



# Menstrual Phase Support Program

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# Menstrual Phase Support Program

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**  
Cinnamon Protein Oats



**SNACK 1**  
Greek Yogurt with Orange, Blueberries & Pumpkin Seeds



**LUNCH**  
Beef, Spinach & Tomato Rice Bowl



**SNACK 2**  
Banana Chia Crisps



**DINNER**  
Mackerel, Quinoa & Kale Salad



**SNACK 3**  
Fresh Mint Tea

## TUE



**BREAKFAST**  
Cinnamon Protein Oats



**SNACK 1**  
Dark Chocolate & Walnuts



**LUNCH**  
Mackerel, Quinoa & Kale Salad



**SNACK 2**  
Greek Yogurt with Orange, Blueberries & Pumpkin Seeds



**DINNER**  
Beef, Spinach & Tomato Rice Bowl



**SNACK 3**  
Chamomile Tea

## WED



**BREAKFAST**  
Creamy Vanilla Blueberry Protein Oatmeal



**SNACK 1**  
Banana Chia Crisps



**LUNCH**  
Beef, Spinach & Tomato Rice Bowl



**SNACK 2**  
Mackerel Salad with Peppers, Snap Peas & Blueberries



**DINNER**  
Quinoa, Lentil & Kale Salad



**SNACK 3**  
Ginger Mint Tea

## THU



**BREAKFAST**  
Creamy Vanilla Blueberry Protein Oatmeal



**SNACK 1**  
Dark Chocolate & Walnuts



**LUNCH**  
Quinoa, Lentil & Kale Salad



**SNACK 2**  
Banana Chia Crisps



**DINNER**  
One Pan Red Pepper Rice & Beef with Greek Yogurt



**SNACK 3**  
Chamomile Tea

## FRI



**BREAKFAST**  
Creamy Vanilla Blueberry Protein Oatmeal



**SNACK 1**  
Mackerel Salad with Peppers, Snap Peas & Blueberries



**LUNCH**  
One Pan Red Pepper Rice & Beef with Greek Yogurt



**SNACK 2**  
Orange & Dark Chocolate



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



**SNACK 3**  
Fresh Mint Tea

## SAT



**BREAKFAST**  
Creamy Chocolate Banana Smoothie



**SNACK 1**  
Yogurt & Orange Slices



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



**SNACK 2**  
Blueberries & Walnuts



**DINNER**  
Citrus Quinoa Veggie Bowl



**SNACK 3**  
Chamomile Tea

## SUN



**BREAKFAST**  
Creamy Chocolate Banana Smoothie



**SNACK 1**  
Blueberries & Walnuts



**LUNCH**  
Citrus Quinoa Veggie Bowl



**SNACK 2**  
Orange & Dark Chocolate



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



**SNACK 3**  
Ginger Mint Tea



**MON****FAT 36%   CARBS 38%   PROTEIN 26%**

<b>Calories</b> 1859	Calcium 1514mg
<b>Fat</b> 77g	Iron 17mg
Saturated 17g	Vitamin D 102IU
Trans 1g	Vitamin E 8mg
Polyunsaturated 22g	Vitamin K 315µg
Monounsaturated 30g	Thiamine 1.0mg
<b>Carbs</b> 178g	Riboflavin 1.6mg
Fiber 36g	Niacin 20mg
Sugar 34g	Vitamin B6 2.0mg
<b>Protein</b> 122g	Folate 282µg
Cholesterol 202mg	Vitamin B12 11.0µg
Sodium 812mg	Phosphorous 1680mg
Potassium 2639mg	Magnesium 503mg
Vitamin A 7031IU	Zinc 14mg
Vitamin C 129mg	Selenium 95µg

**TUE****FAT 44%   CARBS 31%   PROTEIN 25%**

<b>Calories</b> 1867	Calcium 1191mg
<b>Fat</b> 92g	Iron 17mg
Saturated 24g	Vitamin D 102IU
Trans 1g	Vitamin E 8mg
Polyunsaturated 24g	Vitamin K 317µg
Monounsaturated 35g	Thiamine 1.1mg
<b>Carbs</b> 145g	Riboflavin 1.6mg
Fiber 21g	Niacin 20mg
Sugar 27g	Vitamin B6 1.8mg
<b>Protein</b> 120g	Folate 285µg
Cholesterol 203mg	Vitamin B12 11.1µg
Sodium 805mg	Phosphorous 1831mg
Potassium 2319mg	Magnesium 568mg
Vitamin A 6869IU	Zinc 16mg
Vitamin C 118mg	Selenium 97µg

