



# Carb Cycling Diet

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LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

## GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

## SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

## RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

## LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

## MON



**BREAKFAST**  
Banana & Nut Chia Oats



**SNACK 1**  
Bagel & Peanut Butter



**LUNCH**  
Brown Rice, Chicken & Edamame Bowl



**SNACK 2**  
Peanut Butter & Raspberry Yogurt



**DINNER**  
Cauliflower Alfredo Spaghetti

## TUE



**BREAKFAST**  
Spinach & Salsa Omelette



**SNACK 1**  
Peanut Butter & Raspberry Yogurt



**LUNCH**  
Kale & Purple Cabbage Beef Hash



**SNACK 2**  
Avocado with Everything Bagel Seasoning



**DINNER**  
Brown Rice, Chicken & Edamame Bowl

## WED



**BREAKFAST**  
Banana & Nut Chia Oats



**SNACK 1**  
Bagel & Peanut Butter



**LUNCH**  
Brown Rice, Chicken & Edamame Bowl



**SNACK 2**  
Yogurt with Peaches & Granola



**DINNER**  
Cauliflower Alfredo Spaghetti

## THU



**BREAKFAST**  
Banana & Nut Chia Oats



**SNACK 1**  
Garlic & Parmesan Roasted Edamame



**LUNCH**  
Kale & Purple Cabbage Beef Hash



**SNACK 2**  
Peanut Butter & Raspberry Yogurt



**DINNER**  
Massaged Kale Salad with Salmon

## FRI



**BREAKFAST**  
Spinach & Salsa Omelette



**SNACK 1**  
Garlic & Parmesan Roasted Edamame



**LUNCH**  
Meal Prep Spaghetti with Chicken, Spinach & Tomatoes



**SNACK 2**  
Chocolate Peanut Butter Overnight N'Oats



**DINNER**  
Massaged Kale Salad with Salmon

## SAT



**BREAKFAST**  
Scrambled Eggs with Toasted Bagel & Peach



**SNACK 1**  
Yogurt with Granola & Banana



**LUNCH**  
Meal Prep Spaghetti with Chicken, Spinach & Tomatoes



**SNACK 2**  
Raspberries



**DINNER**  
Beef Stuffed Eggplant

## SUN



**BREAKFAST**  
Eggvocado



**SNACK 1**  
Garlic & Parmesan Roasted Edamame



**LUNCH**  
Beef Stuffed Eggplant



**SNACK 2**  
Chocolate Peanut Butter Overnight N'Oats



**DINNER**  
Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

**MON****FAT 35%**   **CARBS 45%**   **PROTEIN 20%**

<b>Calories</b> 2032	Calcium 1340mg
<b>Fat</b> 82g	Iron 13mg
Saturated 16g	Vitamin D 174IU
Trans 0g	Vitamin E 19mg
Polyunsaturated 27g	Vitamin K 74µg
Monounsaturated 33g	Thiamine 1.4mg
<b>Carbs</b> 233g	Riboflavin 1.4mg
Fiber 30g	Niacin 35mg
Sugar 57g	Vitamin B6 2.6mg
<b>Protein</b> 104g	Folate 474µg
Cholesterol 149mg	Vitamin B12 0.4µg
Sodium 1094mg	Phosphorous 1048mg
Potassium 2677mg	Magnesium 358mg
Vitamin A 2755IU	Zinc 8mg
Vitamin C 169mg	Selenium 74µg

**TUE****FAT 57%**   **CARBS 22%**   **PROTEIN 21%**

<b>Calories</b> 2017	Calcium 695mg
<b>Fat</b> 132g	Iron 14mg
Saturated 29g	Vitamin D 181IU
Trans 1g	Vitamin E 17mg
Polyunsaturated 27g	Vitamin K 514µg
Monounsaturated 66g	Thiamine 0.9mg
<b>Carbs</b> 112g	Riboflavin 2.1mg
Fiber 33g	Niacin 33mg
Sugar 31g	Vitamin B6 3.4mg
<b>Protein</b> 109g	Folate 603µg
Cholesterol 771mg	Vitamin B12 4.2µg
Sodium 1946mg	Phosphorous 1365mg
Potassium 3611mg	Magnesium 371mg
Vitamin A 10806IU	Zinc 12mg
Vitamin C 184mg	Selenium 112µg

**WED****FAT 32%**   **CARBS 48%**   **PROTEIN 20%**

<b>Calories</b> 1942	Calcium 1283mg
<b>Fat</b> 70g	Iron 13mg
Saturated 14g	Vitamin D 174IU
Trans 0g	Vitamin E 20mg
Polyunsaturated 23g	Vitamin K 75µg
Monounsaturated 27g	Thiamine 1.5mg
<b>Carbs</b> 237g	Riboflavin 1.5mg
Fiber 26g	Niacin 32mg
Sugar 62g	Vitamin B6 2.6mg
<b>Protein</b> 101g	Folate 465µg
Cholesterol 149mg	Vitamin B12 0.4µg
Sodium 1095mg	Phosphorous 1083mg
Potassium 2813mg	Magnesium 355mg
Vitamin A 3230IU	Zinc 9mg
Vitamin C 162mg	Selenium 81µg

