



Busy Lifestyle Recipe Bundle

EAT HEALTHY WITHOUT THE
HASSLE.

Table of Contents

Breakfast

| | |
|---------------------------------------------|----|
| • Acai Bowl With Berries | 4 |
| • Almond Butter Yogurt | 5 |
| • Cinnamon Banana Oatmeal | 6 |
| • Egg White Bites | 7 |
| • Fried Tomato Omelette | 8 |
| • Greek Style Omelette | 9 |
| • Honey Apple Almond Chia Yogurt Bowl | 10 |
| • Mango Coconut Protein Smoothie | 11 |
| • Poached Egg Tomato Avocado Tower | 12 |
| • Salmon Tartine | 13 |

Lunch

| | |
|-----------------------------------------------|----|
| • Baked Salmon "Poke" Bowl | 15 |
| • Cottage Cheese Bento | 16 |
| • Creamy Matcha Shake and Eggs | 17 |
| • Pesto and Hummus Turkey Roll Ups | 18 |
| • Pomegranate Harvest Salad | 19 |
| • Rainbow Salad | 20 |
| • Savory Oatmeal | 21 |
| • Shrimp, Spinach, and Strawberry Salad | 22 |
| • Tex-Mex Chili Salad | 23 |
| • Turkey Meatballs With a Fresh Salad | 24 |

Dinner

| | |
|-----------------------------------------------|----|
| • Balsamic Caprese Stuffed Chicken | 26 |
| • Bright & Fresh Sheet Pan Dinner | 27 |
| • Chicken Fried "Rice" | 28 |
| • Easiest Beef Teriyaki | 29 |
| • Lemon Shrimp Skewers w/ Rice | 30 |
| • Miso Cod w/ Broccolini | 31 |
| • Philly Steak Tacos | 32 |
| • Slow-Cooker Meatballs w/ Lentil Pasta | 33 |
| • Three Minute Prep Chili | 34 |
| • Vibrant Sausage and Veggie Skillet | 35 |



Busy Lifestyle Breakfast

KICKSTART YOUR DAY

Acai Bowl With Berries



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 pack** [100 g] Organic Acai Puree (Frozen Packet)
- **0.75 scoop** [15 g] Protein Powder
- **1 medium (7" to 7-7/8" long)** [118 g] Bananas
- **0.25 cup, sliced** [41.5 g] Strawberries (*Frozen or fresh*)
- **0.33 cup** [80.85 g] Almond Milk
- **0.25 cup** [28 g] Paleo Mix Granola
- **0.25 cup** [36 g] Blackberries
- **0.25 cup** [36.25 g] Blueberries
- **0.5 tbsp** [7 g] Chia Seed
- **1 tsp** [7.1 g] Honey

DIRECTIONS

1. Take the individual packet of the frozen acai and place until warm water for 15seconds, trying to break it up into chunks.
2. Add the acai to a blender with protein powder, milk, half the banana, and frozen berries.
3. Blend until you have a creamy, thick mixture.
4. In a bowl, add the acai smoothie and layer the banana, berries granola, chia seeds and honey on top, however you choose.

NUTRITION INFO

Energy : 485 kcal Fat : 18.9 g Carbs : 58.8 g Protein : 25.9 g Fiber : 14.5 g Sugar : 33.8 g

Almond Butter Yogurt



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [227 g] Whole Milk Greek Yogurt Plain
- **1 tbsp** [16 g] Almond Butter
- **0.25 cup** [30.75 g] Raspberries
- **0.25 tbsp** [3.5 g] Chia Seed

DIRECTIONS

1. Place yogurt in a bowl and mix in almond butter.
2. Top with raspberries and chia seeds.

NUTRITION INFO

Energy : 391 kcal

Fat : 21.3 g

Carbs : 20.2 g

Protein : 30.2 g

Fiber : 3.9 g

Sugar : 9.6 g

Cinnamon Banana Oatmeal



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **0.5 cup** [45 g] Rolled Oats Gluten Free
- **1 cup** [245 g] Almond Milk
- **1 medium (7" to 7-7/8" long)** [118 g] Banana (*Half mashed, half sliced*)
- **1 tsp** [7.1 g] Honey
- **1 dash** [0.4 g] Salt
- **0.5 tbsp** [5 g] Hemp Hearts
- **0.5 tsp** [1.15 g] Cinnamon

DIRECTIONS

1. a small saucepan over medium heat, combine the oats and milk of choice.
2. Once the oats begin to simmer, add in the mashed banana, honey, salt, and cinnamon.
3. Turn the heat to low and allow to simmer for 5-8 minutes, or until the oats thicken to your desired texture.
4. Remove from the saucepan.
5. Top with sliced bananas, hemp hearts, and a dash of cinnamon.
6. Serve warm and enjoy!

