



Men's Hormone Balancing 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 Chocolate Protein Smoothie



SNACK 1
Peanut Butter Stuffed Dates



LUNCH
One Pot Turkey, Cabbage & Mushrooms, Brown Rice



SNACK 2
Nori Mackerel & Carrot Wraps



DINNER
Sheet Pan Pesto Chicken, Potatoes & Veggies

TUE



BREAKFAST
Banana Chocolate Protein Smoothie



SNACK 1
Avocado, Cucumber & Nori Snack Box



LUNCH
Sheet Pan Pesto Chicken, Potatoes & Veggies



SNACK 2
Cashews & Clementines



DINNER
One Pot Turkey, Cabbage & Mushrooms, Brown Rice

WED



BREAKFAST
Scrambled Egg Whites with Avocado & Banana



SNACK 1
Strawberry & Peanut Butter Smoothie



LUNCH
One Pot Turkey, Cabbage & Mushrooms, Brown Rice



SNACK 2
Cashews & Clementines



DINNER
Pasta with Spinach & Turkey

THU



BREAKFAST
Strawberry Yogurt Chia Pudding



SNACK 1
Peanut Butter Banana Oat Smoothie



LUNCH
Pasta with Spinach & Turkey



SNACK 2
Nori Mackerel & Carrot Wraps



DINNER
Parmesan Chicken & Kale Skillet, Steamed Mini Potatoes

FRI



BREAKFAST
Strawberry Yogurt Chia Pudding



SNACK 1
Peanut Butter Stuffed Dates



LUNCH
Parmesan Chicken & Kale Skillet, Steamed Mini Potatoes



SNACK 2
Avocado, Cucumber & Nori Snack Box



DINNER
Chicken & Asparagus Pesto Pasta

SAT



BREAKFAST
Peanut Butter & Banana Protein Porridge



SNACK 1
Cashews & Clementines



LUNCH
Chicken & Asparagus Pesto Pasta



SNACK 2
Chocolate & Yogurt Cashew Chia Pudding



DINNER
Mackerel & Cucumber Rice Bowl

SUN



BREAKFAST
Peanut Butter & Banana Protein Porridge



SNACK 1
Chocolate & Yogurt Cashew Chia Pudding



LUNCH
Mackerel & Cucumber Rice Bowl



SNACK 2
Strawberry & Peanut Butter Smoothie



DINNER
Chicken & Asparagus Pesto Pasta

MON

FAT 34% CARBS 42% PROTEIN 24%

Calories 2039	Calcium 1306mg
Fat 82g	Iron 16mg
Saturated 16g	Vitamin D 168IU
Trans 0g	Vitamin E 10mg
Polyunsaturated 24g	Vitamin K 281µg
Monounsaturated 34g	Thiamine 1.6mg
Carbs 222g	Riboflavin 2.1mg
Fiber 39g	Niacin 47mg
Sugar 92g	Vitamin B6 3.8mg
Protein 128g	Folate 310µg
Cholesterol 306mg	Vitamin B12 10.1µg
Sodium 1538mg	Phosphorous 2089mg
Potassium 4810mg	Magnesium 587mg
Vitamin A 18095IU	Zinc 13mg
Vitamin C 189mg	Selenium 150µg

TUE

FAT 44% CARBS 36% PROTEIN 20%

Calories 2193	Calcium 1120mg
Fat 114g	Iron 18mg
Saturated 20g	Vitamin D 168IU
Trans 0g	Vitamin E 9mg
Polyunsaturated 28g	Vitamin K 328µg
Monounsaturated 56g	Thiamine 1.8mg
Carbs 212g	Riboflavin 2.0mg
Fiber 45g	Niacin 39mg
Sugar 60g	Vitamin B6 3.9mg
Protein 114g	Folate 436µg
Cholesterol 216mg	Vitamin B12 2.2µg
Sodium 797mg	Phosphorous 2074mg
Potassium 5078mg	Magnesium 717mg
Vitamin A 9323IU	Zinc 16mg
Vitamin C 277mg	Selenium 113µg