**WED****FAT 34%   CARBS 42%   PROTEIN 24%**

<b>Calories</b> 1984	Calcium 1424mg
<b>Fat</b> 76g	Iron 21mg
Saturated 16g	Vitamin D 102IU
Trans 1g	Vitamin E 10mg
Polyunsaturated 22g	Vitamin K 342µg
Monounsaturated 29g	Thiamine 1.2mg
<b>Carbs</b> 216g	Riboflavin 1.5mg
Fiber 49g	Niacin 21mg
Sugar 51g	Vitamin B6 2.4mg
<b>Protein</b> 124g	Folate 530µg
Cholesterol 200mg	Vitamin B12 10.7µg
Sodium 755mg	Phosphorous 1706mg
Potassium 3246mg	Magnesium 503mg
Vitamin A 8955IU	Zinc 15mg
Vitamin C 197mg	Selenium 95µg

**THU****FAT 40%   CARBS 40%   PROTEIN 20%**

<b>Calories</b> 2090	Calcium 1245mg
<b>Fat</b> 97g	Iron 22mg
Saturated 22g	Vitamin D 127IU
Trans 1g	Vitamin E 6mg
Polyunsaturated 37g	Vitamin K 120µg
Monounsaturated 28g	Thiamine 1.1mg
<b>Carbs</b> 213g	Riboflavin 1.2mg
Fiber 49g	Niacin 14mg
Sugar 46g	Vitamin B6 2.1mg
<b>Protein</b> 108g	Folate 444µg
Cholesterol 119mg	Vitamin B12 2.9µg
Sodium 329mg	Phosphorous 1497mg
Potassium 2739mg	Magnesium 516mg
Vitamin A 3654IU	Zinc 15mg
Vitamin C 120mg	Selenium 55µg

**FRI****FAT 36%   CARBS 36%   PROTEIN 28%**

<b>Calories</b> 2089	Calcium 1234mg
<b>Fat</b> 84g	Iron 16mg
Saturated 23g	Vitamin D 132IU
Trans 1g	Vitamin E 10mg
Polyunsaturated 20g	Vitamin K 128µg
Monounsaturated 29g	Thiamine 1.3mg
<b>Carbs</b> 192g	Riboflavin 1.8mg
Fiber 26g	Niacin 38mg
Sugar 58g	Vitamin B6 3.2mg
<b>Protein</b> 146g	Folate 346µg
Cholesterol 324mg	Vitamin B12 11.2µg
Sodium 1064mg	Phosphorous 1893mg
Potassium 2887mg	Magnesium 507mg
Vitamin A 6930IU	Zinc 16mg
Vitamin C 291mg	Selenium 133µg

**SAT****FAT 38%   CARBS 39%   PROTEIN 23%**

<b>Calories</b> 1978	Calcium 1418mg
<b>Fat</b> 87g	Iron 12mg
Saturated 16g	Vitamin D 229IU
Trans 0g	Vitamin E 9mg
Polyunsaturated 34g	Vitamin K 161µg
Monounsaturated 25g	Thiamine 1.2mg
<b>Carbs</b> 198g	Riboflavin 1.2mg
Fiber 30g	Niacin 24mg
Sugar 70g	Vitamin B6 2.8mg
<b>Protein</b> 115g	Folate 524µg
Cholesterol 191mg	Vitamin B12 0.4µg
Sodium 697mg	Phosphorous 1118mg
Potassium 2856mg	Magnesium 428mg
Vitamin A 11148IU	Zinc 7mg
Vitamin C 241mg	Selenium 54µg

**SUN****FAT 41%   CARBS 39%   PROTEIN 20%**

<b>Calories</b> 1999	Calcium 1095mg
<b>Fat</b> 94g	Iron 14mg
Saturated 20g	Vitamin D 154IU
Trans 0g	Vitamin E 9mg
Polyunsaturated 34g	Vitamin K 163µg
Monounsaturated 28g	Thiamine 1.2mg
<b>Carbs</b> 202g	Riboflavin 1.2mg
Fiber 33g	Niacin 24mg
Sugar 72g	Vitamin B6 2.8mg
<b>Protein</b> 100g	Folate 527µg





