



Consistent Carbohydrate Diet

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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
Chia Oats with Kiwi



SNACK 1
Cucumber, Blackberries & Hummus
Snack Box



LUNCH
Chicken & Asparagus Pesto Pasta



SNACK 2
Applesauce, Coconut Yogurt &
Strawberries



DINNER
One Pan Salmon with Green Beans &
Roasted Tomato, Brown Rice

TUE



BREAKFAST
Chia Oats with Kiwi



SNACK 1
Applesauce, Coconut Yogurt &
Strawberries



LUNCH
One Pan Salmon with Green Beans &
Roasted Tomato, Brown Rice



SNACK 2
Cucumber, Blackberries & Hummus
Snack Box



DINNER
Chicken & Asparagus Pesto Pasta

WED



BREAKFAST
Fried Chickpeas & Spinach Yogurt Bowl



SNACK 1
Applesauce



LUNCH
Chicken & Asparagus Pesto Pasta



SNACK 2
Coconut Yogurt, Strawberries &
Blackberries



DINNER
Beef, Rice & Carrots, Cherry Tomatoes

THU



BREAKFAST
Fried Chickpeas & Spinach Yogurt Bowl



SNACK 1
Kiwi



LUNCH
Beef, Rice & Carrots, Cherry Tomatoes



SNACK 2
Broccoli & Spiced Yogurt



DINNER
Chicken, Kale & Rutabaga

FRI



BREAKFAST
Fried Chickpeas & Spinach Yogurt Bowl



SNACK 1
Broccoli & Spiced Yogurt



LUNCH
Chicken, Kale & Rutabaga



SNACK 2
Coconut Yogurt, Strawberries &
Blackberries



DINNER
Hummus Pasta

SAT



BREAKFAST
Blackberry Protein Overnight Oats



SNACK 1
Applesauce & Kiwi



LUNCH
Hummus Pasta



SNACK 2
Creamy Pesto Dip & Carrots



DINNER
Pressure Cooker Salmon & Broccoli,
Brown Rice

SUN



BREAKFAST
Blackberry Protein Overnight Oats



SNACK 1
Creamy Pesto Dip & Carrots



LUNCH
Pressure Cooker Salmon & Broccoli,
Brown Rice



SNACK 2
Kiwi & Strawberries



DINNER
Hummus Pasta

MON

FAT 33% CARBS 45% PROTEIN 22%

Calories 1502 Calcium 973mg
 Fat 57g Iron 17mg
 Saturated 14g Vitamin D 1IU
 Trans 0g Vitamin E 8mg
 Polyunsaturated 16g Vitamin K 172µg
 Monounsaturated 17g Thiamine 1.2mg
 Carbs 175g Riboflavin 1.2mg
 Fiber 41g Niacin 25mg
 Sugar 37g Vitamin B6 2.5mg
 Protein 86g Folate 246µg
 Cholesterol 126mg Vitamin B12 7.3µg
 Sodium 663mg Phosphorous 1064mg
 Potassium 2643mg Magnesium 321mg
 Vitamin A 2565IU Zinc 6mg
 Vitamin C 161mg Selenium 91µg

TUE

FAT 33% CARBS 45% PROTEIN 22%

Calories 1502 Calcium 973mg
 Fat 57g Iron 17mg
 Saturated 14g Vitamin D 1IU
 Trans 0g Vitamin E 8mg
 Polyunsaturated 16g Vitamin K 172µg
 Monounsaturated 17g Thiamine 1.2mg
 Carbs 175g Riboflavin 1.2mg
 Fiber 41g Niacin 25mg
 Sugar 37g Vitamin B6 2.5mg
 Protein 86g Folate 246µg
 Cholesterol 126mg Vitamin B12 7.3µg
 Sodium 663mg Phosphorous 1064mg
 Potassium 2643mg Magnesium 321mg
 Vitamin A 2565IU Zinc 6mg
 Vitamin C 161mg Selenium 91µg

