



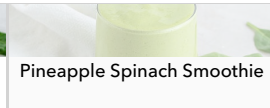


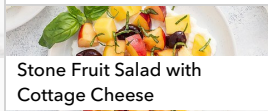
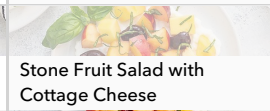

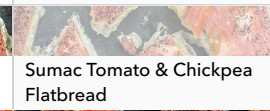

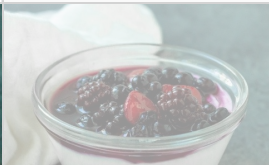
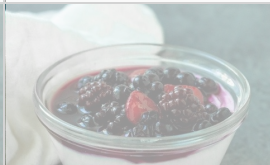









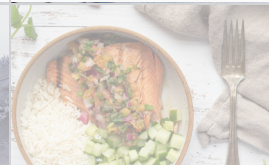








































	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Banana Smoothie	 Mango Banana Smoothie	 Mango Banana Smoothie	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Simple Vanilla Protein Shake	 Simple Vanilla Protein Shake
				 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese	 Sumac Tomato & Chickpea Flatbread	 Sumac Tomato & Chickpea Flatbread
Snack 1	 Yogurt & Berries	 0.5 Yogurt & Berries	 0.5 Yogurt & Berries	 0.5 Cinnamon Raisin Protein Cookies	 0.5 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies	 Cinnamon Raisin Protein Cookies
Lunch	 Chicken Fried Rice	 Maple Ginger Stir Fry Bowl with Rice	 Crispy Haddock Burger	 Chicken & Pea Soba Noodles	 Maple Roasted Carrots & Chicken	 BBQ Salmon Bowls with Peach Salsa	 Spicy Shrimp Fried Rice
Snack 2	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Yogurt & Pomegranate	 Salmon Burger Bites with Cucumber & Pineapple	 Salmon Burger Bites with Cucumber & Pineapple	 Salmon Burger Bites with Cucumber & Pineapple	 Salmon Burger Bites with Cucumber & Pineapple
Dinner	 Maple Ginger Stir Fry Bowl with Rice	 Crispy Haddock Burger	 Chicken & Pea Soba Noodles	 Maple Roasted Carrots & Chicken	 BBQ Salmon Bowls with Peach Salsa	 Spicy Shrimp Fried Rice	 One Pot Smoky Chicken & Rice

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  20%	Fat  21%	Fat  22%	Fat  24%	Fat  23%	Fat  22%	Fat  23%
Carbs  46%	Carbs  45%	Carbs  43%	Carbs  42%	Carbs  43%	Carbs  44%	Carbs  42%
Protein  34%	Protein  34%	Protein  35%	Protein  34%	Protein  34%	Protein  34%	Protein  35%
Calories 1778	Calories 1762	Calories 1757	Calories 1738	Calories 1731	Calories 1773	Calories 1707
Fat 40g	Fat 41g	Fat 42g	Fat 46g	Fat 44g	Fat 44g	Fat 44g
Carbs 207g	Carbs 202g	Carbs 190g	Carbs 182g	Carbs 191g	Carbs 198g	Carbs 182g
Fiber 24g	Fiber 24g	Fiber 23g	Fiber 27g	Fiber 26g	Fiber 30g	Fiber 29g
Sugar 93g	Sugar 87g	Sugar 77g	Sugar 84g	Sugar 89g	Sugar 43g	Sugar 35g
Protein 156g	Protein 153g	Protein 152g	Protein 149g	Protein 152g	Protein 153g	Protein 152g
Cholesterol 529mg	Cholesterol 384mg	Cholesterol 363mg	Cholesterol 356mg	Cholesterol 368mg	Cholesterol 425mg	Cholesterol 493mg
Sodium 1431mg	Sodium 1938mg	Sodium 2356mg	Sodium 2645mg	Sodium 1921mg	Sodium 1895mg	Sodium 2463mg
Vitamin A 15907IU	Vitamin A 15558IU	Vitamin A 5955IU	Vitamin A 47028IU	Vitamin A 46591IU	Vitamin A 6086IU	Vitamin A 6359IU
Vitamin C 210mg	Vitamin C 185mg	Vitamin C 266mg	Vitamin C 269mg	Vitamin C 196mg	Vitamin C 96mg	Vitamin C 78mg
Calcium 1693mg	Calcium 1505mg	Calcium 1479mg	Calcium 1357mg	Calcium 1360mg	Calcium 1144mg	Calcium 1127mg
Iron 9mg	Iron 9mg	Iron 9mg	Iron 10mg	Iron 10mg	Iron 16mg	Iron 17mg

