



Depression Support 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
Potato Chickpea Breakfast Hash with Fried Eggs



SNACK 1
Greek Yogurt with Orange, Blueberries & Pumpkin Seeds



LUNCH
Roast Chicken with Butternut Squash



SNACK 2
Carrots & Salmon Dip



DINNER
Turkey, Barley & Squash Soup

TUE



BREAKFAST
Potato Chickpea Breakfast Hash with Fried Eggs



SNACK 1
Collagen Green Smoothie



LUNCH
Turkey, Barley & Squash Soup



SNACK 2
Carrots & Salmon Dip



DINNER
Roast Chicken with Butternut Squash

WED



BREAKFAST
Greek Yogurt, Banana & Cherry Granola Bowl



SNACK 1
Orange, Carrot & Turmeric Smoothie



LUNCH
Roast Chicken with Butternut Squash



SNACK 2
Pesto Chickpea Stuffed Avocado



DINNER
Salmon Stuffed Peppers with Roasted Carrots

THU



BREAKFAST
Greek Yogurt, Banana & Cherry Granola Bowl



SNACK 1
Cherries & Pumpkin Seeds



LUNCH
Spicy Smashed Chickpea & Avocado Wraps



SNACK 2
Kefir & Granola Bowl



DINNER
Salmon Stuffed Peppers with Roasted Carrots

FRI



BREAKFAST
Greek Yogurt, Banana & Cherry Granola Bowl



SNACK 1
Orange, Carrot & Turmeric Smoothie



LUNCH
Spicy Smashed Chickpea & Avocado Wraps



SNACK 2
Kefir & Granola Bowl



DINNER
Turkey, Barley & Squash Soup

SAT



BREAKFAST
Egg Salad Wrap



SNACK 1
Cherry Kefir Smoothie



LUNCH
Turkey, Barley & Squash Soup



SNACK 2
Greek Yogurt with Orange, Blueberries & Pumpkin Seeds



DINNER
Roasted Chicken, Beets & Brussel Sprouts with Barley

SUN



BREAKFAST
Egg Salad Wrap



SNACK 1
Cherry Kefir Smoothie



LUNCH
Roasted Chicken, Beets & Brussel Sprouts with Barley



SNACK 2
Cherries & Pumpkin Seeds



DINNER
Turkey, Barley & Squash Soup

MON**FAT 34%** **CARBS 39%** **PROTEIN 27%**

Calories 1913	Calcium 1144mg
Fat 75g	Iron 17mg
Saturated 18g	Vitamin D 903IU
Trans 0g	Vitamin E 14mg
Polyunsaturated 15g	Vitamin K 430µg
Monounsaturated 34g	Thiamine 1.0mg
Carbs 192g	Riboflavin 1.6mg
Fiber 33g	Niacin 37mg
Sugar 40g	Vitamin B6 3.3mg
Protein 133g	Folate 535µg
Cholesterol 432mg	Vitamin B12 7.4µg
Sodium 1727mg	Phosphorous 1603mg
Potassium 5153mg	Magnesium 489mg
Vitamin A 51863IU	Zinc 9mg
Vitamin C 200mg	Selenium 100µg

TUE**FAT 36%** **CARBS 39%** **PROTEIN 25%**

Calories 1854	Calcium 710mg
Fat 77g	Iron 17mg
Saturated 16g	Vitamin D 804IU
Trans 0g	Vitamin E 16mg
Polyunsaturated 14g	Vitamin K 730µg
Monounsaturated 41g	Thiamine 1.0mg
Carbs 186g	Riboflavin 1.8mg
Fiber 39g	Niacin 39mg
Sugar 31g	Vitamin B6 3.8mg
Protein 121g	Folate 713µg
Cholesterol 398mg	Vitamin B12 7.4µg
Sodium 1672mg	Phosphorous 1482mg
Potassium 5904mg	Magnesium 483mg
Vitamin A 56222IU	Zinc 9mg
Vitamin C 171mg	Selenium 105µg

