



Sleep Support Program

DANA BOSSELMANN



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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
Kiwi & Walnut Overnight Oats



SNACK 1
Citrus Avocado Smoothie



LUNCH
Deconstructed Falafel



SNACK 2
Cherries, Banana & Cottage Cheese



DINNER
Roasted Chicken, Veggies & Quinoa with Tahini Sauce



SNACK 3
Turmeric & Chamomile Tea Latte

TUE



BREAKFAST
Kiwi & Walnut Overnight Oats



SNACK 1
Cherries, Banana & Cottage Cheese



LUNCH
Roasted Chicken, Veggies & Quinoa with Tahini Sauce



SNACK 2
Tortilla & Bell Pepper Snack Plate



DINNER
Salmon with Rice & Greens



SNACK 3
Tart Cherry Mocktail

WED



BREAKFAST
Banana Walnut Cottage Cheese Oatmeal



SNACK 1
Tortilla & Bell Pepper Snack Plate



LUNCH
Deconstructed Falafel



SNACK 2
Banana Kiwi Yogurt Parfait



DINNER
Salmon with Rice & Greens



SNACK 3
Turmeric & Chamomile Tea Latte

THU



BREAKFAST
Banana Walnut Cottage Cheese Oatmeal



SNACK 1
Greek Yogurt, Almonds & Cherries



LUNCH
Smashed Chickpea Salad Wrap



SNACK 2
Kiwi & Almonds



DINNER
Baked Chicken with Kiwi Avocado Salsa, Brown Rice



SNACK 3
Tart Cherry Mocktail

FRI



BREAKFAST
Cherry & Walnut Chia Overnight Parfait



SNACK 1
Almond Butter Banana Wrap



LUNCH
Baked Chicken with Kiwi Avocado Salsa, Brown Rice



SNACK 2
Tart Cherry Mocktail



DINNER
Shawarma Spiced Chickpeas & Potatoes



SNACK 3
Chamomile Tea Latte

SAT



BREAKFAST
Cherry & Walnut Chia Overnight Parfait



SNACK 1
Kiwi & Almonds



LUNCH
Smashed Chickpea Salad Wrap



SNACK 2
Banana with Almond Butter



DINNER
Salmon Quinoa Salad



SNACK 3
Tart Cherry Mocktail

SUN



BREAKFAST
Cherry & Walnut Chia Overnight Parfait



SNACK 1
Citrus Avocado Smoothie



LUNCH
Salmon Quinoa Salad



SNACK 2
Almond Butter Banana Wrap



DINNER
Shawarma Spiced Chickpeas & Potatoes



SNACK 3
Chamomile Tea Latte

MON**FAT 35% CARBS 41% PROTEIN 24%**

Calories 1809	Calcium 976mg
Fat 73g	Iron 17mg
Saturated 14g	Vitamin D 120IU
Trans 0g	Vitamin E 8mg
Polyunsaturated 18g	Vitamin K 267µg
Monounsaturated 29g	Thiamine 1.5mg
Carbs 196g	Riboflavin 1.9mg
Fiber 37g	Niacin 25mg
Sugar 67g	Vitamin B6 3.2mg
Protein 112g	Folate 654µg
Cholesterol 189mg	Vitamin B12 1.9µg
Sodium 1242mg	Phosphorous 1770mg
Potassium 4055mg	Magnesium 441mg
Vitamin A 8937IU	Zinc 10mg
Vitamin C 323mg	Selenium 93µg

TUE**FAT 26% CARBS 46% PROTEIN 28%**

Calories 2014	Calcium 930mg
Fat 59g	Iron 16mg
Saturated 14g	Vitamin D 1046IU
Trans 0g	Vitamin E 10mg
Polyunsaturated 15g	Vitamin K 653µg
Monounsaturated 17g	Thiamine 2.0mg
Carbs 236g	Riboflavin 2.2mg
Fiber 33g	Niacin 43mg
Sugar 80g	Vitamin B6 4.9mg
Protein 147g	Folate 516µg
Cholesterol 270mg	Vitamin B12 9.6µg
Sodium 1726mg	Phosphorous 2227mg
Potassium 4403mg	Magnesium 561mg
Vitamin A 11937IU	Zinc 10mg
Vitamin C 447mg	Selenium 156µg

