








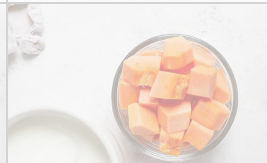









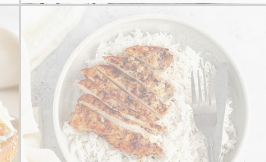


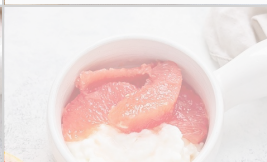



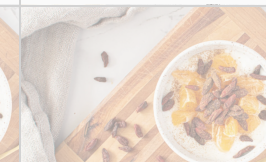
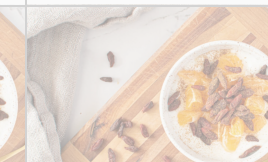




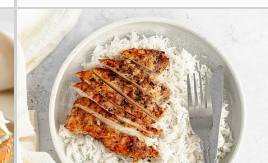


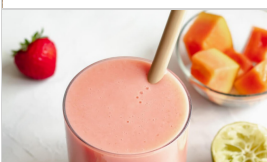
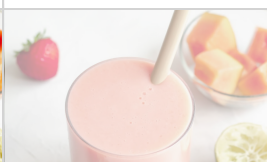
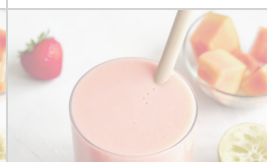

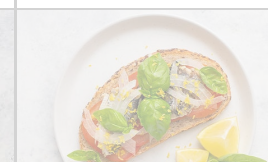
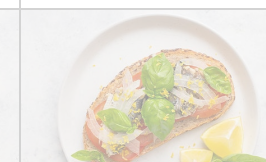
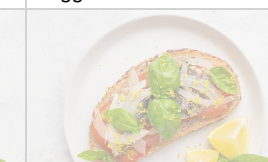

























	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Banana Smoothie	 Mango Banana Smoothie	 Mango Banana Smoothie	 Chocolate Protein Overnight Oats	 Chocolate Protein Overnight Oats	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake
Snack 1	 2 Yogurt & Papaya	 1.5 Yogurt & Papaya	 1.5 Yogurt & Papaya	 1.5 Cottage Cheese Crackers with Salsa	 Cottage Cheese Crackers with Salsa	 1.5 Cottage Cheese Crackers with Salsa	 Cottage Cheese Crackers with Salsa
Lunch	 Turmeric Chicken with Brown Rice	 Sardine Spaghetti	 Grilled Pork Vermicelli Bowl	 Pressure Cooker Butter Chicken	 Crispy Haddock Burger	 Grilled Peri Peri Chicken & Rice	 Southwest Stuffed Peppers
Snack 2	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Grapefruit with Cottage Cheese	 Yogurt, Clementine & Goji Berries	 Yogurt, Clementine & Goji Berries	 Yogurt, Clementine & Goji Berries	 Yogurt, Clementine & Goji Berries
Dinner	 Sardine Spaghetti	 Grilled Pork Vermicelli Bowl	 Pressure Cooker Butter Chicken	 Crispy Haddock Burger	 Grilled Peri Peri Chicken & Rice	 Southwest Stuffed Peppers	 Tofu & Lentil Stir Fry with Veggies
Snack 3	 Strawberry Papaya Smoothie	 Strawberry Papaya Smoothie	 Strawberry Papaya Smoothie	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion	 Sardine Toast with Tomato & Onion