WED**FAT 45%** **CARBS 32%** **PROTEIN 23%**

Calories 1921	Calcium 972mg
Fat 101g	Iron 11mg
Saturated 20g	Vitamin D 1077IU
Trans 0g	Vitamin E 20mg
Polyunsaturated 20g	Vitamin K 254µg
Monounsaturated 51g	Thiamine 1.1mg
Carbs 160g	Riboflavin 1.5mg
Fiber 41g	Niacin 27mg
Sugar 55g	Vitamin B6 2.7mg
Protein 115g	Folate 577µg
Cholesterol 220mg	Vitamin B12 7.0µg
Sodium 957mg	Phosphorous 1201mg
Potassium 4579mg	Magnesium 441mg
Vitamin A 48516IU	Zinc 7mg
Vitamin C 535mg	Selenium 85µg

THU**FAT 42%** **CARBS 39%** **PROTEIN 19%**

Calories 1899	Calcium 847mg
Fat 92g	Iron 14mg
Saturated 18g	Vitamin D 1075IU
Trans 0g	Vitamin E 18mg
Polyunsaturated 28g	Vitamin K 101µg
Monounsaturated 37g	Thiamine 1.4mg
Carbs 193g	Riboflavin 1.4mg
Fiber 43g	Niacin 21mg
Sugar 74g	Vitamin B6 1.9mg
Protein 92g	Folate 572µg
Cholesterol 103mg	Vitamin B12 6.9µg
Sodium 1094mg	Phosphorous 1786mg
Potassium 3897mg	Magnesium 601mg
Vitamin A 12473IU	Zinc 10mg
Vitamin C 397mg	Selenium 83µg

FRI**FAT 33%** **CARBS 44%** **PROTEIN 23%**

Calories 1896	Calcium 1196mg
Fat 72g	Iron 14mg
Saturated 16g	Vitamin D 156IU
Trans 0g	Vitamin E 16mg
Polyunsaturated 21g	Vitamin K 177µg
Monounsaturated 27g	Thiamine 1.4mg
Carbs 218g	Riboflavin 1.6mg
Fiber 44g	Niacin 25mg
Sugar 75g	Vitamin B6 2.3mg
Protein 111g	Folate 578µg
Cholesterol 81mg	Vitamin B12 2.1µg
Sodium 1082mg	Phosphorous 1505mg
Potassium 3835mg	Magnesium 434mg
Vitamin A 23479IU	Zinc 8mg
Vitamin C 176mg	Selenium 74µg

SAT**FAT 35%** **CARBS 36%** **PROTEIN 29%**

Calories 1918	Calcium 1538mg
Fat 76g	Iron 13mg
Saturated 21g	Vitamin D 341IU
Trans 0g	Vitamin E 6mg
Polyunsaturated 21g	Vitamin K 208µg
Monounsaturated 27g	Thiamine 0.9mg
Carbs 178g	Riboflavin 2.4mg
Fiber 29g	Niacin 27mg
Sugar 77g	Vitamin B6 2.1mg
Protein 139g	Folate 354µg
Cholesterol 573mg	Vitamin B12 4.9µg
Sodium 1483mg	Phosphorous 1801mg
Potassium 3787mg	Magnesium 334mg
Vitamin A 14283IU	Zinc 7mg
Vitamin C 156mg	Selenium 113µg

SUN**FAT 37%** **CARBS 37%** **PROTEIN 26%**

Calories 1862	Calcium 1033mg
Fat 79g	Iron 14mg
Saturated 20g	Vitamin D 242IU
Trans 0g	Vitamin E 6mg
Polyunsaturated 25g	Vitamin K 203µg
Monounsaturated 29g	Thiamine 0.9mg
Carbs 176g	Riboflavin 2.4mg
Fiber 30g	Niacin 28mg
Sugar 80g	Vitamin B6 2.1mg
Protein 122g	Folate 343µg



Cholesterol 539mg	Vitamin B12 4.9µg
Sodium 1343mg	Phosphorous 2010mg
Potassium 4105mg	Magnesium 436mg
Vitamin A 12935IU	Zinc 9mg
Vitamin C 106mg	Selenium 114µg