WED

FAT 33% CARBS 46% PROTEIN 21%

Calories 1511 Calcium 914mg
 Fat 57g Iron 19mg
 Saturated 16g Vitamin D 4IU
 Trans 1g Vitamin E 10mg
 Polyunsaturated 6g Vitamin K 275µg
 Monounsaturated 24g Thiamine 0.8mg
 Carbs 181g Riboflavin 0.9mg
 Fiber 44g Niacin 19mg
 Sugar 44g Vitamin B6 1.8mg
 Protein 83g Folate 485µg
 Cholesterol 122mg Vitamin B12 5.4µg
 Sodium 1364mg Phosphorous 970mg
 Potassium 2525mg Magnesium 278mg
 Vitamin A 15552IU Zinc 12mg
 Vitamin C 92mg Selenium 49µg

THU

FAT 30% CARBS 48% PROTEIN 22%

Calories 1444 Calcium 1065mg
 Fat 50g Iron 15mg
 Saturated 15g Vitamin D 4IU
 Trans 1g Vitamin E 12mg
 Polyunsaturated 6g Vitamin K 516µg
 Monounsaturated 22g Thiamine 1.2mg
 Carbs 177g Riboflavin 1.2mg
 Fiber 43g Niacin 26mg
 Sugar 50g Vitamin B6 2.9mg
 Protein 83g Folate 657µg
 Cholesterol 156mg Vitamin B12 5.5µg
 Sodium 1423mg Phosphorous 1355mg
 Potassium 4467mg Magnesium 396mg
 Vitamin A 16635IU Zinc 13mg
 Vitamin C 453mg Selenium 67µg

FRI

FAT 32% CARBS 47% PROTEIN 21%

Calories 1404 Calcium 1351mg
 Fat 54g Iron 19mg
 Saturated 14g Vitamin D 1IU
 Trans 0g Vitamin E 11mg
 Polyunsaturated 9g Vitamin K 500µg
 Monounsaturated 20g Thiamine 0.9mg
 Carbs 174g Riboflavin 1.0mg
 Fiber 55g Niacin 18mg
 Sugar 47g Vitamin B6 2.2mg
 Protein 77g Folate 742µg
 Cholesterol 82mg Vitamin B12 4.4µg
 Sodium 1364mg Phosphorous 1071mg
 Potassium 3650mg Magnesium 362mg
 Vitamin A 5991IU Zinc 8mg
 Vitamin C 361mg Selenium 43µg

SAT

FAT 30% CARBS 48% PROTEIN 22%

Calories 1428 Calcium 1114mg
 Fat 50g Iron 16mg
 Saturated 7g Vitamin D 101IU
 Trans 0g Vitamin E 8mg
 Polyunsaturated 15g Vitamin K 310µg
 Monounsaturated 18g Thiamine 1.3mg
 Carbs 180g Riboflavin 1.6mg
 Fiber 42g Niacin 19mg
 Sugar 45g Vitamin B6 2.1mg
 Protein 81g Folate 362µg
 Cholesterol 80mg Vitamin B12 5.1µg
 Sodium 1075mg Phosphorous 1182mg
 Potassium 3130mg Magnesium 356mg
 Vitamin A 23217IU Zinc 7mg
 Vitamin C 284mg Selenium 81µg

SUN

FAT 30% CARBS 48% PROTEIN 22%

Calories 1423 Calcium 1132mg
 Fat 50g Iron 16mg
 Saturated 7g Vitamin D 101IU
 Trans 0g Vitamin E 8mg
 Polyunsaturated 16g Vitamin K 313µg
 Monounsaturated 18g Thiamine 1.3mg
 Carbs 177g Riboflavin 1.6mg
 Fiber 44g Niacin 19mg
 Sugar 40g Vitamin B6 2.2mg
 Protein 82g Folate 393µg



Cholesterol 80mg

Sodium 1074mg

Potassium 3260mg

Vitamin A 23199IU

Vitamin C 368mg

Vitamin B12 5.1µg

Phosphorous 1210mg

Magnesium 371mg

Zinc 7mg

Selenium 81µg



FRUITS

- 4 cups Blackberries
- 7 Kiwi
- 1/4 Lemon
- 2 1/2 tbsps Lemon Juice
- 3 1/2 cups Strawberries

