



Skin Health Program

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LIFESCAPE PREMIER, LLC

Hi,

Welcome to your meal planning guide! Taking the time to plan your meals can have such a positive impact on your health. This guide will help you create your very own delicious meal plan.

HOW TO USE THIS GUIDE

This guide contains a blank plan and a list of the recipes I have selected for you.

- Look through the recipes and select meals that appeal to you.
- Add them to your plan by clicking the "Add" button.
- Set the number of servings you'd like the recipe to create.
- Continue to add meals to your plan until it is complete to your liking.

GROCERY LIST

As you add meals to your plan, you'll notice that your grocery list is automatically generated. You can view it by clicking on the "List" tab from your plan. Your list is organized by category so that you know exactly what you need in each section of the grocery store. When your plan is done, get the list and do your shopping.

MEAL PREP

Once you have done your shopping, you may want to do some meal prep. This is optional but can really help set you up for a successful week. Look at the recipes you have chosen and see what can be prepped in advance. Perhaps you can dice vegetables or even make an entire recipe to save yourself time later on in the week.

Now you are all set to follow your meal plan! Check your plan every morning and night, so you know what is coming up next and can stay organized.

Meal planning is a skill that gets easier over time. Reach out to me any time with your meal planning questions.



MON



BREAKFAST
Creamy Blueberry Smoothie



SNACK 1
Tuna Salad Plate



LUNCH
One Pan Lemon & Chive Salmon



SNACK 2
Chia Oats with Kiwi



DINNER
Cuban Beef Picadillo

TUE



BREAKFAST
Creamy Blueberry Smoothie



SNACK 1
Chia Oats with Kiwi



LUNCH
Cuban Beef Picadillo



SNACK 2
Tuna Salad Plate



DINNER
One Pan Lemon & Chive Salmon

WED



BREAKFAST
Orange Turmeric Overnight Oats



SNACK 1
Yogurt & Peaches



LUNCH
One Pan Lemon & Chive Salmon



SNACK 2
Chia Oats with Kiwi



DINNER
Taco Salad with Beef

THU



BREAKFAST
Orange Turmeric Overnight Oats



SNACK 1
Tuna Salad Lettuce Wraps



LUNCH
Taco Salad with Beef



SNACK 2
Yogurt & Peaches



DINNER
Spiced Cauliflower Rice Bowl

FRI



BREAKFAST
Orange Turmeric Overnight Oats



SNACK 1
Bell Peppers with Guacamole



LUNCH
Spiced Cauliflower Rice Bowl



SNACK 2
Tuna Salad Lettuce Wraps



DINNER
One Pan Steak, Asparagus & Mushrooms

SAT



BREAKFAST
Coconut Chia Seed Yogurt



SNACK 1
Oatmeal with Raspberries



LUNCH
One Pan Steak, Asparagus & Mushrooms



SNACK 2
Bell Peppers with Guacamole



DINNER
Arugula Salad with Salmon

SUN



BREAKFAST
Coconut Chia Seed Yogurt



SNACK 1
Bell Peppers with Guacamole



LUNCH
Arugula Salad with Salmon



SNACK 2
Oatmeal with Raspberries



DINNER
One Pan Steak, Asparagus & Mushrooms

MON**FAT 41%** **CARBS 31%** **PROTEIN 28%**

Calories 1800	Calcium 950mg
Fat 84g	Iron 17mg
Saturated 19g	Vitamin D 879IU
Trans 1g	Vitamin E 12mg
Polyunsaturated 16g	Vitamin K 199µg
Monounsaturated 42g	Thiamine 1.2mg
Carbs 145g	Riboflavin 1.7mg
Fiber 39g	Niacin 44mg
Sugar 32g	Vitamin B6 3.3mg
Protein 130g	Folate 291µg
Cholesterol 209mg	Vitamin B12 16.0µg
Sodium 1940mg	Phosphorous 1638mg
Potassium 3204mg	Magnesium 372mg
Vitamin A 4296IU	Zinc 14mg
Vitamin C 254mg	Selenium 207µg