Cholesterol 167mg	Vitamin B12 0.5µg
Sodium 603mg	Phosphorous 1200mg
Potassium 3070mg	Magnesium 495mg
Vitamin A 10310IU	Zinc 8mg
Vitamin C 231mg	Selenium 56µg



## FRUITS

- 5 Banana
- 5 1/8 cups Blueberries
- 2 Lemon
- 3 tbsps Lemon Juice
- 5 Navel Orange

## BREAKFAST

- 3 cups Chamomile Tea

## SEEDS, NUTS & SPICES

- 3/4 cup Chia Seeds
- 1 1/16 tbsps Cinnamon
- 1 tsp Cumin
- 1 1/2 tbsps Italian Seasoning
- 1/2 cup Pumpkin Seeds
- 0 Sea Salt & Black Pepper
- 1 1/3 cups Walnuts

## FROZEN

- 3/4 cup Frozen Edamame

## VEGETABLES

- 4 cups Baby Spinach
- 1 cup Broccoli
- 1 Carrot
- 1 1/2 cups Cherry Tomatoes
- 7 1/2 Cremini Mushrooms
- 1/3 cup Fresh Dill
- 3 tbsps Ginger
- 4 1/4 stalks Green Onion
- 5 cups Kale Leaves
- 1/2 cup Mint Leaves
- 2 1/4 Red Bell Pepper
- 1 cup Snap Peas

## BOXED & CANNED

- 2 cups Brown Rice
- 2 1/2 cups Lentils
- 1 1/2 cups Quinoa

## BAKING

- 2 tbsps Cacao Powder
- 3 1/2 ozs Dark Chocolate
- 1 tbsp Honey
- 2 1/2 cups Oats

## BREAD, FISH, MEAT & CHEESE

- 1 lb Canned Mackerel
- 15 ozs Chicken Breast
- 1 1/4 lbs Extra Lean Ground Beef

## CONDIMENTS & OILS

- 2 1/3 tbsps Apple Cider Vinegar
- 2 1/2 tpsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/3 cup Green Goddess Salad Dressing

## COLD

- 9 1/4 cups Plain Greek Yogurt

## OTHER

- 1 cup Vanilla Protein Powder
- 10 cups Water

# Cinnamon Protein Oats

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Water  
1 cup Oats  
1/2 cup Vanilla Protein Powder  
1/4 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	240	Calcium	162mg
Fat	3g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	1µg
Monouns...	1g	Thiamine	0.3mg
Carbs	29g	Riboflavin	0.6mg
Fiber	5g	Niacin	1mg
Sugar	0g	Vitamin B6	0.2mg
Protein	24g	Folate	21µg
Cholesterol	4mg	Vitamin B12	0.6µg
Sodium	45mg	Phosphoro...	486mg
Potassium	269mg	Magnesium	108mg
Vitamin A	1IU	Zinc	3mg
Vitamin C	0mg	Selenium	18µg

## 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 seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder and cinnamon.
- 02 Transfer the cooked oats to a bowl and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### ADDITIONAL TOPPINGS

Fruit, nuts, or seeds.



# Creamy Vanilla Blueberry Protein Oatmeal

3 SERVINGS 15 MINUTES



## INGREDIENTS

1 1/2 cups Oats (rolled)  
1/3 cup Vanilla Protein Powder  
3 cups Plain Greek Yogurt  
1 1/2 cups Blueberries  
3 tbsps Pumpkin Seeds  
1 tbsp Honey

## NUTRITION

### AMOUNT PER SERVING

Calories	484	Calcium	586mg
Fat	12g	Iron	3mg
Saturated	4g	Vitamin D	99IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	16µg
Monouns...	2g	Thiamine	0.3mg
Carbs	57g	Riboflavin	0.4mg
Fiber	7g	Niacin	1mg
Sugar	19g	Vitamin B6	0.2mg
Protein	40g	Folate	26µg
Cholesterol	36mg	Vitamin B12	0.3µg
Sodium	163mg	Phosphoro...	434mg
Potassium	329mg	Magnesium	132mg
Vitamin A	1291IU	Zinc	3mg
Vitamin C	22mg	Selenium	16µg

## DIRECTIONS

- 01 Cook the oats according to the package directions.
- 02 Stir the protein powder into the yogurt.
- 03 Place the oatmeal in a bowl. Top with blueberries, yogurt, and pumpkin seeds. Drizzle with honey and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to three days, keeping the yogurt separate.

