

BBQ Pork with Peach Salsa

3 SERVINGS 4 HOURS



INGREDIENTS

454 grams Pork Tenderloin
2 servings Cleaned Up BBQ Sauce
2 Peach (pitted and diced)
1/4 cup Red Onion (finely diced)
1 Tomato (diced)
1/4 Lemon (juiced)
1/2 cup Cilantro (chopped)
Sea Salt & Black Pepper (to taste)
3 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	293	Carbs	30g
Fat	4g	Fiber	4g
Saturated	1g	Sugar	23g
Polyunsat...	1g	Protein	35g
Monounsa...	1g		

DIRECTIONS

- 01 If you haven't already, prepare your Cleaned Up BBQ Sauce according to our recipe and let cool.
- 02 Place BBQ sauce and pork in a ziplock bag and massage until well coated. Refrigerate overnight or at least 3 hours.
- 03 Meanwhile, make your peach salsa. In a bowl, combine diced peach, red onion, tomato, lemon juice, cilantro, salt and pepper. Refrigerate until ready to serve.
- 04 When ready to cook, preheat grill on medium heat.
- 05 Place pork on the grill and cook for about 20 to 25 minutes. At the halfway mark, flip over and baste generously with leftover marinade.
- 06 Increase the grill to high heat and cook an additional 2 to 3 minutes until pork is a bit charred and completely cooked through. During this time, baste the pork with the leftover marinade 1 to 2 more times. Let rest for at least 10 minutes.
- 07 Slice BBQ pork and serve over spinach. Top with peach salsa and enjoy!

Baked Chicken & Carrots with Cilantro Lime Sauce

4 SERVINGS 30 MINUTES



INGREDIENTS

454 grams Chicken Breast
3 Carrot (medium-sized, peeled, roughly chopped)
1/4 cup Extra Virgin Olive Oil (divided)
1/2 tsp Sea Salt (divided)
1 1/2 cups Cilantro
1 1/2 tbsps Ginger (fresh, grated or minced)
1 tbsp Lime Juice
1 tbsp Water (optional)

NUTRITION

AMOUNT PER SERVING

Calories	296	Carbs	5g
Fat	17g	Fiber	1g
Saturated	3g	Sugar	2g
Polyunsat...	2g	Protein	29g
Monounsa...	11g		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the chicken and carrots on the baking sheet. Season with a quarter of the oil and half of the salt. Bake for 25 to 30 minutes or until the chicken is cooked through and the carrots are tender.
- 03 While the chicken is cooking, add the cilantro, ginger, lime and remaining salt to a food processor. With the food processor running, add in the remaining oil. Blend until mostly smooth. Add in the water to thin, if necessary.
- 04 Divide the chicken and carrots between plates and spoon the cilantro lime sauce over top. Enjoy!

Beef & Broccoli

2 SERVINGS 15 MINUTES



INGREDIENTS

79 milliliters Bone Broth
2 tbsps Coconut Aminos
2 Garlic (cloves, minced)
1 tsp Ginger (fresh, minced)
1 tbsp Arrowroot Powder
1/2 tsp Avocado Oil
283 grams Flank Steak (sliced against the grain)
3 cups Broccoli (florets, chopped)

DIRECTIONS

- 01 In a small bowl, whisk together the broth, coconut aminos, garlic, ginger and arrowroot powder until no clumps remain.
- 02 Heat a skillet over medium heat and add the avocado oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	346	Carbs	17g
Fat	15g	Fiber	4g
Saturated	6g	Sugar	6g
Polyunsat...	1g	Protein	36g
Monounsa...	6g		

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	Carbs	19g
Fat	21g	Fiber	5g
Saturated	5g	Sugar	5g
Polyunsat...	4g	Protein	23g
Monounsa...	10g		

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 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.
- 03 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!