**THU****FAT 58%**   **CARBS 19%**   **PROTEIN 23%**

<b>Calories</b> 1910	Calcium 1458mg
<b>Fat</b> 127g	Iron 14mg
Saturated 29g	Vitamin D 791IU
Trans 1g	Vitamin E 12mg
Polyunsaturated 29g	Vitamin K 438µg
Monounsaturated 58g	Thiamine 1.0mg
<b>Carbs</b> 95g	Riboflavin 1.4mg
Fiber 31g	Niacin 24mg
Sugar 41g	Vitamin B6 2.2mg
<b>Protein</b> 113g	Folate 652µg
Cholesterol 185mg	Vitamin B12 7.7µg
Sodium 1155mg	Phosphorous 1319mg
Potassium 2841mg	Magnesium 447mg
Vitamin A 7367IU	Zinc 12mg
Vitamin C 186mg	Selenium 56µg

**FRI****FAT 57%**   **CARBS 20%**   **PROTEIN 23%**

<b>Calories</b> 2164	Calcium 1379mg
<b>Fat</b> 143g	Iron 21mg
Saturated 29g	Vitamin D 863IU
Trans 0g	Vitamin E 19mg
Polyunsaturated 38g	Vitamin K 770µg
Monounsaturated 64g	Thiamine 1.1mg
<b>Carbs</b> 115g	Riboflavin 2.1mg
Fiber 42g	Niacin 30mg
Sugar 16g	Vitamin B6 3.0mg
<b>Protein</b> 129g	Folate 868µg
Cholesterol 710mg	Vitamin B12 6.9µg
Sodium 1796mg	Phosphorous 1759mg
Potassium 3925mg	Magnesium 570mg
Vitamin A 15104IU	Zinc 10mg
Vitamin C 125mg	Selenium 112µg

**SAT****FAT 32%**   **CARBS 46%**   **PROTEIN 22%**

<b>Calories</b> 1969	Calcium 1014mg
<b>Fat</b> 72g	Iron 17mg
Saturated 18g	Vitamin D 225IU
Trans 1g	Vitamin E 24mg
Polyunsaturated 12g	Vitamin K 240µg
Monounsaturated 31g	Thiamine 1.5mg
<b>Carbs</b> 233g	Riboflavin 2.0mg
Fiber 42g	Niacin 28mg
Sugar 79g	Vitamin B6 2.9mg
<b>Protein</b> 110g	Folate 510µg
Cholesterol 714mg	Vitamin B12 2.8µg
Sodium 1557mg	Phosphorous 1235mg
Potassium 4109mg	Magnesium 367mg
Vitamin A 8453IU	Zinc 11mg
Vitamin C 121mg	Selenium 118µg

**SUN****FAT 54%**   **CARBS 27%**   **PROTEIN 19%**

<b>Calories</b> 2194	Calcium 1185mg
<b>Fat</b> 140g	Iron 19mg
Saturated 30g	Vitamin D 186IU
Trans 1g	Vitamin E 17mg
Polyunsaturated 35g	Vitamin K 310µg
Monounsaturated 62g	Thiamine 1.2mg
<b>Carbs</b> 155g	Riboflavin 1.8mg
Fiber 67g	Niacin 29mg
Sugar 34g	Vitamin B6 2.9mg
<b>Protein</b> 111g	Folate 972µg





Cholesterol 506mg	Vitamin B12 2.3µg
Sodium 1180mg	Phosphorous 1487mg
Potassium 5125mg	Magnesium 543mg
Vitamin A 7675IU	Zinc 13mg
Vitamin C 83mg	Selenium 73µg

## FRUITS

- 2 Avocado
- 2 1/2 Banana
- 3 Lemon
- 1 1/2 tsps Lemon Juice
- 2 Peach
- 2 1/2 cups Raspberries

## BREAKFAST

- 1 cup All Natural Peanut Butter
- 2/3 cup Granola
- 1 tbsp Maple Syrup

## SEEDS, NUTS & SPICES

- 2/3 cup Chia Seeds
- 1/4 tsp Dried Rosemary
- 1/4 tsp Dried Thyme
- 1/2 tsp Everything Bagel Seasoning
- 2 1/4 tsps Garlic Powder
- 3 tbsps Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1 1/2 tsps Onion Powder
- 1 tbsp Pine Nuts
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika

## FROZEN

- 3 3/4 cups Frozen Edamame

## VEGETABLES

- 7 cups Baby Spinach
- 1/2 head Cauliflower
- 3 cups Cherry Tomatoes
- 7 1/2 Cremini Mushrooms
- 2 Eggplant
- 1 Garlic
- 8 cups Kale Leaves
- 1 tbsp Parsley
- 2 cups Purple Cabbage
- 3/4 Red Bell Pepper
- 1/2 Sweet Onion
- 1 Tomato

## BOXED & CANNED

- 3/4 cup Brown Rice
- 1 1/4 cups Brown Rice Spaghetti
- 1/2 cup Salsa

## BAKING

- 1/4 cup Cocoa Powder
- 3 tbsps Oats
- 1 1/2 tbsps Raw Honey
- 1/2 tsp Stevia Powder
- 3 tbsps Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 3 Bagel
- 1 2/3 lbs Chicken Breast
- 12 ozs Lean Ground Beef
- 1/3 cup Parmigiano Reggiano
- 8 ozs Salmon Fillet

## CONDIMENTS & OILS

- 3/4 cup Extra Virgin Olive Oil
- 1/3 cup Green Goddess Salad Dressing

## COLD

- 11 Egg
- 4 1/2 cups Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk

# Banana & Nut Chia Oats

3 SERVINGS 8 HOURS



## INGREDIENTS

1 1/2 cups Plain Greek Yogurt  
1 1/2 cups Unsweetened Almond Milk  
3 tbsps Oats (rolled)  
3 tbsps Chia Seeds  
1 tbsp All Natural Peanut Butter  
1 tbsp Maple Syrup  
1 1/2 tsps Vanilla Extract  
1 1/2 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	289	Calcium	567mg
Fat	11g	Iron	2mg
Saturated	3g	Vitamin D	100IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	0µg
Monouns...	3g	Thiamine	0.1mg
Carbs	34g	Riboflavin	0.2mg
Fiber	7g	Niacin	1mg
Sugar	15g	Vitamin B6	0.2mg
Protein	16g	Folate	18µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	155mg	Phosphoro...	52mg
Potassium	345mg	Magnesium	42mg
Vitamin A	912IU	Zinc	1mg
Vitamin C	13mg	Selenium	2µg

## DIRECTIONS

- 01 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 02 Divide into containers and add the sliced banana. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in a sealed container for up to four days.

### NUT-FREE

Use a nut-free milk such as oat or soy.

### MORE FLAVOR

Add a pinch of cinnamon.

### NO BANANA

Use mixed berries instead of banana.

### MAKE IT VEGAN

Use a vegan yogurt.

### CONSISTENCY

For a thicker consistency, add more chia seeds.

# Spinach & Salsa Omelette

1 SERVING 10 MINUTES



## INGREDIENTS

2 tsps Extra Virgin Olive Oil (divided)  
2 cups Baby Spinach  
3 Egg  
Sea Salt & Black Pepper (to taste)  
1/4 cup Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	327	Calcium	163mg
Fat	24g	Iron	5mg
Saturated	6g	Vitamin D	123IU
Trans	0g	Vitamin E	5mg
Polysat...	4g	Vitamin K	298µg
Monouns...	12g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.8mg
Fiber	3g	Niacin	1mg
Sugar	3g	Vitamin B6	0.5mg
Protein	22g	Folate	190µg
Cholesterol	558mg	Vitamin B12	1.4µg
Sodium	723mg	Phosphoro...	348mg
Potassium	721mg	Magnesium	75mg
Vitamin A	6736IU	Zinc	2mg
Vitamin C	18mg	Selenium	47µg

## DIRECTIONS

- 01 Heat half of the oil in a non-stick pan over medium heat. Add the spinach and cook until tender and wilted. Transfer the cooked spinach to a plate and set aside.
- 02 Whisk the eggs in a small bowl and season with salt and pepper to taste. Add the remaining oil to the pan. Add the eggs and cook until almost set. Place the salsa and cooked spinach on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add red pepper flakes, garlic, and/or paprika to the eggs.

### ADDITIONAL TOPPINGS

Shredded cheese, avocado slices, and/or hot sauce.

### NO SPINACH

Use another leafy green, like kale or arugula.

# Scrambled Eggs with Toasted Bagel & Peach

1 SERVING 10 MINUTES



## INGREDIENTS

1 tsp Extra Virgin Olive Oil  
3 Egg (whisked)  
1 Bagel (sliced in half, toasted)  
1 Peach (sliced)  
Sea Salt & Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	590	Calcium	323mg
Fat	21g	Iron	7mg
Saturated	6g	Vitamin D	123IU
Trans	0g	Vitamin E	11mg
Polyunsat...	4g	Vitamin K	7µg
Monouns...	9g	Thiamine	0.7mg
Carbs	70g	Riboflavin	1.1mg
Fiber	4g	Niacin	6mg
Sugar	22g	Vitamin B6	0.4mg
Protein	31g	Folate	188µg
Cholesterol	558mg	Vitamin B12	1.4µg
Sodium	656mg	Phosphoro...	431mg
Potassium	604mg	Magnesium	62mg
Vitamin A	1299IU	Zinc	3mg
Vitamin C	10mg	Selenium	69µg

## DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness.
- 02 Serve the eggs with the bagel and peach. Season with salt and pepper to taste. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for two days. Slice the peach and toast the bagel when ready to serve.