Fruits

- 2 2/3 Banana
- 1/2 cup Cherries
- 2 tbsps Lime Juice
- 1/2 Mango
- 1 Nectarine
- 1 Peach
- 3 1/3 cups Pineapple
- 1 1/2 cups Pomegranate Seeds

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/8 tsp Cayenne Pepper
- 1 tsp Chili Powder
- 1/3 tsp Cinnamon
- 1/8 tsp Cumin
- 3 tbsps Ground Flax Seed
- 1 tsp Ground Sumac
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 1 tsp Red Pepper Flakes
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika

Frozen

- 2 cups Frozen Berries
- 3 cups Frozen Cauliflower
- 2 1/4 cups Frozen Mango
- 1 cup Frozen Peas
- 20 Ice Cubes
- 360 grams Salmon Burger Patty

Vegetables

- 2 cups Baby Spinach
- 1 tbsp Basil Leaves
- 10 Carrot
- 1 1/3 tbsps Chives
- 3 tbsps Cilantro
- 2/3 cup Coleslaw Mix
- 2 Cremini Mushrooms
- 1 1/2 Cucumber
- 10 Garlic
- 1 tbsp Ginger
- 2 1/2 stalks Green Onion
- 1/2 Jalapeno Pepper
- 1/2 cup Parsley
- 1/4 cup Red Onion
- 1/2 cup Shallot
- 1 2/3 cups Snap Peas
- 1 Tomato
- 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion

Boxed & Canned

- 1/2 cup Basmati Rice
- 1/2 cup Bread Crumbs
- 3/4 cup Brown Rice
- 85 grams Buckwheat Soba Noodles
- 1/2 cup Chicken Broth
- 1 cup Chickpeas
- 3 1/2 tbsps Jasmine Rice
- 1/2 cup Quinoa

Baking

- 1/2 tsp Arrowroot Powder
- 1/3 cup Oats
- 3 tbsps Raisins

Bread, Fish, Meat & Cheese

- 510 grams Chicken Breast
- 76 grams Chicken Breast, Cooked
- 624 grams Chicken Thighs
- 2 Haddock Fillet
- 340 grams Salmon Fillet
- 227 grams Shrimp
- 113 grams Whole Wheat Bun
- 104 grams Whole Wheat Flatbread

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 2 grams Avocado Oil Spray
- 2 tbsps Coconut Aminos
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Sesame Oil
- 2 tbsps Sunflower Seed Butter
- 1 1/2 tbsps Tahini
- 1 tbsp Tamari
- 60 grams Tartar Sauce

Cold

- 1 cup Cottage Cheese
- 3 cups Cow's Milk, Reduced Fat
- 3 1/3 Egg
- 1/4 cup Egg Whites
- 7 2/3 cups Plain Greek Yogurt
- 3 1/3 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 57 grams Collagen Powder
- 1 1/3 cups Vanilla Protein Powder
- 1 1/2 cups Water



Mango Banana Smoothie

3 servings

5 minutes

Ingredients

3 cups Cow's Milk, Reduced Fat
3 cups Frozen Cauliflower
2 1/4 cups Frozen Mango
1 1/2 Banana (frozen)
1 cup Plain Greek Yogurt
57 grams Collagen Powder

Nutrition

Amount per serving	
Calories	407
Fat	8g
Carbs	54g
Fiber	8g
Sugar	40g
Protein	36g
Cholesterol	31mg
Sodium	233mg
Vitamin A	1811IU
Vitamin C	112mg
Calcium	517mg
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.