WED**FAT 30% CARBS 46% PROTEIN 24%**

Calories 1892	Calcium 1014mg
Fat 66g	Iron 18mg
Saturated 14g	Vitamin D 1044IU
Trans 0g	Vitamin E 14mg
Polyunsaturated 15g	Vitamin K 835µg
Monounsaturated 26g	Thiamine 1.8mg
Carbs 223g	Riboflavin 1.9mg
Fiber 40g	Niacin 27mg
Sugar 64g	Vitamin B6 3.3mg
Protein 116g	Folate 708µg
Cholesterol 146mg	Vitamin B12 9.2µg
Sodium 1952mg	Phosphorous 1923mg
Potassium 3790mg	Magnesium 524mg
Vitamin A 15841IU	Zinc 10mg
Vitamin C 287mg	Selenium 119µg

THU**FAT 35% CARBS 43% PROTEIN 22%**

Calories 1949	Calcium 1040mg
Fat 78g	Iron 13mg
Saturated 14g	Vitamin D 82IU
Trans 0g	Vitamin E 21mg
Polyunsaturated 14g	Vitamin K 277µg
Monounsaturated 37g	Thiamine 1.4mg
Carbs 211g	Riboflavin 1.7mg
Fiber 40g	Niacin 26mg
Sugar 69g	Vitamin B6 2.7mg
Protein 110g	Folate 579µg
Cholesterol 164mg	Vitamin B12 1.2µg
Sodium 1442mg	Phosphorous 1660mg
Potassium 3496mg	Magnesium 493mg
Vitamin A 7276IU	Zinc 10mg
Vitamin C 184mg	Selenium 91µg

FRI**FAT 40% CARBS 45% PROTEIN 15%**

Calories 2102	Calcium 988mg
Fat 97g	Iron 17mg
Saturated 16g	Vitamin D 125IU
Trans 0g	Vitamin E 15mg
Polyunsaturated 25g	Vitamin K 80µg
Monounsaturated 42g	Thiamine 1.8mg
Carbs 245g	Riboflavin 1.7mg
Fiber 48g	Niacin 28mg
Sugar 79g	Vitamin B6 3.4mg
Protein 83g	Folate 494µg
Cholesterol 127mg	Vitamin B12 1.4µg
Sodium 610mg	Phosphorous 1660mg
Potassium 4377mg	Magnesium 506mg
Vitamin A 1574IU	Zinc 10mg
Vitamin C 121mg	Selenium 86µg

SAT**FAT 36% CARBS 45% PROTEIN 19%**

Calories 1815	Calcium 921mg
Fat 75g	Iron 16mg
Saturated 11g	Vitamin D 1050IU
Trans 0g	Vitamin E 22mg
Polyunsaturated 24g	Vitamin K 247µg
Monounsaturated 29g	Thiamine 1.5mg
Carbs 211g	Riboflavin 2.1mg
Fiber 46g	Niacin 24mg
Sugar 74g	Vitamin B6 2.8mg
Protein 92g	Folate 586µg
Cholesterol 105mg	Vitamin B12 8.8µg
Sodium 825mg	Phosphorous 1742mg
Potassium 3969mg	Magnesium 581mg
Vitamin A 7685IU	Zinc 10mg
Vitamin C 134mg	Selenium 92µg

SUN**FAT 40% CARBS 42% PROTEIN 18%**

Calories 2008	Calcium 989mg
Fat 95g	Iron 18mg
Saturated 16g	Vitamin D 1081IU
Trans 0g	Vitamin E 15mg
Polyunsaturated 27g	Vitamin K 87µg
Monounsaturated 39g	Thiamine 1.8mg
Carbs 221g	Riboflavin 2.0mg
Fiber 50g	Niacin 27mg
Sugar 61g	Vitamin B6 3.5mg
Protein 94g	Folate 585µg



Cholesterol 111mg	Vitamin B12 9.1µg
Sodium 676mg	Phosphorous 1882mg
Potassium 4875mg	Magnesium 558mg
Vitamin A 3163IU	Zinc 11mg
Vitamin C 104mg	Selenium 101µg

FRUITS

- 2 Avocado
- 7 Banana
- 2 1/16 cups Cherries
- 7 Kiwi
- 2/3 cup Lemon Juice
- 2 1/2 Lime

BREAKFAST

- 1/3 cup Almond Butter
- 4 cups Chamomile Tea
- 2 2/3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 3/4 cup Almonds
- 1/3 cup Chia Seeds
- 1 1/4 tpsps Cinnamon
- 2 3/4 tpsps Cumin
- 1/2 tsp Garlic Powder
- 1/2 tsp Oregano
- 2 1/2 tpsps Paprika
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Shawarma Spice Blend
- 1 tsp Turmeric
- 1/3 cup Walnuts