Spicy Chicken and Broccoli Casserole

4 SERVINGS 45 MINUTES



INGREDIENTS

3 cups Mini Potatoes (halved)
1/2 Yellow Onion (chopped)
1/4 cup Avocado Oil
1 tbsp Hot Sauce
2 tsp Smoked Paprika
1/4 tsp Sea Salt
283 grams Chicken Breast (skinless, boneless, cubed)
4 cups Broccoli (cut into florets)
56 grams Prosciutto (sliced into small pieces)
2 stalks Green Onion (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	367	Carbs	28g
Fat	18g	Fiber	6g
Saturated	3g	Sugar	4g
Polyunsat...	2g	Protein	25g
Monounsa...	10g		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Add the halved potatoes and chopped onion to a casserole dish.
- 02 In a large bowl, make the sauce by adding the avocado oil, hot sauce, smoked paprika and sea salt together and stir. Pour half of the dressing over the potatoes and onion and set the rest aside. Place the potatoes and onion in the oven and bake for 25 to 30 minutes.
- 03 While the potatoes are baking, lightly brown the chicken in a pan on the stovetop. Once browned, add the chicken to the bowl with the remaining sauce and broccoli. Mix well.
- 04 Remove the potatoes from the oven and add the chicken/broccoli mix on top along with the prosciutto. Place back into the oven and bake for 12 to 14 minutes, or until the chicken is cooked through. Remove from the oven, top with sliced green onion, serve and enjoy!

Cuban Beef Picadillo

4 SERVINGS 45 MINUTES



INGREDIENTS

1 cup Brown Rice (uncooked)
1 1/2 tsps Extra Virgin Olive Oil
454 grams Extra Lean Ground Beef
1 Red Bell Pepper (chopped)
1 1/2 cups Diced Tomatoes (from the can with juices)
4 stalks Green Onion (chopped, green part only)
1/2 cup Cilantro (chopped)
1/2 cup Green Olives (sliced)
1 1/2 tsps Cumin
1/2 tsp Sea Salt

DIRECTIONS

- 01 Cook the brown rice according to package directions.
- 02 Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 03 Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
- 04 Divide the rice and beef mixture between plates and serve immediately. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	437	Carbs	42g
Fat	17g	Fiber	4g
Saturated	5g	Sugar	4g
Polyunsat...	1g	Protein	28g
Monounsat...	8g		

Zucchini White Bean Roll Ups

2 SERVINGS 1 HOUR



INGREDIENTS

2 Zucchini (medium)
2 cups White Navy Beans (cooked, from the can)
1/4 cup Pesto
Sea Salt & Black Pepper (to taste)
1 cup Tomato Sauce

NUTRITION

AMOUNT PER SERVING

Calories	449	Carbs	63g
Fat	14g	Fiber	24g
Saturated	3g	Sugar	12g
Polyunsat...	3g	Protein	22g
Monounsa...	7g		

DIRECTIONS

- 01 Preheat your oven to 350°F (177°C).
- 02 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 03 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 04 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 05 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

One Pan Chicken Stir Fry

4 SERVINGS 30 MINUTES



INGREDIENTS

3 tbsps Tamari
1 tbsp Apple Cider Vinegar
1 tbsp Raw Honey
1 tbsp Sesame Oil
567 grams Chicken Breast (sliced into cubes)
1 Red Bell Pepper (de-seeded and sliced)
1 Yellow Bell Pepper (de-seeded and sliced)
4 cups Broccoli (chopped into florets)
2 cups Snap Peas
3/4 cup Quinoa (dry)
1 1/2 cups Water
1 tbsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	422	Carbs	40g
Fat	11g	Fiber	7g
Saturated	2g	Sugar	9g
Polyunsat...	4g	Protein	42g
Monounsa...	3g		

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 02 In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
- 03 Add the chicken, red bell pepper, yellow bell pepper, broccoli and snap peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 to 30 minutes, or until chicken is cooked through.
- 04 Meanwhile, cook your quinoa. Combine the quinoa and water in a saucepot and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 05 Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!

Slow Cooker Lentil Chili

6 SERVINGS 5 HOURS



INGREDIENTS

1 cup Dry Red Lentils (rinsed, uncooked)
1 Yellow Onion (medium, diced)
1 Red Bell Pepper (chopped)
1 Carrot (chopped)
3 Garlic (cloves, minced)
1 tbsp Chili Powder
1 tsp Cumin
1 tsp Smoked Paprika
3 1/2 cups Diced Tomatoes (from the can with juices)
2 tbsps Tomato Paste
2 cups Organic Vegetable Broth
Sea Salt & Black Pepper (to taste)
1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
1 Avocado (optional, sliced)
1/4 cup Cilantro (optional, chopped)

DIRECTIONS

- 01 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 02 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 03 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	306	Carbs	48g
Fat	6g	Fiber	20g
Saturated	1g	Sugar	8g
Polyunsat...	1g	Protein	16g
Monounsa...	3g		

Pesto Chicken Bake

4 SERVINGS 20 MINUTES



INGREDIENTS

454 grams Chicken Breast (boneless, skinless)

1/4 cup Pesto

1 Tomato (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	206	Carbs	2g
Fat	9g	Fiber	1g
Saturated	2g	Sugar	1g
Polyunsat...	2g	Protein	27g
Monounsa...	4g		

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Cut each breast in half to make thin slices like cutlets. Transfer to the baking sheet and top each slice with pesto and tomato slices. Bake for 12 to 15 minutes or until cooked through. Enjoy!

