



Welcome!

Inside this recipe book, you'll find a collection of delicious, simple recipes.

How to Use

These recipes are to support you—not to box you in. Every recipe is meant to be flexible and adaptable to *your* tastes, lifestyle, and needs. If you don't like an ingredient or don't have it on hand, feel free to swap it for something you enjoy or already have. Cooking should feel doable and enjoyable, not stressful or complicated.

IMPORTANT NOTE: Look at the **notes** section for each recipe. Any tips for the recipe or what to serve with it are listed here to make things easier for you.

All of the recipes in this book are **built with blood sugar balance in mind**. Each one includes protein, healthy fat and fiber—because your body needs all three to feel satisfied, energized, and stable.

However, you don't need to make all the recipes at once. Start by selecting a couple of recipes that you would like to make and write them down in your own weekly meal plan to stay organized.

You can print a blank weekly meal plan template [here](#).

It's important that you eat until you feel full and satisfied—not just what you think you “should be eating” or what the serving size suggests. Serving sizes are simply a guide, not a rule. Listening to *your* body helps prevent overeating later in the evening.

Most importantly, make these recipes your own, trust *your* body, and remember that **consistency over time matters far more than perfection**. You are allowed to enjoy your food, eat enough and still support your health.

Happy cooking!



Greek Chicken Wraps

2 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast (boneless, skinless, cubed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Greek Seasoning
- 2 Whole Wheat Pita
- 1/4 cup Tzatziki
- 1 cup Baby Spinach
- 1/4 Cucumber (medium, sliced)
- 1/2 Tomato (medium, sliced)
- 1/2 cup Red Onion (small, sliced)
- 1/4 cup Feta Cheese (crumbled)

Directions

- 1 Add the cubed chicken to a bowl. Add the olive oil and Greek seasoning. Mix to combine.
- 2 Heat a frying pan over medium heat and add the chicken, including the liquid from the bowl. Spread out the chicken so it's not crowded.
- 3 Cook the chicken for seven to eight minutes per side or until cooked through and browned.
- 4 To assemble, place the pitas on plates and top evenly with tzatziki, spinach, cucumber, tomato, chicken, onion, and feta. Enjoy!

Nutrition

Amount per serving	
Fat	17g
Carbs	44g
Fiber	5g
Protein	37g



Creamy Herb Chicken Lettuce Wraps

1 serving
10 minutes

Ingredients

4 ozs Chicken Breast, Cooked (chopped)
1/3 cup Plain Greek Yogurt
1 tbsp Fresh Dill (finely chopped)
1 tbsp Parsley (finely chopped)
1/4 tsp Sea Salt (to taste)
1/16 head Green Lettuce (leaves separated)

Nutrition

Amount per serving	
Fat	5g
Carbs	4g
Fiber	0g
Protein	42g

Directions

- 1 In a bowl, combine the chicken, yogurt, dill, parsley, and salt.
- 2 Fill the lettuce leaves with creamy herb chicken and enjoy!

Notes

More Flavor: Add fresh chives, basil, and green onion.

Additional Toppings: Add tomatoes, carrots, celery, or radishes.



Buffalo Chicken Wrap

2 servings

10 minutes

Ingredients

5 ozs Chicken Breast, Cooked (shredded)
2 tbsps Hot Sauce
Sea Salt & Black Pepper (to taste)
2 Whole Wheat Tortilla
1 1/2 cups Arugula
1 Avocado (sliced)

Nutrition

Amount per serving	
Fat	21g
Carbs	28g
Fiber	11g
Protein	28g

Directions

- 1 In a medium-sized bowl, mix together the shredded chicken with the hot sauce and season with salt and pepper.
- 2 Lay the tortilla flat and top with the arugula, and then the chicken and avocado. Roll the tortilla tightly and enjoy!

Notes

No Arugula: Use spinach instead.

Additional Toppings: Top with cheddar cheese or blue cheese, or spread with cream cheese.



Chicken & Lettuce Wrap

1 serving

10 minutes

Ingredients

1/16 head Green Lettuce (leaves separated)
4 ozs Chicken Breast, Cooked (sliced)
1/4 cup Red Onion (small, sliced)
1/2 Cucumber (small, sliced)
1 Whole Wheat Tortilla (large)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	8g
Carbs	28g
Fiber	5g
Protein	40g

Directions

- 1 Arrange the lettuce, chicken, red onion, and cucumber in the center of the tortilla. Season with salt and pepper. Fold or roll the tortilla around the filling and enjoy!

Notes

More Flavor: Add your favorite dressing.

Additional Toppings: Add cheese, avocado, bell peppers, sliced olives, or corn.



Turkey & Spinach Wrap

1 serving

5 minutes

Ingredients

- 1 tbsp Dijon Mustard
- 1 Whole Wheat Tortilla (large)
- 2 cups Baby Spinach
- 3 1/3 ozs Sliced Turkey Breast
- 1/2 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Fat	8g
Carbs	29g
Fiber	6g
Protein	21g

Directions

- 1 Spread the mustard in the center of the tortilla. Place the spinach, turkey, and cucumber on top. Fold or roll the tortilla around the filling and enjoy!

Notes

Additional Toppings: Add cheese, tomatoes, avocado, bell peppers, sliced olives, or sliced red onion.



Chicken Avocado Wrap

1 serving
10 minutes

Ingredients

1/2 Avocado
1 1/2 tsps Lime Juice
1 Whole Wheat Tortilla
Sea Salt & Black Pepper (to taste)
2 leaves Romaine (medium, chopped)
1/4 cup Cherry Tomatoes (halved or quartered)
2 2/3 ozs Chicken Breast, Cooked (sliced)

Nutrition

Amount per serving	
Fat	21g
Carbs	31g
Fiber	12g
Protein	30g

Directions

- 1 In a small bowl, mash the avocado and stir in the lime juice. Spread the mashed avocado in the center of the tortilla. Season with salt and pepper to taste.
- 2 Place the lettuce, tomatoes, and sliced chicken on top of the avocado and fold or roll the tortilla around the filling and enjoy!

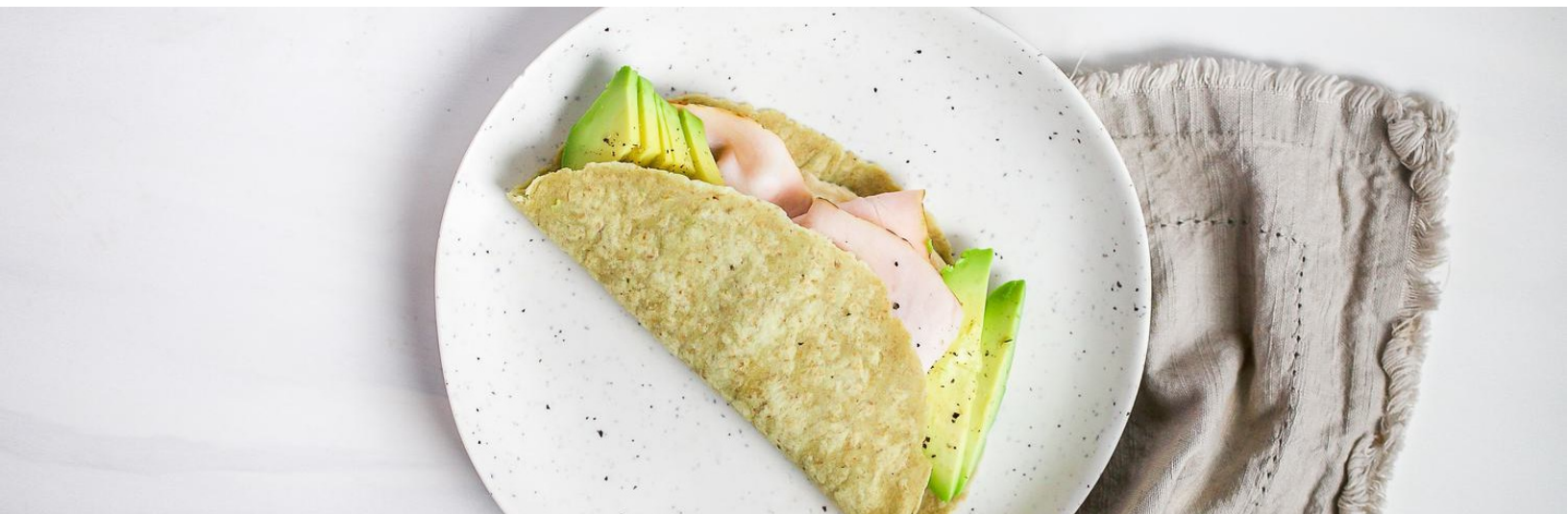
Notes

Additional Toppings: Cooked bacon, cheese, cucumber, bell pepper, mayonnaise, mustard, or another favorite sandwich topping.

No Lime Juice: Use lemon juice instead.

No Cherry Tomatoes: Omit or use a regular tomato instead.

No Romaine Leaves: Use baby spinach, mixed greens, or leaf lettuce instead.



Turkey, Avocado & Hummus Wrap

1 serving

5 minutes

Ingredients

2 tbsps Hummus
1 Whole Wheat Tortilla
4 1/4 ozs Sliced Turkey Breast
1/4 Avocado (sliced)
Sea Salt & Black Pepper (to taste)
1/2 Tomato (sliced)
1 cup Baby Spinach

Directions

1

Spread the hummus on the tortilla and place the turkey, spinach, tomato slices and avocado on top. Season with salt and pepper. Roll the wrap tightly and enjoy!

Notes

No Turkey: Use another type of deli meat or leftover, cooked chicken.

Nutrition

Amount per serving	
Fat	21g
Carbs	33g
Fiber	10g
Protein	27g



Garlic Ginger Steamed Chicken & Bok Choy

1 serving
25 minutes

Ingredients

5 ozs Chicken Breast (boneless, skinless)
1/4 tsp Ginger (fresh, minced)
1/2 Garlic (clove, minced)
1 tsp Lime Juice
2 tsps Soy Sauce
2 cups Bok Choy (baby, quartered)
1/4 tsp Everything Bagel Seasoning

Nutrition

Amount per serving	
Fat	4g
Carbs	5g
Fiber	2g
Protein	35g

Directions

- 1 Place the chicken in a steamer basket lined with parchment paper.
- 2 Top with ginger, garlic, lime juice, and soy sauce. Place the bok choy around the chicken.
- 3 Cover and steam for 10 to 15 minutes until cooked through. Slice the chicken.
- 4 Divide the chicken and bok choy evenly between plates. Top with everything bagel seasoning and the juices from cooking. Enjoy!

Notes

More Flavor: Add green onions.

Additional Toppings: Steamed edamame or shredded carrots.



Asian Turkey Lettuce Wraps

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 White Onion (diced)
- 1 tbsp Ginger (peeled and grated)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 Garlic (cloves, minced)
- 2 lbs Extra Lean Ground Turkey
- 2 tbsps Soy Sauce
- 2 heads Boston Lettuce (peeled apart into leaves and washed)
- 3 stalks Green Onion (chopped)
- 1 cup Matchstick Carrots
- 1/4 cup Raw Peanuts (chopped)
- 1 Lime (sliced into wedges)

Nutrition

Amount per serving	
Fat	27g
Carbs	10g
Fiber	2g
Protein	46g

Directions

- 1 Heat oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
- 2 Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the soy sauce. Continue to sauté until it is absorbed. Remove from heat.
- 3 Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge overtop, wrap and enjoy!

Notes

No Ground Turkey: Use any type of ground meat.

Nut-Free: Garnish with sesame seeds instead of peanuts.

Likes it Spicy: Add hot sauce or chili flakes.



Sticky Orange Chicken with Simple Salad

1 serving
25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 5 ozs Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Orange Juice
- 1 tbsp Soy Sauce
- 2 tsps Honey
- 1/3 Lemon (medium, juiced)
- 3 leaves Romaine (medium, chopped)
- 1 tbsp Everything Bagel Seasoning

Nutrition

Amount per serving	
Fat	18g
Carbs	29g
Fiber	2g
Protein	35g

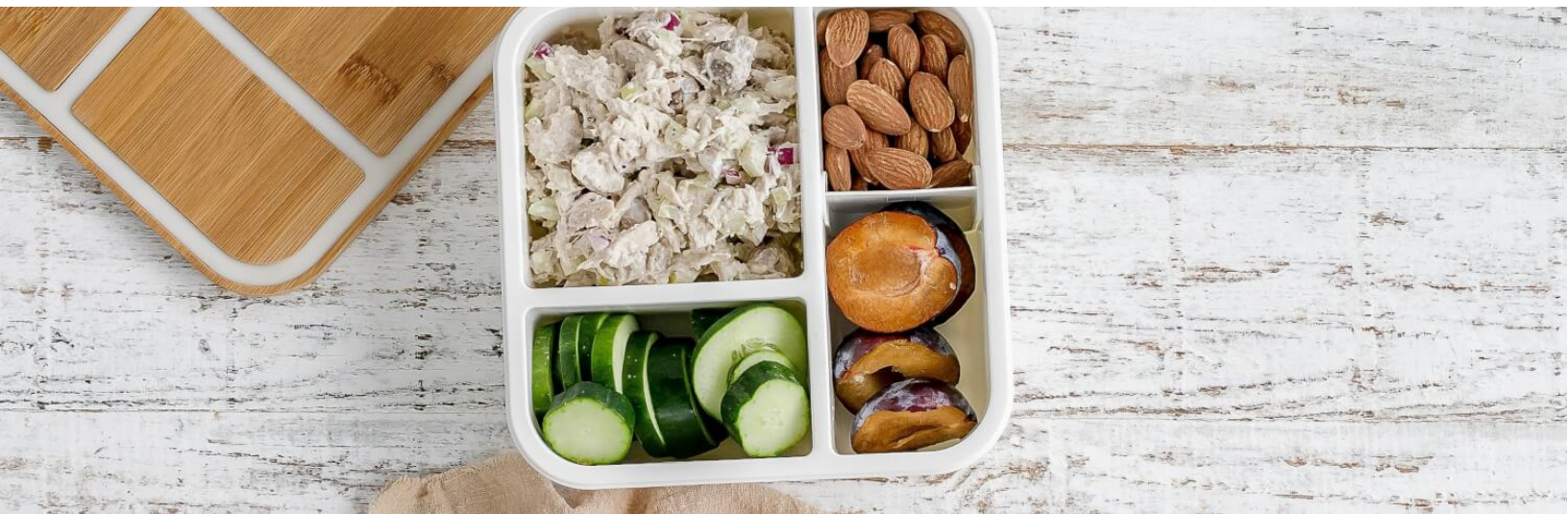
Directions

- 1 Heat half of the oil in a pan over medium-high heat. Season the chicken on both sides with salt and pepper. Add it to the pan and cook for five minutes until golden brown, flipping halfway through.
- 2 Meanwhile, in a bowl, whisk together the orange juice, soy sauce, honey, salt, and pepper. Add the mixture to the pan and cover with a lid. Cook on medium-low heat for 12 to 15 minutes or until the sauce has thickened and the chicken is cooked through, flipping halfway.
- 3 In a separate bowl, whisk together the remaining oil, lemon juice, salt, and pepper. Add the romaine and toss well.
- 4 Transfer the salad to a plate. Slice the chicken and place it on top of the salad. Sprinkle with everything bagel seasoning and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Dress the salad when ready to serve.

