



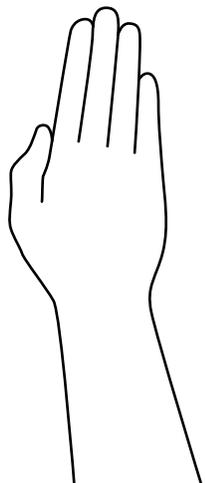
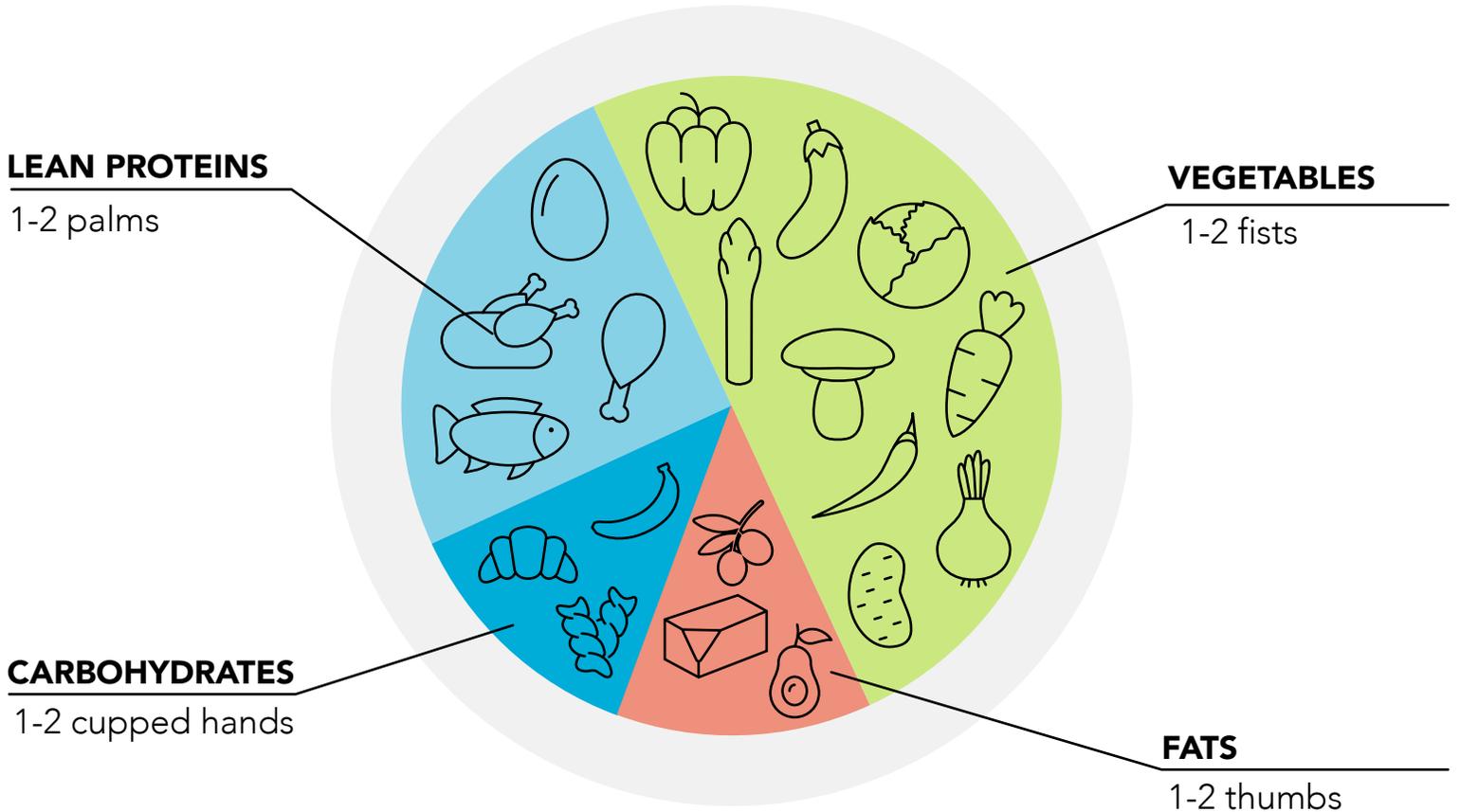
# RECIPE BOOK

CREATED BY Q SCIENCES

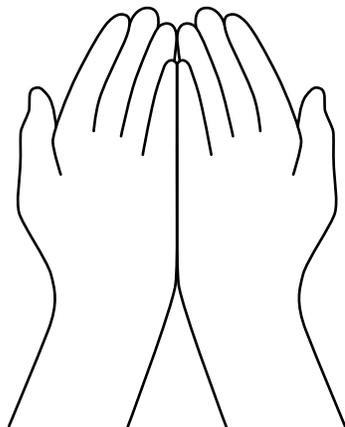


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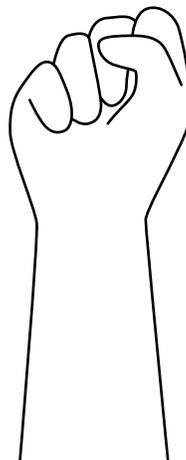
# PLATE & HAND METHOD



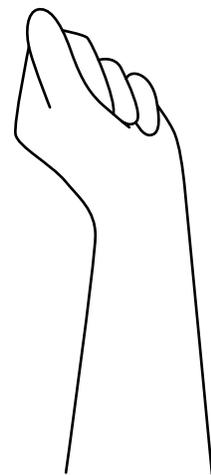
**PROTEIN**



**VEGGIES**



**CARBS**



**FAT**



# WHAT'S ON THE MENU

Take your total macros and divide them by the number of meals you eat per day. This will give you targets to hit per meal. Assuming you drink a protein shake post workout, add one additional meal to the protein calculation.

**PROTEIN:** \_\_\_\_\_ /4 = \_\_\_\_\_ • **CARBS:** \_\_\_\_\_ /3 = \_\_\_\_\_ • **FATS:** \_\_\_\_\_ /3 = \_\_\_\_\_

## BREAKFAST

MON	TUES	WED	THURS	FRI	SAT	SUN

## LUNCH

MON	TUES	WED	THURS	FRI	SAT	SUN

## DINNER

MON	TUES	WED	THURS	FRI	SAT	SUN

## SNACK OPTIONS:

- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_

What events/activities do you have this week where you might not be able to accurately track? How can you plan for those events?

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What day will you do your grocery shopping: \_\_\_\_\_

What day will you do your food prep: \_\_\_\_\_



# GROCERY LIST

## VEGETABLES:

- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
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## FRUITS:

- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_

## MEAT & PROTEIN:

- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_

## FISH & SEAFOOD:

- + \_\_\_\_\_
- + \_\_\_\_\_

## EGGS, DAIRY, & NUT MILKS:

- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_

## NUTS & SEEDS:

- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_

## MISCELLANEOUS:

- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
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- + \_\_\_\_\_
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## SPICES:

- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_
- + \_\_\_\_\_

## SUPPLEMENTS:

- + \_\_\_\_\_
- + \_\_\_\_\_



# ***BREAKFAST***



# VEGGIE SCRAMBLE WITH STRAWBERRIES



7 Ingredients



15 Minutes



4 Servings



## INGREDIENTS

- + 16 Eggs
- + 1/2 tsp Sea Salt (divided)
- + 1 1/3 tbsp Extra Virgin Olive Oil
- + 4 Red Bell Peppers (finely chopped)
- + 4 Tomatoes (medium, diced)
- + 4 stalks Green Onion (chopped)
- + 4 cups Strawberries (chopped)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 424
- + **Fat** 25g
- + **Carbs** 24g
- + **Fiber** 7g
- + **Sugar** 13g
- + **Protein** 29g
- + **Sodium** 634mg

## DIRECTIONS

- 1.** Whisk eggs in a bowl and season with half of the salt. Set aside.
- 2.** Heat oil in pan over medium heat. Cook the peppers for five minutes or until tender and just browned. Add tomatoes and green onions and cook for two to three minutes more until tomatoes have softened. Season vegetables with remaining salt.
- 3.** Push the vegetable mixture to one side of pan and pour eggs into the empty side. Stir eggs frequently and mix with the vegetables once the eggs are cooked through. Serve with strawberries and enjoy!

## NOTES

- + **Leftovers:** Best enjoyed immediately.
- + **More Flavor:** Add dried herbs and spices like garlic powder or parsley.
- + **No Red Pepper:** Use any color of bell pepper.
- + **Like it Spicy:** Add red pepper flakes or jalapeno pepper.
- + **No Strawberries:** Serve with your choice of fruit.

# VANILLA PROTEIN PANCAKES



4 Ingredients



15 Minutes



2 Servings



## INGREDIENTS

- + 2 Bananas (plus extra for topping)
- + 4 Eggs
- + 1/2 cup Vanilla Protein Powder
- + 1 tbsp Coconut Oil

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 394
- + **Fat** 17g
- + **Carbs** 29g
- + **Fiber** 4g
- + **Sugar** 15g
- + **Protein** 33g
- + **Sodium** 181mg

## DIRECTIONS

- 1.** In a large bowl, mash the bananas. Add eggs and protein powder. Mix well until a batter forms.
- 2.** Melt coconut oil in a large skillet over medium heat. Once hot, pour batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all batter is used.
- 3.** Plate and top with additional banana slices. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to one month.
- + **Serving Size:** One serving is approximately two pancakes.
- + **Additional Toppings:** Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts.

# ENGLISH MUFFIN BREAKFAST PIZZAS



6 Ingredients



15 Minutes



4 Servings



## INGREDIENTS

- + 2 cups Egg Whites
- + 1/4 cup Water
- + 6 cups Baby Spinach
- + 8 oz English Muffin (sliced in half)
- + 1/2 cup Salsa
- + 4 oz Mozzarella Cheese (shredded)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 253 | + <b>Sugar</b> 3g     |
| + <b>Fat</b> 6g       | + <b>Protein</b> 23g  |
| + <b>Carbs</b> 33g    | + <b>Sodium</b> 798mg |
| + <b>Fiber</b> 10g    |                       |

## DIRECTIONS

- 1.** Pour egg whites into a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 2.** Heat water in a separate pan and add spinach. Cook one to two minutes or until wilted.
- 3.** Top English muffin slices with spinach, scrambled egg whites, salsa, and mozzarella. Broil in oven until cheese is melted and golden brown. Enjoy!

## NOTES

- + **Leftovers:** Best enjoyed immediately. Can be refrigerated in an airtight container for up to two days.
- + **Gluten-Free:** Use gluten-free bread, rice cakes, or brown rice tortillas instead of English muffins.
- + **Additional Toppings:** Salt, crushed red pepper flakes, dried parsley, fresh basil and/or dried oregano. Top with your favorite pizza toppings.
- + **Make it Vegan:** Substitute in scrambled tofu and vegan cheese.
- + **English Muffin:** One English muffin is roughly two ounces or 57 grams.