WED

FAT 41% CARBS 35% PROTEIN 24%

Calories 2117	Calcium 950mg
Fat 100g	Iron 18mg
Saturated 19g	Vitamin D 182IU
Trans 0g	Vitamin E 11mg
Polyunsaturated 19g	Vitamin K 318µg
Monounsaturated 50g	Thiamine 1.1mg
Carbs 197g	Riboflavin 2.8mg
Fiber 40g	Niacin 36mg
Sugar 68g	Vitamin B6 2.9mg
Protein 135g	Folate 425µg
Cholesterol 227mg	Vitamin B12 3.6µg
Sodium 1385mg	Phosphorous 1373mg
Potassium 4183mg	Magnesium 474mg
Vitamin A 4797IU	Zinc 13mg
Vitamin C 258mg	Selenium 146µg

THU

FAT 41% CARBS 30% PROTEIN 29%

Calories 1959	Calcium 1650mg
Fat 93g	Iron 21mg
Saturated 19g	Vitamin D 143IU
Trans 0g	Vitamin E 13mg
Polyunsaturated 27g	Vitamin K 496µg
Monounsaturated 35g	Thiamine 0.9mg
Carbs 155g	Riboflavin 1.5mg
Fiber 41g	Niacin 42mg
Sugar 39g	Vitamin B6 3.5mg
Protein 149g	Folate 281µg
Cholesterol 327mg	Vitamin B12 9.7µg
Sodium 1362mg	Phosphorous 1515mg
Potassium 3567mg	Magnesium 435mg
Vitamin A 19370IU	Zinc 9mg
Vitamin C 190mg	Selenium 116µg

FRI

FAT 43% CARBS 35% PROTEIN 22%

Calories 2096	Calcium 1315mg
Fat 106g	Iron 21mg
Saturated 20g	Vitamin D 78IU
Trans 0g	Vitamin E 13mg
Polyunsaturated 25g	Vitamin K 447µg
Monounsaturated 46g	Thiamine 1.0mg
Carbs 197g	Riboflavin 1.4mg
Fiber 53g	Niacin 35mg
Sugar 74g	Vitamin B6 3.3mg
Protein 126g	Folate 324µg
Cholesterol 201mg	Vitamin B12 0.5µg
Sodium 929mg	Phosphorous 1270mg
Potassium 3877mg	Magnesium 446mg
Vitamin A 8277IU	Zinc 8mg
Vitamin C 193mg	Selenium 66µg

SAT

FAT 44% CARBS 35% PROTEIN 21%

Calories 2030	Calcium 1607mg
Fat 104g	Iron 20mg
Saturated 19g	Vitamin D 177IU
Trans 0g	Vitamin E 12mg
Polyunsaturated 22g	Vitamin K 124µg
Monounsaturated 52g	Thiamine 0.9mg
Carbs 183g	Riboflavin 1.7mg
Fiber 42g	Niacin 23mg
Sugar 45g	Vitamin B6 1.9mg
Protein 113g	Folate 259µg
Cholesterol 151mg	Vitamin B12 8.1µg
Sodium 1737mg	Phosphorous 1269mg
Potassium 2737mg	Magnesium 452mg
Vitamin A 2313IU	Zinc 8mg
Vitamin C 101mg	Selenium 104µg

SUN

FAT 43% CARBS 35% PROTEIN 22%

Calories 2198	Calcium 2189mg
Fat 109g	Iron 21mg
Saturated 21g	Vitamin D 302IU
Trans 0g	Vitamin E 15mg
Polyunsaturated 24g	Vitamin K 117µg
Monounsaturated 53g	Thiamine 0.8mg
Carbs 202g	Riboflavin 1.8mg
Fiber 47g	Niacin 28mg
Sugar 54g	Vitamin B6 2.1mg
Protein 127g	Folate 277µg



Cholesterol 168mg	Vitamin B12 8.1µg
Sodium 1931mg	Phosphorous 1219mg
Potassium 3026mg	Magnesium 455mg
Vitamin A 3450IU	Zinc 7mg
Vitamin C 133mg	Selenium 103µg



FRUITS

- 2 1/2 Avocado
- 6 Banana
- 6 Clementines
- 1 1/4 tbsps Lemon Juice
- 3 tbsps Lime Juice

BREAKFAST

- 3/4 cup All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 1 1/2 cups Cashews
- 2/3 cup Chia Seeds
- 2 tsps Cinnamon
- 1/3 cup Hemp Seeds
- 1/2 tsp Italian Seasoning
- 1 1/2 tsps Red Pepper Flakes
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds

FROZEN

- 3 cups Frozen Strawberries

VEGETABLES

- 1 1/2 cups Asparagus
- 2 cups Baby Spinach
- 2 cups Broccoli
- 3 Carrot
- 1 Cucumber
- 1 tsp Ginger
- 4 1/2 cups Green Cabbage
- 8 cups Kale Leaves
- 4 cups Mini Potatoes
- 3 cups Portobello Mushroom
- 1/3 cup Thai Basil

BOXED & CANNED

- 1 1/4 cups Brown Rice
- 11 1/3 ozs Chickpea Pasta

BAKING

- 3 tbsps Cocoa Powder
- 1 1/4 cups Oats
- 1 1/4 cups Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 1 lb Canned Mackerel
- 1 2/3 lbs Chicken Breast
- 1 2/3 lbs Extra Lean Ground Turkey
- 1/3 cup Parmigiano Reggiano

CONDIMENTS & OILS

- 1/4 cup Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Pesto

COLD

- 2 cups Egg Whites
- 3 1/4 cups Plain Greek Yogurt
- 7 1/4 cups Unsweetened Almond Milk

OTHER

- 10 Nori Sheets
- 1 3/4 cups Water

Banana Chocolate Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/4 cup Plain Greek Yogurt
1 tbsp Chia Seeds
2 tbsps Hemp Seeds
1/4 cup Oats
1 tbsp Cocoa Powder
1 Banana (frozen)
2 tbsps Pitted Dates

NUTRITION

AMOUNT PER SERVING

Calories	487	Calcium	697mg
Fat	20g	Iron	5mg
Saturated	3g	Vitamin D	126IU
Trans	0g	Vitamin E	0mg
Polyunsat...	12g	Vitamin K	2µg
Monouns...	4g	Thiamine	0.4mg
Carbs	68g	Riboflavin	0.3mg
Fiber	14g	Niacin	3mg
Sugar	28g	Vitamin B6	0.6mg
Protein	20g	Folate	57µg
Cholesterol	8mg	Vitamin B12	0µg
Sodium	202mg	Phosphoro...	490mg
Potassium	1024mg	Magnesium	251mg
Vitamin A	891IU	Zinc	3mg
Vitamin C	14mg	Selenium	8µg

DIRECTIONS

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

NOTES

PITTED DATES

One serving is equal to approximately two to three dates.

GLUTEN-FREE

Use Gluten-Free oats.

DAIRY-FREE

Use coconut yogurt instead.

NUT-FREE

Use coconut or oat milk instead of almond milk.

MORE FLAVOR

Add a pinch of cinnamon.

MAKE IT VEGAN

Use a vegan yogurt.

Scrambled Egg Whites with Avocado & Banana

1 SERVING 5 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
1 cup Egg Whites
1 Banana (medium)
1/2 Avocado

NUTRITION

AMOUNT PER SERVING

Calories	432	Calcium	35mg
Fat	20g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	24µg
Monouns...	13g	Thiamine	0.1mg
Carbs	37g	Riboflavin	1.3mg
Fiber	10g	Niacin	3mg
Sugar	17g	Vitamin B6	0.7mg
Protein	30g	Folate	115µg
Cholesterol	0mg	Vitamin B12	0.2µg
Sodium	412mg	Phosphoro...	115mg
Potassium	1306mg	Magnesium	88mg
Vitamin A	222IU	Zinc	1mg
Vitamin C	20mg	Selenium	50µg

DIRECTIONS

- 01 Heat the oil in a pan over medium-high heat. Add the egg whites and gently stir until cooked through, about three to four minutes.
- 02 Serve the egg whites alongside the avocado and banana. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add salt and pepper to the egg whites.

ADDITIONAL TOPPINGS

Top with salsa, sauerkraut, cheese, or olives.

Strawberry Yogurt Chia Pudding

2 SERVINGS 35 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
1/3 cup Chia Seeds
1/2 cup Unsweetened Almond Milk
1 cup Frozen Strawberries
3 tbsps All Natural Peanut Butter
1 1/3 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	469	Calcium	601mg
Fat	29g	Iron	5mg
Saturated	5g	Vitamin D	75IU
Trans	0g	Vitamin E	3mg
Polyunsat...	14g	Vitamin K	3µg
Monouns...	8g	Thiamine	0.1mg
Carbs	36g	Riboflavin	0.1mg
Fiber	15g	Niacin	4mg
Sugar	11g	Vitamin B6	0.2mg
Protein	25g	Folate	47µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	121mg	Phosphoro...	205mg
Potassium	521mg	Magnesium	104mg
Vitamin A	800IU	Zinc	1mg
Vitamin C	53mg	Selenium	2µg

DIRECTIONS

- 01 Add the yogurt, chia seeds, almond milk, and strawberries to a medium-sized bowl. Stir well to combine.
- 02 Place in the fridge for 25 to 30 minutes or until thickened.
- 03 When ready to serve, stir in the peanut butter and garnish with the hemp seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals about one cup.