More Flavor: Add cucumber and cherry tomatoes to the salad.



Shredded Chicken Salad & Almond Snack Box

1 serving
35 minutes

Ingredients

- 3 1/2 ozs Chicken Breast (boneless, skinless)
- 1 stalk Celery (chopped)
- 1 tbsp Red Onion (finely chopped)
- 3 tbsps Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)
- 1/4 Cucumber (large, sliced)
- 1/4 cup Almonds
- 1 Plum (halved)

Nutrition

Amount per serving	
Fat	22g
Carbs	22g
Fiber	7g
Protein	35g

Directions

- 1 Bring a pot of water to a boil and reduce to a gentle simmer. Add the chicken and cover. Let simmer until the chicken is cooked, about 15 to 20 minutes. Remove the chicken and transfer it to a bowl. Shred it into pieces using two forks. Allow it to cool slightly.
- 2 In a small bowl, mix the chicken, celery, onion, yogurt, salt, and pepper until well combined.
- 3 Divide the chicken salad and the remaining ingredients evenly between plates or containers with separate compartments. Enjoy!

Notes

More Flavor: Add chives, parsley or other herb to the chicken salad.



Deli Box

1 serving

5 minutes

Ingredients

1/4 cup Pumpkin Seeds
4 Whole Grain Crackers
1/2 cup Cherry Tomatoes
1 oz Cheddar Cheese (cubed or sliced)
3 1/2 ozs Sliced Turkey Breast
1 Egg (hard boiled)

Nutrition

Amount per serving	
Fat	34g
Carbs	22g
Fiber	7g
Protein	37g

Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Modifications: Swap any ingredient out for chickpeas, chicken, or any deli meat instead.



Cottage Cheese Pancakes with Bacon & Raspberries

5 servings

15 minutes

Ingredients

- 1 cup Cottage Cheese
- 4 Egg (large)
- 1 cup Oats (rolled or quick)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 10 slices Bacon
- 2 1/2 cups Raspberries

Nutrition

Amount per serving	
Fat	31g
Carbs	20g
Fiber	6g
Protein	20g

Directions

- 1 Add the cottage cheese, eggs, and oats to a blender. Blend until smooth.
- 2 Heat a bit of the oil over medium-low heat. Add 1/4 cup of the batter at a time, cooking for about three to four minutes per side or until golden brown. Repeat with the remaining batter and oil.
- 3 Divide pancakes onto plates and put 1/2 cup of raspberries and 2 slices bacon on the side. Enjoy!

Notes

More Flavor: Add a pinch of salt.

Additional Toppings: Maple syrup, honey, chocolate chips, chopped nuts, fruits, or hemp seeds.



Spinach, Tomato & Goat Cheese Pizza

4 servings
20 minutes

Ingredients

2/3 cup Walnuts
1/2 cup Extra Virgin Olive Oil
1 Lemon (juiced)
4 cups Baby Spinach (divided)
1 cup Basil Leaves
1/4 tsp Sea Salt
1/2 tsp Black Pepper
4 Whole Wheat Tortilla
1 cup Cherry Tomatoes (halved)
1/2 cup Goat Cheese (crumbled)
6 ozs Chicken Breast (cooked)

Nutrition

Amount per serving	
Fat	48g
Carbs	26g
Fiber	7g
Protein	20g

Directions

- 1 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 2 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 3 Take the remaining baby spinach and finely chop.
- 4 Lay your tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese, cooked chicken and chopped baby spinach.
- 5 Place on baking sheet and bake in the oven for 10 minutes.
- 6 After 10 minutes, remove and slice using a pizza cutter. Enjoy!



Moroccan Beef & Lentil Soup

6 servings

30 minutes

Ingredients

- 2 Yellow Onion (medium, chopped)
- 2 stalks Celery (diced)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Lean Ground Beef
- 1/2 cup Parsley (chopped, plus more for garnish)
- 2 tbsps Moroccan Spice Blend
- 3 cups Canned Whole Tomatoes (with juices)
- 1 3/4 quarts Bone Broth
- 1/4 cup Quinoa (dry, rinsed)
- 1 cup Dry Red Lentils (rinsed and drained)

Nutrition

Amount per serving	
Fat	29g
Carbs	40g
Fiber	9g
Protein	35g

Directions

- 1 Heat the oil in a large pot over medium-high heat. Sauté the onions and celery for five minutes in the oil. Add the ground beef and cook until no longer pink, about another five minutes.
- 2 Add the parsley and the Moroccan spice blend. Mix well and cook for one more minute.
- 3 Add the tomatoes, breaking them up with a wooden spoon. Add the broth and quinoa. Bring to a boil then reduce to a simmer and cook for five minutes on low heat.
- 4 Add the lentils and cook for another 15 minutes or until the lentils are tender.
- 5 Divide evenly between bowls and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.

More Flavor: Season with salt and black pepper, fresh garlic, and lime juice. Use rice and chickpeas in place of quinoa and lentils.

Additional Toppings: Green onions and cilantro.



Creamy Chicken Noodle Soup

4 servings

35 minutes

Ingredients

- 2 tbsps Butter
- 2 stalks Celery (diced)
- 2 Carrot (medium, diced)
- 1/2 Yellow Onion (large, chopped)
- 2 ozs Unbleached All Purpose Flour
- 4 cups Chicken Broth (plus more as needed)
- 1 lb Chicken Breast
- 1/4 tsp Thyme (fresh)
- 1 cup Cream, Half & Half
- 2 cups Egg Noodles

Nutrition

Amount per serving	
Fat	17g
Carbs	33g
Fiber	3g
Protein	34g

Directions

- 1 Add the butter to a large pot over medium-high heat. Once melted, add the celery, carrots, and onions. Cook for five to seven minutes.
- 2 Add the flour and cook for one more minute, stirring.
- 3 Add the chicken broth and stir. Add the chicken breast, thyme, and cream. Bring to a boil, then reduce to a simmer. Cover and cook for 10 minutes.
- 4 Stir in the noodles, cover, and cook for an additional six to eight minutes, or until the pasta is just al dente and the chicken is cooked through.
- 5 Remove the chicken, chop in bite sizes, then add it back. Adjust consistency with more broth as needed. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic, salt and pepper.



Turkey, Quinoa & Vegetable Soup

2 servings

30 minutes

Ingredients

4 cups Water (divided)
 8 ozs Extra Lean Ground Turkey
 1/2 Yellow Onion (medium, diced)
 1 stalk Celery (diced)
 1 Carrot (medium, sliced)
 1/2 Zucchini (medium, diced)
 1 tsp Dried Thyme
 1 tsp Sea Salt
 1/4 cup Quinoa (dry, rinsed)
 1 cup Kale Leaves (stems removed, chopped)

Nutrition

Amount per serving	
Fat	11g
Carbs	22g
Fiber	5g
Protein	26g

Directions

- 1 Heat a large pot over medium heat and add a splash of water. Add the turkey, onion, celery, carrot, and zucchini. Cook for five to seven minutes until the meat is browned and cooked, breaking up the meat as it cooks.
- 2 Add the thyme, salt, quinoa, and remaining water. Bring to a boil, then reduce to a simmer.
- 3 Cover and simmer for 12 to 15 minutes until the quinoa is fully cooked.
- 4 Add the kale to the pot and simmer for two minutes until wilted. Divide evenly into bowls and enjoy!

Notes

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

More Flavor: Use broth instead of water and omit the salt.

No Turkey: Use ground chicken, beef, or pork instead.



One Pot Beef & Vegetable Soup

4 servings

30 minutes

Ingredients

1 lb Extra Lean Ground Beef
 2 tsps Italian Seasoning
 Sea Salt & Black Pepper (to taste)
 4 cups Beef Broth
 1 tbsp Balsamic Vinegar
 4 cups Frozen Vegetable Mix (thawed)
 2 tsps Parmigiano Reggiano (grated, optional)

Nutrition

Amount per serving	
Fat	13g
Carbs	25g
Fiber	8g
Protein	32g

Directions

- 1 Preheat a large pot to medium heat. Add the ground beef and cook for six to eight minutes or until cooked through, breaking it up as it cooks. Season with Italian seasoning, salt, and pepper.
- 2 Add the broth and vinegar and bring to a boil. Reduce the heat to a simmer, then add the vegetable mix. Simmer for five to seven minutes, until the vegetables are tender.
- 3 Divide the soup evenly into bowls with the option to top with parmesan cheese. Enjoy!

Notes

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

Make It Vegan: Use tempeh, lentils, or beans instead of beef. Use vegetable broth instead of beef broth. Omit the parmesan cheese.

Additional Toppings: Fresh herbs, chili flakes, or croutons.



Slow Cooker Chicken Soup

6 servings

6 hours

Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 1/16 ozs Chicken Breast (boneless, skinless or 1 cup)
- 1 1/16 lbs Chicken Thighs (boneless, skinless or 2 cups)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)
- 6 pieces Roll (whole wheat)

Nutrition

Amount per serving	
Fat	14g
Carbs	54g
Fiber	6g
Protein	40g

Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

Different Carbs: Skip the roll and add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers: Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.



Slow Cooker Cabbage Roll Soup

6 servings

4 hours

Ingredients

1 head Cauliflower (processed into rice)
4 cups Green Cabbage (roughly chopped)
1 Yellow Onion (diced)
4 Garlic (cloves, minced)
3 cups Crushed Tomatoes
2 tbsps Extra Virgin Olive Oil
1 tbsp Italian Seasoning
1/2 tsp Red Pepper Flakes (optional)
1 tsp Sea Salt
1 tsp Black Pepper
1 cup Water
1 lb Extra Lean Ground Turkey (or chicken)
4 cups Baby Spinach (optional)
1/3 cup Parsley (chopped, optional)

Directions

- 1 Use a food processor to pulse your cauliflower into rice.
- 2 Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
- 3 Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

Notes

No Cauliflower Rice: Use any rice instead and skip step 1.

No Ground Turkey: Use any type of ground meat.

Nutrition

Amount per serving	
Fat	12g
Carbs	21g
Fiber	7g
Protein	20g



Beef & Bean Minestrone

6 servings

1 hour 15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Beef
- 1 Yellow Onion (medium, finely chopped)
- 2 Carrot (medium, chopped)
- 2 stalks Celery (finely chopped)
- 4 Garlic (cloves, minced)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 1/4 cup Tomato Paste
- 4 cups Beef Broth
- 3 1/2 cups Diced Tomatoes (from the can)
- 2 cups Mixed Beans (cooked)
- 1 Bay Leaf
- 1 Zucchini (medium, chopped)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Fat	7g
Carbs	27g
Fiber	7g
Protein	17g

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add ground beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
- 2 Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
- 3 Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
- 4 Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
- 5 Remove the bay leaf. Divide into bowls and enjoy!

Notes

No Ground Beef: Use ground turkey or ground chicken instead.

More Carbs: Stir in cooked pasta or noodles before serving.

Likes it Cheesy: Sprinkle with parmesan.



Chicken Stew

6 servings

1 hour

Ingredients

2 tbsps Extra Virgin Olive Oil
 1 1/2 lbs Chicken Thighs (boneless, skinless, cubed)
 Sea Salt & Black Pepper (to taste)
 1/2 Yellow Onion (large, diced)
 2 Carrot (large, peeled, chopped)
 2 stalks Celery (chopped)
 3 Garlic (cloves, minced)
 2 Yellow Potato (large, peeled, cubed)
 4 cups Chicken Broth, Low Sodium
 1 Lemon (juiced)
 2 tbsps Unbleached All Purpose Flour
 1/3 cup Water
 1 cup Green Beans (trimmed, chopped)
 2 tbsps Parsley (fresh, finely chopped)

Nutrition

Amount per serving	
Fat	10g
Carbs	22g
Fiber	3g
Protein	28g

Directions

- 1 In a large pot or dutch oven, heat the oil over medium-low heat.
- 2 Add the chicken thighs, salt, and pepper. Cook for seven to eight minutes or until they are browned and cooked through. Remove and place onto a plate. Set aside.
- 3 Add the onion, carrots, celery, garlic, salt, and pepper to the pot. Sauté for four to five minutes or until the vegetables have softened. Add a splash of broth or water if needed so the vegetables don't burn.
- 4 Add the potatoes, chicken broth, lemon juice, and cooked chicken. Stir to combine.
- 5 Make a slurry by adding the flour to a cup or a bowl and mixing it with water until it is completely dissolved. Pour it into the pot and stir continuously for one to two minutes. This will help to thicken the stew.
- 6 Bring the stew to a boil then lower it to a simmer. Cover and simmer for 25 to 30 minutes or until the chicken is tender and the potatoes are cooked through. Stir occasionally.
- 7 Add the green beans and parsley and cook for another 10 minutes. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to one month.



Cobb Salad Jar

2 servings

30 minutes

Ingredients

- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach (chopped)
- 1/4 cup Cherry Tomatoes (halved)
- 1/4 Avocado (diced)
- 4 ozs Chicken Breast, Cooked
- 1 Egg (hardboiled and sliced)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Fat	19g
Carbs	8g
Fiber	2g
Protein	24g

Directions

- 1 In a small bowl, mix together lemon juice, olive oil, mustard, maple syrup and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
- 2 Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg and feta. Seal jar and store in the fridge.
- 3 When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.



Coleslaw with Poppy Seed Dressing & Chicken

3 servings

20 minutes

Ingredients

2 cups Green Cabbage (shredded)
2 cups Purple Cabbage (shredded)
2 Carrot (thinly sliced)
1 Apple (shredded)
2 tbsps Pumpkin Seeds
9 ozs Chicken Breast (cooked)
Sea Salt & Black Pepper (to taste)
1/3 cup Poppy Seed Dressing (like
Renee's or homemade)
2 tbsps Sunflower Seeds

Directions

1 Combine all ingredients and refrigerate for 30 minutes to blend flavors.

Notes

Save Time : Use a pre packaged coleslaw mix.

Nutrition

Amount per serving	
Fat	21g
Carbs	30g
Fiber	7g
Protein	30g



Greek Chicken Salad

1 serving
45 minutes

Ingredients

1 1/2 tsp Greek Seasoning
1/4 Lemon (juiced)
1 tbsp Extra Virgin Olive Oil
5 ozs Chicken Breast (boneless, skinless)
3/4 cup Cherry Tomatoes (halved)
1/4 Cucumber (diced)
1 tbsp Red Onion (finely diced)
1/4 cup Pitted Kalamata Olives (chopped, optional)
2 1/4 tsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
2 tbsps Feta Cheese

Nutrition

Amount per serving	
Fat	26g
Carbs	14g
Fiber	2g
Protein	48g

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well. Sprinkle feta cheese on top.

Notes

No Greek Seasoning: Use Italian seasoning instead.



Creamy Broccoli Salad

2 servings

20 minutes

Ingredients

- 2 cups Broccoli (chopped into florets)
- 1 cup Frozen Edamame (shelled)
- 2 stalks Green Onion (finely sliced)
- 1/4 cup Almonds (chopped)
- 2 tbsps Almond Butter
- 1 1/2 tsps Rice Vinegar
- 1 1/2 tsps Soy Sauce
- 1 1/2 tsps Maple Syrup (or honey)
- 1 1/2 tsps Sesame Oil
- 1/2 Garlic (clove, minced)
- 1 tbsp Water
- 2 tbsps Sunflower Seeds

Nutrition

Amount per serving	
Fat	30g
Carbs	26g
Fiber	11g
Protein	21g

Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the green onion, edamame and chopped almonds.
- 3 For the Dressing: whisk together the almond butter, rice vinegar, soy sauce, maple syrup (or honey), sesame oil, garlic and water. Add more water if needed for desired consistency. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve or let it sit for a few hours to blend flavors. Enjoy!

