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*with Style*






















30 Day Balanced 1800 Calorie  
Meal Plan PDF (Week 4)

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Protein Baked Oatmeal	 Chocolate Protein Baked Oatmeal	 Chocolate Protein Baked Oatmeal	 Banana Chocolate Protein Smoothie	 Banana Chocolate Protein Smoothie	 Blueberry Protein Oats	 Blueberry Protein Oats
Snack 1	 Greek Yogurt with Almonds & Pear	 Greek Yogurt with Almonds & Pear	 Greek Yogurt with Almonds & Pear	 Chocolate Cherry Chia Pudding	 Chocolate Cherry Chia Pudding	 Chocolate Cherry Chia Pudding	 Chocolate Cherry Chia Pudding
Lunch	 Tuna Noodle Casserole	 Beef, Rice & Carrots	 Miso Baked Tofu & Rice	 Orange Beef Stir Fry	 Chicken, Broccoli & Cashew Stir Fry	 Coconut Cod Tacos	 Chicken, Grapefruit, & Avocado Bowl
Snack 2	 Cherry Blaster Green Smoothie	 Cherry Blaster Green Smoothie	 Cherry Blaster Green Smoothie	 Yogurt Overnight Oats	 Yogurt Overnight Oats	 Yogurt Overnight Oats	 Yogurt Overnight Oats
Dinner	 Beef, Rice & Carrots	 Miso Baked Tofu & Rice	 Orange Beef Stir Fry	 Chicken, Broccoli & Cashew Stir Fry	 Coconut Cod Tacos	 Chicken, Grapefruit, & Avocado Bowl	 Roasted Cabbage, Broccoli & Tofu

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  33%	Fat  36%	Fat  34%	Fat  34%	Fat  34%	Fat  34%
Carbs  48%	Carbs  49%	Carbs  48%	Carbs  46%	Carbs  45%	Carbs  42%	Carbs  44%
Protein  17%	Protein  18%	Protein  16%	Protein  20%	Protein  21%	Protein  24%	Protein  22%
Calories 1780	Calories 1787	Calories 1826	Calories 1831	Calories 1841	Calories 1877	Calories 1886
Fat 71g	Fat 68g	Fat 75g	Fat 73g	Fat 71g	Fat 72g	Fat 73g
Carbs 216g	Carbs 222g	Carbs 227g	Carbs 218g	Carbs 214g	Carbs 202g	Carbs 218g
Fiber 35g	Fiber 33g	Fiber 35g	Fiber 42g	Fiber 46g	Fiber 41g	Fiber 39g
Sugar 67g	Sugar 69g	Sugar 75g	Sugar 71g	Sugar 64g	Sugar 64g	Sugar 72g
Protein 76g	Protein 84g	Protein 77g	Protein 94g	Protein 101g	Protein 115g	Protein 108g
Cholesterol 96mg	Cholesterol 83mg	Cholesterol 57mg	Cholesterol 122mg	Cholesterol 170mg	Cholesterol 207mg	Cholesterol 111mg
Sodium 1765mg	Sodium 2439mg	Sodium 2495mg	Sodium 1385mg	Sodium 1166mg	Sodium 1382mg	Sodium 1455mg
Vitamin A 15174IU	Vitamin A 14318IU	Vitamin A 5184IU	Vitamin A 4118IU	Vitamin A 3526IU	Vitamin A 3699IU	Vitamin A 5154IU
Vitamin C 39mg	Vitamin C 34mg	Vitamin C 123mg	Vitamin C 304mg	Vitamin C 308mg	Vitamin C 192mg	Vitamin C 260mg
Calcium 1365mg	Calcium 1732mg	Calcium 1782mg	Calcium 1695mg	Calcium 1837mg	Calcium 1584mg	Calcium 1776mg
Iron 13mg	Iron 16mg	Iron 16mg	Iron 17mg	Iron 16mg	Iron 10mg	Iron 12mg

**Fruits**

- 1 Avocado
- 3 1/2 Banana
- 1 cup Blackberries
- 3 cups Cherries
- 1 1/3 Grapefruit
- 1/2 Lime
- 1/3 Navel Orange
- 3 Pear
- 1 cup Raspberries