MORE FLAVOR

Add a pinch of cinnamon or vanilla.

LIKES IT SWEETER

Add a drizzle of honey or maple syrup.

DAIRY-FREE

Use plant-based yogurt instead of Greek yogurt.

Peanut Butter & Banana Protein Porridge

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1/2 cup Oats (rolled)
1 cup Egg Whites
2 tbsps All Natural Peanut Butter
2 tsps Cinnamon
1 Banana (mashed)

NUTRITION

AMOUNT PER SERVING

Calories	324	Calcium	507mg
Fat	13g	Iron	2mg
Saturated	2g	Vitamin D	101IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	2µg
Monouns...	6g	Thiamine	0.1mg
Carbs	35g	Riboflavin	0.7mg
Fiber	7g	Niacin	3mg
Sugar	10g	Vitamin B6	0.3mg
Protein	21g	Folate	37µg
Cholesterol	0mg	Vitamin B12	0.1µg
Sodium	367mg	Phosphoro...	170mg
Potassium	620mg	Magnesium	103mg
Vitamin A	545IU	Zinc	1mg
Vitamin C	5mg	Selenium	31µg

DIRECTIONS

- 01 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 02 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add maple syrup or honey and vanilla extract.

ADDITIONAL TOPPINGS

More peanut butter, banana slices, berries, or extra cinnamon.

NO ALMOND MILK

Use another dairy or dairy alternative milk instead.

Peanut Butter Stuffed Dates

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Pitted Dates
1 tbsp All Natural Peanut Butter
1/8 tsp Sea Salt (flaky, optional)

NUTRITION

AMOUNT PER SERVING

Calories	304	Calcium	37mg
Fat	9g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	2µg
Monouns...	4g	Thiamine	0.1mg
Carbs	59g	Riboflavin	0.1mg
Fiber	7g	Niacin	3mg
Sugar	48g	Vitamin B6	0.2mg
Protein	5g	Folate	28µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	299mg	Phosphoro...	100mg
Potassium	572mg	Magnesium	59mg
Vitamin A	7IU	Zinc	1mg
Vitamin C	0mg	Selenium	3µg

DIRECTIONS

01 Open the dates up wide. Spread the peanut butter into the dates. Sprinkle with flaky sea salt, if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate the leftovers in an airtight container for up to three days.

SERVING SIZE

One serving is three peanut butter stuffed dates.

ADDITIONAL TOPPINGS

Cacao nibs, shredded coconut, or chocolate chips.

Avocado, Cucumber & Nori Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

- 1/2 Avocado (sliced)
- 1/4 Cucumber (sliced)
- 1/4 cup Cashews
- 4 Nori Sheets
- 1/2 tsp Sesame Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	398	Calcium	94mg
Fat	32g	Iron	4mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	5g	Vitamin K	45µg
Monouns...	20g	Thiamine	0.2mg
Carbs	27g	Riboflavin	0.2mg
Fiber	12g	Niacin	2mg
Sugar	4g	Vitamin B6	0.4mg
Protein	12g	Folate	112µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	26mg	Phosphoro...	248mg
Potassium	799mg	Magnesium	134mg
Vitamin A	1826IU	Zinc	3mg
Vitamin C	24mg	Selenium	5µg

DIRECTIONS

- 01 Assemble all the ingredients into a storage container. Add sesame seeds to the cucumber and avocado. Refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

The avocado is best enjoyed immediately. To keep it from browning, squeeze some lemon juice on top and refrigerate in an airtight container for up to one day.

NUT-FREE

Use pumpkin seeds instead of cashews.

MORE FLAVOR

Season the avocado with chili flakes, cayenne or everything bagel seasoning.