NUTRITION INFO

Energy : 354 kcal

Fat : 9.1 g

Carbs : 62.4 g

Protein : 11 g

Fiber : 8.6 g

Sugar : 20.9 g

Egg White Bites



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 22 MINUTES

INGREDIENTS

- **2 cup** [486 g] Egg White
- **0.25 cup** [56.25 g] 1% Low Fat Cottage Cheese
- **5 piece** [10 g] Sun-Dried Tomatoes
- **1 cup** [30 g] Baby Spinach (*Chopped*)
- **1 tsp** [2.8 g] Garlic Powder
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.1 g] Black Pepper
- **1 avocado** [136 g] Avocado
- **2 slice** [84 g] Sprouted Grain Bread
- **1 tbsp** [14 g] Pesto Sauce

DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Chop the sun-dried tomatoes and baby spinach. Place in a large bowl.
3. Add cottage cheese, garlic powder, salt, and pepper to bowl and mix.
4. In the same bowl, whisk in 16 oz of egg whites.
5. Add the cottage cheese and egg mix to an 8x8 baking dish* or 6 cupcake molds (greased with oil).
6. Bake for 22–25 minutes.
7. Serve 3 egg white bites with a slice of your favorite sprouted grain toast spread with 1 tbsp pesto, topped with ½ medium avocado.

NOTES

1. **Baking Tip:** *If using 8x8 baking dish, cut into 6 pieces

NUTRITION INFO

Energy : 432 kcal

Fat : 16.2 g

Carbs : 32.2 g

Protein : 38.7 g

Fiber : 10.1 g

Sugar : 7.6 g

Fried Tomato Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **5 -** [85 g] Cherry Tomatoes (*Sliced*)
- **3 leaves** [1.5 g] Basil
- **3 large** [150 g] Egg
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1 oz** [28.35 g] Goat Cheese
- **0.5 cup** [61.5 g] Raspberries

DIRECTIONS

1. Heat half of the olive oil in a medium size skillet over medium heat.
2. Once the oil is hot, add the tomatoes, cut side down. Season with salt and pepper.
3. Cook the tomatoes for 3-5 minutes, or until they begin to caramelize/roast.
4. Add the basil, then flip the tomatoes and cook on the other side until softened.
5. Add remaining olive oil to coat the pan.
6. Whisk together the eggs and add salt and pepper to the egg mixture.
7. Pour the egg mixture into the skillet with the tomatoes and cook for 1-2 minutes, or until the edges begin to set.
8. Flip the omelette and cook to desired temperature. Top with goat cheese.
9. Serve warm with a side of fresh raspberries and enjoy!

NUTRITION INFO

Energy : 491 kcal

Fat : 37.2 g

Carbs : 12.5 g

Protein : 27.1 g

Fiber : 5.1 g

Sugar : 6.6 g

Greek Style Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **3 large** [150 g] Egg
- **0.5 medium whole (2-3/5" dia)** [61.5 g] Tomatoes
- **0.5 cup, chopped** [35 g] Mushrooms (*Sliced or chopped*)
- **1 tbsp** [2.65 g] Basil (*Chopped*)
- **1 tbsp** [5 g] Parmesan Cheese (*Shredded*)
- **1 tbsp** [14 g] Olive Oil
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1 medium pear (approx 2-1/2 per lb)** [166 g] Pear

DIRECTIONS

1. Finely dice tomatoes. Slice mushrooms and chop fresh basil. Set aside.
2. Crack eggs and whisk in a bowl with salt and pepper to taste.
3. In a non stick skillet, add 1/2 tbsp olive oil and sauté mushrooms and tomatoes. Cook for 4 minutes on medium heat.
4. Once the veggies are cooked, add them to the bowl of whisked eggs and gently mix together.
5. Using the same pan, add 1/2 tbsp of olive oil and swirl around to ensure the pan is coated well.
6. Add the egg/veggie mixture and cook covered for 5 minutes. Turn the heat on low so the bottom doesn't burn.
7. Once the omelette is cooked, using a rubber spatula gently transfer to a plate and top with cheese and basil. Serve with a pear on the side.

