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with Style

12 Week Carb Cycling Meal
Plan for Females (Low Carb) 4

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<https://exercisewithstyle.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Steak & Potato Crustless Quiche with Salad	 Steak & Potato Crustless Quiche with Salad	 Steak & Potato Crustless Quiche with Salad	 Orange Cantaloupe Smoothie	 Orange Cantaloupe Smoothie	 Mashed Potato & Egg Bowl	 Mashed Potato & Egg Bowl
Snack 1	 Spinach & Sweet Potato Egg Muffins	 Spinach & Sweet Potato Egg Muffins	 Spinach & Sweet Potato Egg Muffins	 Ricotta & Strawberry Puree	 Ricotta & Strawberry Puree	 Ricotta & Strawberry Puree	 Ricotta & Strawberry Puree
Lunch	 Baked Sole Tapenade with Broccoli & Beans	 Tahini Honey Chicken Salad	 One Pan Chicken Thighs with Asparagus	 Chicken Cutlets & Green Bean Salad	 Chicken Matzo Ball Soup	 Turmeric Chicken, Squash & Asparagus	 Cedar Planked Salmon with Grilled Asparagus
Snack 2	 1.5 Smoked Salmon Deviled Eggs	 Smoked Salmon Deviled Eggs	 Smoked Salmon Deviled Eggs	 Cheddar Cheese & Snap Peas	 Cheddar Cheese & Snap Peas	 Cheddar Cheese & Snap Peas	 Cheddar Cheese & Snap Peas
Dinner	 Tahini Honey Chicken Salad	 One Pan Chicken Thighs with Asparagus	 Chicken Cutlets & Green Bean Salad	 Chicken Matzo Ball Soup	 Turmeric Chicken, Squash & Asparagus	 Cedar Planked Salmon with Grilled Asparagus	 Broccoli & Cabbage Chicken Skillet

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  57%	Fat  57%	Fat  57%	Fat  53%	Fat  52%	Fat  53%	Fat  52%
Carbs  15%	Carbs  17%	Carbs  16%	Carbs  21%	Carbs  22%	Carbs  20%	Carbs  20%
Protein  28%	Protein  26%	Protein  27%	Protein  26%	Protein  26%	Protein  27%	Protein  28%
Calories 1453	Calories 1422	Calories 1498	Calories 1505	Calories 1402	Calories 1530	Calories 1595
Fat 93g	Fat 90g	Fat 95g	Fat 90g	Fat 82g	Fat 91g	Fat 93g
Carbs 55g	Carbs 59g	Carbs 61g	Carbs 79g	Carbs 80g	Carbs 78g	Carbs 81g
Fiber 14g	Fiber 13g	Fiber 13g	Fiber 13g	Fiber 14g	Fiber 22g	Fiber 23g
Sugar 21g	Sugar 21g	Sugar 19g	Sugar 36g	Sugar 31g	Sugar 27g	Sugar 33g
Protein 101g	Protein 94g	Protein 100g	Protein 98g	Protein 91g	Protein 105g	Protein 115g
Cholesterol 1171mg	Cholesterol 1109mg	Cholesterol 1101mg	Cholesterol 380mg	Cholesterol 379mg	Cholesterol 673mg	Cholesterol 721mg
Sodium 2261mg	Sodium 1810mg	Sodium 1742mg	Sodium 2346mg	Sodium 2440mg	Sodium 1882mg	Sodium 1987mg
Vitamin A 14438IU	Vitamin A 23111IU	Vitamin A 23236IU	Vitamin A 13382IU	Vitamin A 13546IU	Vitamin A 11949IU	Vitamin A 17104IU
Vitamin C 302mg	Vitamin C 215mg	Vitamin C 160mg	Vitamin C 137mg	Vitamin C 140mg	Vitamin C 99mg	Vitamin C 197mg
Calcium 545mg	Calcium 463mg	Calcium 550mg	Calcium 1025mg	Calcium 937mg	Calcium 992mg	Calcium 1049mg
Iron 14mg	Iron 14mg	Iron 14mg	Iron 6mg	Iron 9mg	Iron 16mg	Iron 14mg