### MORE FLAVOR

Add chives to the eggs. Add butter, peanut butter, and/or jam to the bagel.

### GLUTEN-FREE

Use a gluten-free bagel.



# Eggvocado

1 SERVING 15 MINUTES



## INGREDIENTS

1 Avocado

2 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	465	Calcium	80mg
Fat	39g	Iron	3mg
Saturated	7g	Vitamin D	82IU
Trans	0g	Vitamin E	5mg
Polysat...	6g	Vitamin K	43µg
Monouns...	23g	Thiamine	0.2mg
Carbs	18g	Riboflavin	0.7mg
Fiber	13g	Niacin	4mg
Sugar	2g	Vitamin B6	0.7mg
Protein	17g	Folate	210µg
Cholesterol	372mg	Vitamin B12	0.9µg
Sodium	156mg	Phosphoro...	303mg
Potassium	1113mg	Magnesium	70mg
Vitamin A	833IU	Zinc	3mg
Vitamin C	20mg	Selenium	32µg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
- 03 Crack an egg in each half of the avocado and bake for 10 to 15 minutes, depending on how runny you like your eggs. Enjoy!

## NOTES

### ON THE GO

Hardboil the eggs, mash with a fork then stuff them into the avocado halves for a more portable meal.

# Bagel & Peanut Butter

1 SERVING 5 MINUTES



## INGREDIENTS

1 Bagel  
2 tbsps All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	470	Calcium	246mg
Fat	18g	Iron	4mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	11mg
Polyunsat...	5g	Vitamin K	0µg
Monouns...	9g	Thiamine	0.6mg
Carbs	62g	Riboflavin	0.4mg
Fiber	3g	Niacin	9mg
Sugar	12g	Vitamin B6	0.2mg
Protein	18g	Folate	139µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	449mg	Phosphoro...	212mg
Potassium	292mg	Magnesium	85mg
Vitamin A	0IU	Zinc	2mg
Vitamin C	0mg	Selenium	24µg

## DIRECTIONS

01 Toast the bagel and spread the peanut butter on it. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Otherwise, refrigerate in an airtight container and enjoy within two days.

### ADDITIONAL TOPPINGS

Add sliced bananas and/or a drizzle of honey.

### GLUTEN-FREE

Use a gluten-free bagel.

# Garlic & Parmesan Roasted Edamame

3 SERVINGS 15 MINUTES



## INGREDIENTS

3 cups Frozen Edamame (thawed)  
2 tbsps Extra Virgin Olive Oil  
1/3 cup Parmigiano Reggiano  
3/4 tsp Garlic Powder  
Sea Salt & Black Pepper (to taste)  
3 tbsps Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	380	Calcium	255mg
Fat	26g	Iron	4mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	8g	Vitamin K	47µg
Monouns...	9g	Thiamine	0.4mg
Carbs	15g	Riboflavin	0.3mg
Fiber	9g	Niacin	2mg
Sugar	4g	Vitamin B6	0.2mg
Protein	26g	Folate	493µg
Cholesterol	12mg	Vitamin B12	0µg
Sodium	100mg	Phosphoro...	430mg
Potassium	805mg	Magnesium	170mg
Vitamin A	563IU	Zinc	3mg
Vitamin C	10mg	Selenium	1µg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a bowl, toss together the edamame, oil, parmesan cheese, garlic, salt, and pepper. Bake for 12 to 15 minutes, or until golden brown.
- 03 Add the hemp seeds, toss to combine, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately one cup.

### DAIRY-FREE

Substitute parmesan cheese with nutritional yeast.

# Yogurt with Granola & Banana

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Plain Greek Yogurt

1 Banana (sliced)

1/3 cup Granola

## NUTRITION

### AMOUNT PER SERVING

Calories	485	Calcium	536mg
Fat	15g	Iron	3mg
Saturated	5g	Vitamin D	99IU
Trans	0g	Vitamin E	5mg
Polyunsat...	3g	Vitamin K	3µg
Monouns...	4g	Thiamine	0.3mg
Carbs	61g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	28g	Vitamin B6	0.6mg
Protein	29g	Folate	58µg
Cholesterol	34mg	Vitamin B12	0µg
Sodium	152mg	Phosphoro...	201mg
Potassium	642mg	Magnesium	100mg
Vitamin A	1333IU	Zinc	2mg
Vitamin C	26mg	Selenium	12µg

## DIRECTIONS

01 Add the yogurt, banana, and granola to a bowl, and enjoy!

## NOTES

### MORE FLAVOR

Add maple syrup or vanilla.

