Refrigerate in an airtight container up to 3 days for the ground beef, and up to 4 to 5 days for the zucchini.

Serving Size: One serving is equal to approximately 1.5 to 2 cups of zucchini noodles and 1/2 cup of ground beef.



Walnut Crusted Salmon

1 serving
20 minutes

Ingredients

2 tbsps Walnuts (very finely chopped)
1/2 stalk Green Onion (very finely chopped)
1/8 tsp Sea Salt
1/4 tsp Italian Seasoning
1/4 tsp Lemon Juice
1/2 tsp Extra Virgin Olive Oil (divided)
113 grams Salmon Fillet
1/8 Lemon (optional for serving, cut into wedges)

Nutrition

Amount per serving	
Calories	281
Fat	19g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	25g
Cholesterol	62mg
Sodium	346mg
Vitamin A	285IU
Vitamin C	1mg
Calcium	32mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Stir in the lemon juice and half of the oil.
- 3 Rub the remaining oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily. Divide between plates and serve with lemon wedges, if using. Enjoy!

Notes

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

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.



Pesto Chicken Bake

1 serving
20 minutes

Ingredients

113 grams Chicken Breast (boneless, skinless)
1 tbsp Pesto
1/4 Tomato (sliced)

Nutrition

Amount per serving	
Calories	206
Fat	9g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	27g
Cholesterol	82mg
Sodium	157mg
Vitamin A	692IU
Vitamin C	4mg
Calcium	55mg
Iron	1mg

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Cut each breast in half to make thin slices like cutlets. Transfer to the baking sheet and top each slice with pesto and tomato slices. Bake for 12 to 15 minutes or until cooked through. Enjoy!

Notes

No Pesto: Use hummus instead.

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



Simple Tuna Salad

1 serving
10 minutes

Ingredients

1 can Tuna (drained)
1/2 Green Apple (chopped)
1 stalk Green Onion (finely sliced)
1 tbsp Mayonnaise
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	287
Fat	12g
Carbs	12g
Fiber	3g
Sugar	9g
Protein	33g
Cholesterol	65mg
Sodium	498mg
Vitamin A	667IU
Vitamin C	2mg
Calcium	40mg
Iron	3mg

Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!

Notes

How to Serve: Enjoy alone, on crackers, on a sandwich, or over greens.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Fresh Mint Tea

2 servings
10 minutes

Ingredients

2 1/2 cups Water
1/4 cup Mint Leaves (stems removed)

Nutrition

Amount per serving	
Calories	2
Fat	0g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	0g
Cholesterol	0mg
Sodium	7mg
Vitamin A	136IU
Vitamin C	1mg
Calcium	37mg
Iron	0mg