NUTRITION INFO

Energy : 473 kcal

Fat : 30.2 g

Carbs : 30.1 g

Protein : 22.5 g

Fiber : 6.1 g

Sugar : 19.3 g

Honey Apple Almond Chia Yogurt Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.75 cup** [170.25 g] Whole Milk Greek Yogurt Plain
- **2 tbsp** [28 g] Chia Seed
- **0.5 tbsp** [10.5 g] Honey
- **1 apple** Apples
- **1 tbsp** [7.5 g] Slivered Almonds

DIRECTIONS

1. In a small bowl with a lid (or a jar) combine the yogurt, chia seeds, and honey. Stir until combined.
2. Cover and set in the fridge for 4-5 hrs, or overnight.
3. When ready to serve, chop an apple into slices or chunks and place on top of the yogurt bowl.
4. Top with shaved almonds.
5. Serve cold and enjoy!

NOTES

1. **Preparation:** Chill overnight.

NUTRITION INFO

Energy : 475 kcal

Fat : 21.6 g

Carbs : 54 g

Protein : 26.2 g

Fiber : 15.1 g

Sugar : 33.2 g

Mango Coconut Protein Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [165 g] Frozen Mango
- **0.5 medium (7" to 7-7/8" long)** [59 g] Banana
- **1 cup** [240 g] Coconut Water
- **1 scoop** [20 g] Collagen Powder
- **2 tbsp** [20 g] Hemp Hearts

DIRECTIONS

1. Combine all of the ingredients into a blender. Blend for 60 seconds or until the ingredients are consistency is smooth throughout. Serve cold and enjoy!

NUTRITION INFO

Energy : 353 kcal Fat : 10.7 g Carbs : 47.8 g Protein : 21.3 g Fiber : 6.8 g Sugar : 33.5 g

Poached Egg Tomato Avocado Tower



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg
- **0.5 avocado** [68 g] Avocado
- **1 medium whole (2-3/5" dia)** [123 g] Tomatoes
- **1 tbsp** [15 g] Apple Cider Vinegar
- **0.5 tbsp** [7 g] Olive Oil
- **1 tbsp** [1 g] Cilantro (Coriander)
- **0.18 cup, shredded** [20.34 g] Cheddar Cheese
- **0.5 small lemon** [15 g] Lemon Juice
- **0.5 tsp** [2.3 g] Everything Bagel Seasoning

DIRECTIONS

1. Bring a medium sized pot to boil. While water is boiling, slice the tomato and avocado to your desired thickness.
2. Once the water is boiling, add 1 tbsp of vinegar. Create a whirlpool with a spoon and crack both eggs in. Reduce the heat to medium so it's no longer vigorously boiling. Poach for about 4-5 minutes.
3. Once the egg is cooked firm to the touch, but still bouncy, take out of the water and set aside.
4. Assemble the tower by placing the tomato down first, then the sliced avocado. Squeeze lemon juice and olive oil on top of the avocado.
5. Add the grated cheese, then poached eggs along with cilantro and everything but the bagel seasoning.

NUTRITION INFO

Energy : 444 kcal Fat : 34.8 g Carbs : 13.1 g Protein : 20.7 g Fiber : 7.2 g Sugar : 4.6 g

Salmon Tartine



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 1 MINUTES

INGREDIENTS

- **1.5 slice** [63 g] Sprouted Grain Bread (2 small or one large slice (toasted if desired))
- **0.18 cup** [44.28 g] Ricotta Cheese
- **3 oz, boneless** [85.05 g] Smoked Salmon
- **0.25 cup** [24 g] Pickled Red Onions
- **0.25 cup** [37.25 g] Cherry Tomatoes
- **0.25 cup** [28.25 g] Shredded Carrots
- **0.25 cup** [5 g] Microgreens
- **1 tbsp, drained** [8.6 g] Capers
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Spread toast with ricotta cheese. Top with smoked salmon, then all other ingredients.