FROZEN

- 32 Ice Cubes

VEGETABLES

- 4 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 1 1/8 Cucumber
- 3 Garlic
- 1 Orange Bell Pepper
- 1/2 cup Parsley
- 2 Red Bell Pepper
- 1 cup Red Onion
- 8 leaves Romaine
- 1 Russet Potato
- 1 1/2 cups Shallot
- 4 cups Swiss Chard

BOXED & CANNED

- 1 cup Brown Rice
- 5 cups Chickpeas
- 1 3/4 cups Quick Oats
- 1 cup Quinoa

BAKING

- 2 1/4 tpsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 1 1/3 lbs Chicken Breast
- 1 1/2 lbs Salmon Fillet
- 6 Whole Wheat Tortilla

CONDIMENTS & OILS

- 2 tbsps Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1/2 cup Tahini

COLD

- 4 cups Cottage Cheese
- 3 3/4 cups Cow's Milk, Whole
- 2 1/4 cups Plain Greek Yogurt

OTHER

- 2 cups Sparkling Water
- 2 cups Tart Cherry Juice
- 1 1/2 cups Water

Kiwi & Walnut Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1/2 cup Cow's Milk, Whole
2 tsps Maple Syrup
1 tsp Vanilla Extract
1/2 cup Quick Oats
2 Kiwi (peeled and sliced)
2 tsps Walnuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	319	Calcium	367mg
Fat	11g	Iron	2mg
Saturated	3g	Vitamin D	81IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	29µg
Monouns...	2g	Thiamine	0.2mg
Carbs	39g	Riboflavin	0.2mg
Fiber	5g	Niacin	1mg
Sugar	17g	Vitamin B6	0.1mg
Protein	18g	Folate	34µg
Cholesterol	23mg	Vitamin B12	0.3µg
Sodium	101mg	Phosphoro...	184mg
Potassium	419mg	Magnesium	59mg
Vitamin A	784IU	Zinc	1mg
Vitamin C	72mg	Selenium	9µg

DIRECTIONS

- 01 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 02 Divide the oat yogurt mixture, kiwis, and walnuts evenly between jars. Refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is about 1 1/4 cups.

MAKE IT VEGAN

Use plant-based milk and yogurt alternatives.

Banana Walnut Cottage Cheese Oatmeal

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Quick Oats
2 cups Cottage Cheese
1 Banana (sliced)
2 tsps Walnuts (chopped)
1/2 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	353	Calcium	197mg
Fat	12g	Iron	1mg
Saturated	4g	Vitamin D	6IU
Trans	0g	Vitamin E	0mg
Polyunsat...	2g	Vitamin K	1µg
Monouns...	2g	Thiamine	0.2mg
Carbs	35g	Riboflavin	0.4mg
Fiber	4g	Niacin	1mg
Sugar	13g	Vitamin B6	0.3mg
Protein	27g	Folate	46µg
Cholesterol	36mg	Vitamin B12	0.9µg
Sodium	663mg	Phosphoro...	439mg
Potassium	517mg	Magnesium	65mg
Vitamin A	334IU	Zinc	2mg
Vitamin C	5mg	Selenium	27µg

DIRECTIONS

- 01 Cook the oats according to the package directions.
- 02 Add the cottage cheese to a bowl and stir in the oats, mixing well to combine. Top with the banana, walnuts, and cinnamon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately 1 3/4 cups.

MORE FLAVOR

Add maple syrup, cacao powder, or flavored protein powder.

ADDITIONAL TOPPINGS

Hemp seeds and/or cacao nibs.

Cherry & Walnut Chia Overnight Parfait

3 SERVINGS 8 HOURS



INGREDIENTS

2 1/4 cups Cow's Milk, Whole
1/3 cup Chia Seeds
3/4 cup Quick Oats
3/4 tsp Cinnamon
3/4 cup Cherries (pitted)
3 tbsps Walnuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	377	Calcium	390mg
Fat	20g	Iron	3mg
Saturated	5g	Vitamin D	93IU
Trans	0g	Vitamin E	0mg
Polyunsat...	10g	Vitamin K	2µg
Monouns...	3g	Thiamine	0.2mg
Carbs	40g	Riboflavin	0.4mg
Fiber	12g	Niacin	1mg
Sugar	15g	Vitamin B6	0.1mg
Protein	14g	Folate	25µg
Cholesterol	18mg	Vitamin B12	0.8µg
Sodium	83mg	Phosphoro...	271mg
Potassium	536mg	Magnesium	63mg
Vitamin A	323IU	Zinc	2mg
Vitamin C	3mg	Selenium	13µg

DIRECTIONS

- 01 In a large bowl, mix the milk, chia seeds, oats, and cinnamon. Divide the mixture between serving jars and refrigerate for at least eight hours or overnight.
- 02 Remove from the fridge and top with cherries and walnuts. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/4 cups.

