

Untitled Plan

3 days

	Mon	Tue	Wed
Breakfast	Blueberry Melon Smoothie	Apple with Macadamia Nut Butter	Arugula & Tomato Egg Muffins
Snack 1	Pumpkin Seeds	Pumpkin Seeds	Pumpkin Seeds
Lunch	Broccoli Almond Protein Salad	Hummus & Veggie Quesadillas	Carrot, Hummus & Arugula Wrap
Snack 2	Kiwi & Pecans	Kiwi & Pecans	Kiwi & Pecans
Dinner	Chicken, Kale & Sweet Potato Skillet	Pesto Shrimp	Salmon with Rice & Broccoli

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48 items

Fruits

- ☐ 1 Apple
- ☐ 1/4 Honeydew Melon
- ☐ 3 Kiwi
- ☐ 1/4 Lemon

Breakfast

- ☐ 1 **tbsp** Almond Butter
- ☐ 2 **tbsps** Macadamia Nut Butter
- ☐ 3/4 **tsp** Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 **tbsps** Almonds
- ☐ 1 **tsp** Dried Chives
- ☐ 1/2 **tsp** Garlic Powder
- ☐ 1 1/2 **tsp**s Ground Flax Seed
- ☐ 1 **tbsp** Hemp Seeds
- ☐ 3/4 **cup** Pecans
- ☐ 3/4 **cup** Pumpkin Seeds
- ☐ 1/2 **tsp** Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1 **cup** Frozen Blueberries
- ☐ 1/2 **cup** Frozen Edamame

Vegetables

- ☐ 5 **cups** Arugula
- ☐ 1/2 **cup** Baby Spinach
- ☐ 3 **cups** Broccoli
- ☐ 1 Carrot
- ☐ 1/4 Garlic
- ☐ 1 **stalk** Green Onion
- ☐ 1 **cup** Kale Leaves
- ☐ 1/4 **cup** Parsley
- ☐ 1/4 Red Bell Pepper
- ☐ 1 Sweet Potato
- ☐ 2 Tomato

Boxed & Canned

- ☐ 1/2 **cup** Brown Rice

Bread, Fish, Meat & Cheese

- ☐ 8 1/16 **ozs** Extra Lean Ground Chicken
- ☐ 3/4 **cup** Hummus
- ☐ 2/3 **oz** Pecorino Romano Cheese
- ☐ 12 **ozs** Salmon Fillet
- ☐ 10 1/2 **ozs** Shrimp
- ☐ 3 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1 1/2 **tsp**s Avocado Oil
- ☐ 1 **tbsp** Coconut Oil
- ☐ 1 **tbsp** Extra Virgin Olive Oil
- ☐ 1/4 **cup** Pesto
- ☐ 3/4 **tsp** Rice Vinegar
- ☐ 3/4 **tsp** Sesame Oil
- ☐ 3/4 **tsp** Tamari

Cold

- ☐ 8 Egg
- ☐ 1 **cup** Plain Coconut Milk
- ☐ 1/3 **cup** Unsweetened Almond Milk

Other

- ☐ 1/4 **cup** Vanilla Protein Powder
- ☐ 1 1/2 **tsp**s Water

Blueberry Melon Smoothie

5 ingredients · 2 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately two cups.

No Protein Powder

Omit or use a few tablespoons of hemp seeds instead.

Melon

1/4 small honeydew melon is approximately equal to one cup.

Ingredients

1 cup Frozen Blueberries

1/4 Honeydew Melon (small, peeled, seeds removed, and chopped)

1 cup Plain Coconut Milk (unsweetened, from the carton)

1 1/2 tps Ground Flax Seed

1/4 cup Vanilla Protein Powder

Apple with Macadamia Nut Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Serve the apple slices with the macadamia nut butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

No Macadamia Nut Butter

Use sunflower seed butter, tahini, almond butter, or pumpkin seed butter instead.

Ingredients

1 Apple (cored, sliced)

2 **tbsps** Macadamia Nut Butter

Arugula & Tomato Egg Muffins

8 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
2. In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
3. In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
4. Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
5. Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two egg cups.

No Arugula

Use spinach instead.

Dairy-Free

Omit the cheese or use nutritional yeast instead.

Nut-Free

Use whole milk, coconut milk or oat milk instead of almond milk.

More Flavor

Use sun dried tomatoes instead of regular tomato.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 4 **cups** Arugula
- 8 Egg
- 1 Tomato (chopped)
- 2/3 **oz** Pecorino Romano Cheese (shredded)
- 1/4 **cup** Parsley (chopped)
- 1/3 **cup** Unsweetened Almond Milk
- 1/4 **tsp** Sea Salt

Pumpkin Seeds

1 ingredient · 1 minute · 1 serving



Directions

1. Place in a bowl and enjoy!

Notes

Leftovers

Store in an airtight container in the pantry.

