



## 21-Day New Year Meal Prep Challenge, Week 1

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LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

## GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



## MON



**BREAKFAST**  
Blueberry Chia Pancakes



**SNACK 1**  
Applesauce & Almonds



**LUNCH**  
Eggplant, Rice & Beans



**SNACK 2**  
Kiwi Yogurt Parfait



**DINNER**  
Chicken Caesar Salad Wraps

## TUE



**BREAKFAST**  
Blueberry Chia Pancakes



**SNACK 1**  
Kiwi Yogurt Parfait



**LUNCH**  
Chicken Caesar Salad Wraps



**SNACK 2**  
Applesauce & Almonds



**DINNER**  
Eggplant, Rice & Beans

## WED



**BREAKFAST**  
Blueberry Chia Pancakes



**SNACK 1**  
Applesauce & Almonds



**LUNCH**  
Eggplant, Rice & Beans



**SNACK 2**  
Banana Orange Green Smoothie



**DINNER**  
Baked Salmon with Broccoli & Quinoa

## THU



**BREAKFAST**  
Orange Turmeric Overnight Oats



**SNACK 1**  
Banana Orange Green Smoothie



**LUNCH**  
Baked Salmon with Broccoli & Quinoa



**SNACK 2**  
Applesauce & Yogurt, Almonds



**DINNER**  
Meal Prep Chicken & Cilantro Lime Quinoa

## FRI



**BREAKFAST**  
Orange Turmeric Overnight Oats



**SNACK 1**  
Applesauce & Yogurt, Almonds



**LUNCH**  
Meal Prep Chicken & Cilantro Lime Quinoa



**SNACK 2**  
Apples & Almonds



**DINNER**  
Pressure Cooker Rice & Bean Burritos

## SAT



**BREAKFAST**  
Spinach & Sweet Potato Frittata



**SNACK 1**  
Apples & Almonds



**LUNCH**  
Pressure Cooker Rice & Bean Burritos



**SNACK 2**  
Strawberry & Blueberry Parfait



**DINNER**  
One Pot White Fish & Rice

## SUN



**BREAKFAST**  
Spinach & Sweet Potato Frittata



**SNACK 1**  
Strawberry & Blueberry Parfait



**LUNCH**  
One Pot White Fish & Rice



**SNACK 2**  
Apples & Almonds



**DINNER**  
Pressure Cooker Rice & Bean Burritos

**MON****FAT 38%**   **CARBS 46%**   **PROTEIN 16%**

<b>Calories</b> 1842	Calcium 734mg
<b>Fat</b> 79g	Iron 12mg
Saturated 13g	Vitamin D 15IU
Trans 0g	Vitamin E 23mg
Polyunsaturated 17g	Vitamin K 71µg
Monounsaturated 41g	Thiamine 2.2mg
<b>Carbs</b> 217g	Riboflavin 2.5mg
Fiber 41g	Niacin 27mg
Sugar 58g	Vitamin B6 3.5mg
<b>Protein</b> 77g	Folate 194µg
Cholesterol 180mg	Vitamin B12 7.7µg
Sodium 971mg	Phosphorous 1126mg
Potassium 2511mg	Magnesium 355mg
Vitamin A 836IU	Zinc 6mg
Vitamin C 85mg	Selenium 67µg

**TUE****FAT 38%**   **CARBS 46%**   **PROTEIN 16%**

<b>Calories</b> 1842	Calcium 734mg
<b>Fat</b> 79g	Iron 12mg
Saturated 13g	Vitamin D 15IU
Trans 0g	Vitamin E 23mg
Polyunsaturated 17g	Vitamin K 71µg
Monounsaturated 41g	Thiamine 2.2mg
<b>Carbs</b> 217g	Riboflavin 2.5mg
Fiber 41g	Niacin 27mg
Sugar 58g	Vitamin B6 3.5mg
<b>Protein</b> 77g	Folate 194µg
Cholesterol 180mg	Vitamin B12 7.7µg
Sodium 971mg	Phosphorous 1126mg
Potassium 2511mg	Magnesium 355mg
Vitamin A 836IU	Zinc 6mg
Vitamin C 85mg	Selenium 67µg

**WED****FAT 31%**   **CARBS 52%**   **PROTEIN 17%**

<b>Calories</b> 1704	Calcium 582mg
<b>Fat</b> 61g	Iron 13mg
Saturated 8g	Vitamin D 812IU
Trans 0g	Vitamin E 19mg
Polyunsaturated 13g	Vitamin K 381µg
Monounsaturated 34g	Thiamine 1.1mg
<b>Carbs</b> 234g	Riboflavin 1.8mg
Fiber 45g	Niacin 20mg
Sugar 74g	Vitamin B6 2.9mg
<b>Protein</b> 75g	Folate 470µg
Cholesterol 134mg	Vitamin B12 7.1µg
Sodium 734mg	Phosphorous 1255mg
Potassium 3791mg	Magnesium 443mg
Vitamin A 4810IU	Zinc 6mg
Vitamin C 291mg	Selenium 68µg

**THU****FAT 29%**   **CARBS 47%**   **PROTEIN 24%**

<b>Calories</b> 1701	Calcium 1237mg
<b>Fat</b> 58g	Iron 14mg
Saturated 12g	Vitamin D 799IU
Trans 0g	Vitamin E 17mg
Polyunsaturated 12g	Vitamin K 415µg
Monounsaturated 22g	Thiamine 1.3mg
<b>Carbs</b> 209g	Riboflavin 2.4mg
Fiber 40g	Niacin 33mg
Sugar 62g	Vitamin B6 4.1mg
<b>Protein</b> 108g	Folate 549µg
Cholesterol 190mg	Vitamin B12 10.4µg
Sodium 602mg	Phosphorous 1833mg
Potassium 4315mg	Magnesium 566mg
Vitamin A 16317IU	Zinc 10mg
Vitamin C 332mg	Selenium 101µg

**FRI****FAT 33%**   **CARBS 50%**   **PROTEIN 17%**

<b>Calories</b> 1874	Calcium 1204mg
<b>Fat</b> 71g	Iron 15mg
Saturated 12g	Vitamin D 11IU
Trans 0g	Vitamin E 23mg
Polyunsaturated 14g	Vitamin K 91µg
Monounsaturated 32g	Thiamine 1.0mg
<b>Carbs</b> 243g	Riboflavin 2.1mg
Fiber 49g	Niacin 20mg
Sugar 53g	Vitamin B6 2.3mg
<b>Protein</b> 84g	Folate 377µg
Cholesterol 118mg	Vitamin B12 3.7µg
Sodium 1057mg	Phosphorous 1415mg
Potassium 3154mg	Magnesium 505mg
Vitamin A 13658IU	Zinc 8mg
Vitamin C 106mg	Selenium 52µg

**SAT****FAT 31%**   **CARBS 53%**   **PROTEIN 16%**

<b>Calories</b> 1863	Calcium 640mg
<b>Fat</b> 66g	Iron 15mg
Saturated 13g	Vitamin D 124IU
Trans 0g	Vitamin E 23mg
Polyunsaturated 13g	Vitamin K 196µg
Monounsaturated 32g	Thiamine 1.0mg
<b>Carbs</b> 250g	Riboflavin 1.5mg
Fiber 39g	Niacin 8mg
Sugar 51g	Vitamin B6 1.5mg
<b>Protein</b> 75g	Folate 372µg
Cholesterol 422mg	Vitamin B12 3.4µg
Sodium 1087mg	Phosphorous 1113mg
Potassium 2711mg	Magnesium 392mg
Vitamin A 10484IU	Zinc 8mg
Vitamin C 97mg	Selenium 88µg

**SUN****FAT 31%**   **CARBS 53%**   **PROTEIN 16%**

<b>Calories</b> 1863	Calcium 640mg
<b>Fat</b> 66g	Iron 15mg
Saturated 13g	Vitamin D 124IU
Trans 0g	Vitamin E 23mg
Polyunsaturated 13g	Vitamin K 196µg
Monounsaturated 32g	Thiamine 1.0mg
<b>Carbs</b> 250g	Riboflavin 1.5mg
Fiber 39g	Niacin 8mg
Sugar 51g	Vitamin B6 1.5mg
<b>Protein</b> 75g	Folate 372µg





Cholesterol 422mg	Vitamin B12 3.4µg
Sodium 1087mg	Phosphorous 1113mg
Potassium 2711mg	Magnesium 392mg
Vitamin A 10484IU	Zinc 8mg
Vitamin C 97mg	Selenium 88µg

## FRUITS

- 4 Apple
- 3/4 Avocado
- 3 Banana
- 1/2 cup Blueberries
- 2 Kiwi
- 1/4 Lemon
- 1 1/4 tbsps Lemon Juice
- 2 tsps Lime Juice
- 1 Navel Orange
- 1/2 cup Strawberries

## BREAKFAST

- 2 cups Granola

## SEEDS, NUTS & SPICES

- 2 cups Almonds
- 2 1/2 tbsps Chia Seeds
- 1/4 tsp Cinnamon
- 3/4 tsp Cumin
- 1/3 tsp Dried Thyme
- 1/3 tsp Oregano
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Smoked Paprika
- 3/4 tsp Turmeric

## FROZEN

- 5 Brown Rice Tortilla
- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower

## VEGETABLES

- 4 cups Arugula
- 3 1/2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 1/2 head Boston Lettuce
- 4 cups Broccoli
- 2 Carrot
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1 1/2 Eggplant
- 1 1/2 Garlic
- 1 stalk Green Onion
- 3/4 Red Bell Pepper
- 1/2 Sweet Potato
- 1/2 Tomato
- 1 1/8 Yellow Onion

## BOXED & CANNED

- 2 1/4 cups Basmati Rice
- 1 1/3 cups Black Beans
- 1 1/3 cups Cannellini Beans
- 1 cup Quinoa
- 1/2 cup Salsa

## BAKING

- 1 tsp Baking Powder
- 1 tsp Nutritional Yeast
- 2 cups Oats
- 2 cups Unsweetened Applesauce

## BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast, Cooked
- 1 Cod Fillet
- 10 ozs Salmon Fillet

## CONDIMENTS & OILS

- 1/4 cup Assorted Olives
- 1/2 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Tahini
- 1 1/2 tsps White Wine Vinegar

## COLD

- 5 Egg
- 1 3/4 cups Oat Milk
- 1 cup Orange Juice
- 4 cups Unsweetened Coconut Yogurt

## OTHER

- 4 cups Water

# Blueberry Chia Pancakes

3 SERVINGS 20 MINUTES



## INGREDIENTS

1 cup Oats  
1/2 cup Oat Milk (unsweetened, plain)  
1 Banana (medium)  
1 Egg (large)  
1 tsp Baking Powder  
1 cup Frozen Blueberries  
1 1/2 tbsps Chia Seeds  
1 tbsp Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	276	Calcium	216mg
Fat	11g	Iron	2mg
Saturated	2g	Vitamin D	14IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	12µg
Monouns...	5g	Thiamine	0.2mg
Carbs	39g	Riboflavin	0.3mg
Fiber	7g	Niacin	1mg
Sugar	11g	Vitamin B6	0.2mg
Protein	8g	Folate	28µg
Cholesterol	62mg	Vitamin B12	0.4µg
Sodium	206mg	Phosphoro...	236mg
Potassium	380mg	Magnesium	53mg
Vitamin A	139IU	Zinc	1mg
Vitamin C	5mg	Selenium	13µg

## DIRECTIONS

- 01 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 02 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 03 Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

### SERVING SIZE

One serving equals two to three 4-inch pancakes.

