



21-Day New Year Meal Prep Challenge, Week 3

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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 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			TUE			WED		
FAT 36%	CARBS 36%	PROTEIN 28%	FAT 36%	CARBS 36%	PROTEIN 28%	FAT 43%	CARBS 36%	PROTEIN 21%
Calories 1686	Calcium 725mg	Calories 1686	Calcium 725mg	Calories 1648	Calcium 644mg	Calories 1648	Calcium 644mg	Calories 1648
Fat 68g	Iron 20mg	Fat 68g	Iron 20mg	Fat 80g	Iron 18mg	Fat 80g	Iron 18mg	Fat 80g
Saturated 17g	Vitamin D 136IU	Saturated 17g	Vitamin D 136IU	Saturated 17g	Vitamin D 138IU	Saturated 17g	Vitamin D 138IU	Saturated 17g
Trans 1g	Vitamin E 10mg	Trans 1g	Vitamin E 10mg	Trans 1g	Vitamin E 9mg	Trans 1g	Vitamin E 9mg	Trans 1g
Polyunsaturated 11g	Vitamin K 268µg	Polyunsaturated 11g	Vitamin K 268µg	Polyunsaturated 20g	Vitamin K 288µg	Polyunsaturated 20g	Vitamin K 288µg	Polyunsaturated 20g
Monounsaturated 27g	Thiamine 1.3mg	Monounsaturated 27g	Thiamine 1.3mg	Monounsaturated 34g	Thiamine 1.5mg	Monounsaturated 34g	Thiamine 1.5mg	Monounsaturated 34g
Carbs 153g	Riboflavin 1.6mg	Carbs 153g						
Fiber 37g	Niacin 28mg	Fiber 37g	Niacin 28mg	Fiber 33g	Niacin 20mg	Fiber 33g	Niacin 20mg	Fiber 33g
Sugar 26g	Vitamin B6 3.3mg	Sugar 26g	Vitamin B6 3.3mg	Sugar 21g	Vitamin B6 2.3mg	Sugar 21g	Vitamin B6 2.3mg	Sugar 21g
Protein 118g	Folate 635µg	Protein 118g	Folate 635µg	Protein 86g	Folate 500µg	Protein 86g	Folate 500µg	Protein 86g
Cholesterol 613mg	Vitamin B12 3.6µg	Cholesterol 613mg	Vitamin B12 3.6µg	Cholesterol 504mg	Vitamin B12 6.2µg	Cholesterol 504mg	Vitamin B12 6.2µg	Cholesterol 504mg
Sodium 1585mg	Phosphorous 1577mg	Sodium 1585mg	Phosphorous 1577mg	Sodium 1706mg	Phosphorous 1476mg	Sodium 1706mg	Phosphorous 1476mg	Sodium 1706mg
Potassium 2973mg	Magnesium 419mg	Potassium 2973mg	Magnesium 419mg	Potassium 2849mg	Magnesium 399mg	Potassium 2849mg	Magnesium 399mg	Potassium 2849mg
Vitamin A 17729IU	Zinc 14mg	Vitamin A 17729IU	Zinc 14mg	Vitamin A 10563IU	Zinc 17mg	Vitamin A 10563IU	Zinc 17mg	Vitamin A 10563IU
Vitamin C 224mg	Selenium 116µg	Vitamin C 224mg	Selenium 116µg	Vitamin C 72mg	Selenium 119µg	Vitamin C 72mg	Selenium 119µg	Vitamin C 72mg
THU			FRI			SAT		
FAT 44%	CARBS 35%	PROTEIN 21%	FAT 41%	CARBS 40%	PROTEIN 19%	FAT 44%	CARBS 30%	PROTEIN 26%
Calories 1565	Calcium 965mg	Calories 1690	Calcium 1321mg	Calories 1652	Calcium 1330mg	Calories 1652	Calcium 1330mg	Calories 1652
Fat 78g	Iron 16mg	Fat 81g	Iron 17mg	Fat 85g	Iron 17mg	Fat 85g	Iron 17mg	Fat 85g
Saturated 14g	Vitamin D 205IU	Saturated 11g	Vitamin D 173IU	Saturated 12g	Vitamin D 171IU	Saturated 12g	Vitamin D 171IU	Saturated 12g
Trans 0g	Vitamin E 10mg	Trans 0g	Vitamin E 11mg	Trans 0g	Vitamin E 16mg	Trans 0g	Vitamin E 16mg	Trans 0g
Polyunsaturated 19g	Vitamin K 586µg	Polyunsaturated 25g	Vitamin K 373µg	Polyunsaturated 23g	Vitamin K 366µg	Polyunsaturated 23g	Vitamin K 366µg	Polyunsaturated 23g