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

Dairy-Free: Use dairy-free milk such as almond, cashew, coconut, or oat.

No Frozen Fruit: Use fresh instead.

No Collagen: Omit or use a vanilla protein powder instead.

Make it Vegan: Omit the collagen and use dairy-free milk.



Pineapple Spinach Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Pineapple (fresh or frozen)
- 2 cups Baby Spinach
- 8 Ice Cubes
- 1 cup Unsweetened Coconut Yogurt
- 2 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g
Cholesterol	4mg
Sodium	249mg
Vitamin A	3408IU
Vitamin C	87mg
Calcium	866mg
Iron	2mg

Directions

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

Notes

Leftovers: Best enjoyed immediately.

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

More Fiber: Add flaxseeds, chia seeds, or hemp seeds.

Protein Powder: This recipe was created and tested using vegan protein powder.

Nut-Free: Use nut-free milk such as oat milk or coconut milk.

Ice Cubes: Four ice cubes are roughly equal to 1/2 cup.



Stone Fruit Salad with Cottage Cheese

2 servings

10 minutes

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tsp Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	209
Fat	5g
Carbs	30g
Fiber	3g
Sugar	25g
Protein	14g
Cholesterol	18mg
Sodium	332mg
Vitamin A	1386IU
Vitamin C	37mg
Calcium	108mg
Iron	1mg

Directions

- 1 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

No Fresh Fruit: Use frozen, thawed fruit instead.

Make it Vegan: Use coconut yogurt instead of cottage cheese.

Additional Toppings: Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.



Simple Vanilla Protein Shake

2 servings

5 minutes

Ingredients

- 1 1/3 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder
- 12 Ice Cubes (large)

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g
Cholesterol	4mg
Sodium	145mg
Vitamin A	333IU
Vitamin C	0mg
Calcium	414mg
Iron	1mg

Directions

1

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

Notes

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

More Flavor: Use frozen fruit instead of ice cubes.

No Vanilla Protein Powder: Use chocolate or another flavor instead.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Sumac Tomato & Chickpea Flatbread

2 servings
15 minutes

Ingredients

- 104 grams Whole Wheat Flatbread
- 1 cup Chickpeas
- 1 tbsp Apple Cider Vinegar
- 2/3 cup Plain Greek Yogurt
- 1/2 cup Parsley (finely chopped)
- 1 Tomato (large, sliced)
- 1 tsp Ground Sumac
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	344
Fat	6g
Carbs	54g
Fiber	12g
Sugar	7g
Protein	21g
Cholesterol	11mg
Sodium	620mg
Vitamin A	2550IU
Vitamin C	35mg
Calcium	276mg
Iron	5mg

Directions

- 1 Set oven to high broil. Place flatbread onto a baking pan.
- 2 In a bowl, smash the chickpeas using the back of a fork and combine with vinegar. Set aside.
- 3 Combine yogurt with parsley and spread overtop the flatbread. Then add the smashed chickpeas, tomato slices, sumac and salt to taste.
- 4 Broil in the oven for 3 to 5 minutes or until warmed through and flatbread is toasted. Cut into slices and enjoy!

Notes

Flatbread: 52 grams of whole wheat flatbread is equal to one medium-sized piece.

No Sumac: Use za'atar, lemon zest, lemon juice or lemon pepper spice instead.

No Flatbread: Use brown rice tortillas and adjust the cooking time.

No Chickpeas: Use white beans or hummus instead.

Storage: Refrigerate the toppings separately up to 3 to 5 days. Top flatbread and heat when ready to serve.



