



# 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**

	<b>BREAKFAST</b> Blueberry Chia Pancakes
	<b>SNACK 1</b> Applesauce & Almonds
	<b>LUNCH</b> Eggplant, Rice & Beans
	<b>SNACK 2</b> Kiwi Yogurt Parfait
	<b>DINNER</b> Chicken Caesar Salad Wraps

**TUE**

	<b>BREAKFAST</b> Blueberry Chia Pancakes
	<b>SNACK 1</b> Kiwi Yogurt Parfait
	<b>LUNCH</b> Chicken Caesar Salad Wraps
	<b>SNACK 2</b> Applesauce & Almonds
	<b>DINNER</b> Eggplant, Rice & Beans

**WED**

	<b>BREAKFAST</b> Blueberry Chia Pancakes
	<b>SNACK 1</b> Applesauce & Almonds
	<b>LUNCH</b> Eggplant, Rice & Beans
	<b>SNACK 2</b> Banana Orange Green Smoothie
	<b>DINNER</b> Baked Salmon with Broccoli & Quinoa

**THU**

	<b>BREAKFAST</b> Orange Turmeric Overnight Oats
	<b>SNACK 1</b> Banana Orange Green Smoothie
	<b>LUNCH</b> Baked Salmon with Broccoli & Quinoa
	<b>SNACK 2</b> Applesauce & Yogurt, Almonds
	<b>DINNER</b> Meal Prep Chicken & Cilantro Lime Quinoa

**FRI**

	<b>BREAKFAST</b> Orange Turmeric Overnight Oats
	<b>SNACK 1</b> Applesauce & Yogurt, Almonds
	<b>LUNCH</b> Meal Prep Chicken & Cilantro Lime Quinoa
	<b>SNACK 2</b> Apples & Almonds
	<b>DINNER</b> Pressure Cooker Rice & Bean Burritos

**SAT**

	<b>BREAKFAST</b> Spinach & Sweet Potato Frittata
	<b>SNACK 1</b> Apples & Almonds
	<b>LUNCH</b> Pressure Cooker Rice & Bean Burritos
	<b>SNACK 2</b> Strawberry & Blueberry Parfait
	<b>DINNER</b> One Pot White Fish & Rice

**SUN**

	<b>BREAKFAST</b> Spinach & Sweet Potato Frittata
	<b>SNACK 1</b> Strawberry & Blueberry Parfait
	<b>LUNCH</b> One Pot White Fish & Rice
	<b>SNACK 2</b> Apples & Almonds
	<b>DINNER</b> Pressure Cooker Rice & Bean Burritos

