



21-Day New Year Meal Prep Challenge, Week 2

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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 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			TUE			WED		
FAT 41%	CARBS 38%	PROTEIN 21%	FAT 44%	CARBS 37%	PROTEIN 19%	FAT 40%	CARBS 40%	PROTEIN 20%
Calories 1915	Calcium 750mg	Calories 2003	Calcium 1454mg	Calories 1802	Calcium 370mg			
Fat 90g	Iron 17mg	Fat 103g	Iron 17mg	Fat 84g	Iron 15mg			
Saturated 26g	Vitamin D 84IU	Saturated 32g	Vitamin D 84IU	Saturated 13g	Vitamin D 17IU			
Trans 0g	Vitamin E 9mg	Trans 0g	Vitamin E 9mg	Trans 0g	Vitamin E 16mg			
Polyunsaturated 21g	Vitamin K 197µg	Polyunsaturated 29g	Vitamin K 191µg	Polyunsaturated 22g	Vitamin K 257µg			
Monounsaturated 33g	Thiamine 1.3mg	Monounsaturated 31g	Thiamine 1.0mg	Monounsaturated 43g	Thiamine 1.3mg			
Carbs 191g	Riboflavin 1.5mg	Carbs 193g	Riboflavin 1.4mg	Carbs 190g	Riboflavin 1.3mg			
Fiber 40g	Niacin 28mg	Fiber 49g	Niacin 27mg	Fiber 37g	Niacin 31mg			
Sugar 69g	Vitamin B6 2.4mg	Sugar 65g	Vitamin B6 2.7mg	Sugar 52g	Vitamin B6 3.4mg			
Protein 106g	Folate 504µg	Protein 99g	Folate 339µg	Protein 95g	Folate 539µg			
Cholesterol 293mg	Vitamin B12 4.5µg	Cholesterol 293mg	Vitamin B12 7.2µg	Cholesterol 166mg	Vitamin B12 1.6µg			
Sodium 1361mg	Phosphorous 1512mg	Sodium 1195mg	Phosphorous 1204mg	Sodium 933mg	Phosphorous 1684mg			
Potassium 3312mg	Magnesium 457mg	Potassium 3279mg	Magnesium 397mg	Potassium 3982mg	Magnesium 575mg			
Vitamin A 6032IU	Zinc 14mg	Vitamin A 5982IU	Zinc 12mg	Vitamin A 21126IU	Zinc 12mg			
Vitamin C 122mg	Selenium 97µg	Vitamin C 144mg	Selenium 89µg	Vitamin C 140mg	Selenium 99µg			
THU			FRI			SAT		
FAT 43%	CARBS 38%	PROTEIN 19%	FAT 42%	CARBS 37%	PROTEIN 21%	FAT 46%	CARBS 35%	PROTEIN 19%
Calories 1900	Calcium 1148mg	Calories 1894	Calcium 1296mg	Calories 1857	Calcium 380mg			
Fat 96g	Iron 14mg	Fat 92g	Iron 16mg	Fat 100g	Iron 14mg			
Saturated 22g	Vitamin D 22IU	Saturated 20g	Vitamin D 819IU	Saturated 29g	Vitamin D 915IU			
Trans 0g	Vitamin E 15mg	Trans 0g	Vitamin E 14mg	Trans 0g	Vitamin E 7mg			
Polyunsaturated 29g	Vitamin K 364µg	Polyunsaturated 30g	Vitamin K 314µg	Polyunsaturated 11g	Vitamin K 274µg			
Monounsaturated 38g	Thiamine 1.1mg	Monounsaturated 34g	Thiamine 1.3mg	Monounsaturated 30g	Thiamine 3.4mg			
Carbs 190g	Riboflavin 1.2mg	Carbs 185g	Riboflavin 1.4mg	Carbs 168g	Riboflavin 3.6mg			
Fiber 50g	Niacin 32mg	Fiber 55g	Niacin 31mg	Fiber 32g	Niacin 35mg			
Sugar 60g	Vitamin B6 4.0mg	Sugar 53g	Vitamin B6 3.4mg	Sugar 73g	Vitamin B6 4.8mg			
Protein 93g	Folate 395µg	Protein 106g	Folate 578µg	Protein 92g	Folate 410µg			
Cholesterol 194mg	Vitamin B12 4.7µg	Cholesterol 184mg	Vitamin B12 11.2µg	Cholesterol 485mg	Vitamin B12 16.5µg			
Sodium 744mg	Phosphorous 1367mg	Sodium 1098mg	Phosphorous 1671mg	Sodium 2439mg	Phosphorous 1178mg			
Potassium 4249mg	Magnesium 481mg	Potassium 4276mg	Magnesium 493mg	Potassium 3651mg	Magnesium 296mg			
Vitamin A 23279IU	Zinc 10mg	Vitamin A 24828IU	Zinc 11mg	Vitamin A 10491IU	Zinc 7mg			
Vitamin C 246mg	Selenium 96µg	Vitamin C 426mg	Selenium 120µg	Vitamin C 376mg	Selenium 86µg			
SUN								
FAT 46%	CARBS 35%	PROTEIN 19%						
Calories 1857	Calcium 380mg							
Fat 100g	Iron 14mg							
Saturated 29g	Vitamin D 915IU							
Trans 0g	Vitamin E 7mg							
Polyunsaturated 11g	Vitamin K 274µg							
Monounsaturated 30g	Thiamine 3.4mg							
Carbs 168g	Riboflavin 3.6mg							
Fiber 32g	Niacin 35mg							
Sugar 73g	Vitamin B6 4.8mg							
Protein 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 tps 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 tps 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 tps 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 tps 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	Phosphorus	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