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  20%	Fat  21%	Fat  21%	Fat  25%	Fat  24%	Fat  24%	Fat  25%
Carbs  48%	Carbs  49%	Carbs  48%	Carbs  43%	Carbs  45%	Carbs  47%	Carbs  49%
Protein  32%	Protein  30%	Protein  31%	Protein  32%	Protein  31%	Protein  29%	Protein  26%
Calories 1969	Calories 1953	Calories 1961	Calories 1932	Calories 1911	Calories 1951	Calories 1978
Fat 46g	Fat 47g	Fat 46g	Fat 55g	Fat 51g	Fat 54g	Fat 56g
Carbs 246g	Carbs 246g	Carbs 240g	Carbs 216g	Carbs 220g	Carbs 236g	Carbs 250g
Fiber 30g	Fiber 29g	Fiber 27g	Fiber 40g	Fiber 33g	Fiber 42g	Fiber 67g
Sugar 109g	Sugar 115g	Sugar 123g	Sugar 50g	Sugar 35g	Sugar 48g	Sugar 64g
Protein 160g	Protein 151g	Protein 157g	Protein 158g	Protein 153g	Protein 145g	Protein 136g
Cholesterol 307mg	Cholesterol 280mg	Cholesterol 312mg	Cholesterol 433mg	Cholesterol 381mg	Cholesterol 275mg	Cholesterol 163mg
Sodium 1395mg	Sodium 2711mg	Sodium 3109mg	Sodium 3366mg	Sodium 2608mg	Sodium 2813mg	Sodium 2561mg
Vitamin A 6987IU	Vitamin A 12185IU	Vitamin A 12561IU	Vitamin A 6485IU	Vitamin A 5160IU	Vitamin A 5048IU	Vitamin A 20918IU
Vitamin C 542mg	Vitamin C 504mg	Vitamin C 497mg	Vitamin C 105mg	Vitamin C 90mg	Vitamin C 477mg	Vitamin C 490mg
Calcium 2067mg	Calcium 1962mg	Calcium 1813mg	Calcium 1532mg	Calcium 1278mg	Calcium 1416mg	Calcium 1846mg
Iron 14mg	Iron 14mg	Iron 12mg	Iron 17mg	Iron 12mg	Iron 15mg	Iron 24mg

Fruits

- 3 1/2 Banana
- 4 Clementines
- 3 Grapefruit
- 1 1/2 Lemon
- 1 1/2 Lime
- 1 tbsp Lime Juice
- 8 cups Papaya
- 1 cup Raspberries
- 1 1/2 cups Strawberries

Breakfast

- 1/4 cup Almond Butter
- 2 tsps Maple Syrup

Seeds, Nuts & Spices

- 1/8 tsp Cayenne Pepper
- 2 tsps Cinnamon
- 2/3 tsp Coriander
- 2/3 tsp Cumin
- 2 1/16 tsps Garam Masala
- 1/4 tsp Garlic Powder
- 1/4 cup Goji Berries
- 1 tbsp Peri Peri Spice
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1 tbsp Taco Seasoning
- 1 tsp Turmeric

Frozen

- 5 cups Frozen Cauliflower
- 1/4 cup Frozen Corn
- 2 1/4 cups Frozen Mango
- 2 cups Frozen Vegetable Mix
- 15 Ice Cubes

Vegetables

- 1/4 cup Basil Leaves
- 1 Carrot
- 1/4 cup Cilantro
- 2/3 cup Coleslaw Mix
- 1/2 Cucumber
- 2 3/4 Garlic
- 2 1/16 tsps Ginger
- 2 stalks Green Onion
- 1/2 Jalapeno Pepper
- 1/4 cup Parsley
- 1/4 Sweet Onion
- 2 Tomato
- 2 Yellow Bell Pepper
- 1 Yellow Onion

Boxed & Canned

- 3/4 cup Basmati Rice
- 1/4 cup Black Beans
- 1/2 cup Bread Crumbs
- 2/3 cup Brown Rice
- 2 1/4 cups Fire Roasted Diced Tomatoes
- 1/3 cup Jasmine Rice
- 3/4 cup Lentils
- 10 slices Light Rye Crisp Bread
- 99 grams Rice Vermicelli Noodles
- 1 1/8 cups Salsa
- 272 grams Sardines
- 128 grams Whole Wheat Spaghetti

Baking

- 1/4 cup Cacao Powder
- 3 tsps Cocoa Powder
- 2 tsps Coconut Sugar
- 1 cup Oats

Bread, Fish, Meat & Cheese

- 435 grams Chicken Breast
- 303 grams Chicken Thighs
- 227 grams Extra Lean Ground Turkey
- 2 Haddock Fillet
- 302 grams Pork Shoulder, Boneless
- 113 grams Tofu
- 4 slices Whole Grain Bread
- 113 grams Whole Wheat Bun