**Breakfast**

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

**Seeds, Nuts & Spices**

- 1/3 cup Almonds
- 1 tsp Cardamom
- 1/4 cup Cashews
- 3/4 cup Chia Seeds
- 3/4 tsp Cumin
- 1/2 cup Hemp Seeds
- 1/2 tsp Oregano
- 1/4 tsp Paprika
- 1/3 tsp Red Pepper Flakes
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper

**Frozen**

- 2/3 cup Cauliflower Rice
- 1 cup Frozen Blueberries
- 3 1/2 tsps Frozen Peas

**Vegetables**

- 3 cups Baby Spinach
- 1/3 cup Basil Leaves
- 5 cups Broccoli
- 2 1/16 Carrot
- 1/3 cup Cilantro
- 2 1/3 Garlic
- 2 2/3 tsps Ginger
- 1 1/2 stalks Green Onion
- 1/3 cup Mushrooms
- 1 1/4 cups Purple Cabbage
- 1 1/4 cups Snap Peas
- 2/3 Sweet Onion
- 2 tbsps Watermelon Radish
- 1 Yellow Bell Pepper

**Boxed & Canned**

- 1 3/4 cups Brown Rice
- 1/3 cup Brown Rice Fusilli
- 3 tbsps Canned Coconut Milk
- 1/3 cup Jasmine Rice
- 2 cups Quick Oats
- 1/3 cup Quinoa
- 1/4 can Tuna

**Baking**

- 1 1/8 tsps Arrowroot Powder
- 3/4 tsp Baking Powder
- 2 tbsps Cocoa Powder
- 2 tbsps Coconut Flour
- 1/4 cup Dark Chocolate Chips
- 2/3 tsp Nutritional Yeast
- 1 1/2 cups Oats
- 1/4 cup Pitted Dates
- 1 2/3 tbsps Raw Honey
- 1 1/3 tsps Tapioca Flour
- 1/3 cup Unsweetened Shredded Coconut
- 2 tsps Vanilla Extract

**Bread, Fish, Meat & Cheese**

- 136 grams Beef Tenderloin
- 340 grams Chicken Breast
- 1 Cod Fillet
- 4 Corn Tortilla
- 227 grams Extra Lean Ground Beef
- 435 grams Tofu

**Condiments & Oils**

- 1 1/2 tsps Apple Cider Vinegar
- 2 1/4 tsps Avocado Oil
- 1 1/2 tsps Coconut Oil
- 1/3 tsp Dijon Mustard
- 1 3/4 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Miso Paste
- 1/4 tsp Sesame Oil
- 2 tbsps Sunflower Seed Butter
- 3 1/3 tbsps Tamari

**Cold**

- 1 cup Cow's Milk, Whole
- 1/2 Egg
- 2 cups Oat Milk
- 2 cups Plain Coconut Milk
- 3 1/4 cups Plain Greek Yogurt
- 6 3/4 cups Unsweetened Almond Milk

**Other**

- 2/3 cup Chocolate Protein Powder
- 3 1/2 tbsps Sweet Potato Chips
- 1/2 cup Vanilla Protein Powder
- 2 1/3 cups Water





## Chocolate Protein Baked Oatmeal

3 servings  
20 minutes

### Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup Almond Butter
- 2 1/4 tbsps Maple Syrup
- 1 1/2 cups Quick Oats
- 3 tbsps Chocolate Protein Powder
- 3/4 tsp Baking Powder
- 1/8 tsp Sea Salt
- 1/4 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	477
Fat	22g
Carbs	53g
Fiber	7g
Sugar	20g
Protein	16g
Cholesterol	1mg
Sodium	365mg
Vitamin A	250IU
Vitamin C	0mg
Calcium	430mg
Iron	3mg

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a pan with parchment paper.
- 2 In a mixing bowl, whisk together the milk, almond butter, and maple syrup. Stir in the remaining ingredients.
- 3 Transfer the mixture to the loaf pan and bake for 30 to 40 minutes, or until cooked through to your liking. Cut into slices and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. A 9 x 5-inch loaf pan dish was used to make four servings. Baked oatmeal is easier to cut into squares when cooled fully.

**More Flavor:** Add cocoa powder and vanilla extract.

**Serve it With:** Sliced banana, walnuts, nut butter, shredded coconut, melted coconut butter, yogurt, whipped coconut milk, or chia jam.