Ingredients

1/4 cup Pumpkin Seeds

Broccoli Almond Protein Salad

11 ingredients · 20 minutes · 1 serving



Directions

1. In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
2. To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
3. Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

Ingredients

1 cup Broccoli (chopped into small florets)
1/2 cup Frozen Edamame (shelled)
1 stalk Green Onion (sliced)
2 tbsps Almonds (chopped)
1 tbsp Almond Butter
3/4 tsp Rice Vinegar
3/4 tsp Tamari (or Coconut Aminos)
3/4 tsp Maple Syrup
3/4 tsp Sesame Oil
1/4 Garlic (clove, minced)
1 1/2 tps Water

Hummus & Veggie Quesadillas

5 ingredients · 15 minutes · 2 servings



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!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Enjoy cold or reheat in a pan.

Serving Size

One serving is one quesadilla.

Gluten-Free

Use a gluten-free tortilla instead.

Ingredients

2 Whole Wheat Tortilla (large)

1/2 cup Hummus

1 Tomato (small, diced)

1/4 Red Bell Pepper (diced)

1/2 cup Baby Spinach (chopped)

Carrot, Hummus & Arugula Wrap

5 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, mix together the carrot, hummus, and hemp seeds until well combined.
2. Lay the tortilla flat and layer with arugula and the carrot hummus mixture. Roll the wrap tightly and enjoy!

Notes

Leftovers

Refrigerate any leftover carrot hummus mixture in an airtight container for up to three days. For best results, make the wrap the day of.

More Flavor

Add everything bagel seasoning or your choice of herbs and spices.

Additional Toppings

Avocado, sprouts, cucumber, bell pepper, sauerkraut, or kimchi.

Ingredients

- 1 Carrot (large, grated)
- 1/4 cup Hummus
- 1 tbsp Hemp Seeds
- 1 Whole Wheat Tortilla (large)
- 1 cup Arugula

Kiwi & Pecans

2 ingredients · 2 minutes · 1 serving



Directions

1. Place the kiwi and nuts on a plate and enjoy!

Notes

No Pecans

Use another nut or seed instead.

No Kiwi

Use another fruit instead.

Ingredients

1 Kiwi (sliced or chopped)

1/4 cup Pecans (whole or chopped)

Chicken, Kale & Sweet Potato Skillet

7 ingredients · 20 minutes · 2 servings



Directions

1. Heat a skillet or pan over medium heat. Add the chicken to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with the chives, garlic powder, and half of the salt. Transfer to a bowl and set aside.
2. Add the coconut oil to the pan. Add the sweet potatoes and cook for eight to 10 minutes, stirring often, until the sweet potatoes are tender and browned.
3. Add the kale and the cooked chicken to the pan with the sweet potatoes and continue to cook for one to two minutes until the kale has wilted and the chicken has warmed through. Season with the remaining salt.
4. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately equal to two cups.

More Flavor

Add other dried herbs and spices to taste.

No Chicken

Use turkey or pork instead.

No Coconut Oil

Use avocado oil or extra virgin olive oil instead.

No Chives

Use another dried herb instead.

Sweet Potato

One medium sweet potato is approximately equal to two cups diced.

Ingredients

8 1/16 ozs Extra Lean Ground Chicken

1 tsp Dried Chives

1/2 tsp Garlic Powder

1/4 tsp Sea Salt (divided)

1 tbsp Coconut Oil

1 Sweet Potato (medium, peeled and diced)

1 cup Kale Leaves (finely chopped)

Pesto Shrimp

5 ingredients · 10 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
2. Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
3. Divide between plates and serve with additional lemon juice if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season the shrimp with dried herbs and spices to taste.

Additional Toppings

Fresh herbs or red pepper flakes.

Serve it With

Noodles, rice, cauliflower rice or salad.

Dairy-Free

Use a dairy-free pesto.

Ingredients

1 1/2 tsps Extra Virgin Olive Oil

10 1/2 ozs Shrimp (peeled & deveined)

1/4 cup Pesto

1/4 Lemon (juiced, or to taste)

Sea Salt & Black Pepper (to taste)

Salmon with Rice & Broccoli

5 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
3. Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
4. To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

No Brown Rice

Use white rice, jasmine rice, quinoa, cauliflower rice, or couscous instead.

No Broccoli

Use green beans, cauliflower, or carrots instead.

No Salmon

Use trout, cod, or halibut instead.

Ingredients

1/2 cup Brown Rice (dry)

12 ozs Salmon Fillet

Sea Salt & Black Pepper (to taste)

1 1/2 tsps Extra Virgin Olive Oil

2 cups Broccoli (cut into florets)