



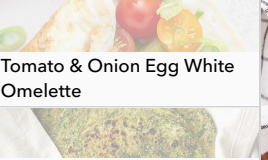










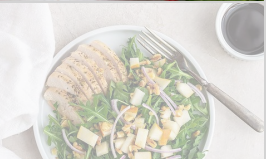






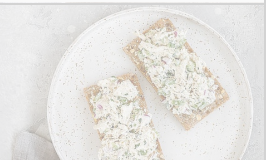


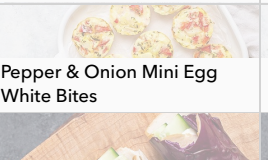
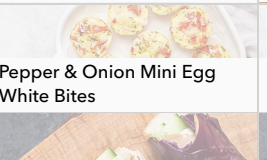
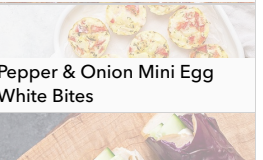
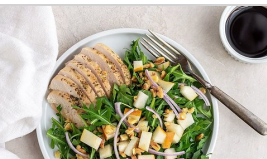































	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Tomato & Onion Egg White Omelette	 Tomato & Onion Egg White Omelette	 Cottage Cheese & Raspberries	 Cottage Cheese & Raspberries
Snack 1	 2 Basil Radish Dip with Cucumber Slices	 2 Basil Radish Dip with Cucumber Slices	 2 Basil Radish Dip with Cucumber Slices	 3 Smoked Salmon Wrapped Cucumber	 3 Smoked Salmon Wrapped Cucumber	 3 Smoked Salmon Wrapped Cucumber	 3 Smoked Salmon Wrapped Cucumber
Lunch	 Chicken Tacos with Chipotle Coleslaw	 Pear & Arugula Salad with Chicken	 Moroccan Chicken & Spaghetti Squash	 Tuna, Spinach & Feta Pita	 Maple Ginger Chicken & Veggie Bowl	 Meal Prep Chicken & Cilantro Lime Quinoa	 Okra & Beef Stew
Snack 2	 0.5 Chicken Salad on Crackers	 1.5 Chicken Salad on Crackers	 1.5 Chicken Salad on Crackers	 Pepper & Onion Mini Egg White Bites	 Pepper & Onion Mini Egg White Bites	 Pepper & Onion Mini Egg White Bites	 Pepper & Onion Mini Egg White Bites
Dinner	 Pear & Arugula Salad with Chicken	 Moroccan Chicken & Spaghetti Squash	 Tuna, Spinach & Feta Pita	 Maple Ginger Chicken & Veggie Bowl	 Meal Prep Chicken & Cilantro Lime Quinoa	 Okra & Beef Stew	 Orange Chicken with Broccoli

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat	 23%	 21%	 20%	 25%	 24%	 23%	 26%
Carbs	 36%	 34%	 34%	 29%	 32%	 31%	 31%
Protein	 41%	 45%	 46%	 46%	 44%	 46%	 43%
Calories	1264	1322	1293	1205	1286	1190	1180
Fat	33g	31g	30g	33g	34g	31g	35g
Carbs	114g	117g	116g	88g	103g	93g	92g
Fiber	23g	27g	26g	13g	16g	20g	20g
Sugar	47g	45g	32g	27g	30g	30g	48g
Protein	132g	155g	154g	140g	143g	139g	130g
Cholesterol	323mg	387mg	339mg	229mg	271mg	299mg	264mg
Sodium	972mg	1240mg	1779mg	3871mg	3354mg	2873mg	3290mg
Vitamin A	6813IU	5955IU	8039IU	17617IU	26069IU	16040IU	5830IU
Vitamin C	87mg	94mg	95mg	110mg	110mg	139mg	311mg
Calcium	1463mg	1403mg	1467mg	398mg	356mg	601mg	685mg
Iron	9mg	14mg	17mg	11mg	9mg	13mg	14mg

**Fruits**

- 1 1/2 cups Cherries
- 3/4 Lemon
- 1/3 cup Lemon Juice
- 3 tsps Lime Juice
- 1/4 Navel Orange
- 3 Peach
- 1 Pear
- 1 cup Raspberries