# CINNAMON PEAR OATMEAL



6 Ingredients



15 Minutes



4 Servings



## INGREDIENTS

- + 2 Pear (sliced)
- + 1/2 tsp Cinnamon
- + 2 cups Oats (rolled)
- + 4 cups Water
- + 1/2 cup Pecans (roughly chopped, optional)
- + 1/4 cup Almond Butter (optional)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 386
- + **Fat** 20g
- + **Carbs** 46g
- + **Fiber** 10g
- + **Sugar** 10g
- + **Protein** 10g
- + **Sodium** 9mg

## DIRECTIONS

- 1.** Heat a small non-stick pan over medium heat. Once warm, add pears and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove pears and set aside.
- 2.** Meanwhile, add oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce heat and simmer until cooked through, about 5 to 7 minutes.
- 3.** Add oats to a bowl and top with pears. Add pecans and almond butter, if desired. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days. Reheat with a splash of water or oat milk or eat cold.
- + **Nut-Free:** Use pumpkin seeds instead of pecans. Omit almond butter or use tahini instead.
- + **More Flavor:** Add a splash of oat milk and/or vanilla. Cook pear in coconut oil.
- + **Additional Toppings:** Sweeten with a drizzle of maple syrup.



# BACON, EGG & AVOCADO BREAKFAST WRAPS



6 Ingredients



5 Minutes



4 Servings



## INGREDIENTS

- + 8 Eggs
- + Sea Salt & Black Pepper (to taste)
- + 1 tsp Butter
- + 4 Brown Rice Tortillas
- + 8 slices Bacon, Cooked (chopped)
- + 1 Avocado (sliced)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 471 | + <b>Sugar</b> 4g     |
| + <b>Fat</b> 27g      | + <b>Protein</b> 22g  |
| + <b>Carbs</b> 32g    | + <b>Sodium</b> 671mg |
| + <b>Fiber</b> 6g     |                       |

## DIRECTIONS

- 1.** Crack eggs into a bowl and whisk well. Season with salt and pepper.
- 2.** Heat a skillet over medium-low heat and once hot, add butter. Once melted, add eggs to the pan and continuously stir them around with a spatula. Keep pushing eggs around skillet until fluffy and cooked to your desired consistency.
- 3.** Add eggs to tortilla, along with bacon and avocado. Wrap and repeat with any remaining tortillas. Enjoy!

## NOTES

- + **Leftovers:** Best enjoyed immediately after cooking.
- + **Serving Size:** One serving is equal to one wrap.
- + **Dairy-Free:** Use avocado oil instead of butter.
- + **More Flavor:** Add spices to the eggs while cooking. Add extra greens such as spinach or arugula to the wrap.
- + **Make it Vegan:** Use a tofu scramble and vegan bacon.



# BACON & EGG CUPS



4 Ingredients



25 Minutes



4 Servings



## INGREDIENTS

- + 8 slices Bacon
- + 2/3 tsp Avocado Oil
- + 8 Eggs
- + Sea Salt & Black Pepper (to taste)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 370
- + **Fat** 31g
- + **Carbs** 1g
- + **Fiber** 0g
- + **Sugar** 1g
- + **Protein** 20g
- + **Sodium** 563mg

## DIRECTIONS

1. Preheat oven to 400°F (204°C).
2. Cook bacon in a large pan over medium heat for 4 to 6 minutes until cooked through but still bendable. (You don't want it to be crispy.) Transfer to a paper towel-lined plate and let cool slightly.
3. Lightly oil cups of a muffin pan with oil.
4. Line muffins cups with a ring of cooked bacon. Crack an egg into center of each bacon ring. Season with sea salt and pepper.
5. Bake for 11 to 13 minutes or until egg yolks have set.
6. Remove from muffin tin and let cool on a cooling rack. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days.
- + **Serving Size:** One serving is two egg cups.
- + **Additional Toppings:** Fresh herbs, shredded cheese, red pepper flakes, hot sauce.



# CHOCOLATE CHIP WAFFLES



12 Ingredients



25 Minutes



6 Servings



## INGREDIENTS

- + 2 Eggs
- + 1 cup Unsweetened Almond Milk
- + 1/4 cup Maple Syrup (plus more for topping, optional)
- + 1 tsp Vanilla Extract
- + 2 cups Almond Flour
- + 1/3 cup Arrowroot Powder
- + 1 tsp Cinnamon
- + 2 tsp Baking Powder
- + 1/4 cup Cocoa Powder
- + 1/2 cup Dark Chocolate Chips (plus additional for topping, optional)
- + 1/4 cup Coconut Oil
- + 1/2 cup Strawberries (stem removed, sliced)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 518 | + <b>Sugar</b> 20g    |
| + <b>Fat</b> 37g      | + <b>Protein</b> 12g  |
| + <b>Carbs</b> 38g    | + <b>Sodium</b> 216mg |
| + <b>Fiber</b> 6g     |                       |

## DIRECTIONS

1. In a food processor, add in eggs, almond milk, maple syrup, and vanilla extract. Process until well-blended.
2. In a separate bowl, whisk together almond flour, arrowroot powder, cinnamon, baking powder and cocoa powder.
3. Slowly combine the dry ingredients into wet ingredients and pulse until batter forms. Remove blade and fold chocolate chips into batter.
4. Coat waffle maker with coconut oil and add enough batter to cover the bottom of your maker.
5. Cook waffles for about 5 minutes or until slightly crisp. Repeat the process until all batter is cooked. To serve, top with strawberries, chocolate chips, and maple syrup, as desired. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to two months.
- + **Serving Size:** One serving is one waffle.
- + **Additional Toppings:** Add peanut butter and bananas.
- + **No Waffle Maker:** Make them into pancakes on a pan instead.

# SAUSAGE & EGG QUESADILLAS



4 Ingredients



20 Minutes



4 Servings



## INGREDIENTS

- + 8 oz Pork Sausage (casing removed)
- + 6 Eggs
- + 6 oz Cheddar Cheese (grated)
- + 4 Brown Rice Tortillas

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 610
- + **Fat** 40g
- + **Carbs** 30g
- + **Fiber** 3g
- + **Sugar** 3g
- + **Protein** 29g
- + **Sodium** 1070mg

## DIRECTIONS

- 1.** Heat a cast-iron skillet over medium heat and add sausage. Using the back of a spoon, crumble sausage. Cook, stirring occasionally until cooked through, about eight to 10 minutes. Then remove sausage and set aside.
- 2.** In a small bowl, whisk eggs.
- 3.** In same skillet, lower heat to medium-low. Add eggs and cook until still somewhat soft, and cooked through. Remove from heat and add cheddar cheese and the reserved sausage; stir to combine.
- 4.** In a clean skillet, lay down tortilla and then add in sausage and egg filling to one side. Fold the tortilla in half and gently press to close. Cook for two to three minutes per side or until browned and crispy. Let quesadilla cool slightly and then cut into wedges. Enjoy!

## NOTES

- + **Leftovers:** This is best enjoyed right after cooking.
- + **Dairy-Free:** Use a dairy-free cheese.
- + **More Flavor:** Use a flavored sausage such as chorizo. Whisk eggs with salt, pepper and a milk of your choice.



# APPLE CRISP YOGURT BOWLS



5 Ingredients



20 Minutes



4 Servings



## INGREDIENTS

- + 2 Apples (cored, chopped)
- + 2 cups Oats (rolled)
- + 1/4 cup Maple Syrup
- + 2 tsp Cinnamon
- + 4 cups Unsweetened Coconut Yogurt

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 366
- + **Fat** 10g
- + **Carbs** 66g
- + **Fiber** 10g
- + **Sugar** 23g
- + **Protein** 7g
- + **Sodium** 55mg

## DIRECTIONS

1. In a saucepan over medium heat, add apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
2. Divide yogurt into bowls. Top with apple crisp mixture. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate yogurt and crisp separately in airtight container, for up to three days.
- + **Serving Size:** One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.
- + **Additional Toppings:** Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



# BLUEBERRY OAT MUFFINS



10 Ingredients



40 Minutes



12 Servings



## INGREDIENTS

- + 2 cups Oats (rolled)
- + 1/2 cup Unsweetened Shredded Coconut
- + 2 tbsp Hemp Seeds
- + 1 tsp Cinnamon
- + 1 tsp Baking Powder
- + 2 Eggs
- + 1/4 cup Unsweetened Almond Milk
- + 1 tsp Vanilla Extract
- + 2 tbsp Maple Syrup
- + 1 cup Blueberries (fresh)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 113
- + **Fat** 5g
- + **Carbs** 15g
- + **Fiber** 2g
- + **Sugar** 4g
- + **Protein** 4g
- + **Sodium** 58mg

## DIRECTIONS

1. Preheat oven to 375°F (190°C) and line a muffin pan with liners.
2. In a large mixing bowl combine oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
3. In a separate mixing bowl, whisk eggs, almond milk, vanilla and maple syrup. Add egg mixture to the dry ingredients and mix until combined. Fold in blueberries.
4. Divide batter between muffin cups and bake for 25 to 30 minutes or until muffins are golden brown around the edges. Let muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days or freeze for up to one month.
- + **Serving Size:** One serving is equal to one muffin.
- + **Additional Toppings:** Top with shaved almonds or pecans.
- + **No Blueberries:** Use strawberries or raspberries instead.

# SWEET POTATO HASH BROWNS



4 Ingredients



20 Minutes



2 Servings



## INGREDIENTS

- + 1 Sweet Potato (large, peeled and shredded)
- + 3 tbsp Arrowroot Powder
- + 1/4 tsp Sea Salt
- + 2 tbsp Coconut Oil

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 218
- + **Fat** 14g
- + **Carbs** 24g
- + **Fiber** 2g
- + **Sugar** 3g
- + **Protein** 1g
- + **Sodium** 331mg

## DIRECTIONS

- 1.** Using your hands and a paper towel or kitchen towel, squeeze as much liquid out of the shredded sweet potato as possible.
- 2.** In a mixing bowl, combine sweet potato, arrowroot powder and salt.
- 3.** Heat oil in a cast iron skillet over medium heat. Sprinkle sweet potato evenly across the skillet to form a thin layer. Press down with a spatula and cook on each side for 4 to 5 minutes, or until brown and crispy.
- 4.** Transfer to a towel-lined plate to absorb any excess oil. Let cool slightly and enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to five days.
- + **More Flavor:** Add garlic and/or onion powder to sweet potato mixture.
- + **Additional Toppings:** Top with avocado, spinach, sausage patty or poached egg.



