



## **Metabolic Weight Loss Meal Plan**



## MON



**BREAKFAST**  
High Fat Green Smoothie



**SNACK 1**  
Lemon Coconut Power Balls



**LUNCH**  
Chopped Veggie Salad



**SNACK 2**  
Salt n' Vinegar Hard Boiled Eggs



**DINNER**  
Creamy Roasted Garlic and Kale Soup with Cauliflower

## TUE



**BREAKFAST**  
Zucchini, Mushroom & Egg Breakfast



**SNACK 1**  
Lemon Coconut Power Balls



**LUNCH**  
Paleo Tabbouleh



**SNACK 2**  
Salt n' Vinegar Hard Boiled Eggs



**DINNER**  
Raw Walnut Tacos

## WED



**BREAKFAST**  
Zucchini, Mushroom & Egg Breakfast



**SNACK 1**  
Lemon Coconut Power Balls



**LUNCH**  
Green Cabbage & Edamame Salad



**SNACK 2**  
Salt n' Vinegar Hard Boiled Eggs



**DINNER**  
Spaghetti Squash with Kale Pesto

## THU



**BREAKFAST**  
Berry & Nut Breakfast Bowl



**SNACK 1**  
Strawberry Coconut Oatmeal Muffins



**LUNCH**  
Radish & Cucumber Salad



**SNACK 2**  
Macadamia Nuts & Walnuts



**DINNER**  
Sauerkraut & Vegetable Soup

## FRI



**BREAKFAST**  
Berry & Nut Breakfast Bowl



**SNACK 1**  
Strawberry Coconut Oatmeal Muffins



**LUNCH**  
Radish & Cucumber Salad



**SNACK 2**  
Macadamia Nuts & Walnuts



**DINNER**  
Sauerkraut & Vegetable Soup

## SAT



**BREAKFAST**  
High Fat Green Smoothie



**SNACK 1**  
Cinnamon Protein Energy Bites



**LUNCH**  
Chicken Salad with Lemon Garlic Tahini Dressing



**SNACK 2**  
Garlic White Bean Dip



**DINNER**  
Zucchini Noodles with Cauliflower Alfredo

## SUN



**BREAKFAST**  
Almond Pancakes



**SNACK 1**  
Cinnamon Protein Energy Bites



**LUNCH**  
Marinated Veggie Salad



**SNACK 2**  
Strawberry Coconut Oatmeal Muffins



**DINNER**  
Turkey Breast with Cauliflower Rice & Avocado



**MON****FAT 64%**   **CARBS 23%**   **PROTEIN 13%**

Calories 764                      Cholesterol 372mg  
 Fat 58g                            Sodium 2089mg  
 Carbs 48g                        Vitamin A 8028IU  
 Fiber 19g                        Vitamin C 224mg  
 Sugar 18g                        Calcium 361mg  
 Protein 26g                        Iron 9mg

**TUE****FAT 66%**   **CARBS 16%**   **PROTEIN 18%**

Calories 1080                      Cholesterol 744mg  
 Fat 85g                            Sodium 1444mg  
 Carbs 48g                        Vitamin A 7562IU  
 Fiber 18g                        Vitamin C 188mg  
 Sugar 18g                        Calcium 354mg  
 Protein 51g                        Iron 14mg

**WED****FAT 64%**   **CARBS 19%**   **PROTEIN 17%**

Calories 960                      Cholesterol 744mg  
 Fat 72g                            Sodium 1401mg  
 Carbs 47g                        Vitamin A 3023IU  
 Fiber 13g                        Vitamin C 83mg  
 Sugar 18g                        Calcium 291mg  
 Protein 44g                        Iron 10mg

**THU****FAT 66%**   **CARBS 24%**   **PROTEIN 10%**

Calories 1098                      Cholesterol 0mg  
 Fat 87g                            Sodium 1418mg  
 Carbs 70g                        Vitamin A 5180IU  
 Fiber 21g                        Vitamin C 110mg  
 Sugar 28g                        Calcium 431mg  
 Protein 30g                        Iron 11mg

**FRI****FAT 66%**   **CARBS 24%**   **PROTEIN 10%**

Calories 1098                      Cholesterol 0mg  
 Fat 87g                            Sodium 1418mg  
 Carbs 70g                        Vitamin A 5180IU  
 Fiber 21g                        Vitamin C 110mg  
 Sugar 28g                        Calcium 431mg  
 Protein 30g                        Iron 11mg

**SAT****FAT 47%**   **CARBS 23%**   **PROTEIN 30%**

Calories 1154                      Cholesterol 371mg  
 Fat 61g                            Sodium 1066mg  
 Carbs 68g                        Vitamin A 5356IU  
 Fiber 26g                        Vitamin C 119mg  
 Sugar 18g                        Calcium 395mg  
 Protein 90g                        Iron 12mg