**Breakfast**

- 1 tbsp Maple Syrup

**Seeds, Nuts & Spices**

- 3 tsps Chia Seeds
- 1/4 tsp Chipotle Powder
- 1/4 tsp Cumin
- 1/8 tsp Garlic Powder
- 1 tsp Italian Seasoning
- 1 tsp Lebanese Seven Spice Blend
- 1 1/2 tsps Moroccan Spice Blend
- 1/8 tsp Onion Powder
- 1/8 tsp Red Pepper Flakes
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1 tbsp Walnuts

**Vegetables**

- 8 cups Arugula
- 3 cups Baby Spinach
- 1 1/2 cups Basil Leaves
- 2 cups Broccoli
- 4 Carrot
- 3 stalks Celery
- 1 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 3/4 cup Coleslaw Mix
- 5 1/2 Cucumber
- 3 1/2 Garlic
- 2 tsps Ginger
- 1/4 Green Chili Pepper
- 3 1/2 stalks Green Onion
- 2 2/3 cups Okra
- 3 tsps Parsley
- 2 cups Purple Cabbage
- 1 1/2 cups Radishes
- 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 cup Snap Peas
- 1 Spaghetti Squash
- 1 1/3 Tomato
- 1 1/8 Yellow Onion

**Boxed & Canned**

- 1 tbsp Chicken Broth
- 6 slices Light Rye Crisp Bread
- 1/2 cup Quinoa
- 1/3 cup Tomato Paste
- 2 cans Tuna

**Baking**

- 1/2 tsp Arrowroot Powder
- 1 tbsp Fancy Molasses
- 1/4 tsp Honey
- 1/2 cup Whole Wheat Flour

**Bread, Fish, Meat & Cheese**

- 1 kilogram Chicken Breast
- 553 grams Chicken Breast, Cooked
- 2 Corn Tortilla
- 2/3 cup Feta Cheese
- 226 grams Sliced Turkey Breast
- 340 grams Smoked Salmon
- 303 grams Stewing Beef
- 1 Whole Wheat Pita

**Condiments & Oils**

- 3 tsps Balsamic Vinegar
- 2 tsps Coconut Aminos
- 3/4 tsp Coconut Oil
- 1 1/8 tsps Extra Virgin Olive Oil
- 1 1/3 tsps Mayonnaise
- 1 tbsp Sesame Oil
- 1 1/8 tsps Tamari

**Cold**

- 1 tsp Butter
- 2 cups Cottage Cheese
- 3 cups Egg Whites
- 2 cups Plain Greek Yogurt
- 3 cups Unsweetened Almond Milk

**Other**

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



## Peach Cherry Smoothie

3 servings

5 minutes

### Ingredients

3 cups Unsweetened Almond Milk  
3 Peach (medium, pitted)  
1 1/2 cups Cherries (pitted)  
3 tbsps Chia Seeds  
3/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	200mg
Vitamin A	1037IU
Vitamin C	15mg
Calcium	661mg
Iron	2mg

### Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use cow's milk or any other milk alternative.

**More Fiber:** Add spinach, kale, or ground flax.

**No Fresh Peaches or Cherries:** Use frozen instead.



## Tomato & Onion Egg White Omelette

2 servings  
10 minutes

### Ingredients

- 1 cup Water
- 2 cups Egg Whites
- 1/4 tsp Sea Salt (to taste)
- 1 cup Cherry Tomatoes (halved)
- 2 stalks Green Onion (sliced)
- 2 tsps Tamari

### Nutrition

Amount per serving	
Calories	147
Fat	1g
Carbs	6g
Fiber	1g
Sugar	4g
Protein	28g
Cholesterol	0mg
Sodium	1041mg
Vitamin A	1101IU
Vitamin C	12mg
Calcium	44mg
Iron	1mg

### Directions

- 1 Heat the water in a large non-stick pan over medium to medium-high heat. Bring to a simmer.
- 2 Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Season with salt. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate.
- 3 Arrange the tomatoes and green onions down the middle of the omelette. Fold the sides of the omelette towards the center and drizzle with tamari. Enjoy!