FRUITS

- 3 Avocado
- 2 Banana
- 1 1/8 cups Blueberries
- 5 cups Cherries
- 3 Navel Orange

BREAKFAST

- 1 1/2 cups Granola

SEEDS, NUTS & SPICES

- 1 tsp Dried Dill
- 3/4 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1 tsp Paprika
- 1 cup Pumpkin Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

VEGETABLES

- 2 cups Arugula
- 7 cups Baby Spinach
- 2 Beet
- 2 3/4 cups Brussels Sprouts
- 6 1/2 cups Butternut Squash
- 8 Carrot
- 2 stalks Celery
- 4 Garlic
- 1 Leeks
- 1/3 cup Red Onion
- 3 Russet Potato
- 2 Yellow Bell Pepper

BOXED & CANNED

- 14 ozs Canned Wild Salmon
- 12 cups Chicken Broth, Low Sodium
- 2 3/4 cups Chickpeas
- 1 cup Pearl Barley

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Chicken Thighs With Skin
- 12 ozs Turkey Breast
- 4 Whole Wheat Tortilla

CONDIMENTS & OILS

- 2 1/2 tsps Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 1/4 cup Pesto
- 1 tsp Sriracha

COLD

- 6 Egg
- 5 cups Plain Greek Yogurt
- 4 cups Plain Kefir

OTHER

- 3 1/8 ozs Collagen Powder
- 1 cup Water

Potato Chickpea Breakfast Hash with Fried Eggs

2 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil (divided)
3 Russet Potato (medium, cut into small cubes)
1/4 cup Red Onion (chopped)
1 cup Chickpeas (cooked, rinsed well)
1 tsp Paprika
3/4 tsp Garlic Powder
1/2 tsp Sea Salt
2 cups Baby Spinach (chopped)
2 Egg

NUTRITION

AMOUNT PER SERVING

Calories	594	Calcium	153mg
Fat	21g	Iron	7mg
Saturated	4g	Vitamin D	41IU
Trans	0g	Vitamin E	4mg
Polyunsat...	4g	Vitamin K	163µg
Monouns...	12g	Thiamine	0.3mg
Carbs	83g	Riboflavin	0.5mg
Fiber	14g	Niacin	4mg
Sugar	8g	Vitamin B6	1.2mg
Protein	22g	Folate	295µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	729mg	Phosphoro...	450mg
Potassium	1972mg	Magnesium	152mg

DIRECTIONS

- 01 Heat 3/4 of the oil in a pan over medium heat. Add the potatoes and cook for 10 to 12 minutes, stirring occasionally, until the potatoes start to brown and soften. Add the onion and continue to cook for five to six minutes more.
- 02 Add the chickpeas, paprika, garlic powder, and salt and continue to cook until the potatoes are tender and chickpeas are warmed through, about three to five minutes. Add the spinach and stir until wilted. Season with additional salt if needed.
- 03 Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with additional salt to taste.
- 04 Divide the potato hash and eggs between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

SERVING SIZE

One serving is approximately two cups of potato hash and one egg.

MORE FLAVOR

Add other dried herbs and spices to the potato hash to taste, like cumin, chili powder, or oregano. Add bell pepper, jalapeno, or top with fresh herbs.

POTATO

Three medium potatoes yield approximately three cups of potato cubes.

NO SPINACH

Use kale instead.

NO EGGS

Omit or serve beside protein of choice instead (chicken, tofu, pork, or beef).