MAKE IT VEGAN

Use milk alternatives.

Citrus Avocado Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1/2 Avocado
1/3 Cucumber (medium)
1 Lime (juiced, zested)
4 Ice Cubes
Sea Salt & Black Pepper (to taste, optional)

NUTRITION

AMOUNT PER SERVING

Calories	187	Calcium	34mg
Fat	15g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	38µg
Monouns...	10g	Thiamine	0.1mg
Carbs	16g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	3g	Vitamin B6	0.3mg
Protein	3g	Folate	93µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	10mg	Phosphoro...	83mg
Potassium	686mg	Magnesium	46mg
Vitamin A	274IU	Zinc	1mg
Vitamin C	26mg	Selenium	1µg

DIRECTIONS

01 Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

MORE FLAVOR

Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.

Cherries, Banana & Cottage Cheese

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Cottage Cheese
1 Banana (medium, sliced)
1/2 cup Cherries (pitted, fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	359	Calcium	190mg
Fat	10g	Iron	1mg
Saturated	4g	Vitamin D	6IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	2g	Thiamine	0.1mg
Carbs	46g	Riboflavin	0.5mg
Fiber	5g	Niacin	1mg
Sugar	30g	Vitamin B6	0.6mg
Protein	25g	Folate	52µg
Cholesterol	36mg	Vitamin B12	0.9µg
Sodium	663mg	Phosphoro...	376mg
Potassium	812mg	Magnesium	57mg
Vitamin A	419IU	Zinc	1mg
Vitamin C	16mg	Selenium	22µg

DIRECTIONS

01 Top the cottage cheese with banana slices and cherries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.

Greek Yogurt, Almonds & Cherries

1 SERVING 5 MINUTES



INGREDIENTS

3/4 cup Plain Greek Yogurt
1/3 cup Cherries (pitted)
2 tbsps Almonds (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	271	Calcium	429mg
Fat	13g	Iron	1mg
Saturated	3g	Vitamin D	75IU
Trans	0g	Vitamin E	5mg
Polyunsat...	2g	Vitamin K	1µg
Monouns...	6g	Thiamine	0mg
Carbs	21g	Riboflavin	0.2mg
Fiber	3g	Niacin	1mg
Sugar	12g	Vitamin B6	0.1mg
Protein	21g	Folate	10µg
Cholesterol	25mg	Vitamin B12	0µg
Sodium	105mg	Phosphoro...	97mg
Potassium	245mg	Magnesium	54mg
Vitamin A	971IU	Zinc	1mg
Vitamin C	15mg	Selenium	1µg

DIRECTIONS

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

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use a plant-based yogurt.

MORE FLAVOR

Add vanilla extract to the yogurt.

Almond Butter Banana Wrap

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Almond Butter
1 Whole Wheat Tortilla (large)
1 Banana (medium)

NUTRITION

AMOUNT PER SERVING

Calories	424	Calcium	214mg
Fat	22g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	5g	Vitamin K	2µg
Monouns...	11g	Thiamine	0.4mg
Carbs	52g	Riboflavin	0.5mg
Fiber	10g	Niacin	4mg
Sugar	17g	Vitamin B6	0.6mg
Protein	12g	Folate	97µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	256mg	Phosphoro...	327mg
Potassium	764mg	Magnesium	154mg
Vitamin A	78IU	Zinc	2mg
Vitamin C	10mg	Selenium	17µg

DIRECTIONS

- 01 Spread the almond butter evenly onto one side of the tortilla.
- 02 Place the banana on one end of the tortilla. Tightly roll, slice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one to two days.

GLUTEN-FREE

Use teff or brown rice tortilla instead of whole wheat.

NUT-FREE

Use sunflower seed or pumpkin seed butter instead of almond butter.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, crushed nuts or sliced strawberries.

SERVING SIZE

One serving is equal to one wrap.

Kiwi & Almonds

1 SERVING 5 MINUTES



INGREDIENTS

1 Kiwi (halved)
1/4 cup Almonds

NUTRITION

AMOUNT PER SERVING

Calories	249	Calcium	120mg
Fat	18g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	10mg
Polyunsat...	5g	Vitamin K	28µg
Monouns...	11g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.4mg
Fiber	7g	Niacin	2mg
Sugar	8g	Vitamin B6	0.1mg
Protein	8g	Folate	33µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	195mg
Potassium	477mg	Magnesium	108mg
Vitamin A	61IU	Zinc	1mg
Vitamin C	64mg	Selenium	2µg

DIRECTIONS

01 Add the kiwi and almonds to a plate and enjoy!

NOTES

LEFTOVERS

Store kiwi and almonds separately until ready to serve.