One Pan Lemon Chicken

2 SERVINGS 35 MINUTES



INGREDIENTS

227 grams Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
2 cups Brussels Sprouts (halved)
2 tbsps Extra Virgin Olive Oil
1 Lemon (juiced and zested)
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	417	Carbs	36g
Fat	17g	Fiber	7g
Saturated	3g	Sugar	4g
Polyunsat...	2g	Protein	32g
Monounsa...	11g		

One Pan Crispy Chicken with Potatoes & Greens

2 SERVINGS 35 MINUTES



INGREDIENTS

227 grams Chicken Thighs with Skin
2 cups Mini Potatoes (halved)
1/8 tsp Sea Salt
1 tbsp Rosemary (chopped)
2 cups Kale Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	375	Carbs	28g
Fat	19g	Fiber	4g
Saturated	5g	Sugar	1g
Polyunsat...	4g	Protein	22g
Monounsat...	8g		

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 03 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 04 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 05 Divide the chicken, potatoes and kale onto plates and enjoy!

One Pot Taco Pasta

6 SERVINGS 40 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
454 grams Extra Lean Ground Beef
4 stalks Green Onion (finely chopped)
2 Garlic (cloves, minced)
1 tsp Cumin (ground)
1 tsp Chili Powder
1/4 tsp Sea Salt
1 Tomato (large, diced)
1/2 cup Frozen Corn (thawed)
1/2 cup Black Beans (cooked, from the can)
1 Red Bell Pepper (diced)
2 1/2 cups Organic Chicken Broth
1 cup Organic Salsa
2 cups Brown Rice Pasta Shells (dry, uncooked)

DIRECTIONS

- 01 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 02 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 03 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 04 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 05 Remove from heat, divide into bowls and serve immediately. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	369	Carbs	44g
Fat	12g	Fiber	5g
Saturated	4g	Sugar	4g
Polyunsat...	1g	Protein	22g
Monounsa...	6g		

BLT Caprese Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

2/3 cup Quinoa (dry, uncooked)
1 1/3 cups Water
1/2 tsp Sea Salt
2 tbsps Balsamic Vinegar (divided)
6 slices Organic Bacon
2 cups Mixed Greens
2 cups Cherry Tomatoes (halved)
1/2 cup Ricotta Cheese

NUTRITION

AMOUNT PER SERVING

Calories	679	Carbs	50g
Fat	41g	Fiber	6g
Saturated	15g	Sugar	7g
Polyunsat...	7g	Protein	26g
Monounsa...	16g		

DIRECTIONS

- 01 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and stir in salt and half the balsamic vinegar. Set aside.
- 02 Meanwhile, cook the bacon in a large pan over medium-low heat until done. Transfer to a towel-lined plate and chop into pieces once cool enough to handle.
- 03 Divide the balsamic quinoa, bacon, greens, tomatoes and ricotta into bowls. Drizzle with remaining balsamic vinegar as desired. Enjoy immediately or refrigerate until ready to eat.

Sweet Potato Nachos

2 SERVINGS 45 MINUTES



INGREDIENTS

2 Sweet Potato
1 tbsp Extra Virgin Olive Oil
113 grams Chicken Breast
2 Avocado (peeled and mashed)
1/2 Mango (peeled and diced)
1/4 cup Red Onion (finely diced)
2 Lime (juiced)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	632	Carbs	61g
Fat	38g	Fiber	19g
Saturated	6g	Sugar	20g
Polysat...	5g	Protein	20g
Monounsa...	25g		

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line 2 to 3 baking sheets with parchment paper.
- 02 Season your chicken breast with sea salt and black pepper to taste.
- 03 Cut sweet potato into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
- 04 In a mixing bowl, toss the sweet potato rounds with olive oil and sea salt.
- 05 Place the chicken and sweet potato rounds across the baking sheets in a single layer and bake for approximately 30 minutes in the oven. Flip the sweet potato rounds about halfway through, depending on the thickness or until golden brown. Remove from oven.
- 06 While your chicken and sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, lime juice and sea salt. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
- 07 Assemble a layer of baked sweet potato chips and top with shredded chicken and guac. Enjoy!