TUE**FAT 41%** **CARBS 31%** **PROTEIN 28%**

Calories 1800	Calcium 950mg
Fat 84g	Iron 17mg
Saturated 19g	Vitamin D 879IU
Trans 1g	Vitamin E 12mg
Polyunsaturated 16g	Vitamin K 199µg
Monounsaturated 42g	Thiamine 1.2mg
Carbs 145g	Riboflavin 1.7mg
Fiber 39g	Niacin 44mg
Sugar 32g	Vitamin B6 3.3mg
Protein 130g	Folate 291µg
Cholesterol 209mg	Vitamin B12 16.0µg
Sodium 1940mg	Phosphorous 1638mg
Potassium 3204mg	Magnesium 372mg
Vitamin A 4296IU	Zinc 14mg
Vitamin C 254mg	Selenium 207µg

WED**FAT 48%** **CARBS 33%** **PROTEIN 19%**

Calories 1616	Calcium 1088mg
Fat 89g	Iron 14mg
Saturated 21g	Vitamin D 801IU
Trans 1g	Vitamin E 12mg
Polyunsaturated 14g	Vitamin K 152µg
Monounsaturated 44g	Thiamine 0.9mg
Carbs 139g	Riboflavin 1.5mg
Fiber 35g	Niacin 24mg
Sugar 37g	Vitamin B6 2.3mg
Protein 79g	Folate 221µg
Cholesterol 146mg	Vitamin B12 12.7µg
Sodium 919mg	Phosphorous 1267mg
Potassium 3122mg	Magnesium 282mg
Vitamin A 5726IU	Zinc 11mg
Vitamin C 189mg	Selenium 87µg

THU**FAT 46%** **CARBS 39%** **PROTEIN 15%**

Calories 1696	Calcium 1082mg
Fat 91g	Iron 16mg
Saturated 21g	Vitamin D 42IU
Trans 1g	Vitamin E 11mg
Polyunsaturated 13g	Vitamin K 215µg
Monounsaturated 45g	Thiamine 1.2mg
Carbs 172g	Riboflavin 1.6mg
Fiber 45g	Niacin 27mg
Sugar 34g	Vitamin B6 2.4mg
Protein 69g	Folate 527µg
Cholesterol 104mg	Vitamin B12 8.1µg
Sodium 1498mg	Phosphorous 1310mg
Potassium 3988mg	Magnesium 360mg
Vitamin A 10009IU	Zinc 12mg
Vitamin C 179mg	Selenium 109µg

FRI**FAT 47%** **CARBS 33%** **PROTEIN 20%**

Calories 1835	Calcium 619mg
Fat 101g	Iron 18mg
Saturated 23g	Vitamin D 47IU
Trans 0g	Vitamin E 12mg
Polyunsaturated 14g	Vitamin K 241µg
Monounsaturated 51g	Thiamine 1.5mg
Carbs 156g	Riboflavin 2.1mg
Fiber 44g	Niacin 41mg
Sugar 28g	Vitamin B6 3.7mg
Protein 95g	Folate 654µg
Cholesterol 207mg	Vitamin B12 5.5µg
Sodium 1675mg	Phosphorous 1639mg
Potassium 4655mg	Magnesium 392mg
Vitamin A 11224IU	Zinc 16mg
Vitamin C 321mg	Selenium 153µg

SAT**FAT 52%** **CARBS 25%** **PROTEIN 23%**

Calories 1864	Calcium 1133mg
Fat 113g	Iron 16mg
Saturated 28g	Vitamin D 965IU
Trans 0g	Vitamin E 14mg
Polyunsaturated 22g	Vitamin K 184µg
Monounsaturated 50g	Thiamine 1.0mg
Carbs 120g	Riboflavin 1.7mg
Fiber 51g	Niacin 41mg
Sugar 28g	Vitamin B6 3.8mg
Protein 111g	Folate 428µg
Cholesterol 264mg	Vitamin B12 13.3µg
Sodium 1239mg	Phosphorous 1387mg
Potassium 4070mg	Magnesium 316mg
Vitamin A 6440IU	Zinc 14mg
Vitamin C 238mg	Selenium 128µg

SUN**FAT 52%** **CARBS 25%** **PROTEIN 23%**

Calories 1864	Calcium 1133mg
Fat 113g	Iron 16mg
Saturated 28g	Vitamin D 965IU
Trans 0g	Vitamin E 14mg
Polyunsaturated 22g	Vitamin K 184µg
Monounsaturated 50g	Thiamine 1.0mg
Carbs 120g	Riboflavin 1.7mg
Fiber 51g	Niacin 41mg
Sugar 28g	Vitamin B6 3.8mg
Protein 111g	Folate 428µg