Yogurt & Berries

2 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

Nutrition

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

Directions

1

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

Notes

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

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



Cinnamon Raisin Protein Cookies

3 servings
30 minutes

Ingredients

- 1 1/8 Banana (ripe)
- 1/4 cup Egg Whites
- 1 1/2 tbsps Tahini
- 1/3 cup Vanilla Protein Powder (plant-based)
- 1/3 cup Oats (rolled or quick)
- 1/3 tsp Cinnamon
- 3 tbsps Raisins
- 3 tbsps Ground Flax Seed

Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	30g
Fiber	5g
Sugar	12g
Protein	17g
Cholesterol	2mg
Sodium	69mg
Vitamin A	34IU
Vitamin C	4mg
Calcium	118mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 3 Add in the remaining ingredients and mix well again.
- 4 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 5 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 6 Remove from oven, let cool completely on the baking sheet and enjoy!

Notes

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

Leftovers: Store in the fridge up to 4 days, or in the freezer for up to 6 months.

No Tahini: Use sunflower seed butter, almond butter or peanut butter instead.

No Raisins: Use dried cranberries, chocolate chips or cacao nibs instead.



Chicken Fried Rice

1 serving
20 minutes

Ingredients

3 1/2 tbsps Jasmine Rice (uncooked)
1 1/3 Egg (whisked)
1 1/3 tbsps Water
2 Cremini Mushrooms (sliced)
2/3 cup Snap Peas (chopped)
76 grams Chicken Breast, Cooked (chopped)
1/8 tsp Sea Salt (divided)
1 1/3 tbsps Chives (plus more for garnish)

Nutrition

Amount per serving	
Calories	382
Fat	9g
Carbs	40g
Fiber	3g
Sugar	3g
Protein	37g
Cholesterol	327mg
Sodium	534mg
Vitamin A	1018IU
Vitamin C	11mg
Calcium	73mg
Iron	2mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Heat a non-stick pan over medium heat. Add the eggs to the pan and move them around with a spatula continuously until fluffy, about two minutes. Transfer to a bowl.
- 3 In the same pan, heat the water over medium to medium-high heat. Add the mushrooms, snap peas, chicken and half the salt, scraping up any bits at the bottom of the pan. Cook for about five minutes, or until the water has absorbed and the mushrooms are soft and the snap peas are tender crisp.
- 4 Stir in the scrambled eggs, cooked rice and chives, breaking up any large chunks. Season with the remaining salt to taste. Divide into bowls and garnish with additional chives (optional). Enjoy!

Notes

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

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

More Flavor: Add tamari or coconut aminos and adjust the salt as needed. Add grated ginger, garlic, or black pepper. Cook with your choice of oil instead of water.

Make it Vegan: Use marinated tempeh or more veggies instead of chicken. Use scrambled tofu instead of eggs, or omit the eggs completely.

Save Time: Use any leftover rice, meat, or vegetables in this recipe.



Yogurt & Pomegranate

3 servings

5 minutes

Ingredients

3 cups Plain Greek Yogurt
1 1/2 cups Pomegranate Seeds

Nutrition

Amount per serving	
Calories	241
Fat	6g
Carbs	25g
Fiber	3g
Sugar	15g
Protein	23g
Cholesterol	34mg
Sodium	140mg
Vitamin A	1250IU
Vitamin C	22mg
Calcium	509mg
Iron	1mg

Directions

- 1 Top the yogurt with pomegranate seeds and enjoy!

Notes

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

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

Additional Toppings: Add hemp seeds, nuts, pumpkin seeds, shredded coconut, or more fruit.



Salmon Burger Bites with Cucumber & Pineapple

4 servings
20 minutes

Ingredients

360 grams Salmon Burger Patty
1 cup Plain Greek Yogurt
1 Cucumber (medium, sliced)
1 1/3 cups Pineapple (chopped)

Nutrition

Amount per serving	
Calories	203
Fat	5g
Carbs	22g
Fiber	3g
Sugar	11g
Protein	20g
Cholesterol	38mg
Sodium	245mg
Vitamin A	423IU
Vitamin C	32mg
Calcium	144mg
Iron	1mg

Directions

- 1 Cook the salmon burger patty according to package instructions. Cut into slices.
- 2 Arrange the salmon burger patty, yogurt, cucumber, and pineapple in a bento box. Refrigerate until ready to serve. Enjoy!