Notes

Meat Lover: Add bacon.



Cleaned Up Chicken Salad

4 servings

30 minutes

Ingredients

8 ozs Chicken Breast, Cooked
2 stalks Celery (diced)
1/2 cup Grapes (halved)
4 cups Kale Leaves (finely sliced into ribbons)
1/3 cup Slivered Almonds
1 tbsp Hemp Seeds
2 tbsps Dijon Mustard
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
4 slices Whole Grain Bread (optional)

Nutrition

Amount per serving	
Fat	18g
Carbs	24g
Fiber	6g
Protein	27g

Directions

- 1 Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
- 2 In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
- 3 Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Serve with one slice of bread if using. Enjoy!

Notes

No Kale: Use any lettuce or spinach instead.



Grilled Chicken Fajita Salad

2 servings

35 minutes

Ingredients

10 ozs Chicken Thighs (boneless, skinless)
2 tbsps Extra Virgin Olive Oil (divided)
1 Lime (small, juiced)
2 tbsps Fajita Seasoning
1 Red Bell Pepper (medium, sliced)
1 Yellow Bell Pepper (medium, sliced)
1/2 Yellow Onion (medium, sliced)
Sea Salt & Black Pepper (to taste)
1 head Romaine Hearts (shredded)
1/4 cup Green Goddess Salad Dressing (provided on next page)

Nutrition

Amount per serving	
Fat	33g
Carbs	22g
Fiber	4g
Protein	31g

Directions

- 1 In a bowl, combine the chicken, half of the oil, lime juice, and fajita seasoning.
- 2 Preheat the grill to medium heat. Grill the chicken for seven to eight minutes per side or until cooked through. Let the chicken rest for five minutes before slicing.
- 3 While the chicken is cooking, heat the remaining oil in a pan on the other side of the grill. Add the bell peppers, onion, salt, and pepper. Sauté for 10 to 15 minutes or until tender and browned. Alternatively, use a grill basket and toss the vegetables in oil ahead of time.
- 4 Divide the lettuce, chicken, vegetables, and dressing evenly into bowls or plates. Enjoy!

Notes

Additional Toppings: Shredded cheese and fresh herbs like parsley and cilantro.

No Green Goddess Dressing: Use cilantro lime dressing or fresh-squeezed lime juice instead.



Green Goddess Dressing

3 servings

10 minutes

Ingredients

- 1 Avocado (large)
- 1/2 cup Parsley (stems removed)
- 1 stalk Green Onion (trimmed, chopped)
- 1/4 tsp Sea Salt (to taste)
- 1 cup Water (divided)

Nutrition

Amount per serving	
Fat	10g
Carbs	7g
Fiber	5g
Protein	2g

Directions

- 1 Add the avocado, parsley, green onion, salt, and half the water into a food processor. Blend until smooth, scraping down the sides as needed.
- 2 Add more water, one tablespoon at a time until your desired consistency is reached. Enjoy!

Notes

More Flavor: Add lemon juice, garlic powder, onion powder, black pepper, or cilantro. Substitute some of the water with extra virgin olive oil.



Pecan & Cranberry Shredded Chicken Salad

2 servings

40 minutes

Ingredients

- 10 ozs Chicken Breast
- 1/4 cup Plain Greek Yogurt (or mayo)
- 1/2 Lime (medium, juiced)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Dried Unsweetened Cranberries
- 1/4 cup Pecans (chopped)
- 1/2 Cucumber (large, chopped)

Nutrition

Amount per serving	
Fat	14g
Carbs	22g
Fiber	3g
Protein	36g

Directions

- 1 Bring a pot of water to a boil and reduce to a gentle simmer. Add the chicken and cover. Let simmer until the chicken is cooked, about 15 to 20 minutes. Remove the chicken and transfer it to a bowl. Shred it into pieces using two forks and set it aside to cool.
- 2 In a bowl, whisk together the yogurt (or mayo), lime juice, salt, and pepper.
- 3 Add the remaining ingredients and toss to combine.
- 4 Taste and adjust the seasoning to your taste. Divide evenly between plates and enjoy!

Notes

More Flavor: Add parsley and bacon.



Mason Jar Salmon Salad

1 serving
20 minutes

Ingredients

- 1/4 tsp Sea Salt (divided)
- 5 ozs Salmon Fillet
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1/2 tsp Dijon Mustard
- 1/2 Cucumber (sliced)
- 4 leaves Romaine (chopped)
- 1/2 Avocado

Nutrition

Amount per serving	
Fat	38g
Carbs	19g
Fiber	10g
Protein	33g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add sea salt to the salmon and bake for 10 to 12 minutes or until cooked through and flaky. Once cooled, flake into pieces with a fork.
- 2 In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, salmon and the romaine. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Serve with 1/2 avocado. Enjoy!

Notes

Save Time: Use canned salmon and skip step 1.

More Flavor: Add additional herbs or spices to the salmon.

Additional Toppings: Add additional veggies to the salad such as carrots, peppers or cabbage.



Tuna Patties with Salad

2 servings

45 minutes

Ingredients

- 2 cans Tuna (drained)
- 1 Egg
- 1 tbsp Mayonnaise
- 1/2 Lemon (juiced, plus extra for serving)
- 2 stalks Green Onion (thinly sliced)
- 2/3 cup Bread Crumbs (divided)
- Sea Salt & Black Pepper (to taste)
- 1/16 oz Cooking Oil Spray
- 2 ozs Tartar Sauce
- 3 cups Mixed Greens

Nutrition

Amount per serving	
Fat	16g
Carbs	33g
Fiber	3g
Protein	42g

Directions

- 1 In a mixing bowl, add the tuna, egg, mayonnaise, lemon juice, green onion, 1/3 of the bread crumbs, salt, and pepper. Stir and mix everything together well.
- 2 Form the mixture into even patties, making two patties per serving. Refrigerate the patties for at least 20 minutes.
- 3 Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 4 Coat each patty on both sides with the remaining bread crumbs.
- 5 Spray the patties with oil spray and place onto the baking sheet. Bake in the oven for 20 minutes, flipping halfway through.
- 6 Serve the patties with tartar sauce, lemon wedges, and mixed greens. Enjoy!

Notes

No Mixed Greens: Use any other salad mix.

Cooking Oil Spray: One gram (or 1/16 oz) of cooking oil spray is equal to a one-second spray.



Taco Salad with Beef

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

Nutrition

Amount per serving	
Fat	34g
Carbs	15g
Fiber	9g
Protein	26g

Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 3 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 4 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage: Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor: Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Vegetarian : Use black beans instead of ground beef.



Strawberry Balsamic Salad with Maple Walnuts

1 serving
15 minutes

Ingredients

- 1/4 cup Walnuts
- 1 1/2 tsps Maple Syrup (or honey)
- 2 cups Baby Spinach
- 1/2 cup Strawberries (sliced)
- 2 tsps Goat Cheese (crumbled)
- 3/4 tsp Balsamic Vinegar
- 2 1/4 tsps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 2 1/3 ozs Chicken Breast (cooked, sliced, shredded or cubed)

Nutrition

Amount per serving	
Fat	35g
Carbs	20g
Fiber	5g
Protein	29g

Directions

- 1 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup (or honey). Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 2 Divide spinach into bowls. Top with chicken, strawberries, goat cheese and toasted walnuts.
- 3 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

- Save Time:** Leave the walnuts raw and add maple syrup (or honey) to the dressing.
- No Goat Cheese:** Use feta or other cheese instead.



Salmon Salad Stuffed Pita

1 serving
10 minutes

Ingredients

5 ozs Canned Wild Salmon (drained, boneless, skinless)
1/4 Lemon (medium, juiced)
1 tbsp Chives (chopped)
1 tbsp Fresh Dill (chopped)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tsps Mayonnaise
1/4 Cucumber (sliced)
1 1/2 ozs Mini Whole Wheat Pita (cut in half)

Nutrition

Amount per serving	
Fat	36g
Carbs	26g
Fiber	3g
Protein	42g

Directions

- 1 Mix the salmon, lemon juice, chives, dill, oil, salt, and pepper together.
- 2 Spread the mayo inside of the pita and add the cucumber. Scoop the salmon salad into the pita halves and enjoy!

Notes

More Flavor: Add pickled red onions.



Cranberry Chicken Salad Pita

2 servings

15 minutes

Ingredients

1 1/2 tps Mayonnaise
1/4 Lemon (medium, juiced)
1 1/2 tbsps Fresh Dill (chopped)
Sea Salt & Black Pepper (to taste)
6 ozs Chicken Breast, Cooked (cubed)
1/4 cup Dried Unsweetened
Cranberries
2 tbsps Red Onion (diced)
2 ozs Mini Whole Wheat Pita

Nutrition

Amount per serving	
Fat	5g
Carbs	27g
Fiber	3g
Protein	29g

Directions

- 1 In a bowl, whisk together the mayonnaise, lemon juice, dill, salt, and pepper.
- 2 Add the chicken, cranberries, and red onion to the mayonnaise mixture and stir well. Taste and adjust the seasoning to your taste.
- 3 Cut the pitas in half and stuff them with the chicken mixture. Enjoy!

Notes

No Dill: Use parsley instead.



Cheese & Roast Beef Pinwheels

1 serving

5 minutes

Ingredients

- 2 ozs Deli Roast Beef
- 1 1/2 ozs Cheddar Cheese (sliced)
- 1 Whole Wheat Tortilla (large)

Nutrition

Amount per serving	
Fat	21g
Carbs	20g
Fiber	4g
Protein	27g

Directions

- 1 Arrange the deli roast beef and cheese slices onto the tortilla. Tightly roll up the tortilla and cut it into slices. Enjoy!

Notes

More Flavor: Add pickles or cucumber.



Mini Ground Beef Pita Tacos

4 servings

20 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, diced)
- 2 tbsps Taco Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Salsa
- 4 ozs Mini Whole Wheat Pita
- 6 ozs Cheddar Cheese (grated)

Nutrition

Amount per serving	
Fat	26g
Carbs	24g
Fiber	4g
Protein	36g

Directions

- 1 Heat a pan over medium heat and add the ground beef, breaking it up as it cooks. Add the onion, taco seasoning, salt, and pepper. Cook for seven to eight minutes or until the beef is browned and cooked through.
- 2 Stir in the salsa and cook for another two to three minutes.
- 3 Cut the pitas in half and stuff with the ground beef filling. Divide the stuffed pitas evenly between plates and top with cheese. Enjoy!

Notes

No Ground Beef: Use ground turkey or chicken instead.

Additional Toppings: Add diced bell pepper to the ground beef. Top with guacamole and/or additional salsa.



Chicken Caesar Wraps

1 serving

10 minutes

Ingredients

- 1 cup Romaine Lettuce (chopped)
- 2 1/3 ozs Chicken Breast (cooked, shredded)
- 2 tbsps Caesar Salad Dressing (store bought or homemade)
- 1 tbsp Parmesan Cheese
- 1 Whole Wheat Tortilla

Nutrition

Amount per serving	
Fat	25g
Carbs	21g
Fiber	5g
Protein	27g

Directions

- 1 In a bowl, combine the romaine, chicken, dressing and Parmesan. Stir to combine.
- 2 Microwave the tortilla for 10-15 seconds so that it will be easy to roll. Spread the lettuce mixture down the middle of the tortilla. Fold in the two sides of the tortilla, then roll up like a burrito.
- 3 Cut wrap in half to serve.



Turkey & Bacon Wrap

2 servings

5 minutes

Ingredients

2 tbsps Mayonnaise
2 Whole Wheat Tortilla
1 head Boston Lettuce
8 ozs Sliced Turkey Breast
4 slices Bacon, Cooked (cut in half or chopped)
1/2 Avocado (sliced)

Directions

1

Spread the mayonnaise on the tortilla and place the lettuce on top. Add the turkey, the bacon and the avocado. Wrap and repeat with any remaining tortillas. Enjoy!

Nutrition

Amount per serving	
Fat	33g
Carbs	26g
Fiber	7g
Protein	28g



Creamy Shredded Chicken Salad Wrap

2 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast
- 1/3 cup Mayonnaise
- 1 tsp Dijon Mustard
- 1 stalk Celery (diced)
- 1 Apple (small, chopped)
- 1/4 cup Red Onion (diced)
- Sea Salt & Black Pepper (to taste)
- 2 Whole Wheat Tortilla (large)

Nutrition

Amount per serving	
Fat	35g
Carbs	34g
Fiber	7g
Protein	30g

Directions

- 1 To make the shredded chicken, bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken and cover. Let simmer until the chicken is cooked, about 15 to 20 minutes. Remove the chicken and transfer it to a bowl. Shred it into pieces using two forks.
- 2 Add the mayonnaise, mustard, celery, apple, onion, salt, and pepper. Mix well to combine.
- 3 Place the tortillas on a flat surface. Divide the chicken mixture evenly between the tortillas, placing the mixture in the center. Roll each one up tightly into a wrap. Enjoy!



Cheeseburger Lettuce Wraps

4 servings

20 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 1 head Iceberg Lettuce (small, leaves pulled apart)
- 1/2 cup Pickle (sliced)
- 1/2 cup Red Onion (diced)
- 4 ozs Cheddar Cheese (shredded)
- 1/4 cup Hot Sauce

Nutrition

Amount per serving	
Fat	21g
Carbs	7g
Fiber	2g
Protein	31g

Directions

- 1 Heat a pan over medium heat and add the ground beef. Season with salt and pepper. Cook for seven to eight minutes or until the beef is browned and cooked through, breaking it up as it cooks.
- 2 For each wrap, layer two to three lettuce leaves on top of one another. Top each stack of lettuce evenly with cooked beef, pickles, onion, cheese, and hot sauce.
- 3 Wrap each wrap with parchment paper, twisting the ends to keep them together. Cut them in half and enjoy!

Notes

More Flavor: Season the ground beef with spices such as garlic, onion, and chili powder.

Additional Toppings: Ketchup, mustard, mayonnaise, and/or your favorite burger sauce.

No Ground Beef: Use ground chicken or turkey instead.



Steak & Black Bean Burrito

2 servings

30 minutes

Ingredients

7 ozs Flank Steak
Sea Salt & Black Pepper (to taste)
2 tsps Extra Virgin Olive Oil
1/2 cup Black Beans (cooked)
1/2 Lime (medium, juiced)
2 Whole Wheat Tortilla (large)
1/2 cup Guacamole
2 ozs Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Fat	30g
Carbs	35g
Fiber	12g
Protein	35g

Directions

- 1 Pat the steak dry and season generously with salt and pepper.
- 2 Heat the oil in a cast-iron pan over medium-high heat. Place the steak in the pan and cook for eight to 10 minutes, or until it reaches your desired doneness, flipping halfway through.
- 3 Remove the steak from the pan and let it rest for five minutes before slicing.
- 4 Meanwhile, in a bowl combine the beans, lime juice, salt, and pepper. Lightly mash with a fork.
- 5 Lay a tortilla on a flat surface and divide the mashed beans, sliced steak, guacamole, and cheese evenly between the tortillas. Roll them tightly into a burrito, tucking in the sides as you go.
- 6 Heat a nonstick pan over medium-low heat. Place the burrito(s) in the pan and cook for three to four minutes, until lightly browned on all sides. Remove from the pan, slice in half, and enjoy!