# OVERNIGHT VANILLA PROTEIN OATS



7 Ingredients



8 Minutes



2 Servings



## 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
- + **Sodium** 123mg

## DIRECTIONS

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



8 Ingredients



35 Minutes



4 Servings



## INGREDIENTS

- + 16 Eggs
- + 1/2 tsp Sea Salt (divided)
- + 1 1/3 tbsp Extra Virgin Olive Oil
- + 4 Red Bell Peppers (finely chopped)
- + 4 Tomatoes (medium, diced)
- + 4 stalks Green Onion (chopped)
- + 4 cups Strawberries (chopped)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 228
- + **Fat** 15g
- + **Carbs** 9g
- + **Fiber** 2g
- + **Sugar** 2g
- + **Protein** 14g
- + **Sodium** 491mg

## 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 spinach until wilted and tender. Let cool slightly.
4. When spinach and sweet potatoes are cool enough to handle, divide evenly into muffin cups of the prepared pan.
5. In a mixing bowl whisk eggs until well scrambled. Whisk in water, salt, and pepper.
6. Pour 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 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.



# MEAL PREP BLACK BEAN & SWEET POTATO BURRITOS



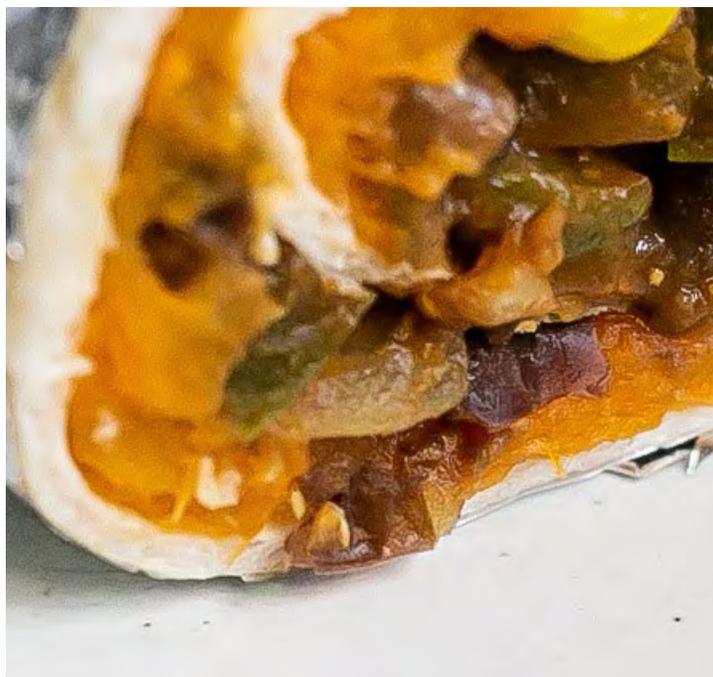
13 Ingredients



45 Minutes



10 Servings



## INGREDIENTS

- + 6 Sweet Potatoes (large, peeled and sliced)
- + 2 tbsp Extra Virgin Olive Oil
- + 2 Yellow Onions (medium, diced)
- + 4 Garlic Cloves (minced)
- + 4 cups Black Beans (cooked, from the can)
- + 1 cup Frozen Corn
- + 1 Green Bell Pepper (diced)
- + 1 cup Water
- + 1/4 cup Dijon Mustard
- + 2 tsp Cumin
- + 3 tbsp Tamari
- + 1/4 tsp Sea Salt (or more to taste)
- + 10 Brown Rice Tortillas (11 inches)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 369
- + **Fat** 6g
- + **Carbs** 66g
- + **Fiber** 13g
- + **Sugar** 9g
- + **Protein** 12g
- + **Sodium** 643mg

## DIRECTIONS

- 1.** Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 2.** Meanwhile, heat oil in a medium skillet and saute onions and garlic until soft. Set aside.
- 3.** In a bowl, add black beans and mash with a potato masher. Mix in sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 4.** Divide mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 5.** If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

## NOTES

- + **Reheating in the Oven:** Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).
- + **Reheating in the Microwave:** Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).
- + **Make it Spicy:** Add more chili powder, cayenne pepper, hot sauce and/or sliced jalapeno.
- + **Serve it With:** Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.
- + **No Brown Rice Tortillas:** Use corn or whole wheat tortillas instead.



A top-down view of a dark-colored bowl filled with a quinoa salad. The salad consists of cooked quinoa, cubed white feta cheese, sliced avocado, and chunks of bright yellow mango. Small green herbs are scattered throughout. A single slice of lime is placed in the bottom right corner of the bowl. The word "LUNCH" is printed in a bold, white, italicized sans-serif font across the center of the image.

# *LUNCH*

# EGG SALAD SANDWICH



6 Ingredients



15 Minutes



4 Servings



## INGREDIENTS

- + 8 Egg
- + 1/4 cup Mayonnaise
- + 1/4 tsp Turmeric (ground)
- + Sea Salt & Black Pepper (to taste)
- + 14 oz Sourdough Bread (toasted)
- + 1/3 cup Sunflower Sprouts (optional)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 489 | + <b>Sugar</b> 0g     |
| + <b>Fat</b> 20g      | + <b>Protein</b> 22g  |
| + <b>Carbs</b> 49g    | + <b>Sodium</b> 706mg |
| + <b>Fiber</b> 2g     |                       |

## DIRECTIONS

- 1.** In a medium-sized pot add eggs and cover with water. Bring to a boil, then remove from heat. Cover pot and let stand for 10 minutes.
- 2.** Remove eggs and let cool, then peel and add to a bowl. Add mayonnaise, turmeric, salt, and pepper. Mash with a fork to desired consistency.
- 3.** Add egg salad to a slice of sourdough and top with sprouts and the other slice of sourdough. Slice and enjoy!

## NOTES

- + **Leftovers:** Refrigerate the egg salad for up to three days. Toast the bread fresh for best results.
- + **Gluten-Free:** Use a gluten free bread.
- + **More Flavor:** Add a pinch of cayenne.
- + **Additional Toppings:** Add chives or chopped red onion.
- + **No Sprouts:** Omit or replace with lettuce.

# ACORN SQUASH & SAUSAGE HASH



9 Ingredients



30 Minutes



4 Servings



## INGREDIENTS

- + 10 oz Pork Sausage (casings removed)
- + 1 tbsp Extra Virgin Olive Oil
- + 1 Acorn Squash (peeled, chopped into cubes)
- + 1/2 Yellow Onion (chopped)
- + 2 cups Mushrooms (sliced)
- + 2 cups Kale Leaves (chopped)
- + 1 tbsp Nutritional Yeast
- + 1 tsp Sea Salt
- + 1 Apple (cored, cubed)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 352
- + **Fat** 24g
- + **Carbs** 23g
- + **Fiber** 4g
- + **Sugar** 7g
- + **Protein** 13g
- + **Sodium** 1254mg

## DIRECTIONS

1. In a skillet over medium heat, cook sausage. Break it up with the back of a spoon as it browns. Once cooked, drain the fat and set sausage aside on a plate.
2. In the same skillet over medium-high heat, warm the olive oil. Add squash, onions and mushrooms and cook for 10 minutes or until squash is soft. Lower heat to medium and add in kale. Cook for about 2 minutes or until kale is soft.
3. Add sausage back in along with nutritional yeast and sea salt. Stir until everything is combined and warmed through.
4. Remove from heat and stir in chopped apples. Divide between plates and enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to five days.
- + **Serving Size:** One serving is approximately 1 cup of the hash mixture.
- + **More Fiber:** Stir in cooked quinoa or rice.
- + **Make it Vegan:** Use black beans or lentils instead of sausage.
- + **Meal Prep:** Cook the acorn squash in advance to save time.



# RAINBOW TEMPEH BOWLS



12 Ingredients



40 Minutes



4 Servings



## INGREDIENTS

- + 16 Eggs
- + 1/2 tsp Sea Salt (divided)
- + 1 1/3 tbsp Extra Virgin Olive Oil
- + 4 Red Bell Pepper (finely chopped)
- + 4 Tomatoes (medium, diced)
- + 4 stalks Green Onion (chopped)
- + 4 cups Strawberries (chopped)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 601
- + **Fat** 27g
- + **Carbs** 68g
- + **Fiber** 8g
- + **Sugar** 13g
- + **Protein** 32g
- + **Sodium** 1429mg

## DIRECTIONS

- 1.** Cook brown rice according to the directions on the package.
- 2.** Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add broccoli and avocado oil and toss to coat. Bake for 15 to 20 minutes. Remove and set aside.
- 3.** In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let sit for 5 minutes. Heat a non-stick pan over medium heat and add tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
- 4.** In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
- 5.** Divide the rice, broccoli, tempeh, carrots and bell pepper evenly between bowls. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days.
- + **Nut-Free:** Use sunflower seed butter instead of peanut butter.
- + **More Flavor:** Add minced garlic to the tempeh or the sauce. Add chili flakes for some heat.
- + **Additional Toppings:** Roasted peanuts, crushed cashews and/or sesame seeds.



# TAHINI HONEY CHICKEN SALAD



11 Ingredients



25 Minutes



4 Servings



## INGREDIENTS

- + 2 tbsp Tahini
- + 1 tbsp Raw Honey (divided)
- + 1 lb Chicken Thighs (boneless, skinless)
- + 1 tbsp Extra Virgin Olive Oil
- + 1/8 tsp Sea Salt
- + 2 tbsp Sesame Oil
- + 2 tbsp Coconut Aminos
- + 1 tsp Lime Juice
- + 4 cups Green Cabbage (chopped)
- + 1 Red Bell Pepper (thinly sliced)
- + 1/4 cup Cilantro (optional, chopped)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 324
- + **Fat** 19g
- + **Carbs** 14g
- + **Fiber** 4g
- + **Sugar** 10g
- + **Protein** 25g
- + **Sodium** 343mg

## DIRECTIONS

1. Mix the tahini with half of the honey in a small bowl.
2. Rub chicken thighs with olive oil and sea salt and heat in skillet over medium heat. Cook the chicken for 5 to 6 minutes per side or until cooked through. Brush the tahini mixture on both sides of the chicken and cook for an additional 1 minute per side. Remove and set aside. Once cool, chop into cubes.
3. Mix the sesame oil, coconut aminos, lime juice and the remaining honey together.
4. Add the cabbage and bell pepper to a large bowl and toss with the sesame oil dressing. Top with chicken and cilantro, if desired. Divide evenly between bowls and enjoy!

## NOTES

- + **Leftovers:** For best results, refrigerate the salad, chicken and dressing in separate containers. Refrigerate for up to three days.
- + **Additional Toppings:** Sesame seeds, slivered onions, peanuts, cashews, sunflower seeds, hemp seeds and/or pumpkin seeds.
- + **No Coconut Aminos:** Use tamari or soy sauce instead.