Notes

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

Salmon Burger Patty: One salmon burger patty is 90 grams or 3.2 ounces.



Maple Ginger Stir Fry Bowl with Rice

2 servings

30 minutes

Ingredients

- 1/2 cup Brown Rice
- 283 grams Chicken Breast (cut into small 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	487
Fat	12g
Carbs	56g
Fiber	5g
Sugar	14g
Protein	37g
Cholesterol	103mg
Sodium	384mg
Vitamin A	10578IU
Vitamin C	10mg
Calcium	68mg
Iron	2mg

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, 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.
- 3 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.
- 4 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.
- 5 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 warms through.
- 6 Divide the rice and chicken stir fry 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 stir fry and 3/4 cup rice.

Additional Toppings: Hot sauce, red pepper flakes, sesame seeds, chopped cashews, or green onion.

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.



Crispy Haddock Burger

2 servings
25 minutes

Ingredients

- 2 Haddock Fillet
- Sea Salt & Black Pepper (to taste)
- 1 Egg
- 1/2 cup Bread Crumbs
- 2 grams Avocado Oil Spray
- 60 grams Tartar Sauce (divided)
- 2/3 cup Coleslaw Mix
- 113 grams Whole Wheat Bun

Nutrition

Amount per serving	
Calories	496
Fat	12g
Carbs	51g
Fiber	5g
Sugar	7g
Protein	45g
Cholesterol	199mg
Sodium	1111mg
Vitamin A	1294IU
Vitamin C	13mg
Calcium	148mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Season the fish with salt and pepper. In two separate bowls add the egg(s) and bread crumbs. Whisk the egg(s) with a fork.
- 3 Coat the fish first with bread crumbs, then dip in the egg. Lastly, coat with bread crumbs once more. Spray the fish with cooking spray and place it onto the baking sheet. Bake in the oven for about 15 minutes or until cooked through.
- 4 Meanwhile, mix half of the tartar sauce with coleslaw. Spread the rest of the sauce on the bottom buns. Top with crispy fish, coleslaw, and the top bun. Enjoy!

Notes

Leftovers: Refrigerate all parts separately for up to three days. Assemble just before eating.

Serving Size: One serving is equal to one assembled fish burger.

More Flavor: Add lemon juice and/or hot sauce.

Additional Toppings: Add lettuce.

Fillet Size: One haddock fillet is equal to 150 grams or 5.3 ounces.

Whole Wheat Buns: One bun is equal to approximately 57 grams or two ounces.

Avocado Oil Spray: One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.



Chicken & Pea Soba Noodles

2 servings

35 minutes

Ingredients

227 grams Chicken Breast
1/3 cup Water (divided)
85 grams Buckwheat Soba Noodles
1/2 Yellow Bell Pepper (sliced)
1/2 cup Frozen Peas (thawed)
2 tbsps Sunflower Seed Butter
2 Garlic (cloves, minced)
1/2 tsp Onion Powder
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	482
Fat	13g
Carbs	44g
Fiber	4g
Sugar	4g
Protein	36g
Cholesterol	82mg
Sodium	802mg
Vitamin A	975IU
Vitamin C	91mg
Calcium	42mg
Iron	2mg

Directions

- 1 Warm a non-stick pan over medium heat. Add the chicken breasts and half of the water, then cover with a lid. Cook for seven to 10 minutes on each side.
- 2 Meanwhile, cook the soba noodles according to the package directions.
- 3 Once the chicken is nearly done, add the peppers and peas to the pan with the chicken, and return the lid. Cook until the chicken is cooked through. Remove the chicken breasts and slice into pieces.
- 4 In a small bowl, combine the sunflower seed butter, garlic, onion powder, salt, and remaining water. Whisk until smooth.
- 5 Divide the soba noodles, chicken, vegetables, and sauce evenly between bowls. Enjoy!