Notes

More Flavor: Add salsa or hot sauce.



Chicken & Veggie Quesadillas

2 servings

15 minutes

Ingredients

2 Whole Wheat Tortilla (large)
3 ozs Cheddar Cheese (grated)
8 ozs Chicken Breast, Cooked (shredded)
1/4 cup Red Onion (thinly sliced)
1/3 cup Salsa
2 stalks Green Onion (chopped)
1/4 cup Cilantro (chopped)
1/2 Jalapeno Pepper (thinly sliced, optional)

Nutrition

Amount per serving	
Fat	22g
Carbs	26g
Fiber	6g
Protein	49g

Directions

- 1 Heat a large non-stick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
- 2 Add the shredded chicken breast to half the tortilla and top with red onion, salsa, green onion, cilantro, and jalapeno pepper.
- 3 Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

More Flavor: Season the chicken with chili powder, smoked paprika, and/or salt.

Additional Toppings: Sour cream, greek yogurt, salsa, or guacamole.



Open Face Philly Cheese Steak Sub

2 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Top Sirloin Steak (thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Mushrooms (thinly sliced)
- 1/2 Yellow Onion (large, thinly sliced)
- 3 tbsps Water
- 1 tbsp Worcestershire Sauce
- 2 ozs Mozzarella Cheese (shredded)
- 3 ozs Submarine Bun (cut in half, toasted)
- 1/4 head Iceberg Lettuce (shredded)

Nutrition

Amount per serving	
Fat	28g
Carbs	21g
Fiber	3g
Protein	34g

Directions

- 1 Add the oil to a large pan over high heat. Once hot, add the steak and cook for three to five minutes. Season with salt and pepper and set aside.
- 2 In the same pan, add mushrooms and onions. Cook for three to five minutes or until slightly browned. Return the steak to the pan. Add the water and Worcestershire sauce, and stir.
- 3 Add the shredded mozzarella evenly to the vegetables. Let it melt and then remove it from the heat.
- 4 Place the toasted buns on plates. Top with shredded lettuce and cover with the steak mixture.
- 5 Drizzle with pan juices and enjoy!



Ham & Cheese Toast

1 serving

10 minutes

Ingredients

1/4 tsp Extra Virgin Olive Oil
2 Egg
1 slice Whole Grain Bread
2 ozs Swiss Cheese (sliced)
4 ozs Sliced Ham

Nutrition

Amount per serving	
Fat	37g
Carbs	20g
Fiber	3g
Protein	56g

Directions

- 1 In a medium pan, heat the oil over medium heat.
- 2 Crack the eggs in the pan and cook until the whites are set and the yolk is cooked to your liking. Set aside.
- 3 Top the bread with swiss cheese, ham, and eggs. Enjoy as-is, or toast in the oven until the cheese is melted.

Notes

Additional Toppings: Avocado, spinach, arugula, sprouts, or cucumber slices.



Egg and Tomato Melt

1 serving
10 minutes

Ingredients

- 1 oz English Muffin (split)
- 1/4 tsp Extra Virgin Olive Oil
- 2 Egg (whisked)
- 1 stalk Green Onion (finely chopped)
- Salt & Black Pepper (to taste)
- 2 tbsps Cheddar Cheese (grated)
- 2 tbsps Cherry Tomatoes (quartered)

Nutrition

Amount per serving	
Fat	20g
Carbs	17g
Fiber	4g
Protein	20g

Directions

- 1 Preheat the broiler on high.
- 2 Place muffin, cut side up, on a baking sheet and broil for 2 minutes or until beginning to lightly brown on edges. (Or you can do this in your toaster oven)
- 3 Heat a medium skillet on medium heat.
- 4 Add oil and saute 3 of the green onions about 2 to 3 minutes.
- 5 Add the eggs, season with salt and pepper and cook, mixing until cooked through.
- 6 Place on toasted muffin and top with tomatoes, cheese and remaining green onions.
- 7 Broil for 1 to 1 1/2 minutes or until cheese has melted, careful not to burn.

Notes

No Cheddar Cheese: Use Mexican blend or any other cheese.



Fried Egg Sandwich

1 serving

5 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
2 Egg
Sea Salt & Black Pepper
2 leaves Romaine
1/4 Tomato (sliced)
1/4 Avocado (sliced)
2 slices Whole Grain Bread (toasted)
1 tbsp Mayonnaise

Directions

- 1 Heat a small pan over medium heat. Warm the olive oil and crack the eggs in the pan. Season with salt and pepper. Cook until the whites are set and the yolk is cooked to your liking.
- 2 To assemble the sandwich, spread mayo on one slice of bread, layer the romaine leaves, tomato and avocado slices on top. Add the eggs and the remaining piece of toast on top to complete the sandwich. Serve immediately and enjoy.

Nutrition

Amount per serving	
Fat	33g
Carbs	44g
Fiber	11g
Protein	26g



Chicken, Lettuce & Tomato Sandwich

1 serving

5 minutes

Ingredients

2 slices Bread (toasted)
1 tbsp Mayonnaise
1 tbsp Dijon Mustard
4 ozs Chicken Breast, Cooked
1/2 Tomato (sliced)
1/8 head Iceberg Lettuce (torn into pieces)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	19g
Carbs	28g
Fiber	4g
Protein	40g

Directions

- 1 Spread one slice of the toast with mayo and the other slice with Dijon mustard. Layer on the chicken breast, tomato slices and lettuce. Season with salt and pepper to taste and top with the second slice of toast. Slice in half and enjoy!

Notes

No Bread: Use lettuce wraps or tortillas.

Additional Toppings: Add in cucumber, bell pepper slices, avocado, mushrooms or onions.



Turkey Hummus Sandwich

1 serving

5 minutes

Ingredients

2 slices Bread
4 ozs Turkey Breast, Cooked
1 tbsp Hummus
1 1/2 tsps Dijon Mustard
1/2 cup Mixed Greens

Nutrition

Amount per serving	
Fat	10g
Carbs	27g
Fiber	3g
Protein	39g

Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey: Use chicken breast instead.



Tuna & Cucumber Sandwich

1 serving
10 minutes

Ingredients

- 1 can Tuna
- 2 tbsps Mayonnaise
- 2 slices Whole Grain Bread (toasted)
- 1/4 Cucumber (sliced)

Nutrition

Amount per serving	
Fat	26g
Carbs	39g
Fiber	7g
Protein	44g

Directions

- 1 In a small bowl add the tuna and mayonnaise. Mix together until well combined.
- 2 Add the tuna to one piece of the toast and top with cucumber. Serve and enjoy!

Notes

Additional Toppings: Add sliced avocado or tomato.



Turkey Wraps with Almonds, Cucumbers & Blueberries

1 serving
10 minutes

Ingredients

- 1/4 Apple (cored, sliced)
- 1 oz Havarti Cheese (sliced)
- 3 1/2 ozs Sliced Turkey Breast
- 1/2 cup Blueberries
- 1/4 cup Almonds
- 1/2 Cucumber (large, sliced)

Nutrition

Amount per serving	
Fat	32g
Carbs	32g
Fiber	8g
Protein	30g

Directions

1

Layer the apple and havarti on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds and cucumber. Enjoy!

Notes

No Turkey Breast: Use ham, prosciutto, salami, collard greens or lettuce instead.

Nut-Free: Use pumpkin seeds or sunflower seeds instead.



Roast Beef Sandwich

2 servings

10 minutes

Ingredients

1 3/4 cups Coleslaw Mix
1/3 cup Mayonnaise
1 1/2 tsps Yellow Mustard
2 tsps Cow's Milk, Whole
6 ozs Deli Roast Beef
4 slices Whole Grain Bread

Directions

1

In a large mixing bowl, combine the coleslaw mix, mayonnaise, mustard and milk.

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2

Layer the coleslaw and roast beef between the slices of bread. Enjoy!

Nutrition

Amount per serving	
Fat	35g
Carbs	42g
Fiber	8g
Protein	32g



Cheeseburger Fries Supreme

3 servings

20 minutes

Ingredients

8 ozs Frozen French Fries
8 ozs Extra Lean Ground Beef
3 ozs Cheddar Cheese (shredded)
1 Tomato (small, diced)
1/2 White Onion (small, diced)
1/4 cup Pickle (diced, optional)
1/16 head Green Lettuce (chopped)
2 tbsps Mayonnaise
2 tbsps Water
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	28g
Carbs	23g
Fiber	2g
Protein	24g

Directions

- 1 Cook the fries according to package directions.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef, breaking it up as it cooks. Season with salt and pepper to taste. Once it is cooked through and no longer pink, transfer to a bowl and drain any excess drippings if needed.
- 3 Top the fries with ground beef and cheese. Return to the oven and bake for three to five minutes, or until the cheese has melted.
- 4 Top with tomato, onions, pickles (if using), and lettuce.
- 5 Stir together the mayonnaise and water. Drizzle over the fries and enjoy!



Bell Pepper Nachos with Beef

4 servings

30 minutes

Ingredients

- 4 Red Bell Pepper (large, cut into thick slices)
- Sea Salt & Black Pepper (to taste)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, diced)
- 2 tbsps Taco Seasoning
- 8 ozs Cheddar Cheese (grated)
- 1/2 cup Cilantro (chopped, optional)
- 1 cup Salsa
- 1 cup Guacamole
- 1 Lime (cut into wedges)

Nutrition

Amount per serving	
Fat	39g
Carbs	26g
Fiber	9g
Protein	40g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the sliced bell pepper to the baking sheet and season with salt and pepper. Place it in the oven and cook for 10 minutes.
- 3 While the peppers are in the oven, heat a pan over medium heat. Add the ground beef, breaking it up as it cooks. Add the onion and taco seasoning and cook for eight to 10 minutes or until the beef is browned and cooked.
- 4 Spread the cooked ground beef and onion evenly over the peppers. Top with cheese and return to the oven for five to ten minutes or until the cheese has melted.
- 5 Top with cilantro (if using), then divide the nachos, salsa, guacamole, and lime wedges evenly onto plates. Enjoy!

Notes

Additional Toppings: Top with shredded lettuce, jalapenos, and/or sour cream.
Serve it With: Could also serve with tortilla chips on the side.



Steak Fried Rice

4 servings

25 minutes

Ingredients

2/3 cup Jasmine Rice (dry, uncooked)
1 lb Top Sirloin Steak (cubed)
Sea Salt & Black Pepper (to taste)
3 Egg (large, whisked)
2 cups Frozen Vegetable Mix

Nutrition

Amount per serving	
Fat	20g
Carbs	38g
Fiber	5g
Protein	32g

Directions

- 1 Cook the rice according to the package instructions and set aside.
- 2 Heat a large nonstick pan over medium-high heat. Add the cubed steak and season with salt and pepper. Cook to your desired doneness, then transfer to a bowl.
- 3 Add the eggs to the same pan and stir to scramble as it cooks, about two to three minutes.
- 4 Push the eggs to the side of the pan, and add the frozen vegetables. Season with salt and pepper and cook until warmed through, about three minutes.
- 5 Add the rice and cooked steak. Stir until well combined and season with additional salt and pepper if needed. Divide into bowls and enjoy!

Notes

More Flavor: Add soy sauce or sesame oil. Add sautéed garlic and onions.

Frozen Vegetable Mix: This recipe was made using a mix of carrots, corn, peas, and green beans.



Steak & Potato Crustless Quiche with Salad

8 servings

45 minutes

Ingredients

- 1 tbsp Butter
- 14 ozs Ribeye Steak, Boneless
- 2 cups Mini Potatoes (chopped)
- 1 Leeks (chopped)
- 12 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 4 ozs Cheddar Cheese (shredded)
- 6 cups Mixed Greens
- 1 lb Mini Peppers (seeds removed, sliced)
- 1/2 cup Balsamic Vinaigrette

Nutrition

Amount per serving	
Fat	25g
Carbs	16g
Fiber	2g
Protein	24g

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking pan with parchment paper, or use a springform pan.
- 2 Heat the butter in a pan over medium heat. Add the steak and cook for 10 to 12 minutes, flipping halfway through. The timing will depend on the thickness of your steak and desired doneness. Chop into bite-sized pieces.
- 3 Add the steak, potatoes, leek, eggs, salt, and pepper to a large mixing bowl. Stir well to combine.
- 4 Pour the egg mixture into the baking pan, then sprinkle evenly with the cheese. Bake in the oven for 40 minutes, or until the quiche has risen and started to brown on the top.
- 5 Meanwhile, combine the mixed greens, peppers, and balsamic vinaigrette in a large bowl. Mix well.
- 6 Serve the quiche with salad and enjoy!

Notes

Additional Toppings: Spinach, tomato, or kale to the quiche.



Ham & Cheese Egg Sandwich

2 servings

15 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 3 Egg (large, whisked)
- Sea Salt & Black Pepper (to taste)
- 1 oz Cheddar Cheese (grated)
- 4 ozs English Muffin (toasted)
- 1/2 cup Baby Spinach
- 1 1/2 ozs Sliced Ham

Nutrition

Amount per serving	
Fat	17g
Carbs	29g
Fiber	8g
Protein	20g

Directions

- 1 Heat the oil in a non-stick pan over medium-low heat. Add the eggs, salt, and pepper, and stir the mixture continuously until fluffy and set, about two to three minutes. Remove from the heat, add the cheese, and stir to combine.
- 2 Spoon the cheesy eggs onto the bottom half of each toasted English muffin. Top with spinach and ham. Close the sandwich and enjoy!

Notes

More Flavor: Use bacon instead of ham.

Additional Toppings: Sautéed mushrooms, tomatoes, or fresh herbs.



Classic Dutch Baby Pancake

3 servings

25 minutes

Ingredients

- 3 Egg (room temperature)
- 2 1/8 ozs Unbleached All Purpose Flour
- 1/2 cup Cow's Milk, Whole (room temperature)
- 1/8 tsp Sea Salt
- 1 tbsp Butter
- 1 tsp Icing Sugar (optional)

Nutrition

Amount per serving	
Fat	10g
Carbs	18g
Fiber	1g
Protein	10g

Directions

- 1 Preheat the oven to 425°F (220°C) and place a cast iron skillet in the oven.
- 2 In a blender, add the eggs, flour, milk, and salt. Blend until smooth.
- 3 Use oven mitts and carefully take the skillet out of the oven. Add the butter to the skillet and swirl around to coat the pan.
- 4 Add the batter to the skillet and immediately transfer the skillet back to the oven.
- 5 Bake for 15 minutes, then reduce the heat to 300°F (150°C) and bake for another five minutes.
- 6 Sift some icing sugar on top, if using, and enjoy!

Notes

More Protein : Add any meat, Greek yogurt, or nuts.

Troubleshooting: The temperature of the ingredients before they go into the pan is important to get the right rise. If the pancake didn't rise, the oven probably wasn't hot enough or the ingredients were too cold, or both.