Fruits

- 1/2 Avocado
- 1/2 Cantaloupe
- 1 Lemon
- 2 2/3 tsps Lemon Juice
- 1/2 tsp Lime Juice
- 1 Navel Orange
- 1/2 cup Strawberries

Breakfast

- 2 1/3 tsps Maple Syrup

Seeds, Nuts & Spices

- 2/3 tsp Black Pepper
- 1/2 tsp Chili Flakes
- 1 tsp Cinnamon
- 1/2 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1 tsp Oregano
- 1/2 tsp Paprika
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika
- 1 tsp Turmeric

Frozen

- 10 Ice Cubes

Vegetables

- 1/2 Acorn Squash
- 7 cups Asparagus
- 4 1/2 cups Baby Spinach
- 2 tbsps Basil Leaves
- 1 1/2 cups Broccoli
- 1 Carrot
- 1 stalk Celery
- 2 tbsps Cilantro
- 2 cups Coleslaw Mix
- 1 Cucumber
- 2 tbsps Fresh Dill
- 1 1/2 Garlic
- 1 1/2 tsps Ginger
- 3 cups Green Beans
- 2 cups Green Cabbage
- 3 cups Kale Leaves
- 1/3 Leeks
- 170 grams Mini Peppers
- 3/4 cup Mini Potatoes
- 2 1/4 cups Mixed Greens
- 1 1/2 tsps Parsley
- 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 2 2/3 tbsps Shallot
- 4 cups Snap Peas
- 2 1/4 Sweet Potato
- 1 tsp Thyme
- 1/2 White Onion

Boxed & Canned

- 1 cup Canned Coconut Milk
- 3 cups Chicken Broth
- 21 grams Matzo Meal

Baking

- 2 tbsps Nutritional Yeast
- 1 1/2 tsps Raw Honey
- 2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 slices Bacon
- 213 grams Cheddar Cheese
- 227 grams Chicken Breast
- 383 grams Chicken Thighs
- 227 grams Chicken Thighs With Skin
- 397 grams Extra Lean Ground Chicken
- 1/4 cup Feta Cheese
- 149 grams Ribeye Steak, Boneless
- 2 cups Ricotta Cheese
- 283 grams Salmon Fillet
- 151 grams Smoked Salmon
- 170 grams Sole Fillet

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 3 tbsps Balsamic Vinaigrette
- 3 1/8 tbsps Capers
- 1 tbsp Coconut Aminos
- 1 1/8 tbsps Coconut Oil
- 2 2/3 tsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Mayonnaise
- 2 tbsps Pitted Kalamata Olives
- 1 tbsp Sesame Oil
- 1 tbsp Tahini

Cold

- 1 1/8 tsps Butter
- 31 1/2 Egg
- 1/2 cup Plain Greek Yogurt
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 1 Cedar Plank
- 38 grams Collagen Powder
- 1 1/8 cups Water



Steak & Potato Crustless Quiche with Salad

3 servings
45 minutes

Ingredients

1 1/8 tps Butter
149 grams Ribeye Steak, Boneless
3/4 cup Mini Potatoes (chopped)
1/3 Leeks (chopped)
4 1/2 Egg (whisked)
Sea Salt & Black Pepper (to taste)
43 grams Cheddar Cheese (shredded)
2 1/4 cups Mixed Greens
170 grams Mini Peppers (seeds removed, sliced)
3 tbsps Balsamic Vinaigrette

Nutrition

Amount per serving	
Calories	382
Fat	25g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	24g
Cholesterol	328mg
Sodium	330mg
Vitamin A	1982IU
Vitamin C	120mg
Calcium	172mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking pan with parchment paper, or use a springform pan.
- 2 Heat the butter in a pan over medium heat. Add the steak and cook for 10 to 12 minutes, flipping halfway through. The timing will depend on the thickness of your steak and desired doneness. Chop into bite-sized pieces.
- 3 Add the steak, potatoes, leek, eggs, salt, and pepper to a large mixing bowl. Stir well to combine.
- 4 Pour the egg mixture into the baking pan, then sprinkle evenly with the cheese. Bake in the oven for 40 minutes, or until the quiche has risen and started to brown on the top.
- 5 Meanwhile, combine the mixed greens, peppers, and balsamic vinaigrette in a large bowl. Mix well.
- 6 Serve the quiche with salad and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze the quiche for up to three months.