# CHICKEN, LETTUCE & TOMATO SANDWICH



7 Ingredients



5 Minutes



2 Servings



## INGREDIENTS

- + 4 slices Gluten-Free Bread (toasted)
- + 1/4 cup Unsweetened Coconut Yogurt
- + 2 tbsp Dijon Mustard
- + 8 ozs Chicken Breast, Cooked
- + 1 Tomato (sliced)
- + 1/4 head Iceberg Lettuce (torn into pieces)
- + Sea Salt & Black Pepper (to taste)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 373 | + <b>Sugar</b> 6g     |
| + <b>Fat</b> 9g       | + <b>Protein</b> 40g  |
| + <b>Carbs</b> 30g    | + <b>Sodium</b> 515mg |
| + <b>Fiber</b> 4g     |                       |

## DIRECTIONS

1. Spread one slice of toast with coconut yogurt and the other slice with dijon mustard. Layer on chicken breast, tomato slices and lettuce. Season with salt and pepper to taste and top with the second slice of toast. Slice in half and enjoy!

## NOTES

- + **Leftovers:** Best enjoyed the same day made. Refrigerate in an airtight container for up to two days.
- + **No Bread:** Use lettuce wraps or brown rice tortillas.
- + **Additional Toppings:** Add in cucumber, bell pepper slices, avocado, mushrooms or onions.

# BLACK BEAN CHILI STUFFED SWEET POTATOES



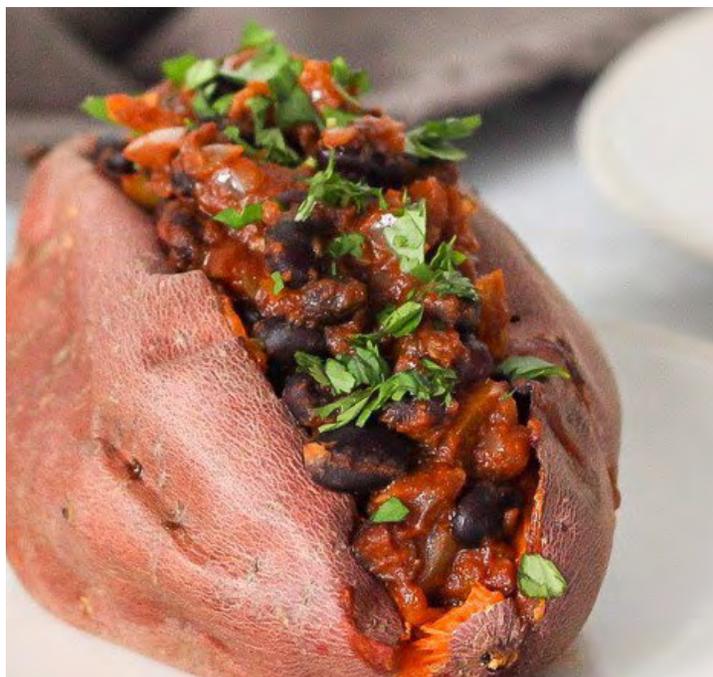
12 Ingredients



1 Hour



4 Servings



## INGREDIENTS

- + 4 Sweet Potatoes (medium size)
- + 1 tbsp Vegetable Broth
- + 1 Yellow Onion (chopped)
- + 1 Yellow Bell Pepper (chopped)
- + 2 Garlic Cloves (minced)
- + 1 1/2 tbsp Chili Powder
- + 1 tsp Oregano
- + 1/2 tsp Cumin
- + 1 3/4 cups Black Beans (cooked, drained, rinsed)
- + 3/4 cup Tomato Sauce
- + 1/3 cup Water
- + 1/4 cup Cilantro (chopped)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 259 | + <b>Sugar</b> 10g    |
| + <b>Fat</b> 1g       | + <b>Protein</b> 11g  |
| + <b>Carbs</b> 54g    | + <b>Sodium</b> 177mg |
| + <b>Fiber</b> 14g    |                       |

## DIRECTIONS

- 1.** Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on baking sheet. Bake for 45 to 50 minutes until cooked through.
- 2.** While potatoes cook, in a medium-sized pot over medium heat, add vegetable broth. Add the onion and bell pepper and sauté for 5 to 7 minutes, or until cooked through. Add garlic and cook for 1 minute more. Then add chili powder, oregano and cumin. Stir to combine. Reduce heat to low, and add black beans, tomato sauce, and water and cook for 6 to 8 minutes.
- 3.** Remove sweet potatoes from the oven. Slice each one down the center and stuff with the black bean chili. Top with cilantro. Serve and enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to four days.
- + **Additional Toppings:** Top with avocado, cheese, sour cream or yogurt.

# TOMATO CHICKPEA SOUP



10 Ingredients



25 Minutes



4 Servings



## INGREDIENTS

- + 4 cups Vegetable Broth (divided)
- + 1/2 Yellow Onion (finely chopped)
- + 1 Carrot (small, peeled, finely chopped)
- + 2 large Garlic Cloves (minced)
- + 1 cup Chickpeas (cooked, rinsed)
- + 3/4 cup Diced Tomatoes
- + 1 tsp Italian Seasoning
- + 1 tsp Sea Salt
- + 1 cup Brown Rice Fusilli
- + 1 cup Baby Spinach (chopped)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 209
- + **Fat** 2g
- + **Carbs** 40g
- + **Fiber** 6g
- + **Sugar** 6g
- + **Protein** 7g
- + **Sodium** 1272mg

## DIRECTIONS

**1.** Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add onion, carrot, and garlic. Cook for 3 to 5 minutes or until onions have softened and the broth has mostly evaporated. Stir in chickpeas, tomatoes, Italian seasoning, and salt. Continue to cook for 2 to 3 minutes more.

**2.** Transfer half of chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.

**3.** Bring soup to a gentle boil and stir in pasta. Cook the pasta for about 7 minutes or until al dente.

**4.** Remove soup from heat and stir in spinach until wilted. Season the soup with additional salt if needed. Divide between bowls and enjoy!

## NOTES

+ **Leftovers:** Refrigerate in an airtight container for up to three days. Freezing leftovers is not recommended.

+ **Serving Size:** One serving is approximately 1 1/4 cups.

+ **More Fat:** Sauté vegetables in extra virgin olive oil instead of broth.

+ **Additional Toppings:** Fresh herbs, red pepper flakes, fresh ground pepper, nutritional yeast, extra virgin olive oil.

+ **No Fusilli:** Use another short-cut pasta.

+ **No Canned Diced Tomatoes:** Use fresh instead.



# MANGO & CHICKPEA QUINOA SALAD



7 Ingredients



15 Minutes



4 Servings



## INGREDIENTS

- + 1/3 cup Quinoa (uncooked)
- + 2/3 cup Water
- + 1/4 cup Cilantro (chopped)
- + 1/2 cup Chickpeas (cooked)
- + 6 ozs Tofu (extra firm, patted dry, cubed)
- + 1/2 tsp Sea Salt
- + 1 Lime (juiced)
- + 1 Avocado (sliced)
- + 1 Mango (sliced)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 255
- + **Fat** 11g
- + **Carbs** 33g
- + **Fiber** 8g
- + **Sugar** 13g
- + **Protein** 10g
- + **Sodium** 305mg

## DIRECTIONS

1. Combine quinoa 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 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
2. Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to four days.
- + **Serving Size:** Each serving equals approximately 1 1/2 cups of salad.
- + **More Flavor:** Add chilli powder or red pepper flakes.
- + **Additional Toppings:** Add in cucumber, corn, red onion and/or green bell pepper.

# LEMON CHICKEN SALAD WITH CUCUMBER RIBBONS



11 Ingredients



1 Hour



4 Servings



## INGREDIENTS

- + 1 lb Chicken Breast
- + 1 tbsp Avocado Oil
- + 1/2 tsp Italian Seasoning
- + 1/2 tsp Sea Salt (divided)
- + 1 Cucumber (large)
- + 1/4 cup Extra Virgin Olive Oil
- + 2 tsps Lemon Juice
- + 2 tsps Fresh Dill
- + 1 Garlic (clove, minced)
- + 1 stalk Celery (finely chopped)
- + 1/4 cup Red Onion (finely chopped)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 305
- + **Fat** 20g
- + **Carbs** 5g
- + **Fiber** 1g
- + **Sugar** 2g
- + **Protein** 26g
- + **Sodium** 356mg

## DIRECTIONS

- 1.** Preheat oven to 400°F (204°C) and line a baking dish with parchment paper. Place chicken breasts in the prepared baking dish and drizzle with avocado oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until chicken is cooked through. Remove from oven and immediately cover with a piece of aluminum foil for at least 10 minutes. Carefully remove foil and let chicken cool before chopping into cubes.
- 2.** Spiralize the cucumber using a ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
- 3.** In a mixing bowl, whisk olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
- 4.** To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to two days. Store the chicken salad and cucumber ribbons separately until ready to serve.
- + **More Flavor:** Add other chopped veggies to the salad like radish, peppers or tomatoes.
- + **Make it Vegan:** Use white beans or chickpeas instead of chicken.
- + **Meal Prep Option:** Cook chicken ahead of time or use leftover cooked chicken instead.
- + **No Fresh Dill:** Use other fresh herbs like parsley or chives instead.
- + **No Avocado Oil:** Use extra virgin olive oil instead.



# RICE, BEEF & SPINACH



4 Ingredients



20 Minutes



4 Servings



## INGREDIENTS

- + 1 cup Jasmine Rice
- + 1 lb Extra Lean Ground Beef
- + 4 cups Baby Spinach (packed)
- + 1 tbsp Tamari

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 369
- + **Fat** 11g
- + **Carbs** 39g
- + **Fiber** 2g
- + **Sugar** 0g
- + **Protein** 27g
- + **Sodium** 350mg

## DIRECTIONS

1. Cook rice according to directions on the package.
2. Meanwhile, heat a large skillet over medium heat. Add beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
3. Add spinach to the beef and stir until the spinach has wilted. Add in tamari and stir to combine.
4. Divide rice between plates and top with the beef mixture. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days.
- + **More Flavor:** Add fresh garlic or ginger to the beef with the spinach.
- + **Additional Toppings:** Hot sauce, sesame seeds, sliced green onions and/or cilantro.
- + **No Tamari:** Use soy sauce or coconut aminos instead.
- + **No Beef:** Use ground chicken, turkey or pork instead.
- + **No Jasmine Rice:** Use brown rice, quinoa or cauliflower rice instead.