**SUN****FAT 58%**   **CARBS 24%**   **PROTEIN 18%**

Calories 1455                      Cholesterol 184mg  
 Fat 100g                          Sodium 4380mg  
 Carbs 94g                        Vitamin A 3525IU  
 Fiber 31g                        Vitamin C 157mg  
 Sugar 25g                        Calcium 547mg  
 Protein 69g                        Iron 11mg



## FRUITS

- 3 1/2 Avocado
- 2 cups Blackberries
- 1 Lemon
- 1 cup Lemon Juice
- 1 1/2 tsps Lemon Zest
- 1 tsp Lime Juice
- 3 cups Strawberries

## BREAKFAST

- 1/2 cup Almond Butter
- 1/2 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 2/3 cup Almonds
- 2/3 Bay Leaf
- 1/4 tsp Cayenne Pepper
- 1 1/2 tbsps Chia Seeds
- 1/8 tsp Chili Powder
- 1 1/2 tsps Cinnamon
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/3 cup Ground Flax Seed
- 3/4 cup Hemp Seeds
- 2 tsps Italian Seasoning
- 1/4 cup Macadamia Nuts
- 2 tbsps Pine Nuts
- 1/4 cup Pumpkin Seeds
- 2 1/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 2/3 tbsps Sunflower Seeds
- 1 1/2 cups Walnuts

## FROZEN

- 1/3 cup Frozen Edamame

## VEGETABLES

- 2 cups Alfalfa Sprouts
- 2 cups Arugula
- 4 cups Baby Spinach
- 1/4 cup Basil Leaves
- 2 cups Broccoli
- 1 1/3 Carrot
- 1 1/4 heads Cauliflower
- 2 cups Cauliflower Rice
- 1 1/3 cups Celery Root
- 2 cups Cherry Tomatoes
- 1 3/4 tbsps Cilantro
- 5 1/2 Cucumber
- 1/3 cup Fresh Dill
- 11 Garlic
- 1 1/3 tbsps Ginger
- 1 2/3 cups Green Cabbage
- 1/2 Jalapeno Pepper
- 4 1/2 cups Kale Leaves
- 1/2 cup Matchstick Carrots
- 1 1/2 cups Mint Leaves
- 1/2 cup Mushrooms
- 2 1/4 cups Parsley
- 2 cups Radishes
- 1/4 Red Bell Pepper
- 1/4 cup Red Onion
- 1 1/2 heads Romaine Hearts
- 1 1/2 tsps Rosemary
- 1/2 Spaghetti Squash
- 2/3 tsp Thyme
- 1 Tomato
- 24 White Button Mushrooms
- 1/2 Yellow Bell Pepper
- 1 2/3 Yellow Onion
- 4 Zucchini

## BOXED & CANNED

- 1 cup Lentils

## BREAD, FISH, MEAT & CHEESE

- 1 1/8 lbs Chicken Breast
- 8 ozs Turkey Breast

## CONDIMENTS & OILS

- 3/4 cup Apple Cider Vinegar
- 2 1/2 tsps Avocado Oil
- 2 3/4 tbsps Balsamic Vinegar
- 2 tbsps Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 1/4 cup Hemp Oil
- 2 cups Sauerkraut
- 1 tsp Sesame Oil
- 3 tsps Sunflower Seed Butter
- 2 tbsps Tahini
- 1 3/4 tsps Tamari

## COLD

- 1/2 cup Coconut Butter
- 24 Egg
- 1 1/3 cups Unsweetened Almond Milk

## OTHER

- 3/4 oz Collagen Powder
- 2 3/4 tbsps Vanilla Protein Powder
- 4 1/8 cups Water



- 2 cups Organic Coconut Milk
- 6 cups Organic Vegetable Broth
- 1 1/3 cups White Navy Beans

### **BAKING**

- 1 cup Almond Flour
- 2 tsps Baking Powder
- 1 tbsp Monk Fruit Sweetener
- 2 1/2 tsps Nutritional Yeast
- 2 3/4 tsps Oat Flour
- 2 1/4 cups Oats
- 1 3/4 cups Unsweetened Shredded Coconut
- 2 1/2 tsps Vanilla Extract



# High Fat Green Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Water (cold)  
1/4 cup Lemon Juice  
2 cups Baby Spinach  
1 Avocado (frozen)  
1/2 cup Mint Leaves (fresh, roughly chopped)  
2 tsps Ginger (fresh, roughly chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	180	Cholesterol	0mg
Fat	15g	Sodium	38mg
Carbs	13g	Vitamin A	3234IU
Fiber	8g	Vitamin C	32mg
Sugar	2g	Calcium	83mg
Protein	3g	Iron	2mg

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to one day.