Vitamin A	3698IU	Zinc	3mg
Vitamin C	33mg	Selenium	20µg

Greek Yogurt, Banana & Cherry Granola Bowl

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1/3 cup Cherries (pitted, halved)
1/3 cup Granola
1/2 Banana (sliced)
1 1/2 tsps Ground Flax Seed
1 tbsp Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	437	Calcium	299mg
Fat	18g	Iron	3mg
Saturated	4g	Vitamin D	50IU
Trans	0g	Vitamin E	5mg
Polyunsat...	6g	Vitamin K	4µg
Monouns...	6g	Thiamine	0.3mg
Carbs	51g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	25g	Vitamin B6	0.4mg
Protein	21g	Folate	53µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	82mg	Phosphoro...	298mg
Potassium	610mg	Magnesium	138mg
Vitamin A	705IU	Zinc	2mg
Vitamin C	17mg	Selenium	12µg

DIRECTIONS

01 Add all of the ingredients to a bowl and serve. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to one day. Peel and slice the banana when ready to serve.

MAKE IT VEGAN

Use plant-based yogurt.

ADDITIONAL TOPPINGS

Hemp seeds and/or cacao nibs.

Egg Salad Wrap

1 SERVING 25 MINUTES



INGREDIENTS

2 Egg
1 tbsp Mayonnaise
1/2 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
1 Whole Wheat Tortilla
1/2 cup Arugula

NUTRITION

AMOUNT PER SERVING

Calories	369	Calcium	173mg
Fat	24g	Iron	3mg
Saturated	7g	Vitamin D	83IU
Trans	0g	Vitamin E	2mg
Polyunsat...	9g	Vitamin K	35µg
Monouns...	7g	Thiamine	0.4mg
Carbs	20g	Riboflavin	0.6mg
Fiber	4g	Niacin	2mg
Sugar	2g	Vitamin B6	0.3mg
Protein	17g	Folate	114µg
Cholesterol	378mg	Vitamin B12	0.9µg
Sodium	513mg	Phosphoro...	348mg
Potassium	285mg	Magnesium	52mg
Vitamin A	788IU	Zinc	2mg
Vitamin C	2mg	Selenium	46µg

DIRECTIONS

- 01 In a medium-sized pot add the eggs and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 02 Remove the eggs and let them cool in an ice bath. Once cooled, peel and add to a bowl. Add the mayonnaise, mustard, salt, and pepper. Mash with a fork to your desired consistency.
- 03 Place the tortilla on a plate and layer with arugula. Add the egg salad on top. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

SERVING SIZE

One serving is equal to one wrap.

MAKE IT VEGAN

Use crumbled tofu instead.

MORE FLAVOR

Add a pinch of cayenne.

ADDITIONAL TOPPINGS

Add chives, chopped red onion, or chopped celery to the egg salad.

GLUTEN-FREE

Use a gluten-free tortilla.

Greek Yogurt with Orange, Blueberries & Pumpkin Seeds

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
1/2 Navel Orange (chopped)
1/3 cup Blueberries
2 tbsps Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	333	Calcium	540mg
Fat	13g	Iron	2mg
Saturated	4g	Vitamin D	99IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	11µg
Monouns...	3g	Thiamine	0.1mg
Carbs	30g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	17g	Vitamin B6	0.1mg
Protein	28g	Folate	36µg
Cholesterol	34mg	Vitamin B12	0µg
Sodium	142mg	Phosphoro...	221mg
Potassium	285mg	Magnesium	106mg
Vitamin A	1452IU	Zinc	1mg
Vitamin C	61mg	Selenium	2µg

DIRECTIONS

01 Add all of the ingredients to a bowl and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 2/3 cups.

MAKE IT VEGAN

Use a plant-based yogurt alternative instead.

MORE FLAVOR

Add some maple syrup or raw honey.

Collagen Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Water
2 cups Baby Spinach
1/2 Avocado
1/2 Banana (frozen)
1/2 oz Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	274	Calcium	106mg
Fat	15g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	311µg
Monouns...	10g	Thiamine	0.1mg
Carbs	24g	Riboflavin	0.3mg
Fiber	10g	Niacin	3mg
Sugar	8g	Vitamin B6	0.6mg
Protein	16g	Folate	214µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	87mg	Phosphoro...	100mg
Potassium	1036mg	Magnesium	100mg
Vitamin A	5811IU	Zinc	1mg
Vitamin C	32mg	Selenium	7µg

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO COLLAGEN POWDER

Omit or use protein powder instead.