Directions

- 1 Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

Notes

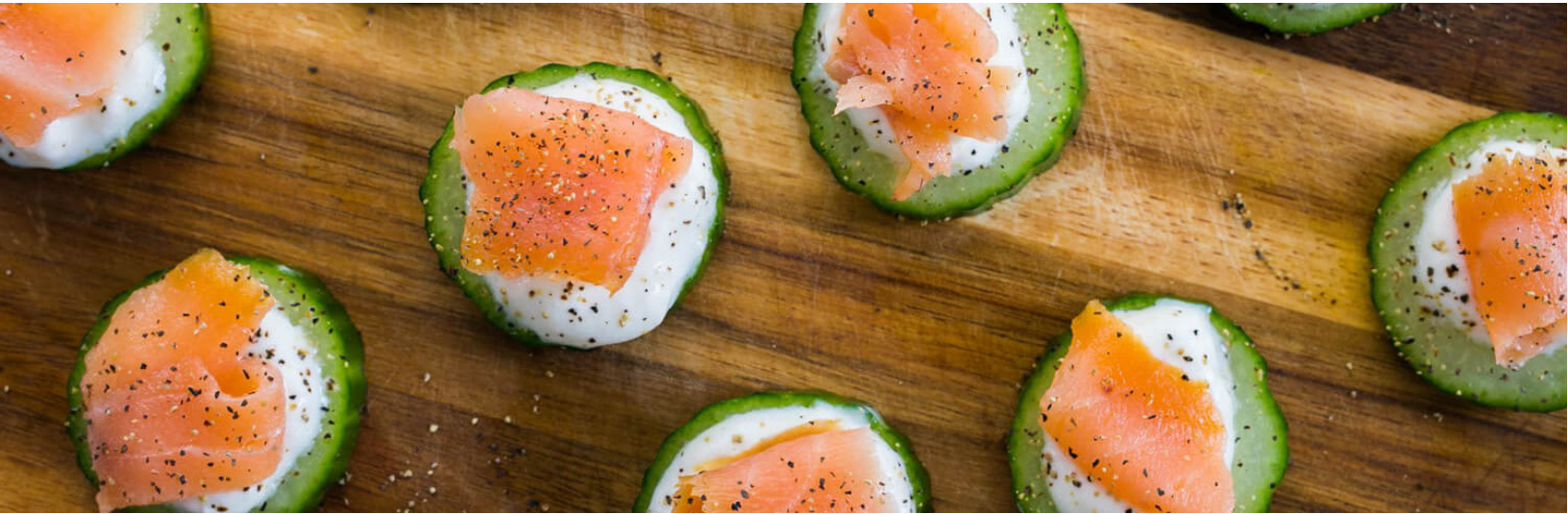
Leftovers: Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size: One serving equals approximately 1 3/4 cup.

More Flavor: Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

No Mint Leaves: Use peppermint or spearmint leaves instead.

Enjoy it Cold: Add ice cubes.



Salmon Cucumber Bites

1 serving

5 minutes

Ingredients

2 tbsps Plain Greek Yogurt
1/4 Cucumber (sliced)
50 grams Smoked Salmon (sliced)
1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	93
Fat	3g
Carbs	4g
Fiber	0g
Sugar	2g
Protein	12g
Cholesterol	16mg
Sodium	355mg
Vitamin A	281IU
Vitamin C	4mg
Calcium	82mg
Iron	1mg

Directions

1

Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Notes

No Greek Yogurt: Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.



Apple

1 serving
2 minutes

Ingredients

1 Apple

Nutrition

Amount per serving	
Calories	95
Fat	0g
Carbs	25g
Fiber	4g
Sugar	19g
Protein	0g
Cholesterol	0mg
Sodium	2mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	11mg
Iron	0mg

Directions

- 1 Slice into wedges, or enjoy whole.



Apple Dips

1 serving
15 minutes

Ingredients

- 1/4 cup Plain Greek Yogurt
- 1 tbsp Unsweetened Shredded Coconut
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon
- 1/2 Apple (sliced)

Nutrition

Amount per serving	
Calories	182
Fat	10g
Carbs	18g
Fiber	3g
Sugar	11g
Protein	9g
Cholesterol	8mg
Sodium	38mg
Vitamin A	364IU
Vitamin C	8mg
Calcium	141mg
Iron	1mg

Directions

- 1 Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
- 2 Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
- 3 Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

Notes

Kid-Friendly: Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

Make it Sweeter: Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

No Coconut: Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

No Yogurt: Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.



Orange

2 servings

2 minutes

Ingredients

2 Navel Orange

Nutrition

Amount per serving	
Calories	69
Fat	0g
Carbs	18g
Fiber	3g
Sugar	12g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	346IU
Vitamin C	83mg
Calcium	60mg
Iron	0mg

Directions

- 1 Slice into wedges or peel and section. Enjoy!