Notes

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

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

Make it Vegan: Use tofu or tempeh in place of the chicken.

More Flavor: For the sauce, use lime juice and tamari in place of water and add maple syrup, ginger, and red pepper flakes.

Additional Toppings: Cilantro and sesame seeds.

No Sunflower Seed Butter: Use peanut butter or almond butter instead.



Maple Roasted Carrots & Chicken

2 servings
40 minutes

Ingredients

- 454 grams Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 6 Garlic (cloves, still attached to each other)
- 1 tsp Extra Virgin Olive Oil
- 8 Carrot (chopped roughly)
- 1/2 cup Shallot (peeled, cut in half)
- 1 tsp Ginger (thinly sliced)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	463
Fat	12g
Carbs	40g
Fiber	8g
Sugar	21g
Protein	48g
Cholesterol	213mg
Sodium	982mg
Vitamin A	40819IU
Vitamin C	20mg
Calcium	138mg
Iron	3mg

Directions

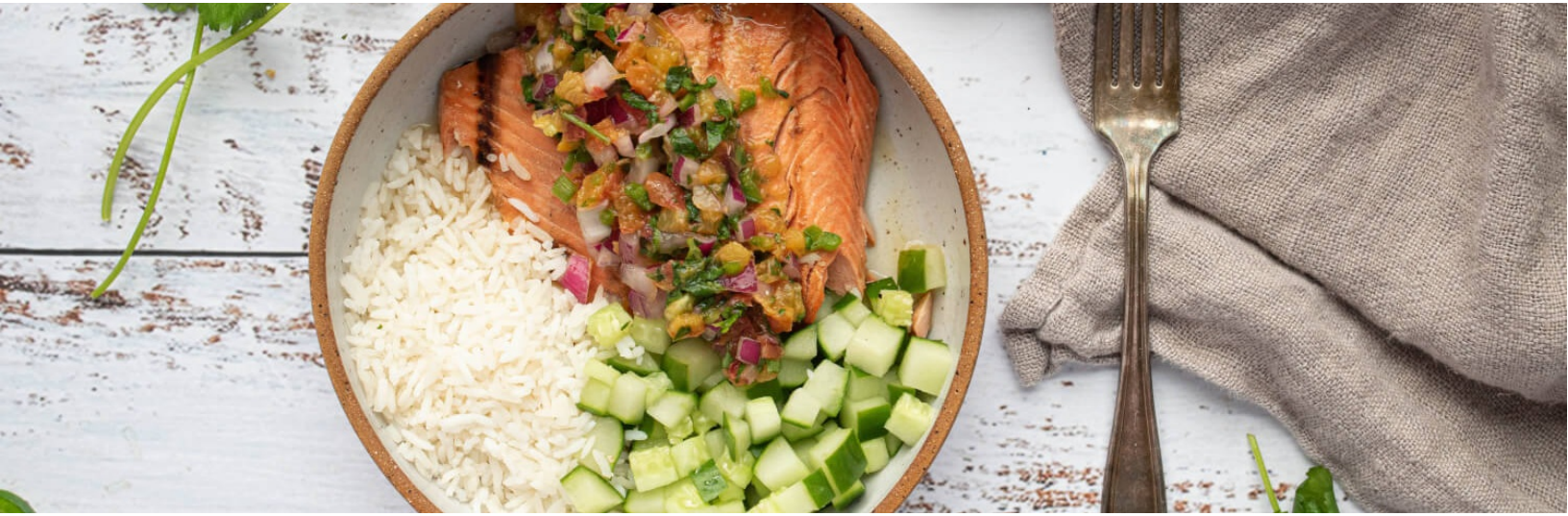
- 1 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 2 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 3 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

Notes

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

More Flavor: Add chili flakes.