NO SPINACH

Use kale or romaine lettuce instead.

MAKE IT VEGAN/VEGETARIAN

Omit the collagen and use a plant-based protein powder instead.

LEFTOVERS

Best enjoyed immediately.

Orange, Carrot & Turmeric Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Navel Orange (small, peeled)
1 Carrot (small, peeled, chopped)
1/2 cup Plain Greek Yogurt
1 tsp Ground Flax Seed
1/4 tsp Turmeric
2/3 oz Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	261	Calcium	345mg
Fat	4g	Iron	1mg
Saturated	2g	Vitamin D	50IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	8µg
Monouns...	0g	Thiamine	0.1mg
Carbs	31g	Riboflavin	0.2mg
Fiber	5g	Niacin	1mg
Sugar	18g	Vitamin B6	0.2mg
Protein	30g	Folate	65µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	151mg	Phosphoro...	63mg
Potassium	446mg	Magnesium	28mg
Vitamin A	11161IU	Zinc	0mg
Vitamin C	94mg	Selenium	8µg

DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Add a splash of milk or water if needed. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 1 1/4 cup.

MAKE IT VEGAN

Omit the collagen powder and use a dairy-free yogurt.

MORE PROTEIN

Add a scoop of vanilla protein powder.

Cherries & Pumpkin Seeds

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Cherries
1/4 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	277	Calcium	35mg
Fat	16g	Iron	3mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	7g	Vitamin K	6µg
Monouns...	5g	Thiamine	0.1mg
Carbs	28g	Riboflavin	0.1mg
Fiber	5g	Niacin	2mg
Sugar	20g	Vitamin B6	0.1mg
Protein	11g	Folate	25µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	430mg
Potassium	603mg	Magnesium	208mg
Vitamin A	104IU	Zinc	3mg
Vitamin C	11mg	Selenium	3µg

DIRECTIONS

01 Serve the cherries with the pumpkin seeds and enjoy!

NOTES

LEFTOVERS

Store cherries and pumpkin seeds separately until ready to serve.

NO PUMPKIN SEEDS

Use another nut or seed instead.

Cherry Kefir Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Kefir
1 cup Cherries (pitted)
2/3 oz Collagen Powder
1 tbsp Ground Flax Seed

NUTRITION

AMOUNT PER SERVING

Calories	404	Calcium	642mg
Fat	6g	Iron	1mg
Saturated	2g	Vitamin D	151IU
Trans	0g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	3µg
Monouns...	1g	Thiamine	0mg
Carbs	52g	Riboflavin	0.9mg
Fiber	5g	Niacin	0mg
Sugar	45g	Vitamin B6	0.1mg
Protein	37g	Folate	12µg
Cholester...	14mg	Vitamin B12	1.8µg
Sodium	293mg	Phosphoro...	490mg
Potassium	1202mg	Magnesium	21mg
Vitamin A	847IU	Zinc	0mg
Vitamin C	14mg	Selenium	7µg

DIRECTIONS

01 Add all the ingredients to a blender and blend until smooth. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately two cups.

MORE FIBER

Add a handful of baby spinach or kale.

MORE PROTEIN

Add a scoop of vanilla or unflavored protein powder and adjust the liquid quantity for preferred consistency.

Roast Chicken with Butternut Squash

3 SERVINGS 30 MINUTES



INGREDIENTS

12 ozs Chicken Thighs with Skin
4 1/2 cups Butternut Squash (peeled,
seeds removed, chopped)
1 1/2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	412	Calcium	139mg
Fat	26g	Iron	3mg
Saturated	6g	Vitamin D	3IU
Trans	0g	Vitamin E	5mg
Polyunsa...	5g	Vitamin K	154µg
Monoun...	13g	Thiamine	0.3mg
Carbs	26g	Riboflavin	0.3mg
Fiber	5g	Niacin	8mg
Sugar	5g	Vitamin B6	0.8mg
Protein	22g	Folate	118µg
Choleste...	111mg	Vitamin B12	0.7µg
Sodium	124mg	Phosphoro...	262mg
Potassium	1138mg	Magnesium	116mg
Vitamin A	25225IU	Zinc	2mg
Vitamin C	53mg	Selenium	23µg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Place the chicken thighs and butternut squash on the baking sheet. Drizzle with the oil and season with salt and pepper. Roast for 25 to 30 minutes, or until the chicken is cooked through and the squash is tender. Remove the squash earlier if done.
- 03 Serve the chicken and butternut squash with baby spinach. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four ounces of chicken, 2/3 cup of butternut squash, and one cup of spinach.