**No Protein Powder:** Use cocoa powder instead.

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



## Banana Chocolate Protein Smoothie

2 servings

5 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
1/2 cup Plain Greek Yogurt  
2 tbsps Chia Seeds  
1/4 cup Hemp Seeds  
1/2 cup Oats  
2 tbsps Cocoa Powder  
2 Banana (frozen)  
1/4 cup Pitted Dates

### Nutrition

Amount per serving	
Calories	487
Fat	20g
Carbs	68g
Fiber	14g
Sugar	28g
Protein	20g
Cholesterol	8mg
Sodium	202mg
Vitamin A	891IU
Vitamin C	14mg
Calcium	697mg
Iron	5mg

### Directions

1

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

### Notes

**Pitted Dates:** One serving is equal to approximately two to three dates.

**Gluten-Free:** Use Gluten-Free oats.

**Dairy-Free:** Use coconut yogurt instead.

**Nut-Free:** Use coconut or oat milk instead of almond milk.

**More Flavor:** Add a pinch of cinnamon.

**Make it Vegan:** Use a vegan yogurt.



## Blueberry Protein Oats

2 servings  
10 minutes

### Ingredients

- 1/2 cup Quick Oats
- 2 cups Oat Milk (plain, unsweetened)
- 1 tsp Cardamom (ground)
- 2 tbsps Sunflower Seed Butter
- 2 tps Raw Honey
- 1/2 cup Vanilla Protein Powder
- 1 cup Frozen Blueberries (or fresh)

### Nutrition

Amount per serving	
Calories	443
Fat	16g
Carbs	51g
Fiber	8g
Sugar	21g
Protein	28g
Cholesterol	4mg
Sodium	141mg
Vitamin A	44IU
Vitamin C	3mg
Calcium	495mg
Iron	2mg

### Directions

- 1 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
- 2 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
- 3 Transfer to a bowl and top with the blueberries. Enjoy!

### Notes

**Leftovers:** For best results, enjoy freshly made. Refrigerate for up to two days.

**More Flavor:** Add vanilla extract, cinnamon, or nutmeg.

**Additional Toppings:** Top with crushed nuts, shredded coconut, or hemp seeds.

**No Oat Milk:** Use plain coconut milk instead.





## Greek Yogurt with Almonds & Pear

3 servings

5 minutes

### Ingredients

- 3/4 cup Plain Greek Yogurt
- 1/3 cup Almonds
- 3 Pear (sliced)

### Nutrition

Amount per serving	
Calories	250
Fat	10g
Carbs	34g
Fiber	8g
Sugar	20g
Protein	10g
Cholesterol	8mg
Sodium	37mg
Vitamin A	357IU
Vitamin C	11mg
Calcium	189mg
Iron	1mg

### Directions

- 1 Add all ingredients to a bowl. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Make it Vegan:** Use coconut yogurt instead of Greek yogurt.

**More Flavor:** Add cinnamon and honey.





## Chocolate Cherry Chia Pudding

4 servings  
30 minutes

### Ingredients

1/2 cup Chia Seeds  
2 cups Plain Coconut Milk  
(unsweetened, from the carton)  
1/2 cup Chocolate Protein Powder  
1 1/2 cups Cherries (pitted)  
2 tbsps Unsweetened Shredded  
Coconut

### Nutrition

Amount per serving	
Calories	249
Fat	12g
Carbs	24g
Fiber	10g
Sugar	11g
Protein	14g
Cholesterol	2mg
Sodium	41mg
Vitamin A	287IU
Vitamin C	4mg
Calcium	443mg
Iron	2mg

### Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

### Notes

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

**No Protein Powder:** Use raw cacao powder instead of protein powder, using half the amount.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.