MON			TUE			WED		
FAT 38%	CARBS 46%	PROTEIN 16%	FAT 38%	CARBS 46%	PROTEIN 16%	FAT 31%	CARBS 52%	PROTEIN 17%
Calories 1842	Calcium 734mg	Calories 1842	Calcium 734mg	Calories 1704	Calcium 582mg	Fat 61g	Iron 13mg	
Fat 79g	Iron 12mg	Fat 79g	Iron 12mg	Saturated 8g	Vitamin D 812IU			
Saturated 13g	Vitamin D 15IU	Saturated 13g	Vitamin D 15IU	Trans 0g	Vitamin E 19mg			
Trans 0g	Vitamin E 23mg	Trans 0g	Vitamin E 23mg	Polyunsaturated 13g	Vitamin K 381µg			
Polyunsaturated 17g	Vitamin K 71µg	Polyunsaturated 17g	Vitamin K 71µg	Monounsaturated 34g	Thiamine 1.1mg			
Monounsaturated 41g	Thiamine 2.2mg	Monounsaturated 41g	Thiamine 2.2mg	Carbs 234g	Riboflavin 1.8mg			
Carbs 217g	Riboflavin 2.5mg	Carbs 217g	Riboflavin 2.5mg	Fiber 45g	Niacin 20mg			
Fiber 41g	Niacin 27mg	Fiber 41g	Niacin 27mg	Sugar 74g	Vitamin B6 2.9mg			
Sugar 58g	Vitamin B6 3.5mg	Sugar 58g	Vitamin B6 3.5mg	Protein 75g	Folate 470µg			
Protein 77g	Folate 194µg	Protein 77g	Folate 194µg	Cholesterol 134mg	Vitamin B12 7.1µg			
Cholesterol 180mg	Vitamin B12 7.7µg	Cholesterol 180mg	Vitamin B12 7.7µg	Sodium 734mg	Phosphorous 1255mg			
Sodium 971mg	Phosphorous 1126mg	Sodium 971mg	Phosphorous 1126mg	Potassium 3791mg	Magnesium 443mg			
Potassium 2511mg	Magnesium 355mg	Potassium 2511mg	Magnesium 355mg	Vitamin A 4810IU	Zinc 6mg			
Vitamin A 836IU	Zinc 6mg	Vitamin A 836IU	Zinc 6mg	Vitamin C 291mg	Selenium 68µg			
Vitamin C 85mg	Selenium 67µg	Vitamin C 85mg	Selenium 67µg					
THU			FRI			SAT		
FAT 29%	CARBS 47%	PROTEIN 24%	FAT 33%	CARBS 50%	PROTEIN 17%	FAT 31%	CARBS 53%	PROTEIN 16%
Calories 1701	Calcium 1237mg	Calories 1874	Calcium 1204mg	Calories 1863	Calcium 640mg	Fat 66g	Iron 15mg	
Fat 58g	Iron 14mg	Fat 71g	Iron 15mg	Saturated 13g	Vitamin D 124IU			
Saturated 12g	Vitamin D 799IU	Saturated 12g	Vitamin D 1IU	Trans 0g	Vitamin E 23mg			
Trans 0g	Vitamin E 17mg	Trans 0g	Vitamin E 23mg	Polyunsaturated 13g	Vitamin K 196µg			
Polyunsaturated 12g	Vitamin K 415µg	Polyunsaturated 14g	Vitamin K 91µg	Monounsaturated 32g	Thiamine 1.0mg			
Monounsaturated 22g	Thiamine 1.3mg	Monounsaturated 32g	Thiamine 1.0mg	Carbs 250g	Riboflavin 1.5mg			
Carbs 209g	Riboflavin 2.4mg	Carbs 243g	Riboflavin 2.1mg	Fiber 39g	Niacin 8mg			
Fiber 40g	Niacin 33mg	Fiber 49g	Niacin 20mg	Sugar 51g	Vitamin B6 1.5mg			
Sugar 62g	Vitamin B6 4.1mg	Sugar 53g	Vitamin B6 2.3mg	Protein 75g	Folate 372µg			
Protein 108g	Folate 549µg	Protein 84g	Folate 377µg	Cholesterol 422mg	Vitamin B12 3.4µg			
Cholesterol 190mg	Vitamin B12 10.4µg	Cholesterol 118mg	Vitamin B12 3.7µg	Sodium 1087mg	Phosphorous 1113mg			
Sodium 602mg	Phosphorous 1833mg	Sodium 1057mg	Phosphorous 1415mg	Potassium 2711mg	Magnesium 392mg			
Potassium 4315mg	Magnesium 566mg	Potassium 3154mg	Magnesium 505mg	Vitamin A 10484IU	Zinc 8mg			
Vitamin A 16317IU	Zinc 10mg	Vitamin A 13658IU	Zinc 8mg	Vitamin C 97mg	Selenium 88µg			
Vitamin C 332mg	Selenium 101µg	Vitamin C 106mg	Selenium 52µg					
SUN								
FAT 31%	CARBS 53%	PROTEIN 16%						
Calories 1863	Calcium 640mg	Fat 66g						
Fat 66g	Iron 15mg	Saturated 13g						
Saturated 13g	Vitamin D 124IU	Trans 0g						
Trans 0g	Vitamin E 23mg	Polyunsaturated 13g						
Polyunsaturated 13g	Vitamin K 196µg	Monounsaturated 32g						
Monounsaturated 32g	Thiamine 1.0mg	Carbs 250g						
Carbs 250g	Riboflavin 1.5mg	Fiber 39g						
Fiber 39g	Niacin 8mg	Sugar 51g						
Sugar 51g	Vitamin B6 1.5mg	Protein 75g						
Protein 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 tbsps 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 tbsps 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 tbsps 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

## 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!

## 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	Phosphorus	236mg
Potassium	380mg	Magnesium	53mg
Vitamin A	139IU	Zinc	1mg
Vitamin C	5mg	Selenium	13µg

## 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	Phosphorus	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
Polyunsat...	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	Phosphorus	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	Phosphorus	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	Phosphorus	69mg

## DIRECTIONS

- Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 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.
- Meanwhile, cook the rice according to package directions.
- 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.
- 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	Phosphorus	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
Monounsat...	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	Phosphorus	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)

## 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	Phosphorus	172mg
Potassium	262mg	Magnesium	97mg
Vitamin A	1IU	Zinc	1mg
Vitamin C	0mg	Selenium	1µg

## DIRECTIONS

01 Place in a bowl and enjoy!

## 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	Phosphorus	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	Phosphorus	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

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	11U
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	Phosphorus	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	Phosphorus	679mg
Potassium	1341mg	Magnesium	167mg
Vitamin A	1370IU	Zinc	3mg
Vitamin C	165mg	Selenium	50µg

## DIRECTIONS

- Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 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.
- 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.
- 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	Phosphorus	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
Polyunsat...	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

- 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.
- 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.
- 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.
- 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	Phosphorus	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	Phosphorus	259mg
Potassium	686mg	Magnesium	55mg
Vitamin A	1281IU	Zinc	1mg
Vitamin C	13mg	Selenium	38µg

## DIRECTIONS

- 1 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.
- 2 Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
- 3 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.
- 4 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.