### MORE FLAVOR

Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

### ADDITIONAL TOPPINGS

Top with maple syrup, honey, cottage cheese, nut or seed butter.

### NO BANANA

Use applesauce instead.

### NO OAT MILK

Use dairy or any alternative milk.

### BATTER CONSISTENCY

Add more milk if the batter is too thick, and more oats if the batter is too thin.

# Orange Turmeric Overnight Oats

2 SERVINGS 2 HOURS



## INGREDIENTS

1 cup Oats (rolled)  
1 1/4 cups Oat Milk (unsweetened)  
3/4 tsp Turmeric  
1/4 tsp Cinnamon  
1 tbsp Chia Seeds  
1 Navel Orange (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	295	Calcium	314mg
Fat	8g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	1µg
Monouns...	1g	Thiamine	0.2mg
Carbs	50g	Riboflavin	0.5mg
Fiber	9g	Niacin	1mg
Sugar	11g	Vitamin B6	0.1mg
Protein	9g	Folate	37µg
Cholesterol	0mg	Vitamin B12	0.8µg
Sodium	67mg	Phosphoro...	354mg
Potassium	556mg	Magnesium	66mg
Vitamin A	174IU	Zinc	2mg
Vitamin C	41mg	Selenium	12µg

## DIRECTIONS

- 01 Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
- 02 Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### MORE FLAVOR

Add maple syrup, honey or a pinch of sea salt.

### ADDITIONAL TOPPINGS

Crushed nuts, hemp seeds, coconut flakes, or nut butter.



# Spinach & Sweet Potato Frittata

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
1/2 Sweet Potato (medium, peeled and cut into small cubes)  
1 1/2 cups Baby Spinach (chopped)  
4 Egg (whisked)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	206	Calcium	88mg
Fat	13g	Iron	3mg
Saturated	4g	Vitamin D	82IU
Trans	0g	Vitamin E	2mg
Polysat...	2g	Vitamin K	112µg
Monouns...	6g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.5mg
Fiber	1g	Niacin	0mg
Sugar	2g	Vitamin B6	0.3mg
Protein	14g	Folate	94µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	178mg	Phosphoro...	224mg
Potassium	373mg	Magnesium	38mg
Vitamin A	7261IU	Zinc	2mg
Vitamin C	7mg	Selenium	31µg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 03 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 04 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

### ADDITIONAL TOPPINGS

Salsa, hot sauce, or ketchup.

### NO SPINACH

Use kale or swiss chard instead.

# Applesauce & Almonds

3 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/2 cups Unsweetened Applesauce  
3/4 cup Almonds (raw or roasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	258	Calcium	101mg
Fat	18g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsat...	4g	Vitamin K	1µg
Monouns...	11g	Thiamine	0.1mg
Carbs	21g	Riboflavin	0.4mg
Fiber	6g	Niacin	1mg
Sugar	13g	Vitamin B6	0.1mg
Protein	8g	Folate	19µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphoro...	178mg
Potassium	352mg	Magnesium	100mg
Vitamin A	36IU	Zinc	1mg
Vitamin C	1mg	Selenium	2µg

## DIRECTIONS

01 Serve the applesauce with the almonds. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the applesauce in an airtight container for up to four days.

### MORE FLAVOR

Add cinnamon.

### NUT-FREE

Use pumpkin seeds or sunflower seeds instead of almonds.

### ADDITIONAL TOPPINGS

Add chopped fruit, hemp seeds, or yogurt.

# Banana Orange Green Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 Banana (medium, frozen)  
1/2 Apple (medium, peeled and chopped)  
1 cup Baby Spinach  
1/2 cup Frozen Cauliflower  
1/2 cup Orange Juice (freshly squeezed)  
1/2 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	232	Calcium	82mg
Fat	1g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	158µg
Monouns...	0g	Thiamine	0.2mg
Carbs	57g	Riboflavin	0.3mg
Fiber	9g	Niacin	2mg
Sugar	35g	Vitamin B6	0.7mg
Protein	5g	Folate	159µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	46mg	Phosphoro...	93mg
Potassium	1060mg	Magnesium	84mg
Vitamin A	3195IU	Zinc	1mg
Vitamin C	113mg	Selenium	2µg

## DIRECTIONS

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

## NOTES

### NO SPINACH

Use kale instead.

### NO FROZEN CAULIFLOWER

Omit or use zucchini or more apple instead.

### ORANGE JUICE

Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.



# Eggplant, Rice & Beans

3 SERVINGS 35 MINUTES



## INGREDIENTS

1 1/2 Eggplant (cut in half lengthwise)  
3 tbsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
3/4 cup Basmati Rice  
1/3 Yellow Onion (chopped fine)  
1 1/2 Garlic (cloves, smashed)  
1 1/3 cups Cannellini Beans (drained, rinsed, and pat dry with paper towel)  
1/3 tsp Oregano  
1/3 tsp Dried Thyme  
3/4 tsp Lemon Juice

## NUTRITION

### AMOUNT PER SERVING

Calories	473	Calcium	55mg
Fat	14g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	21µg
Monouns...	10g	Thiamine	0.1mg
Carbs	77g	Riboflavin	0.1mg
Fiber	15g	Niacin	2mg
Sugar	12g	Vitamin B6	0.3mg
Protein	11g	Folate	61µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	304mg	Phosphoro...	69mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Using a sharp knife, score the cut sides of the eggplant in a crosshatch pattern about one inch deep, being careful not to cut into the skin. Drizzle with half the oil and season with salt and pepper. Place on the baking sheet and bake for 25 minutes, until charred and cooked through.
- 03 Meanwhile, cook the rice according to package directions.
- 04 In a large skillet, heat the remaining oil over medium heat. Once hot, add the onion and cook for three minutes and then add the garlic, beans, oregano, and thyme. Cook until the beans are somewhat browned and getting crispy, about five minutes and then remove from the heat.
- 05 Divide the rice onto plates and top with the eggplant and beans. Squeeze the lemon juice over top. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container in the fridge for up to three days.

### SERVING SIZE

One serving is half an eggplant, half a cup of rice, and half a cup of beans.

### ADDITIONAL TOPPINGS

Top with shaved parmesan, chili flakes, or toasted walnuts or pumpkin seeds.



Potassium	658mg	Magnesium	39mg
Vitamin A	70IU	Zinc	0mg
Vitamin C	7mg	Selenium	1µg

# Kiwi Yogurt Parfait

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Coconut Yogurt  
1 cup Granola  
2 Kiwi (peeled, diced)

## NUTRITION

### AMOUNT PER SERVING

Calories	396	Calcium	320mg
Fat	19g	Iron	3mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	5g	Vitamin K	31µg
Monouns...	7g	Thiamine	0.4mg
Carbs	49g	Riboflavin	0.2mg
Fiber	9g	Niacin	2mg
Sugar	19g	Vitamin B6	0.3mg
Protein	10g	Folate	68µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	43mg	Phosphoro...	286mg
Potassium	544mg	Magnesium	114mg
Vitamin A	72IU	Zinc	3mg
Vitamin C	65mg	Selenium	16µg

## DIRECTIONS

01 Layer the yogurt, granola, and kiwi in a jar. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Nuts, shredded coconut, hemp seeds, or chia seeds.

# Applesauce & Yogurt

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Unsweetened Coconut Yogurt  
1/2 cup Unsweetened Applesauce

## NUTRITION

### AMOUNT PER SERVING

Calories	136	Calcium	502mg
Fat	7g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	19g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
Protein	1g	Folate	2µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	51mg	Phosphoro...	3mg
Potassium	45mg	Magnesium	2mg
Vitamin A	18IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg

## DIRECTIONS

01 Scoop the yogurt into a bowl and top with applesauce. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### MORE FLAVOR

Add cinnamon.

### ADDITIONAL TOPPINGS

Add chopped fruit, crushed nuts, hemp seeds, granola, or chia seeds.

### NO YOGURT

Use oatmeal instead.

# Almonds

2 SERVINGS 2 MINUTES



## INGREDIENTS

1/2 cup Almonds (raw)

## DIRECTIONS

01 Place in a bowl and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	207	Calcium	96mg
Fat	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsat...	4g	Vitamin K	0µg
Monouns...	11g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.4mg
Fiber	4g	Niacin	1mg
Sugar	2g	Vitamin B6	0.1mg
Protein	8g	Folate	16µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	0mg	Phosphoro...	172mg
Potassium	262mg	Magnesium	97mg
Vitamin A	1IU	Zinc	1mg
Vitamin C	0mg	Selenium	1µg

## NOTES

### LEFTOVERS

Store in an airtight container in the pantry.

### MORE FLAVOR

Roast, toast and/or season with salt.