### LIKES IT SWEETER

Add frozen banana, pineapple or apple.

### MORE PROTEIN

Add protein powder or collagen powder.

### NO MINT

Use cilantro or basil instead.



# Zucchini, Mushroom & Egg Breakfast

4 SERVINGS 20 MINUTES



## INGREDIENTS

2 tps Avocado Oil  
2 Zucchini (medium, sliced)  
24 White Button Mushrooms (sliced)  
8 Egg  
2 cups Arugula  
2 tps Lemon Juice  
1/2 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	207	Cholesterol	372mg
Fat	13g	Sodium	453mg
Carbs	8g	Vitamin A	973IU
Fiber	2g	Vitamin C	22mg
Sugar	5g	Calcium	91mg
Protein	17g	Iron	3mg

## DIRECTIONS

- 01 Heat a skillet over medium heat and add the avocado oil, zucchini and mushrooms. Cook for 6 to 8 minutes. Remove and set aside on a plate.
- 02 Using the same pan over medium heat, crack the eggs into the pan. Cook until the whites are set and the yolks are cooked to your liking. Add to the same plate.
- 03 Add the arugula to the plate and drizzle with lemon juice. Season the eggs and vegetables with sea salt. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate leftover vegetables in an airtight container for up to three days. Eggs are best enjoyed immediately.

### MORE FLAVOR

Season the vegetables with chili flakes, cayenne, onion powder or garlic.

### MAKE IT VEGAN

Omit the eggs and make a tofu scramble instead.



# Berry & Nut Breakfast Bowl

4 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Strawberries (chopped)  
2 cups Blackberries (cut in half)  
1/2 cup Walnuts (chopped)  
1/2 cup Almonds (chopped)  
1/4 cup Pumpkin Seeds  
1/4 cup Hemp Seeds  
1 cup Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	354	Cholesterol	0mg
Fat	28g	Sodium	44mg
Carbs	21g	Vitamin A	292IU
Fiber	10g	Vitamin C	60mg
Sugar	9g	Calcium	220mg
Protein	13g	Iron	4mg

## DIRECTIONS

- 01 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 02 Pour the almond milk over top and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

### ADDITIONAL TOPPINGS

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

### NO BERRIES

Use peaches, mango, pineapple or banana instead.

### NO ALMOND MILK

Use another non-dairy milk instead.





# Almond Pancakes

3 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 cup Almond Flour
- 1 tsp Baking Powder
- 2 Egg
- 1 tbsp Monk Fruit Sweetener
- 1/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil (softened)
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 3 tbsps Almond Butter (for topping)
- 3 tbsps Almonds (roughly chopped, for topping)

## NUTRITION

### AMOUNT PER SERVING

Calories	494	Cholesterol	124mg
Fat	44g	Sodium	327mg
Carbs	18g	Vitamin A	237IU
Fiber	7g	Vitamin C	0mg
Sugar	3g	Calcium	321mg
Protein	17g	Iron	3mg

## DIRECTIONS

- 01 In a medium-sized bowl, whisk together the almond flour, baking powder, eggs, sweetener, almond milk, coconut oil, cinnamon and sea salt.
- 02 Heat a greased skillet over medium-low heat. Pour the batter into the skillet, no more than 1/4 cup at a time. Cook each side for 3 to 4 minutes or until browned.
- 03 Divide the pancakes onto plates and top with almond butter and almonds. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate cooked pancakes in an airtight container for up to three days. Reheat in a toaster for easy leftovers.

### SERVING SIZE

One serving equals approximately 2 to 3 small pancakes.

### ADDITIONAL TOPPINGS

Top with berries and/or maple syrup.

### NO MONK FRUIT SWEETENER

Omit or use coconut sugar and adjust accordingly for flavor.



# Lemon Coconut Power Balls

12 SERVINGS 15 MINUTES



## INGREDIENTS

1 1/4 cups Unsweetened Shredded Coconut  
1/2 cup Coconut Butter  
3/4 oz Collagen Powder  
2 1/2 tbsps Lemon Juice  
2 tbsps Maple Syrup  
1 1/2 tpsps Lemon Zest  
1 tsp Vanilla Extract  
1/16 tsp Sea Salt (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	142	Cholesterol	0mg
Fat	13g	Sodium	22mg
Carbs	7g	Vitamin A	0IU
Fiber	3g	Vitamin C	2mg
Sugar	3g	Calcium	5mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 Add the shredded coconut to a food processor and blend until a coarse crumb forms.
- 02 Add the remaining ingredients to the shredded coconut in the food processor and blend until a dough forms. Form into even balls with your hands, roughly 1-inch in diameter.
- 03 Let them set in the fridge for at least an hour before serving. Store in the fridge or freezer until ready to enjoy.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze for up to two months.