**Additional Toppings:** Add granola or cacao nibs on top for crunch.

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



## Tuna Noodle Casserole

1 serving  
45 minutes

### Ingredients

- 1/3 cup Brown Rice Fusilli (dry)
- 1/3 cup Mushrooms (sliced)
- 3 1/2 tbsps Frozen Peas
- 3 tbsps Canned Coconut Milk (full fat)
- 3 1/2 tbsps Unsweetened Almond Milk
- 2/3 tsp Nutritional Yeast
- 1/3 tsp Dijon Mustard
- 1/4 tsp Sea Salt
- 1 1/3 tsps Tapioca Flour
- 1/4 can Tuna (drained)
- 3 1/2 tbsps Sweet Potato Chips (crushed)

### Nutrition

Amount per serving	
Calories	406
Fat	14g
Carbs	53g
Fiber	7g
Sugar	7g
Protein	15g
Cholesterol	13mg
Sodium	760mg
Vitamin A	946IU
Vitamin C	5mg
Calcium	119mg
Iron	2mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Prepare pasta according to the directions on the package, making sure to slightly undercook. Strain and run cold water over the pasta.
- 3 In a large saucepan over medium-high heat, add mushrooms, peas, coconut milk, almond milk, nutritional yeast, mustard and salt. Once boiling, reduce heat to a simmer.
- 4 Whisk in tapioca flour. Continue simmering until the sauce thickens, about 10 minutes.
- 5 Add tuna and cooked pasta to the sauce and mix well. Transfer to a baking dish and sprinkle crushed chips overtop. Bake on the lowest rack for 20 minutes. Let cool before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. The sauce can also be stored separately in the freezer for future use. Add a splash of almond milk, water or broth when reheating.

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

**No Tuna:** Use edamame, chicken or chickpeas instead.

**No Tapioca Flour:** Use arrowroot powder or cornstarch instead.



## Cherry Blaster Green Smoothie

3 servings

5 minutes

### Ingredients

3 cups Unsweetened Almond Milk  
3 cups Baby Spinach  
1 1/2 cups Cherries (fresh or frozen)  
1 1/2 Banana (frozen)  
3 tbsps Chia Seeds  
3 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	249
Fat	12g
Carbs	34g
Fiber	9g
Sugar	17g
Protein	8g
Cholesterol	0mg
Sodium	187mg
Vitamin A	3400IU
Vitamin C	19mg
Calcium	578mg
Iron	3mg

### Directions

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

### Notes

**Likes it Sweet:** Add honey or pitted dates.  
**More Protein:** Add vanilla protein powder.





## Yogurt Overnight Oats

**4 servings****8 hours**

### Ingredients

- 2 cups Plain Greek Yogurt
- 1 cup Cow's Milk, Whole
- 1 1/3 tbsps Maple Syrup
- 2 tps Vanilla Extract
- 1 cup Oats
- 1 cup Blackberries
- 1 cup Raspberries

### Nutrition

Amount per serving	
Calories	259
Fat	6g
Carbs	35g
Fiber	6g
Sugar	14g
Protein	16g
Cholesterol	23mg
Sodium	99mg
Vitamin A	811IU
Vitamin C	23mg
Calcium	354mg
Iron	2mg

### Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup.

**Make it Vegan:** Use plant-based yogurt and milk of choice.

**Additional Toppings:** Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



## Beef, Rice & Carrots

2 servings  
30 minutes

### Ingredients

- 1/2 cup Brown Rice
- 2 Carrot (large, sliced)
- 227 grams Extra Lean Ground Beef
- 3/4 tsp Cumin
- 1/2 tsp Oregano
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	398
Fat	13g
Carbs	42g
Fiber	4g
Sugar	3g
Protein	27g
Cholesterol	74mg
Sodium	416mg
Vitamin A	10221IU
Vitamin C	4mg
Calcium	49mg
Iron	4mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, place a steamer basket over a pot of boiling water and steam the carrots for eight to 10 minutes or until tender.
- 3 While the carrots cook, add the beef to the pan over medium-high heat. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Once it is cooked through add the cumin, oregano, and salt and stir to combine.
- 4 To serve, divide the beef, rice and carrots between plates or meal prep containers. Enjoy!

### Notes

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

**More Flavor:** Add other dried herbs and spices to taste.

**No Beef:** Use ground turkey, chicken, pork, lamb, or lentils instead.

**No Carrots:** Use green beans, broccoli, or cauliflower instead.

**No Brown Rice:** Use white rice, quinoa, or cauliflower rice instead.



## Miso Baked Tofu & Rice

2 servings  
40 minutes

### Ingredients

- 1 1/3 tbsps Miso Paste
- 1 1/3 tbsps Tamari
- 1 tbsp Maple Syrup
- 321 grams Tofu (extra firm, drained and cubed)
- 2/3 cup Brown Rice
- 1 1/8 cups Water
- 1/8 tsp Sea Salt
- 2 2/3 tbsps Cilantro (roughly chopped)

### Nutrition

Amount per serving	
Calories	413
Fat	11g
Carbs	59g
Fiber	5g
Sugar	9g
Protein	23g
Cholesterol	0mg
Sodium	1434mg
Vitamin A	90IU
Vitamin C	0mg
Calcium	486mg
Iron	5mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 3 Meanwhile, combine the brown rice 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 it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 4 While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
- 5 Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!