One Pan Cod and Sweet Potato

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (medium, cubed)
1 tsp Extra Virgin Olive Oil
1 1/2 tsps Smoked Paprika
1/2 tsp Oregano (dried)
1 tsp Chili Powder
1/4 tsp Cumin
1/4 tsp Garlic Powder
1/8 tsp Sea Salt
2 Cod Fillet
1/4 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	334	Carbs	29g
Fat	4g	Fiber	5g
Saturated	1g	Sugar	6g
Polyunsat...	1g	Protein	44g
Monounsa...	2g		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with foil. Toss the cubed sweet potato with extra virgin olive oil and transfer to the baking sheet.
- 02 Combine the smoked paprika, oregano, chili powder, garlic powder and sea salt to a small bowl. Sprinkle half the seasoning onto the cubed sweet potato and bake for 20 minutes.
- 03 Remove the sweet potato from the oven and transfer to one side of the sheet to make room for the cod. Place the cod fillet on the sheet and sprinkle the remaining spice mixture on top. Bake for 8 to 10 minutes or until the cod is flaky and cooked through.
- 04 Divide the sweet potato and cod between plates. Serve with a lemon wedge and enjoy!

Taco Salad with Beef

4 SERVINGS 25 MINUTES



INGREDIENTS

454 grams Extra Lean Ground Beef
2 tbsps Chili Powder
1 tbsp Cumin
1/2 tsp Sea Salt
1 cup Cherry Tomatoes (chopped)
1 Jalapeno Pepper (chopped)
2 stalks Green Onion (chopped)
3 tbsps Lime Juice (divided)
2 heads Romaine Hearts (chopped)
2 tbsps Extra Virgin Olive Oil
2 Avocado (sliced)

DIRECTIONS

- 01 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 02 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 03 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 04 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

NUTRITION

AMOUNT PER SERVING

Calories	513	Carbs	15g
Fat	41g	Fiber	9g
Saturated	9g	Sugar	3g
Polyunsat...	4g	Protein	26g
Monounsat...	25g		

One Pan Ricotta & Spinach Stuffed Chicken with Broccoli

2 SERVINGS 35 MINUTES



INGREDIENTS

227 grams Chicken Breast (boneless)
2 tbsps Avocado Oil (divided)
1/2 cup Ricotta Cheese
2 cups Baby Spinach (finely chopped)
1/2 tsp Sea Salt (divided)
4 cups Broccoli (chopped into florets)

NUTRITION

AMOUNT PER SERVING

Calories	422	Carbs	18g
Fat	24g	Fiber	6g
Saturated	6g	Sugar	3g
Polyunsat...	3g	Protein	36g
Monounsa...	12g		

DIRECTIONS

- 01 Preheat oven to 375°F (190°C).
- 02 Make a slice lengthwise in each chicken breast to create a deep pocket. Coat well with half the oil and set aside.
- 03 In a bowl, mix together the ricotta, spinach and half the sea salt until well combined. Stuff the ricotta mix into each chicken breast. Transfer chicken to the middle of a glass baking dish.
- 04 Add broccoli to the baking dish and coat with the remaining oil. Sprinkle the remaining salt over the broccoli and chicken. Bake for 30 minutes or until chicken is tender and cooked through.
- 05 Remove the chicken from the oven and serve. Enjoy!

Zucchini Noodle Bolognese

4 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
454 grams Extra Lean Ground Chicken
2 1/2 cups Tomato Sauce
4 Zucchini (large)

NUTRITION

AMOUNT PER SERVING

Calories	262	Carbs	14g
Fat	14g	Fiber	4g
Saturated	3g	Sugar	10g
Polyunsat...	2g	Protein	24g
Monounsa...	7g		

DIRECTIONS

- 01 Heat the olive oil in a non-stick skillet. Add the ground chicken, stirring to break it up as it cooks. After about 5 minutes, add the tomato sauce. Cover and let the sauce simmer for 10 minutes.
- 02 While the sauce is simmering, spiralize the zucchinis and divide between plates or containers.
- 03 Top the zucchini noodles with the bolognese and enjoy!