# PESTO SHRIMP PASTA



4 Ingredients



20 Minutes



4 Servings



## INGREDIENTS

- + 8 ozs Brown Rice Fettuccine
- + 1 lb Shrimp (peeled, deveined)
- + 1/4 tsp Sea Salt
- + 1/3 cup Pesto

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 391
- + **Fat** 11g
- + **Carbs** 45g
- + **Fiber** 3g
- + **Sugar** 2g
- + **Protein** 29g
- + **Sodium** 409mg

## DIRECTIONS

- 1.** Cook pasta according to directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 2.** Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 3.** Add shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days.
- + **Serving Size:** One serving equals approximately two cups.
- + **More Flavor:** Cook shrimp with butter or oil instead of pasta water.
- + **Additional Toppings:** Red pepper flakes, fresh herbs, lemon juice.

# TERIYAKI CHICKEN MEATBALLS & PARSNIP RICE



12 Ingredients



35 Minutes



4 Servings



## INGREDIENTS

- + 1 lb Extra Lean Ground Chicken
- + 2 Garlic Cloves (minced, divided)
- + 2 tsps Ginger (fresh, minced, divided)
- + 1 tbsp Coconut Flour
- + 1/2 tsp Sea Salt
- + 1/4 cup Cilantro (chopped)
- + 2 Parsnip (peeled, chopped)
- + 1/2 tsp Avocado Oil
- + 3 tsps Coconut Aminos
- + 2 tsps Orange Juice
- + 1 tsp Arrowroot Powder
- + 1 tbsp Water

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 252
- + **Fat** 10g
- + **Carbs** 19g
- + **Fiber** 4g
- + **Sugar** 7g
- + **Protein** 21g
- + **Sodium** 578mg

## DIRECTIONS

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a large bowl add ground chicken, half the garlic, half the ginger, coconut flour, sea salt and cilantro. Mix well until combined. Roll into balls, roughly the size of golf-balls, and place on the baking sheet. Cook for 22 to 25 minutes, until cooked through.
3. While the meatballs cook, add the chopped parsnips to a blender or food processor and process until it resembles rice, about 30 seconds.
4. In a skillet over medium-low heat add avocado oil and the riced parsnip to the skillet. Cook for about 5 to 7 minutes, until cooked through.
5. In a small pot over medium-low heat, add the coconut aminos, the remaining garlic, remaining ginger and orange juice. Whisk the ingredients and bring to a low simmer. Whisk in the arrowroot powder and water. Cook for 2 to 3 minutes, until thickened.
6. Divide parsnip rice between plates. Top with chicken meatballs and pour the teriyaki sauce over top. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate the sauce and chicken meatballs separately in an airtight container for up to three days.
- + **Serving Size:** One serving is equal to about 4 chicken meatballs and 1/2 cup of parsnip rice.
- + **Additional Toppings:** Top with sesame seeds or additional cilantro.
- + **No Arrowroot Powder:** Use tapioca flour or cornstarch to thicken.



# LEMON PAPRIKA CHICKEN DRUMSTICKS



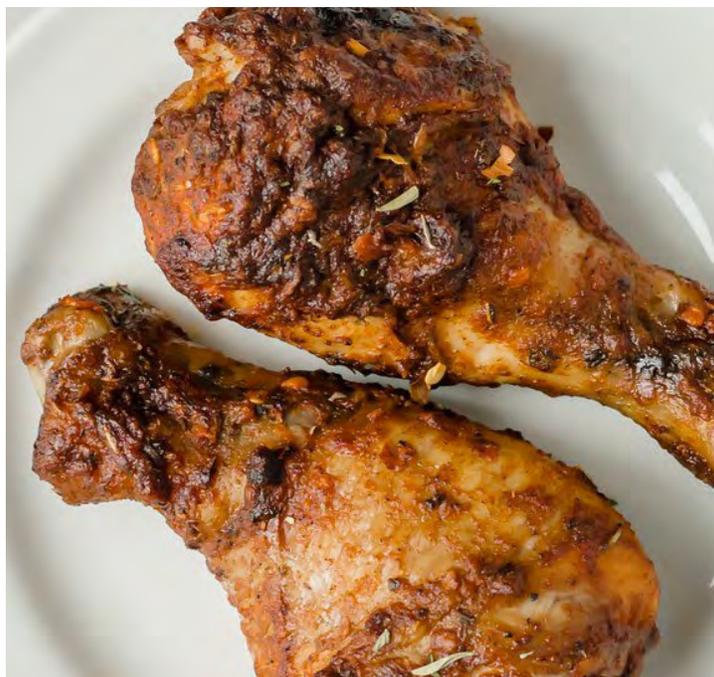
9 Ingredients



1 Hour 30 Minutes



4 Servings



## INGREDIENTS

- + 1/3 cup Extra Virgin Olive Oil
- + 4 Garlic (clove, minced)
- + 1 1/3 Lemon (juice and zest)
- + 1 1/3 tbsps Paprika
- + 2 2/3 tsps Chili Powder
- + 1 1/3 tsps Italian Seasoning
- + 2/3 tsp Sea Salt
- + 1/3 tsp Red Pepper Flakes
- + 1 3/4 lbs Chicken Drumsticks

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 496
- + **Fat** 37g
- + **Carbs** 5g
- + **Fiber** 2g
- + **Sugar** 1g
- + **Protein** 36g
- + **Sodium** 655mg

## DIRECTIONS

1. Combine olive oil, garlic, lemon juice, lemon zest, paprika, chili powder, Italian seasoning, salt and red pepper flakes in a bowl. Mix well.
2. Add drumsticks and marinade to a large zipper-lock bag. Seal the bag and massage the marinade into the chicken. Place in the fridge for at least 1 hour, or up to 24 hours.
3. Preheat oven to 400°F (204°C).
4. Transfer marinated drumsticks to a baking dish and discard the excess marinade. Bake for 25 to 30 minutes or until chicken is cooked through.
5. Divide between plates and enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days.
- + **Serving Size:** One serving is approximately 2 drumsticks.
- + **More Flavor:** For a spicier chicken add more red pepper flakes, cayenne pepper or hot sauce to the marinade.

# PAN SEARED SEA BASS WITH CRISPY CAPERS



6 Ingredients



10 Minutes



4 Servings



## INGREDIENTS

- + 1 3/4 lbs Sea Bass Fillet
- + 1/2 tsp Sea Salt
- + 1 1/3 tbsps Extra Virgin Olive Oil (divided)
- + 1 1/3 tbsps Capers (drained, patted dry)
- + 1 1/3 tbsps Chives (chopped)
- + 1 1/3 tbsps Lemon Juice

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 234 | + <b>Sugar</b> 0g     |
| + <b>Fat</b> 9g       | + <b>Protein</b> 37g  |
| + <b>Carbs</b> 1g     | + <b>Sodium</b> 497mg |
| + <b>Fiber</b> 0g     |                       |

## DIRECTIONS

- 1.** Pat the sea bass dry and score the back of the skin about 4 to 5 times to prevent the skin from curling up when cooking. Season with salt.
- 2.** In a skillet over medium heat, add half the oil and then add the dried capers. Cook until crispy, about 2 to 3 minutes. Remove and set aside.
- 3.** In the same skillet, over medium heat, add the remaining oil and then add the sea bass skin side down. Cook for 3 to 4 minutes, then flip and cook for an additional 1 to 2 minutes or until cooked through.
- 4.** Plate the sea bass and top with the capers, chives and lemon juice. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to two days.
- + **More Flavor:** Add butter to the skillet right before the sea bass is finished cooking and spoon it over the fish.





# ***DINNER***

# PRESSURE COOKER STICKY CHICKEN THIGHS



9 Ingredients



30 Minutes



4 Servings



## INGREDIENTS

- + 1 tsp Avocado Oil
- + 1 lb Chicken Thighs (boneless, skinless)
- + 1 tbsp Apple Cider Vinegar
- + 3 tbsps Maple Syrup
- + 1/4 cup Coconut Aminos
- + 3 Garlic Cloves (minced)
- + 1/4 tsp Chili Flakes
- + 2 tbsps Water
- + 1/4 cup Cilantro (chopped, optional)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 206
- + **Fat** 6g
- + **Carbs** 14g
- + **Fiber** 0g
- + **Sugar** 12g
- + **Protein** 22g
- + **Sodium** 381mg

## DIRECTIONS

- 1.** Turn your pressure cooker to sauté mode and add avocado oil. Sear chicken on both sides, about 1 to 2 minutes.
- 2.** In a small bowl, add apple cider vinegar, maple syrup, coconut aminos, garlic, chili flakes, and water. Whisk well.
- 3.** Add sauce to the chicken, then put on lid and set to "sealing". Press manual/pressure cooker and cook for 14 minutes on high pressure. Once finished, let pressure release naturally for 5 minutes, then do a quick release.
- 4.** Divide onto plates and add cilantro. Serve and enjoy!

## NOTES

- + **Leftovers:** Store in an airtight container in the fridge for up to 3 days.
- + **Serving Size:** One serving is equal to approximately two small chicken thighs.
- + **No Coconut Aminos:** Use tamari or soy sauce.

# PRESSURE COOKER STEAK FAJITA BOWLS



10 Ingredients



25 Minutes



3 Servings



## INGREDIENTS

- + 15 ozs Top Sirloin Steak (cut into thick strips)
- + 2 cups Red Onion (sliced, divided)
- + 2 tsps Chili Powder
- + 1 tsp Cumin
- + 1/2 tsp Garlic Powder
- + 1/2 tsp Sea Salt
- + 1 Red Bell Pepper (sliced)
- + 1 Green Bell Pepper (sliced)
- + 1/2 cup Beef Broth
- + 1 1/2 cups Cauliflower Rice

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 384
- + **Fat** 21g
- + **Carbs** 18g
- + **Fiber** 5g
- + **Sugar** 8g
- + **Protein** 32g
- + **Sodium** 617mg

## DIRECTIONS

1. Add steak and half the onion to a mixing bowl. In a second mixing bowl add peppers and the remaining onion.
2. In a small bowl combine chili powder, cumin, garlic powder, and salt. Add 1/4 of the spice blend to peppers and onions and toss to combine. Then add remaining spice blend to steak and onions and toss to combine.
3. Add broth to the pressure cooker and then add seasoned steak and onion. Close the lid. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and add seasoned peppers and onions. Close lid, set to "sealing", then press manual/pressure cooker and cook for 1 minute on high pressure. Release pressure manually.
4. Transfer steak and peppers to a bowl and season with additional salt if needed.
5. Carefully drain all but a splash of the cooking liquid from the pressure cooker insert. Turn the pressure cooker to sauté mode and add cauliflower rice. Cook for 1 to 2 minutes or until cauliflower meets your desired texture. Divide cauliflower rice between bowls and top with the steak and peppers. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days.
- + **More Flavor:** Add coriander, smoked paprika, chipotle chili powder, black peppers, oregano, and/ or red pepper flakes.
- + **Additional Toppings:** Salsa, avocado, guacamole, cilantro, hot sauce, diced tomatoes, lime juice.
- + **No Cauliflower Rice:** Serve with cooked brown rice, quinoa, or corn tortillas instead.