# Apples & Almonds

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 Apple (sliced)  
3/4 cup Almonds

## DIRECTIONS

01 Core apple and cut it into slices. Serve with almonds.

## NUTRITION

### AMOUNT PER SERVING

Calories	302	Calcium	107mg
Fat	18g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	9mg
Polyunsat...	4g	Vitamin K	4µg
Monouns...	11g	Thiamine	0.1mg
Carbs	33g	Riboflavin	0.5mg
Fiber	9g	Niacin	1mg
Sugar	20g	Vitamin B6	0.1mg
Protein	8g	Folate	21µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	192mg
Potassium	457mg	Magnesium	106mg
Vitamin A	99IU	Zinc	1mg
Vitamin C	8mg	Selenium	1µg

# Strawberry & Blueberry Parfait

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Coconut Yogurt  
1 cup Granola  
1/2 cup Strawberries  
1/2 cup Blueberries

## NUTRITION

### AMOUNT PER SERVING

Calories	386	Calcium	304mg
Fat	19g	Iron	3mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	7mg
Polyunsat...	5g	Vitamin K	11µg
Monouns...	7g	Thiamine	0.4mg
Carbs	47g	Riboflavin	0.2mg
Fiber	9g	Niacin	2mg
Sugar	18g	Vitamin B6	0.3mg
Protein	9g	Folate	62µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	41mg	Phosphoro...	276mg
Potassium	412mg	Magnesium	109mg
Vitamin A	36IU	Zinc	3mg
Vitamin C	25mg	Selenium	16µg

## DIRECTIONS

01 Layer the yogurt, granola, strawberries, and blueberries in a jar. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### ADDITIONAL TOPPINGS

Nuts, nut butter, seed butter, chia seeds, hemp seeds, or shredded coconut.

# Chicken Caesar Salad Wraps

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil (divided)  
1 tbsp Tahini  
1 tbsp Lemon Juice  
1/2 tsp Dijon Mustard  
1 tsp Nutritional Yeast  
1/8 tsp Sea Salt (divided)  
1 tbsp Water  
1/2 head Boston Lettuce  
2 Brown Rice Tortilla  
1/2 Tomato (chopped, seeds removed)  
8 ozs Chicken Breast, Cooked (chopped into cubes or slices)

## NUTRITION

### AMOUNT PER SERVING

Calories	439	Calcium	42mg
Fat	17g	Iron	2mg
Saturated	3g	Vitamin D	1IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	6µg
Monouns...	8g	Thiamine	1.4mg
Carbs	31g	Riboflavin	1.5mg
Fiber	4g	Niacin	21mg
Sugar	3g	Vitamin B6	2.6mg
Protein	40g	Folate	18µg
Cholesterol	118mg	Vitamin B12	5.9µg

## DIRECTIONS

- 01 Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.
- 02 Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

## NOTES

### LEFTOVERS

All ingredients are best stored separately, and away from the dressing. Refrigerate the dressing for up to one week.

### SERVING SIZE

One serving is equal to one wrap.

### ADDITIONAL TOPPINGS

Add sliced or cubed avocado.

### MORE FLAVOR

Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.

Sodium	415mg	Phosphoro...	357mg
Potassium	577mg	Magnesium	49mg
Vitamin A	519IU	Zinc	1mg
Vitamin C	7mg	Selenium	35µg



# Baked Salmon with Broccoli & Quinoa

2 SERVINGS 20 MINUTES



## INGREDIENTS

10 ozs Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
4 cups Broccoli (sliced into small florets)  
1 tbsp Extra Virgin Olive Oil  
1/2 cup Quinoa (uncooked)  
3/4 cup Water  
1/4 Lemon (sliced into wedges)

## NUTRITION

### AMOUNT PER SERVING

Calories	465	Calcium	128mg
Fat	17g	Iron	4mg
Saturated	3g	Vitamin D	798IU
Trans	0g	Vitamin E	5mg
Polyunsat...	4g	Vitamin K	189µg
Monouns...	8g	Thiamine	0.5mg
Carbs	40g	Riboflavin	0.7mg
Fiber	8g	Niacin	14mg
Sugar	3g	Vitamin B6	1.6mg
Protein	43g	Folate	203µg
Cholesterol	72mg	Vitamin B12	6.7µg
Sodium	175mg	Phosphoro...	679mg
Potassium	1341mg	Magnesium	167mg
Vitamin A	1370IU	Zinc	3mg
Vitamin C	165mg	Selenium	50µg

## DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## NOTES

### LEFTOVERS

Store covered in the fridge up to 2 days.

### SPEED IT UP

Cook the quinoa ahead of time.

### VEGAN

Use tofu steaks instead of salmon fillets.

# Meal Prep Chicken & Cilantro Lime Quinoa

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Quinoa (uncooked)  
1/4 cup Cilantro (chopped)  
2 tsps Lime Juice (to taste)  
1/8 tsp Sea Salt (to taste)  
4 cups Arugula (packed)  
2 Carrot (small, chopped)  
8 ozs Chicken Breast, Cooked (sliced)  
1 stalk Green Onion (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	366	Calcium	115mg
Fat	7g	Iron	3mg
Saturated	1g	Vitamin D	1IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	67µg
Monouns...	2g	Thiamine	0.3mg
Carbs	35g	Riboflavin	0.5mg
Fiber	6g	Niacin	15mg
Sugar	4g	Vitamin B6	1.6mg
Protein	42g	Folate	132µg
Cholesterol	118mg	Vitamin B12	0.2µg
Sodium	263mg	Phosphoro...	532mg
Potassium	1051mg	Magnesium	150mg
Vitamin A	11559IU	Zinc	3mg
Vitamin C	12mg	Selenium	36µg

## DIRECTIONS

- 01 Cook the quinoa according to the package directions and let cool.
- 02 Toss the quinoa with cilantro, lime juice, and salt.
- 03 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Use balsamic vinegar or your dressing of choice.

### ADDITIONAL TOPPINGS

Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.

# Pressure Cooker Rice & Bean Burritos

3 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
3/4 Yellow Onion (chopped)  
3/4 Red Bell Pepper (chopped)  
1 1/2 tsps Smoked Paprika  
3/4 tsp Cumin  
1/8 tsp Sea Salt  
1 1/3 cups Black Beans (cooked, rinsed)  
3/4 cup Basmati Rice  
1/2 cup Salsa  
1 1/8 cups Water  
3 Brown Rice Tortilla  
3/4 Avocado (mashed, optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	568	Calcium	70mg
Fat	13g	Iron	5mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polysat...	2g	Vitamin K	19µg
Monouns...	7g	Thiamine	0.3mg
Carbs	98g	Riboflavin	0.2mg
Fiber	17g	Niacin	2mg
Sugar	9g	Vitamin B6	0.4mg
Protein	16g	Folate	169µg
Cholesterol	0mg	Vitamin B12	0µg

## DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
- 02 Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 03 Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
- 04 Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to one burrito.

### MORE FLAVOR

Add minced garlic and/or chili powder when cooking the onions and peppers  
Add cilantro to the mashed avocado.

Sodium	674mg	Phosphoro...	162mg
Potassium	783mg	Magnesium	84mg
Vitamin A	1807IU	Zinc	1mg
Vitamin C	44mg	Selenium	2µg



# One Pot White Fish & Rice

2 SERVINGS 20 MINUTES



## INGREDIENTS

3/4 cup Basmati Rice (rinsed)  
1 cup Water  
1 cup Cherry Tomatoes (chopped)  
1 1/2 tsps White Wine Vinegar  
1/2 cup Basil Leaves (torn, divided)  
1/4 cup Assorted Olives  
Sea Salt & Black Pepper (to taste)  
1 Cod Fillet (cut into pieces)

## NUTRITION

### AMOUNT PER SERVING

Calories	401	Calcium	71mg
Fat	3g	Iron	2mg
Saturated	1g	Vitamin D	42IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	50µg
Monouns...	1g	Thiamine	0.1mg
Carbs	64g	Riboflavin	0.1mg
Fiber	3g	Niacin	3mg
Sugar	2g	Vitamin B6	0.4mg
Protein	28g	Folate	26µg
Cholesterol	50mg	Vitamin B12	1.1µg
Sodium	192mg	Phosphoro...	259mg
Potassium	686mg	Magnesium	55mg
Vitamin A	1281IU	Zinc	1mg
Vitamin C	13mg	Selenium	38µg

## DIRECTIONS

- 01 In a large pan over high heat, add the rice and water. Cover with a lid and bring to a boil, then lower to a simmer.
- 02 Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
- 03 Open the lid, and arrange the pieces of cod in the pan, pushing them into the rice. Scatter the tomato-basil mixture overtop and cover with the lid again. Simmer for 10 to 15 minutes, or until the rice and fish are both cooked through. Add more water if needed to cook the rice.
- 04 Garnish with the remaining basil, divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 to 2 cups.

### MORE FLAVOR

Use olive tapenade or pesto instead of assorted olives.

### ADDITIONAL TOPPINGS

Red pepper flakes and/or a drizzle of olive oil.

### NO COD

Use haddock, tilapia, salmon, or shrimp.

### NO WHITE WINE VINEGAR

Use red cooking wine, lemon juice, apple cider vinegar, or balsamic vinegar instead.

### FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.





## 21-Day New Year Meal Prep Challenge, Week 2

DANA BOSSELMANN



# 21-Day New Year Meal Prep Challenge, Week 2

LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

## GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

## MON



**BREAKFAST**  
Tropical Coconut Oatmeal



**SNACK 1**  
Apple with Peanut Butter



**LUNCH**  
Lemon Turkey Quinoa Skillet



**SNACK 2**  
Egyptian Fava Beans with Tahini



**DINNER**  
One Pan Chicken, Grapes & Veggies

## TUE



**BREAKFAST**  
Tropical Coconut Oatmeal



**SNACK 1**  
Coconut Chia Seed Yogurt



**LUNCH**  
One Pan Chicken, Grapes & Veggies



**SNACK 2**  
Banana with Peanut Butter



**DINNER**  
Lemon Turkey Quinoa Skillet

## WED



**BREAKFAST**  
Breakfast Baked Potato with Sun Butter



**SNACK 1**  
Apple with Peanut Butter



**LUNCH**  
Lemon Turkey Quinoa Skillet



**SNACK 2**  
Egyptian Fava Beans with Tahini



**DINNER**  
One Pan Lemon Chicken

## THU



**BREAKFAST**  
Breakfast Baked Potato with Sun Butter



**SNACK 1**  
Coconut Chia Seed Yogurt



**LUNCH**  
One Pan Lemon Chicken



**SNACK 2**  
Banana with Peanut Butter



**DINNER**  
Turkey & Cabbage Stir Fry

## FRI



**BREAKFAST**  
Breakfast Baked Potato with Sun Butter



**SNACK 1**  
Coconut Chia Seed Yogurt



**LUNCH**  
Turkey & Cabbage Stir Fry



**SNACK 2**  
Egyptian Fava Beans with Tahini



**DINNER**  
One Pan Salmon with Rainbow Veggies

## SAT



**BREAKFAST**  
Warm Peas with Eggs



**SNACK 1**  
Grapes & Pistachios



**LUNCH**  
One Pan Salmon with Rainbow Veggies



**SNACK 2**  
Fried Plantains with Hummus



**DINNER**  
Acorn Squash & Sausage Hash

## SUN



**BREAKFAST**  
Warm Peas with Eggs



**SNACK 1**  
Grapes & Pistachios



**LUNCH**  
Acorn Squash & Sausage Hash



**SNACK 2**  
Fried Plantains with Hummus



**DINNER**  
One Pan Salmon with Rainbow Veggies

**MON****FAT 41%**   **CARBS 38%**   **PROTEIN 21%**

<b>Calories</b> 1915	Calcium 750mg
<b>Fat</b> 90g	Iron 17mg
Saturated 26g	Vitamin D 84IU
Trans 0g	Vitamin E 9mg
Polyunsaturated 21g	Vitamin K 197µg
Monounsaturated 33g	Thiamine 1.3mg
<b>Carbs</b> 191g	Riboflavin 1.5mg
Fiber 40g	Niacin 28mg
Sugar 69g	Vitamin B6 2.4mg
<b>Protein</b> 106g	Folate 504µg
Cholesterol 293mg	Vitamin B12 4.5µg
Sodium 1361mg	Phosphorous 1512mg
Potassium 3312mg	Magnesium 457mg
Vitamin A 6032IU	Zinc 14mg
Vitamin C 122mg	Selenium 97µg