Strawberry & Peanut Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

3/4 cup Unsweetened Almond Milk
1/2 cup Plain Greek Yogurt
1 cup Frozen Strawberries
1/2 Banana (frozen)
2 tbsps All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	435	Calcium	642mg
Fat	21g	Iron	3mg
Saturated	5g	Vitamin D	125IU
Trans	0g	Vitamin E	4mg
Polysat...	5g	Vitamin K	5µg
Monouns...	10g	Thiamine	0.1mg
Carbs	48g	Riboflavin	0.2mg
Fiber	9g	Niacin	6mg
Sugar	24g	Vitamin B6	0.4mg
Protein	21g	Folate	77µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	201mg	Phosphoro...	150mg
Potassium	745mg	Magnesium	107mg
Vitamin A	1137IU	Zinc	1mg
Vitamin C	104mg	Selenium	3µg

DIRECTIONS

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

NOTES

LEFTOVERS

Best enjoyed immediately.

DAIRY-FREE

Use dairy-free yogurt.

NUT-FREE

Use sunflower seed butter.

MORE PROTEIN

Add collagen or protein powder.

MORE FIBER

Add frozen cauliflower, ground flax, and/or chia seeds.

Peanut Butter Banana Oat Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Oats (quick or traditional)
2 tbsps All Natural Peanut Butter
1 Banana
1/2 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	389	Calcium	258mg
Fat	20g	Iron	2mg
Saturated	4g	Vitamin D	50IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	1µg
Monouns...	10g	Thiamine	0.2mg
Carbs	48g	Riboflavin	0.2mg
Fiber	7g	Niacin	5mg
Sugar	18g	Vitamin B6	0.6mg
Protein	12g	Folate	58µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	88mg	Phosphoro...	217mg
Potassium	694mg	Magnesium	122mg
Vitamin A	325IU	Zinc	2mg
Vitamin C	10mg	Selenium	8µg

DIRECTIONS

- 01 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or a few soaked dates.

NO PEANUT BUTTER

Use any nut or seed butter.

STORAGE

Store in a mason jar with lid in the fridge up to 48 hours.

MORE PROTEIN

Add hemp seeds or a scoop of protein powder.

MORE FIBRE

Add ground flax seed.

Cashews & Clementines

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Cashews
2 Clementines

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	267	Calcium	60mg
Fat	16g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	12µg
Monouns...	9g	Thiamine	0.2mg
Carbs	29g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	15g	Vitamin B6	0.2mg
Protein	7g	Folate	59µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	200mg
Potassium	456mg	Magnesium	104mg
Vitamin A	0IU	Zinc	2mg
Vitamin C	72mg	Selenium	4µg

One Pot Turkey, Cabbage & Mushrooms

3 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil
1 1/8 lbs Extra Lean Ground Turkey
4 1/2 cups Green Cabbage (finely sliced)
3 cups Portobello Mushroom (sliced)
1/8 tsp Sea Salt
1/3 cup Thai Basil (chopped)
3 tbsps Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	388	Calcium	104mg
Fat	22g	Iron	3mg
Saturated	5g	Vitamin D	41IU
Trans	0g	Vitamin E	1mg
Polyunsat...	5g	Vitamin K	128µg
Monouns...	10g	Thiamine	0.3mg
Carbs	15g	Riboflavin	0.9mg
Fiber	6g	Niacin	17mg
Sugar	7g	Vitamin B6	0.9mg
Protein	38g	Folate	97µg
Cholesterol	126mg	Vitamin B12	2.0µg
Sodium	303mg	Phosphoro...	531mg
Potassium	1151mg	Magnesium	72mg
Vitamin A	542IU	Zinc	5mg
Vitamin C	54mg	Selenium	59µg

DIRECTIONS

- 01 Heat the oil in a large pan over medium-high heat. Add the ground turkey, breaking it up as it cooks. Cook for three to five minutes.
- 02 Add the cabbage and the mushrooms. Season with salt and cook for five to seven minutes, stirring occasionally, until softened.
- 03 Add the basil and the lime juice and cook another two minutes, until well combined.
- 04 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Use beef, pork, or lamb instead of turkey. Add more vegetables. Season with garlic and onion.