### Notes

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

**Miso Paste:** This recipe was developed and tested using white miso.

**No Brown Rice:** Use jasmine rice, white rice or cauliflower rice instead.

**More Flavor:** Add a drizzle of sesame oil or chili flakes for some heat.

**Additional Toppings:** Add your favorite vegetables.





## Orange Beef Stir Fry

2 servings  
50 minutes

### Ingredients

- 1/3 cup Brown Rice (uncooked)
- 1/3 cup Water
- 1 1/4 tsps Extra Virgin Olive Oil (divided)
- 136 grams Beef Tenderloin (sliced into thin strips)
- 1/3 Navel Orange (juiced)
- 2 1/3 tsps Tamari
- 1/4 tsp Sesame Oil
- 1/3 tsp Red Pepper Flakes
- 1/3 Sweet Onion (diced)
- 3/4 Garlic (cloves, minced)
- 1 1/4 cups Snap Peas
- 1 2/3 cups Broccoli (cut into florets)
- 1 1/4 tsps Ginger (grated)

### Nutrition

Amount per serving	
Calories	437
Fat	20g
Carbs	47g
Fiber	6g
Sugar	9g
Protein	20g
Cholesterol	48mg
Sodium	472mg
Vitamin A	1087IU
Vitamin C	93mg
Calcium	99mg
Iron	4mg

### Directions

- 1 Get your brown rice started by combining brown rice and water in a saucepan. Bring to a boil uncovered stirring occasionally. Once boiling, reduce to low heat and cover. Let simmer for 45 minutes or until all water is absorbed.
- 2 Meanwhile, heat half of your olive oil in a large wok over medium high heat. Cook beef strips to desired doneness. Remove from heat and wrap in foil to keep warm.
- 3 Combine orange juice, tamari, sesame oil and red pepper flakes together in a bowl. Add 1/4 cup water and mix well.
- 4 Pour juice out of wok and place back over medium heat with remaining olive oil. Add diced sweet onion and garlic and saute for 5 minutes or until translucent.
- 5 Add in orange juice sauce, broccoli, and snap peas. Saute for another 8 to 10 minutes or until broccoli is tender.
- 6 Add cooked beef back into wok. Add in grated ginger with 1 tbsp warm water. Saute for 1 minute and remove from heat.
- 7 Serve stir fry over a bed of brown rice. Enjoy!

### Notes

**Vegetarian:** Use chickpeas instead of beef.

**Make it Saucy:** Double up on the orange juice, tamari and sesame oil.

**More Green Power:** Fold in some sautéed spinach until wilted.



## Chicken, Broccoli & Cashew Stir Fry

2 servings

45 minutes

### Ingredients

113 grams Chicken Breast  
1/3 cup Quinoa  
3/4 cup Water  
1 tbsp Tamari  
1 1/2 tsps Raw Honey  
1 1/2 tsps Apple Cider Vinegar  
2 cups Broccoli (cut into florets)  
1 1/2 tsps Coconut Oil  
1/2 Yellow Bell Pepper (diced)  
1/4 Sweet Onion (chopped)  
1 1/2 tsps Ginger (grated)  
1 1/2 Garlic (cloves, minced)  
1/4 cup Cashews  
1 1/2 stalks Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	399
Fat	15g
Carbs	44g
Fiber	6g
Sugar	9g
Protein	24g
Cholesterol	41mg
Sodium	571mg
Vitamin A	1042IU
Vitamin C	170mg
Calcium	102mg
Iron	4mg

### Directions

- 1 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 2 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 3 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 4 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 5 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 6 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