### SERVING SIZE

One serving is one ball.

### ADDITIONAL TOPPINGS

Top with shredded coconut, coconut sugar and lemon zest.

### NO MAPLE SYRUP

Use honey or agave instead.

### CONSISTENCY

The dough will be soft and moist as you form the balls but will become firm in the fridge or freezer.



# Strawberry Coconut Oatmeal Muffins

12 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 3/4 cups Organic Coconut Milk (full fat, from the can)
- 1/4 cup Maple Syrup
- 1 1/2 tsp Vanilla Extract
- 2 tbsps Ground Flax Seed
- 2 cups Oats (rolled)
- 1/2 cup Unsweetened Shredded Coconut
- 1 tsp Baking Powder
- 1 cup Strawberries (fresh, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	165	Cholesterol	0mg
Fat	10g	Sodium	52mg
Carbs	17g	Vitamin A	2IU
Fiber	2g	Vitamin C	7mg
Sugar	6g	Calcium	42mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
- 02 In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and ground flax. Stir to combine and let it sit for at least 5 minutes.
- 03 In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
- 04 Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze for up to one month.

### SERVING SIZE

One serving is equal to one muffin.

### MORE FLAVOR

Add cinnamon or a pinch of salt.

### NO STRAWBERRIES

Use blueberries or raspberries instead. Fresh berries are best instead of frozen.

### NO MAPLE SYRUP

Use honey or agave instead.

### NO ROLLED OATS

Use quick oats instead.

### NO MUFFIN LINERS

Use a non-stick muffin pan or grease pan with coconut oil.



# Cinnamon Protein Energy Bites

10 SERVINGS 35 MINUTES



## INGREDIENTS

3 3/4 tbsps Oats (quick)  
2 3/4 tbsps Oat Flour  
2 3/4 tbsps Vanilla Protein Powder  
2 3/4 tbsps Ground Flax Seed  
1 1/2 tbsps Chia Seeds  
1 1/16 tps Cinnamon  
1/3 cup Almond Butter  
2 3/4 tbsps Maple Syrup  
2 1/8 tps Unsweetened Almond Milk  
(optional; if needed)

## NUTRITION

### AMOUNT PER SERVING

Calories	111	Cholesterol	0mg
Fat	7g	Sodium	5mg
Carbs	10g	Vitamin A	3IU
Fiber	2g	Vitamin C	0mg
Sugar	4g	Calcium	64mg
Protein	5g	Iron	1mg

## DIRECTIONS

- 01 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 02 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

## NOTES

### STORAGE

Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

### SERVING SIZE

One serving is equal to one ball.

### NUT-FREE

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

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

### NO MAPLE SYRUP

Use honey instead.

### GLUTEN-FREE

Use certified gluten-free quick oats.

### NO QUICK OATS

For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

### NO PROTEIN POWDER

Use more oat flour instead.



# Chopped Veggie Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 cup Broccoli (chopped)  
1/2 cup Cherry Tomatoes (chopped)  
1/4 Red Bell Pepper (chopped)  
1/4 Cucumber (chopped)  
1 1/4 tbsps Extra Virgin Olive Oil  
1 1/4 tbsps Balsamic Vinegar  
1/4 cup Parsley (chopped)  
Sea Salt & Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	118	Cholesterol	0mg
Fat	9g	Sodium	25mg
Carbs	9g	Vitamin A	1739IU
Fiber	2g	Vitamin C	76mg
Sugar	5g	Calcium	45mg
Protein	2g	Iron	1mg

## DIRECTIONS

01 Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. Season leftovers with additional salt, black pepper and vinegar if needed.

### MORE FLAVOR

Use additional herbs like cilantro, chives, basil or dill.



# Paleo Tabbouleh

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1/2 head Cauliflower (small, sliced into florets)
- 1 1/2 cups Parsley (finely chopped)
- 1/2 cup Mint Leaves (finely chopped)
- 1/2 Cucumber (diced)
- 1 Tomato (medium, diced)
- 2 tbsps Hemp Seeds
- 1/2 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	195	Cholesterol	0mg
Fat	13g	Sodium	97mg
Carbs	17g	Vitamin A	5024IU
Fiber	6g	Vitamin C	149mg
Sugar	5g	Calcium	133mg
Protein	9g	Iron	5mg

## DIRECTIONS

- 01 Rice the cauliflower by adding the florets to your food processor or blender, and pulsing until a rice-like texture is achieved.
- 02 Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, tomatoes, and hemp seeds. Add the lemon juice and olive oil and toss until everything is well combined.
- 03 Season with sea salt and black pepper to taste and enjoy alone or as a side dish!

## NOTES

### MORE PROTEIN

Serve with chicken breast or chickpeas.

### SAVE TIME

Buy cauliflower that has already been riced. You may find it with the pre-chopped vegetables in your produce aisle, or in the frozen vegetables section.