**TUE****FAT 44%**   **CARBS 37%**   **PROTEIN 19%**

<b>Calories</b> 2003	Calcium 1454mg
<b>Fat</b> 103g	Iron 17mg
Saturated 32g	Vitamin D 84IU
Trans 0g	Vitamin E 9mg
Polyunsaturated 29g	Vitamin K 191µg
Monounsaturated 31g	Thiamine 1.0mg
<b>Carbs</b> 193g	Riboflavin 1.4mg
Fiber 49g	Niacin 27mg
Sugar 65g	Vitamin B6 2.7mg
<b>Protein</b> 99g	Folate 339µg
Cholesterol 293mg	Vitamin B12 7.2µg
Sodium 1195mg	Phosphorous 1204mg
Potassium 3279mg	Magnesium 397mg
Vitamin A 5982IU	Zinc 12mg
Vitamin C 144mg	Selenium 89µg

**WED****FAT 40%**   **CARBS 40%**   **PROTEIN 20%**

<b>Calories</b> 1802	Calcium 370mg
<b>Fat</b> 84g	Iron 15mg
Saturated 13g	Vitamin D 17IU
Trans 0g	Vitamin E 16mg
Polyunsaturated 22g	Vitamin K 257µg
Monounsaturated 43g	Thiamine 1.3mg
<b>Carbs</b> 190g	Riboflavin 1.3mg
Fiber 37g	Niacin 31mg
Sugar 52g	Vitamin B6 3.4mg
<b>Protein</b> 95g	Folate 539µg
Cholesterol 166mg	Vitamin B12 1.6µg
Sodium 933mg	Phosphorous 1684mg
Potassium 3982mg	Magnesium 575mg
Vitamin A 21126IU	Zinc 12mg
Vitamin C 140mg	Selenium 99µg

**THU****FAT 43%**   **CARBS 38%**   **PROTEIN 19%**

<b>Calories</b> 1900	Calcium 1148mg
<b>Fat</b> 96g	Iron 14mg
Saturated 22g	Vitamin D 22IU
Trans 0g	Vitamin E 15mg
Polyunsaturated 29g	Vitamin K 364µg
Monounsaturated 38g	Thiamine 1.1mg
<b>Carbs</b> 190g	Riboflavin 1.2mg
Fiber 50g	Niacin 32mg
Sugar 60g	Vitamin B6 4.0mg
<b>Protein</b> 93g	Folate 395µg
Cholesterol 194mg	Vitamin B12 4.7µg
Sodium 744mg	Phosphorous 1367mg
Potassium 4249mg	Magnesium 481mg
Vitamin A 23279IU	Zinc 10mg
Vitamin C 246mg	Selenium 96µg

**FRI****FAT 42%**   **CARBS 37%**   **PROTEIN 21%**

<b>Calories</b> 1894	Calcium 1296mg
<b>Fat</b> 92g	Iron 16mg
Saturated 20g	Vitamin D 819IU
Trans 0g	Vitamin E 14mg
Polyunsaturated 30g	Vitamin K 314µg
Monounsaturated 34g	Thiamine 1.3mg
<b>Carbs</b> 185g	Riboflavin 1.4mg
Fiber 55g	Niacin 31mg
Sugar 53g	Vitamin B6 3.4mg
<b>Protein</b> 106g	Folate 578µg
Cholesterol 184mg	Vitamin B12 11.2µg
Sodium 1098mg	Phosphorous 1671mg
Potassium 4276mg	Magnesium 493mg
Vitamin A 24828IU	Zinc 11mg
Vitamin C 426mg	Selenium 120µg

**SAT****FAT 46%**   **CARBS 35%**   **PROTEIN 19%**

<b>Calories</b> 1857	Calcium 380mg
<b>Fat</b> 100g	Iron 14mg
Saturated 29g	Vitamin D 915IU
Trans 0g	Vitamin E 7mg
Polyunsaturated 11g	Vitamin K 274µg
Monounsaturated 30g	Thiamine 3.4mg
<b>Carbs</b> 168g	Riboflavin 3.6mg
Fiber 32g	Niacin 35mg
Sugar 73g	Vitamin B6 4.8mg
<b>Protein</b> 92g	Folate 410µg
Cholesterol 485mg	Vitamin B12 16.5µg
Sodium 2439mg	Phosphorous 1178mg
Potassium 3651mg	Magnesium 296mg
Vitamin A 10491IU	Zinc 7mg
Vitamin C 376mg	Selenium 86µg

**SUN****FAT 46%**   **CARBS 35%**   **PROTEIN 19%**

<b>Calories</b> 1857	Calcium 380mg
<b>Fat</b> 100g	Iron 14mg
Saturated 29g	Vitamin D 915IU
Trans 0g	Vitamin E 7mg
Polyunsaturated 11g	Vitamin K 274µg
Monounsaturated 30g	Thiamine 3.4mg
<b>Carbs</b> 168g	Riboflavin 3.6mg
Fiber 32g	Niacin 35mg
Sugar 73g	Vitamin B6 4.8mg
<b>Protein</b> 92g	Folate 410µg





Cholesterol 485mg	Vitamin B12 16.5µg
Sodium 2439mg	Phosphorous 1178mg
Potassium 3651mg	Magnesium 296mg
Vitamin A 10491IU	Zinc 7mg
Vitamin C 376mg	Selenium 86µg

## FRUITS

- 2 1/2 Apple
- 5 Banana
- 3 cups Grapes
- 3/4 Lemon
- 1 tbsp Lemon Juice
- 2/3 Lime
- 1 Mango
- 3/4 Navel Orange
- 1 Plantain
- 3/4 cup Strawberries

## BREAKFAST

- 1/2 cup All Natural Peanut Butter

## SEEDS, NUTS & SPICES

- 3/4 cup Chia Seeds
- 1 1/4 tbsps Cinnamon
- 1/2 tsp Cumin
- 3 tbsps Hemp Seeds
- 3/4 tsp Oregano
- 1 cup Pistachios, In Shell
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 3 1/16 cups Frozen Peas

## VEGETABLES

- 1 Acorn Squash
- 1 1/2 cups Baby Spinach
- 3 cups Broccoli
- 2 cups Brussels Sprouts
- 2/3 Carrot
- 3 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 3 1/2 Garlic
- 2 tsps Ginger
- 4 cups Green Beans
- 5 1/4 cups Green Cabbage
- 1 cup Kale Leaves
- 2 cups Mini Potatoes
- 1 cup Mushrooms
- 3/4 cup Red Onion
- 1 tbsp Rosemary
- 3 Sweet Potato
- 2 tbsps Thyme
- 1/2 White Onion
- 1 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion

## BOXED & CANNED

- 3 cups Fava Beans
- 1/2 cup Quinoa
- 1 1/8 cups Vegetable Broth

## BAKING

- 1 1/2 tsps Nutritional Yeast
- 1 cup Oats
- 2 tbsps Unsweetened Coconut Flakes

## BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 1 lb Chicken Drumsticks
- 1 1/3 lbs Extra Lean Ground Turkey
- 5 ozs Pork Sausage
- 15 ozs Salmon Fillet

## CONDIMENTS & OILS

- 1 1/2 tsps Apple Cider Vinegar
- 3 tbsps Black Olives
- 3 1/3 tbsps Coconut Aminos
- 1 tbsp Coconut Butter
- 2 2/3 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Sunflower Seed Butter
- 3 tbsps Tahini

## COLD

- 4 Egg
- 1/4 cup Hummus
- 1 1/4 cups Plain Coconut Milk
- 3 cups Unsweetened Coconut Yogurt

## OTHER

- 1/3 cup Water

# Tropical Coconut Oatmeal

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 cup Oats (rolled)  
1 1/4 cups Plain Coconut Milk (from the box)  
1 1/2 tbsps Chia Seeds  
1 Mango (cubed)  
1 tbsp Coconut Butter (melted)  
2 tbsps Unsweetened Coconut Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	432	Calcium	379mg
Fat	18g	Iron	3mg
Saturated	11g	Vitamin D	63IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	8µg
Monouns...	1g	Thiamine	0.2mg
Carbs	64g	Riboflavin	0.1mg
Fiber	12g	Niacin	2mg
Sugar	29g	Vitamin B6	0.2mg
Protein	9g	Folate	85µg
Cholesterol	0mg	Vitamin B12	1.9µg
Sodium	32mg	Phosphoro...	190mg
Potassium	492mg	Magnesium	73mg
Vitamin A	2130IU	Zinc	2mg
Vitamin C	61mg	Selenium	13µg

## DIRECTIONS

- 01 In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
- 02 Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

### MORE FLAVOR

Add a pinch of cinnamon.

### LIKES IT SWEET

Add a drizzle of maple syrup or honey.

# Breakfast Baked Potato with Sun Butter

3 SERVINGS 50 MINUTES



## INGREDIENTS

3 Sweet Potato (medium)  
1/3 cup Sunflower Seed Butter  
3 Banana (sliced)  
3 tbsps Hemp Seeds  
3/4 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	471	Calcium	79mg
Fat	23g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polysat...	7g	Vitamin K	3µg
Monouns...	13g	Thiamine	0.3mg
Carbs	62g	Riboflavin	0.3mg
Fiber	10g	Niacin	5mg
Sugar	23g	Vitamin B6	0.9mg
Protein	12g	Folate	125µg
Cholester...	0mg	Vitamin B12	0µg
Sodium	74mg	Phosphoro...	466mg
Potassium	1168mg	Magnesium	234mg
Vitamin A	18538IU	Zinc	3mg
Vitamin C	14mg	Selenium	35µg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
- 03 Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!