SEEDS, NUTS & SPICES

- 1/4 cup Chia Seeds
- 2 tsps Cinnamon
- 3/4 tsp Cumin
- 2 tsps Curry Powder
- 1 1/2 tsps Everything Bagel Seasoning
- 1/8 tsp Garlic Powder
- 1 1/2 tsps Oregano
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 1/2 cup Frozen Edamame

VEGETABLES

- 2 cups Arugula
- 1 1/2 cups Asparagus
- 3 cups Baby Spinach
- 7 cups Broccoli
- 6 Carrot
- 3 1/2 cups Cherry Tomatoes
- 1/2 Cucumber
- 2 cups Green Beans
- 2 cups Kale Leaves
- 6 cups Rutabaga

BOXED & CANNED

- 1 1/2 cups Brown Rice
- 13 1/3 ozs Chickpea Pasta
- 3 cups Chickpeas

BAKING

- 2 cups Oats
- 1 1/2 cups Unsweetened Applesauce

BREAD, FISH, MEAT & CHEESE

- 14 1/3 ozs Chicken Breast
- 8 ozs Extra Lean Ground Beef
- 2 1/4 tbsps Parmigiano Reggiano
- 1 1/4 lbs Salmon Fillet

CONDIMENTS & OILS

- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Pesto

COLD

- 1 cup Hummus
- 2 cups Unsweetened Almond Milk
- 5 3/4 cups Unsweetened Coconut Yogurt

OTHER

- 1/4 cup Vanilla Protein Powder
- 4 cups Water

Chia Oats with Kiwi

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Water
- 1 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 1 Kiwi (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	231	Calcium	121mg
Fat	6g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	15µg
Monouns...	1g	Thiamine	0.2mg
Carbs	37g	Riboflavin	0.1mg
Fiber	9g	Niacin	1mg
Sugar	4g	Vitamin B6	0.1mg
Protein	8g	Folate	22µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	8mg	Phosphoro...	178mg
Potassium	304mg	Magnesium	64mg
Vitamin A	30IU	Zinc	2mg
Vitamin C	32mg	Selenium	12µg

DIRECTIONS

- 01 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 02 Divide the oatmeal between bowls and top with kiwi. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

SERVING SIZE

One serving is equal to half a cup of oatmeal and half of a kiwi.

MORE FLAVOR

Add cinnamon or maple syrup.

ADDITIONAL TOPPINGS

Add nuts, seeds and berries.

Fried Chickpeas & Spinach Yogurt Bowl

3 SERVINGS 15 MINUTES



INGREDIENTS

3 tbsps Extra Virgin Olive Oil
3 cups Chickpeas (cooked, patted dry)
3/4 tsp Sea Salt
3 cups Baby Spinach (chopped)
1 1/2 cups Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	450	Calcium	360mg
Fat	21g	Iron	6mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	160µg
Monouns...	11g	Thiamine	0.2mg
Carbs	52g	Riboflavin	0.2mg
Fiber	15g	Niacin	1mg
Sugar	8g	Vitamin B6	0.3mg
Protein	16g	Folate	340µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	650mg	Phosphoro...	290mg
Potassium	645mg	Magnesium	102mg
Vitamin A	2857IU	Zinc	3mg
Vitamin C	11mg	Selenium	6µg

DIRECTIONS

- 01 Heat the oil in a large pan over medium heat.
- 02 Add the chickpeas and salt, stirring occasionally until heated through, about 8 to 10 minutes. If the chickpeas begin to stick to the pan, add more olive oil or a bit of water, as needed.
- 03 Stir in the chopped spinach and cook until wilted, about one minute.
- 04 Divide the yogurt into bowls. Top with chickpea and spinach mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

Each serving equals approximately one cup of chickpeas and 1/2 cup of yogurt.

MORE FLAVOR

Add pesto, chimichurri, or dried herbs to the chickpea mixture.

ADDITIONAL TOPPINGS

Top with feta cheese, cherry tomatoes, basil, parsley or cilantro.