### ADDITIONAL TOPPINGS

Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

### GLUTEN-FREE

Use gluten-free granola.

### DAIRY-FREE

Use a dairy-free yogurt alternative.



# Brown Rice, Chicken & Edamame Bowl

3 SERVINGS 40 MINUTES



## INGREDIENTS

3/4 cup Brown Rice (dry, rinsed)  
15 ozs Chicken Breast (boneless, skinless)  
7 1/2 Cremini Mushrooms (quartered)  
3/4 Red Bell Pepper (medium, chopped)  
1 1/2 tbsps Extra Virgin Olive Oil  
1 1/2 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
3/4 cup Frozen Edamame (defrosted)  
1/3 cup Green Goddess Salad Dressing

## NUTRITION

### AMOUNT PER SERVING

Calories	597	Calcium	51mg
Fat	27g	Iron	3mg
Saturated	4g	Vitamin D	5IU
Trans	0g	Vitamin E	4mg
Polyunsat...	10g	Vitamin K	45µg
Monouns...	10g	Thiamine	0.5mg
Carbs	46g	Riboflavin	0.6mg
Fiber	5g	Niacin	19mg
Sugar	6g	Vitamin B6	1.6mg
Protein	42g	Folate	171µg
Cholesterol	115mg	Vitamin B12	0.4µg
Sodium	332mg	Phosphoro...	568mg
Potassium	1004mg	Magnesium	129mg

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 03 Place the chicken, mushrooms, and bell pepper onto the baking sheet. Drizzle with oil and lemon juice. Season with salt and pepper and toss to combine.
- 04 Cook in the oven for 20 to 25 minutes or until everything is cooked through. Slice the chicken.
- 05 Divide the rice, chicken, bell pepper, mushrooms, and edamame between bowls. Serve with the dressing and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to approximately 1/2 cup brown rice and 1 1/2 cups veggies with chicken and dressing.

### MORE FLAVOR

Add Italian seasoning to the vegetables and chicken.

### ADDITIONAL TOPPINGS

Top with chopped parsley or green onion.

### NO GREEN GODDESS SALAD DRESSING

Use cilantro lime dressing instead.



Vitamin A	1103IU	Zinc	3mg
Vitamin C	51mg	Selenium	45µg



# Kale & Purple Cabbage Beef Hash

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
8 ozs Lean Ground Beef  
1/2 tsp Sea Salt (divided)  
1/4 tsp Dried Rosemary  
1/4 tsp Dried Thyme  
2 cups Kale Leaves (finely chopped)  
2 cups Purple Cabbage (finely chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	383	Calcium	118mg
Fat	30g	Iron	3mg
Saturated	10g	Vitamin D	3IU
Trans	1g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	124µg
Monouns...	15g	Thiamine	0.1mg
Carbs	8g	Riboflavin	0.3mg
Fiber	3g	Niacin	5mg
Sugar	4g	Vitamin B6	0.6mg
Protein	21g	Folate	38µg
Cholesterol	81mg	Vitamin B12	2.4µg
Sodium	700mg	Phosphoro...	218mg
Potassium	598mg	Magnesium	41mg
Vitamin A	2029IU	Zinc	5mg
Vitamin C	70mg	Selenium	18µg

## DIRECTIONS

- 01 Heat the oil in a large pan over medium heat. Once hot, add the ground beef, breaking it up as it cooks. Season with half of the salt, rosemary, and thyme. Cook for seven to eight minutes or until cooked through.
- 02 Mix in the kale, cabbage, and remaining salt. Cook for four to five minutes or until the vegetables have softened. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate into an airtight container for up to three days.

### SERVING SIZE

One serving is approximately two cups.

### MORE FLAVOR

Add garlic powder and/or onion powder.

# Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

3 SERVINGS 30 MINUTES



## INGREDIENTS

2 1/4 tbsps Extra Virgin Olive Oil (divided)  
3 cups Cherry Tomatoes  
1 1/2 tsps Garlic Powder  
1 1/2 tsps Onion Powder  
3/4 tsp Sea Salt  
12 ozs Chicken Breast (sliced in halves)  
3 cups Baby Spinach  
3/4 cup Brown Rice Spaghetti (dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Calcium	56mg
Fat	15g	Iron	3mg
Saturated	2g	Vitamin D	1IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	163µg
Monouns...	9g	Thiamine	0.2mg
Carbs	52g	Riboflavin	0.3mg
Fiber	5g	Niacin	12mg
Sugar	4g	Vitamin B6	1.1mg
Protein	32g	Folate	92µg
Cholester...	82mg	Vitamin B12	0.2µg
Sodium	674mg	Phosphoro...	301mg
Potassium	1089mg	Magnesium	74mg

## DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 02 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 03 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 04 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 05 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 06 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 07 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

## NOTES

### NO CHICKEN

Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

### NO BROWN RICE SPAGHETTI

Use rice, quinoa or any type of pasta instead.