## NOTES

### MORE TOPPINGS

Greek yogurt, any fruits on hand, hemp seeds, crushed nuts, chocolate chips, and/or our Strawberry Chia Jam.

### NO SUNFLOWER SEED BUTTER

Use any nut or seed butter.

### MEAL PREP

Bake several sweet potatoes at the start of the week. Reheat and add toppings just before serving.



# Warm Peas with Eggs

1 SERVING 15 MINUTES



## INGREDIENTS

1/4 White Onion (diced)  
1 1/2 tbsps Water  
1 1/2 cups Frozen Peas  
1/8 tsp Sea Salt  
2 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	341	Calcium	122mg
Fat	10g	Iron	5mg
Saturated	3g	Vitamin D	82IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	58µg
Monouns...	4g	Thiamine	0.7mg
Carbs	38g	Riboflavin	0.7mg
Fiber	11g	Niacin	4mg
Sugar	12g	Vitamin B6	0.5mg
Protein	25g	Folate	194µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	611mg	Phosphoro...	391mg
Potassium	442mg	Magnesium	68mg
Vitamin A	5581IU	Zinc	3mg
Vitamin C	26mg	Selenium	33µg

## DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

### MORE FLAVOR

Use broth or oil instead of water.

### ADDITIONAL TOPPINGS

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

# Apple with Peanut Butter

1 SERVING 3 MINUTES



## INGREDIENTS

1 Apple  
2 tbsps All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Calcium	27mg
Fat	17g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	4µg
Monouns...	8g	Thiamine	0.1mg
Carbs	32g	Riboflavin	0.1mg
Fiber	6g	Niacin	4mg
Sugar	22g	Vitamin B6	0.2mg
Protein	8g	Folate	34µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	128mg
Potassium	375mg	Magnesium	63mg
Vitamin A	98IU	Zinc	1mg
Vitamin C	8mg	Selenium	1µg

## DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

## NOTES

### KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

# Coconut Chia Seed Yogurt

3 SERVINGS 30 MINUTES



## INGREDIENTS

3 cups Unsweetened Coconut Yogurt  
3/4 cup Chia Seeds  
1 tbsp Cinnamon  
3/4 cup Strawberries (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	355	Calcium	838mg
Fat	22g	Iron	4mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	12g	Vitamin K	2µg
Monouns...	1g	Thiamine	0mg
Carbs	37g	Riboflavin	0mg
Fiber	21g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	9g	Folate	9µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	57mg	Phosphoro...	10mg
Potassium	266mg	Magnesium	6mg
Vitamin A	12IU	Zinc	0mg
Vitamin C	21mg	Selenium	0µg

## DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

### ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



# Grapes & Pistachios

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Grapes  
1 cup Pistachios, In Shell

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	380	Calcium	53mg
Fat	26g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	13µg
Monouns...	0g	Thiamine	0.1mg
Carbs	32g	Riboflavin	0.1mg
Fiber	7g	Niacin	0mg
Sugar	19g	Vitamin B6	0.1mg
Protein	13g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	218mg	Phosphoro...	9mg
Potassium	176mg	Magnesium	5mg
Vitamin A	92IU	Zinc	0mg
Vitamin C	4mg	Selenium	0µg



# Lemon Turkey Quinoa Skillet

3 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/8 tbsps Extra Virgin Olive Oil  
1 1/2 Garlic (cloves, minced)  
12 ozs Extra Lean Ground Turkey  
3/4 tsp Oregano (dried)  
1/8 tsp Sea Salt  
3 tbsps Black Olives (chopped)  
1 1/2 cups Baby Spinach (chopped)  
1/2 cup Quinoa (dry, uncooked)  
1 1/8 cups Vegetable Broth  
3/4 Lemon (zested and juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	355	Calcium	71mg
Fat	18g	Iron	4mg
Saturated	4g	Vitamin D	16IU
Trans	0g	Vitamin E	2mg
Polyunsat...	5g	Vitamin K	78µg
Monouns...	8g	Thiamine	0.2mg
Carbs	24g	Riboflavin	0.4mg
Fiber	3g	Niacin	7mg
Sugar	1g	Vitamin B6	0.6mg
Protein	27g	Folate	99µg
Cholesterol	84mg	Vitamin B12	1.4µg
Sodium	547mg	Phosphoro...	378mg
Potassium	542mg	Magnesium	101mg

## DIRECTIONS

- 01 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 02 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 03 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 04 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 05 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

## NOTES

### MORE FLAVOR

Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

### LEFTOVERS

Keep in an air-tight container in the fridge for up to 3 days.

### NO QUINOA

Use long-grain white rice instead.

### NO SPINACH

Use chopped kale or swiss chard instead.

### NO GROUND TURKEY

Use ground chicken or ground beef instead.

### NO VEGETABLE BROTH

Use any type of broth, or water instead.

Vitamin A	1724IU	Zinc	4mg	VEGAN & VEGETARIAN
Vitamin C	10mg	Selenium	25µg	Use cooked lentils instead of ground turkey.

# Egyptian Fava Beans with Tahini

3 SERVINGS 15 MINUTES



## INGREDIENTS

3 cups Fava Beans (cooked, with liquid)  
3 tbsps Tahini  
1/2 tsp Cumin  
1 1/2 tsps Apple Cider Vinegar  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	278	Calcium	129mg
Fat	9g	Iron	4mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	4g	Vitamin K	5µg
Monouns...	3g	Thiamine	0.3mg
Carbs	37g	Riboflavin	0.2mg
Fiber	11g	Niacin	2mg
Sugar	3g	Vitamin B6	0.1mg
Protein	16g	Folate	192µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	223mg	Phosphoro...	324mg
Potassium	526mg	Magnesium	89mg
Vitamin A	40IU	Zinc	2mg
Vitamin C	1mg	Selenium	10µg

## DIRECTIONS

- 01 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 02 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 03 Divide into bowls and enjoy!

## NOTES

### SERVE IT WITH

Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

### NO APPLE CIDER VINEGAR

Use lemon juice instead.

### SERVING SIZE

One serving is equal to approximately one cup.

### STORAGE

Refrigerate in an airtight container up to 3 to 5 days.



# Banana with Peanut Butter

1 SERVING 5 MINUTES



## INGREDIENTS

1 Banana (peeled and sliced)  
2 tbsps All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	298	Calcium	22mg
Fat	17g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	1µg
Monouns...	8g	Thiamine	0.1mg
Carbs	34g	Riboflavin	0.2mg
Fiber	5g	Niacin	5mg
Sugar	18g	Vitamin B6	0.6mg
Protein	8g	Folate	52µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	134mg
Potassium	602mg	Magnesium	86mg
Vitamin A	76IU	Zinc	1mg
Vitamin C	10mg	Selenium	3µg

## DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

## NOTES

### NO PEANUT BUTTER

Use any nut or seed butter.

### MORE PROTEIN

Sprinkle with hemp seeds.



# Fried Plantains with Hummus

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 tbsps Coconut Oil  
1 Plantain (peeled, sliced)  
1/4 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	359	Calcium	19mg
Fat	19g	Iron	2mg
Saturated	12g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	3g	Vitamin K	46µg
Monouns...	3g	Thiamine	0.1mg
Carbs	48g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	24g	Vitamin B6	0.4mg
Protein	4g	Folate	44µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	136mg	Phosphoro...	99mg
Potassium	753mg	Magnesium	72mg
Vitamin A	1529IU	Zinc	1mg
Vitamin C	25mg	Selenium	3µg

## DIRECTIONS

- 01 Heat the coconut oil in a large skillet and add the plantains. Cook for 2 to 3 minutes per side or until browned.
- 02 Serve with hummus. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. Reheat the plantains in a skillet or the oven.

### SERVING SIZE

One serving equals approximately half a plantain and two tablespoons of hummus.

# One Pan Chicken, Grapes & Veggies

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 lb Chicken Drumsticks  
1/2 Acorn Squash (seeds removed, chopped)  
4 cups Green Beans (trimmed)  
1 cup Grapes (seedless, stems removed)  
1 tbsp Extra Virgin Olive Oil  
2 tbsps Thyme (fresh)  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	563	Calcium	144mg
Fat	28g	Iron	5mg
Saturated	7g	Vitamin D	5IU
Trans	0g	Vitamin E	2mg
Polyunsat...	5g	Vitamin K	102µg
Monouns...	13g	Thiamine	0.5mg
Carbs	34g	Riboflavin	0.7mg
Fiber	8g	Niacin	13mg
Sugar	14g	Vitamin B6	1.3mg
Protein	46g	Folate	94µg
Cholesterol	209mg	Vitamin B12	1.2µg
Sodium	552mg	Phosphoro...	492mg
Potassium	1377mg	Magnesium	131mg
Vitamin A	2040IU	Zinc	5mg
Vitamin C	42mg	Selenium	48µg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil overtop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to three days.

### SERVING SIZE

One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

### MORE FLAVOR

Add your choice of herbs and spices, or balsamic vinegar.



# One Pan Lemon Chicken

2 SERVINGS 35 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	411	Calcium	64mg
Fat	17g	Iron	3mg
Saturated	3g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	167µg
Monouns...	11g	Thiamine	0.4mg
Carbs	35g	Riboflavin	0.3mg
Fiber	7g	Niacin	13mg
Sugar	3g	Vitamin B6	1.6mg
Protein	32g	Folate	89µg
Cholesterol	82mg	Vitamin B12	0.2µg
Sodium	82mg	Phosphoro...	388mg
Potassium	1371mg	Magnesium	88mg
Vitamin A	726IU	Zinc	2mg
Vitamin C	107mg	Selenium	28µg

## 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, 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!

## NOTES

### NO BRUSSELS SPROUTS

Use another green veggie instead such as green beans, asparagus or broccoli.

### NO CHICKEN BREASTS

Use chicken legs or thighs instead and increase cooking time as needed.

### MORE FLAVOR

Add spices such as oregano, thyme, or chili flakes.

### NO MINI POTATOES

Use diced regular potatoes.

### ADDITIONAL TOPPINGS

Add lemon slices, zest from one lemon, and fresh rosemary.