Blackberry Protein Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

2 cups Unsweetened Almond Milk
1 cup Oats (quick or rolled)
2 tbsps Chia Seeds
1/4 cup Vanilla Protein Powder
2 tsps Cinnamon
1 cup Blackberries

NUTRITION

AMOUNT PER SERVING

Calories	319	Calcium	653mg
Fat	9g	Iron	4mg
Saturated	1g	Vitamin D	101IU
Trans	0g	Vitamin E	1mg
Polyunsat...	5g	Vitamin K	16µg
Monouns...	3g	Thiamine	0.3mg
Carbs	43g	Riboflavin	0.4mg
Fiber	15g	Niacin	1mg
Sugar	4g	Vitamin B6	0.1mg
Protein	19g	Folate	35µg
Cholesterol	2mg	Vitamin B12	0.3µg
Sodium	185mg	Phosphoro...	344mg
Potassium	421mg	Magnesium	112mg
Vitamin A	661IU	Zinc	3mg
Vitamin C	15mg	Selenium	15µg

DIRECTIONS

- 01 Add the almond milk, oats, chia seeds, protein powder, and cinnamon in a bowl or container. Stir well to combine and refrigerate overnight.
- 02 To serve, stir well and top with blackberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use another milk or milk alternative instead.

ADDITIONAL TOPPINGS

Stir in additional almond milk or top with a dollop of greek yogurt.

NO BLACKBERRIES

Use other fresh berries fruit instead.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Cucumber, Blackberries & Hummus Snack Box

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 Cucumber (medium, sliced)
1 cup Blackberries
1/2 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	188	Calcium	62mg
Fat	11g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	6g	Vitamin K	41µg
Monouns...	3g	Thiamine	0.1mg
Carbs	19g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	5g	Vitamin B6	0.1mg
Protein	6g	Folate	53µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	264mg	Phosphoro...	145mg
Potassium	419mg	Magnesium	70mg
Vitamin A	247IU	Zinc	1mg
Vitamin C	17mg	Selenium	3µg

DIRECTIONS

01 Arrange the cucumber, blackberries and hummus into a container. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO BLACKBERRIES

Use other berries like strawberries, raspberries, or blueberries.

Applesauce

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Unsweetened Applesauce

NUTRITION

AMOUNT PER SERVING

Calories	51	Calcium	5mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	14g	Riboflavin	0mg
Fiber	1g	Niacin	0mg
Sugar	11g	Vitamin B6	0mg
Protein	0g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	6mg
Potassium	90mg	Magnesium	4mg
Vitamin A	35IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg

DIRECTIONS

01 Divide between bowls and enjoy!

NOTES

ADDITIONAL TOPPINGS

Cinnamon, chopped nuts, seeds or granola.

Kiwi

1 SERVING 5 MINUTES



INGREDIENTS

2 Kiwi

DIRECTIONS

01 Peel and slice. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	84	Calcium	47mg
Fat	1g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	56µg
Monouns...	0g	Thiamine	0mg
Carbs	20g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	12g	Vitamin B6	0.1mg
Protein	2g	Folate	35µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	4mg	Phosphoro...	47mg
Potassium	431mg	Magnesium	23mg
Vitamin A	120IU	Zinc	0mg
Vitamin C	128mg	Selenium	0µg

Applesauce & Kiwi

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Unsweetened Applesauce
2 Kiwi (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	135	Calcium	52mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	56µg
Monouns...	0g	Thiamine	0.1mg
Carbs	34g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	24g	Vitamin B6	0.1mg
Protein	2g	Folate	38µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	53mg
Potassium	521mg	Magnesium	27mg
Vitamin A	155IU	Zinc	0mg
Vitamin C	129mg	Selenium	1µg

DIRECTIONS

01 Add the applesauce and kiwi to a bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Chicken & Asparagus Pesto Pasta