# PRESSURE COOKER CHICKEN BREAST & MASHED SWEET POTATO



7 Ingredients



25 Minutes



4 Servings



## INGREDIENTS

- + 2 cups Water
- + 2 tsps Extra Virgin Olive Oil
- + 1 1/4 lbs Chicken Breast (bone-in, skin removed)
- + 1/2 tsp Italian Seasoning
- + 1/2 tsp Garlic Powder
- + 1/2 tsp Sea Salt (divided)
- + 4 Sweet Potatoes (small, quartered)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 302
- + **Fat** 6g
- + **Carbs** 26g
- + **Fiber** 4g
- + **Sugar** 5g
- + **Protein** 34g
- + **Sodium** 433mg

## DIRECTIONS

1. Add water to the pressure cooker and place the trivet in the bottom of the pot.
2. Drizzle oil over the chicken and season with the Italian Seasoning, garlic powder, and half the salt. Place seasoned chicken in the center of the trivet. Arrange the quartered sweet potatoes skin side down around the chicken. Close the lid.
3. Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once done, release pressure manually. Remove lid carefully and transfer the cooked chicken to a plate and sweet potatoes to a bowl. Allow chicken to rest for at least 10 minutes before slicing.
4. Meanwhile, peel away the skins of the sweet potatoes and discard. Add remaining salt and mash the sweet potatoes with a fork. Season with additional salt if necessary. Divide evenly between plates and enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days.
- + **More Flavor:** Season chicken with your favorite spices.
- + **Additional Toppings:** Serve sweet potatoes with butter or ghee and a pinch of cinnamon.
- + **Cooking Time:** If the chicken or sweet potatoes are not cooked through after the initial cooking time, return the lid, seal and cook for 1 to 3 minutes until the desired doneness is reached.



# PRESSURE COOKER ORANGE CHICKEN



9 Ingredients



20 Minutes



4 Servings



## INGREDIENTS

- + 1 tsp Avocado Oil
- + 1 lb Chicken Breast  
(skinless, boneless, cut into cubes)
- + 1/4 cup Orange Juice  
(plus zest from half an orange)
- + 2 1/2 tbsps Coconut Aminos
- + 2 tbsps Apple Cider Vinegar
- + 1 tbsp Ginger (fresh, minced)
- + 1 Garlic (clove, minced)
- + 1 1/2 tps Arrowroot Powder
- + 1/4 cup Cilantro (chopped, optional)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 170 | + <b>Sugar</b> 3g     |
| + <b>Fat</b> 4g       | + <b>Protein</b> 26g  |
| + <b>Carbs</b> 5g     | + <b>Sodium</b> 221mg |
| + <b>Fiber</b> 0g     |                       |

## DIRECTIONS

- 1.** Turn your pressure cooker to sauté mode and add the oil. Then add the chicken and sear on all sides, just until no longer pink, about 1 to 2 minutes. Turn off sauté mode.
- 2.** In a small bowl, add the orange juice, zest, coconut aminos, apple cider vinegar, ginger, and garlic and whisk well. Pour into pressure cooker. Put lid on and set to "sealing", then press manual/pressure cooker and cook for 3 minutes on high pressure. Once finished, do a quick release.
- 3.** Carefully open the lid and remove the chicken with a slotted spoon and set aside on a plate.
- 4.** Add the arrowroot powder and some of the sauce to a small bowl and whisk well to create a slurry. Add this to the pressure cooker and turn sauté mode on. Heat through until thickened, whisking often, for about 7 to 8 minutes.
- 5.** Add chicken back to the thickened sauce and let it reheat for 1 to 2 minutes. Divide evenly between plates and top with cilantro, if desired. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days.
- + **Serving Size:** One serving is equal to about 1/2 cup of chicken.
- + **Serve it With:** Cauliflower rice, brown rice, noodles, or quinoa.
- + **More Flavor:** Add toasted sesame oil as a garnish. Top with sesame seeds.
- + **No Apple Cider Vinegar:** Use rice vinegar instead.



# PRESSURE COOKER CAJUN BLACK EYED PEA SOUP



11 Ingredients



25 Minutes



4 Servings



## INGREDIENTS

- + 3 cups Vegetable Broth
- + 1 Yellow Onion (chopped)
- + 2 stalks Celery (chopped)
- + 1 Yellow Bell Pepper (chopped)
- + 2 Garlic Cloves (minced)
- + 2 tsps Cajun Seasoning
- + 1 1/2 cups Fire Roasted Diced Tomatoes
- + 3 cups Kale Leaves (roughly chopped)
- + 1 tsp Sea Salt
- + 1 3/4 cups Black Eyed Peas  
(from the can, drained and rinsed)
- + 1/3 cup Cilantro (chopped, optional)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 165
- + **Fat** 1g
- + **Carbs** 31g
- + **Fiber** 9g
- + **Sugar** 7g
- + **Protein** 9g
- + **Sodium** 1878mg

## DIRECTIONS

- 1.** Turn your pressure cooker to sauté mode and add a splash of the vegetable broth. Add onion, celery and bell pepper and cook for 4 to 5 minutes. Then add garlic and sauté for 1 minute more. Turn sauté mode off and add cajun seasoning. Stir to combine.
- 2.** Add tomatoes, kale, salt, black eyed peas and broth. Put lid on and set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 3.** Carefully remove lid and stir to combine. Divide between bowls, top with cilantro, if desired, and enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to five days.
- + **Serving Size:** One serving is equal to approximately 1 1/2 cups.
- + **No Fire Roasted Tomatoes:** Use regular canned tomatoes.

# ONE PAN STEAK, POTATOES & BROCCOLI



7 Ingredients



40 Minutes



2 Servings



## INGREDIENTS

- + 4 cups Mini Potatoes
- + 1 1/2 cups Cherry Tomatoes
- + 4 cups Broccoli (chopped into florets)
- + 2 tbsps Extra Virgin Olive Oil
- + 1 tbsp Italian Seasoning
- + 8 ozs Top Sirloin Steak
- + Sea Salt & Black Pepper (to taste)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 675 | + <b>Sugar</b> 8g     |
| + <b>Fat</b> 31g      | + <b>Protein</b> 35g  |
| + <b>Carbs</b> 69g    | + <b>Sodium</b> 142mg |
| + <b>Fiber</b> 12g    |                       |

## DIRECTIONS

1. Preheat oven to 375°F (191°C).
2. Toss potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across baking sheet and roast for 20 minutes.
3. After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove steak from skillet and add to pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
4. Remove pan from the oven, divide onto plates and enjoy!

## NOTES

- + **Leftovers:** Keeps well in the fridge for 2-3 days.

# SALSA VERDE SALMON WITH TOMATOES & BROWN RICE



8 Ingredients



45 Minutes



2 Servings



## INGREDIENTS

- + 1/2 cup Brown Rice (dry, uncooked)
- + 2 tbsps Extra Virgin Olive Oil (divided)
- + 10 ozs Salmon Fillet
- + 2 cups Cherry Tomatoes (halved)
- + 1/2 tsp Sea Salt
- + 1 tbsp Capers
- + 1/4 cup Parsley (finely chopped)
- + 1 tbsp Apple Cider Vinegar

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 522 | + <b>Sugar</b> 4g     |
| + <b>Fat</b> 24g      | + <b>Protein</b> 33g  |
| + <b>Carbs</b> 42g    | + <b>Sodium</b> 768mg |
| + <b>Fiber</b> 4g     |                       |

## DIRECTIONS

- 1.** Cook brown rice according to directions on the package.
- 2.** About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3.** Meanwhile, combine capers, parsley, vinegar and remaining olive oil. Mix well.
- 4.** Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

## NOTES

- + **No Brown Rice:** Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.
- + **Leftovers:** Keeps well in the fridge for 2-3 days.
- + **No Capers:** Use olives instead.

# ONE POT TACO PASTA



14 Ingredients



40 Minutes



2 Servings



## INGREDIENTS

- + 1 tsp Extra Virgin Olive Oil
- + 1 tsp Extra Virgin Olive Oil
- + 5 1/3 ozs Extra Lean Ground Beef
- + 1 1/3 stalks Green Onion (finely chopped)
- + 2/3 Garlic (cloves, minced)
- + 1/3 tsp Cumin (ground)
- + 1/3 tsp Chili Powder
- + 1/16 tsp Sea Salt
- + 1/3 Tomato (large, diced)
- + 2 2/3 tbsps Frozen Corn (thawed)
- + 2 2/3 tbsps Black Beans (cooked, from the can)
- + 1/3 Red Bell Pepper (diced)
- + 3/4 cup Chicken Broth
- + 1/3 cup Salsa
- + 2/3 cup Brown Rice Pasta Shells (dry, uncooked)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 369
- + **Fat** 12g
- + **Carbs** 44g
- + **Fiber** 5g
- + **Sugar** 4g
- + **Protein** 22g
- + **Sodium** 865mg

## DIRECTIONS

- 1.** Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2.** Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3.** Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with meat. Cook vegetables for 2 to 3 minutes.
- 4.** Stir in broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure pasta isn't sticking to the bottom of the pan.
- 5.** Remove from heat, divide into bowls and serve immediately. Enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days.
- + **No Ground Beef:** Use ground chicken or turkey instead.
- + **Vegan & Vegetarian:** Swap the ground meat out for cooked lentils.
- + **Optional Toppings:** Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.
- + **Likes it Spicy:** Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.
- + **No Brown Rice Pasta Shells:** Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.



# SPINACH, TOMATO & GOAT CHEESE PIZZA



10 Ingredients



20 Minutes



1 Servings



## INGREDIENTS

- + 2 2/3 tbsps Walnuts
- + 2 tbsps Extra Virgin Olive Oil
- + 1/4 Lemon (juiced)
- + 1 cup Baby Spinach (divided)
- + 1/4 cup Basil Leaves
- + 1/16 tsp Sea Salt
- + 1/8 tsp Black Pepper
- + 1 Brown Rice Tortilla
- + 1/4 cup Cherry Tomatoes (halved)
- + 2 tbsps Goat Cheese (crumbled)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 574
- + **Fat** 46g
- + **Carbs** 34g
- + **Fiber** 6g
- + **Sugar** 5g
- + **Protein** 10g
- + **Sodium** 410mg

## DIRECTIONS

1. Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
2. Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
3. Take the remaining baby spinach and finely chop.
4. Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
5. Place on baking sheet and bake in the oven for 10 minutes.
6. Remove and slice using a pizza cutter. Enjoy!

## NOTES

- + **More protein:** Add diced chicken, lentils or chickpeas.