### Notes

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





## Coconut Cod Tacos

2 servings

35 minutes

### Ingredients

- 1/2 Egg
- 1/4 cup Unsweetened Shredded Coconut
- 2 tbsps Coconut Flour
- 1/4 tsp Paprika
- 1/8 tsp Sea Salt
- 1 Cod Fillet (cut into small pieces)
- 4 Corn Tortilla
- 1/2 Yellow Bell Pepper (sliced thinly)
- 2 tbsps Watermelon Radish (thinly sliced)
- 1/2 Lime (juiced)
- 2 tbsps Cilantro (optional, roughly chopped)
- 1/2 Avocado (cubed)

### Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Sugar	2g
Protein	27g
Cholesterol	96mg
Sodium	253mg
Vitamin A	495IU
Vitamin C	97mg
Calcium	241mg
Iron	3mg

### Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

### Notes

**Leftovers:** Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

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

**Fillet Size:** One fillet is equal to 231 grams or 8 ounces.

**No Tortillas:** Use lettuce as a wrap.

**No Watermelon Radish:** Omit or use regular radish.

**Likes it Spicy:** Add hot sauce or cayenne pepper to the assembled tacos.

**Likes it Saucy:** Drizzle the assembled tacos with mayonnaise or sour cream.





## Chicken, Grapefruit, & Avocado Bowl

2 servings  
40 minutes

### Ingredients

- 227 grams Chicken Breast
- 2/3 tsp Sea Salt (divided)
- 1/3 cup Jasmine Rice
- 2/3 cup Cauliflower Rice
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 1/3 tsps Raw Honey
- 1 1/3 Grapefruit (peeled, chopped, divided)
- 1/2 Avocado (sliced)
- 1/3 cup Basil Leaves (chopped)

### Nutrition

Amount per serving	
Calories	479
Fat	20g
Carbs	49g
Fiber	7g
Sugar	16g
Protein	30g
Cholesterol	82mg
Sodium	848mg
Vitamin A	2062IU
Vitamin C	65mg
Calcium	51mg
Iron	1mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Season the chicken breasts with half of the sea salt. Bake in the oven for 30 minutes, or until cooked through.
- 2 Meanwhile, cook the rice according to the package directions. If desired, warm the cauliflower rice in a pan over medium heat.
- 3 To a blender, add the oil, honey, remaining salt, and 1/4 of the grapefruit. Blend until creamy, about one minute.
- 4 Slice the chicken breasts. Mix the rice with the cauliflower rice and divide evenly between bowls. Add the remaining grapefruit, avocado, and basil. Top with the dressing and enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Make it Vegan:** Use tofu or tempeh in place of the chicken.
- Additional Toppings:** Mixed greens, spinach, and/or goat cheese.



## Roasted Cabbage, Broccoli & Tofu

1 serving  
30 minutes

### Ingredients

- 1/4 cup Brown Rice (uncooked)
- 3/4 tsp Maple Syrup
- 3/4 tsp Tamari
- 2 1/4 tps Avocado Oil (divided)
- 113 grams Tofu (extra-firm, pressed and cubed)
- 1 1/8 tps Arrowroot Powder
- Sea Salt & Black Pepper (to taste)
- 1 1/4 cups Purple Cabbage (sliced in wedges)
- 1 1/4 cups Broccoli (chopped)

### Nutrition

Amount per serving	
Calories	456
Fat	19g
Carbs	59g
Fiber	8g
Sugar	10g
Protein	20g
Cholesterol	0mg
Sodium	326mg
Vitamin A	1950IU
Vitamin C	165mg
Calcium	433mg
Iron	5mg

### Directions

- 1 Preheat the oven to 425°F (218°C) and line two baking sheets with parchment paper. Cook the rice according to package directions.
- 2 In a bowl, whisk together the maple syrup, tamari, 1/3 of the oil, and salt and pepper. Add the tofu cubes to a bowl and gently toss. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the tofu on a parchment-lined baking sheet.
- 3 On the second baking sheet, arrange the cabbage and broccoli and drizzle with the remaining oil and season with salt and pepper.
- 4 Place both baking sheets in the oven and bake for 25 to 30 minutes, flipping everything halfway through. Bake until the tofu and vegetables are crispy. Divide onto plates with the rice and enjoy.

### Notes

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

**More Flavor:** Add chili flakes.

**Additional Toppings:** Serve with a peanut sauce or other dipping sauce on top or on the side.