### SERVING SIZE

One serving is equal to approximately two cups.

### ADDITIONAL TOPPINGS

Cinnamon, chia seeds, ground flax seeds, shredded coconut.

# Creamy Chocolate Banana Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 tbsp Cacao Powder  
1 1/2 cups Plain Greek Yogurt  
1 cup Water  
1 Banana (medium)

## NUTRITION

### AMOUNT PER SERVING

Calories	411	Calcium	789mg
Fat	10g	Iron	2mg
Saturated	5g	Vitamin D	149IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	47g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	23g	Vitamin B6	0.4mg
Protein	35g	Folate	24µg
Cholesterol	51mg	Vitamin B12	0µg
Sodium	217mg	Phosphoro...	26mg
Potassium	562mg	Magnesium	77mg
Vitamin A	1950IU	Zinc	0mg
Vitamin C	33mg	Selenium	1µg

## DIRECTIONS

01 Add all ingredients to a blender and blend well until smooth. Serve and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed fresh.

### SERVING SIZE

One serving is approximately 3 1/2 cups.

### MAKE IT VEGAN

Use dairy-free yogurt.

### LIKES IT SWEET

Add maple syrup or honey.

### MORE FLAVOR

Add peanut butter.

# 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.



# Dark Chocolate & Walnuts

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Walnuts  
1 oz Dark Chocolate (at least 70% cacao)

## DIRECTIONS

01 Divide dark chocolate and walnuts between bowls. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	346	Calcium	48mg
Fat	30g	Iron	4mg
Saturated	8g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	14g	Vitamin K	3µg
Monouns...	6g	Thiamine	0.1mg
Carbs	16g	Riboflavin	0.1mg
Fiber	5g	Niacin	1mg
Sugar	7g	Vitamin B6	0.2mg
Protein	7g	Folate	29µg
Cholesterol	1mg	Vitamin B12	0.1µg
Sodium	6mg	Phosphoro...	181mg
Potassium	311mg	Magnesium	104mg
Vitamin A	10IU	Zinc	2mg
Vitamin C	0mg	Selenium	3µg

# Mackerel Salad with Peppers, Snap Peas & Blueberries

1 SERVING 10 MINUTES



## INGREDIENTS

4 ozs Canned Mackerel (plus some oil from the can)  
1 stalk Green Onion (chopped)  
1/2 Red Bell Pepper (medium, sliced)  
1/2 cup Blueberries  
1/2 cup Snap Peas

## NUTRITION

### AMOUNT PER SERVING

Calories	253	Calcium	307mg
Fat	8g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	58µg
Monouns...	3g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.4mg
Fiber	5g	Niacin	8mg
Sugar	12g	Vitamin B6	0.5mg
Protein	28g	Folate	58µg
Cholesterol	90mg	Vitamin B12	7.9µg
Sodium	438mg	Phosphoro...	388mg
Potassium	527mg	Magnesium	68mg
Vitamin A	2728IU	Zinc	2mg
Vitamin C	92mg	Selenium	43µg

## DIRECTIONS

01 In a bowl, mash the mackerel with the oil from the can, adding one teaspoon at a time to your desired consistency. Mix in the green onion. Add it to a plate with the bell pepper, blueberries, and snap peas. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO MACKEREL

Use canned tuna or sardines instead.

# Yogurt & Orange Slices

1 SERVING 5 MINUTES



## INGREDIENTS

1 Navel Orange (large, sliced)  
3/4 cup Plain Greek Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	204	Calcium	435mg
Fat	4g	Iron	1mg
Saturated	2g	Vitamin D	75IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.1mg
Carbs	27g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	16g	Vitamin B6	0.1mg
Protein	18g	Folate	48µg
Cholesterol	25mg	Vitamin B12	0µg
Sodium	106mg	Phosphoro...	32mg
Potassium	232mg	Magnesium	15mg
Vitamin A	1283IU	Zinc	0mg
Vitamin C	94mg	Selenium	0µg

## DIRECTIONS

01 Serve the orange slices alongside the yogurt. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### DAIRY-FREE

Use coconut yogurt instead.

### ADDITIONAL TOPPINGS

Add cinnamon, honey, maple syrup, or granola to the yogurt.