### MAKE IT CHEESY

Add parmesan or nutritional yeast to the pasta.

Vitamin A 4088IU Zinc 1mg  
Vitamin C 29mg Selenium 27µg

#### SPICE IT UP

Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

#### STORAGE

Refrigerate in an airtight container up to 3 to 4 days.



# Peanut Butter & Raspberry Yogurt

3 SERVINGS 2 HOURS



## INGREDIENTS

- 1 1/2 cups Raspberries
- 1 1/2 tsps Lemon Juice
- 1 1/2 tbsps Raw Honey
- 2 1/4 tbsps Chia Seeds
- 1 1/2 cups Plain Greek Yogurt
- 1/3 cup All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	388	Calcium	339mg
Fat	22g	Iron	2mg
Saturated	5g	Vitamin D	50IU
Trans	0g	Vitamin E	3mg
Polyunsat...	7g	Vitamin K	5µg
Monouns...	9g	Thiamine	0.1mg
Carbs	33g	Riboflavin	0.1mg
Fiber	9g	Niacin	5mg
Sugar	17g	Vitamin B6	0.2mg
Protein	20g	Folate	41µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	77mg	Phosphoro...	126mg
Potassium	313mg	Magnesium	68mg
Vitamin A	645IU	Zinc	1mg
Vitamin C	25mg	Selenium	1µg

## DIRECTIONS

- 01 Add the raspberries, lemon juice, and honey to a blender and pulse blend for a few seconds, until desired consistency. Alternatively, you can mash with a fork.
- 02 Add to a sealable container and mix in the chia seeds. Transfer to the fridge and allow to sit for at least two hours.
- 03 Divide the yogurt evenly between bowls. Top with chia jam and peanut butter. Enjoy!

## NOTES

### LEFTOVERS

Combine just before serving. Refrigerate the chia jam in an airtight container for up to 10 days.

### SERVING SIZE

One serving is equal to approximately 3/4 cup.

### DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

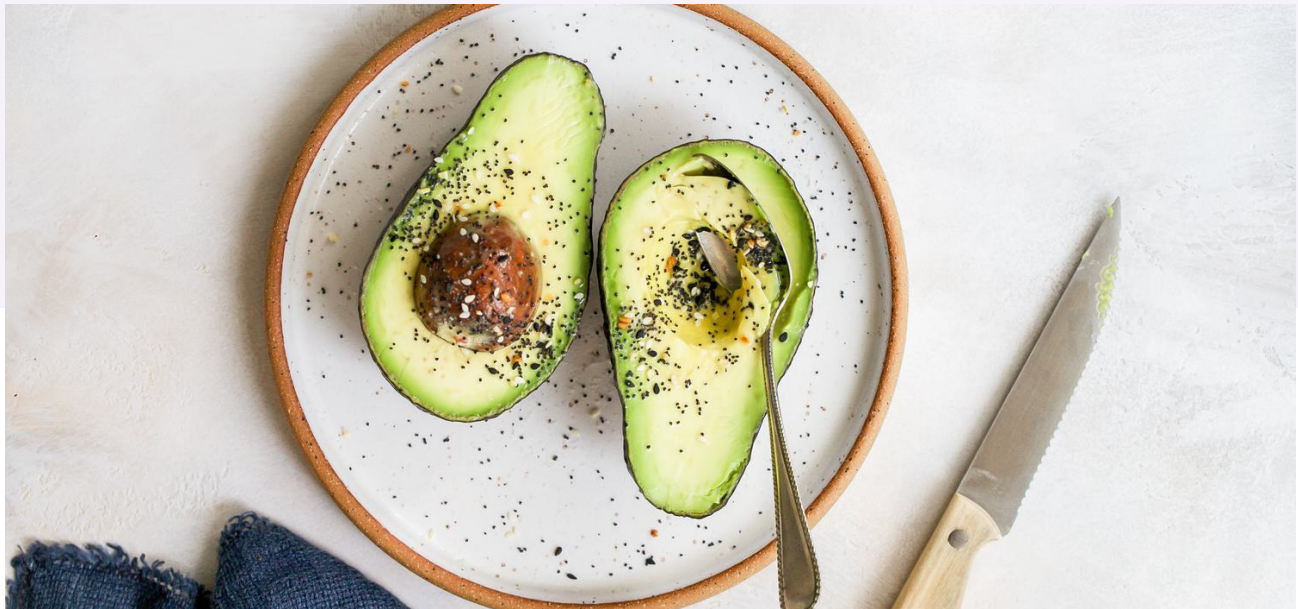
### MORE FLAVOR

Add vanilla or use vanilla yogurt.