Condiments & Oils

- 2 1/3 tsps Avocado Oil
- 2 grams Avocado Oil Spray
- 1/4 cup Black Olives
- 1 tbsp Coconut Aminos
- 2 1/16 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 2 tsps Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 1/4 cup Sun Dried Tomatoes
- 1 1/2 tsps Tamari
- 60 grams Tartar Sauce

Cold

- 4 cups Cottage Cheese
- 3 cups Cow's Milk, Reduced Fat
- 1 Egg
- 3 1/2 tsps Plain Cow's Yogurt, Whole Milk
- 5 1/2 cups Plain Greek Yogurt
- 6 1/2 cups Unsweetened Almond Milk

Other

- 1 cup Chocolate Protein Powder
- 113 grams Collagen Powder
- 1 tbsp Maca Powder
- 1/2 cup 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.



Chocolate Protein Overnight Oats

2 servings**8 hours**

Ingredients

- 1 cup Oats
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Chocolate Protein Powder
- 3 tbsps Cocoa Powder
- 2 tbsps Almond Butter
- 2 tsps Maple Syrup
- 1 cup Raspberries (plus extra to garnish)

Nutrition

Amount per serving	
Calories	424
Fat	15g
Carbs	49g
Fiber	14g
Sugar	8g
Protein	31g
Cholesterol	4mg
Sodium	165mg
Vitamin A	395IU
Vitamin C	16mg
Calcium	560mg
Iron	4mg

Directions

- 1 Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide evenly between containers and top with additional raspberries, if using. Enjoy!

Notes

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

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

Additional Toppings: If a thinner consistency is desired, stir in a splash of milk when ready to eat.



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.

Nutrition

Amount per serving	
Calories	449
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Cholesterol	4mg
Sodium	235mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg



Yogurt & Papaya

5 servings

5 minutes

Ingredients

2 1/2 cups Plain Greek Yogurt
5 cups Papaya (peeled, seeds removed, chopped)

Nutrition

Amount per serving	
Calories	151
Fat	3g
Carbs	21g
Fiber	2g
Sugar	14g
Protein	12g
Cholesterol	17mg
Sodium	81mg
Vitamin A	625IU
Vitamin C	93mg
Calcium	278mg
Iron	1mg

Directions

- 1 Serve the yogurt with chopped papaya. Enjoy!

Notes

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

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

Additional Toppings: Top with granola, raisins, nuts, and/or seeds. Add honey, maple syrup, and/or cinnamon.



Cottage Cheese Crackers with Salsa

5 servings

5 minutes

Ingredients

2 1/2 cups Cottage Cheese
10 slices Light Rye Crisp Bread
2/3 cup Salsa

Nutrition

Amount per serving	
Calories	152
Fat	5g
Carbs	17g
Fiber	5g
Sugar	4g
Protein	14g
Cholesterol	18mg
Sodium	632mg
Vitamin A	297IU
Vitamin C	1mg
Calcium	106mg
Iron	1mg

Directions

1

Spread the cottage cheese on top of each crisp bread. Top with salsa and enjoy!

Notes

Gluten-Free: Use gluten-free crackers instead.

Additional Toppings: Top with fresh parsley, cilantro, or avocado slices.



Turmeric Chicken with Brown Rice

1 serving
30 minutes

Ingredients

1/3 cup Brown Rice (dry, uncooked)
151 grams Chicken Breast (skinless and boneless)
1 tsp Avocado Oil
1/3 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	451
Fat	11g
Carbs	48g
Fiber	2g
Sugar	0g
Protein	39g
Cholesterol	110mg
Sodium	71mg
Vitamin A	45IU
Vitamin C	0mg
Calcium	15mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

Notes

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

More Flavor: Add garlic powder or cayenne pepper.

More Fiber: Add your favorite leafy greens, roasted broccoli or cauliflower.