3 SERVINGS 30 MINUTES



INGREDIENTS

6 1/3 ozs Chicken Breast
1 1/2 cups Asparagus (ends trimmed)
2 1/4 tsps Extra Virgin Olive Oil
7 1/3 ozs Chickpea Pasta (dry)
1/4 cup Pesto
2 1/4 tsps Lemon Juice
2 1/4 tbsps Parmigiano Reggiano (finely grated)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	456	Calcium	188mg
Fat	19g	Iron	8mg
Saturated	3g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	62µg
Monouns...	8g	Thiamine	0.2mg
Carbs	44g	Riboflavin	0.4mg
Fiber	12g	Niacin	7mg
Sugar	9g	Vitamin B6	0.6mg
Protein	36g	Folate	44µg
Cholesterol	48mg	Vitamin B12	0.1µg
Sodium	262mg	Phosphoro...	220mg
Potassium	457mg	Magnesium	36mg
Vitamin A	886IU	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
- 03 Meanwhile, cook the pasta according to package instructions.
- 04 To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

DAIRY-FREE

Use nutritional yeast or plant-based cheese instead of parmesan.

ADDITIONAL TOPPINGS

Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.

Vitamin C 5mg Selenium 15µg



Applesauce, Coconut Yogurt & Strawberries

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1/2 cup Unsweetened Applesauce
2 cups Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	182	Calcium	525mg
Fat	7g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	3µg
Monouns...	0g	Thiamine	0mg
Carbs	30g	Riboflavin	0mg
Fiber	6g	Niacin	1mg
Sugar	14g	Vitamin B6	0.1mg
Protein	2g	Folate	36µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	52mg	Phosphoro...	38mg
Potassium	265mg	Magnesium	21mg
Vitamin A	35IU	Zinc	0mg
Vitamin C	85mg	Selenium	1µg

DIRECTIONS

01 Add the coconut yogurt and applesauce to a bowl. Stir to combine and top with strawberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Coconut Yogurt, Strawberries & Blackberries

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
1/2 cup Strawberries (chopped)
2 cups Blackberries

NUTRITION

AMOUNT PER SERVING

Calories	129	Calcium	297mg
Fat	4g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	29µg
Monouns...	0g	Thiamine	0mg
Carbs	23g	Riboflavin	0mg
Fiber	10g	Niacin	1mg
Sugar	9g	Vitamin B6	0.1mg
Protein	3g	Folate	45µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	27mg	Phosphoro...	40mg
Potassium	288mg	Magnesium	33mg
Vitamin A	312IU	Zinc	1mg
Vitamin C	51mg	Selenium	1µg

DIRECTIONS

01 Add the coconut yogurt, strawberries, and blackberries to a bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Broccoli & Spiced Yogurt

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
2 tsps Curry Powder
4 cups Broccoli (chopped into florets)

NUTRITION

AMOUNT PER SERVING

Calories	124	Calcium	346mg
Fat	4g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	187µg
Monouns...	0g	Thiamine	0.1mg
Carbs	19g	Riboflavin	0.2mg
Fiber	7g	Niacin	1mg
Sugar	4g	Vitamin B6	0.3mg
Protein	6g	Folate	116µg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	86mg	Phosphoro...	128mg
Potassium	600mg	Magnesium	44mg
Vitamin A	1134IU	Zinc	1mg
Vitamin C	162mg	Selenium	5µg

DIRECTIONS

01 In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!

NOTES

LEFTOVERS

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

MORE FLAVOR

Add salt and pepper to taste.

NO COCONUT YOGURT

Use Greek yogurt instead.

Creamy Pesto Dip & Carrots

2 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Unsweetened Coconut Yogurt
1/4 cup Pesto
4 Carrot (medium, peeled and cut into sticks)

NUTRITION

AMOUNT PER SERVING

Calories	195	Calcium	199mg
Fat	13g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsa...	2g	Vitamin K	64µg
Monouns...	7g	Thiamine	0.1mg
Carbs	16g	Riboflavin	0.3mg
Fiber	4g	Niacin	1mg
Sugar	8g	Vitamin B6	0.2mg
Protein	4g	Folate	28µg
Choleste...	0mg	Vitamin B12	0.3µg
Sodium	280mg	Phosphoro...	129mg
Potassium	567mg	Magnesium	29mg
Vitamin A	20868IU	Zinc	1mg
Vitamin C	7mg	Selenium	0µg

DIRECTIONS

01 In a small bowl combine the yogurt and pesto. Serve with carrot sticks.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

PESTO

Use store-bought or homemade pesto.