# Avocado with Everything Bagel Seasoning

1 SERVING 5 MINUTES



## INGREDIENTS

1 Avocado  
1/2 tsp Everything Bagel Seasoning

## DIRECTIONS

01 Slice avocado in half. Remove the pit and skin. Sprinkle the spices and seeds over top and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	322	Calcium	24mg
Fat	29g	Iron	1mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polyunsat...	4g	Vitamin K	42µg
Monouns...	20g	Thiamine	0.1mg
Carbs	17g	Riboflavin	0.3mg
Fiber	13g	Niacin	3mg
Sugar	1g	Vitamin B6	0.5mg
Protein	4g	Folate	163µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	114mg	Phosphoro...	105mg
Potassium	975mg	Magnesium	58mg
Vitamin A	293IU	Zinc	1mg
Vitamin C	20mg	Selenium	1µg

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### EVERYTHING BAGEL SEASONING

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

# Yogurt with Peaches & Granola

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Plain Greek Yogurt  
1 Peach (pitted, chopped)  
1/4 cup Granola

## NUTRITION

### AMOUNT PER SERVING

Calories	298	Calcium	282mg
Fat	10g	Iron	2mg
Saturated	3g	Vitamin D	50IU
Trans	0g	Vitamin E	4mg
Polyunsat...	3g	Vitamin K	6µg
Monouns...	3g	Thiamine	0.2mg
Carbs	37g	Riboflavin	0.2mg
Fiber	5g	Niacin	2mg
Sugar	22g	Vitamin B6	0.2mg
Protein	17g	Folate	32µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	78mg	Phosphoro...	161mg
Potassium	449mg	Magnesium	65mg
Vitamin A	1120IU	Zinc	2mg
Vitamin C	18mg	Selenium	8µg

## DIRECTIONS

01 Add the yogurt to a bowl and top with chopped peaches and granola. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is equal to approximately one cup.

### MAKE IT VEGAN

Use coconut yogurt instead of Greek yogurt.

### MORE FLAVOR

Add a pinch of cinnamon.

### ADDITIONAL TOPPINGS

Drizzle honey and/or almond butter on top.

# Chocolate Peanut Butter Overnight N'Oats

2 SERVINGS 3 HOURS



## INGREDIENTS

2 cups Unsweetened Almond Milk  
1/4 cup All Natural Peanut Butter  
1/4 cup Cocoa Powder  
1/2 tsp Stevia Powder (or to taste)  
1/3 cup Chia Seeds  
3 tbsps Ground Flax Seed  
3 tbsps Unsweetened Shredded Coconut  
(plus more for topping)

## NUTRITION

### AMOUNT PER SERVING

Calories	519	Calcium	726mg
Fat	40g	Iron	6mg
Saturated	10g	Vitamin D	101IU
Trans	0g	Vitamin E	3mg
Polyunsat...	16g	Vitamin K	0µg
Monouns...	12g	Thiamine	0.1mg
Carbs	35g	Riboflavin	0.2mg
Fiber	22g	Niacin	4mg
Sugar	4g	Vitamin B6	0.2mg
Protein	19g	Folate	31µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	176mg	Phosphoro...	187mg
Potassium	530mg	Magnesium	125mg
Vitamin A	499IU	Zinc	2mg
Vitamin C	0mg	Selenium	3µg

## DIRECTIONS

- 01 Add all ingredients to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.
- 02 Stir well before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NUT-FREE

Use oat milk instead of almond milk and sunflower seed butter instead of peanut butter.

### ADDITIONAL TOPPINGS

Cacao nibs, chopped peanuts, chopped strawberries, and/or sea salt.

### NO STEVIA POWDER

Use liquid stevia, monk fruit sweetener drops, or liquid sweetener of choice to taste.



# Raspberries

1 SERVING 3 MINUTES



## INGREDIENTS

1 cup Raspberries

## DIRECTIONS

01 Wash berries and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	64	Calcium	31mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	10µg
Monouns...	0g	Thiamine	0mg
Carbs	15g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	5g	Vitamin B6	0.1mg
Protein	1g	Folate	26µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphoro...	36mg
Potassium	186mg	Magnesium	27mg
Vitamin A	41IU	Zinc	1mg
Vitamin C	32mg	Selenium	0µg

## NOTES

### TIP

Do not wash until ready to eat, as washed berries spoil more quickly.