Grapefruit with Cottage Cheese

3 servings

5 minutes

Ingredients

- 1 1/2 cups Cottage Cheese
- 3 Grapefruit (peeled, cut into sections)

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	24g
Fiber	3g
Sugar	21g
Protein	13g
Cholesterol	18mg
Sodium	331mg
Vitamin A	2520IU
Vitamin C	88mg
Calcium	118mg
Iron	0mg

Directions

- 1 Add the cottage cheese to a bowl and top with grapefruit. 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.



Yogurt, Clementine & Goji Berries

4 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 4 Clementines
- 1/4 cup Goji Berries
- 2 tsps Cinnamon

Nutrition

Amount per serving	
Calories	148
Fat	3g
Carbs	20g
Fiber	3g
Sugar	12g
Protein	12g
Cholesterol	17mg
Sodium	88mg
Vitamin A	2131IU
Vitamin C	46mg
Calcium	296mg
Iron	1mg

Directions

- 1 Combine all ingredients in a bowl and enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

Make it Vegan: Use dairy-free yogurt instead.

More Flavor: Add vanilla.

Additional Toppings: Granola, hazelnuts, or almonds.



Sardine Spaghetti

2 servings
20 minutes

Ingredients

128 grams Whole Wheat Spaghetti
160 grams Sardines (packed in oil, drained, chopped)
1/4 cup Sun Dried Tomatoes (chopped)
1 Lemon (small, juice and zest)
1/4 cup Black Olives (pitted, sliced)
1/4 cup Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	443
Fat	13g
Carbs	54g
Fiber	8g
Sugar	5g
Protein	30g
Cholesterol	114mg
Sodium	388mg
Vitamin A	842IU
Vitamin C	22mg
Calcium	357mg
Iron	7mg

Directions

- 1 Cook the spaghetti according to package directions, reserving roughly one cup of cooking water.
- 2 In a bowl, combine the sardines, sun dried tomatoes, lemon zest, juice, olives, and parsley.
- 3 Toss the hot pasta with the sardine mixture. Add some of the reserved pasta water, a little at a time, as necessary. Toss to coat and season with salt and pepper to taste. Enjoy!

Notes

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

Gluten-Free: Use brown rice spaghetti or gluten-free pasta of choice.

More Flavor: Add garlic oil, a pinch of red pepper flakes, and/or pesto.

Additional Toppings: Fresh basil, microgreens, and parmesan cheese.

No Sardines: Use canned tuna.



Grilled Pork Vermicelli Bowl

2 servings
1 hour 20 minutes

Ingredients

302 grams Pork Shoulder, Boneless (thinly sliced)
2 tbsps Coconut Sugar (divided)
1 1/2 tbsps Fish Sauce (divided)
1 1/2 tps Tamari
1 tbsp Avocado Oil
1/2 Garlic (clove, chopped)
99 grams Rice Vermicelli Noodles
1/4 cup Water
1 1/2 tbsps Rice Vinegar
1 tbsp Lime Juice
1/2 Cucumber (sliced)
1 Carrot (shredded)
1/4 cup Cilantro (roughly torn)
1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	510
Fat	13g
Carbs	58g
Fiber	2g
Sugar	13g
Protein	36g
Cholesterol	91mg
Sodium	1427mg
Vitamin A	5555IU
Vitamin C	8mg
Calcium	49mg
Iron	2mg

Directions

- 1 Place the sliced pork inside of a large baking dish or large zipper-lock bag. In a small bowl, combine half of the coconut sugar, 1/3 of the fish sauce, tamari, oil, and garlic, and whisk well. Pour over the pork and toss well to mix everything. Let it marinate for one hour.
- 2 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 3 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the pork on the baking sheet and cook for 15 minutes, or until just about cooked through. Turn the oven to broil and place the pork back in the oven to broil about four to five minutes, flipping halfway through, until charred and cooked through.
- 4 Meanwhile, combine the remaining coconut sugar, fish sauce, water, rice vinegar, and lime juice in a medium-sized bowl and whisk to combine until the sugar is dissolved.
- 5 Divide the noodles into bowls along with the cucumber, carrot, cilantro, and green onion. Top with the sliced pork. Serve with the dipping sauce and spoon it over top of each bowl. Enjoy!