Salsa Verde Salmon with Tomatoes and Brown Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil (divided)
283 grams Salmon Fillet
2 cups Cherry Tomatoes (halved)
1/2 tsp Sea Salt
1 tbsp Capers
1/4 cup Parsley (finely chopped)
1 tbsp Apple Cider Vinegar

DIRECTIONS

- 01 Cook the brown rice according to the directions on the package.
- 02 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 03 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 04 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	525	Carbs	42g
Fat	24g	Fiber	4g
Saturated	4g	Sugar	5g
Polyunsat...	6g	Protein	33g
Monounsa...	13g		

Meal Prep Garlic Beef Stir Fry with Quinoa & Peas

4 SERVINGS 20 MINUTES



INGREDIENTS

454 grams Beef Tenderloin (sliced into strips)
2 tbsps Extra Virgin Olive Oil (divided)
3 Garlic (cloves, minced)
2 tbsps Tamari (divided)
1 tsp Sea Salt
1 1/4 cups Quinoa (dry)
2 cups Water
2 stalks Green Onion (thinly sliced)
2 cups Baby Spinach
1 cup Frozen Peas (thawed)

DIRECTIONS

- 01** In a bowl, toss beef strips with half the olive oil, garlic, half the tamari and salt. Set aside.
- 02** Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and stir in the remaining tamari, green onion and spinach.
- 03** Heat the remaining olive oil in a pan over medium-high heat. Cook the garlic beef until it reaches your desired doneness.
- 04** Divide the quinoa, beef and peas into storage containers and refrigerate. Reheat in a microwave or pan over the stove before serving.

NUTRITION

AMOUNT PER SERVING

Calories	612	Carbs	42g
Fat	35g	Fiber	6g
Saturated	12g	Sugar	2g
Polyunsat...	4g	Protein	32g
Monounsa...	16g		

One Pan Steak & Potatoes with Chive Butter Sauce

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Mini Potatoes (halved)
2 Red Bell Pepper (chopped)
454 grams Top Sirloin Steak (cut into 1-inch cubes)
2 tbsps Avocado Oil
1 tsp Sea Salt
1/4 cup Butter (melted)
2 tbsps Chives (finely chopped)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
- 02 In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
- 03 Divide the steak, potatoes and peppers onto plates.
- 04 Combine the melted butter and chives. Drizzle ovetop the steak and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	539	Carbs	30g
Fat	35g	Fiber	5g
Saturated	15g	Sugar	4g
Polyunsat...	2g	Protein	26g
Monounsa...	15g		

Sweet Potato & Black Bean Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Sweet Potato (diced into 1/2 inch cubes)
1 tbsp Extra Virgin Olive Oil
1 tsp Cumin
1/2 tsp Cinnamon
1/2 tsp Paprika
1/4 cup Tahini
1/2 Lemon (juiced)
2 Garlic (cloves, minced)
2 tbsps Unsweetened Almond Milk
2 cups Black Beans (cooked, drained and rinsed)
2 cups Cherry Tomatoes (halved)
1 cup Parsley (chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 02 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 03 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 04 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

NUTRITION

AMOUNT PER SERVING

Calories	315	Carbs	42g
Fat	12g	Fiber	13g
Saturated	2g	Sugar	5g
Polyunsat...	4g	Protein	13g
Monounsa...	6g		

Vegan Sloppy Joes

4 SERVINGS 4 HOURS



INGREDIENTS

4 cups Lentils (cooked, drained and rinsed)
1/2 Sweet Onion (finely diced)
1 Green Bell Pepper (finely diced)
2 cups Mushrooms (sliced)
1 cup Matchstick Carrots
1 tsp Garlic Powder
3 tbsps Yellow Mustard
1/4 cup Maple Syrup
2 cups Crushed Tomatoes
1 tsp Sea Salt
1/2 tsp Black Pepper
8 Portobello Mushroom Caps
2 cups Baby Spinach (chopped)

DIRECTIONS

- 01 Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
- 02 About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
- 03 Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	408	Carbs	78g
Fat	1g	Fiber	22g
Saturated	0g	Sugar	26g
Polyunsat...	1g	Protein	28g
Monounsat...	0g		

Ground Beef, Asparagus & Mashed Sweet Potatoes

4 SERVINGS 30 MINUTES



INGREDIENTS

3 Sweet Potato (medium, peeled and chopped)
4 cups Asparagus (woody ends trimmed, chopped in half)
1/2 tsp Sea Salt (divided)
1 tbsp Avocado Oil
454 grams Extra Lean Ground Beef

NUTRITION

AMOUNT PER SERVING

Calories	342	Carbs	25g
Fat	15g	Fiber	6g
Saturated	5g	Sugar	7g
Polyunsat...	1g	Protein	27g
Monounsa...	7g		

DIRECTIONS

- 01 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 02 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 03 Add half the salt to the sweet potatoes and mash until creamy.
- 04 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 05 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