# CLASSIC TACOS



9 Ingredients



25 Minutes



1 Serving



## INGREDIENTS

- + 2 Corn Tortilla
- + 3/4 tsp Avocado Oil
- + 4 ozs Extra Lean Ground Beef
- + 1/4 tsp Onion Powder
- + 1/8 tsp Garlic Powder
- + 1/8 tsp Sea Salt
- + 1/8 tsp Cumin
- + 1/8 head Green Lettuce (finely chopped)
- + 1/2 Tomato (medium, diced)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 384
- + **Fat** 16g
- + **Carbs** 31g
- + **Fiber** 3g
- + **Sugar** 0g
- + **Protein** 26g
- + **Sodium** 395mg

## DIRECTIONS

1. Prepare tortillas according to instructions on the package.
2. Heat a large skillet over medium heat. Add avocado oil and beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
3. Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

## NOTES

- + **Serving Size:** One serving is equal to two tacos.
- + **Storage:** Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.
- + **More Toppings:** Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.
- + **No Ground Beef:** Use ground turkey, chicken, pork or lamb instead.
- + **Vegan & Vegetarian:** Use lentils instead of ground meat.



# SPICY SWEET POTATO, TURKEY & KALE BOWL



10 Ingredients



25 Minutes



2 Servings



## INGREDIENTS

- + 1 Sweet Potato (medium)
- + 1 1/2 tsps Extra Virgin Olive Oil
- + 1 1/2 tsps Chili Powder
- + 1/4 tsp Cayenne Pepper (optional)
- + 1 1/2 tsps Coconut Oil
- + 1/2 White Onion (diced)
- + 8 ozs Extra Lean Ground Turkey
- + 1/4 tsp Sea Salt
- + 1/4 tsp Black Pepper (optional)
- + 4 cups Kale Leaves (finely diced)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 319
- + **Fat** 17g
- + **Carbs** 19g
- + **Fiber** 5g
- + **Sugar** 4g
- + **Protein** 24g
- + **Sodium** 490mg

## DIRECTIONS

1. Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
2. Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in oven for 20 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add coconut oil. Add onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
4. Once turkey is cooked through, drain off any excess liquid and return to heat. Add kale. Stir and saute just until wilted and remove from heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

## NOTES

- + **Save Time:** Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.
- + **Vegan & Vegetarian:** Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in Step 3.

# SLOW COOKER CHICKEN SOUP



8 Ingredients



6 Hours



2 Servings



## INGREDIENTS

- + 1/3 Yellow Onion (diced)
- + 1 1/3 stalks Celery (diced)
- + 1 Carrot (medium, chopped)
- + 1 tsp Rosemary (fresh)
- + 2 2/3 oz Chicken Breast (boneless, skinless)
- + 5 1/3 oz Chicken Thighs (boneless, skinless)
- + Sea Salt & Black Pepper (to taste)
- + 2 cups Water (or broth)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 161 | + <b>Sugar</b> 3g     |
| + <b>Fat</b> 4g       | + <b>Protein</b> 24g  |
| + <b>Carbs</b> 6g     | + <b>Sodium</b> 137mg |
| + <b>Fiber</b> 2g     |                       |

## DIRECTIONS

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

## NOTES

- + **More Carbs:** Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.
- + **Leftovers:** Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

# CREAMY EDAMAME & MUSHROOM PASTA



12 Ingredients



25 Minutes



2 Servings



## INGREDIENTS

- + 1/2 cup Brown Rice Macaroni
- + 1 tbsp Extra Virgin Olive Oil
- + 1 cup Mushrooms (sliced)
- + 1 cup Unsweetened Almond Milk
- + 2 tsp Onion Powder
- + 1 tsp Garlic Powder
- + 1/2 tsp Arrowroot Powder
- + 2 tbsp Almond Flour
- + 1 tsp Sea Salt
- + 1/2 cup Frozen Peas
- + 1/2 cup Frozen Edamame
- + 2 cups Baby Spinach (chopped)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                        |
|-----------------------|------------------------|
| + <b>Calories</b> 330 | + <b>Sugar</b> 4g      |
| + <b>Fat</b> 15g      | + <b>Protein</b> 14g   |
| + <b>Carbs</b> 39g    | + <b>Sodium</b> 1320mg |
| + <b>Fiber</b> 8g     |                        |

## DIRECTIONS

- 1.** Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2.** Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
- 3.** In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
- 4.** Reduce heat and let simmer for 15 minutes, stirring occasionally until sauce becomes thicker.
- 5.** Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

## NOTES

- + **Storage:** Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.
- + **More Protein:** Serve with diced chicken breast, shrimp or add extra edamame.
- + **Likes it Spicy:** Add red pepper flakes.



# SWISS CHARD, LENTIL & RICE BOWL



11 Ingredients



1 Hour



2 Servings



## INGREDIENTS

- + 4 Sweet Potatoes (medium size)
- + 1 tbsp Vegetable Broth
- + 1 Yellow Onion (chopped)
- + 1 Yellow Bell Pepper (chopped)
- + 2 Garlic Cloves (minced)
- + 1 1/2 tbsp Chili Powder
- + 1 tsp Oregano
- + 1/2 tsp Cumin
- + 1 3/4 cups Black Beans (cooked, drained, rinsed)
- + 3/4 cup Tomato Sauce
- + 1/3 cup Water
- + 1/4 cup Cilantro (chopped)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                       |
|-----------------------|-----------------------|
| + <b>Calories</b> 309 | + <b>Sugar</b> 3g     |
| + <b>Fat</b> 12g      | + <b>Protein</b> 12g  |
| + <b>Carbs</b> 41g    | + <b>Sodium</b> 159mg |
| + <b>Fiber</b> 10g    |                       |

## DIRECTIONS

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.
2. While the potatoes cook, in a medium-sized pot over medium heat, add vegetable broth. Add onion and bell pepper and sauté for 5 to 7 minutes, or until cooked through. Add garlic and cook for 1 minute more. Then add chili powder, oregano and cumin. Stir to combine. Reduce heat to low, and add black beans, tomato sauce and water and cook for 6 to 8 minutes.
3. Remove sweet potatoes from the oven. Slice each one down the center and stuff with the black bean chili. Top with cilantro. Serve and enjoy!

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to four days.
- + **Additional Toppings:** Top with avocado, cheese, sour cream or yogurt.

# ***SNACKS***



# FRENCH TOAST MUG CAKE



5 Ingredients



10 Minutes



1 Serving



## INGREDIENTS

- + 1 Egg
- + 2 tbsp Oat Milk
- + 1/4 tsp Cinnamon
- + 1 1/2 tps Maple Syrup
- + 2 slices Whole Grain Bread  
(cut into small pieces)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 333
- + **Fat** 9g
- + **Carbs** 45g
- + **Fiber** 7g
- + **Sugar** 12g
- + **Protein** 18g
- + **Sodium** 400mg

## DIRECTIONS

- 1.** In a mug whisk the egg and milk together. Stir in the cinnamon and maple syrup.
- 2.** Add bread to the mug and stir to combine with egg mixture. If the bread isn't saturated with the egg mixture add a splash more milk. Press bread into an even layer in the bottom of the mug and let it rest for about five minutes so the bread can absorb the egg mixture.
- 3.** Microwave for two minutes or until bread is firm to the touch and just moist on top. Let the mug cake cool slightly then transfer to a plate or a bowl. Enjoy!

## NOTES

- + **Leftovers:** Best enjoyed immediately.
- + **Gluten-Free:** Use gluten-free bread instead.
- + **No Oat Milk:** Use another non-dairy or dairy milk instead.
- + **More Flavor:** Add vanilla, nutmeg or a pinch of salt.
- + **Additional Toppings:** Maple syrup, butter, fresh berries, or chia jam.
- + **Cooking Time:** Cooking time may vary depending on microwave.



# FROZEN YOGURT BITES WITH BERRIES



3 Ingredients



3 Hours



4 Servings



## INGREDIENTS

- + 1/2 cup Unsweetened Coconut Yogurt
- + 1/4 cup Frozen Blueberries (chopped)
- + 1/4 cup Frozen Strawberries (chopped)

## NUTRITION (AMOUNT PER SERVING)

- |                      |                     |
|----------------------|---------------------|
| + <b>Calories</b> 24 | + <b>Sugar</b> 2g   |
| + <b>Fat</b> 1g      | + <b>Protein</b> 0g |
| + <b>Carbs</b> 4g    | + <b>Sodium</b> 7mg |
| + <b>Fiber</b> 1g    |                     |

## DIRECTIONS

1. Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.
2. Tap tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

## NOTES

- + **Leftovers:** Transfer to a freezer-safe bag and store in the freezer for up to two months.
- + **Serving Size:** One serving is approximately three cubes.
- + **No Coconut Yogurt:** Use Greek yogurt, whole milk yogurt or plain sheep's milk yogurt instead.
- + **Additional Toppings:** Add granola, coconut chips or any chopped fruit.

# LEMON COCONUT POWER BALLS



8 Ingredients



15 Minutes



12 Servings



## INGREDIENTS

- + 1 1/4 cups Unsweetened Shredded Coconut
- + 1/2 cup Coconut Butter
- + 3/4 oz Collagen Powder
- + 2 1/2 tbsp Lemon Juice
- + 2 tbsp Maple Syrup
- + 1 1/2 tsp Lemon Zest
- + 1 tsp Vanilla Extract
- + 1/16 tsp Sea Salt (optional)

## NUTRITION (AMOUNT PER SERVING)

- |                       |                      |
|-----------------------|----------------------|
| + <b>Calories</b> 142 | + <b>Sugar</b> 3g    |
| + <b>Fat</b> 13g      | + <b>Protein</b> 3g  |
| + <b>Carbs</b> 7g     | + <b>Sodium</b> 22mg |
| + <b>Fiber</b> 3g     |                      |

## DIRECTIONS

- 1.** Add shredded coconut to a food processor and blend until a coarse crumb forms.
- 2.** Add remaining ingredients to shredded coconut in the food processor and blend until a dough forms. Form into even balls with your hands, roughly 1-inch in diameter.
- 3.** Let them set in the fridge for at least an hour before serving. Store in the fridge or freezer until ready to enjoy.

## NOTES

- + **Leftovers:** Refrigerate in an airtight container for up to three days or freeze for up to two months.
- + **Serving Size:** One serving is one ball.
- + **Additional Toppings:** Top with shredded coconut, coconut sugar and lemon zest.
- + **No Maple Syrup:** Use honey or agave instead.
- + **Consistency:** The dough will be soft and moist as you form the balls but will become firm in the fridge or freezer.