# Green Cabbage & Edamame Salad

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 2/3 cups Green Cabbage (shredded)
- 1/3 Cucumber (thinly sliced)
- 1/3 cup Frozen Edamame (thawed)
- 3 tps Sunflower Seed Butter
- 1 tsp Maple Syrup
- 1 tsp Tamari
- 1 tsp Lime Juice
- 1 tsp Sesame Oil
- 1 tsp Water
- 2 2/3 tbsps Sunflower Seeds
- 1 3/4 tbsps Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	199	Cholesterol	0mg
Fat	13g	Sodium	185mg
Carbs	15g	Vitamin A	269IU
Fiber	5g	Vitamin C	31mg
Sugar	7g	Calcium	72mg
Protein	8g	Iron	2mg

## DIRECTIONS

- 01 Add the cabbage, cucumber and edamame to a large bowl.
- 02 To make the dressing, add the sunflower seed butter, maple syrup, tamari, lime juice, sesame oil and water to a blender and blend on high until smooth and creamy.
- 03 Add the dressing to the salad and mix well. Top with sunflower seeds and cilantro. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. For longer-lasting leftovers, store the salad ingredients separate from the dressing for up to five days.

### NO SUNFLOWER SEED BUTTER

Use almond butter or peanut butter instead.

### ADDITIONAL TOPPINGS

Top with a protein of your choice, like chicken, chickpeas, or tofu.



# Radish & Cucumber Salad

4 SERVINGS 15 MINUTES



## INGREDIENTS

1/3 cup Hemp Seeds  
1/4 cup Hemp Oil  
1/4 cup Apple Cider Vinegar  
1/3 cup Fresh Dill (divided)  
3 Cucumber (sliced)  
2 cups Radishes (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	256	Cholesterol	0mg
Fat	22g	Sodium	28mg
Carbs	13g	Vitamin A	307IU
Fiber	3g	Vitamin C	16mg
Sugar	6g	Calcium	63mg
Protein	7g	Iron	2mg

## DIRECTIONS

- 01 To make the dressing, add the hemp seeds, hemp oil, apple cider vinegar and half of the fresh dill into a food processor or blender and blend until smooth.
- 02 Add the sliced cucumber and radishes into a bowl and toss together with the dressing.
- 03 Top with the remaining dill and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed the same day. For longer-lasting leftovers, refrigerate the vegetables separate from the dressing in airtight containers for up to two days.

### MORE FIBER

Serve over a bed of spinach, arugula, or kale.

### MORE FLAVOR

Add salt and pepper to the dressing.

### MORE PROTEIN

Top with chicken breast or chickpeas.





# Chicken Salad with Lemon Garlic Tahini Dressing

2 SERVINGS 45 MINUTES



## INGREDIENTS

8 ozs Chicken Breast  
1 1/2 tsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt (divided)  
2 Egg  
2 tbsps Tahini  
2 tbsps Water (warm)  
2 tbsps Lemon Juice  
1 Garlic (clove, small, minced)  
1 1/2 tsps Nutritional Yeast  
1 head Romaine Hearts (chopped)  
1/2 Cucumber (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	354	Cholesterol	268mg
Fat	19g	Sodium	444mg
Carbs	9g	Vitamin A	1613IU
Fiber	3g	Vitamin C	9mg
Sugar	2g	Calcium	121mg
Protein	36g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper. Place the chicken breast in the prepared baking dish. Drizzle with the oil and season with half of the salt. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let cool.
- 02 Meanwhile, bring a pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool.
- 03 Whisk the tahini, water, lemon, garlic, nutritional yeast and remaining salt together in a mixing bowl.
- 04 To assemble the salad, chop the cooked chicken breast into cubes and cut the hard-boiled egg in half. Divide the lettuce and cucumber between bowls and top with the chicken and the egg. Drizzle the tahini dressing overtop and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Top with nutritional yeast, nuts, seeds or other chopped veggies.

### MEAL PREP OPTION

Cook the chicken breast and hard-boil the egg ahead of time.



# Marinated Veggie Salad

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 2 tbsps Apple Cider Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Cayenne Pepper
- 1 cup Broccoli (chopped into small florets)
- 1/4 Cucumber (diced)
- 1/2 cup Matchstick Carrots
- 1/2 Yellow Bell Pepper (finely sliced)
- 2 tbsps Red Onion (finely sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 1/2 cup Mushrooms (sliced)
- 1 cup Lentils (cooked, drained and rinsed)

## NUTRITION

### AMOUNT PER SERVING

Calories	241	Cholesterol	0mg
Fat	8g	Sodium	341mg
Carbs	34g	Vitamin A	3067IU
Fiber	11g	Vitamin C	137mg
Sugar	8g	Calcium	66mg
Protein	12g	Iron	4mg

## DIRECTIONS

- 01 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 02 Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

## NOTES

### MIX IT UP

Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

### NO LENTILS

Serve with chickpeas, chicken or flaked tuna.