NUT-FREE

Use pumpkin seeds or sunflower seeds instead.

Deconstructed Falafel

2 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/4 cup Red Onion (finely chopped)
2 Garlic (clove, minced)
2 tsps Cumin
1/4 tsp Sea Salt
1 1/2 cups Chickpeas (cooked, rinsed)
3 tsps Lemon Juice (divided)
1/4 cup Parsley (finely chopped)
2 tsps Tahini
2 tsps Water
4 leaves Romaine (large, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	388	Calcium	186mg
Fat	19g	Iron	7mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	6g	Vitamin K	191µg
Monouns...	9g	Thiamine	0.4mg
Carbs	45g	Riboflavin	0.2mg
Fiber	13g	Niacin	2mg
Sugar	8g	Vitamin B6	0.3mg
Protein	15g	Folate	323µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	335mg	Phosphoro...	360mg

DIRECTIONS

- 01 Heat the oil in a non-stick pan over medium heat. Add the onion and cook for three to five minutes until softened. Add the garlic, cumin, and salt and stir to combine.
- 02 Add the chickpeas, 1/3 of the lemon juice, and the parsley, and cook for three to four minutes or until the chickpeas are warmed through. Transfer to a bowl and roughly mash the chickpeas with a potato masher or fork. Season the chickpeas with additional salt if needed.
- 03 In a small bowl combine the tahini, water, and the remaining lemon juice. Stir until smooth. Season the dressing with salt or additional lemon juice if needed.
- 04 To serve, divide the lettuce between plates and top with the chickpeas. Drizzle with the tahini sauce and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Store components separately until ready to serve.

SERVING SIZE

One serving equals approximately 3/4 cup of the chickpea mixture and two romaine leaves.

ADDITIONAL TOPPINGS

Serve with additional lemon wedges, chopped tomatoes, sliced onions, hot peppers, cucumbers, pickles, or hummus.

NO ROMAINE LETTUCE

Use baby spinach or mixed greens instead.

NO RED ONION

Use yellow onion instead.

Potassium	703mg	Magnesium	97mg
Vitamin A	5590IU	Zinc	3mg
Vitamin C	25mg	Selenium	11µg

Smashed Chickpea Salad Wrap

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Chickpeas
1 tbsp Dijon Mustard
1 tbsp Lemon Juice
1/16 tsp Sea Salt
1 tbsp Red Onion (finely chopped)
2 tbsps Parsley (finely chopped)
1 Whole Wheat Tortilla (large)
2 leaves Romaine (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	363	Calcium	192mg
Fat	7g	Iron	6mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	189µg
Monouns...	2g	Thiamine	0.5mg
Carbs	57g	Riboflavin	0.2mg
Fiber	15g	Niacin	3mg
Sugar	8g	Vitamin B6	0.4mg
Protein	16g	Folate	361µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	583mg	Phosphoro...	374mg
Potassium	676mg	Magnesium	107mg
Vitamin A	5554IU	Zinc	3mg
Vitamin C	21mg	Selenium	20µg

DIRECTIONS

- 01 Add the chickpeas, mustard, lemon juice, and salt to a bowl and roughly mash with a fork. Add the onion and parsley and mix well to combine.
- 02 Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

NOTES

LEFTOVERS

Store components separately in the fridge until ready to assemble and serve.

GLUTEN-FREE

Use a gluten-free or brown rice tortilla.

SERVING SIZE

One serving is equal to one wrap.

Tortilla & Bell Pepper Snack Plate

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Chickpeas (cooked)
2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 Whole Wheat Tortilla (sliced)
2 Red Bell Pepper (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	332	Calcium	149mg
Fat	11g	Iron	4mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	14µg
Monouns...	5g	Thiamine	0.5mg
Carbs	48g	Riboflavin	0.3mg
Fiber	13g	Niacin	4mg
Sugar	10g	Vitamin B6	0.6mg
Protein	12g	Folate	252µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	264mg	Phosphoro...	311mg
Potassium	597mg	Magnesium	88mg
Vitamin A	3750IU	Zinc	2mg
Vitamin C	153mg	Selenium	18µg

DIRECTIONS

- 01 Using the back of a fork, mash the chickpeas, olive oil, salt and black pepper in a bowl.
- 02 Serve the mashed chickpeas alongside the tortilla and red bell pepper slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

GLUTEN-FREE

Use gluten-free tortilla.