Monounsaturated 38g	Thiamine 1.3mg	Monounsaturated 38g	Thiamine 1.2mg	Monounsaturated 39g	Thiamine 0.7mg	Monounsaturated 39g	Thiamine 0.7mg	Monounsaturated 39g
Carbs 140g	Riboflavin 2.0mg	Carbs 177g	Riboflavin 1.7mg	Carbs 128g	Riboflavin 1.7mg	Carbs 128g	Riboflavin 1.7mg	Carbs 128g
Fiber 32g	Niacin 18mg	Fiber 47g	Niacin 18mg	Fiber 45g	Niacin 25mg	Fiber 45g	Niacin 25mg	Fiber 45g
Sugar 38g	Vitamin B6 2.0mg	Sugar 59g	Vitamin B6 1.9mg	Sugar 40g	Vitamin B6 2.8mg	Sugar 40g	Vitamin B6 2.8mg	Sugar 40g
Protein 86g	Folate 609µg	Protein 83g	Folate 498µg	Protein 112g	Folate 508µg	Protein 112g	Folate 508µg	Protein 112g
Cholesterol 449mg	Vitamin B12 5.4µg	Cholesterol 77mg	Vitamin B12 4.5µg	Cholesterol 186mg	Vitamin B12 1.9µg	Cholesterol 186mg	Vitamin B12 1.9µg	Cholesterol 186mg
Sodium 1997mg	Phosphorous 1470mg	Sodium 1591mg	Phosphorous 1363mg	Sodium 1478mg	Phosphorous 1368mg	Sodium 1478mg	Phosphorous 1368mg	Sodium 1478mg
Potassium 2888mg	Magnesium 372mg	Potassium 3055mg	Magnesium 398mg	Potassium 3044mg	Magnesium 431mg	Potassium 3044mg	Magnesium 431mg	Potassium 3044mg
Vitamin A 14244IU	Zinc 13mg	Vitamin A 5241IU	Zinc 12mg	Vitamin A 12372IU	Zinc 8mg	Vitamin A 12372IU	Zinc 8mg	Vitamin A 12372IU
Vitamin C 67mg	Selenium 126µg	Vitamin C 81mg	Selenium 96µg	Vitamin C 226mg	Selenium 78µg	Vitamin C 226mg	Selenium 78µg	Vitamin C 226mg
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 1.9 μ g
Sodium 1478mg	Phosphorous 1368mg
Potassium 3044mg	Magnesium 431mg
Vitamin A 12372IU	Zinc 8mg
Vitamin C 226mg	Selenium 78 μ g

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	Phosphorus	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	Phosphorus	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	Phosphorus	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)

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.

NUTRITION

AMOUNT PER SERVING

Calories	198	Calcium	273mg
Fat	6g	Iron	2mg
Saturated	0g	Vitamin D	50IU
Trans	0g	Vitamin E	1mg
Polyunsat...	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	Phosphorus	143mg
Potassium	224mg	Magnesium	64mg
Vitamin A	272IU	Zinc	1mg
Vitamin C	16mg	Selenium	9µg

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	10IU
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	Phosphorus	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
Monounsat...	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	Phosphorus	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
Polyunsat...	0g	Vitamin K	4µg
Monounsat...	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	Phosphorus	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
Monounsat...	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	Phosphorus	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	Phosphorus	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

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