NUTRITION INFO

Energy : 355 kcal

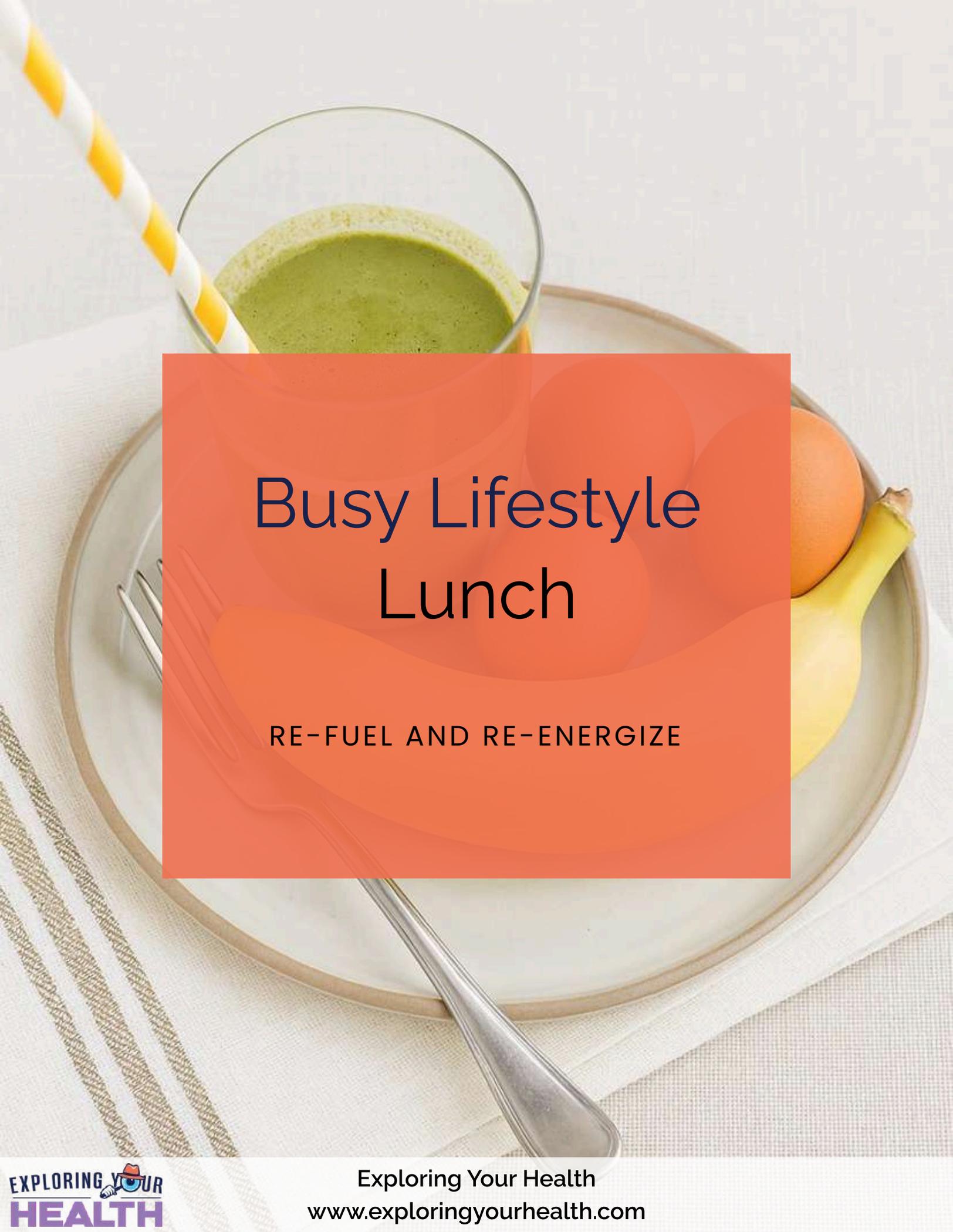
Fat : 9.2 g

Carbs : 36.5 g

Protein : 29.8 g

Fiber : 8.4 g

Sugar : 5.6 g



Busy Lifestyle Lunch

RE-FUEL AND RE-ENERGIZE

Baked Salmon "Poke" Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.75 cup** [118.5 g] White Rice (Long-Grain, Cooked)
- **0.25 cup, sliced** [29.75 g] Cucumber (*Diced*)
- **0.25 cup** [28.25 g] Shredded Carrots
- **0.25 cup** [42.5 g] Edamame (Shelled)
- **3.5 oz, boneless, cooked** [99.23 g] Cooked Salmon
- **1 tbsp** [15 g] Mayonnaise (made with avocado oil)
- **1 tbsp** [14 g] Coconut Aminos
- **1 tsp** [4.7 g] Pepper or Hot Sauce (*To taste*)
- **3 g** Sesame Seeds (*Optional garnish*)