Brown Rice

3 SERVINGS 45 MINUTES



INGREDIENTS

3/4 cup Brown Rice (uncooked)
1 1/2 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	170	Calcium	16mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.3mg
Carbs	35g	Riboflavin	0mg
Fiber	2g	Niacin	3mg
Sugar	0g	Vitamin B6	0.2mg
Protein	3g	Folate	11µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphoro...	144mg
Potassium	116mg	Magnesium	56mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	8µg

DIRECTIONS

- 01 Combine the brown rice 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 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Nori Mackerel & Carrot Wraps

1 SERVING 10 MINUTES



INGREDIENTS

- 1 Carrot (small, julienned)
- 4 ozs Canned Mackerel (drained)
- 1 Nori Sheets (quartered)

NUTRITION

AMOUNT PER SERVING

Calories	207	Calcium	303mg
Fat	7g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	8µg
Monouns...	3g	Thiamine	0.1mg
Carbs	7g	Riboflavin	0.3mg
Fiber	3g	Niacin	8mg
Sugar	3g	Vitamin B6	0.3mg
Protein	28g	Folate	17µg
Cholesterol	90mg	Vitamin B12	7.9µg
Sodium	475mg	Phosphoro...	363mg
Potassium	415mg	Magnesium	49mg
Vitamin A	10591IU	Zinc	1mg
Vitamin C	8mg	Selenium	43µg

DIRECTIONS

- 01 Divide the carrot and mackerel between the nori sheets. Fold and roll each nori sheet into a hand roll, cone shape. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is four nori wraps.

MAKE IT VEGAN

Use grilled tempeh or tofu instead of mackerel.

MORE FLAVOR

Serve with spicy mayo or soy sauce for dipping. Add chopped green onions, rice and/or sprouts to the wraps.

ADDITIONAL TOPPINGS

Sesame seeds.

Chocolate & Yogurt Cashew Chia Pudding

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Chia Seeds
3/4 cup Unsweetened Almond Milk
1 tbsp Cocoa Powder
3/4 cup Plain Greek Yogurt
1/4 cup Cashews (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	297	Calcium	521mg
Fat	18g	Iron	4mg
Saturated	4g	Vitamin D	75IU
Trans	0g	Vitamin E	0mg
Polyunsat...	8g	Vitamin K	6µg
Monouns...	6g	Thiamine	0mg
Carbs	22g	Riboflavin	0.1mg
Fiber	10g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	16g	Folate	13µg
Cholesterol	13mg	Vitamin B12	0µg
Sodium	120mg	Phosphoro...	104mg
Potassium	252mg	Magnesium	64mg
Vitamin A	656IU	Zinc	1mg
Vitamin C	6mg	Selenium	2µg

DIRECTIONS

- 01 In a bowl, whisk together the chia seeds, almond milk, and cocoa powder. Refrigerate for at least 20 to 25 minutes or overnight.
- 02 Divide the yogurt and chia seeds mixture between serving bowls or jars. Top with cashews and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately one cup.

LIKES IT SWEET

Add honey or maple syrup.

Sheet Pan Pesto Chicken, Potatoes & Veggies

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Breast (skinless, boneless)
2 cups Mini Potatoes (halved)
2 cups Broccoli (cut into florets)
1 Carrot (medium, sliced)
1 1/2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper
3 tbsps Pesto

NUTRITION

AMOUNT PER SERVING

Calories	483	Calcium	149mg
Fat	23g	Iron	3mg
Saturated	4g	Vitamin D	1IU
Trans	0g	Vitamin E	5mg
Polysat...	3g	Vitamin K	141µg
Monouns...	13g	Thiamine	0.4mg
Carbs	38g	Riboflavin	0.5mg
Fiber	7g	Niacin	13mg
Sugar	6g	Vitamin B6	1.6mg
Protein	34g	Folate	100µg
Cholesterol	82mg	Vitamin B12	0.2µg
Sodium	254mg	Phosphoro...	461mg
Potassium	1532mg	Magnesium	100mg
Vitamin A	6064IU	Zinc	2mg
Vitamin C	113mg	Selenium	29µg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Arrange the chicken, potatoes, broccoli, and carrot to the baking sheet. Drizzle with oil and season with salt and pepper. Spread the pesto over top until well coated.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt and pepper if needed. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four ounces of chicken, one cup of potatoes, one cup of broccoli, and half a cup of carrot.

ADDITIONAL TOPPINGS

Add red pepper flakes, parmesan, or nutritional yeast.