# Blueberries & Walnuts

1 SERVING 3 MINUTES



## INGREDIENTS

1 cup Blueberries

1/4 cup Walnuts

## NUTRITION

### AMOUNT PER SERVING

Calories	281	Calcium	38mg
Fat	20g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	14g	Vitamin K	29µg
Monouns...	3g	Thiamine	0.2mg
Carbs	26g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	16g	Vitamin B6	0.2mg
Protein	6g	Folate	38µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	122mg
Potassium	246mg	Magnesium	56mg
Vitamin A	80IU	Zinc	1mg
Vitamin C	15mg	Selenium	2µg

## DIRECTIONS

01 Add the blueberries and walnuts to a plate or bowl and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the blueberries for up to one week. Walnuts can be stored in an airtight container in a cool dark place or in the refrigerator for up to three months.

### NO BLUEBERRIES

Use other berries like strawberries, blackberries or raspberries instead.

### NO WALNUTS

Use other nuts like cashews, pecans or almonds instead.

# Beef, Spinach & Tomato Rice Bowl

3 SERVINGS 45 MINUTES



## INGREDIENTS

3/4 cup Brown Rice (dry, rinsed)  
12 ozs Extra Lean Ground Beef  
1 1/2 tbsps Italian Seasoning  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Cherry Tomatoes  
3 cups Baby Spinach  
2 1/4 stalks Green Onion (chopped)  
3 tbsps Extra Virgin Olive Oil (divided)  
3 tbsps Lemon Juice

## NUTRITION

### AMOUNT PER SERVING

Calories	515	Calcium	61mg
Fat	27g	Iron	4mg
Saturated	7g	Vitamin D	3IU
Trans	1g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	174µg
Monouns...	15g	Thiamine	0.4mg
Carbs	41g	Riboflavin	0.3mg
Fiber	3g	Niacin	9mg
Sugar	3g	Vitamin B6	0.8mg
Protein	28g	Folate	93µg
Cholesterol	74mg	Vitamin B12	2.5µg
Sodium	106mg	Phosphoro...	389mg
Potassium	854mg	Magnesium	111mg
Vitamin A	3810IU	Zinc	7mg

## DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 While the rice is cooking, heat a non-stick pan over medium heat. Add the ground beef, breaking it up as it cooks. Season with the Italian dressing. Cook for seven to eight minutes or until cooked through.
- 03 To assemble, evenly divide the rice, beef, tomatoes, spinach, and onion into bowls. Drizzle the oil and lemon juice onto each bowl. Season with salt and pepper. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. When ready to eat, add the oil and lemon juice.

### SERVING SIZE

One serving is approximately 2 1/2 cups.

### MORE FLAVOR

Add garlic to the beef while it's cooking.

### NO LEMON JUICE

Use lime juice or your favorite dressing instead.

Vitamin C    26mg    Selenium    27µg



# Banana Chia Crisps

3 SERVINGS 25 MINUTES



## INGREDIENTS

3 Banana (medium, ripe)  
3/4 cup Chia Seeds  
1 tbsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	338	Calcium	339mg
Fat	15g	Iron	4mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	12g	Vitamin K	1µg
Monouns...	1g	Thiamine	0mg
Carbs	49g	Riboflavin	0.1mg
Fiber	20g	Niacin	1mg
Sugar	14g	Vitamin B6	0.4mg
Protein	9g	Folate	24µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	8mg	Phosphoro...	28mg
Potassium	634mg	Magnesium	33mg
Vitamin A	83IU	Zinc	0mg
Vitamin C	10mg	Selenium	1µg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 03 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 04 Remove from oven. Let cool and enjoy!

## NOTES

### STORAGE

Refrigerate in an air-tight container up to 5 days or freeze.

### SERVING SIZE

One serving is equal to approximately 12 small crisps.

# Orange & Dark Chocolate

1 SERVING 3 MINUTES



## INGREDIENTS

1 Navel Orange (peeled or sliced)  
1 oz Dark Chocolate (broken into pieces)

## DIRECTIONS

01 Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	218	Calcium	78mg
Fat	11g	Iron	3mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	3g	Thiamine	0.1mg
Carbs	29g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	18g	Vitamin B6	0.1mg
Protein	3g	Folate	48µg
Cholesterol	1mg	Vitamin B12	0.1µg
Sodium	6mg	Phosphoro...	109mg
Potassium	411mg	Magnesium	72mg
Vitamin A	356IU	Zinc	1mg
Vitamin C	83mg	Selenium	2µg

## NOTES

### NO ORANGES

Substitute grapefruit instead.