Serving Size: A 12-inch springform pan was used to create eight servings of quiche. One serving is equal to one slice of quiche and one cup of salad.

More Flavor: Add fresh parsley and garlic to the quiche.

Additional Toppings: Spinach, tomato, or kale to the quiche.

Dairy-Free: Use any oil instead of butter. Use dairy-free cheese instead of cheddar cheese.



Orange Cantaloupe Smoothie

2 servings

5 minutes

Ingredients

1/2 Cantaloupe (small, chopped)
1 Navel Orange (peeled)
1 cup Water
1 cup Canned Coconut Milk
1/4 cup Unsweetened Coconut Yogurt
38 grams Collagen Powder
10 Ice Cubes

Nutrition

Amount per serving	
Calories	370
Fat	22g
Carbs	25g
Fiber	3g
Sugar	18g
Protein	20g
Cholesterol	0mg
Sodium	99mg
Vitamin A	4840IU
Vitamin C	92mg
Calcium	132mg
Iron	1mg

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.

Make It Vegan: Omit collagen powder and use plant-based protein powder.

Additional Toppings: Add spinach, hemp seeds, or chia seeds to your smoothie.



Mashed Potato & Egg Bowl

2 servings

25 minutes

Ingredients

- 1/2 Sweet Potato (Japanese, medium, cubed)
- 2 slices Bacon
- 4 Egg
- 3 cups Kale Leaves (chopped)
- 2 tbsps Nutritional Yeast (optional)
- 2 tsps Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado (sliced)

Nutrition

Amount per serving	
Calories	447
Fat	32g
Carbs	16g
Fiber	8g
Sugar	2g
Protein	24g
Cholesterol	390mg
Sodium	415mg
Vitamin A	6750IU
Vitamin C	35mg
Calcium	159mg
Iron	4mg

Directions

- 1 Add the sweet potato to a steamer basket over boiling water and steam for ten to twelve minutes, or until fork tender. Remove from heat and set aside.
- 2 Meanwhile, cook the bacon in a pan over medium heat for about four to five minutes or, until desired crispiness. Leave a touch of bacon grease in the pan and set aside the bacon on a towel-lined sheet.
- 3 Cook the eggs in the pan until the whites are set and the yolk is cooked to your liking.
- 4 Add the kale to the pan with a splash of water and cook until wilted. Add more water if needed. Season with nutritional yeast if using.
- 5 Add the oil to a bowl with the sweet potato and mash until your desired consistency is reached. Season with salt and pepper to taste.
- 6 Divide the mashed potato, eggs, bacon, and kale evenly between bowls. Top with avocado and enjoy!

Notes

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

More Flavor: Season the potatoes and eggs with garlic powder, paprika, chili flakes, or onion powder.

Meal Prep: Prep all of the ingredients in advance except for the avocado. Cut into the avocado just before serving. Hard boil the eggs instead of frying them.

No Sweet Potato: Use white potatoes, yellow potatoes, yams, or rice.



Spinach & Sweet Potato Egg Muffins

3 servings
35 minutes

Ingredients

- 1 1/8 tps Avocado Oil
- 3/4 Sweet Potato (medium, peeled and chopped into cubes)
- 2 1/4 tpsps Extra Virgin Olive Oil
- 4 1/2 cups Baby Spinach
- 6 Egg
- 3 tpsps Water
- 1/3 tsp Sea Salt
- 1/3 tsp Black Pepper

Nutrition

Amount per serving	
Calories	228
Fat	15g
Carbs	9g
Fiber	2g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	491mg
Vitamin A	9372IU
Vitamin C	13mg
Calcium	113mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
- 2 Steam sweet potato in a double boiler for eight 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 the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the prepared muffin tray 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 the 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.