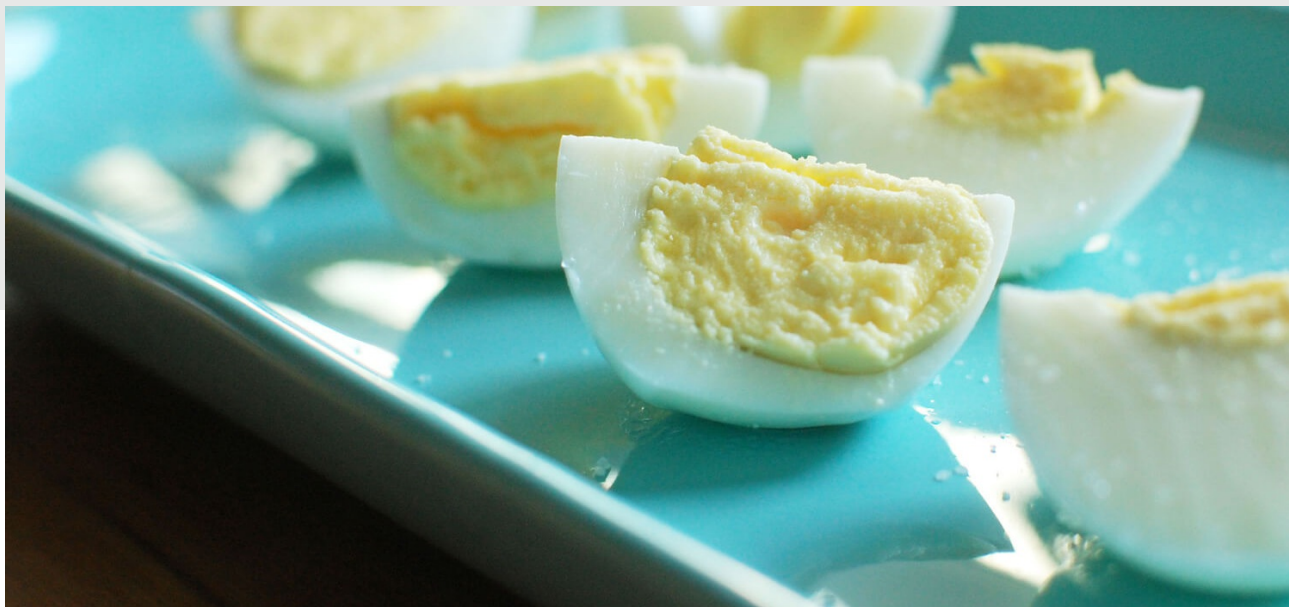
### CHEESE LOVER

Add crumbled feta or goat cheese.



# Salt n' Vinegar Hard Boiled Eggs

6 SERVINGS 35 MINUTES



## INGREDIENTS

- 12 Egg
- 1 1/2 tsps Sea Salt (divided)
- 1/3 cup Apple Cider Vinegar (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	148	Cholesterol	372mg
Fat	10g	Sodium	732mg
Carbs	2g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	1g	Calcium	56mg
Protein	13g	Iron	2mg

## DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!



# Macadamia Nuts & Walnuts

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/4 cup Macadamia Nuts

1/4 cup Walnuts

## NUTRITION

### AMOUNT PER SERVING

Calories	216	Cholesterol	0mg
Fat	22g	Sodium	1mg
Carbs	4g	Vitamin A	3IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	29mg
Protein	4g	Iron	1mg

## DIRECTIONS

01 In a small bowl or container, combine the macadamia nuts and walnuts.  
Enjoy!

## NOTES

### LEFTOVERS

Store at room temperature for up to one month, or refrigerate in an airtight container for up to six months. Freeze if longer.

### MORE FLAVOR

Toast in the oven or on the stovetop.

### ADDITIONAL TOPPINGS

Season with cinnamon, sea salt, black pepper and a pinch of cayenne pepper..



# Garlic White Bean Dip

4 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/3 cups White Navy Beans (cooked, drained and rinsed)  
1 1/3 tbsps Lemon Juice  
2/3 tsp Thyme (fresh, torn from the stem)  
1/3 tsp Garlic Powder  
2 2/3 tbsps Extra Virgin Olive Oil  
2/3 Cucumber (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	174	Cholesterol	0mg
Fat	9g	Sodium	1mg
Carbs	18g	Vitamin A	59IU
Fiber	7g	Vitamin C	4mg
Sugar	1g	Calcium	51mg
Protein	5g	Iron	2mg

## DIRECTIONS

- 01 In a food processor or blender, add the white navy beans, lemon juice, thyme and garlic. Blend until the texture is smooth and creamy.
- 02 With the machine running, add the extra virgin olive oil slowly, until incorporated.
- 03 Pour the dip into a bowl and serve with cucumber slices. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately 1/4 cup dip.