No Shallots: Use small pearl onions instead.



BBQ Salmon Bowls with Peach Salsa

2 servings
35 minutes

Ingredients

- 1/2 cup Basmati Rice (uncooked)
- 2 tbsps Lime Juice (divided)
- 340 grams Salmon Fillet
- 1 Peach (finely chopped)
- 1/4 cup Red Onion (finely diced)
- 1/2 Jalapeno Pepper (finely diced)
- 3 tbsps Cilantro (finely chopped)
- 1/2 Cucumber (medium, finely chopped)

Nutrition

Amount per serving	
Calories	475
Fat	11g
Carbs	53g
Fiber	3g
Sugar	9g
Protein	39g
Cholesterol	94mg
Sodium	78mg
Vitamin A	538IU
Vitamin C	18mg
Calcium	45mg
Iron	2mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat your barbecue to medium heat. While the rice is cooking, pour half of the lime juice over the salmon fillets and add them to the barbecue. Cook for 12 minutes, flipping halfway through.
- 3 Meanwhile, make the salsa by combining the peach, red onion, jalapeno, cilantro, and remaining lime juice in a bowl. Mix well.
- 4 Divide the cucumber, rice, salmon, and peach salsa evenly between bowls. Enjoy!

Notes

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

More Flavor: Add sea salt to taste. Add a glaze to the salmon with tamari, ginger powder, and maple syrup.

Additional Toppings: Add mixed greens or avocado.



Spicy Shrimp Fried Rice

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 227 grams Shrimp (cooked, peeled and patted dry)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/8 tsp Cayenne Pepper
- 3/4 tsp Chili Powder
- 1 Egg
- 1/4 Yellow Onion (diced)
- 1/2 cup Frozen Peas
- 1 Garlic (cloves, minced)
- 2 1/2 stalks Green Onion (chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tsp Red Pepper Flakes
- 1 tbsp Tamari

Nutrition

Amount per serving	
Calories	402
Fat	13g
Carbs	37g
Fiber	6g
Sugar	4g
Protein	36g
Cholesterol	276mg
Sodium	738mg
Vitamin A	2208IU
Vitamin C	7mg
Calcium	147mg

Directions

- 1 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 3 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 4 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 5 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!

Notes

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

Iron

5mg



One Pot Smoky Chicken & Rice

1 serving
30 minutes

Ingredients

170 grams Chicken Thighs (boneless, skinless)
1/2 tsp Smoked Paprika (divided)
1/4 tsp Chili Powder (divided)
1/8 tsp Cumin (divided)
Sea Salt & Black Pepper (to taste)
1/2 tsp Extra Virgin Olive Oil
1/4 cup Brown Rice (long grain, dry)
1/2 cup Chicken Broth

Nutrition

Amount per serving	
Calories	409
Fat	11g
Carbs	37g
Fiber	2g
Sugar	1g
Protein	38g
Cholesterol	162mg
Sodium	646mg
Vitamin A	811IU
Vitamin C	0mg
Calcium	28mg
Iron	3mg

Directions

- 1 Place the chicken in a large bowl and season with half of the smoked paprika, half of the chili powder, half of the cumin, and salt and pepper. Mix well to combine.
- 2 Heat the oil in a large skillet over medium heat. Once hot, place the chicken in the skillet and cook for three to four minutes per side, until just browned. Remove the chicken and set aside.
- 3 Add the rice, broth, and remaining spices. Stir to combine and lower the temperature to low. Place the chicken on top of the rice and cover with a lid. Cook for 18 to 22 minutes, until the rice has absorbed most of the liquid and is cooked through.
- 4 Divide the rice and chicken evenly between plates. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup of chicken with 1/2 cup of rice.

Additional Toppings: Serve with fresh cilantro or parsley on top, yogurt on the side or with fresh lemon wedges.