MORE FLAVOR

Add your choice of herbs and spices to the chickpeas.

Banana Kiwi Yogurt Parfait

1 SERVING 10 MINUTES



INGREDIENTS

1 Banana (medium)
1/2 cup Plain Greek Yogurt
1/4 tsp Vanilla Extract
2 tbsps Almonds (finely chopped)
1 Kiwi (peeled, diced)

NUTRITION

AMOUNT PER SERVING

Calories	344	Calcium	327mg
Fat	12g	Iron	2mg
Saturated	2g	Vitamin D	50IU
Trans	0g	Vitamin E	6mg
Polyunsat...	2g	Vitamin K	28µg
Monouns...	6g	Thiamine	0.1mg
Carbs	47g	Riboflavin	0.3mg
Fiber	7g	Niacin	2mg
Sugar	25g	Vitamin B6	0.5mg
Protein	17g	Folate	49µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	74mg	Phosphoro...	135mg
Potassium	770mg	Magnesium	92mg
Vitamin A	761IU	Zinc	1mg
Vitamin C	82mg	Selenium	2µg

DIRECTIONS

- 01 Mash the banana in a bowl then mix in the yogurt and vanilla extract until well combined.
- 02 Layer the yogurt mixture, almonds, and kiwi in a jar. Enjoy!

NOTES

LEFTOVERS

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

ADDITIONAL TOPPINGS

Nut butter, hemp seeds, or chia seeds.

Tart Cherry Mocktail

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Tart Cherry Juice
1 tsp Maple Syrup
1/2 cup Sparkling Water
6 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	97	Calcium	36mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.1mg
Carbs	23g	Riboflavin	0.1mg
Fiber	0g	Niacin	0mg
Sugar	20g	Vitamin B6	0.1mg
Protein	0g	Folate	0µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	9mg	Phosphoro...	23mg
Potassium	231mg	Magnesium	19mg
Vitamin A	0IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

DIRECTIONS

- 01 In a glass, combine the tart cherry juice, maple syrup, and sparkling water.
- 02 Top with ice and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is about one cup.

MORE FLAVOR

Add a splash of lime or orange juice.

Banana with Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

1 Banana
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	297	Calcium	114mg
Fat	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	4g	Vitamin K	1µg
Monouns...	10g	Thiamine	0.1mg
Carbs	33g	Riboflavin	0.4mg
Fiber	6g	Niacin	2mg
Sugar	16g	Vitamin B6	0.5mg
Protein	8g	Folate	40µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	3mg	Phosphoro...	185mg
Potassium	656mg	Magnesium	119mg
Vitamin A	76IU	Zinc	1mg
Vitamin C	10mg	Selenium	2µg

DIRECTIONS

01 Slice the banana and dip it in almond butter. Enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

Roasted Chicken, Veggies & Quinoa with Tahini Sauce

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
12 ozs Chicken Breast (boneless, skinless)
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Paprika
1 Orange Bell Pepper (medium, chopped)
1 cup Cherry Tomatoes
2 tsps Tahini
2 tsps Water
1 tbsp Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	494	Calcium	116mg
Fat	16g	Iron	5mg
Saturated	2g	Vitamin D	2IU
Trans	0g	Vitamin E	3mg
Polysat...	6g	Vitamin K	7µg
Monouns...	5g	Thiamine	0.6mg
Carbs	41g	Riboflavin	0.6mg
Fiber	7g	Niacin	19mg
Sugar	2g	Vitamin B6	1.9mg
Protein	49g	Folate	146µg
Cholesterol	124mg	Vitamin B12	0.4µg

DIRECTIONS

- 01 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 02 Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- 03 Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 04 Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
- 05 Chop the cooked chicken. Divide the quinoa, chicken, cherry tomatoes, and bell peppers evenly between plates. Serve with the dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Drizzle with tahini dressing before serving.

SERVING SIZE

One serving is equal to approximately two cups.

MAKE IT VEGAN

Use tofu instead of chicken.

MORE FLAVOR

Add broccoli and red onion to the roasted vegetables.

ADDITIONAL TOPPINGS

Top with fresh herbs such as dill or parsley.