Cholesterol 264mg	Vitamin B12 13.3µg
Sodium 1239mg	Phosphorous 1387mg
Potassium 4070mg	Magnesium 316mg
Vitamin A 6440IU	Zinc 14mg
Vitamin C 238mg	Selenium 128µg

FRUITS

- 6 1/2 Avocado
- 2 Fig
- 1 1/2 Kiwi
- 2 Lemon
- 1/2 cup Lemon Juice
- 3 1/2 tbsps Lime Juice
- 1 1/2 Navel Orange
- 2 Peach
- 1 cup Raspberries
- 1/2 cup Strawberries

SEEDS, NUTS & SPICES

- 1 cup Chia Seeds
- 1 tbsp Chili Powder
- 2 1/3 tsps Cinnamon
- 2 1/4 tsps Cumin
- 1/2 tsp Paprika
- 2 2/3 tsps Sea Salt
- 1 tsp Sesame Seeds
- 1 1/3 tsps Turmeric

FROZEN

- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower

VEGETABLES

- 4 cups Arugula
- 3 cups Asparagus
- 1/2 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 3 tbsps Chives
- 1/2 cup Cilantro
- 18 Cremini Mushrooms
- 1 1/8 Cucumber
- 1 Garlic
- 5 stalks Green Onion
- 1/2 Jalapeno Pepper
- 4 1/2 cups Purple Cabbage
- 3 1/2 Red Bell Pepper
- 4 leaves Romaine
- 1 head Romaine Hearts
- 1/2 tsp Thyme

BOXED & CANNED

- 1 1/8 cups Brown Rice
- 3/4 cup Diced Tomatoes
- 3 cans Tuna

BAKING

- 4 cups Oats

BREAD, FISH, MEAT & CHEESE

- 1 lb Extra Lean Ground Beef
- 1 2/3 lbs Salmon Fillet
- 1 1/2 lbs Top Sirloin Steak

CONDIMENTS & OILS

- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 2 tbsps Tahini

COLD

- 2 cups Oat Milk
- 5 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Vanilla Protein Powder
- 5 1/2 cups Water

Creamy Blueberry Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Blueberries
1 cup Frozen Cauliflower
1/2 cup Unsweetened Coconut Yogurt
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 Lemon (small, juiced)
1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	321	Calcium	510mg
Fat	9g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	47µg
Monouns...	1g	Thiamine	0.3mg
Carbs	41g	Riboflavin	0.7mg
Fiber	15g	Niacin	2mg
Sugar	17g	Vitamin B6	0.4mg
Protein	25g	Folate	102µg
Cholesterol	4mg	Vitamin B12	1.9µg
Sodium	103mg	Phosphoro...	384mg
Potassium	555mg	Magnesium	79mg
Vitamin A	92IU	Zinc	2mg
Vitamin C	79mg	Selenium	8µg

DIRECTIONS

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

NOTES

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, or other berries to your smoothie.

EXTRA CREAMY

Use almond milk or oat milk instead of water.

LEMON

One lemon yields approximately 1/4 cup of lemon juice.

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.

Orange Turmeric Overnight Oats

3 SERVINGS 2 HOURS



INGREDIENTS

1 1/2 cups Oats (rolled)
2 cups Oat Milk (unsweetened)
1 1/8 tsp Turmeric
1/3 tsp Cinnamon
1 1/2 tbsps Chia Seeds
1 1/2 Navel Orange (divided)

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

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

ADDITIONAL TOPPINGS

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

Coconut Chia Seed Yogurt

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1/2 cup Chia Seeds
2 tsps Cinnamon
1/2 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

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

ADDITIONAL TOPPINGS

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

Tuna Salad Plate

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cans Tuna (drained, broken into chunks)
1 Avocado (pit removed)
1/2 cup Unsweetened Coconut Yogurt
1/2 Cucumber (sliced)
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	342	Calcium	177mg
Fat	18g	Iron	4mg
Saturated	4g	Vitamin D	78IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	34µg
Monouns...	10g	Thiamine	0.1mg
Carbs	14g	Riboflavin	0.3mg
Fiber	8g	Niacin	19mg
Sugar	2g	Vitamin B6	0.8mg
Protein	35g	Folate	93µg
Cholesterol	59mg	Vitamin B12	4.9µg
Sodium	1018mg	Phosphoro...	300mg
Potassium	893mg	Magnesium	77mg
Vitamin A	320IU	Zinc	2mg
Vitamin C	12mg	Selenium	117µg

DIRECTIONS

01 Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add pepper, paprika and/or lemon juice.