### Notes

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

**More Flavor:** Sauté the tomatoes and onions with garlic before adding to the omelette.

**Additional Toppings:** Leftover veggies, avocado, cheese, nutritional yeast, spinach, or arugula.

**No Non-Stick Pan:** Use your choice of oil as needed.

**No Tamari:** Use soy sauce or coconut aminos instead.



## Palak Paratha

2 servings  
40 minutes

### Ingredients

- 1/2 cup Whole Wheat Flour (plus more for dusting)
- 1 cup Baby Spinach (finely chopped)
- 1/4 Green Chili Pepper (seeds removed, finely chopped)
- 1/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tbsp Water

### Nutrition

Amount per serving	
Calories	176
Fat	8g
Carbs	23g
Fiber	4g
Sugar	0g
Protein	5g
Cholesterol	0mg
Sodium	308mg
Vitamin A	1476IU
Vitamin C	18mg
Calcium	39mg
Iron	2mg

### Directions

- 1 In a large bowl, mix together the whole wheat flour, chopped spinach, green chili pepper, cumin, salt, and half of the oil. Set aside (uncovered) for 10 minutes. The spinach will release some water during this time.
- 2 Add water little by little and knead to make a slightly soft, smooth dough. Cover the dough with plastic wrap and let it rest for 15 minutes.
- 3 Cut the dough into the according number of recipe servings. Roll into balls. Dust each ball and working surface with flour. Use a rolling pin and roll each ball flat to about 1/8- to 1/4-inch thick.
- 4 In a large skillet over medium heat, add a small amount of the remaining oil with a brush or paper towel. Cook each paratha for about two to three minutes per side. Brush the skillet with the remaining oil as needed.
- 5 Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

### Notes

**Leftovers:** Store between a dish towel in an airtight container for up to two days. Warm-up before serving.

**Serving Size:** One serving is equal to one paratha.

**Make it Spicier:** Add more green chili or chili flakes.

**Serve it With:** Serve with chutney, spiced yogurt, and/or curry.



## Cottage Cheese & Raspberries

2 servings

5 minutes

### Ingredients

2 cups Cottage Cheese  
1 cup Raspberries

### Nutrition

Amount per serving	
Calories	238
Fat	9g
Carbs	14g
Fiber	4g
Sugar	8g
Protein	24g
Cholesterol	36mg
Sodium	662mg
Vitamin A	314IU
Vitamin C	16mg
Calcium	190mg
Iron	1mg

### Directions

- 1 Top the cottage cheese with raspberries and enjoy!

### Notes

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

**Additional Toppings:** Hemp seeds, chia seeds, shredded coconut, and/or honey.

**Make it Vegan:** Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.





## Basil Radish Dip with Cucumber Slices

6 servings

10 minutes

### Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 1/3 cup Feta Cheese
- 1 1/2 cups Basil Leaves (chopped)
- 1 1/2 cups Radishes (chopped)
- 1/3 Lemon (juiced)
- 1 1/2 Cucumber (sliced into rounds or sticks)

### Nutrition

Amount per serving	
Calories	89
Fat	3g
Carbs	8g
Fiber	1g
Sugar	3g
Protein	8g
Cholesterol	17mg
Sodium	155mg
Vitamin A	992IU
Vitamin C	13mg
Calcium	209mg
Iron	1mg