Notes

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

More Flavor: Add chili flakes or Thai chilis to the pork and/or dipping sauce.

Additional Toppings: Top with crushed peanuts and/or fresh mint.



Pressure Cooker Butter Chicken

2 servings
30 minutes

Ingredients

1/3 cup Jasmine Rice (dry, rinsed)
2 tps Extra Virgin Olive Oil
2/3 Yellow Onion (chopped)
1 1/3 Garlic (cloves, large, minced)
2 tps Ginger (grated)
2 1/4 cups Fire Roasted Diced Tomatoes (from the can, with juices)
2 tps Garam Masala
2/3 tsp Coriander
2/3 tsp Cumin
1/8 tsp Cayenne Pepper
2/3 tsp Turmeric
3 1/2 tbsps Plain Cow's Yogurt, Whole Milk
302 grams Chicken Thighs (boneless, skinless)

Nutrition

Amount per serving	
Calories	451
Fat	12g
Carbs	48g
Fiber	6g
Sugar	13g
Protein	36g
Cholesterol	146mg
Sodium	786mg
Vitamin A	1218IU
Vitamin C	15mg
Calcium	208mg
Iron	5mg

Directions

- 1 Cook the rice according to package directions.
- 2 Turn the pressure cooker to sauté and add the oil. Sauté the onions, garlic, and ginger for one minute. Add the tomatoes and all of the spices. Cook for five minutes or until the mixture is bubbling and the tomatoes start to cook down.
- 3 Add the yogurt. Using an immersion blender, blend until smooth. You can also carefully add to a blender and blend, being sure to vent properly.
- 4 Add the sauce back into the pressure cooker and then add the chicken. Set to "sealing", then press manual/pressure cooker and cook for eight minutes on high pressure. Allow the pressure cooker to release naturally.
- 5 Serve the butter chicken with the rice and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is 1/3 cup of rice and one cup of chicken and sauce.

More Flavor: Use heavy cream instead of yogurt to add a creamier richness to the sauce.

Dairy-Free: Use coconut cream or coconut milk instead of yogurt.

Additional Toppings: Garnish with finely chopped parsley or cilantro.



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.



Grilled Peri Peri Chicken & Rice

2 servings
30 minutes

Ingredients

3/4 cup Basmati Rice (uncooked)
283 grams Chicken Breast (boneless, skinless)
1 tbsp Avocado Oil
1 tbsp Peri Peri Spice

Nutrition

Amount per serving	
Calories	506
Fat	11g
Carbs	61g
Fiber	2g
Sugar	0g
Protein	38g
Cholesterol	103mg
Sodium	344mg
Vitamin A	42IU
Vitamin C	1mg
Calcium	7mg
Iron	1mg

Directions

- 1 Preheat the grill over medium heat.
- 2 Cook the rice according to the package. While it is cooking, add the chicken to a bowl. Coat with the oil then season with the Peri-Peri spice.
- 3 Place the chicken on the grill and cook for about 10 minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 4 Divide the rice and chicken onto plates and enjoy!

Notes

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

Serving Size: One serving is approximately five ounces of sliced chicken and one cup of cooked rice.

Add Grilled Vegetables: Serve with grilled vegetables like asparagus, bell peppers, and/or zucchini.

More Flavor: Cook the rice in chicken or vegetable broth.



Southwest Stuffed Peppers

2 servings
1 hour 5 minutes

Ingredients

- 2 2/3 tbsps Water
- 227 grams Extra Lean Ground Turkey
- 1/4 Yellow Onion (medium, chopped)
- 1/2 Jalapeno Pepper (medium, seeds removed, finely chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Taco Seasoning
- 1/4 cup Black Beans (cooked, rinsed)
- 1/4 cup Frozen Corn (thawed)
- 1/2 cup Salsa
- 2 Yellow Bell Pepper (tops, seeds & ribs removed)
- 1/3 cup Brown Rice

Nutrition

Amount per serving	
Calories	435
Fat	11g
Carbs	57g
Fiber	8g
Sugar	6g
Protein	30g
Cholesterol	84mg
Sodium	930mg
Vitamin A	835IU
Vitamin C	348mg
Calcium	98mg
Iron	5mg