Sodium	103mg	Phosphoro...	711mg
Potassium	1288mg	Magnesium	169mg
Vitamin A	1724IU	Zinc	4mg
Vitamin C	184mg	Selenium	48µg



Salmon with Rice & Greens

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
1 tsp Paprika
3/4 tsp Cumin
1/2 tsp Oregano (dried)
1/4 tsp Sea Salt
12 ozs Salmon Fillet
2 tbsps Water
4 cups Swiss Chard (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	413	Calcium	72mg
Fat	10g	Iron	3mg
Saturated	2g	Vitamin D	957IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	601µg
Monouns...	3g	Thiamine	0.5mg
Carbs	39g	Riboflavin	0.5mg
Fiber	3g	Niacin	18mg
Sugar	1g	Vitamin B6	1.6mg
Protein	43g	Folate	32µg
Cholester...	87mg	Vitamin B12	8.0µg
Sodium	586mg	Phosphoro...	622mg
Potassium	1056mg	Magnesium	169mg
Vitamin A	5260IU	Zinc	2mg
Vitamin C	22mg	Selenium	59µg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the rice according to package directions.
- 03 In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
- 04 Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
- 05 To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add butter, ghee, or freshly squeezed lemon juice.

NO SWISS CHARD

Use spinach or kale instead.

NO BROWN RICE

Use white rice, quinoa, or cauliflower rice instead.

Baked Chicken with Kiwi Avocado Salsa

2 SERVINGS 30 MINUTES



INGREDIENTS

10 ozs Chicken Breast
1 tbsp Extra Virgin Olive Oil
1/2 tsp Garlic Powder (divided)
Sea Salt & Black Pepper (to taste)
2 Kiwi (peeled and chopped)
1 Avocado (chopped)
1/4 cup Red Onion
1/2 Lime (large, juiced)
3 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	446	Calcium	50mg
Fat	26g	Iron	1mg
Saturated	4g	Vitamin D	1IU
Trans	0g	Vitamin E	5mg
Polyunsat...	3g	Vitamin K	58µg
Monouns...	16g	Thiamine	0.2mg
Carbs	22g	Riboflavin	0.4mg
Fiber	9g	Niacin	16mg
Sugar	8g	Vitamin B6	1.5mg
Protein	35g	Folate	118µg
Cholesterol	103mg	Vitamin B12	0.3µg
Sodium	75mg	Phosphoro...	388mg
Potassium	1234mg	Magnesium	84mg
Vitamin A	356IU	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Place the chicken in a baking dish and drizzle with 1/2 of the oil and season with 1/2 of the garlic powder and salt and pepper to taste. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes before slicing.
- 03 Meanwhile, in a mixing bowl combine the kiwi, avocado, and red onion. Add the lime juice, cilantro, and the remaining oil and garlic powder. Season with salt and pepper and add more lime juice to taste if needed.
- 04 To serve, divide the chicken between plates and top with the kiwi avocado salsa. Enjoy!

NOTES

LEFTOVERS

Refrigerate the chicken in an airtight container for up to three days and the salsa up to one day.

SERVING SIZE

One serving is approximately 5 oz chicken and 1/2 cup of salsa.

MORE FLAVOR

Add fresh garlic, jalapeno, or ground cumin to the salsa. Season the chicken with other dried herbs and spices.

NO RED ONION

Use yellow onion or green onion instead.

NO CHICKEN

Serve with fish, shrimp, or tofu.

MAKE IT A MEAL

Serve with quinoa, rice, cauliflower rice, salad or steam vegetables.

Vitamin C 79mg Selenium 33µg



Brown Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
1 cup 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!

Shawarma Spiced Chickpeas & Potatoes

2 SERVINGS 50 MINUTES



INGREDIENTS

1 Russet Potato (large, cut into wedges)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 cup Chickpeas (cooked)
1 1/2 cups Shallot (halved)
3/4 tsp Shawarma Spice Blend
1 cup Cherry Tomatoes
3 tbsps Tahini
3 tbsps Water
1 Garlic (clove, small, finely grated)

NUTRITION

AMOUNT PER SERVING

Calories	542	Calcium	208mg
Fat	25g	Iron	9mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	7g	Vitamin K	18µg
Monouns...	12g	Thiamine	0.6mg
Carbs	69g	Riboflavin	0.2mg
Fiber	15g	Niacin	4mg
Sugar	16g	Vitamin B6	0.9mg
Protein	17g	Folate	238µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	153mg	Phosphoro...	456mg
Potassium	1391mg	Magnesium	121mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 02 Place the potato wedges on the baking sheet and drizzle with 1/3 of the oil. Season with salt and pepper. Arrange evenly on the baking sheet, spacing the wedges out. Transfer to the oven for 10 minutes.
- 03 In a bowl, toss the chickpeas and shallot with half of the remaining oil, shawarma spice, salt, and pepper. Transfer to the baking sheet and spread them out evenly. Bake for 20 minutes, flipping the wedges halfway through.
- 04 In the same bowl, toss the tomatoes with the remaining oil, salt, and pepper. Transfer to the baking sheet and bake for 10 to 12 minutes, until the tomatoes have burst and the chickpeas and wedges are browned and crispy.
- 05 Meanwhile, in a small bowl, combine the tahini, water, and garlic and whisk well until smooth and creamy.
- 06 Divide the wedges, chickpeas, and veggies between plates and drizzle with the tahini sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

ADDITIONAL TOPPINGS

Chopped parsley, mint, and/or cilantro.