Turkey & Carrots with Spinach

1 serving
25 minutes

Ingredients

- 1/2 cup Water
- 1 Carrot (peeled, chopped)
- 1 1/2 tsps Avocado Oil (divided)
- 113 grams Extra Lean Ground Turkey
- 2 cups Baby Spinach
- 3/4 tsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	279
Fat	17g
Carbs	9g
Fiber	4g
Sugar	3g
Protein	25g
Cholesterol	84mg
Sodium	176mg
Vitamin A	15900IU
Vitamin C	20mg
Calcium	116mg
Iron	3mg

Directions

- 1 In a medium saucepan, add the water and bring to a boil. Add the carrots and cook for 10 minutes or until soft. Drain and set aside.
- 2 While the carrots cook, heat half of the avocado oil in a pan over medium heat and add the ground turkey. Use a spatula to break it up as it browns. Cook for 8 to 10 minutes, until no pink remains. Once cooked, drain the fat and set aside.
- 3 In the same pan, add in the other half of the avocado oil and the spinach. Sauté the spinach until it has wilted, about 2 to 3 minutes. Season with the nutritional yeast.
- 4 Divide between plates, or into containers if on-the-go. Enjoy!

Notes

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

No Spinach: Use another leafy green like Swiss chard or kale instead.

Make it Vegan: Use black beans or lentils instead of ground turkey.



Smoked Salmon Salad

1 serving
15 minutes

Ingredients

- 1 Egg
- 1 1/2 cups Mixed Greens
- 50 grams Smoked Salmon (sliced)
- 1/4 Avocado (sliced)
- 1 tbsp Avocado Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	344
Fat	28g
Carbs	6g
Fiber	4g
Sugar	1g
Protein	17g
Cholesterol	198mg
Sodium	436mg
Vitamin A	387IU
Vitamin C	11mg
Calcium	70mg
Iron	2mg

Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 2 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Notes

Extra Topping Suggestions: Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon: Replace with the protein of your choice.

No Avocado Oil: Use Extra Virgin Olive Oil instead.



Shrimp & Green Beans

1 serving
20 minutes

Ingredients

3/4 tsp Avocado Oil (divided)
2/3 cup Green Beans (trimmed)
227 grams Shrimp (raw, peeled and deveined)
1/16 tsp Sea Salt
3/4 tsp Tamari
1/8 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	247
Fat	5g
Carbs	5g
Fiber	2g
Sugar	2g
Protein	47g
Cholesterol	365mg
Sodium	599mg
Vitamin A	525IU
Vitamin C	8mg
Calcium	170mg
Iron	2mg

Directions

- 1 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 2 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 2 to 3 days.

Serve It With: Rice, quinoa, polenta, spaghetti squash, couscous, sweet potatoes or zucchini noodles.

No Tamari: Use soy sauce or coconut aminos instead.



Roast Beef Plate with Coleslaw & Pickles

1 serving
10 minutes

Ingredients

- 1 cup Coleslaw Mix
- 3 tbsps Mayonnaise
- 3/4 tsp Yellow Mustard
- 1 tbsp Unsweetened Almond Milk
- 85 grams Deli Roast Beef (sliced)
- 2 tbsps Pickle (sliced)

Nutrition

Amount per serving	
Calories	419
Fat	35g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	21g
Cholesterol	75mg
Sodium	626mg
Vitamin A	2725IU
Vitamin C	32mg
Calcium	71mg
Iron	2mg

Directions

- 1 In a large mixing bowl, combine the coleslaw mix, mayonnaise, mustard and milk.
- 2 Divide the coleslaw, roast beef and pickles onto plates or into containers if on-the-go. Enjoy!

Notes

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

Egg-Free: Use vegan mayonnaise or greek yogurt instead of mayo.

Nut-Free: Use any alternative milk such as oat, coconut or hemp milk, instead of almond milk.



Chicken, Carrots & Broccolini

1 serving
30 minutes

Ingredients

- 1/2 bunch Broccolini (trimmed)
- 1 Carrot (large, sliced into rounds)
- 1 1/2 tsps Extra Virgin Olive Oil
- 113 grams Chicken Breast (boneless, skinless)

Nutrition

Amount per serving	
Calories	275
Fat	11g
Carbs	13g
Fiber	8g
Sugar	4g
Protein	34g
Cholesterol	82mg
Sodium	215mg
Vitamin A	20129IU
Vitamin C	84mg
Calcium	284mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 3 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 4 Remove the chicken and shred into pieces using two forks.
- 5 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

Notes

No Broccolini: Use regular broccoli or cauliflower instead.