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!

NUTRITION

AMOUNT PER SERVING

Calories	471	Calcium	79mg
Fat	23g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	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
Cholesterol...	0mg	Vitamin B12	0µg
Sodium	74mg	Phosphorus	466mg
Potassium	1168mg	Magnesium	234mg
Vitamin A	18538IU	Zinc	3mg
Vitamin C	14mg	Selenium	35µg

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	Phosphorus	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
Monounsat...	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	Phosphorus	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!

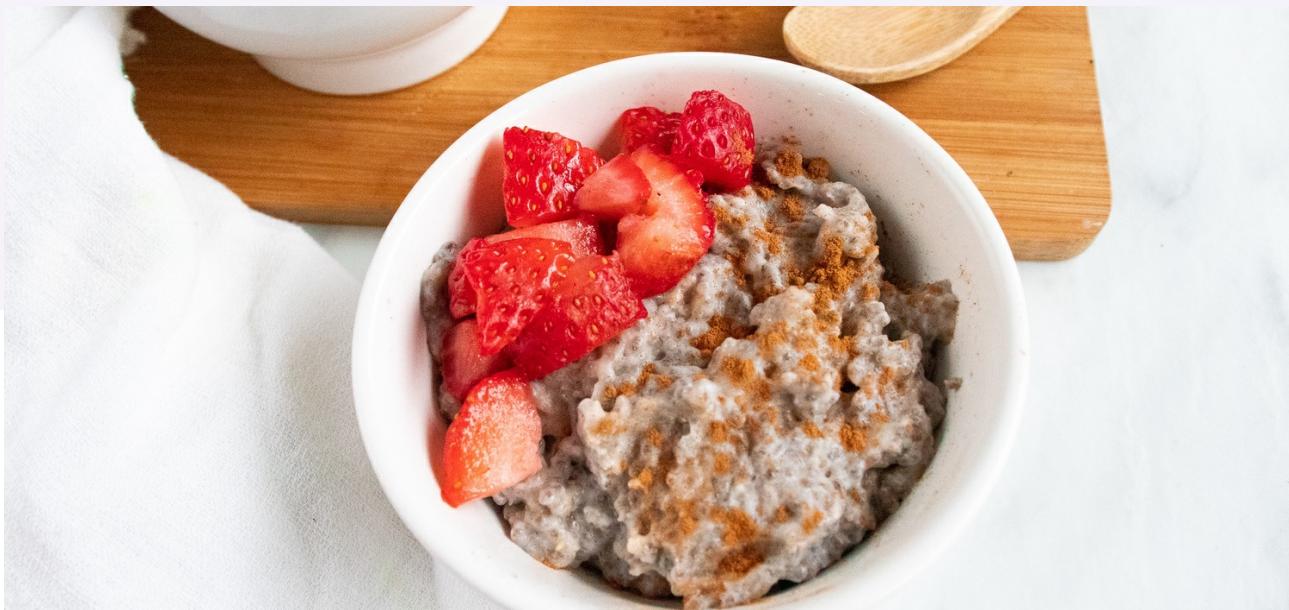
NOTES

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)

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.