ADDITIONAL TOPPINGS

Top with sliced green onions, red onion or red pepper flakes.

CANNED TUNA

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

NO TUNA

Use sardines or salmon instead.

NO COCONUT YOGURT

Use mayonnaise or Greek yogurt instead.

Yogurt & Peaches

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
2 Peach (sliced, fresh or frozen and thawed)

NUTRITION

AMOUNT PER SERVING

Calories	169	Calcium	509mg
Fat	7g	Iron	1mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	4µg
Monouns...	0g	Thiamine	0mg
Carbs	26g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	14g	Vitamin B6	0mg
Protein	2g	Folate	6µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	50mg	Phosphoro...	30mg
Potassium	285mg	Magnesium	14mg
Vitamin A	489IU	Zinc	0mg
Vitamin C	10mg	Selenium	0µg

DIRECTIONS

01 Add the yogurt to a bowl and top with the peach slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

NO COCONUT YOGURT

Use Greek yogurt instead.

Tuna Salad Lettuce Wraps

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Avocado
2 tbsps Lime Juice
1/4 tsp Sea Salt
1 can Tuna (flaked)
2 stalks Green Onion (sliced)
1/8 Cucumber (deseeded and finely chopped)
4 leaves Romaine

NUTRITION

AMOUNT PER SERVING

Calories	251	Calcium	56mg
Fat	16g	Iron	3mg
Saturated	2g	Vitamin D	39IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	101µg
Monouns...	10g	Thiamine	0.1mg
Carbs	13g	Riboflavin	0.2mg
Fiber	8g	Niacin	10mg
Sugar	2g	Vitamin B6	0.6mg
Protein	19g	Folate	167µg
Cholesterol	30mg	Vitamin B12	2.1µg
Sodium	513mg	Phosphoro...	193mg
Potassium	838mg	Magnesium	62mg
Vitamin A	5579IU	Zinc	1mg
Vitamin C	19mg	Selenium	59µg

DIRECTIONS

- 01 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 02 Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

NOTES

LEFTOVERS

Keep refrigerated in an airtight container for up to two days.

SERVING SIZE

One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.

CANNED TUNA

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

MORE FLAVOR

Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

ADDITIONAL TOPPINGS

Top with sunflower seeds, pumpkin seeds or hemp seeds.

NO AVOCADO

Use mayonnaise instead.

Bell Peppers with Guacamole

3 SERVINGS 5 MINUTES



INGREDIENTS

- 1 1/2 Avocado (medium)
- 2 tbsps Lemon Juice
- 1/3 tsp Sea Salt (or more to taste)
- 3 Red Bell Pepper (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	194	Calcium	21mg
Fat	15g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	27µg
Monouns...	10g	Thiamine	0.1mg
Carbs	16g	Riboflavin	0.2mg
Fiber	9g	Niacin	3mg
Sugar	6g	Vitamin B6	0.6mg
Protein	3g	Folate	138µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	307mg	Phosphoro...	84mg
Potassium	749mg	Magnesium	44mg
Vitamin A	3873IU	Zinc	1mg
Vitamin C	166mg	Selenium	1µg

DIRECTIONS

- 01 In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
- 02 Serve the guacamole with red bell pepper slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic, red onion, tomatoes, jalapeño and/or cilantro to the guacamole.

NO RED BELL PEPPER

Use cucumber slices, carrot sticks, or crackers instead.

Oatmeal with Raspberries

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Water
1 cup Oats (quick or rolled)
1 cup Raspberries (fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	185	Calcium	60mg
Fat	3g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	6µg
Monouns...	1g	Thiamine	0.2mg
Carbs	35g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	3g	Vitamin B6	0.1mg
Protein	6g	Folate	26µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	8mg	Phosphoro...	184mg
Potassium	239mg	Magnesium	74mg
Vitamin A	20IU	Zinc	2mg
Vitamin C	16mg	Selenium	12µg

DIRECTIONS

- 01 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 02 Transfer the cooked oats to a bowl and top with raspberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add cinnamon, vanilla extract and/or a pinch of salt.