Directions

- 1 Preheat the oven to 350°F (176°C) and add the water to a baking dish just large enough to fit the peppers.
- 2 Heat a pan over medium-high heat. Brown the turkey in the pan, breaking it up as it cooks, about five minutes. Add the onion and jalapeno and cook for three to five minutes more or until the onion begins to soften. Add the garlic and taco seasoning and cook for another minute. Add the black beans, corn, and salsa to the pan and stir to combine.
- 3 Stuff the peppers with the turkey filling. Place the peppers so that they are standing upright in the prepared baking dish. (Note: use balled-up aluminum foil to support them if needed). Cover with foil or a lid and bake for 45 to 50 minutes or until the peppers are very tender.
- 4 Meanwhile, cook the rice according to package directions. To serve, divide the peppers and rice between plates and enjoy!

Notes

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

Serving Size: One serving is equal to one pepper.

Additional Toppings: Cilantro, avocado, green onion, diced tomatoes, hot sauce, sour cream, shredded cheese, or extra salsa.

No Yellow Peppers: Use red, orange, or green peppers instead.

No Turkey: Use chicken or beef instead.



Tofu & Lentil Stir Fry with Veggies

1 serving
25 minutes

Ingredients

- 1 1/2 tsps Sesame Oil
- 113 grams Tofu (firm, drained, cubed)
- 2 cups Frozen Vegetable Mix
- 3/4 cup Lentils (rinsed and drained)
- 1 tbsp Coconut Aminos
- 1 1/2 tsps Rice Vinegar
- 1/4 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 stalk Green Onion (chopped)
- 1 1/2 tsps Sesame Seeds (toasted)

Nutrition

Amount per serving	
Calories	609
Fat	16g
Carbs	84g
Fiber	30g
Sugar	18g
Protein	36g
Cholesterol	0mg
Sodium	408mg
Vitamin A	16061IU
Vitamin C	15mg
Calcium	490mg
Iron	11mg

Directions

- 1 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 2 Add the tofu and cook until browned on all sides, about five minutes.
- 3 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 4 In a small bowl, whisk together the coconut aminos, rice vinegar, and garlic powder. Season with salt and pepper.
- 5 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds and enjoy!

Notes

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

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

More Flavor: Serve with noodles. Use fresh vegetables.

No Coconut Aminos: Use soy sauce or tamari.



Strawberry Papaya Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Papaya
- 1 1/2 cups Strawberries (stems removed)
- 1 1/2 Lime (juiced)
- 3 cups Unsweetened Almond Milk
- 57 grams Collagen Powder
- 15 Ice Cubes

Nutrition

Amount per serving	
Calories	181
Fat	3g
Carbs	24g
Fiber	5g
Sugar	15g
Protein	18g
Cholesterol	0mg
Sodium	210mg
Vitamin A	519IU
Vitamin C	134mg
Calcium	504mg
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.

Nut-Free: Use coconut milk, cow's milk, or other nut-free milk.

Additional Toppings: Add chia seeds or hemp seeds before blending.

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



Sardine Toast with Tomato & Onion

4 servings

5 minutes

Ingredients

- 4 slices Whole Grain Bread (toasted)
- 2 Tomato (small, sliced)
- 112 grams Sardines (drained, halved lengthwise)
- 1/4 Sweet Onion (medium, thinly sliced)
- 1/4 cup Basil Leaves
- 1/2 Lemon (juiced, zested)

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	22g
Fiber	4g
Sugar	4g
Protein	13g
Cholesterol	40mg
Sodium	268mg
Vitamin A	1001IU
Vitamin C	13mg
Calcium	161mg
Iron	2mg

Directions

- 1 Top the bread with the tomatoes, sardines, onion, basil, and lemon zest. Squeeze the lemon juice overtop and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread, rice cakes, or sweet potato toast instead of whole grain bread.

More Flavor: Rub garlic on the toast. Add mayonnaise or butter.

Additional Toppings: Add olive oil, salt, or pepper to taste.

No Sardines: Use tuna or mackerel instead.