MORE FLAVOR

Drizzle olive oil, lemon juice, or your dressing of choice over the spinach.

Spicy Smashed Chickpea & Avocado Wraps

1 SERVING 15 MINUTES



INGREDIENTS

3/4 cup Chickpeas (cooked, drained)
1 tbsp Mayonnaise
1/2 tsp Sriracha
Sea Salt & Black Pepper (to taste)
1 Whole Wheat Tortilla
1/2 cup Arugula
1/2 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	589	Calcium	190mg
Fat	32g	Iron	5mg
Saturated	6g	Vitamin D	1IU
Trans	0g	Vitamin E	4mg
Polyunsat...	10g	Vitamin K	62µg
Monouns...	14g	Thiamine	0.6mg
Carbs	62g	Riboflavin	0.3mg
Fiber	20g	Niacin	4mg
Sugar	8g	Vitamin B6	0.6mg
Protein	17g	Folate	361µg
Cholesterol	6mg	Vitamin B12	0µg
Sodium	428mg	Phosphoro...	410mg
Potassium	1003mg	Magnesium	128mg
Vitamin A	512IU	Zinc	3mg
Vitamin C	14mg	Selenium	20µg

DIRECTIONS

- 01 In a food processor, combine the chickpeas, mayonnaise, sriracha, salt, and pepper. Pulse until just combined, but the chickpeas still have texture.
- 02 Place the tortilla on a plate and top with arugula, the chickpea mixture, and avocado. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

SERVING SIZE

One serving is equal to one wrap.

MAKE IT VEGAN

Use a vegan mayonnaise or dairy-free unsweetened yogurt.

NO SRIRACHA

Use hot sauce.

GLUTEN-FREE

Use a gluten-free tortilla.

NO FOOD PROCESSOR

Mash the chickpeas with a fork or potato masher until your desired texture has been reached.

Carrots & Salmon Dip

2 SERVINGS 5 MINUTES



INGREDIENTS

6 ozs Canned Wild Salmon (flaked)
1/2 cup Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
2 Carrot (medium, peeled, cut into sticks)

NUTRITION

AMOUNT PER SERVING

Calories	205	Calcium	176mg
Fat	6g	Iron	1mg
Saturated	2g	Vitamin D	755IU
Trans	0g	Vitamin E	2mg
Polyunsa...	1g	Vitamin K	8µg
Monouns...	2g	Thiamine	0.1mg
Carbs	9g	Riboflavin	0.2mg
Fiber	2g	Niacin	7mg
Sugar	4g	Vitamin B6	0.2mg
Protein	28g	Folate	15µg
Cholester...	65mg	Vitamin B12	4.7µg
Sodium	405mg	Phosphoro...	222mg
Potassium	460mg	Magnesium	28mg
Vitamin A	10662IU	Zinc	1mg
Vitamin C	7mg	Selenium	29µg

DIRECTIONS

01 In a bowl, mash together the salmon, yogurt, salt and pepper. Serve alongside the carrot sticks. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use coconut yogurt, mayonnaise or cream cheese instead, adjusting amounts to taste.

MORE FLAVOR

Add fresh chopped dill and lemon juice.