ADDITIONAL TOPPINGS

Almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

NO RASPBERRIES

Top with blueberries, strawberries, peaches or bananas.

NO STOVE TOP

Cook oats in the microwave instead.

One Pan Lemon & Chive Salmon

3 SERVINGS 15 MINUTES



INGREDIENTS

1/3 cup Extra Virgin Olive Oil (divided)
4 1/2 cups Purple Cabbage (sliced into thick wedges)
1/8 tsp Sea Salt (divided)
15 ozs Salmon Fillet
3 tbsps Chives (finely chopped)
2 1/4 tbsps Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	469	Calcium	77mg
Fat	34g	Iron	2mg
Saturated	5g	Vitamin D	798IU
Trans	0g	Vitamin E	5mg
Polyunsat...	5g	Vitamin K	74µg
Monouns...	22g	Thiamine	0.3mg
Carbs	11g	Riboflavin	0.4mg
Fiber	3g	Niacin	13mg
Sugar	5g	Vitamin B6	1.3mg
Protein	34g	Folate	38µg
Cholesterol	72mg	Vitamin B12	6.7µg
Sodium	295mg	Phosphoro...	407mg
Potassium	865mg	Magnesium	66mg
Vitamin A	1851IU	Zinc	1mg
Vitamin C	82mg	Selenium	43µg

DIRECTIONS

- 01 Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
- 02 In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
- 03 Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
- 04 Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

NOTES

LEFTOVERS

For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

MORE FLAVOR

Add red pepper flakes and black pepper to the chive mixture.

Chia Oats with Kiwi

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Water
1 1/2 cups Oats (rolled)
3 tbsps Chia Seeds
1 1/2 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.

Cuban Beef Picadillo

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
3/4 tsp Extra Virgin Olive Oil
8 ozs Extra Lean Ground Beef
1/2 Red Bell Pepper (chopped)
3/4 cup Diced Tomatoes (from the can with juices)
2 stalks Green Onion (chopped, green part only)
1/4 cup Cilantro (chopped)
1/4 cup Green Olives (sliced)
3/4 tsp Cumin
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	437	Calcium	65mg
Fat	17g	Iron	6mg
Saturated	5g	Vitamin D	3IU
Trans	1g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	29µg
Monouns...	8g	Thiamine	0.3mg
Carbs	42g	Riboflavin	0.2mg
Fiber	4g	Niacin	9mg
Sugar	4g	Vitamin B6	0.7mg
Protein	28g	Folate	36µg
Cholesterol	74mg	Vitamin B12	2.5µg

DIRECTIONS

- 01 Cook the brown rice according to package directions.
- 02 Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 03 Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
- 04 Divide the rice and beef mixture between plates and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Stir in a couple of tablespoons of olive brine or add minced garlic.

ADDITIONAL TOPPINGS

Serve with extra chopped cilantro, green onions or lime juice on top.

GRAIN-FREE

Use roasted potatoes or cauliflower rice instead of rice.

Sodium	516mg	Phosphoro...	369mg
Potassium	587mg	Magnesium	86mg
Vitamin A	2003IU	Zinc	7mg
Vitamin C	49mg	Selenium	27µg



Taco Salad with Beef

2 SERVINGS 25 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Beef
1 tbsp Chili Powder
1 1/2 tsps Cumin
1/4 tsp Sea Salt
1/2 cup Cherry Tomatoes (chopped)
1/2 Jalapeno Pepper (chopped)
1 stalk Green Onion (chopped)
1 1/2 tsps Lime Juice (divided)
1 head Romaine Hearts (chopped)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	452	Calcium	67mg
Fat	34g	Iron	5mg
Saturated	8g	Vitamin D	3IU
Trans	1g	Vitamin E	5mg
Polyunsat...	3g	Vitamin K	58µg
Monouns...	20g	Thiamine	0.2mg
Carbs	15g	Riboflavin	0.4mg
Fiber	9g	Niacin	8mg
Sugar	3g	Vitamin B6	0.8mg
Protein	26g	Folate	118µg
Cholesterol	74mg	Vitamin B12	2.5µg
Sodium	499mg	Phosphoro...	298mg

DIRECTIONS

- 01 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 02 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 03 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 04 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

NOTES

STORAGE

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

MORE FLAVOR

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

MAKE IT VEGAN

Use black beans instead of ground beef.