Grilled Chicken & Quinoa Bowls

3 servings

1 hour 10 minutes

Ingredients

- 15 ozs Chicken Breast (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Lemon Juice (divided)
- 2 tsps Italian Seasoning (divided)
- 3/4 cup Quinoa (dry, rinsed)
- 1/4 cup Feta Cheese (crumbled)
- 1/2 Cucumber (large, diced)
- 2 cups Cherry Tomatoes (halved)
- 1/4 cup Red Onion (finely chopped)
- 1/2 cup Pitted Kalamata Olives (chopped)

Nutrition

Amount per serving	
Fat	21g
Carbs	37g
Fiber	5g
Protein	41g

Directions

- 1 Marinate the chicken in the fridge for at least 30 minutes with half each of the oil, lemon juice, and Italian seasoning.
- 2 Cook the quinoa according to the package directions.
- 3 Gently toss the feta in the remaining oil, lemon juice, and seasoning.
- 4 Meanwhile, preheat the grill to medium-high heat. Grill the chicken for eight to 10 minutes per side, or until cooked through. Let rest for five minutes before slicing into bite-sized pieces.
- 5 Divide the cooked quinoa, chicken, cucumber, tomatoes, red onion, and olives evenly into bowls. Top with the feta mixture. Enjoy!

Notes

Additional Toppings: Roasted chickpeas and/or sliced avocado.



Sweet Potato & Pineapple Salad with Chicken

4 servings

30 minutes

Ingredients

- 1 Sweet Potato (medium, chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 lb Chicken Breast
- 2 cups Pineapple (chopped)
- 1/4 cup Chives (chopped)
- 1/2 cup Cilantro (chopped)
- 1 tbsp Soy Sauce
- 1 tbsp Lime Juice
- 1 tbsp Ginger (freshly grated)

Nutrition

Amount per serving	
Fat	7g
Carbs	18g
Fiber	2g
Protein	27g

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Toss the sweet potato in half of the oil and season with half of the salt. Add to the prepared baking sheet, along with the chicken, and cook in the oven for 25 minutes, or until cooked through.
- 3 Meanwhile, add the pineapple, chives, and cilantro to a large bowl.
- 4 In a small bowl, whisk together the remaining oil, remaining salt, soy sauce, lime juice, and ginger.
- 5 Add the cooked sweet potato to the pineapple mixture and stir to combine. Drizzle on the dressing, then toss to coat. Serve with the chicken and enjoy!



Thai Chopped Chicken Salad with Peanut Sauce

3 servings

30 minutes

Ingredients

8 ozs Chicken Breast (skinless and boneless)
 1/8 tsp Chili Powder
 1/8 tsp Smoked Paprika
 1/8 tsp Sea Salt
 3 tbsps All Natural Peanut Butter
 1 tbsp Soy Sauce
 1 tsp Honey
 1 tbsp Lime Juice
 1 Garlic (clove, minced)
 1 tsp Ginger (minced)
 2 tbsps Water
 3 cups Green Cabbage (chopped)
 2 Carrot (shredded)
 1/2 Red Bell Pepper
 1/2 Mango (cubed)
 3 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Fat	11g
Carbs	26g
Fiber	6g
Protein	23g

Directions

- 1 Add the chicken to a small bowl and season with chili powder, smoked paprika and sea salt. In a skillet over medium heat, cook the chicken on both sides until cooked through, approximately 8 to 10 minutes. Remove, let cool slightly and then shred with two forks.
- 2 In a blender, add the peanut butter, soy sauce, honey, lime juice, garlic, ginger and water. Blend until smooth and creamy.
- 3 In a large bowl, add the cabbage, carrots, pepper, mango and green onions. Add the shredded chicken to the bowl and toss with the dressing. Serve and enjoy!

Notes

Additional Toppings: Add chopped cilantro, crushed peanuts and/or sesame seeds.



Grilled Chicken Caesar Lettuce Wraps

4 servings
40 minutes

Ingredients

- 1 Garlic (whole bulb)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 tsp Black Pepper
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 lb Chicken Breast
- 1 Lemon (juiced)
- 1/4 cup Extra Virgin Olive Oil (plus some extra for roasting garlic)
- 1 tbsp Dijon Mustard
- 1 head Boston Lettuce (washed and pulled apart into leaves)

Nutrition

Amount per serving	
Fat	17g
Carbs	3g
Fiber	0g
Protein	26g

Directions

- 1 Preheat the grill over medium heat.
- 2 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
- 3 In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
- 4 Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
- 5 Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
- 6 Remove chicken from the grill and dice with a knife.
- 7 Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

Notes

Time Saver: Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

No Grill: Use an oven pre-heated to 400°F (204°C) instead.

More Carbs: Add quinoa to your wraps.



Beef & Cheese Tortellini

2 servings

30 minutes

Ingredients

4 ozs Cheese Tortellini
1 tsp Extra Virgin Olive Oil
1/2 Yellow Onion (chopped)
8 ozs Extra Lean Ground Beef
1 cup Tomato Sauce
1/4 cup Frozen Spinach (thawed,
drained)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	18g
Carbs	37g
Fiber	4g
Protein	33g

Directions

- 1 Cook the tortellini according to package directions. Drain and set aside.
- 2 Warm the oil in a pan over medium-high heat. Add the onion and sauté for about five minutes. Add the beef and cook for 10 to 12 minutes, breaking it up as it cooks.
- 3 Add the tomato sauce and spinach and continue to cook for another five minutes. Season with salt and pepper.
- 4 Add the tortellini to the pan, stir well, and let simmer for another five minutes. Divide evenly between serving bowls and enjoy!

Notes

More Flavor: Add mushrooms, bell peppers, or fresh herbs to the beef mixture.

Additional Toppings: Top with parsley and chili flakes.



Teriyaki Chicken & Edamame Quinoa Bowl

4 servings

25 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 tsps Extra Virgin Olive Oil
- 1 lb Chicken Thighs (boneless, skinless)
- 1 cup Frozen Edamame
- 2 tsps Teriyaki Sauce
- 1/4 cup Water
- 1 tbsp Cilantro (minced)
- 1/2 tsp Chili Flakes

Nutrition

Amount per serving	
Fat	10g
Carbs	18g
Fiber	4g
Protein	30g

Directions

- 1 Cook the quinoa according to package directions.
- 2 In a large pan over medium heat, add the oil. Once the oil is hot, add the chicken. Cook for three to five minutes on each side.
- 3 Add the edamame and teriyaki sauce. Toss and coat everything well with the sauce. Add the water to deglaze as needed, and scrape up the fond (brown caramel bits) from the pan.
- 4 Divide the quinoa, chicken, and edamame between bowls. Garnish with the cilantro and chili flakes. Enjoy!

Notes

Additional Toppings: Sesame seeds and chopped green onions.



Taco Skillet

4 servings

30 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1/2 cup Red Onion (chopped)
1 lb Extra Lean Ground Beef
2 tbsps Chili Powder
1 tbsp Cumin
1/4 tsp Onion Powder
1/4 tsp Black Pepper
4 Egg
1/2 Tomato (chopped)
1/4 cup Black Olives
1/2 Avocado (cubed)
1 Jalapeno Pepper (sliced)
1/4 cup Cilantro

Directions

- 1 In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
- 2 Once the beef is cooked, add in the chili powder, cumin, onion powder, and black pepper until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
- 3 Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
- 4 Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

Nutrition

Amount per serving	
Fat	25g
Carbs	9g
Fiber	4g
Protein	31g



Rice, Beef & Spinach

4 servings

20 minutes

Ingredients

- 1 cup Jasmine Rice
- 1 lb Extra Lean Ground Beef
- 4 cups Baby Spinach (packed)
- 1 tbsp Soy Sauce

Nutrition

Amount per serving	
Fat	11g
Carbs	39g
Fiber	2g
Protein	27g

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the spinach to the beef and stir until the spinach has wilted. Add in the soy sauce and stir to combine.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

More Flavor: Add fresh garlic or ginger to the beef with the spinach.

Additional Toppings: Hot sauce, sesame seeds, sliced green onions and/or cilantro.

No Beef: Use ground chicken, turkey or pork instead.



One Pan Beef & Vegetables

2 servings

20 minutes

Ingredients

12 ozs Extra Lean Ground Beef
1/2 Red Bell Pepper (diced)
3 stalks Green Onion (chopped)
1 cup Green Beans (chopped)
2 cups Bok Choy (chopped)
2 1/2 tbsps Soy Sauce

Nutrition

Amount per serving	
Fat	17g
Carbs	9g
Fiber	3g
Protein	38g

Directions

- 1 Heat a large, non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary.
- 2 Add the peppers, green onion, and green beans to the pan with the beef and continue to cook for five to six minutes stirring often until the peppers and beans are just tender.
- 3 Add the bok choy and soy sauce to the pan and cook for two to three minutes more until the bok choy is wilted and tender. Season with additional soy sauce if needed then divide between plates. Enjoy!

Notes

More Flavor: Add red pepper flakes, garlic, or ginger.

No Ground Beef: Use ground chicken, turkey, or pork instead.

No Bok Choy: Use spinach or kale instead.



Classic Tacos

4 servings

25 minutes

Ingredients

- 8 Tortilla
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/2 tsp Cumin
- 1/2 head Green Lettuce (small, finely chopped)
- 2 Tomato (medium, diced)

Nutrition

Amount per serving	
Fat	16g
Carbs	31g
Fiber	3g
Protein	26g

Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

Notes

More Toppings: Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

No Ground Beef: Use ground turkey, chicken, pork or lamb instead.



Crunchy Beef Tacos

6 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 1 lb Lean Ground Beef
- 2 tbsps Taco Seasoning
- 4 1/3 ozs Cheddar Cheese (shredded)
- 6 Tortilla (small)

Nutrition

Amount per serving	
Fat	25g
Carbs	18g
Fiber	2g
Protein	19g

Directions

- 1 Warm the oil in a pan over medium heat and add the onions. Sauté for two to three minutes.
- 2 Add the ground beef, breaking it up as it cooks. Add the taco seasoning, stirring occasionally. Cook for seven to eight minutes or until cooked through. Drain excess liquid.
- 3 On one side of each tortilla, add some cheese, the beef mixture and then more cheese.
- 4 Heat a pan over medium heat and, working in batches, pan fry the tacos. Fold the other side of the taco over the filling and press down with a spatula. Cook for three to four minutes then carefully turn over and cook for another three to four minutes until crispy.
- 5 Divide onto plates and enjoy!

Notes

More Flavor: Dip in sour cream or guacamole.



Italian Chicken & Rice Bowl

2 servings

35 minutes

Ingredients

- 1/2 cup Rice (dry)
- 10 ozs Chicken Breast (cut into large cubes)
- 1 cup Broccoli (cut into small florets)
- 1/4 cup Red Onion (cut into thick slices)
- 1/2 cup Cherry Tomatoes
- 1 Zucchini (small, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	13g
Carbs	45g
Fiber	5g
Protein	38g

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 3 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Drizzle with the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 4 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 5 Divide the rice, chicken, and veggies evenly between meal prep containers or plates and enjoy!

Notes

More Flavor: Add other dried herbs and spices to taste, like red pepper flakes, onion powder, or parsley.

Additional Toppings: Avocado or dipping sauce, like tzatziki or hummus.



Tuna, Spinach & Feta Pita

2 servings

10 minutes

Ingredients

- 2 cans Tuna (drained, broken into chunks)
- 2 cups Baby Spinach (chopped)
- 1/2 stalk Green Onion (sliced)
- 1/4 cup Feta Cheese (crumbled)
- 1 tbsp Lemon Juice (to taste)
- 1 Whole Wheat Pita (sliced in half)

Nutrition

Amount per serving	
Fat	6g
Carbs	20g
Fiber	3g
Protein	39g

Directions

- 1 In a mixing bowl, combine the tuna, spinach, green onions, feta, and lemon juice.
- 2 Gently open each pita pocket and fill with the tuna mixture. Enjoy!

Notes

More Flavor: Add mustard, olive oil, or mayonnaise.

Additional Toppings: Add chopped celery, red onion, tomatoes or cucumber.



Pesto Chicken Quesadilla

2 servings

15 minutes

Ingredients

- 2 Whole Wheat Tortilla (large)
- 3 ozs Mozzarella Cheese (shredded)
- 8 ozs Chicken Breast, Cooked (shredded)
- 1/4 cup Pesto
- 1 cup Kale Leaves (thinly sliced)

Nutrition

Amount per serving	
Fat	27g
Carbs	22g
Fiber	5g
Protein	50g

Directions

- 1 Heat a large nonstick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
- 2 Add the shredded chicken breast to half the tortilla and top with the pesto and kale leaves. Fold the tortilla in half and gently press down.
- 3 Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

- More Flavor:** Season the chicken with chili powder, smoked paprika, and/or salt.
Additional Toppings: Serve with sour cream, greek yogurt, salsa, or guacamole.



Tuna on a Bun

1 serving

5 minutes

Ingredients

1/2 can Tuna (drained)
1 tbsp Mayonnaise
Sea Salt & Black Pepper (to taste)
2 ozs Whole Wheat Bun
1/3 cup Pickle (sliced)
1/2 cup Mixed Greens

Nutrition

Amount per serving	
Fat	13g
Carbs	27g
Fiber	4g
Protein	23g

Directions

- 1 Combine the tuna, mayonnaise, salt, and pepper in a bowl. Mash with a fork until well combined.
- 2 Add the tuna to the bun and top with pickles and mixed greens. Enjoy!

Notes

Additional Toppings: Microgreens and tomato slices.



Salami & Roasted Red Pepper Sandwich

4 servings

10 minutes

Ingredients

- 10 ozs Focaccia (loaf)
- 1/4 cup Pesto
- 4 ozs Roasted Red Peppers (patted dry)
- 4 ozs Provolone Cheese
- 2 cups Mixed Greens
- 10 ozs Salami, Mild

Nutrition

Amount per serving	
Fat	37g
Carbs	31g
Fiber	2g
Protein	31g

Directions

- 1 Slice the focaccia loaf in half, horizontally. Spread the pesto on each half.
- 2 Add the peppers, provolone cheese, mixed greens, and salami in layers to the bottom slice of bread.
- 3 Top with the other half of the bread. Slice into one sandwich per serving and enjoy!

Notes

More Flavor: Press in a grill for a warm sandwich.



Italian-Style Club Sandwich

1 serving

5 minutes

Ingredients

2 tbsps Italian Dressing
2 slices Bread
1 oz Provolone Cheese
1 oz Sliced Ham
1 oz Prosciutto
2 ozs Salami, Mild
1/4 Tomato (medium, sliced)
1 oz Pepperoncini Peppers (chopped)
1/8 head Iceberg Lettuce (chopped)

Nutrition

Amount per serving	
Fat	32g
Carbs	33g
Fiber	4g
Protein	37g

Directions

- 1 Add the Italian dressing to each slice of bread.
- 2 On one piece of bread, add the cheese, ham, prosciutto, and salami. Top with tomato, pepperoncini, and lettuce and place the other slice of bread on top. Enjoy!

Notes

More Flavor: Add mustard or mayonnaise.

Additional Toppings: Add bacon.



Chickpea Edamame Salad with Lemon & Dill

2 servings

10 minutes

Ingredients

- 1/2 Lemon (juiced)
- 1 tbsp Avocado Oil
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 2 tbsps Fresh Dill (chopped)
- 2 cups Baby Spinach (chopped)
- 1 cup Chickpeas (cooked)
- 1 cup Frozen Edamame (thawed)

Nutrition

Amount per serving	
Fat	13g
Carbs	34g
Fiber	11g
Protein	17g

Directions

- 1 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 2 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

Notes

No Spinach: Use mixed greens, arugula, kale or romaine lettuce instead.