# Turkey & Cabbage Stir Fry

2 SERVINGS 20 MINUTES



## INGREDIENTS

10 2/3 ozs Extra Lean Ground Turkey  
2 tsps Coconut Oil  
5 1/3 cups Green Cabbage (thinly sliced)  
2/3 Carrot (large, julienned)  
2 2/3 tbsps Water  
2 2/3 tbsps Coconut Aminos  
2/3 Lime (juiced, plus more for garnish)  
2 Garlic (clove, minced)  
2 tsps Ginger (fresh, minced or grated)  
1/3 cup Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	365	Calcium	145mg
Fat	17g	Iron	3mg
Saturated	7g	Vitamin D	21IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	191µg
Monouns...	5g	Thiamine	0.3mg
Carbs	22g	Riboflavin	0.4mg
Fiber	7g	Niacin	9mg
Sugar	13g	Vitamin B6	0.9mg
Protein	32g	Folate	120µg
Cholesterol	112mg	Vitamin B12	1.8µg
Sodium	524mg	Phosphoro...	369mg
Potassium	842mg	Magnesium	67mg

## DIRECTIONS

- 01 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 02 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 03 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 04 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 05 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

### ADDITIONAL TOPPINGS

Top with additional cilantro.

### NO TURKEY

Use ground chicken or pork instead.



Vitamin A	3927IU	Zinc	4mg
Vitamin C	94mg	Selenium	30µg



# One Pan Salmon with Rainbow Veggies

3 SERVINGS 40 MINUTES



## INGREDIENTS

3 cups Cherry Tomatoes  
15 ozs Salmon Fillet  
1 1/2 Yellow Bell Pepper (sliced)  
3 cups Broccoli (chopped into small florets)  
3/4 cup Red Onion (sliced into chunks)  
3 tbsps Extra Virgin Olive Oil  
2 1/4 tps Coconut Aminos  
3/4 Navel Orange (zested and juiced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	425	Calcium	105mg
Fat	21g	Iron	2mg
Saturated	3g	Vitamin D	798IU
Trans	0g	Vitamin E	5mg
Polyunsat...	3g	Vitamin K	113µg
Monouns...	12g	Thiamine	0.4mg
Carbs	27g	Riboflavin	0.5mg
Fiber	6g	Niacin	15mg
Sugar	11g	Vitamin B6	1.5mg
Protein	37g	Folate	132µg
Cholesterol	72mg	Vitamin B12	6.7µg
Sodium	220mg	Phosphoro...	502mg
Potassium	1474mg	Magnesium	97mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 03 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 04 Divide between plates and enjoy!

## NOTES

### MORE CARBS

Serve with rice or quinoa.

### VEGAN

Use tofu steaks or roasted chickpeas instead of salmon.

### LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Vitamin A	2311U	Zinc	2mg
Vitamin C	296mg	Selenium	45µg

# Acorn Squash & Sausage Hash

2 SERVINGS 30 MINUTES



## INGREDIENTS

5 ozs Pork Sausage (casings removed)  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 Acorn Squash (peeled, chopped into cubes)  
1/4 Yellow Onion (chopped)  
1 cup Mushrooms (sliced)  
1 cup Kale Leaves (chopped)  
1 1/2 tsps Nutritional Yeast  
1/2 tsp Sea Salt  
1/2 Apple (cored, cubed)

## NUTRITION

### AMOUNT PER SERVING

Calories	352	Calcium	81mg
Fat	24g	Iron	3mg
Saturated	7g	Vitamin D	35IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	44µg
Monouns...	11g	Thiamine	2.1mg
Carbs	23g	Riboflavin	2.2mg
Fiber	4g	Niacin	15mg
Sugar	7g	Vitamin B6	2.3mg
Protein	13g	Folate	36µg
Cholesterol	41mg	Vitamin B12	8.9µg
Sodium	1254mg	Phosphoro...	177mg
Potassium	806mg	Magnesium	54mg

## DIRECTIONS

- 01 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 02 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 03 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 04 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is approximately 1 cup of the hash mixture.

### MORE FIBER

Stir in cooked quinoa or rice.

### MAKE IT VEGAN

Use black beans or lentils instead of sausage.

### MEAL PREP

Cook the acorn squash in advance to save time.



Vitamin A	978IU	Zinc	1mg
Vitamin C	25mg	Selenium	5µg





## 21-Day New Year Meal Prep Challenge, Week 3

DANA BOSSELMANN



# 21-Day New Year Meal Prep Challenge, Week 3

LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

## GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

## MON



**BREAKFAST**  
Spinach & Sweet Potato Egg Muffins



**SNACK 1**  
Raspberry Overnight Oats



**LUNCH**  
Zucchini & Ground Beef Skillet, Quinoa



**SNACK 2**  
Tortilla & Bell Pepper Snack Plate



**DINNER**  
Chicken & Lentil Soup

## TUE



**BREAKFAST**  
Spinach & Sweet Potato Egg Muffins



**SNACK 1**  
Tortilla & Bell Pepper Snack Plate



**LUNCH**  
Zucchini & Ground Beef Skillet, Quinoa



**SNACK 2**  
Raspberry Overnight Oats



**DINNER**  
Chicken & Lentil Soup

## WED



**BREAKFAST**  
Spinach & Sweet Potato Egg Muffins



**SNACK 1**  
Raspberry Overnight Oats



**LUNCH**  
Avocado Beef Quesadilla



**SNACK 2**  
Crackers & Hummus



**DINNER**  
Zucchini & Ground Beef Skillet, Quinoa

## THU



**BREAKFAST**  
Spinach & Sweet Potato Egg Muffins



**SNACK 1**  
Chocolate Cherry Green Smoothie



**LUNCH**  
Avocado Beef Quesadilla



**SNACK 2**  
Crackers & Hummus



**DINNER**  
Tuna Chickpea Salad

## FRI



**BREAKFAST**  
Almond Butter & Jam Chia Pudding,  
Cherries



**SNACK 1**  
Crackers & Hummus



**LUNCH**  
Tuna Chickpea Salad



**SNACK 2**  
Chocolate Cherry Green Smoothie



**DINNER**  
Avocado Beef Quesadilla

## SAT



**BREAKFAST**  
Almond Butter & Jam Chia Pudding,  
Cherries



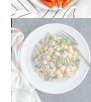
**SNACK 1**  
Chocolate Avocado Smoothie



**LUNCH**  
Chicken & Lentil Soup



**SNACK 2**  
Bell Peppers with Hummus



**DINNER**  
Tuna Chickpea Salad

## SUN



**BREAKFAST**  
Almond Butter & Jam Chia Pudding,  
Cherries



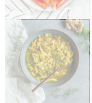
**SNACK 1**  
Chocolate Avocado Smoothie



**LUNCH**  
Tuna Chickpea Salad



**SNACK 2**  
Bell Peppers with Hummus



**DINNER**  
Chicken & Lentil Soup



**MON****FAT 36%**   **CARBS 36%**   **PROTEIN 28%**

**Calories** 1686      Calcium 725mg  
**Fat** 68g      Iron 20mg  
 Saturated 17g      Vitamin D 136IU  
 Trans 1g      Vitamin E 10mg  
 Polyunsaturated 11g      Vitamin K 268µg  
 Monounsaturated 27g      Thiamine 1.3mg  
**Carbs** 153g      Riboflavin 1.6mg  
 Fiber 37g      Niacin 28mg  
 Sugar 26g      Vitamin B6 3.3mg  
**Protein** 118g      Folate 635µg  
 Cholesterol 613mg      Vitamin B12 3.6µg  
 Sodium 1585mg      Phosphorous 1577mg  
 Potassium 2973mg      Magnesium 419mg  
 Vitamin A 17729IU      Zinc 14mg  
 Vitamin C 224mg      Selenium 116µg

**TUE****FAT 36%**   **CARBS 36%**   **PROTEIN 28%**

**Calories** 1686      Calcium 725mg  
**Fat** 68g      Iron 20mg  
 Saturated 17g      Vitamin D 136IU  
 Trans 1g      Vitamin E 10mg  
 Polyunsaturated 11g      Vitamin K 268µg  
 Monounsaturated 27g      Thiamine 1.3mg  
**Carbs** 153g      Riboflavin 1.6mg  
 Fiber 37g      Niacin 28mg  
 Sugar 26g      Vitamin B6 3.3mg  
**Protein** 118g      Folate 635µg  
 Cholesterol 613mg      Vitamin B12 3.6µg  
 Sodium 1585mg      Phosphorous 1577mg  
 Potassium 2973mg      Magnesium 419mg  
 Vitamin A 17729IU      Zinc 14mg  
 Vitamin C 224mg      Selenium 116µg

**WED****FAT 43%**   **CARBS 36%**   **PROTEIN 21%**

**Calories** 1648      Calcium 644mg  
**Fat** 80g      Iron 18mg  
 Saturated 17g      Vitamin D 138IU  
 Trans 1g      Vitamin E 9mg  
 Polyunsaturated 20g      Vitamin K 288µg  
 Monounsaturated 34g      Thiamine 1.5mg  
**Carbs** 153g      Riboflavin 1.6mg  
 Fiber 33g      Niacin 20mg  
 Sugar 21g      Vitamin B6 2.3mg  
**Protein** 86g      Folate 500µg  
 Cholesterol 504mg      Vitamin B12 6.2µg  
 Sodium 1706mg      Phosphorous 1476mg  
 Potassium 2849mg      Magnesium 399mg  
 Vitamin A 10563IU      Zinc 17mg  
 Vitamin C 72mg      Selenium 119µg

**THU****FAT 44%**   **CARBS 35%**   **PROTEIN 21%**

**Calories** 1565      Calcium 965mg  
**Fat** 78g      Iron 16mg  
 Saturated 14g      Vitamin D 205IU  
 Trans 0g      Vitamin E 10mg  
 Polyunsaturated 19g      Vitamin K 586µg  
 Monounsaturated 38g      Thiamine 1.3mg  
**Carbs** 140g      Riboflavin 2.0mg  
 Fiber 32g      Niacin 18mg  
 Sugar 38g      Vitamin B6 2.0mg  
**Protein** 86g      Folate 609µg  
 Cholesterol 449mg      Vitamin B12 5.4µg  
 Sodium 1997mg      Phosphorous 1470mg  
 Potassium 2888mg      Magnesium 372mg  
 Vitamin A 14244IU      Zinc 13mg  
 Vitamin C 67mg      Selenium 126µg