NO CARROTS

Use bell pepper, cucumber, or celery instead.

Kiwi & Strawberries

1 SERVING 5 MINUTES



INGREDIENTS

2 Kiwi (sliced)
1 cup Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	130	Calcium	70mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	59µg
Monouns...	0g	Thiamine	0.1mg
Carbs	31g	Riboflavin	0.1mg
Fiber	7g	Niacin	1mg
Sugar	19g	Vitamin B6	0.2mg
Protein	3g	Folate	69µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	6mg	Phosphoro...	81mg
Potassium	651mg	Magnesium	42mg
Vitamin A	137IU	Zinc	0mg
Vitamin C	213mg	Selenium	1µg

DIRECTIONS

01 Serve the kiwi with the strawberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

One Pan Salmon with Green Beans & Roasted Tomato

2 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Green Beans (washed and trimmed)

1 cup Cherry Tomatoes

1 1/2 tps Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

10 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	275	Calcium	61mg
Fat	13g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	51µg
Monouns...	5g	Thiamine	0.4mg
Carbs	10g	Riboflavin	0.6mg
Fiber	4g	Niacin	12mg
Sugar	5g	Vitamin B6	1.4mg
Protein	31g	Folate	80µg
Cholesterol	78mg	Vitamin B12	4.5µg
Sodium	72mg	Phosphoro...	339mg
Potassium	1082mg	Magnesium	74mg
Vitamin A	1367IU	Zinc	1mg

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 05 Divide veggies between plates and top with salmon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO SALMON

Use any type of fish fillet. Baking times will vary depending on thickness.

VEGAN

Use roasted chickpeas instead of salmon.

MORE CARBS

Serve with quinoa or rice.

ADDED TOUCH

Toss the green beans in balsamic vinegar before serving.

Vitamin C 22mg Selenium 52µg



Brown Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	170	Calcium	16mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.3mg
Carbs	35g	Riboflavin	0mg
Fiber	2g	Niacin	3mg
Sugar	0g	Vitamin B6	0.2mg
Protein	3g	Folate	11µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphoro...	144mg
Potassium	116mg	Magnesium	56mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	8µg

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Beef, Rice & Carrots

2 SERVINGS 30 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	398	Calcium	49mg
Fat	13g	Iron	4mg
Saturated	5g	Vitamin D	3IU
Trans	1g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	11µg
Monouns...	5g	Thiamine	0.3mg
Carbs	42g	Riboflavin	0.3mg
Fiber	4g	Niacin	9mg
Sugar	3g	Vitamin B6	0.7mg
Protein	27g	Folate	30µg
Cholesterol	74mg	Vitamin B12	2.5µg
Sodium	416mg	Phosphoro...	378mg
Potassium	692mg	Magnesium	87mg
Vitamin A	10221IU	Zinc	7mg
Vitamin C	4mg	Selenium	27µg

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices to taste.

NO BEEF

Use ground turkey, chicken, pork, lamb, or lentils instead.

NO CARROTS

Use green beans, broccoli, or cauliflower instead.

NO BROWN RICE

Use white rice, quinoa, or cauliflower rice instead.

Cherry Tomatoes

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Cherry Tomatoes

NUTRITION

AMOUNT PER SERVING

Calories	27	Calcium	15mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	12µg
Monouns...	0g	Thiamine	0.1mg
Carbs	6g	Riboflavin	0mg
Fiber	2g	Niacin	1mg
Sugar	4g	Vitamin B6	0.1mg
Protein	1g	Folate	22µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	36mg
Potassium	353mg	Magnesium	16mg
Vitamin A	1241IU	Zinc	0mg
Vitamin C	20mg	Selenium	0µg

DIRECTIONS

01 Wash and add to a bowl. Enjoy!

NOTES

GRILL THEM

Slide onto skewers and grill for one to two minutes per side.