Cobb Salad

2 servings

25 minutes

Ingredients

2 Egg
 2 slices Bacon
 2 tbsps Extra Virgin Olive Oil
 2 tbsps Lemon Juice
 1/2 tsp Dijon Mustard
 8 leaves Romaine (chopped)
 7 ozs Chicken Breast, Cooked (chopped)
 1/2 Cucumber (sliced)
 2 stalks Green Onion (chopped, greens parts only)

Nutrition

Amount per serving	
Fat	32g
Carbs	9g
Fiber	3g
Protein	42g

Directions

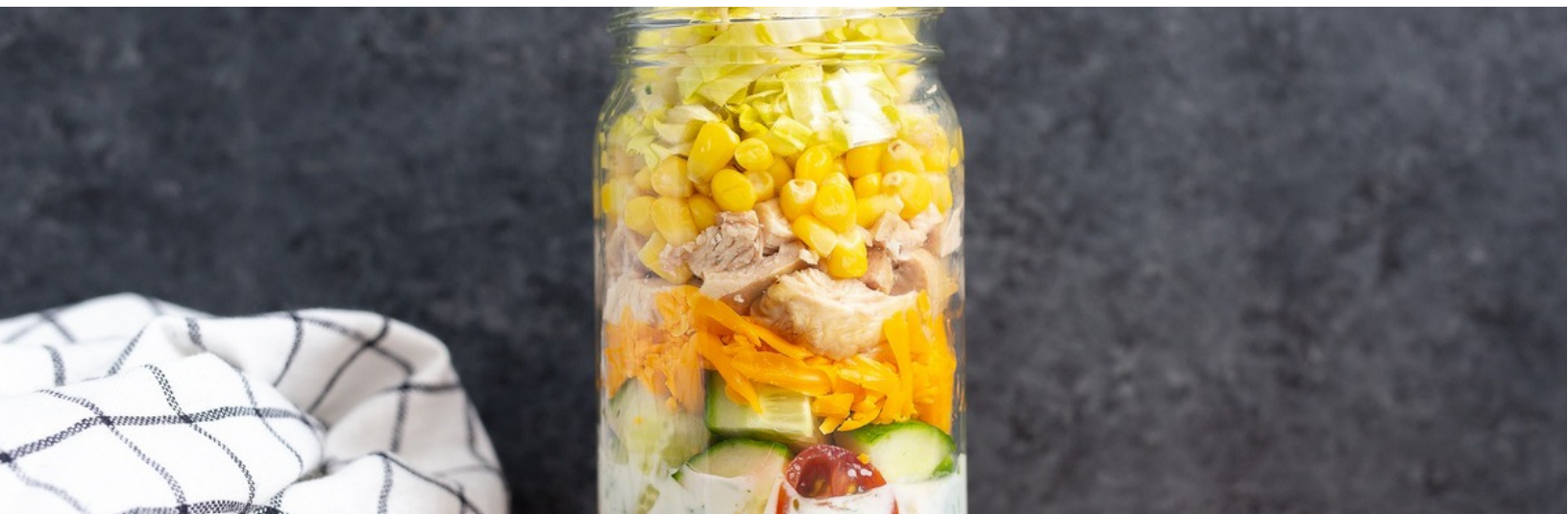
- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- 2 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 3 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 4 To serve, divide the romaine between plates and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!

Notes

More Flavor: Add honey or maple syrup, dried herbs, fresh garlic, salt, and/or pepper to the dressing.

Additional Toppings: Cheese, olives, tomatoes, and/or avocado.

No Romaine: Use baby spinach or another salad green instead.



Chicken Ranch Mason Jar Salad

4 servings

15 minutes

Ingredients

- 1/4 cup Mayonnaise
- 1/4 cup Milk
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Fresh Dill
- 1/2 tsp Sea Salt (to taste)
- 1 cup Cherry Tomatoes (halved)
- 1 Cucumber (medium, chopped)
- 3 1/2 ozs Cheddar Cheese (shredded)
- 1 lb Chicken Breast, Cooked (chopped or shredded)
- 1 cup Corn
- 1/4 head Green Lettuce (chopped)

Nutrition

Amount per serving	
Fat	23g
Carbs	14g
Fiber	2g
Protein	43g

Directions

- 1 In a bowl, whisk together the mayo, milk, lemon juice, dill, and salt.
- 2 Divide the dressing evenly into jars. Top with equal amounts of tomatoes, cucumber, cheese, chicken, corn, and lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Additional Toppings: Minced garlic, fresh herbs, green onion, avocado, bell peppers, and/or mushrooms.

No Chicken: Use turkey breast or chickpeas instead.



Cheeseburger Salad

2 servings

15 minutes

Ingredients

8 ozs Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1/4 cup Mayonnaise
1 tsp Yellow Mustard
1 head Boston Lettuce
1 cup Cherry Tomatoes (halved)
2 ozs Cheddar Cheese (shredded)
1/4 cup Red Onion (diced)
1/4 cup Pickle (chopped)

Nutrition

Amount per serving	
Fat	42g
Carbs	6g
Fiber	2g
Protein	30g

Directions

- 1 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
- 2 In a bowl, whisk together the mayonnaise and mustard.
- 3 Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

Notes

More Flavor: Add garlic to the ground beef.

Additional Toppings: Add sliced green onions.



Pear & Arugula Salad with Chicken

2 servings

35 minutes

Ingredients

12 ozs Chicken Breast
 1/2 tsp Italian Seasoning
 1/8 tsp Sea Salt
 4 cups Arugula
 1 Pear (chopped)
 2 tbsps Red Onion (thinly sliced)
 1 tbsp Walnuts (finely chopped)
 3 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Fat	7g
Carbs	21g
Fiber	4g
Protein	40g

Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

Notes

No Chicken: Use salmon, shrimp, chickpeas, or tofu instead.

No Arugula: Use baby spinach instead.

No Pear: Use apple instead.

More Fat: Add extra virgin olive oil and mix with the balsamic vinegar.



Avocado & Steak Salad

2 servings

30 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil (divided)
- 8 ozs Flank Steak
- Sea Salt & Black Pepper (to taste)
- 8 leaves Romaine (chopped)
- 2 Tomato (quartered)
- 1/4 cup Red Onion (thinly sliced)
- 1 tbsp Lime Juice
- 1/2 tsp Dijon Mustard
- 1 Avocado (cubed)
- 1/4 cup Cilantro (roughly torn)

Nutrition

Amount per serving	
Fat	45g
Carbs	18g
Fiber	11g
Protein	29g

Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add 1/3 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 2 In a large bowl, add the romaine, tomato, and red onion.
- 3 In a small bowl combine the remaining olive oil, lime juice, and mustard and season to taste with salt and pepper. Drizzle the dressing over the salad and toss to combine. Divide onto plates and top with the avocado, cilantro, and steak. Enjoy!

Notes

No Steak: Use chicken, bacon, tempeh, chickpeas, or lentils instead.



Strawberry Kiwi Salad with Chicken

2 servings

5 minutes

Ingredients

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1 cup Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds
- 5 ozs Chicken Breast, Cooked (sliced)

Nutrition

Amount per serving	
Fat	17g
Carbs	23g
Fiber	5g
Protein	26g

Directions

- 1 In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

Notes

Additional Toppings: Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

No Chicken: Top with cooked shrimp, fish, or tofu instead.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds, or chopped nuts instead.



Tropical Chicken Salad

2 servings

10 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Lime Juice
- 1/2 cup Cilantro
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1 head Boston Lettuce (chopped)
- 6 ozs Chicken Breast, Cooked (shredded)
- 1/2 Mango (cubed)
- 1/2 Avocado (cubed)

Nutrition

Amount per serving	
Fat	37g
Carbs	19g
Fiber	5g
Protein	28g

Directions

- 1 Pour the olive oil into a blender and add the lime juice, cilantro, garlic, and salt. Blend until smooth.
- 2 Divide the lettuce onto plates. Top with chicken, mango, and avocado. Drizzle the dressing over everything. Enjoy!

Notes

More Flavor: Add a spicy pepper such as jalapeño to the dressing.

Additional Toppings: Top with a crunchy topper such as tortilla chips for texture. Add sliced red onion to the salad.

No Cilantro: Use another herb such as parsley or basil.



Grilled Chicken & Peach Salad

2 servings

25 minutes

Ingredients

10 ozs Chicken Breast (boneless, skinless)
2 tbsps Extra Virgin Olive Oil (divided)
1/4 cup Lime Juice (divided)
1/2 tsp Garlic Powder
1/2 tsp Sea Salt (divided)
2 cups Baby Spinach
2 cups Arugula
1 Peach (pitted, sliced)
1/4 cup Red Onion (sliced)

Nutrition

Amount per serving	
Fat	18g
Carbs	14g
Fiber	3g
Protein	34g

Directions

- 1 Preheat the grill over medium heat.
- 2 Add the chicken to a bowl along with half of the oil, half of the lime juice, garlic powder, and half of the salt. Mix to combine.
- 3 Place the chicken on the grill and cook for about five to six minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes before slicing.
- 4 To assemble, divide the spinach, arugula, peaches, onion, and sliced chicken into bowls and top with the remaining oil, lime juice, and salt. Enjoy!

Notes

Additional Toppings: Fresh herbs like parsley, basil, and cilantro. Top with your favorite dressing instead of the oil and citrus mixture.



Orange Chicken Salad

2 servings

10 minutes

Ingredients

- 1 Navel Orange (large)
- 1/2 Lime (juiced)
- 1 tsp Honey
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 2 cups Arugula
- 1 1/2 cups Radicchio (thinly sliced)
- 7 ozs Chicken Breast, Cooked (chopped)

Nutrition

Amount per serving	
Fat	10g
Carbs	15g
Fiber	2g
Protein	32g

Directions

- 1 Supreme the navel orange by using a sharp knife to slice the rind and peel off. Then cut the segments out from in between the membranes. Set the leftovers from the oranges aside.
- 2 Squeeze the juice from the set-aside leftover orange into a small bowl. Mix in the lime juice, honey, oil, and salt.
- 3 Add the arugula, radicchio, oranges, and chicken to a serving bowl and top with the dressing. Divide evenly between bowls and enjoy!

Notes

More Flavor: Add shallot and dill to the dressing.



Chicken Caesar Mason Jar Salad

2 servings

15 minutes

Ingredients

- 1/4 cup Quinoa (dry)
- 3 tbsps Caesar Dressing
- 8 ozs Chicken Breast, Cooked (shredded)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (large, chopped)
- 2 cups Mixed Greens
- 2 tbsps Almonds (coarsely chopped)
- 2 tbsps Parmigiano Reggiano (shaved, optional)

Nutrition

Amount per serving	
Fat	12g
Carbs	24g
Fiber	4g
Protein	43g

Directions

- 1 Cook the quinoa according to the package directions. Let it cool to room temperature.
- 2 Divide and layer the ingredients into mason jars in the following order: Caesar dressing, chicken breast, quinoa, cherry tomatoes, cucumber, mixed greens, almonds, and parmesan cheese, if desired.
- 3 Seal the jar and refrigerate until ready to serve.
- 4 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

More Flavor: Season with salt, pepper, or your choice of herbs and spices.



Grilled Chicken with Cucumber Salad

2 servings

25 minutes

Ingredients

8 ozs Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
1 tbsp Extra Virgin Olive Oil
1 tbsp Lemon Juice
1 cup Cherry Tomatoes (halved)
1 Cucumber (medium, diced)
1/4 cup Fresh Dill (chopped)

Nutrition

Amount per serving	
Fat	12g
Carbs	9g
Fiber	2g
Protein	24g

Directions

- 1 Preheat a grill or grill pan over medium heat.
- 2 Season the chicken with salt and pepper. Place on the preheated grill and cook for about eight to 10 minutes per side, or until cooked through and charred. Remove from the grill and let rest for two minutes.
- 3 Meanwhile, combine the oil, lemon juice, tomatoes, cucumber, and dill in a bowl. Season to taste and set aside.
- 4 Serve the grilled chicken alongside the cucumber salad. Enjoy!

Notes

More Flavor: Add feta cheese and red onions to the salad.



Chicken Finger Salad

4 servings

35 minutes

Ingredients

- 1 1/2 cups Bread Crumbs
- 1 tsp Sea Salt
- 1 tsp Garlic Powder
- 1/2 tsp Paprika
- 1/2 tsp Dried Parsley
- 2 Egg
- 1 lb Chicken Breast (boneless, skinless, cut into strips)
- 4 heads Romaine Hearts (chopped)
- 1 Red Bell Pepper (medium, sliced)
- 1/2 Cucumber (medium, chopped)
- 1/2 cup Red Onion (sliced)
- 1/4 cup Italian Dressing (divided)

Nutrition

Amount per serving	
Fat	8g
Carbs	37g
Fiber	4g
Protein	35g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In one bowl, combine the bread crumbs, salt, garlic powder, paprika, and parsley. In another bowl, whisk the eggs.
- 3 Dredge each chicken finger into the whisked eggs then into the bread crumbs. Place each chicken finger onto the baking sheet.
- 4 Cook for 20 to 25 minutes or until the chicken is crispy and cooked through, flipping halfway through.
- 5 To assemble, divide the romaine, bell peppers, cucumbers, and onions into bowls. Slice the chicken fingers and add them to each salad. Divide the evenly between bowls and enjoy!

Notes

Meal Prep: Cool the chicken completely then place into a freezer bag or container for up to three months. To reheat, cook from frozen. Great to have on hand to add to a simple salad.

No Italian Dressing: Use another dressing of choice.



Chicken & Bacon Ranch Salad

4 servings

40 minutes

Ingredients

- 1 lb Chicken Breast
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Dried Parsley
- 1/2 tsp Dried Dill
- 10 leaves Romaine (chopped)
- 6 slices Bacon (Cooked)
- 1/2 cup Red Onion (small, thinly sliced)
- 2 cups Cherry Tomatoes (halved or quartered)
- 1/2 cup Ranch Dressing
- 2 Avocado (medium, cubed)

Nutrition

Amount per serving	
Fat	48g
Carbs	29g
Fiber	10g
Protein	36g

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Place the chicken in a baking dish and drizzle with the oil and season with salt and pepper. Sprinkle the parsley and dill over the chicken and rub generously into the chicken. Transfer to the oven and bake for 20 to 25 minutes or until completely cooked through. Let cool slightly and then slice.
- 3 In a large bowl, combine the romaine, sliced chicken, bacon, onion, and tomatoes. Pour the ranch dressing over top and toss to combine. Add the avocado and gently toss.
- 4 Divide between bowls and enjoy!

Notes

Additional Toppings: Chopped cucumber, fresh dill, and/or grated carrot.

No Ranch Dressing: Use your favorite dressing of choice.

Leftover Chicken: To save time, use leftover sliced chicken or turkey breast.