**FRI****FAT 41%**   **CARBS 40%**   **PROTEIN 19%**

**Calories** 1690      Calcium 1321mg  
**Fat** 81g      Iron 17mg  
 Saturated 11g      Vitamin D 173IU  
 Trans 0g      Vitamin E 11mg  
 Polyunsaturated 25g      Vitamin K 373µg  
 Monounsaturated 38g      Thiamine 1.2mg  
**Carbs** 177g      Riboflavin 1.7mg  
 Fiber 47g      Niacin 18mg  
 Sugar 59g      Vitamin B6 1.9mg  
**Protein** 83g      Folate 498µg  
 Cholesterol 77mg      Vitamin B12 4.5µg  
 Sodium 1591mg      Phosphorous 1363mg  
 Potassium 3055mg      Magnesium 398mg  
 Vitamin A 5241IU      Zinc 12mg  
 Vitamin C 81mg      Selenium 96µg

**SAT****FAT 44%**   **CARBS 30%**   **PROTEIN 26%**

**Calories** 1652      Calcium 1330mg  
**Fat** 85g      Iron 17mg  
 Saturated 12g      Vitamin D 171IU  
 Trans 0g      Vitamin E 16mg  
 Polyunsaturated 23g      Vitamin K 366µg  
 Monounsaturated 39g      Thiamine 0.7mg  
**Carbs** 128g      Riboflavin 1.7mg  
 Fiber 45g      Niacin 25mg  
 Sugar 40g      Vitamin B6 2.8mg  
**Protein** 112g      Folate 508µg  
 Cholesterol 186mg      Vitamin B12 1.9µg  
 Sodium 1478mg      Phosphorous 1368mg  
 Potassium 3044mg      Magnesium 431mg  
 Vitamin A 12372IU      Zinc 8mg  
 Vitamin C 226mg      Selenium 78µg

**SUN****FAT 44%**   **CARBS 30%**   **PROTEIN 26%**

**Calories** 1652      Calcium 1330mg  
**Fat** 85g      Iron 17mg  
 Saturated 12g      Vitamin D 171IU  
 Trans 0g      Vitamin E 16mg  
 Polyunsaturated 23g      Vitamin K 366µg  
 Monounsaturated 39g      Thiamine 0.7mg  
**Carbs** 128g      Riboflavin 1.7mg  
 Fiber 45g      Niacin 25mg  
 Sugar 40g      Vitamin B6 2.8mg  
**Protein** 112g      Folate 508µg



Cholesterol 186mg	Vitamin B12 1.9µg
Sodium 1478mg	Phosphorous 1368mg
Potassium 3044mg	Magnesium 431mg
Vitamin A 12372IU	Zinc 8mg
Vitamin C 226mg	Selenium 78µg

## FRUITS

- 2 Avocado
- 5 cups Cherries
- 1 Lemon
- 1 1/2 tsps Lime Juice
- 3 1/16 cups Raspberries

## BREAKFAST

- 1/3 cup Almond Butter

## SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1/3 cup Chia Seeds
- 3/4 tsp Cinnamon
- 1 tsp Cumin
- 3 tbsps Ground Flax Seed
- 1/4 tsp Onion Powder
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Turmeric

## VEGETABLES

- 10 cups Baby Spinach
- 1/2 bulb Fennel
- 1 1/2 Garlic
- 1 1/2 tsps Ginger
- 5 stalks Green Onion
- 1 cup Matchstick Carrots
- 1/2 cup Parsley
- 4 Red Bell Pepper
- 2 cups Red Onion
- 1 Sweet Potato
- 1 Zucchini

## BOXED & CANNED

- 1 1/3 quarts Bone Broth
- 3 cups Chickpeas
- 1 3/4 cups Diced Tomatoes
- 1 cup Lentils
- 1 cup Quinoa
- 1 can Tuna
- 5 1/4 ozs Whole Grain Crackers

## BAKING

- 1 1/8 cups Oats

## BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast, Cooked
- 9 ozs Deli Roast Beef
- 12 ozs Extra Lean Ground Beef
- 5 Whole Wheat Tortilla

## CONDIMENTS & OILS

- 1 1/2 tsps Avocado Oil
- 1/2 cup Extra Virgin Olive Oil

## COLD

- 8 Egg
- 1 1/4 cups Hummus
- 7 cups Unsweetened Almond Milk

## OTHER

- 1 cup Chocolate Protein Powder
- 1 1/3 cups Water

# Spinach & Sweet Potato Egg Muffins

4 SERVINGS 35 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	228	Calcium	113mg
Fat	15g	Iron	3mg
Saturated	4g	Vitamin D	82IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	221µg
Monouns...	7g	Thiamine	0.1mg
Carbs	9g	Riboflavin	0.6mg
Fiber	2g	Niacin	1mg
Sugar	2g	Vitamin B6	0.3mg
Protein	14g	Folate	138µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	491mg	Phosphoro...	236mg
Potassium	503mg	Magnesium	57mg
Vitamin A	9372IU	Zinc	2mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
- 02 Steam sweet potato in a double boiler for eight to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 03 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.
- 04 When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
- 05 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 06 Pour the whisked eggs into the prepared muffin tray to cover the sweet potato and spinach.
- 07 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 four 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.



Vitamin C    13mg    Selenium    31µg



# Almond Butter & Jam Chia Pudding

3 SERVINGS 30 MINUTES



## INGREDIENTS

1/3 cup Chia Seeds  
1 1/2 cups Unsweetened Almond Milk  
1 1/2 cups Raspberries  
3 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	256	Calcium	449mg
Fat	18g	Iron	3mg
Saturated	1g	Vitamin D	50IU
Trans	0g	Vitamin E	4mg
Polyunsat...	9g	Vitamin K	5µg
Monouns...	7g	Thiamine	0mg
Carbs	21g	Riboflavin	0.2mg
Fiber	14g	Niacin	1mg
Sugar	3g	Vitamin B6	0.1mg
Protein	9g	Folate	21µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	85mg	Phosphoro...	97mg
Potassium	328mg	Magnesium	66mg
Vitamin A	270IU	Zinc	1mg
Vitamin C	16mg	Selenium	1µg

## DIRECTIONS

- 01 In a medium bowl, combine the chia seeds with the almond milk and whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 In a small bowl, mash the raspberries until they resemble jam.
- 03 Layer the chia seed pudding in a jar, top with the raspberry jam and almond butter. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate covered for up to five days.

### NUT-FREE

Use coconut milk instead of almond milk. Use sunflower seed butter instead of almond butter.

### MORE PROTEIN

Add a scoop of protein powder to the milk mixture before setting. Whisk to fully incorporate with the seeds and milk.

### ADDITIONAL TOPPINGS

Add cacao nibs for crunch.

# Cherries

3 SERVINGS 2 MINUTES



## INGREDIENTS

3 cups Cherries

## DIRECTIONS

01 Wash cherries and place them in a bowl. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	97	Calcium	20mg
Fat	0g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	3µg
Monouns...	0g	Thiamine	0mg
Carbs	25g	Riboflavin	0.1mg
Fiber	3g	Niacin	0mg
Sugar	20g	Vitamin B6	0.1mg
Protein	2g	Folate	6µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	0mg	Phosphoro...	32mg
Potassium	342mg	Magnesium	17mg
Vitamin A	99IU	Zinc	0mg
Vitamin C	11mg	Selenium	0µg

# Raspberry Overnight Oats

3 SERVINGS 8 HOURS



## INGREDIENTS

1 1/8 cups Oats (rolled)  
1 1/2 cups Unsweetened Almond Milk  
3 tbsps Ground Flax Seed  
3/4 tsp Cinnamon  
1 1/2 cups Raspberries (fresh or frozen, thawed)

## NUTRITION

### AMOUNT PER SERVING

Calories	198	Calcium	273mg
Fat	6g	Iron	2mg
Saturated	0g	Vitamin D	50IU
Trans	0g	Vitamin E	1mg
Polysat...	3g	Vitamin K	6µg
Monouns...	2g	Thiamine	0.2mg
Carbs	31g	Riboflavin	0.1mg
Fiber	9g	Niacin	1mg
Sugar	3g	Vitamin B6	0.1mg
Protein	7g	Folate	23µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	83mg	Phosphoro...	143mg
Potassium	224mg	Magnesium	64mg
Vitamin A	272IU	Zinc	1mg
Vitamin C	16mg	Selenium	9µg

## DIRECTIONS

- 01 Add the oats, almond milk, flax seed and cinnamon together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Divide into containers and top with raspberries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

### NUT-FREE

Use a nut-free milk such as oat or soy.

### NO ROLLED OATS

Use quick oats instead.



# Chocolate Cherry Green Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Cherries (fresh and pitted, or frozen)  
1/4 cup Chocolate Protein Powder  
1 cup Baby Spinach  
1 cup Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	218	Calcium	615mg
Fat	3g	Iron	2mg
Saturated	0g	Vitamin D	101IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	148µg
Monouns...	2g	Thiamine	0.2mg
Carbs	28g	Riboflavin	0.7mg
Fiber	6g	Niacin	1mg
Sugar	20g	Vitamin B6	0.3mg
Protein	22g	Folate	72µg
Cholesterol	4mg	Vitamin B12	0.6µg
Sodium	222mg	Phosphoro...	367mg
Potassium	666mg	Magnesium	105mg
Vitamin A	3411IU	Zinc	2mg
Vitamin C	19mg	Selenium	7µg

## DIRECTIONS

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

## NOTES

### LIKES IT SWEET

Add more cherries.

### EXTRA CHOCOLATE

Add some cacao or cocoa powder.

### EXTRA THICK

Add ground flax seeds or chia seeds.

### NO PROTEIN POWDER

Use a blend of hemp seeds and cocoa powder instead.

# Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 Avocado  
1 cup Unsweetened Almond Milk  
1 tbsp Almond Butter  
1 cup Baby Spinach  
1/4 cup Chocolate Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	297	Calcium	655mg
Fat	19g	Iron	2mg
Saturated	2g	Vitamin D	101IU
Trans	0g	Vitamin E	5mg
Polyunsat...	4g	Vitamin K	155µg
Monouns...	12g	Thiamine	0.2mg
Carbs	11g	Riboflavin	0.8mg
Fiber	7g	Niacin	2mg
Sugar	1g	Vitamin B6	0.4mg
Protein	25g	Folate	115µg
Cholesterol	4mg	Vitamin B12	0.6µg
Sodium	227mg	Phosphoro...	440mg
Potassium	685mg	Magnesium	146mg
Vitamin A	3386IU	Zinc	2mg
Vitamin C	13mg	Selenium	7µg

## DIRECTIONS

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

## NOTES

### NO CHOCOLATE PROTEIN POWDER

Use vanilla protein powder or hemp seeds and add cocoa powder.