### MORE FLAVOR

Use roasted garlic cloves instead of garlic powder.

### ADDITIONAL TOPPINGS

Add chili flakes or other seasoning if desired.

### NO CUCUMBER

Serve with other veggies such as carrots, celery or crackers.



# Creamy Roasted Garlic and Kale Soup with Cauliflower

2 SERVINGS 1 HOUR 15 MINUTES



## INGREDIENTS

6 Garlic (cloves, peeled and trimmed)  
1/2 Yellow Onion (large, roughly chopped)  
1/2 head Cauliflower (sliced into florets)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
2 tsps Italian Seasoning  
1/2 tsp Sea Salt  
4 cups Kale Leaves (packed)  
2 cups Organic Vegetable Broth (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	176	Cholesterol	0mg
Fat	11g	Sodium	1272mg
Carbs	17g	Vitamin A	2515IU
Fiber	6g	Vitamin C	114mg
Sugar	7g	Calcium	172mg
Protein	5g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 03 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 04 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 05 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

### SERVE IT WITH

An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

### TOO THICK

If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.



# Raw Walnut Tacos

2 SERVINGS 15 MINUTES



## INGREDIENTS

3/4 cup Walnuts (raw)  
1 tsp Cumin  
1 1/2 tsps Balsamic Vinegar  
1/8 tsp Chili Powder  
3/4 tsp Tamari  
1/16 tsp Garlic Powder  
1/2 head Romaine Hearts (leaves separated, washed and dried)  
1/3 cup Cherry Tomatoes (halved)  
1/2 Jalapeno Pepper (thinly sliced)  
2 tsps Red Onion (thinly sliced)  
1/2 Avocado (cubed)

## NUTRITION

### AMOUNT PER SERVING

Calories	388	Cholesterol	0mg
Fat	36g	Sodium	140mg
Carbs	14g	Vitamin A	1025IU
Fiber	7g	Vitamin C	15mg
Sugar	4g	Calcium	69mg
Protein	9g	Iron	3mg

## DIRECTIONS

- 01 In a food processor, add the walnuts, cumin, balsamic vinegar, chili powder, tamari and garlic. Pulse to combine until the walnuts are crumbly like ground meat.
- 02 Add the ground mixture to romaine leaves and top with tomatoes, jalapeno, red onion, and avocado. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the walnut taco mixture in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately two romaine lettuce tacos.

### LESS SPICY

Omit the jalapeno or replace with sweet bell pepper instead.



# Spaghetti Squash with Kale Pesto

2 SERVINGS 50 MINUTES



## INGREDIENTS

1/2 Spaghetti Squash  
1/2 cup Cherry Tomatoes (halved)  
2 1/2 tbsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Kale Leaves  
1/4 cup Basil Leaves  
1 Garlic (cloves, minced)  
1/2 Lemon (juiced)  
2 tbsps Pine Nuts

## NUTRITION

### AMOUNT PER SERVING

Calories	264	Cholesterol	0mg
Fat	23g	Sodium	9mg
Carbs	15g	Vitamin A	1241IU
Fiber	3g	Vitamin C	28mg
Sugar	2g	Calcium	67mg
Protein	3g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper-lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper.
- 02 Toss the cherry tomatoes in a bowl with a splash of your olive oil, salt and pepper then place these on the baking sheet with the squash. Cook the squash and tomatoes in the oven for 45 to 50 minutes.
- 03 In the mean time, prepare your kale pesto. In a food processor or magic bullet, add the kale, basil leaves, garlic cloves, lemon juice, remaining olive oil, salt, pepper and pine nuts. Blend until a creamy pesto forms. Add a very small splash of warm water if mixture is too thick. Be careful with this as adding too much can completely ruin the pesto!
- 04 Remove the spaghetti squash and allow to cool for 5 minutes. Then stand each half up vertically and scrape out the flesh of the squash into a large bowl using a fork. It should come out as string-like noodles.
- 05 Divide spaghetti squash into portions on plates. Top with a large spoonful of kale pesto and roasted tomatoes. Enjoy!