Ricotta & Strawberry Puree

4 servings

5 minutes

Ingredients

2 cups Ricotta Cheese
1/2 cup Plain Greek Yogurt
1/2 cup Strawberries
2 tsps Vanilla Extract
1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	222
Fat	13g
Carbs	13g
Fiber	1g
Sugar	2g
Protein	12g
Cholesterol	65mg
Sodium	154mg
Vitamin A	712IU
Vitamin C	12mg
Calcium	327mg
Iron	0mg

Directions

1

Add all the ingredients to a blender or food processor and blend until smooth. Serve and enjoy!

Notes

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

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



Baked Sole Tapenade with Broccoli & Beans

1 serving
15 minutes

Ingredients

- 170 grams Sole Fillet
- 2 tbsps Pitted Kalamata Olives (chopped)
- 1 1/2 tsps Capers (chopped)
- 1 1/2 tsps Parsley (finely chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/2 tsp Chili Flakes
- 1 cup Broccoli (cut into florets)
- 1 cup Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	321
Fat	19g
Carbs	14g
Fiber	6g
Sugar	5g
Protein	26g
Cholesterol	77mg
Sodium	765mg
Vitamin A	1534IU
Vitamin C	96mg
Calcium	135mg
Iron	3mg

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
- 2 Arrange the sole fillets onto the baking sheet and bake for 10 to 15 minutes or until the fish is opaque.
- 3 Meanwhile, in a bowl, combine the olives, capers, parsley, oil and chili flakes. Set aside.
- 4 Place the broccoli and the green beans in a steamer basket over boiling water and cover. Steam for three to five minutes.
- 5 Divide the fish and vegetables evenly between plates. Top with the olive mixture and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- No Sole Fillet:** Use any other white fish like haddock or cod.
- No Kalamata Olives:** Use green olives or additional capers instead.
- More Flavor:** Add chopped anchovies to the chimichurri.



Smoked Salmon Deviled Eggs

4 servings**35 minutes**

Ingredients

4 Egg (large)
2 tbsps Mayonnaise
2/3 tsp Dijon Mustard
2/3 tsp Lemon Juice
2 tpsps Shallot (finely chopped, plus more for garnish)
2/3 tsp Fresh Dill (finely chopped, plus more for garnish)
Sea Salt & Black Pepper (to taste)
38 grams Smoked Salmon (sliced)
2 tpsps Capers

Nutrition

Amount per serving	
Calories	132
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	8g
Cholesterol	191mg
Sodium	221mg
Vitamin A	287IU
Vitamin C	1mg
Calcium	31mg
Iron	1mg