### LIKES IT SWEET

Add frozen banana.

### NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

# Zucchini & Ground Beef Skillet

3 SERVINGS 25 MINUTES



## INGREDIENTS

12 ozs Extra Lean Ground Beef  
1 1/2 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
1 3/4 cups Diced Tomatoes (with juices)  
1 Zucchini (medium, chopped)  
1 tsp Cumin  
1/4 tsp Onion Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	246	Calcium	58mg
Fat	12g	Iron	4mg
Saturated	5g	Vitamin D	3IU
Trans	1g	Vitamin E	0mg
Polysat...	0g	Vitamin K	4µg
Monouns...	5g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.2mg
Fiber	2g	Niacin	6mg
Sugar	5g	Vitamin B6	0.6mg
Protein	25g	Folate	23µg
Cholesterol	74mg	Vitamin B12	2.5µg
Sodium	106mg	Phosphoro...	240mg
Potassium	555mg	Magnesium	38mg
Vitamin A	739IU	Zinc	6mg
Vitamin C	26mg	Selenium	19µg

## DIRECTIONS

- 01 Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 02 Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately 1 1/2 cups.

### MORE FLAVOR

Add chili powder and/or green chilis.

### ADDITIONAL TOPPINGS

Add red pepper flakes.

### MAKE IT VEGAN

Use extra firm tofu instead of ground beef.



# Quinoa

3 SERVINGS 15 MINUTES



## INGREDIENTS

3/4 cup Quinoa (uncooked)  
1 1/8 cups Water

## NUTRITION

### AMOUNT PER SERVING

Calories	156	Calcium	29mg
Fat	3g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	0µg
Monouns...	1g	Thiamine	0.2mg
Carbs	27g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	0g	Vitamin B6	0.2mg
Protein	6g	Folate	78µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	4mg	Phosphoro...	194mg
Potassium	239mg	Magnesium	86mg
Vitamin A	6IU	Zinc	1mg
Vitamin C	0mg	Selenium	4µg

## DIRECTIONS

- 01 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is approximately 3/4 cup.



# Avocado Beef Quesadilla

1 SERVING 15 MINUTES



## INGREDIENTS

1 Whole Wheat Tortilla (large)  
1/2 Avocado (sliced)  
1/2 tsp Lime Juice (to taste)  
3 ozs Deli Roast Beef (sliced)  
1/2 cup Red Onion (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	433	Calcium	135mg
Fat	23g	Iron	4mg
Saturated	5g	Vitamin D	3IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	25µg
Monouns...	13g	Thiamine	0.5mg
Carbs	35g	Riboflavin	0.4mg
Fiber	12g	Niacin	9mg
Sugar	5g	Vitamin B6	1.0mg
Protein	26g	Folate	157µg
Cholesterol	58mg	Vitamin B12	2.8µg
Sodium	319mg	Phosphoro...	406mg
Potassium	1051mg	Magnesium	93mg
Vitamin A	157IU	Zinc	6mg
Vitamin C	17mg	Selenium	40µg

## DIRECTIONS

- 01 Heat a large nonstick skillet over medium heat. Add the tortilla to the skillet and spread the avocado on half the tortilla.
- 02 Top with the lime juice, roast beef, and red onion.
- 03 Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

## NOTES

### LEFTOVERS

This is best enjoyed right after cooking, but can be refrigerated for up to three days.

### SERVING SIZE

One serving is equal to one quesadilla.

### GLUTEN-FREE

Use brown rice tortilla instead of whole wheat tortilla.

### ADDITIONAL TOPPINGS

Add pickles or hot banana pepper slices. Serve it with yogurt or salsa.

# Tortilla & Bell Pepper Snack Plate

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 cup Chickpeas (cooked)  
2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 Whole Wheat Tortilla (sliced)  
2 Red Bell Pepper (medium, sliced)

## NUTRITION

### AMOUNT PER SERVING

<b>Calories</b>	332	<b>Calcium</b>	149mg
<b>Fat</b>	11g	<b>Iron</b>	4mg
<b>Saturated</b>	3g	<b>Vitamin D</b>	0IU
<b>Trans</b>	0g	<b>Vitamin E</b>	3mg
<b>Polyunsat...</b>	2g	<b>Vitamin K</b>	14µg
<b>Monouns...</b>	5g	<b>Thiamine</b>	0.5mg
<b>Carbs</b>	48g	<b>Riboflavin</b>	0.3mg
<b>Fiber</b>	13g	<b>Niacin</b>	4mg
<b>Sugar</b>	10g	<b>Vitamin B6</b>	0.6mg
<b>Protein</b>	12g	<b>Folate</b>	252µg
<b>Cholesterol</b>	0mg	<b>Vitamin B12</b>	0µg
<b>Sodium</b>	264mg	<b>Phosphoro...</b>	311mg
<b>Potassium</b>	597mg	<b>Magnesium</b>	88mg
<b>Vitamin A</b>	3750IU	<b>Zinc</b>	2mg
<b>Vitamin C</b>	153mg	<b>Selenium</b>	18µg

## DIRECTIONS

- 01 Using the back of a fork, mash the chickpeas, olive oil, salt and black pepper in a bowl.
- 02 Serve the mashed chickpeas alongside the tortilla and red bell pepper slices. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### GLUTEN-FREE

Use gluten-free tortilla.

### MORE FLAVOR

Add your choice of herbs and spices to the chickpeas.

# Crackers & Hummus

3 SERVINGS 5 MINUTES



## INGREDIENTS

5 1/4 ozs Whole Grain Crackers  
3/4 cup Hummus

## DIRECTIONS

01 Dip the crackers into the hummus and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	387	Calcium	36mg
Fat	21g	Iron	3mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	11g	Vitamin K	32µg
Monouns...	6g	Thiamine	0.4mg
Carbs	43g	Riboflavin	0.2mg
Fiber	5g	Niacin	2mg
Sugar	6g	Vitamin B6	0.1mg
Protein	8g	Folate	81µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	703mg	Phosphoro...	257mg
Potassium	277mg	Magnesium	61mg
Vitamin A	17IU	Zinc	1mg
Vitamin C	0mg	Selenium	16µg



# Bell Peppers with Hummus

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Red Bell Pepper (medium, sliced)  
1/2 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	177	Calcium	37mg
Fat	11g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	6g	Vitamin K	20µg
Monouns...	3g	Thiamine	0.2mg
Carbs	16g	Riboflavin	0.2mg
Fiber	6g	Niacin	2mg
Sugar	5g	Vitamin B6	0.4mg
Protein	6g	Folate	84µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	267mg	Phosphoro...	142mg
Potassium	443mg	Magnesium	60mg
Vitamin A	3740IU	Zinc	1mg
Vitamin C	152mg	Selenium	3µg

## DIRECTIONS

01 Divide the red bell pepper slices and hummus onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Sprinkle paprika over the hummus.

### NO RED BELL PEPPER

Use cucumber slices, celery, carrots, or rice cakes instead.



# Chicken & Lentil Soup

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
1/2 cup Red Onion (large, chopped)  
1/2 bulb Fennel (medium, chopped)  
1 1/2 tsps Ginger (finely chopped)  
1 tsp Turmeric  
1 1/3 quarts Bone Broth  
1/4 cup Quinoa (dry, rinsed)  
1 lb Chicken Breast, Cooked (shredded)  
1 cup Matchstick Carrots  
1 cup Lentils (rinsed and drained)

## NUTRITION

### AMOUNT PER SERVING

Calories	526	Calcium	103mg
Fat	21g	Iron	5mg
Saturated	5g	Vitamin D	1IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	23µg
Monouns...	7g	Thiamine	0.2mg
Carbs	30g	Riboflavin	0.3mg
Fiber	8g	Niacin	15mg
Sugar	6g	Vitamin B6	1.5mg
Protein	54g	Folate	121µg
Cholesterol	167mg	Vitamin B12	0.2µg
Sodium	637mg	Phosphoro...	453mg
Potassium	855mg	Magnesium	86mg

## DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Sauté the onion, fennel, and the ginger for six minutes, stirring often. Add the turmeric and mix well.
- 02 Add the broth and cook for another minute. Add the quinoa and bring it to a boil. Reduce the heat to medium-low and simmer for five minutes. Add the cooked chicken, carrots, and lentils and cook for another 10 minutes.
- 03 Divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days or freeze for up to three months.

### SERVING SIZE

One serving is equal to approximately 2 1/2 cups.

### MORE FLAVOR

Season with salt and black pepper. Use chickpeas instead of lentils.

### ADDITIONAL TOPPINGS

Green onions and fresh dill.

### MAKE IT VEGAN

Use plant-based protein instead of chicken and vegetable broth instead of bone broth.

### NO COOKED CHICKEN

Use raw chicken cut into cubes. Add it at the same time as the carrots and cook until cooked through.

### NO QUINOA

Use additional lentils instead.

Vitamin A	3590IU	Zinc	2mg
Vitamin C	16mg	Selenium	35µg



# Tuna Chickpea Salad

4 SERVINGS 15 MINUTES



## INGREDIENTS

1/4 cup Extra Virgin Olive Oil  
1 Lemon (zest and juice)  
1/4 tsp Sea Salt  
2 cups Chickpeas (cooked)  
1 can Tuna (drained)  
5 stalks Green Onion (chopped)  
1/2 cup Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	299	Calcium	66mg
Fat	16g	Iron	4mg
Saturated	2g	Vitamin D	19IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	160µg
Monouns...	10g	Thiamine	0.1mg
Carbs	25g	Riboflavin	0.1mg
Fiber	7g	Niacin	5mg
Sugar	5g	Vitamin B6	0.3mg
Protein	16g	Folate	161µg
Cholesterol	15mg	Vitamin B12	1.1µg
Sodium	262mg	Phosphoro...	204mg
Potassium	391mg	Magnesium	56mg
Vitamin A	1287IU	Zinc	2mg
Vitamin C	18mg	Selenium	32µg

## DIRECTIONS

- 01 In a large mixing bowl whisk olive oil, lemon zest, lemon juice and salt. Fold in chickpeas, tuna, green onions and parsley. Season with additional salt or lemon juice if needed.
- 02 Serve immediately and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

### MAKE IT A MEAL

Serve salad over baby spinach with sliced cucumber on the side.

### NO GREEN ONIONS

Use red or white onion instead.

### NO CHICKPEAS

Use white beans or lentils instead.

### NO TUNA

Use canned salmon instead.

### MORE FLAVOR

Add dried or fresh dill, minced garlic, red chili flakes, or freshly ground black pepper to taste.