Steak with Sweet Potato Frites & Mayo

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Sweet Potato (medium, sliced into matchsticks)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 283 grams NY Striploin Steak
- 1/4 cup Mayonnaise
- 1 Garlic (cloves, minced)
- 1 1/2 tps Rosemary (fresh or dry, finely chopped)
- 1 cup Cherry Tomatoes (halved)

DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Toss the sweet potato matchsticks with half the olive oil and season with salt. Spread evenly across baking sheet and bake for 10 minutes. Remove parchment paper, stir frites and bake for another 5 minutes or until crisp.
- 03 Heat the remainder of olive oil in a skillet over medium-high heat. Cook steak for about 5 minutes each side (for medium-well). Set aside to rest.
- 04 Combine mayo, garlic and rosemary in a small bowl. Stir well to mix.
- 05 Slice and plate the steak along with the tomatoes, frites and mayo. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	593	Carbs	18g
Fat	44g	Fiber	3g
Saturated	9g	Sugar	5g
Polyunsat...	14g	Protein	32g
Monounsa...	19g		

Chicken, Asparagus & Sweet Potato

4 SERVINGS 30 MINUTES



INGREDIENTS

3 Sweet Potato (medium, diced)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
3 cups Asparagus (woody ends trimmed)
567 grams Chicken Breast (boneless, skinless)

NUTRITION

AMOUNT PER SERVING

Calories	319	Carbs	24g
Fat	9g	Fiber	5g
Saturated	2g	Sugar	6g
Polyunsat...	1g	Protein	36g
Monounsat...	5g		

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
- 03 Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
- 04 While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
- 05 Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

Healthy Fish n Chips

2 SERVINGS 1 HOUR



INGREDIENTS

283 grams Salmon Fillet
1 tbsp Maple Syrup
1 tbsp Tamari
2 Sweet Potato
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	412	Carbs	34g
Fat	16g	Fiber	5g
Saturated	2g	Sugar	12g
Polyunsat...	4g	Protein	32g
Monounsat...	8g		

DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 02 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 03 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 04 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

Grilled Bruschetta Chicken

4 SERVINGS 30 MINUTES



INGREDIENTS

454 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
3 Tomato (medium, diced)
1/2 cup Red Onion (finely diced)
2 Garlic (cloves, minced)
1/4 cup Basil Leaves (chopped)
1 tbsp Extra Virgin Olive Oil
1 tbsp Balsamic Vinegar

DIRECTIONS

- 01 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 02 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 03 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	194	Carbs	6g
Fat	7g	Fiber	1g
Saturated	1g	Sugar	1g
Polyunsat...	1g	Protein	27g
Monounsa...	3g		

Brown Rice Spaghetti in Kale Pesto

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Brown Rice Spaghetti
4 cups Kale Leaves (washed and chopped)
1/4 cup Pumpkin Seeds
1 Garlic (cloves)
1/4 cup Extra Virgin Olive Oil
1/4 cup Basil Leaves
Sea Salt & Black Pepper (to taste)
1/2 cup Cherry Tomatoes (halved)
1 cup Arugula

DIRECTIONS

- 01 Cook brown rice pasta as per the directions on the box. When pasta is finished cooking, strain it and immediately run cold water over it to prevent further cooking.
- 02 While the pasta cooks, make up your kale pesto by combining the kale, olive oil, pumpkin seeds, garlic, basil, salt and pepper into a food processor or magic bullet. Blend until a creamy pesto forms. If it is too thick, try adding a small splash of warm water or oil and mix again.
- 03 Plate noodles and pour a spoonful or two of pesto on top. Finish off with a handful of arugula, cherry tomatoes and sprinkle with salt and pepper.

NUTRITION

AMOUNT PER SERVING

Calories	541	Carbs	50g
Fat	36g	Fiber	7g
Saturated	5g	Sugar	2g
Polyunsat...	6g	Protein	10g
Monounsa...	23g		

Chicken, Asparagus & Mashed Cauliflower

4 SERVINGS 20 MINUTES



INGREDIENTS

3 cups Asparagus (ends trimmed)
3 tbsps Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt
1 head Cauliflower (chopped into florets)
454 grams Whole Rotisserie Chicken
(cooked, meat only, bones removed)

NUTRITION

AMOUNT PER SERVING

Calories	374	Carbs	11g
Fat	25g	Fiber	5g
Saturated	6g	Sugar	5g
Polyunsat...	1g	Protein	29g
Monounsat...	7g		

DIRECTIONS

- 01 Preheat your oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the asparagus with half the olive oil and lay on the baking sheet. Sprinkle with sea salt and roast in the oven for about 12 minutes, flipping halfway through cooking time.
- 02 While the asparagus is roasting, bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft. Remove from heat and mash with the remaining olive oil. Season with salt to taste and divide between containers.
- 03 Add the asparagus to the containers along with the roasted chicken meat. Enjoy!