# BANANA OAT CHOCOLATE CHIP COOKIES



10 Ingredients



25 Minutes



12 Servings



## INGREDIENTS

- + 3 Bananas (large, ripe, mashed)
- + 1/2 cup Sunflower Seed Butter
- + 1/4 cup Coconut Oil
- + 1 tsp Vanilla Extract
- + 2 cups Oats (large flake)
- + 1/3 cup Unsweetened Shredded Coconut
- + 1 tsp Baking Powder
- + 1/4 tsp Cinnamon
- + 1/4 tsp Sea Salt
- + 1/2 cup Dark Chocolate Chips

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 260
- + **Fat** 16g
- + **Carbs** 24g
- + **Fiber** 3g
- + **Sugar** 10g
- + **Protein** 5g
- + **Sodium** 92mg

## DIRECTIONS

- 1.** Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2.** In a large mixing bowl, combine mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
- 3.** Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 4.** Remove cookies from the oven and let them cool on the baking sheet. Enjoy!

## NOTES

- + **Serving Size:** One serving is equal to one large cookie.
- + **No Chocolate Chips:** Use raisins, dried cranberries, chopped figs or cacao nibs instead.
- + **No Sunflower Seed Butter:** Use tahini, peanut butter or almond butter instead.
- + **Leftovers:** Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.

# CHOCOLATE CRUNCH BARS



7 Ingredients



2 Hours



8 Servings



## INGREDIENTS

- + 1/3 cup Almond Butter
- + 1/4 cup Coconut Oil (melted)
- + 1/4 cup Cocoa Powder
- + 2 tbsp Hemp Seeds
- + 2 tbsp Ground Flax Seed
- + 1/4 cup Maple Syrup
- + 2 1/2 cups Rice Puffs Cereal

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 197
- + **Fat** 15g
- + **Carbs** 15g
- + **Fiber** 3g
- + **Sugar** 7g
- + **Protein** 4g
- + **Sodium** 3mg

## DIRECTIONS

1. Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
2. Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
3. Slice into bars and enjoy!

## NOTES

- + **Serving Size:** One serving is equal to one bar.
- + **No Almond Butter:** Use peanut butter, hazelnut butter or cashew butter instead.
- + **Storage:** After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.

# DOUBLE CHOCOLATE MUG CAKE



7 Ingredients



5 Minutes



1 Servings



## INGREDIENTS

- + 2 tbsp Oat Flour
- + 2 tbsp Cocoa Powder
- + 1/4 tsp Baking Powder
- + 1 tbsp Dark Chocolate Chips
- + 3 tbsp Unsweetened Almond Milk
- + 1 1/2 tbsp Maple Syrup
- + 1 tbsp Avocado Oil

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 383
- + **Fat** 22g
- + **Carbs** 45g
- + **Fiber** 6g
- + **Sugar** 25g
- + **Protein** 6g
- + **Sodium** 158mg

## DIRECTIONS

1. In a mug combine the oat flour, cocoa powder, baking powder, and chocolate chips. Add unsweetened almond milk, maple syrup, and oil. Stir well to combine.
2. Microwave for 90 seconds until the cake is spongy to the touch. Allow cake to cool slightly and enjoy!

## NOTES

- + **Leftovers:** Best enjoyed immediately.
- + **Nut-Free:** Use oat milk or coconut milk instead.
- + **More Flavor:** Add vanilla extract or a pinch of salt.
- + **Additional Toppings:** Top with more chocolate chips before cooking.
- + **No Avocado Oil:** Use melted coconut oil instead.
- + **No Maple Syrup:** Use another liquid sweetener instead.

# RASPBERRY COCONUT ICE CREAM



3 Ingredients



5 Minutes



4 Servings



## INGREDIENTS

- + 1 1/2 cups Frozen Raspberries
- + 1 tbsp Maple Syrup
- + 1 1/2 cups Canned Coconut Milk  
(full fat, refrigerated overnight)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 201
- + **Fat** 16g
- + **Carbs** 12g
- + **Fiber** 2g
- + **Sugar** 8g
- + **Protein** 2g
- + **Sodium** 25mg

## DIRECTIONS

- 1.** Scrape the coconut cream from the top of the can into a blender or food processor. The cream should have separated from the coconut juice after being refrigerated.
- 2.** Add raspberries and maple syrup to blender and blend until very smooth and creamy, occasionally scraping down the sides. You may add 1 tbsp of coconut water at a time (leftover from your can) if the blender/processor gets stuck. Do not add more than 1/3 cup.
- 3.** Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

- + **Make it Chunky:** Chop and add fresh or thawed raspberries to the final mixture.
- + **No Coconut Milk:** Use frozen banana slices instead.



# PEANUT BUTTER CRUNCH BALLS



7 Ingredients



1 Hour 15 Minutes



20 Servings



## INGREDIENTS

- + 3/4 cup All Natural Peanut Butter
- + 1/4 cup Maple Syrup
- + 1/4 tsp Sea Salt
- + 3/4 cup Oat Flour
- + 1 cup Rice Puffs Cereal
- + 1 3/4 ozs Dark Chocolate
- + 1 tsp Coconut Oil

## NUTRITION (AMOUNT PER SERVING)

- |                       |                      |
|-----------------------|----------------------|
| + <b>Calories</b> 106 | + <b>Sugar</b> 4g    |
| + <b>Fat</b> 7g       | + <b>Protein</b> 3g  |
| + <b>Carbs</b> 10g    | + <b>Sodium</b> 32mg |
| + <b>Fiber</b> 1g     |                      |

## DIRECTIONS

- 1.** In a mixing bowl, mix together the peanut butter, maple syrup and sea salt. Add in the oat flour and mix well until a soft dough forms. Gently fold in the rice puffs cereal until evenly distributed.
- 2.** Line a baking sheet with parchment paper. Use a tablespoon to drop small balls onto the baking sheet then use your hands to roll them into a ball and smooth them out. Store in the freezer for 30 minutes.
- 3.** Set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.
- 4.** Bring water to a boil then reduce to lowest heat. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Remove from stovetop.
- 5.** Remove the baking sheet with peanut butter balls from the freezer. Using a spoonful of melted chocolate at a time slowly drizzle the chocolate over top of each ball, or alternatively, dip each one into the melted chocolate mixture and place them back on the parchment paper.
- 6.** Let peanut butter balls set in the freezer for 30 minutes to harden. Remove from freezer and enjoy right away, or store in the fridge or freezer to eat later.

## NOTES

- + **Serving Size:** By default, this recipe creates 20 balls, and for nutrition calculations, we consider one ball to be one serving.
- + **No Maple Syrup:** Use raw honey instead.
- + **No Peanut Butter:** Use almond butter instead.



# COTTAGE CHEESE WITH BLUEBERRIES



2 Ingredients



5 Minutes



1 Serving



## INGREDIENTS

- + 1/2 cup Cottage Cheese
- + 1/4 cup Blueberries (fresh or frozen)

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 124
- + **Fat** 5g
- + **Carbs** 9g
- + **Fiber** 1g
- + **Sugar** 6g
- + **Protein** 12g
- + **Sodium** 331mg

## DIRECTIONS

1. Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

## NOTES

- + **Make It Sweet:** Drizzle honey or maple syrup overtop.
- + **Storage:** Refrigerate in an airtight container up to 3 to 5 days.

# BREAKFAST OATMEAL COOKIES



5 Ingredients



20 Minutes



4 Servings



## INGREDIENTS

- + 1 cup Oats (rolled)
- + 1 1/2 Banana (mashed)
- + 1/4 cup All Natural Peanut Butter
- + 1/16 tsp Sea Salt
- + 2 tbsp Dark Chocolate Chips

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 258
- + **Fat** 12g
- + **Carbs** 31g
- + **Fiber** 4g
- + **Sugar** 11g
- + **Protein** 7g
- + **Sodium** 41mg

## DIRECTIONS

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
3. Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
4. Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

## NOTES

- + **No Peanut Butter:** Use almond, cashew, or sunflower seed butter instead.
- + **Gluten-Free:** Use certified gluten-free oats.
- + **Sugar-Free:** Use sugar-free chocolate chips or dried cranberries.
- + **Leftovers:** Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.
- + **Serving Size:** One serving is equal to one cookie.

# TOASTED TRAIL MIX



5 Ingredients



10 Minutes



3 Servings



## INGREDIENTS

- + 3/4 cup Almonds (raw)
- + 1/8 tsp Sea Salt (omit if using salted nuts)
- + 3/4 cup Raw Peanuts
- + 1/3 cup Pumpkin Seeds
- + 1/3 cup Raisins

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 551
- + **Fat** 42g
- + **Carbs** 32g
- + **Fiber** 11g
- + **Sugar** 17g
- + **Protein** 21g
- + **Sodium** 162mg

## DIRECTIONS

1. Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
2. Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

## NOTES

- + **Serve it With:** Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.
- + **Make it Paleo:** Replace peanuts with another type of nut or seed.
- + **Storage:** Refrigerate in an air-tight container.
- + **Other Add-Ins:** Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

# YOGURT & BERRIES AND GRANOLA



3 Ingredients



5 Minutes



1 Serving



## INGREDIENTS

- + 1 cup Plain Greek Yogurt
- + 1 cup Frozen Berries (thawed)
- + 1/2 cup Quaker Simply Granola

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 441
- + **Fat** 10g
- + **Carbs** 66g
- + **Fiber** 10g
- + **Sugar** 31g
- + **Protein** 28g
- + **Sodium** 163mg

## 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!
2. Add Quaker Granola on top or mix in.

## NOTES

- + **Dairy-Free:** Use a dairy-free yogurt like coconut, almond or cashew.
- + **No Frozen Berries:** Use any type of fresh fruit instead.

# CHOCOLATE ALMOND BUTTER PUDDING



5 Ingredients



5 Minutes



1 Serving



## INGREDIENTS

- + 2/3 Avocado (peeled and pits removed)
- + 1 1/3 tbsps Maple Syrup
- + 2 2/3 tbsps Unsweetened Almond Milk
- + 2 2/3 tsp Cocoa Powder
- + 1 1/3 tbsps Almond Butter

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 427
- + **Fat** 32g
- + **Carbs** 36g
- + **Fiber** 13g
- + **Sugar** 18g
- + **Protein** 8g
- + **Sodium** 42mg

## DIRECTIONS

1. Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
2. Divide into small bowls, add your choice of toppings or enjoy as is!

## NOTES

- + **No Cocoa Powder:** Use cacao powder instead.
- + **No Almond Butter:** Use peanut butter or any type of nut butter.
- + **Optional Toppings:** Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.
- + **More Fiber:** Add ground flax seeds before blending.

# BANANA WITH PEANUT BUTTER



2 Ingredients



5 Minutes



1 Serving



## INGREDIENTS

- + 1 Banana (peeled and sliced)
- + 2 tbsp All Natural Peanut Butter

## NUTRITION (AMOUNT PER SERVING)

- + **Calories** 298
- + **Fat** 17g
- + **Carbs** 34g
- + **Fiber** 5g
- + **Sugar** 18g
- + **Protein** 8g
- + **Sodium** 7mg

## 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.