# Sauerkraut & Vegetable Soup

4 SERVINGS 1 HOUR



## INGREDIENTS

2 cups Sauerkraut  
1 1/3 tbsps Extra Virgin Olive Oil  
2/3 Yellow Onion (chopped)  
2 Garlic (cloves, minced)  
1/8 tsp Sea Salt  
1 1/3 Carrot (peeled, chopped)  
1 1/3 cups Celery Root (peeled, cubed)  
1/2 cup Parsley (roughly chopped)  
4 cups Organic Vegetable Broth  
2/3 Bay Leaf

## NUTRITION

### AMOUNT PER SERVING

Calories	107	Cholesterol	0mg
Fat	5g	Sodium	1293mg
Carbs	15g	Vitamin A	4576IU
Fiber	4g	Vitamin C	27mg
Sugar	6g	Calcium	77mg
Protein	3g	Iron	3mg

## DIRECTIONS

- 01 Rinse the sauerkraut well and wring out the excess liquid using a kitchen towel or paper towel. Set aside.
- 02 Heat the oil in a large pot over medium heat. Add the onion and cook until it begins to soften, about 5 minutes. Add the garlic and salt and cook for another minute. Add the carrots, celery root, parsley and sauerkraut. Stir to combine then add the vegetable broth to the pot along with the bay leaf.
- 03 Bring the soup to a gentle boil then reduce the heat to simmer for 40 to 45 minutes or until the vegetables are tender. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is approximately 1 1/2 cups of soup.

### ADDITIONAL TOPPINGS

Serve with additional parsley on top.



# Zucchini Noodles with Cauliflower Alfredo

2 SERVINGS 30 MINUTES



## INGREDIENTS

- 1/4 head Cauliflower (large, chopped into florets)
- 1/2 tsp Avocado Oil (divided)
- 1/2 Yellow Onion (small, chopped)
- 1 Garlic (cloves, minced)
- 2 tbsps Nutritional Yeast
- 1/4 cup Organic Coconut Milk (from the can)
- 1 tbsp Lemon Juice
- 1/3 tsp Sea Salt (divided)
- 10 ozs Chicken Breast (boneless, skinless)
- 1 1/2 tsps Rosemary (fresh, chopped)
- 1/8 tsp Garlic Powder
- 2 Zucchini (medium, spiralized into noodles)

## NUTRITION

### AMOUNT PER SERVING

Calories	335	Cholesterol	103mg
Fat	11g	Sodium	578mg
Carbs	18g	Vitamin A	447IU
Fiber	6g	Vitamin C	74mg
Sugar	9g	Calcium	76mg
Protein	41g	Iron	4mg

## DIRECTIONS

- 01 Bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft.
- 02 In a skillet over medium heat, add half of the avocado oil and the onion. Cook for 5 to 7 minutes, until cooked through, then lower the heat to low and add the garlic. Cook for 1 to 2 minutes more. Set aside.
- 03 In a blender, add the steamed cauliflower, onion, garlic, nutritional yeast, coconut milk, lemon juice and 3/4 of the sea salt. Blend on high until smooth and creamy. Set aside.
- 04 Season the chicken breast with rosemary, garlic powder and the remaining sea salt. In a skillet over medium heat, add the remaining avocado oil. Then, add the chicken breast and cook for 8 minutes per side. Remove, let it rest for 2 to 3 minutes and then slice.
- 05 Plate the zucchini noodles and top with sliced chicken and cauliflower alfredo sauce. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Season with black pepper or chili flakes.

### ADDITIONAL TOPPINGS

Add chopped fresh parsley and extra lemon slices.

### MAKE IT VEGAN

Omit the chicken breast and top with a veggie burger or tofu.



### **ZUCCHINI NOODLES**

If you prefer cooked zucchini noodles, you can lightly cook them in the same pan as the chicken after it's done cooking. Once they're done, add everything to the pan to re-heat it.



# Turkey Breast with Cauliflower Rice & Avocado

2 SERVINGS 35 MINUTES



## INGREDIENTS

- 8 ozs Turkey Breast
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Cauliflower Rice
- 1 tbsp Sea Salt
- 2 cups Alfalfa Sprouts
- 1 Avocado (pit and skin removed, sliced)
- 1 tbsp Balsamic Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	444	Cholesterol	60mg
Fat	31g	Sodium	3655...
Carbs	15g	Vitamin A	216IU
Fiber	9g	Vitamin C	13mg
Sugar	4g	Calcium	54mg
Protein	32g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line your baking sheets with parchment paper or foil.
- 02 Coat the turkey in oil. Place the turkey on one baking sheet, and the cauliflower rice on another. Season both with salt and bake for about 30 minutes or until the turkey is cooked through.
- 03 For the last 1 to 2 minutes, add the alfalfa sprouts to one of the baking sheets. Remove from the oven and, once cooled slightly, cut the turkey into strips.
- 04 Divide the turkey, cauliflower rice and alfalfa sprouts into bowls or containers if on-the-go. Slice and serve avocado just before enjoying. Drizzle with your desired amount of balsamic vinegar. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Slice the avocado just before serving.

### MORE FLAVOR

Add red pepper flakes and/or dried herbs.