Pesto Chickpea Stuffed Avocado

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Pesto
1/4 cup Chickpeas (cooked, rinsed)
1 Avocado (small, halved and pitted)

NUTRITION

AMOUNT PER SERVING

Calories	455	Calcium	92mg
Fat	36g	Iron	2mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsat...	5g	Vitamin K	68µg
Monouns...	23g	Thiamine	0.2mg
Carbs	30g	Riboflavin	0.4mg
Fiber	17g	Niacin	4mg
Sugar	4g	Vitamin B6	0.6mg
Protein	9g	Folate	236µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	112mg	Phosphoro...	216mg
Potassium	1182mg	Magnesium	85mg
Vitamin A	548IU	Zinc	2mg
Vitamin C	21mg	Selenium	2µg

DIRECTIONS

- 01 Mix the pesto with the chickpeas and fill each avocado with the chickpeas. Use a spoon to scoop out the avocado flesh with the chickpeas as you eat it. Enjoy!

NOTES

LEFTOVERS

Store the chickpea and pesto mixture separately from the avocado. Cut the avocado only when ready to serve.

SERVING SIZE

One serving is one small avocado and 1/4 cup of chickpeas.

Kefir & Granola Bowl

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Kefir
1/4 cup Granola
1/4 cup Blueberries

DIRECTIONS

01 Pour the kefir into a bowl and top with granola and blueberries. Enjoy!

NOTES

NUTRITION

AMOUNT PER SERVING

Calories	240	Calcium	226mg
Fat	9g	Iron	1mg
Saturated	2g	Vitamin D	50IU
Trans	0g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	9µg
Monouns...	3g	Thiamine	0.2mg
Carbs	30g	Riboflavin	0.4mg
Fiber	4g	Niacin	1mg
Sugar	18g	Vitamin B6	0.1mg
Protein	10g	Folate	28µg
Cholesterol	5mg	Vitamin B12	0.6µg
Sodium	94mg	Phosphoro...	286mg
Potassium	478mg	Magnesium	53mg
Vitamin A	275IU	Zinc	1mg
Vitamin C	5mg	Selenium	8µg

Turkey, Barley & Squash Soup

5 SERVINGS 50 MINUTES



INGREDIENTS

12 ozs Turkey Breast
12 cups Chicken Broth, Low Sodium
2/3 cup Pearl Barley (uncooked)
2 Carrot (medium, diced)
1 Leeks (large, sliced)
2 stalks Celery (diced)
3 Garlic (clove)
2 cups Butternut Squash (peeled, seeds removed, cubed)
2 cups Brussels Sprouts (thinly sliced)
3 tbsps Pesto (optional)

NUTRITION

AMOUNT PER SERVING

Calories	369	Calcium	136mg
Fat	9g	Iron	4mg
Saturated	2g	Vitamin D	5IU
Trans	0g	Vitamin E	2mg
Polyunsa...	2g	Vitamin K	94µg
Monouns...	4g	Thiamine	0.2mg
Carbs	44g	Riboflavin	0.5mg
Fiber	8g	Niacin	17mg
Sugar	6g	Vitamin B6	1.0mg
Protein	33g	Folate	71µg
Cholester...	36mg	Vitamin B12	1.5µg
Sodium	327mg	Phosphoro...	448mg

DIRECTIONS

- 01 Place the turkey breast and the broth in a large pot and bring to a boil. Reduce the heat and simmer, covered, for 30 minutes or until the turkey is cooked through.
- 02 Meanwhile, cook the barley according to the package directions.
- 03 Remove the turkey and set aside. Add the carrots, leeks, celery, garlic, squash, and Brussels sprouts to the same liquid. Cook, covered, for 12 to 15 minutes or until tender.
- 04 While the vegetables cook, shred the cooked turkey breast in pieces using two forks.
- 05 Once the vegetables are cooked, return the turkey to the pot and continue cooking for two minutes or until heated through.
- 06 Cover the bottom of each bowl with barley and pour the soup over top. Top with pesto, if desired, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is approximately 1/3 cup of barley and two cups of soup.

MAKE IT VEGAN

Use vegetable broth and tofu, edamame, chickpeas, or lentils instead of turkey breast.

GLUTEN-FREE

Use quinoa, gluten-free pasta, or rice instead of barley.