Salmon & Crispy Rice Bowl with Sesame Ginger Dressing

4 servings

1 hour 5 minutes

Ingredients

- 2/3 cup Jasmine Rice (dry, rinsed)
- 1 tbsp Soy Sauce
- 1 tsp Sesame Oil
- 1 lb Salmon Fillet (skin on)
- Sea Salt & Black Pepper (to taste)
- 1 Cucumber (large, thinly sliced)
- 1 cup Frozen Edamame (thawed)
- 4 stalks Green Onion (thinly sliced)
- 1 Avocado (medium, sliced)
- 1/4 cup Sesame Ginger Dressing

Nutrition

Amount per serving	
Fat	21g
Carbs	39g
Fiber	7g
Protein	34g

Directions

- 1 Cook the rice according to the package directions. Let it cool completely.
- 2 Preheat the oven to 400°F (205°C). Line two baking sheets with parchment paper.
- 3 Toss the cooked rice with soy sauce and oil. Spread evenly on one of the baking sheets. Bake for 30 to 35 minutes, tossing halfway through, until crispy and golden.
- 4 Meanwhile, season the salmon with salt and pepper. Place it skin-side down on the second baking sheet and bake alongside the rice for 13 to 14 minutes, or until cooked to desired doneness. When done, shred it into bite-size pieces and discard the skin.
- 5 Divide the crispy rice, cucumber, edamame, green onion, avocado, and cooked salmon evenly into bowls. Add the dressing and enjoy!

Notes

Short On Time: No need to crisp up the rice. Skip this step and just use cooked rice instead.



Chicken Pesto Melt

1 serving
15 minutes

Ingredients

- 2 ozs Chicken Breast, Cooked (shredded)
- 2 tbsps Pesto
- Sea Salt & Black Pepper (to taste)
- 1 3/4 ozs Sourdough Bread (or any bread, sliced, lightly toasted)
- 1 oz Mozzarella Ball (torn)

Nutrition

Amount per serving	
Fat	20g
Carbs	28g
Fiber	2g
Protein	31g

Directions

- 1 Line a baking sheet with parchment paper or foil.
- 2 In a small bowl, mix together the chicken and pesto and season with salt and pepper.
- 3 Place the bread on the baking sheet and top with the chicken. Add the cheese on top.
- 4 Place in the oven and broil on high for two to three minutes or until the cheese is melted slightly. Enjoy!

Notes

Additional Toppings: Sliced tomato, chili flakes, extra basil, and/or olive oil.



Pear & Arugula Salad with Chicken

2 servings

35 minutes

Ingredients

12 ozs Chicken Breast
1/2 tsp Italian Seasoning
1/8 tsp Sea Salt
4 cups Arugula
1 Pear (chopped)
2 tbsps Red Onion (thinly sliced)
1 tbsp Walnuts (finely chopped)
3 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Fat	7g
Carbs	21g
Fiber	4g
Protein	40g

Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

Notes

No Arugula: Use baby spinach instead.

No Pear: Use apple instead.



Chicken Ranch Mason Jar Salad

4 servings

15 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Fresh Dill
- 1/2 tsp Sea Salt (to taste)
- 1 cup Cherry Tomatoes (halved)
- 1 Cucumber (medium, chopped)
- 3 1/2 ozs Cheddar Cheese (shredded)
- 1 lb Chicken Breast, Cooked (chopped or shredded)
- 1 cup Corn
- 1/4 head Green Lettuce (chopped)

Nutrition

Amount per serving	
Fat	13g
Carbs	15g
Fiber	2g
Protein	45g

Directions

- 1 In a bowl, whisk together the yogurt, lemon juice, dill, and salt.
- 2 Divide the dressing evenly into jars. Top with equal amounts of tomatoes, cucumber, cheese, chicken, corn, and lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Minced garlic, fresh herbs, green onion, avocado, bell peppers, and/or mushrooms.

No Chicken: Use turkey breast, black beans, chickpeas, tofu, or tempeh instead.



Open-Face Tuna Melt

2 servings

10 minutes

Ingredients

- 1 can Tuna (drained and flaked)
- 2 stalks Celery (thinly sliced)
- 1/2 cup Plain Greek Yogurt
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Fresh Dill
- 1 tsp Garlic Powder
- 1 1/3 ozs Swiss Cheese (sliced or shredded)
- 2 slices Bread

Nutrition

Amount per serving	
Fat	11g
Carbs	18g
Fiber	2g
Protein	29g

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to low broil.
- 2 In a bowl, combine tuna, celery, yogurt, apple cider vinegar, dijon, dill and garlic powder.
- 3 Scoop tuna mixture onto bread and spread evenly. Top with Swiss cheese.
- 4 Broil in oven for about 3 to 5 minutes, or until cheese is melted and slightly browned. Watch closely for burning and do not leave unattended.
- 5 Remove from oven and enjoy!

Notes

Loaded Tuna Melt: Add minced red onion, sliced tomato and avocado.



Hummus & Chicken Pita Wrap

2 servings

20 minutes

Ingredients

2 tsp Extra Virgin Olive Oil
1 tbsp Greek Seasoning
8 ozs Chicken Breast (boneless,
skinless, cubed)
1/4 cup Hummus
2 Whole Wheat Pita
1/4 Cucumber (medium, sliced)
2 tbsps Parsley

Directions

- 1 In a bowl, mix together the oil and Greek seasoning. Add the chicken and toss to combine.
- 2 Heat a pan over medium heat. Add the marinated chicken and cook for four to five minutes per side or until cooked through and browned.
- 3 Spread the hummus over each pita. Arrange the chicken, cucumber, and parsley on top. Wrap the pita and enjoy!

Nutrition

Amount per serving	
Fat	14g
Carbs	42g
Fiber	6g
Protein	34g



Turkey Avocado Lettuce Wrap

1 serving

5 minutes

Ingredients

- 1/4 head Iceberg Lettuce (leaves pulled apart)
- 1/4 cup Hummus
- 3 1/16 ozs Sliced Turkey Breast
- 1 1/16 ozs Cheddar Cheese (sliced)
- 1/2 Avocado (medium, sliced)

Nutrition

Amount per serving	
Fat	39g
Carbs	25g
Fiber	12g
Protein	28g

Directions

- 1 Lay three to four large leaves of lettuce on a cutting board. Spread the hummus in middle of the lettuce leaves.
- 2 Top with turkey, cheese, and avocado. Tightly roll the lettuce up, cut it in half, and enjoy!

Notes

More Flavor: Add bell pepper, tomato, and cucumber.



Egg Salad Wrap

2 servings

25 minutes

Ingredients

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

Nutrition

Amount per serving	
Fat	24g
Carbs	20g
Fiber	4g
Protein	17g

Directions

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

Notes

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



Shrimp Lettuce Wraps

2 servings

20 minutes

Ingredients

- 1 Tomato (diced)
- 2 tbsps Red Onion (diced)
- 1 tbsp Cilantro (finely chopped)
- 1/8 tsp Sea Salt
- 1 Lime (juiced, divided)
- 1/2 tsp Extra Virgin Olive Oil
- 8 ozs Shrimp (large, peeled)
- 1 tbsp Taco Seasoning (divided)
- 2 tbsps Plain Greek Yogurt
- 1 head Boston Lettuce (peeled apart into leaves and washed)

Nutrition

Amount per serving	
Fat	2g
Carbs	9g
Fiber	2g
Protein	26g

Directions

- 1 In a small bowl, combine the tomato, red onion, cilantro, salt, and 1/2 of the lime juice. Mix and set it aside.
- 2 Heat the oil in a pan over medium heat. Add the shrimp and 1/2 of the taco seasoning. Stir and cook the shrimp for about two to three minutes or until they are cooked through.
- 3 Meanwhile, mix together the greek yogurt, remaining lime juice, and remaining taco seasoning.
- 4 Divide the shrimp and salsa between the lettuce leaves. Serve with the yogurt mixture and enjoy!

Notes

More Flavor: Add bell pepper, green onions, refried beans, guacamole, jalapeno, and/or diced avocado.



Chicken Salad Wrap

1 serving
10 minutes

Ingredients

4 ozs Chicken Breast, Cooked (shredded)
1 stalk Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
2 tbsps Parsley (finely chopped)
3 tbsps Plain Greek Yogurt (or mayo)
1/4 Lemon (juiced, zested)
Sea Salt & Black Pepper (to taste)
1/4 cup Arugula
1 Tortilla

Nutrition

Amount per serving	
Fat	7g
Carbs	36g
Fiber	5g
Protein	43g

Directions

- 1 In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt (or mayo), lemon juice, zest, salt, and pepper. Mix well to incorporate.
- 2 Add the arugula and chicken salad mixture to the tortilla. Roll up the wrap tightly and enjoy!



Turkey Pita & Veggies Box

1 serving
10 minutes

Ingredients

- 1 oz Mini Whole Wheat Pita
- 1 1/2 ozs Cheddar Cheese (sliced)
- 2 ozs Turkey Breast, Cooked
- 3 tbsps Hummus
- 1 Carrot (small, cut into sticks)
- 1/2 stalk Celery (cut into sticks)

Nutrition

Amount per serving	
Fat	24g
Carbs	29g
Fiber	6g
Protein	33g

Directions

- 1 Cut the pita in half and stuff each half with cheese and turkey. Add the stuffed pita halves to a sectioned container, if using.
- 2 On the other side of the container, add the hummus to the corner and place the carrots and celery on top. Enjoy!

Notes

More Flavor: Add mustard or mayonnaise.

Additional Toppings: Add cucumber, bell peppers, baby spinach, and/or lettuce.



Spinach & Tuna Grilled Cheese

1 serving
15 minutes

Ingredients

- 1/2 can Tuna (drained and flaked)
- 1/4 stalk Celery (diced)
- 1 tsp Mayonnaise
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Baby Spinach
- 2 slices Whole Grain Bread (sliced)
- 1 1/16 ozs Cheddar Cheese (shredded)
- 1 tsp Butter

Nutrition

Amount per serving	
Fat	22g
Carbs	39g
Fiber	7g
Protein	35g

Directions

- 1 Preheat a pan over medium-low heat.
- 2 In a bowl, mix together the tuna, celery, mayonnaise, and lemon juice. Season with salt and pepper.
- 3 Layer the spinach on top of a bread. Top with tuna mixture and cheddar cheese. Close the sandwich.
- 4 Add the butter to the preheated pan and place the sandwich in the skillet. Cook until lightly browned on one side, flip and cook until browned on the other side. Slice and enjoy!

Notes

More Flavor: Add parsley or dill.



Zucchini & Ham Flatbread Pizza

1 serving
20 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Zucchini (small, diced)
- 1 3/4 ozs Whole Wheat Flatbread (8-inch)
- 2 ozs Sliced Ham (chopped)
- 1 oz Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Fat	20g
Carbs	30g
Fiber	6g
Protein	25g

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Heat the oil in a skillet over medium-high heat. Cook the zucchini for about five to eight minutes, or until browned and tender.
- 3 Top the flatbread with the zucchini, ham, and cheddar cheese. Transfer to the baking sheet and bake for five to eight minutes or until the flatbread is crispy and the cheese is melted. Cut into slices and enjoy!

Notes

- More Flavor:** Add garlic, fresh or dried herbs.
- Additional Toppings:** Top with red pepper flakes.



Chicken Harvest Salad with Honey Mustard Dressing

2 servings

45 minutes

Ingredients

- 2 Sweet Potato (small, peeled and cubed)
- 8 ozs Chicken Breast
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Kale
- 1 Apple (medium, chopped)
- 1 tbsp Walnuts (toasted, crushed)
- 2 tbsps Honey Mustard Dressing (store bought or homemade)

Nutrition

Amount per serving	
Fat	19g
Carbs	46g
Fiber	8g
Protein	30g

Directions

- 1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Spread the sweet potatoes out on the baking sheet. Nestle the chicken breast between the sweet potatoes. Drizzle lightly with oil, season with salt and pepper, then toss the sweet potatoes to coat evenly. Cook in the oven for 15 minutes.
- 3 Toss the sweet potatoes and flip the chicken breast. Place the baking sheet back in the oven for another 10 to 15 minutes, until the sweet potatoes are tender and the chicken is cooked through. Let the chicken rest for five minutes before slicing.
- 4 To assemble the salad, divide the kale, sliced chicken, sweet potatoes, apple and walnuts evenly between bowls. Top with dressing and enjoy!



Honey Mustard Dressing

8 servings

10 minutes

Ingredients

3 tbsps Dijon Mustard
2 tbsps Honey
2 tbsps Apple Cider Vinegar
3 tbsps Extra Virgin Olive Oil
1 tbsp Water
1 Garlic (clove, minced)
1/8 tsp Turmeric (optional)
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a small bowl or jar, whisk the mustard, honey, and vinegar until smooth.
- 2 Slowly whisk in the oil to form a creamy emulsion. Alternatively, use an immersion blender. Gradually add water until you reach your desired consistency.
- 3 Stir in the garlic, turmeric (if using), salt, and pepper. Transfer to a sealable jar. Enjoy!

Nutrition

Amount per serving	
Fat	5g
Carbs	4g
Fiber	0g
Protein	0g



Grilled Shrimp Salad

4 servings

25 minutes

Ingredients

- 1/2 cup Parsley (chopped and packed)
- 3 Lime (juiced)
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tsps Chili Powder
- 2 lbs Shrimp (raw, peeled and deveined)
- 4 cups Coleslaw Mix
- 1 cup Cherry Tomatoes (halved)
- 1 Avocado (peeled and diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	22g
Carbs	15g
Fiber	7g
Protein	48g

Directions

- 1 Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
- 2 Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
- 3 Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
- 4 Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the dressing separate from the salad contents and cut into the avocado just before serving.

No Grill: Cook shrimp in a cast iron skillet over medium heat on the stove top.



Tuna, Chickpea & Avocado Salad

2 servings

15 minutes

Ingredients

- 1 can Tuna (drained, flaked with a fork)
- 1 cup Chickpeas (cooked, drained)
- 1/2 Cucumber (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 Avocado (cubed)
- 1/4 cup Red Onion (sliced)
- 1/4 cup Italian Dressing
- 2 tbsps Parsley (fresh, chopped)

Nutrition

Amount per serving	
Fat	11g
Carbs	37g
Fiber	12g
Protein	26g

Directions

- 1 Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

Notes

No Italian Dressing: Use olive oil and lemon juice instead.

No Tuna: Use other canned fish like salmon or mackerel.



Turkey Taco Salad

4 servings

20 minutes

Ingredients

- 1 1/3 tps Extra Virgin Olive Oil
- 1 1/3 Garlic (clove, large, minced)
- 1 1/3 lbs Extra Lean Ground Turkey
- 1/3 cup Water (plus a splash more for consistency)
- 2 tps Taco Seasoning
- 2 2/3 tps Sour Cream
- 8 cups Mixed Greens
- 1 1/3 Avocado (medium, sliced)
- 1 1/3 Yellow Bell Pepper (medium, sliced)
- 2 ozs Pickled Red Onions

Nutrition

Amount per serving	
Fat	27g
Carbs	15g
Fiber	6g
Protein	32g

Directions

- 1 Heat a cast-iron pan over medium heat. Add the oil and garlic and sauté until fragrant, about one minute.
- 2 Add the turkey, breaking it up as it cooks. Cook for three minutes. Add the water and taco seasoning and mix well. Cover and cook until the turkey is cooked through.
- 3 Thin the sour cream with a splash of water to create a dressing.
- 4 Add the mixed greens to a bowl and top with the turkey, avocado, bell pepper, and pickled onions. Drizzle the sour cream dressing on top. Enjoy!

Notes

Additional Toppings: Shredded cheese, hot sauce, shredded cabbage and/or pickled jalapeños.