Vitamin A	671IU	Zinc	3mg
Vitamin C	29mg	Selenium	13µg



Salmon Quinoa Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
12 ozs Salmon Fillet
1/4 cup Red Onion (sliced)
1/4 cup Lemon Juice (fresh, divided)
2 cups Cherry Tomatoes (halved)
1/2 Cucumber (chopped)
2 tbsps Cilantro (minced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	432	Calcium	69mg
Fat	11g	Iron	3mg
Saturated	2g	Vitamin D	957IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	27µg
Monouns...	3g	Thiamine	0.5mg
Carbs	40g	Riboflavin	0.6mg
Fiber	6g	Niacin	16mg
Sugar	7g	Vitamin B6	1.6mg
Protein	46g	Folate	127µg
Cholesterol	87mg	Vitamin B12	8.0µg
Sodium	145mg	Phosphoro...	694mg
Potassium	1393mg	Magnesium	165mg
Vitamin A	1671IU	Zinc	3mg
Vitamin C	36mg	Selenium	55µg

DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
- 03 Place the salmon in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.
- 04 Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and cilantro to the quinoa and mix. Add salt and pepper to taste.
- 05 Divide the quinoa salad between servings and top with the salmon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for two days.

SERVING SIZE

One serving is approximately one cup of quinoa salad and 6 oz of salmon.

MORE FLAVOR

Spread dijon mustard and olive oil on the salmon. Add shaved parmesan or goat cheese to the quinoa salad.

ADDITIONAL TOPPINGS

Chopped parsley, pine nuts, pumpkin seeds and/or walnuts.

Turmeric & Chamomile Tea Latte

1 SERVING 5 MINUTES



INGREDIENTS

1 tsp Maple Syrup
1/2 tsp Turmeric
1 cup Chamomile Tea (brewed)
1/4 cup Cow's Milk, Whole

NUTRITION

AMOUNT PER SERVING

Calories	62	Calcium	83mg
Fat	2g	Iron	1mg
Saturated	1g	Vitamin D	31IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	1g	Thiamine	0.1mg
Carbs	9g	Riboflavin	0.2mg
Fiber	0g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
Protein	2g	Folate	6µg
Cholesterol	6mg	Vitamin B12	0.3µg
Sodium	30mg	Phosphoro...	56mg
Potassium	147mg	Magnesium	13mg
Vitamin A	146IU	Zinc	0mg
Vitamin C	0mg	Selenium	2µg

DIRECTIONS

- 01 Add the maple syrup, turmeric, and steeped tea to a mug and stir.
- 02 Warm the milk in a small pot over low heat. Once warm, use a frother to create some foam. Alternatively, blend the warmed milk in a blender until frothy. Pour into the same mug as the tea and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is 1 1/4 cups.

MAKE IT VEGAN

Use a milk alternative.

ADDITIONAL TOPPINGS

Top with cinnamon.

Chamomile Tea Latte

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Cow's Milk, Whole
1/2 tsp Vanilla Extract
1 cup Chamomile Tea (brewed)

NUTRITION

AMOUNT PER SERVING

Calories	46	Calcium	74mg
Fat	2g	Iron	0mg
Saturated	1g	Vitamin D	31IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0mg
Carbs	4g	Riboflavin	0.1mg
Fiber	0g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	2g	Folate	5µg
Cholesterol	6mg	Vitamin B12	0.3µg
Sodium	29mg	Phosphoro...	51mg
Potassium	105mg	Magnesium	9mg
Vitamin A	146IU	Zinc	0mg
Vitamin C	0mg	Selenium	2µg

DIRECTIONS

- 01 Warm the milk in a small pot over low heat. Once warm, use a frother to create some foam. Alternatively, blend the warmed milk in a blender until frothy.
- 02 Add the vanilla extract to the chamomile tea and stir. Pour the warm milk into the cup and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 1 1/4 cups.

MAKE IT VEGAN

Use your preferred milk alternative.

ADDITIONAL TOPPINGS

Top with cinnamon.