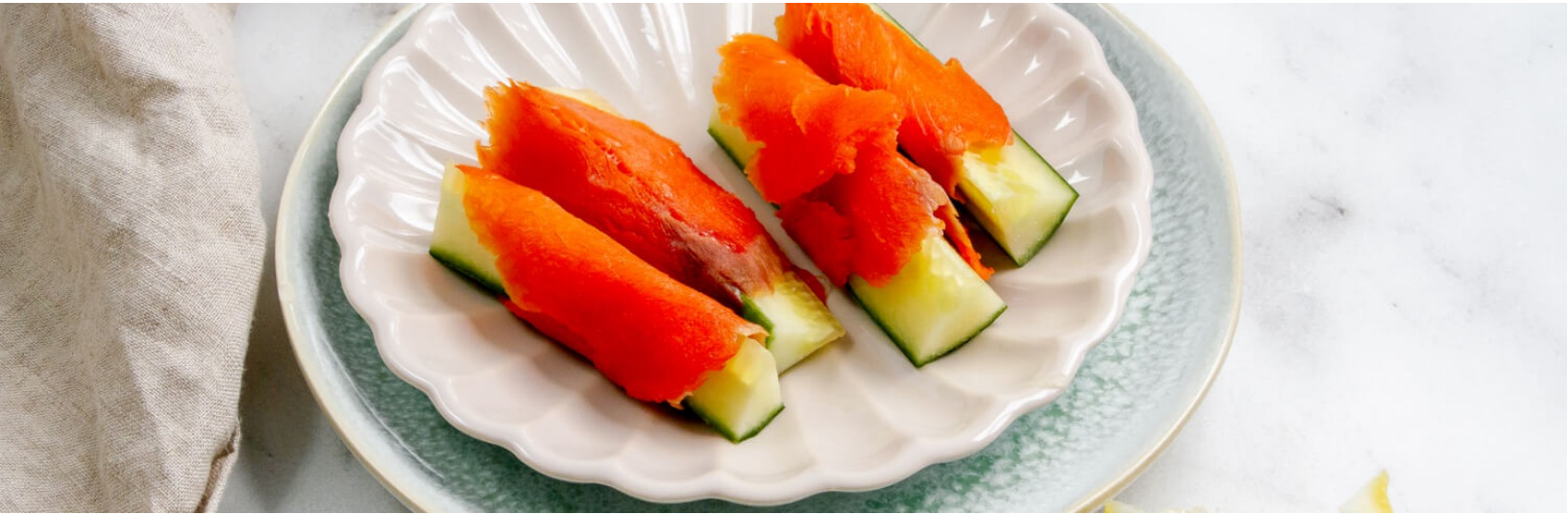
### Directions

- 1 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 2 Scoop into a bowl and dip with cucumber slices. Enjoy!

### Notes

**No Cucumber:** Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

**Dairy-Free:** Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.



## Smoked Salmon Wrapped Cucumber

12 servings

5 minutes

### Ingredients

340 grams Smoked Salmon (cut into spears)  
3 Cucumber (quartered)  
1/4 cup Lemon Juice

### Nutrition

Amount per serving	
Calories	46
Fat	1g
Carbs	3g
Fiber	0g
Sugar	1g
Protein	6g
Cholesterol	7mg
Sodium	192mg
Vitamin A	104IU
Vitamin C	4mg
Calcium	15mg
Iron	0mg

### Directions

- 1 Wrap the smoked salmon around the cucumber spears. Top with lemon juice. Enjoy!

### Notes

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

**Serving Size:** One serving is four cucumber spears.

**More Flavor:** Add fresh dill and pickled onions to the wrapped cucumber.



## Chicken Tacos with Chipotle Coleslaw

1 serving  
10 minutes

### Ingredients

2 tsp Mayonnaise  
1 tsp Lime Juice  
1/4 tsp Honey  
1/8 tsp Garlic Powder  
1/8 tsp Onion Powder  
1/4 tsp Chipotle Powder  
Sea Salt & Black Pepper (to taste)  
3/4 cup Coleslaw Mix  
113 grams Chicken Breast, Cooked (shredded)  
2 tbsps Cilantro (chopped)  
2 Corn Tortilla

### Nutrition

Amount per serving	
Calories	401
Fat	11g
Carbs	35g
Fiber	4g
Sugar	4g
Protein	38g
Cholesterol	122mg
Sodium	141mg
Vitamin A	2429IU
Vitamin C	29mg
Calcium	240mg
Iron	2mg

### Directions

- 1 Combine mayonnaise, lime juice, honey, garlic powder, onion powder, chipotle powder, salt, and pepper in a medium mixing bowl and whisk with a fork until combined. Add the coleslaw mix and stir until well coated.
- 2 Divide the coleslaw mixture, shredded chicken, and cilantro evenly between the corn tortillas. Enjoy!

### Notes

**Leftovers:** Refrigerate the coleslaw separately from the other ingredients in an airtight container for up to three days.