White Bean Burgers

4 SERVINGS 30 MINUTES



INGREDIENTS

2 cups White Navy Beans (cooked, drained and rinsed)
1 Garlic (clove, minced)
1/4 cup Basil Leaves (chopped)
1 Egg (whisked)
1/2 cup Almond Flour
2 Tomato (diced)
1/2 cup Green Olives (pits removed and chopped)
1/4 cup Red Onion (finely diced)
1 tbsp Extra Virgin Olive Oil
1 tbsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
4 cups Baby Spinach
1 Lemon (cut into wedges)

DIRECTIONS

- 01 In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and egg. Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
- 02 Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
- 03 In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patties for 6 - 7 minutes per side or until golden brown.
- 04 Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	303	Carbs	33g
Fat	14g	Fiber	13g
Saturated	2g	Sugar	2g
Polyunsat...	1g	Protein	14g
Monounsat...	4g		

One Pan Roasted Veggies & Chicken

2 SERVINGS 35 MINUTES



INGREDIENTS

227 grams Chicken Drumsticks
1 Yellow Potato (medium, chopped)
1 Zucchini (medium, chopped)
1 Red Bell Pepper (chopped)
1 cup Green Beans
2 tbsps Extra Virgin Olive Oil
1 tbsp Italian Seasoning
1 tsp Paprika
1/2 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the chicken in the center of the baking sheet and arrange the chopped potatoes, zucchini, bell pepper, and green beans in a single layer around the chicken. Drizzle oil over chicken and veggies then add the Italian seasoning, paprika and sea salt. Using your hands, toss or rub the spices evenly all over the veggies and the chicken.
- 03 Bake for 25 minutes or until the chicken is cooked through and the veggies are tender. Divide equally between plates and serve.

NUTRITION

AMOUNT PER SERVING

Calories	408	Carbs	24g
Fat	25g	Fiber	5g
Saturated	5g	Sugar	7g
Polyunsat...	4g	Protein	25g
Monounsa...	14g		

One Pan Hawaiian Salmon

4 SERVINGS 35 MINUTES



INGREDIENTS

4 Red Bell Pepper (sliced)
1 tbsp Extra Virgin Olive Oil
454 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 cups Pineapple (cored and sliced into rounds)

NUTRITION

AMOUNT PER SERVING

Calories	263	Carbs	18g
Fat	11g	Fiber	4g
Saturated	2g	Sugar	13g
Polyunsat...	3g	Protein	24g
Monounsa...	5g		

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
- 03 Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
- 04 After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

Marinated Veggie Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

1/4 cup Apple Cider Vinegar
2 tbsps Extra Virgin Olive Oil
1/2 tsp Sea Salt
1/2 tsp Cayenne Pepper
2 cups Broccoli (chopped into small florets)
1/2 Cucumber (diced)
1 cup Matchstick Carrots
1 Yellow Bell Pepper (finely sliced)
1/4 cup Red Onion (finely sliced)
1 cup Cherry Tomatoes (halved)
1 cup Mushrooms (sliced)
2 cups Lentils (cooked, drained and rinsed)

DIRECTIONS

- 01 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 02 Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	242	Carbs	34g
Fat	8g	Fiber	11g
Saturated	1g	Sugar	8g
Polyunsat...	1g	Protein	12g
Monounsa...	5g		

Cajun Turkey with Green Beans & Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Jasmine Rice (dry)
454 grams Turkey Breast
1 tbsp Coconut Oil (divided)
2 tbsps Cajun Spice
8 cups Frozen Green Beans (thawed)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	396	Carbs	55g
Fat	6g	Fiber	9g
Saturated	3g	Sugar	5g
Polyunsat...	1g	Protein	33g
Monounsa...	1g		

DIRECTIONS

- 01 Cook the rice according to the instructions on the package and set aside.
- 02 While the rice cooks, dice your turkey breast into 1 inch cubes. Add half the coconut oil to a large skillet and warm over medium heat. Add the diced turkey breast and saute for 7 to 10 minutes, or until browned and cooked through. Add the cajun seasoning and continue to saute until the turkey is well coated. Transfer to a small plate.
- 03 Place the skillet back over medium heat and add the remaining coconut oil. Add the frozen green beans and cover. Saute for 4 to 5 minutes or until tender and crisp. Turn off the heat.
- 04 Divide rice, turkey and green beans between bowls. Season with sea salt and black pepper to taste. Enjoy!