Chicken, Kale & Rutabaga

2 SERVINGS 40 MINUTES



INGREDIENTS

6 cups Rutabaga (peeled, cubed)
1/8 tsp Sea Salt (to taste)
8 ozs Chicken Breast (boneless, skinless)
2 cups Kale Leaves (tough stems removed, roughly torn into pieces)
1 tbsp Lemon Juice
1 tbsp Extra Virgin Olive Oil
1 tsp Oregano

NUTRITION

AMOUNT PER SERVING

Calories	361	Calcium	248mg
Fat	11g	Iron	3mg
Saturated	2g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	90µg
Monouns...	6g	Thiamine	0.5mg
Carbs	38g	Riboflavin	0.5mg
Fiber	11g	Niacin	14mg
Sugar	19g	Vitamin B6	1.4mg
Protein	31g	Folate	114µg
Cholesterol	82mg	Vitamin B12	0.2µg
Sodium	260mg	Phosphoro...	476mg
Potassium	1746mg	Magnesium	124mg
Vitamin A	1062IU	Zinc	2mg
Vitamin C	128mg	Selenium	29µg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
- 03 While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
- 04 Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
- 05 Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

ADDITIONAL TOPPINGS

Kimchi, sauerkraut, pickled veggies, or olives.

NO RUTABAGA

Use sweet potato or cauliflower instead.

Hummus Pasta

3 SERVINGS 15 MINUTES



INGREDIENTS

6 ozs Chickpea Pasta (dry)
1/2 cup Frozen Edamame
3/4 tsp Extra Virgin Olive Oil
1/2 cup Cherry Tomatoes (halved)
2 cups Arugula
2 1/4 tsps Lemon Juice
1/2 cup Hummus
1 1/2 tsps Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	340	Calcium	100mg
Fat	14g	Iron	7mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	34µg
Monouns...	3g	Thiamine	0.1mg
Carbs	42g	Riboflavin	0.1mg
Fiber	12g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	21g	Folate	127µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	341mg	Phosphoro...	137mg
Potassium	371mg	Magnesium	59mg
Vitamin A	626IU	Zinc	1mg

DIRECTIONS

- 01 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 02 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of pasta.

ADDITIONAL TOPPINGS

Top with chopped parsley and a drizzle of olive oil.

Vitamin C 9mg Selenium 2µg



Pressure Cooker Salmon & Broccoli

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 cup Water
- 10 ozs Salmon Fillet
- 1 tsp Extra Virgin Olive Oil
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1/4 Lemon (thinly sliced)
- 3 cups Broccoli (cut into small florets)

NUTRITION

AMOUNT PER SERVING

Calories	269	Calcium	94mg
Fat	12g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	140µg
Monouns...	5g	Thiamine	0.4mg
Carbs	10g	Riboflavin	0.7mg
Fiber	4g	Niacin	12mg
Sugar	2g	Vitamin B6	1.4mg
Protein	32g	Folate	123µg
Cholesterol	78mg	Vitamin B12	4.5µg
Sodium	257mg	Phosphoro...	375mg
Potassium	1134mg	Magnesium	73mg
Vitamin A	907IU	Zinc	1mg
Vitamin C	124mg	Selenium	55µg

DIRECTIONS

- 01 Add the water to the pressure cooker and place the trivet in the bottom of the pot.
- 02 Drizzle the salmon fillets with the oil and season with the garlic powder and salt. Place the seasoned salmon on the trivet and close the lid.
- 03 Set to “sealing”, then press manual/pressure cooker and cook for five minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and remove the salmon and trivet from the pot.
- 04 Ensure there is still enough water to cover the bottom of the pot and add the broccoli. Close the lid and set to “sealing”. Then press manual/pressure cooker and cook for zero minutes on high pressure. Once it is done, release the pressure manually.
- 05 Divide the salmon and broccoli between plates, season with additional salt or lemon if needed and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add onion powder, black pepper or dried dill.

ADDITIONAL TOPPING

Butter, ghee or olive oil for the broccoli or lemon juice for the salmon.

COOKING TIME

This recipe was tested with fillets that were roughly one-inch thick. Thinner fillets will need less time and thicker fillets will need more time.

SERVE IT WITH

Rice, quinoa, cauliflower rice or salad.