Pasta with Spinach & Turkey

2 SERVINGS 20 MINUTES



INGREDIENTS

- 4 ozs Chickpea Pasta
- 1 tbsp Extra Virgin Olive Oil (divided)
- 8 ozs Extra Lean Ground Turkey
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach (packed)

NUTRITION

AMOUNT PER SERVING

Calories	425	Calcium	93mg
Fat	20g	Iron	8mg
Saturated	3g	Vitamin D	16IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	149µg
Monouns...	8g	Thiamine	0.1mg
Carbs	33g	Riboflavin	0.3mg
Fiber	9g	Niacin	6mg
Sugar	5g	Vitamin B6	0.5mg
Protein	36g	Folate	66µg
Cholesterol	84mg	Vitamin B12	1.4µg
Sodium	457mg	Phosphoro...	233mg
Potassium	409mg	Magnesium	47mg
Vitamin A	2896IU	Zinc	3mg
Vitamin C	8mg	Selenium	22µg

DIRECTIONS

- 01 Cook the pasta according to the directions on the box.
- 02 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning and salt. Add the spinach and stir until wilted.
- 03 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt or add more oil if needed.
- 04 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

SERVING SIZE

One serving is approximately 2 cups.

MORE FLAVOR

Add garlic, red pepper flakes or fresh herbs.

NO CHICKPEA PASTA

Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

NO TURKEY

Use ground chicken, pork, beef or cooked lentils instead.

Parmesan Chicken & Kale Skillet

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 12 ozs Chicken Breast (skinless, boneless, cut into strips)
- Sea Salt & Black Pepper (to taste)
- 8 cups Kale Leaves (stems removed, torn into pieces, packed)
- 1/4 cup Water
- 1 1/2 tsps Lemon Juice
- 1/4 cup Parmigiano Reggiano (finely grated)
- 1 1/2 tsps Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	353	Calcium	377mg
Fat	17g	Iron	2mg
Saturated	5g	Vitamin D	2IU
Trans	0g	Vitamin E	3mg
Polysat...	2g	Vitamin K	332µg
Monouns...	6g	Thiamine	0.3mg
Carbs	5g	Riboflavin	0.6mg
Fiber	4g	Niacin	17mg
Sugar	1g	Vitamin B6	1.5mg
Protein	45g	Folate	70µg
Cholesterol	136mg	Vitamin B12	0.4µg
Sodium	212mg	Phosphoro...	411mg

DIRECTIONS

- 01 In a large skillet or pan, heat the oil over medium heat. Cook the chicken and season with salt and pepper to taste, until cooked through, about five to seven minutes. Transfer the chicken to a bowl.
- 02 To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice and parmigiano reggiano.
- 03 Divide onto plates and sprinkle the red pepper flakes ovetop. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

DAIRY-FREE

Use nutritional yeast instead of parmesan or omit.

MORE FLAVOR

Add onions and garlic.

ADDITIONAL TOPPINGS

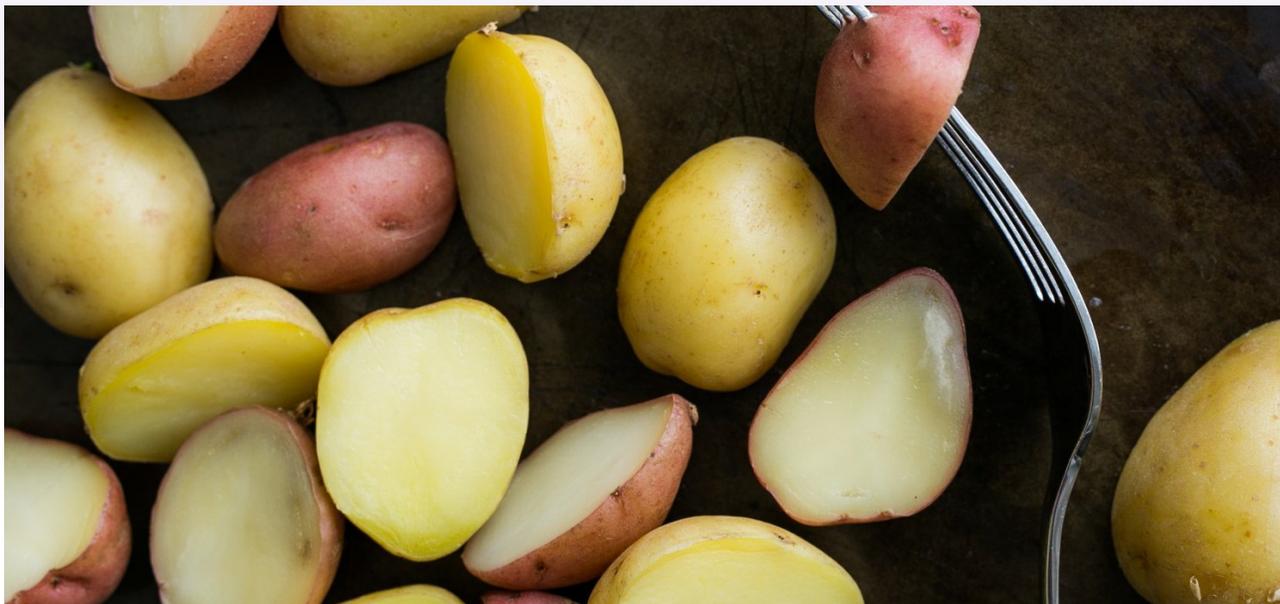
Add leftover vegetables or serve over rice, pasta, or quinoa.