Greek Chicken Salad

4 SERVINGS 45 MINUTES



INGREDIENTS

2 tbsps Greek Seasoning
1 Lemon (juiced)
1/4 cup Extra Virgin Olive Oil
567 grams Chicken Breast (boneless, skinless)
3 cups Cherry Tomatoes (halved)
1 Cucumber (diced)
1/4 cup Red Onion (finely diced)
1 cup Pitted Kalamata Olives (chopped)
3 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 02 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 03 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 04 Divide the salad and chicken between plates. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	379	Carbs	13g
Fat	21g	Fiber	2g
Saturated	3g	Sugar	7g
Polyunsat...	2g	Protein	34g
Monounsa...	13g		

Deconstructed Sushi Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tsp Avocado Oil
4 cups Cauliflower Rice
2 tsps Coconut Aminos
1/2 Cucumber (sliced into sticks)
1 Avocado (peeled and chopped)
4 Nori Sheets (snack size, torn into pieces)
225 grams Smoked Salmon
2 tsps Sesame Seeds
2 tbsps Mayonnaise
1/8 tsp Cayenne Pepper (optional)

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 02 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 03 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	491	Carbs	23g
Fat	34g	Fiber	14g
Saturated	5g	Sugar	7g
Polyunsat...	10g	Protein	30g
Monounsa...	17g		

Tofu, Broccoli & Brown Rice

3 SERVINGS 1 HOUR



INGREDIENTS

1 cup Brown Rice (uncooked, rinsed)
2 cups Water
4 cups Broccoli (chopped into florets)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3 tbsps Tamari
2 tbsps Miso Paste (optional)
1 tbsp Sesame Oil
350 grams Tofu (sliced into cubes)
3 tbsps Sesame Seeds (optional)

DIRECTIONS

- 01 In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
- 02 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 03 Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
- 04 In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
- 05 Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	568	Carbs	62g
Fat	27g	Fiber	8g
Saturated	4g	Sugar	5g
Polyunsat...	9g	Protein	25g
Monounsa...	12g		

Hummus-Crusted Chicken with Turmeric Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

454 grams Chicken Thighs (skinless, boneless)
1/4 cup Hummus
1 cup Jasmine Rice (dry, uncooked)
1 tsp Turmeric
1 Tomato (large, diced)
4 cups Baby Spinach

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
- 03 Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
- 04 Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	347	Carbs	43g
Fat	8g	Fiber	3g
Saturated	2g	Sugar	0g
Polyunsat...	2g	Protein	28g
Monounsa...	3g		

Rainbow Chopped Salad Jars

3 SERVINGS 30 MINUTES



INGREDIENTS

1/3 cup Tahini
2 Lemon (juiced)
1/2 tsp Sea Salt
2 tbsps Water
3 cups Chickpeas (cooked, from the can)
1 cup Cherry Tomatoes
1 cup Matchstick Carrots
1 Yellow Bell Pepper (chopped)
3 cups Purple Cabbage (chopped)

DIRECTIONS

- 01 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 02 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 03 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	496	Carbs	69g
Fat	18g	Fiber	19g
Saturated	2g	Sugar	16g
Polyunsat...	8g	Protein	22g
Monounsa...	6g		

Chicken & Broccoli Slaw with Peanut Sauce

4 SERVINGS 35 MINUTES



INGREDIENTS

567 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
1/4 cup All Natural Peanut Butter
1 tbsp Tamari
1 Lime (juiced)
1 tbsp Extra Virgin Olive Oil
1 tbsp Ginger (peeled and grated)
1 Garlic (clove, minced)
1/4 cup Water
4 cups Broccoli Slaw
1 Red Bell Pepper (sliced)
3 stalks Green Onion (chopped)
1/4 cup Cilantro (chopped, optional)
1/4 cup Raw Peanuts (chopped)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
- 02 In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
- 03 In a large salad bowl, combine broccoli slaw, red pepper and green onion.
- 04 Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	396	Carbs	15g
Fat	20g	Fiber	4g
Saturated	4g	Sugar	6g
Polyunsat...	4g	Protein	41g
Monounsa...	10g		