**Serving Size:** One serving is equal to two tacos.

**Make it Vegan:** Use lentils, chickpeas, tofu, or tempeh instead of chicken.

**Grain-Free:** Use cassava, coconut, or almond flour tortillas instead.



## Chicken Salad on Crackers

3 servings

10 minutes

### Ingredients

- 213 grams Chicken Breast, Cooked (shredded)
- 3 stalks Celery (finely chopped)
- 1/3 cup Red Onion (finely chopped)
- 3 tbsps Parsley (finely chopped)
- 1/3 cup Plain Greek Yogurt
- 1/3 Lemon (juiced, zested)
- Sea Salt & Black Pepper (to taste)
- 6 slices Light Rye Crisp Bread

### Nutrition

Amount per serving	
Calories	186
Fat	3g
Carbs	16g
Fiber	5g
Sugar	2g
Protein	27g
Cholesterol	78mg
Sodium	159mg
Vitamin A	679IU
Vitamin C	12mg
Calcium	101mg
Iron	2mg

### Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt, lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Spread the chicken mixture evenly over each crisp bread. Enjoy!

### Notes

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

**Serving Size:** One serving is two crackers.

**Gluten-Free:** Use gluten-free crackers.

**Dairy-Free:** Use dairy-free unsweetened yogurt or mayonnaise instead.



## Pepper & Onion Mini Egg White Bites

4 servings  
25 minutes

### Ingredients

- 1 cup Egg Whites
- 1/2 Red Bell Pepper (medium, finely diced)
- 1/2 Yellow Onion (small, finely diced)
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	41
Fat	0g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	7g
Cholesterol	0mg
Sodium	250mg
Vitamin A	466IU
Vitamin C	19mg
Calcium	10mg
Iron	1mg

### Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, red bell pepper, onion, Italian seasoning, and salt.
- 3 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately four mini egg muffins.

**More Flavor:** Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

**Additional Toppings:** Add goat cheese or feta cheese.



## Turkey & Cabbage Rolls

4 servings

10 minutes

### Ingredients

- 2 cups Purple Cabbage (leaves pulled apart)
- 226 grams Sliced Turkey Breast
- 1 Cucumber (medium, sliced)
- 2 tsps Mayonnaise

### Nutrition

Amount per serving	
Calories	101
Fat	4g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	10g
Cholesterol	29mg
Sodium	535mg
Vitamin A	577IU
Vitamin C	27mg
Calcium	40mg
Iron	1mg

### Directions

- 1 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two small rolls.

**Additional Toppings:** Add sprouts or arugula.



## Pear & Arugula Salad with Chicken

2 servings  
35 minutes

### Ingredients

340 grams Chicken Breast  
1/2 tsp Italian Seasoning  
1/8 tsp Sea Salt  
4 cups Arugula  
1 Pear (chopped)  
2 tbsps Red Onion (thinly sliced)  
1 tbsp Walnuts (finely chopped)  
3 tbsps Balsamic Vinegar

### Nutrition

Amount per serving	
Calories	314
Fat	7g
Carbs	21g
Fiber	4g
Sugar	14g
Protein	40g
Cholesterol	124mg
Sodium	241mg
Vitamin A	1023IU
Vitamin C	11mg
Calcium	93mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Slice the pears just before serving for best results.

**Nut-Free:** Omit the walnuts or use sunflower or pumpkin seeds instead.

**No Chicken:** Use salmon, shrimp, chickpeas, or tofu instead.

**No Arugula:** Use baby spinach instead.

**No Pear:** Use apple instead.

**More Fat:** Add extra virgin olive oil and mix with the balsamic vinegar.



## Moroccan Chicken & Spaghetti Squash

2 servings  
50 minutes

### Ingredients

- 1 Spaghetti Squash (medium)
- 1 tsp Butter (melted)
- 283 grams Chicken Breast (skinless, boneless)
- 1 1/2 tsps Moroccan Spice Blend
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	273
Fat	6g
Carbs	22g
Fiber	3g
Sugar	0g
Protein	34g
Cholesterol	108mg
Sodium	250mg
Vitamin A	892IU
Vitamin C	24mg
Calcium	79mg
Iron	5mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet and bake for 20 minutes.
- 3 Meanwhile, drizzle the melted butter all over the chicken breast and season generously with the Moroccan spice blend.
- 4 Remove the baking sheet from the oven and transfer the chicken breast to the sheet pan. Return to the oven for 20 to 22 minutes, until the chicken is cooked through.
- 5 Use a fork to shred the flesh of the squash into noodles and divide onto plates. Top with the chicken breast and season with salt and pepper to taste. Enjoy!