# Mackerel, Quinoa & Kale Salad

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry, rinsed)  
2 tsps Dijon Mustard  
1 1/3 tsps Apple Cider Vinegar  
1 1/3 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper  
3 cups Kale Leaves (chopped)  
8 ozs Canned Mackerel (drained)  
1 1/4 tsps Fresh Dill (fresh, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	431	Calcium	375mg
Fat	19g	Iron	5mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polysat...	4g	Vitamin K	128µg
Monouns...	10g	Thiamine	0.2mg
Carbs	29g	Riboflavin	0.5mg
Fiber	4g	Niacin	8mg
Sugar	0g	Vitamin B6	0.5mg
Protein	33g	Folate	104µg
Cholesterol	90mg	Vitamin B12	7.9µg
Sodium	504mg	Phosphoro...	554mg
Potassium	579mg	Magnesium	137mg
Vitamin A	1549IU	Zinc	3mg
Vitamin C	31mg	Selenium	47µg

## DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Mix the mustard, vinegar, and oil together. Season with salt and pepper.
- 03 Add the quinoa, kale, and mackerel to a bowl. Garnish with the dill and serve the dressing on the side. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is approximately three cups of salad.

### MAKE IT VEGAN

Omit the mackerel.

### MORE FLAVOR

Add maple syrup, garlic and/or lemon juice to the dressing. Massage the kale with oil and lemon juice before serving.

### ADDITIONAL TOPPINGS

Pumpkin seeds and/or dried cranberries.



# Quinoa, Lentil & Kale Salad

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry, rinsed)  
1 cup Broccoli (chopped into small florets)  
2 cups Kale Leaves (finely chopped)  
2 tbsps Extra Virgin Olive Oil (divided)  
1/2 Lemon (medium, juiced)  
1/2 tsp Dijon Mustard  
Sea Salt & Black Pepper (to taste)  
2 cups Lentils (cooked)  
2 tbsps Fresh Dill (chopped)  
2 tbsps Pumpkin Seeds (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	385	Calcium	92mg
Fat	14g	Iron	7mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	93µg
Monouns...	8g	Thiamine	0.4mg
Carbs	49g	Riboflavin	0.3mg
Fiber	14g	Niacin	2mg
Sugar	3g	Vitamin B6	0.5mg
Protein	19g	Folate	324µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	32mg	Phosphoro...	462mg
Potassium	846mg	Magnesium	147mg

## DIRECTIONS

- 01 Cook the quinoa according to package directions. Set aside.
- 02 Meanwhile, set the broccoli and the kale in a steamer basket over boiling water and cover. Steam for about five minutes or until tender. Set aside.
- 03 Whisk together the oil, lemon juice, and mustard. Season with salt and pepper. Set aside.
- 04 Place the quinoa, lentils, broccoli, kale, dill, and pumpkin seeds in a large bowl. Add the dressing and mix to coat.
- 05 Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Best enjoyed at room temperature or cold.

### SERVING SIZE

One serving is approximately two cups.

### ADDITIONAL TOPPINGS

Feta cheese and/or green onions.



Vitamin A	907IU	Zinc	3mg
Vitamin C	46mg	Selenium	8µg

# One Pan Red Pepper Rice & Beef with Greek Yogurt

2 SERVINGS 45 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
8 ozs Extra Lean Ground Beef  
1/2 Red Bell Pepper (medium, diced)  
Sea Salt & Black Pepper (to taste)  
1 cup Water  
1/2 cup Brown Rice (dry, rinsed)  
2 tbsps Walnuts (toasted, chopped)  
1 tsp Cumin  
2 tbsps Fresh Dill (chopped, plus more for garnish)  
1/2 cup Plain Greek Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	535	Calcium	175mg
Fat	26g	Iron	4mg
Saturated	7g	Vitamin D	28IU
Trans	1g	Vitamin E	2mg
Polyunsat...	5g	Vitamin K	7µg
Monouns...	11g	Thiamine	0.3mg
Carbs	42g	Riboflavin	0.3mg
Fiber	3g	Niacin	9mg
Sugar	3g	Vitamin B6	0.8mg
Protein	33g	Folate	39µg
Cholesterol	82mg	Vitamin B12	2.5µg
Sodium	118mg	Phosphoro...	392mg

## DIRECTIONS

- 01 Heat the oil in a large saucepan pan or skillet over high heat. Add the meat and bell peppers. Cook for about 10 minutes or until browned through and well cooked. Season with salt and pepper.
- 02 Add the water, rice, walnuts, and cumin. Bring to a boil. Cover and simmer gently for about 25 to 30 minutes or until the rice is cooked. Add the dill and season, to taste.
- 03 Cover each serving plate with a thin layer of yogurt. Top with the rice and garnish with more dill, if desired. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### MORE FLAVOR

Add garlic. Try with pork or lamb instead of beef. Use broth instead of water.