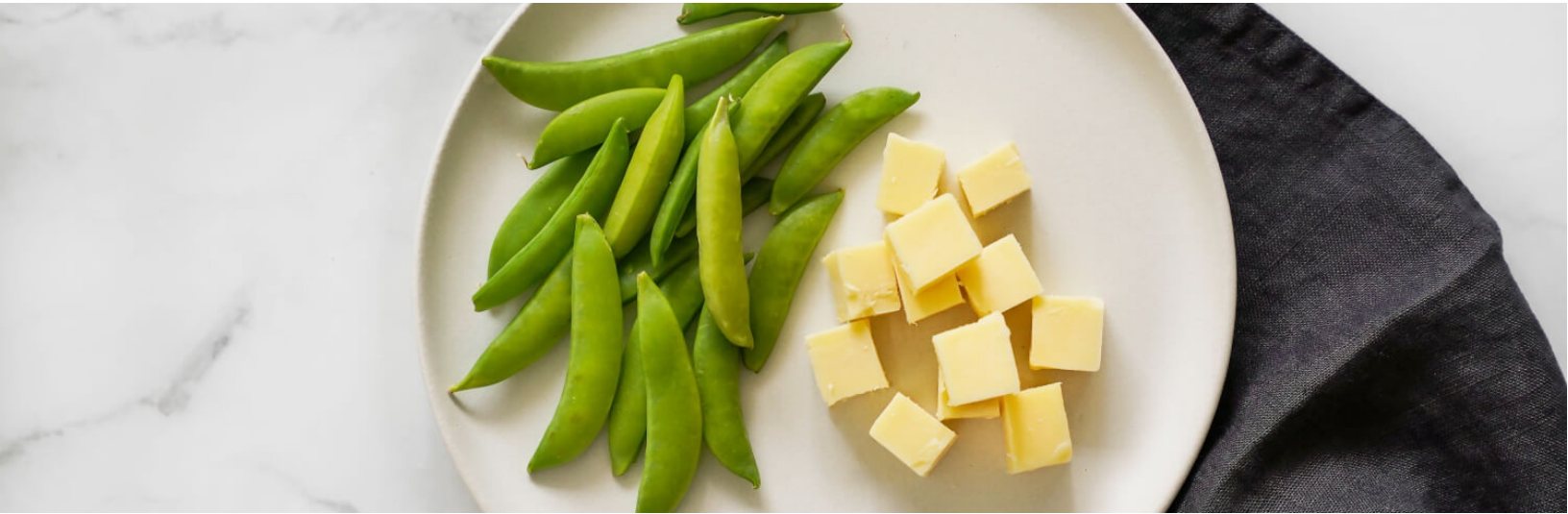
Directions

- 1 Place the eggs in a saucepan and cover with cold water. Cover and bring to a boil. Remove from the heat and leave it covered for 12 minutes. Drain the water and run cold water over the eggs until cooled. Once the eggs have cooled completely, peel them and slice them in half lengthwise.
- 2 Scoop the yolks into a small bowl and place the egg whites on a serving plate.
- 3 To make the filling, add the yolks, mayonnaise, mustard, lemon juice, shallot, dill, salt, and pepper to a bowl. Stir everything together until smooth.
- 4 Use a spoon to add the deviled egg mixture back into the hole of each egg white. Top each egg half with smoked salmon, capers, and fresh dill. Enjoy!

Notes

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

Serving Size: One serving is equal to two deviled eggs.



Cheddar Cheese & Snap Peas

4 servings
5 minutes

Ingredients

4 cups Snap Peas (trimmed)
170 grams Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Calories	202
Fat	14g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	12g
Cholesterol	42mg
Sodium	284mg
Vitamin A	1218IU
Vitamin C	12mg
Calcium	339mg
Iron	1mg

Directions

- 1 Serve the snap peas with cheddar cheese and enjoy!

Notes

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

No Cheddar Cheese: Use brie or Swiss cheese instead.



Tahini Honey Chicken Salad

2 servings
25 minutes

Ingredients

- 1 tbsp Tahini
- 1 1/2 tps Raw Honey (divided)
- 227 grams Chicken Thighs (boneless, skinless)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 1 tbsp Sesame Oil
- 1 tbsp Coconut Aminos
- 1/2 tsp Lime Juice
- 2 cups Green Cabbage (chopped)
- 1/2 Red Bell Pepper (thinly sliced)
- 2 tbsps Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	324
Fat	19g
Carbs	14g
Fiber	4g
Sugar	10g
Protein	25g
Cholesterol	107mg
Sodium	343mg
Vitamin A	1119IU
Vitamin C	71mg
Calcium	78mg
Iron	2mg

Directions

- 1 Mix the tahini with half of the honey in a small bowl.
- 2 Rub the chicken thighs with olive oil and sea salt and heat a 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 the chicken and cilantro, if using. 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.



One Pan Chicken Thighs with Asparagus

2 servings

35 minutes

Ingredients

227 grams Chicken Thighs with Skin
1 tsp Oregano (dried)
1 tsp Thyme (dried)
1/4 tsp Sea Salt (divided)
1 tsp Avocado Oil (divided)
1 Sweet Potato (large, chopped)
2 cups Asparagus (trimmed)

Nutrition

Amount per serving	
Calories	356
Fat	21g
Carbs	19g
Fiber	5g
Sugar	5g
Protein	23g
Cholesterol	111mg
Sodium	425mg
Vitamin A	10351IU
Vitamin C	10mg
Calcium	69mg
Iron	4mg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Season the chicken thighs with oregano, thyme and half of the sea salt. Drizzle half of the avocado oil on top of the sweet potato and place next to the chicken. Bake for 15 minutes.
- 3 Remove the baking sheet and add the asparagus along with the remaining avocado oil and sea salt. Bake for 15 to 20 minutes or until the chicken is cooked through. Divide between plates and enjoy!