### Notes

**Leftovers:** Refrigerate in a sealed container in the fridge for up to three days.

**Serving Size:** One serving is half a medium sized squash and four to five large slices of chicken breast.





## Tuna, Spinach & Feta Pita

2 servings

10 minutes

### Ingredients

- 2 cans Tuna (drained, broken into chunks)
- 2 cups Baby Spinach (chopped)
- 1/2 stalk Green Onion (sliced)
- 1/4 cup Feta Cheese (crumbled)
- 1 tbsp Lemon Juice (to taste)
- 1 Whole Wheat Pita (sliced in half)

### Nutrition

Amount per serving	
Calories	285
Fat	6g
Carbs	20g
Fiber	3g
Sugar	1g
Protein	39g
Cholesterol	76mg
Sodium	780mg
Vitamin A	3107IU
Vitamin C	12mg
Calcium	157mg
Iron	5mg

### Directions

- 1 In a mixing bowl, combine the tuna, spinach, green onions, feta, and lemon juice.
- 2 Gently open each pita pocket and fill with the tuna mixture. Enjoy!

### Notes

**Leftovers:** Refrigerate the tuna mixture in an airtight container for up to three days.

**Serving Size:** One serving equals approximately half a pita (8-inch) filled with two cups of the tuna mixture.

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

**Gluten-Free:** Use lettuce wraps or gluten-free bread instead of pita.

**Dairy-Free:** Use vegan cheese instead of feta cheese, or omit completely.

**More Flavor:** Add mustard, olive oil, or mayonnaise.

**Additional Toppings:** Add chopped celery, red onion, tomatoes or cucumber.



## Maple Ginger Chicken & Veggie Bowl

2 servings  
20 minutes

### Ingredients

283 grams Chicken Breast (cut into 1-inch cubes)  
1 tbsp Sesame Oil (divided)  
2 Carrot (medium, peeled, and sliced thin)  
1 cup Snap Peas (trimmed and chopped)  
1/3 cup Water (divided)  
2 tbsps Coconut Aminos  
2 tsps Ginger (fresh, grated or minced)  
1 tbsp Maple Syrup  
1 Garlic (clove, minced)  
1/2 tsp Arrowroot Powder

### Nutrition

Amount per serving	
Calories	317
Fat	11g
Carbs	20g
Fiber	3g
Sugar	14g
Protein	33g
Cholesterol	103mg
Sodium	381mg
Vitamin A	10578IU
Vitamin C	10mg
Calcium	63mg
Iron	1mg

### Directions

- 1 Heat half of the sesame oil in a pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Transfer to a plate.
- 2 Add the carrots and snap peas to the pan. Stir to combine with any remaining juices in the pan then add two-thirds of the water and cover with a lid. Steam the vegetables for four to five minutes or until just tender.
- 3 Meanwhile, in a small bowl combine the coconut aminos, ginger, maple syrup, garlic, arrowroot powder, and the remaining sesame oil and water and mix well.
- 4 Add the chicken back to the pan with vegetables then pour in the ginger sauce. Cook for one to two minutes or until the sauce begins to bubble and thicken and the chicken has warmed through.
- 5 Divide between bowls or meal prep containers. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/2 cups.

**Additional Toppings:** Hot sauce, red pepper flakes, sesame seeds, chopped cashews, or green onion. Serve with rice or cauliflower rice.

**Veggies:** Use broccoli, cauliflower, bell pepper, or mushrooms instead.

**No Coconut Aminos:** Use soy sauce or tamari instead.

**No Chicken Breast:** Use chicken thighs or pork instead.



## Meal Prep Chicken & Cilantro Lime Quinoa

2 servings  
15 minutes

### Ingredients

1/2 cup Quinoa (uncooked)  
1/4 cup Cilantro (chopped)  
2 tsps Lime Juice (to taste)  
1/8 tsp Sea Salt (to taste)  
4 cups Arugula (packed)  
2 Carrot (small, chopped)  
227 grams Chicken Breast, Cooked (sliced)  
1 stalk Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	366
Fat	7g
Carbs	35g
Fiber	6g
Sugar	4g
Protein	42g
Cholesterol	118mg
Sodium	263mg
Vitamin A	11559IU
Vitamin C	12mg
Calcium	115mg
Iron	3mg