### ADDITIONAL TOPPINGS

Green onions.

Potassium	598mg	Magnesium	98mg
Vitamin A	1316IU	Zinc	7mg
Vitamin C	42mg	Selenium	27µg

# 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



# Citrus Quinoa Veggie Bowl

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/2 cup Quinoa  
1/2 cup Lentils (cooked, rinsed well)  
1 cup Baby Spinach  
1 Carrot (medium, spiralized or cut into ribbons)  
1 Navel Orange (cut into segments then chopped)  
1/4 cup Walnuts (chopped)  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Apple Cider Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	483	Calcium	100mg
Fat	26g	Iron	5mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polysat...	10g	Vitamin K	86µg
Monouns...	12g	Thiamine	0.4mg
Carbs	52g	Riboflavin	0.3mg
Fiber	11g	Niacin	2mg
Sugar	9g	Vitamin B6	0.5mg
Protein	14g	Folate	241µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	38mg	Phosphoro...	370mg
Potassium	791mg	Magnesium	149mg

## DIRECTIONS

- 01 Cook the quinoa according to package directions. When the quinoa is cooked stir in the lentils. Allow the quinoa and lentil mixture to cool slightly.
- 02 To assemble, divide the spinach, carrot, quinoa, and lentil mixture between bowls. Top with the orange segments and walnuts. Drizzle the oil and vinegar over top and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Drizzle with lemon juice and olive oil just before serving.

### NUT-FREE

Omit walnuts or use pumpkin seeds or sunflower seeds instead.

### MORE FLAVOR

Add fresh herbs or chopped green onion.

### NO BABY SPINACH

Use mixed greens, arugula, or lettuce instead.

### NO CARROT

Use spiralized zucchini or cucumber instead.

### NO BROWN LENTILS

Use another lentil, chickpeas, or white beans instead.

### NO SPIRALIZER

Use grated carrot or carrot ribbons instead.

Vitamin A	6685IU	Zinc	3mg
Vitamin C	48mg	Selenium	6µg

# Fresh Mint Tea

1 SERVING 10 MINUTES



## INGREDIENTS

1 1/4 cups Water  
2 tbsps Mint Leaves (stems removed)

## NUTRITION

### AMOUNT PER SERVING

Calories	2	Calcium	37mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monounsat...	0g	Thiamine	0mg
Carbs	0g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	4µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	2mg
Potassium	18mg	Magnesium	8mg
Vitamin A	136IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg

## DIRECTIONS

- 01 Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

### SERVING SIZE

One serving equals approximately 1 3/4 cup.

### MORE FLAVOR

Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

### NO MINT LEAVES

Use peppermint or spearmint leaves instead.

### ENJOY IT COLD

Add ice cubes.



# Chamomile Tea

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Chamomile Tea (brewed)

## DIRECTIONS

01 Pour tea into a mug and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	2	Calcium	5mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monounsata...	0g	Thiamine	0mg
Carbs	0g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	2µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	0mg
Potassium	21mg	Magnesium	2mg
Vitamin A	47IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### LIKE IT SWEET

Add sweetener of choice to taste.

### MORE FLAVOR

Add milk of choice to taste.

# Ginger Mint Tea

1 SERVING 10 MINUTES



## INGREDIENTS

- 1 1/4 cups Water
- 1 1/2 tbsps Ginger (peeled, sliced)
- 2 tbsps Mint Leaves (stems removed)

## NUTRITION

### AMOUNT PER SERVING

Calories	9	Calcium	39mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	2g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	0g	Folate	5µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	8mg	Phosphoro...	5mg
Potassium	56mg	Magnesium	12mg
Vitamin A	136IU	Zinc	0mg
Vitamin C	1mg	Selenium	0µg

## DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
- 02 Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

### SERVING SIZE

One serving equals approximately 2 cups.

### MORE FLAVOR

Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

### ENJOY IT COLD

Add ice cubes.

### NO MINT LEAVES

Use spearmint leaves instead.