# Cauliflower Alfredo Spaghetti

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 cup Brown Rice Spaghetti  
1/2 head Cauliflower (small, cut into florets)  
3/4 tsp Extra Virgin Olive Oil  
1/2 Sweet Onion (diced)  
1 Garlic (cloves, minced)  
1/3 cup Unsweetened Almond Milk  
1/2 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	288	Calcium	137mg
Fat	4g	Iron	2mg
Saturated	0g	Vitamin D	19IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	24µg
Monouns...	2g	Thiamine	0.1mg
Carbs	58g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	7g	Vitamin B6	0.4mg
Protein	8g	Folate	105µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	81mg	Phosphoro...	90mg
Potassium	723mg	Magnesium	34mg
Vitamin A	95IU	Zinc	1mg

## DIRECTIONS

- 01 Cook the spaghetti according to package directions. Drain and rinse the pasta under cold water to prevent it from over-cooking.
- 02 Meanwhile, bring a second pot of water to a boil. Add the cauliflower florets and cook for five to six minutes (or until tender when pierced with a fork). Drain and set aside.
- 03 Heat the oil in a pan over medium heat. Saute onion for five minutes or until translucent. Add the garlic and stir for another minute. Remove from heat and set aside.
- 04 To make the alfredo sauce, place the onion and garlic mix and cooked cauliflower in a blender. Add the almond milk and lemon juice and season generously with salt and pepper to taste. Blend until the sauce becomes smooth and a creamy consistency forms. (This may take some time. Add additional almond milk and continue to blend if the sauce is too thick.)
- 05 To serve, divide the cooked pasta between plates and top with the desired amount of the cauliflower alfredo sauce. Drizzle with a lemon wedge and season with a pinch of salt and pepper to taste. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Store extra sauce separately for another use.

### MORE FLAVOR

Add nutritional yeast or other dried herbs and spices to taste, like Italian Seasoning, to the alfredo sauce.

### ADDITIONAL TOPPINGS

Fresh herbs, red pepper flakes, parmesan cheese, or additional black pepper to taste.



Vitamin C    80mg    Selenium    2µg

**SPAGHETTI**

One cup of dry spaghetti is equal to 255 grams/nine ounces.

# Massaged Kale Salad with Salmon

2 SERVINGS 20 MINUTES



## INGREDIENTS

6 cups Kale Leaves (chopped)  
1 Lemon (juiced)  
2 tbsps Hemp Seeds  
Sea Salt & Black Pepper (to taste)  
1/4 cup Extra Virgin Olive Oil (divided)  
8 ozs Salmon Fillet

## NUTRITION

### AMOUNT PER SERVING

Calories	470	Calcium	179mg
Fat	38g	Iron	3mg
Saturated	5g	Vitamin D	638IU
Trans	0g	Vitamin E	5mg
Polyunsat...	8g	Vitamin K	262µg
Monouns...	22g	Thiamine	0.3mg
Carbs	5g	Riboflavin	0.5mg
Fiber	3g	Niacin	11mg
Sugar	1g	Vitamin B6	1.0mg
Protein	30g	Folate	62µg
Cholesterol	58mg	Vitamin B12	5.3µg
Sodium	123mg	Phosphoro...	493mg
Potassium	780mg	Magnesium	126mg
Vitamin A	3218IU	Zinc	2mg
Vitamin C	68mg	Selenium	34µg

## DIRECTIONS

- 01 Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
- 02 Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 03 Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!

# Beef Stuffed Eggplant

2 SERVINGS 45 MINUTES



## INGREDIENTS

2 Eggplant (small, cut in half lengthwise)  
2 tsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper  
4 ozs Lean Ground Beef  
1 tsp Smoked Paprika  
1 Tomato (medium, diced)  
1 tbsp Pine Nuts  
1 tbsp Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	362	Calcium	68mg
Fat	20g	Iron	3mg
Saturated	5g	Vitamin D	2IU
Trans	1g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	57µg
Monouns...	9g	Thiamine	0.3mg
Carbs	35g	Riboflavin	0.3mg
Fiber	18g	Niacin	7mg
Sugar	20g	Vitamin B6	0.7mg
Protein	17g	Folate	146µg
Cholesterol	40mg	Vitamin B12	1.2µg
Sodium	74mg	Phosphoro...	266mg
Potassium	1588mg	Magnesium	104mg
Vitamin A	1692IU	Zinc	4mg
Vitamin C	24mg	Selenium	10µg

## DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Using a sharp knife, score the flesh 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.
- 03 Meanwhile, heat the remaining oil in a pan over medium-high heat. Add the beef, breaking it up as it cooks. Add the paprika. Cook for five to six minutes or until halfway cooked.
- 04 Add tomato to the meat and continue cooking for another 10 minutes.
- 05 Divide the eggplants between plates. Top with the beef mixture, pine nuts, and parsley. Season with additional salt and pepper if needed. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is two small eggplant halves.

### MORE FLAVOR

Add chili flakes and cumin.

### ADDITIONAL TOPPINGS

Squeeze fresh lemon juice on top.

### NO PINE NUTS

Omit or use walnuts instead.