More Flavor: Add tomato paste to the turkey when cooking.



Egg & Taco Bowl

1 serving

15 minutes

Ingredients

4 ozs Lean Ground Beef
1/3 tsp Taco Seasoning
2 Egg
Sea Salt & Black Pepper (to taste)
1 1/2 cups Baby Spinach
1/2 Avocado (sliced)
2 tbsps Salsa

Nutrition

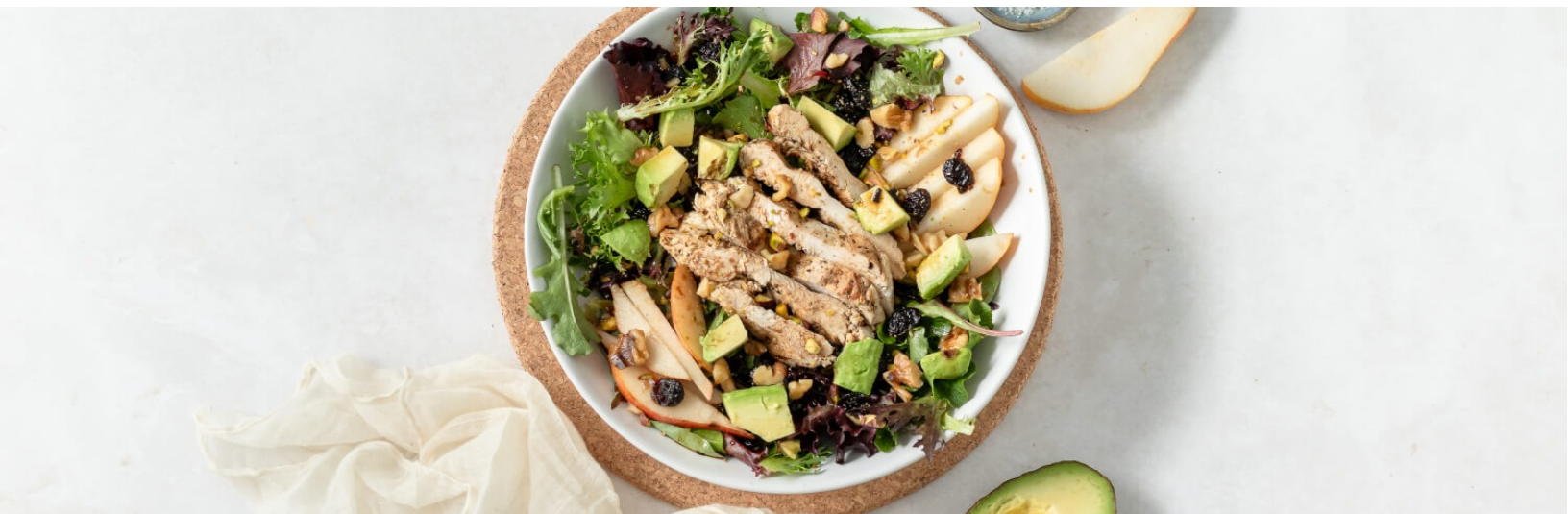
Amount per serving	
Fat	47g
Carbs	14g
Fiber	9g
Protein	36g

Directions

- 1 Heat a pan skillet over medium heat. Once hot, add the beef into the pan. Use a spatula to break it apart. Add the taco seasoning and cook until browned and cooked through, remove with a slotted spoon and set aside. Drain any excess drippings from the pan.
- 2 Whisk the eggs in a bowl. In the same pan, over medium-low heat, add the eggs and cook until fluffy and cooked through. Season with salt and pepper and set aside.
- 3 Divide the spinach between plates. Top with beef, eggs, avocado, and salsa. Enjoy!

Notes

Additional Toppings: Top with shredded cheese or sour cream.



Balsamic Chicken & Pear Salad

2 servings

25 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 8 ozs Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens
- 1/2 Avocado (medium, cut into cubes)
- 1/4 cup Dried Unsweetened Cranberries
- 2 tbsps Pistachios (chopped)
- 2 tbsps Walnuts (chopped)
- 1 Pear (medium, sliced)
- 2 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Fat	46g
Carbs	37g
Fiber	9g
Protein	31g

Directions

- 1 Heat half of the oil in a cast-iron pan over medium heat. Season the chicken with salt and pepper, then place it into the pan. Cook for seven to eight minutes per side, or until cooked through. Remove and let it rest for five minutes before slicing.
- 2 Divide the mixed greens, avocado, dried cranberries, pistachios, walnuts, sliced pear, and sliced chicken evenly between bowls.
- 3 Drizzle the remaining oil into each bowl followed by the balsamic vinegar. Season with salt and pepper. Enjoy!

Notes

No Balsamic Vinegar: Use apple cider vinegar or white wine vinegar.

Additional Toppings: Top with feta cheese or goat cheese.



Roasted Red Pepper, Chicken & Pesto Wraps

1 serving
35 minutes

Ingredients

4 ozs Chicken Breast
1/2 Red Bell Pepper (sliced)
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 Whole Wheat Tortilla
1 tbsp Pesto
1/2 cup Baby Spinach

Nutrition

Amount per serving	
Fat	15g
Carbs	25g
Fiber	6g
Protein	32g

Directions

- 1 Preheat the oven to 400°F (205°C). Place the chicken and red pepper on a baking sheet and drizzle with oil. Season with salt and pepper to taste. Bake for 25 minutes, then slice the chicken into thin strips.
- 2 Place the tortilla on a plate and spread the pesto in a thin layer on top. Add the sliced chicken, red pepper, and spinach. Fold in the sides of the tortilla and roll it up. Slice the wrap in half if desired. Enjoy!

Notes

Additional Toppings: Goat cheese and/or fresh herbs.



Egg Salad Bites

2 servings

30 minutes

Ingredients

- 4 Egg (hard-boiled)
- 1/4 stalk Celery (finely chopped)
- 1/4 stalk Green Onion (finely chopped)
- 1 1/2 tsps Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Water
- 1/8 tsp Sea Salt
- 4 ozs Whole Grain Crackers

Nutrition

Amount per serving	
Fat	35g
Carbs	39g
Fiber	2g
Protein	17g

Directions

- 1 Peel the hard-boiled eggs and slice in half. Separate the whites from the yolk. Finely chop the egg whites and keep the yolks set aside for later.
- 2 In a mixing bowl combine the chopped egg whites, celery and green onion.
- 3 In a second mixing bowl, add the egg yolks and mash with a fork until smooth. Stir in the Dijon mustard, olive oil, water, and salt. Add the egg white mixture to the egg yolk mixture and gently stir to combine.
- 4 Spoon the egg salad onto the crackers and serve immediately. Enjoy!

Notes

How to Hard-Boil Eggs: Bring a small pot of salted water to a boil and carefully place the eggs in the pot. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Let cool completely before peeling.

Meal Prep: Hard-boil the eggs ahead of time and keep them in the fridge with the shells on until ready to use.



Broccoli & Mozzarella Quesadilla

1 serving
10 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Broccoli (chopped into small florets)
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1/8 tsp Sea Salt
- 2 Tortilla (small)
- 2 ozs Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Fat	16g
Carbs	32g
Fiber	4g
Protein	14g

Directions

- 1 Heat the oil in a small cast iron pan over medium heat. Once hot, add the broccoli, onion powder, paprika, and salt. Sauté for three to five minutes or until the broccoli is bright green and starting to get crispy edges. Remove from the pan and set aside.
- 2 Wipe out the pan and return to medium heat.
- 3 Add one tortilla to the pan and sprinkle the cheese on it. Add the broccoli and top it with the other tortilla. Press down on the quesadilla to flatten it. Cook for three to five minutes, flipping halfway, or until the quesadilla is browned on both sides and the cheese has melted. Slice, serve, and enjoy!

Notes

More Flavor: Serve with salsa, sour cream and/or guacamole.

No Broccoli: Use a different vegetable instead, such as mushrooms, zucchini, or bell peppers.



Hummus & Veggie Quesadillas

2 servings

15 minutes

Ingredients

- 2 Tortilla (large)
- 1/2 cup Hummus
- 1 Tomato (small, diced)
- 1/4 Red Bell Pepper (or any bell pepper, diced)
- 1/2 cup Baby Spinach (chopped)

Directions

- 1 Lay the tortillas on a plate or cutting board. Top with hummus, tomato, red pepper, and spinach. Fold the tortilla in half and gently press down.
- 2 Heat a large non-stick pan over medium heat. Add the quesadillas to the pan and cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Nutrition

Amount per serving	
Fat	15g
Carbs	31g
Fiber	8g
Protein	10g



Homemade Tomato Soup with Grilled Cheese

4 servings

45 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (medium, chopped)
- 1 Red Bell Pepper (large, chopped)
- 2 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Chicken Broth (divided)
- 3 1/2 cups Canned Whole Tomatoes (with the juices)
- 1 tbsp Oregano (divided)
- 4 ozs Cheddar Cheese (sliced or grated)
- 14 ozs Sourdough Bread (or any bread)

Nutrition

Amount per serving	
Fat	17g
Carbs	61g
Fiber	5g
Protein	21g

Directions

- 1 In a large pot, heat half of the oil over medium heat. Add the onion, bell pepper, garlic, salt, and pepper. Cook for seven to eight minutes or until the vegetables are soft and lightly browned. Add a splash of broth if needed.
- 2 Stir in the canned tomatoes, remaining broth, and half of the oregano. Bring to a boil, then simmer covered for 15 to 20 minutes.
- 3 Remove from the heat and use an immersion blender to blend the soup until smooth. Alternatively, carefully pour the soup into a high-powered blender and blend until smooth. Work in batches as needed and vent for heat to escape. Stir in the remaining oregano.
- 4 To make the grilled cheese, place the cheese between the bread to form a sandwich. Heat a pan over medium-low heat. Once hot, add the remaining oil and place the sandwich in the pan. Cook for two to three minutes per side or until both sides are browned and the cheese has melted. Repeat with each sandwich. Add more oil to the pan if needed.
- 5 Divide the soup evenly into bowls and serve with the grilled cheese sandwiches. Enjoy!

Notes

More Flavor: Blend fresh parsley and basil into the soup.



Tuna Salad, Apple & Almond Snack Box

2 servings

15 minutes

Ingredients

- 1 can Tuna (drained)
- 2 tbsps Mayonnaise
- 1/2 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 oz Seed Crackers
- 1 Apple (medium, cored, sliced)
- 2 tbsps Almonds

Nutrition

Amount per serving	
Fat	18g
Carbs	24g
Fiber	6g
Protein	20g

Directions

- 1 In a small bowl, mix the tuna with mayonnaise, mustard, salt, and pepper until well combined.
- 2 Divide the tuna salad and the remaining ingredients evenly between plates or containers with separate compartments. Enjoy!



Grilled Chicken Tacos with Mango Slaw

2 servings

25 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 10 ozs Chicken Thighs (boneless, skinless)
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt (divided)
- 2 cups Green Cabbage (finely sliced)
- 1/2 Mango (diced)
- 1 tbsp Cilantro (minced)
- 4 Tortilla (medium)

Nutrition

Amount per serving	
Fat	10g
Carbs	46g
Fiber	6g
Protein	32g

Directions

- 1 Heat the oil in a skillet over medium-high heat. Season both sides of the chicken with the cumin, paprika, and half of the salt.
- 2 Add the chicken to the skillet and cook for seven to eight minutes per side. When fully cooked, remove the chicken from the skillet and set aside to rest for five minutes before slicing.
- 3 Meanwhile, in a mixing bowl combine the sliced cabbage, mango, cilantro, and the remaining salt. Mix well.
- 4 Fill each tortilla with the sliced chicken and mango slaw. Enjoy!

Notes

- No Chicken Thighs:** Substitute chicken breast or ground chicken.
- Save Time:** Use bagged coleslaw mix and frozen mango chunks.
- More Flavor:** Top with red onions and additional cilantro.
- Make It Spicy:** Add sliced jalapenos.



Greek Chicken Flatbread

2 servings

30 minutes

Ingredients

- 6 ozs Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 2 pieces Naan
- 1/4 cup Tzatziki
- 1/3 Cucumber (large, chopped)
- 1/4 cup Cherry Tomatoes (halved)
- 1/4 cup Green Olives (halved)

Nutrition

Amount per serving	
Fat	11g
Carbs	50g
Fiber	3g
Protein	29g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Season the chicken with salt, pepper, and paprika. Cook in the oven for 15 to 20 minutes or until cooked through.
- 2 Remove the chicken from the oven and let it sit for five minutes before cutting it into cubes.
- 3 Meanwhile, add the naan to a baking sheet and heat in the oven for five minutes or until crispy.
- 4 Spread the tzatziki on the warmed naan. Top evenly with chicken, cucumber, tomatoes, and olives. Enjoy!

Notes

Additional Toppings: Sliced red onion, green onion, or parsley.



Chicken Club Lettuce Wrap Sandwich

1 serving
10 minutes

Ingredients

6 leaves Boston Lettuce (or iceberg lettuce)
1 tbsp Mayonnaise
3 ozs Sliced Turkey Breast (or about 6 slices)
2 slices Bacon (cooked)
1/4 Tomato (sliced thin)
1 piece Of Parchment Paper (about 14" x 14")

Nutrition

Amount per serving	
Fat	21g
Carbs	4g
Fiber	1g
Protein	19g

Directions

- 1 Place the parchment paper down on your work surface. Layer 6 to 7 large leaves of lettuce in the middle of parchment paper so that you create a lettuce base about 9 inches by 10 inches.
- 2 Spread the mayo in the center of the lettuce wrap. Layer with the chicken or turkey, bacon and tomato.
- 3 Starting with the end closest to you, roll the lettuce wraps jelly roll style using the parchment as your base as tight as possible.
- 4 Halfway through rolling, tuck the ends of the wraps towards the middle.
- 5 Continue to roll the lettuce wrap, keeping it as tight as possible and using the parchment paper to guide you.
- 6 When it is completely wrapped, roll the remainder of the parchment around the lettuce tightly.
- 7 Using a serrated knife, cut the lettuce wrap almost completely, leaving a small piece of the parchment intact to help hold it together.



Tuna Salad Plate

1 serving

5 minutes

Ingredients

1 can Tuna (drained, broken into chunks)
1/2 Avocado (pit removed)
1/4 cup Mayonnaise
1/4 Cucumber (sliced)
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Fat	58g
Carbs	12g
Fiber	7g
Protein	35g

Directions

1

Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

No Tuna: Use sardines or salmon instead.



Lemon Chicken Salad with Cucumber Ribbons

2 servings

1 hour

Ingredients

- 8 ozs Chicken Breast
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/4 tsp Italian Seasoning
- 1/4 tsp Sea Salt (divided)
- 1/2 Cucumber (large)
- 2 tpsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1 tbsp Fresh Dill
- 1/2 Garlic (clove, minced)
- 1/2 stalk Celery (finely chopped)
- 2 tpsps Red Onion (finely chopped)

Nutrition

Amount per serving	
Fat	6g
Carbs	5g
Fiber	1g
Protein	26g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
- 2 Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
- 3 In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
- 4 To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!

Notes

More Flavor: Add other chopped veggies to the salad like radish, peppers or tomatoes.

Meal Prep Option: Cook the chicken ahead of time or use leftover cooked chicken instead.

No Fresh Dill: Use other fresh herbs like parsley or chives instead.