Potassium	890mg	Magnesium	78mg
Vitamin A	4755IU	Zinc	2mg
Vitamin C	81mg	Selenium	40µg



Steamed Mini Potatoes

2 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Mini Potatoes (halved)

NUTRITION

AMOUNT PER SERVING

Calories	116	Calcium	18mg
Fat	0g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	3µg
Monouns...	0g	Thiamine	0.1mg
Carbs	26g	Riboflavin	0mg
Fiber	3g	Niacin	2mg
Sugar	1g	Vitamin B6	0.4mg
Protein	3g	Folate	23µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	9mg	Phosphoro...	86mg
Potassium	638mg	Magnesium	35mg
Vitamin A	3IU	Zinc	0mg
Vitamin C	30mg	Selenium	1µg

DIRECTIONS

- 01 Set the halved potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

Chicken & Asparagus Pesto Pasta

3 SERVINGS 30 MINUTES



INGREDIENTS

6 1/3 ozs Chicken Breast
1 1/2 cups Asparagus (ends trimmed)
2 1/4 tsps Extra Virgin Olive Oil
7 1/3 ozs Chickpea Pasta (dry)
1/4 cup Pesto
2 1/4 tsps Lemon Juice
2 1/4 tbsps Parmigiano Reggiano (finely grated)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	456	Calcium	188mg
Fat	19g	Iron	8mg
Saturated	3g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	62µg
Monouns...	8g	Thiamine	0.2mg
Carbs	44g	Riboflavin	0.4mg
Fiber	12g	Niacin	7mg
Sugar	9g	Vitamin B6	0.6mg
Protein	36g	Folate	44µg
Cholesterol	48mg	Vitamin B12	0.1µg
Sodium	262mg	Phosphoro...	220mg
Potassium	457mg	Magnesium	36mg
Vitamin A	886IU	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
- 03 Meanwhile, cook the pasta according to package instructions.
- 04 To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

DAIRY-FREE

Use nutritional yeast or plant-based cheese instead of parmesan.

ADDITIONAL TOPPINGS

Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.

Vitamin C 5mg Selenium 15µg



Mackerel & Cucumber Rice Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
1/4 cup Coconut Aminos
1 tsp Ginger (fresh, minced)
2 tbsps Extra Virgin Olive Oil
8 ozs Canned Mackerel
1 Avocado (sliced)
1/2 Cucumber (sliced)
2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	686	Calcium	331mg
Fat	38g	Iron	4mg
Saturated	7g	Vitamin D	0IU
Trans	0g	Vitamin E	6mg
Polyunsat...	6g	Vitamin K	42µg
Monouns...	23g	Thiamine	0.4mg
Carbs	53g	Riboflavin	0.4mg
Fiber	9g	Niacin	12mg
Sugar	8g	Vitamin B6	0.8mg
Protein	33g	Folate	106µg
Cholesterol	90mg	Vitamin B12	7.9µg
Sodium	981mg	Phosphoro...	575mg
Potassium	952mg	Magnesium	145mg
Vitamin A	226IU	Zinc	3mg
Vitamin C	13mg	Selenium	52µg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Make the dressing by mixing together the coconut aminos, ginger, and oil.
- 03 Divide the rice evenly between bowls and top with the mackerel, avocado, cucumber, and sesame seeds. Top with the dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Keep the dressing separate until ready to serve.

MORE FLAVOR

Add maple syrup and minced garlic to the dressing.

ADDITIONAL TOPPINGS

Garnish with hot sauce, chopped green onion and/or cilantro.

MAKE IT VEGAN

Use seared tempeh or tofu instead of mackerel.