Notes

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

More Flavor: Add additional seasoning such as paprika or cayenne to the chicken.

No Avocado Oil: Use coconut oil or extra virgin olive oil instead.

No Sweet Potato: Use a chopped baking or russet potato instead.

No Asparagus: Use another vegetable such as green beans instead.



Chicken Cutlets & Green Bean Salad

2 servings

25 minutes

Ingredients

2 cups Green Beans (trimmed)
2 1/2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Apple Cider Vinegar
1 tsp Maple Syrup
Sea Salt & Black Pepper (to taste)
1 Cucumber (large, julienned)
1/4 cup Feta Cheese (crumbled)
227 grams Chicken Breast
1/2 tsp Smoked Paprika

Nutrition

Amount per serving	
Calories	400
Fat	24g
Carbs	16g
Fiber	4g
Sugar	8g
Protein	31g
Cholesterol	99mg
Sodium	275mg
Vitamin A	1244IU
Vitamin C	16mg
Calcium	165mg
Iron	2mg

Directions

- 1 Bring a pot of water to a boil. Add the beans and cook for three minutes. Drain and place the beans under cold running water for two minutes to stop cooking. Set aside.
- 2 Add 3/5 of the oil to a bowl along with the vinegar, maple syrup, salt, and pepper. Add the beans, cucumber, and feta cheese. Toss to coat and set aside.
- 3 Pound each chicken breast thin with a meat mallet or a rolling pin to about 1/2 inch in thickness. Season with smoked paprika, salt, and pepper.
- 4 Heat the remaining oil in a large non-stick pan over medium-high heat and brown the chicken cutlets for three minutes per side or until cooked through.
- 5 Divide the chicken and the salad evenly between plates and enjoy!

Notes

Leftovers: Refrigerate the chicken and the salad separately in an airtight container for up to three days.

More Flavor: Swap the green beans for baby spinach and the smoked paprika with curry powder.



Chicken Matzo Ball Soup

2 servings

1 hour

Ingredients

- 21 grams Matzo Meal
- 1 Egg
- 1/4 tsp Garlic Powder
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 156 grams Chicken Thighs (boneless, skinless)
- 1/2 White Onion (medium, diced)
- 1 Carrot (medium, sliced)
- 1 stalk Celery (sliced)
- 1 Garlic (clove, minced)
- 3 cups Chicken Broth
- 1 tbsp Fresh Dill

Nutrition

Amount per serving	
Calories	311
Fat	17g
Carbs	17g
Fiber	2g
Sugar	5g
Protein	23g
Cholesterol	174mg
Sodium	1534mg
Vitamin A	5368IU
Vitamin C	5mg
Calcium	62mg
Iron	2mg

Directions

- 1 In a medium bowl, whisk together the matzo meal, eggs, garlic powder, and 2/3 of the oil. Season the mixture with salt and let it sit in the fridge for at least 30 minutes.
- 2 Meanwhile, warm up the remaining oil in a large pot. Brown the chicken on both sides for about eight minutes. Take the chicken out of the pot and set it aside.
- 3 Add the onion, carrot, and celery and sauté for about five minutes or until the onions are soft. Add garlic and sauté for another minute. Add the broth to the pot along with the chicken and season with salt and pepper. Bring to a simmer, cover the pot with a lid, and let simmer on low heat for about 20 minutes.
- 4 In the meantime, wet your hands and roll scoops of matzo batter into balls, approximately one tablespoon in size. Add the matzo balls to the pot. Take the chicken out, shred them with two forks, and transfer it back to the pot. Cover with a lid and simmer for another 20 minutes.
- 5 Just before serving, stir in the fresh dill. Divide evenly bowls and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

Additional Toppings: Add lemon juice and parsley.