Potassium	1298mg	Magnesium	87mg
Vitamin A	10826IU	Zinc	2mg
Vitamin C	46mg	Selenium	26µg

Salmon Stuffed Peppers with Roasted Carrots

2 SERVINGS 50 MINUTES



INGREDIENTS

8 ozs Canned Wild Salmon
1/2 Avocado (medium)
1 tsp Dried Dill
Sea Salt & Black Pepper (to taste)
2 Yellow Bell Pepper
2 Carrot (large, sliced)
1 tsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	356	Calcium	97mg
Fat	17g	Iron	2mg
Saturated	3g	Vitamin D	974IU
Trans	0g	Vitamin E	4mg
Polyunsat...	3g	Vitamin K	20µg
Monouns...	9g	Thiamine	0.2mg
Carbs	22g	Riboflavin	0.4mg
Fiber	7g	Niacin	12mg
Sugar	3g	Vitamin B6	0.7mg
Protein	33g	Folate	105µg
Cholesterol	75mg	Vitamin B12	6.3µg
Sodium	488mg	Phosphoro...	362mg
Potassium	1203mg	Magnesium	74mg
Vitamin A	10877IU	Zinc	1mg
Vitamin C	350mg	Selenium	40µg

DIRECTIONS

- 01 Preheat the oven to 400° (205°C). Prepare a baking sheet with parchment paper.
- 02 Add the salmon, avocado, dill, salt, and pepper to a large bowl. Mash with a potato masher or a fork until well combined.
- 03 Slice the tops of the peppers off and remove the seeds. Dice up the tops of the peppers and add them to the salmon mixture. Mix to combine.
- 04 Stuff the peppers with the salmon mixture, then add them to the prepared baking sheet along with the carrots. Drizzle the carrots with oil and season with salt and pepper.
- 05 Bake in the oven for 30 minutes or until slightly browned and cooked through. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one stuffed pepper and approximately 1/2 cup of carrots.

MAKE IT VEGAN

Use crumbled tofu instead of salmon.

Roasted Chicken, Beets & Brussel Sprouts with Barley

2 SERVINGS 1 HOUR



INGREDIENTS

1/4 cup Pearl Barley (dry)
1 1/2 tsps Dijon Mustard
2 1/4 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Red Onion (chopped)
1 Garlic (clove, small, minced)
8 ozs Chicken Thighs with Skin (bone-in)
2 Beet (medium, peeled, cut into wedges)
3/4 cup Brussels Sprouts (trimmed and halved)

NUTRITION

AMOUNT PER SERVING

Calories	443	Calcium	47mg
Fat	24g	Iron	3mg
Saturated	6g	Vitamin D	3IU
Trans	0g	Vitamin E	1mg
Polysat...	5g	Vitamin K	65µg
Monouns...	12g	Thiamine	0.2mg
Carbs	32g	Riboflavin	0.3mg
Fiber	8g	Niacin	7mg
Sugar	7g	Vitamin B6	0.6mg
Protein	24g	Folate	121µg
Cholesterol	111mg	Vitamin B12	0.7µg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Cook the barley according to the package directions.
- 03 Mix the Dijon mustard, oil, salt, pepper, onion, and garlic together. Place the chicken, beets, and Brussels sprouts on the baking sheet and divide the mustard mixture between everything. Rub and mix the mustard mixture into each vegetable and the chicken until well coated.
- 04 Cook in the oven for 40 to 45 minutes or until the chicken is crispy and cooked through and the vegetables have browned edges.
- 05 Serve the barley with the chicken and vegetables and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one chicken thigh, 1/2 cup of cooked barley, 1/3 cup Brussels sprouts and 3/4 cup of beets.

MORE FLAVOR

Garnish with fresh dill.

GLUTEN-FREE

Omit the barley and use quinoa or rice instead.

Sodium	208mg	Phosphoro...	294mg
Potassium	717mg	Magnesium	68mg
Vitamin A	370IU	Zinc	2mg
Vitamin C	33mg	Selenium	32µg