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

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
Monounsat...	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	Phosphorus	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	Phosphorus	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
Vitamin C 10mg Selenium 25µg

VEGAN & VEGETARIAN

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

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!

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	Phosphorus	324mg
Potassium	526mg	Magnesium	89mg
Vitamin A	40IU	Zinc	2mg
Vitamin C	1mg	Selenium	10µg

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

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!

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	Phosphorus	99mg
Potassium	753mg	Magnesium	72mg
Vitamin A	1529IU	Zinc	1mg
Vitamin C	25mg	Selenium	3µg

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	Phosphorus	492mg
Potassium	1377mg	Magnesium	131mg
Vitamin A	2040IU	Zinc	5mg
Vitamin C	42mg	Selenium	48µg

DIRECTIONS

- Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 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)

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.

NUTRITION

AMOUNT PER SERVING

Calories	411	Calcium	64mg
Fat	17g	Iron	3mg
Saturated	3g	Vitamin D	11U
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	Phosphorus	388mg
Potassium	1371mg	Magnesium	88mg
Vitamin A	726IU	Zinc	2mg
Vitamin C	107mg	Selenium	28µg

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	Phosphorus	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.

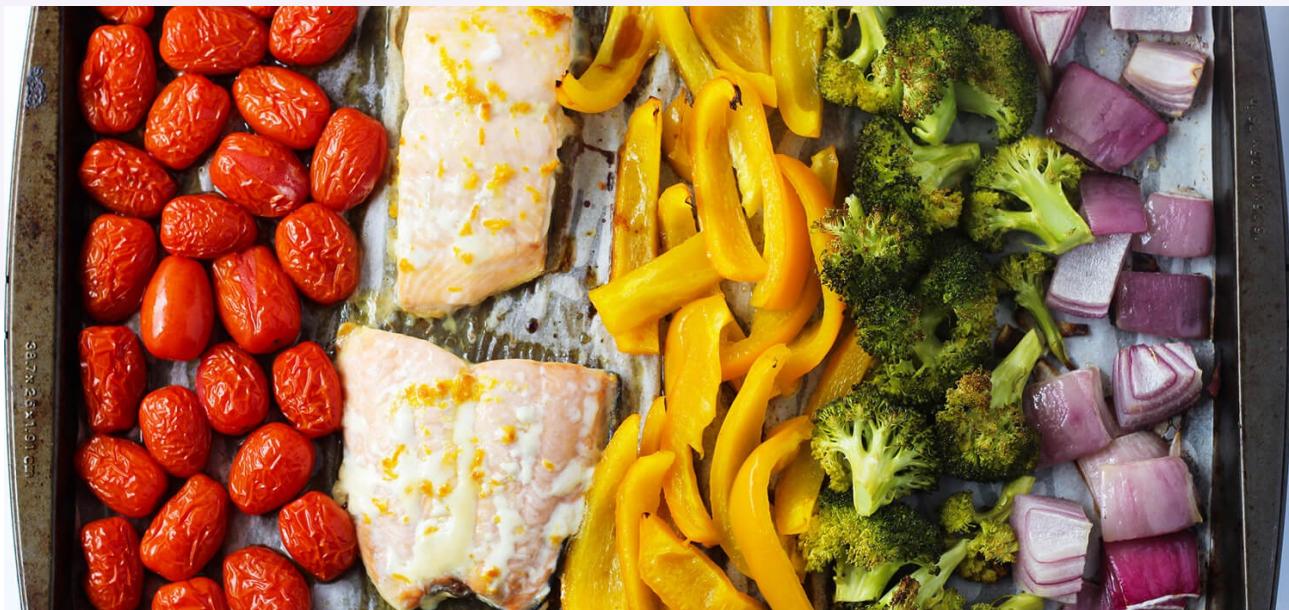
NO TURKEY

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 tsps 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	Phosphorus 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 231IU 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	Phosphorus	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