Turmeric Chicken, Squash & Asparagus

2 servings
45 minutes

Ingredients

- 1/2 Acorn Squash (large)
- 1 1/2 tsps Coconut Oil
- 227 grams Extra Lean Ground Chicken
- 1 tsp Turmeric
- 1/4 tsp Sea Salt (divided)
- 2 cups Asparagus (woody ends trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	297
Fat	16g
Carbs	17g
Fiber	5g
Sugar	3g
Protein	24g
Cholesterol	98mg
Sodium	369mg
Vitamin A	1408IU
Vitamin C	19mg
Calcium	77mg
Iron	5mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice the acorn squash in half, and place flesh-side down on a baking sheet. Bake in the oven for 30 minutes.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the ground chicken, breaking it up as it cooks. Once it is cooked through, add the turmeric and half of the sea salt. Turn off the heat, mix well and set aside.
- 4 Toss the asparagus with olive oil, and season with remaining sea salt.
- 5 Remove the acorn squash from the oven and push to the side of the baking sheet. Add the asparagus to the sheet, and bake for another 10 to 15 minutes, or until asparagus is tender and squash is cooked through. Remove from the oven.
- 6 Divide the squash, asparagus and chicken between plates or containers. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to three days.

No Ground Chicken: Use ground turkey, beef, pork, lamb or bison instead.

Vegan & Vegetarian: Use roasted chickpeas instead of ground chicken.



Cedar Planked Salmon with Grilled Asparagus

2 servings
30 minutes

Ingredients

- 1 Cedar Plank
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Maple Syrup
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 283 grams Salmon Fillet
- 1 Lemon (sliced into rounds)

Nutrition

Amount per serving	
Calories	362
Fat	16g
Carbs	24g
Fiber	5g
Sugar	17g
Protein	33g
Cholesterol	78mg
Sodium	660mg
Vitamin A	1861IU
Vitamin C	21mg
Calcium	90mg
Iron	6mg

Directions

- 1 Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
- 2 Toss asparagus in olive oil, salt and pepper to taste and set aside.
- 3 In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
- 4 Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
- 5 Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
- 6 Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
- 7 Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

Notes

Safety First: Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

No Asparagus: Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

Likes it Spicy: Add chili powder or red pepper flakes to the marinade.

No BBQ: Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and

bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

Prep Ahead: Soak the plank ahead of time and store in the freezer until ready to use.

More Carbs: Serve with quinoa, potatoes or brown rice.

Keep it Simple: Omit the marinade and season the salmon with olive oil, salt and pepper.



Broccoli & Cabbage Chicken Skillet

1 serving
25 minutes

Ingredients

3/4 tsp Avocado Oil
1/4 cup Red Onion (chopped)
170 grams Extra Lean Ground Chicken
1/8 tsp Sea Salt (divided)
1 1/2 tsps Apple Cider Vinegar
1/2 Garlic (cloves, minced)
1 1/2 tsps Ginger (fresh, grated)
2 cups Coleslaw Mix
1/2 cup Broccoli (chopped into florets)
2 tbsps Basil Leaves (chopped, plus extra for garnish)

Nutrition

Amount per serving	
Calories	362
Fat	18g
Carbs	20g
Fiber	6g
Sugar	9g
Protein	34g
Cholesterol	146mg
Sodium	474mg
Vitamin A	6563IU
Vitamin C	117mg
Calcium	134mg
Iron	3mg

Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the onions and sauté for two to three minutes until softened. Add the chicken, breaking it up as it cooks. Cook for five minutes. Season with salt.
- 2 Add the vinegar and cook for one more minute. Add the garlic and the ginger and cook until fragrant, about one minute.
- 3 Add the coleslaw and broccoli. Continue cooking, stirring occasionally, until the coleslaw has cooked down and the broccoli is tender, about five minutes. Add the basil. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is approximately 2 1/4 cup.

More Flavor: Use ground turkey or pork in place of chicken.