### Directions

- 1 Cook the quinoa according to the package directions and let cool.  
;
- 2 Toss the quinoa with cilantro, lime juice, and salt.  
;
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

### Notes

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

**More Flavor:** Use balsamic vinegar or your dressing of choice.

**Additional Toppings:** Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



## Okra & Beef Stew

2 servings  
40 minutes

### Ingredients

- 2 3/4 cups Water
- 302 grams Stewing Beef (cubed)
- 2 Garlic (cloves, minced)
- 2/3 Yellow Onion (small, diced)
- 2 2/3 tbsps Cilantro (chopped)
- 1 tsp Lebanese Seven Spice Blend
- 2 2/3 cups Okra (trimmed, sliced)
- 1/3 cup Tomato Paste
- 1 1/3 Tomato (chopped)
- 1/3 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	306
Fat	8g
Carbs	25g
Fiber	8g
Sugar	10g
Protein	38g
Cholesterol	95mg
Sodium	587mg
Vitamin A	2812IU
Vitamin C	53mg
Calcium	201mg
Iron	7mg

### Directions

- 1 In a large pan over medium-high heat, heat a splash of the water and cook the beef for about eight minutes, flipping halfway. Set aside the beef.
- 2 In the same pan, heat a few more tablespoons of the water and cook the garlic, onion, and cilantro for about two minutes. Stir in the Lebanese seven spice and okra. Cook until the okra is tender, about 10 minutes. Add more water as needed to prevent sticking.
- 3 Stir in the cooked beef, tomato paste, tomatoes, sea salt, and the remaining water. Lower the heat to a simmer, cover with a lid, and cook for about 15 minutes or until your desired consistency is reached.
- 4 Season with more salt to taste. Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days, or freeze if longer.

**Serving Size:** One serving equals approximately 2 1/2 cups.

**More Flavor:** Cook the beef, onions, and garlic in oil instead of water.

**Additional Toppings:** Serve it with Lebanese rice and more fresh herbs.

**Make it Vegan:** Use beans or add more veggies instead of beef.



## Orange Chicken with Broccoli

1 serving  
20 minutes

### Ingredients

113 grams Chicken Breast (skinless, boneless)  
3/4 tsp Coconut Oil  
1 tbsp Chicken Broth  
1/2 Garlic (cloves, minced)  
1/4 Navel Orange (zested and juiced)  
1 tbsp Fancy Molasses  
1 1/2 tsps Tamari  
1/8 tsp Red Pepper Flakes  
2 cups Broccoli (chopped into florets)  
1/3 tsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Sesame Seeds

### Nutrition

Amount per serving	
Calories	356
Fat	11g
Carbs	34g
Fiber	6g
Sugar	22g
Protein	33g
Cholesterol	83mg
Sodium	680mg
Vitamin A	1349IU
Vitamin C	184mg
Calcium	199mg
Iron	4mg

### Directions

- 1 Dice your chicken breasts into 1 inch cubes. Melt the coconut oil in a large skillet over medium heat. Add in the chicken and saute until cooked through and browned (about 10 minutes).
- 2 Meanwhile, in a small sauce pan stir together the chicken broth, garlic, orange zest, orange juice, molasses, tamari and red pepper flakes. Bring to a boil, then reduce to a simmer. Simmer for 10 minutes, then pour it into the skillet over the cooked chicken. Mix well to coat and let simmer while you prepare the rest.
- 3 Lightly steam your broccoli then toss in olive oil and sea salt and black pepper to taste.
- 4 Turn the heat off of the chicken (the sauce should be cooked down and thickened by now. If it isn't, simmer a bit longer). Divide the broccoli between bowls and top with the orange chicken. Sprinkle with sesame seeds and serve. Enjoy!

### Notes

**Prep Ahead:** Mix the sauce up in a mason jar and store in the fridge until ready to cook. Steam the broccoli in advance and warm before serving.

**Vegan & Vegetarian:** Use chickpeas or tofu instead of chicken.

**Leftovers:** Keeps well in the fridge up to 3 days.

**More Carbs:** Serve with rice, quinoa or sweet potatoes.

**Make It Faster:** Buy pre-sliced chicken breast and pre-chopped broccoli florets (fresh or frozen) in the bag.