Potassium	1112mg	Magnesium	72mg
Vitamin A	3182IU	Zinc	6mg
Vitamin C	24mg	Selenium	20µg

Spiced Cauliflower Rice Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

2/3 cup Brown Rice (dry, uncooked)
1/4 tsp Sea Salt
1/2 head Cauliflower (chopped into florets)
1/4 tsp Turmeric
1/2 tsp Paprika
1/2 tsp Thyme (dried)
2 tbsps Tahini
1 Garlic (clove, minced)
1 tbsp Lemon Juice
1 tbsp Water
1 Avocado (sliced)
1/4 cup Cilantro (chopped)
1 tsp Sesame Seeds (for topping)

NUTRITION

AMOUNT PER SERVING

Calories	529	Calcium	136mg
Fat	26g	Iron	4mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	6g	Vitamin K	51µg
Monouns...	14g	Thiamine	0.7mg
Carbs	68g	Riboflavin	0.4mg
Fiber	14g	Niacin	7mg
Sugar	4g	Vitamin B6	0.9mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 03 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 04 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 05 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NO BROWN RICE

Use jasmine rice, cauliflower rice, quinoa or millet instead.

Protein	13g	Folate	199µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	369mg	Phosphoro...	435mg
Potassium	1197mg	Magnesium	146mg
Vitamin A	585IU	Zinc	3mg
Vitamin C	85mg	Selenium	18µg

One Pan Steak, Asparagus & Mushrooms

3 SERVINGS 10 MINUTES



INGREDIENTS

2 1/4 tsps Extra Virgin Olive Oil (divided)
1 1/2 lbs Top Sirloin Steak
1/3 tsp Sea Salt (divided)
3 cups Asparagus (woody ends trimmed)
18 Cremini Mushrooms (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	566	Calcium	92mg
Fat	36g	Iron	7mg
Saturated	14g	Vitamin D	8IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	61µg
Monouns...	16g	Thiamine	0.4mg
Carbs	9g	Riboflavin	0.8mg
Fiber	4g	Niacin	20mg
Sugar	5g	Vitamin B6	1.5mg
Protein	51g	Folate	113µg
Cholesterol	177mg	Vitamin B12	2.6µg
Sodium	419mg	Phosphoro...	573mg
Potassium	1315mg	Magnesium	74mg
Vitamin A	1013IU	Zinc	9mg
Vitamin C	10mg	Selenium	63µg

DIRECTIONS

- 01 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 02 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 03 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 04 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.

SERVING SIZE

One serving is approximately 3/4 cup asparagus, 1/4 cup mushrooms, and 8 ounces (227 grams) steak.

Arugula Salad with Salmon

2 SERVINGS 15 MINUTES



INGREDIENTS

12 ozs Salmon Fillet
1/4 tsp Sea Salt
2 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
4 cups Arugula
1/2 Cucumber (sliced)
1 Avocado (sliced)
2 Fig (optional, quartered)

NUTRITION

AMOUNT PER SERVING

Calories	564	Calcium	122mg
Fat	37g	Iron	2mg
Saturated	5g	Vitamin D	957IU
Trans	0g	Vitamin E	6mg
Polyunsat...	5g	Vitamin K	88µg
Monouns...	22g	Thiamine	0.3mg
Carbs	23g	Riboflavin	0.6mg
Fiber	9g	Niacin	17mg
Sugar	11g	Vitamin B6	1.6mg
Protein	42g	Folate	142µg
Cholesterol	87mg	Vitamin B12	8.0µg
Sodium	448mg	Phosphoro...	536mg
Potassium	1501mg	Magnesium	118mg
Vitamin A	1522IU	Zinc	2mg
Vitamin C	25mg	Selenium	52µg

DIRECTIONS

- 01 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 02 In a small bowl, mix the oil and lemon juice together.
- 03 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

NOTES

LEFTOVERS

For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

MORE FLAVOR

Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

ADDITIONAL TOPPINGS

More vegetables, nuts or seeds.