DIRECTIONS

1. In a large serving bowl, place cooked white rice, cucumber, carrots, and edamame.
2. In a small bowl, chop the cooked salmon into small pieces (or shred with a fork).
3. Stir the mayonnaise, coconut aminos, and hot sauce into the chopped salmon and mix until fully combined.
4. Place salmon mixture in the large serving bowl.
5. Top with sesame seeds (optional).
6. Serve cold and enjoy!

NUTRITION INFO

Energy : 492 kcal

Fat : 20.1 g

Carbs : 46.7 g

Protein : 31.6 g

Fiber : 4.2 g

Sugar : 8.5 g

Cottage Cheese Bento



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [225 g] 1% Low Fat Cottage Cheese
- **0.25 cup** [34.25 g] Dry Roasted Mixed Nuts
- **1 apple** Apples

DIRECTIONS

1. Pack in a lunch box or bento box and go!

NUTRITION INFO

Energy : 458 kcal Fat : 19.9 g Carbs : 43.8 g Protein : 30.4 g Fiber : 7.5 g Sugar : 30.5 g

Creamy Matcha Shake and Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **1.5 tsp** [3 g] Matcha Tea Powder (*Or one packet*)
- **1 scoop** [20 g] Protein Powder (*Vanilla or add dash or vanilla extract*)
- **1.5 cup** [367.5 g] Almond Milk
- **1 medium (7" to 7-7/8" long)** [118 g] Banana
- **2 large** [100 g] Egg

DIRECTIONS

1. Bring a small pot of water to a boil. Add eggs and boil for 8 minutes. Immediately put eggs in a bowl of ice water. Peel eggs just before serving.
2. In a liquid container with a tightly fitted lid, add matcha powder, vanilla protein powder, and almond milk. Shake vigorously until well blended or add to a blender and pulse until well blended.
3. Serve hard boiled eggs with matcha shake and a banana.

NUTRITION INFO

Energy : 411 kcal Fat : 16.2 g Carbs : 31.3 g Protein : 38.1 g Fiber : 6.8 g Sugar : 16.7 g

Pesto and Hummus Turkey Roll Ups



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 wrap** [43 g] Sprouted Grain Wrap
- **0.5 tbsp** [7 g] Pesto Sauce
- **1 tbsp** [15 g] Hummus
- **2 leaf** [40 g] Romaine Lettuce
- **3 slice** [57 g] Organic Roast Turkey Meat
- **2 oz** [56.7 g] Goat Cheese
- **0.25 cup** [37.25 g] Cherry Tomatoes

DIRECTIONS

1. Spread pesto and hummus on one side of the sprouted grain wrap.
2. Top wrap with romaine lettuce, deli turkey, and mozzarella cheese, spread evenly.
3. Tightly roll the wrap in towards the middle. Once fully rolled, slice horizontally into 1 inch pieces.
4. Enjoy with a side of cherry tomatoes.

NUTRITION INFO

Energy : 478 kcal

Fat : 25.7 g

Carbs : 26.4 g

Protein : 35.9 g

Fiber : 4.8 g

Sugar : 4.1 g

Pomegranate Harvest Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 cup** [40 g] Arugula (Rocket)
- **1 tbsp** [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- **2 tbsp** [22 g] Pomegranate arils
- **2 oz** [56.7 g] Mozzarella Cheese (Whole Milk)
- **1 tbsp** [10 g] Hemp Hearts
- **1 tbsp** [14 g] Olive Oil
- **0.5 small lemon** [15 g] Lemon Juice
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 avocado** [68 g] Avocado

DIRECTIONS

1. Toss all ingredients together in a large salad bowl and enjoy!

NUTRITION INFO

Energy : 548 kcal

Fat : 47.1 g

Carbs : 16.4 g

Protein : 20.5 g

Fiber : 8 g

Sugar : 4.9 g

Rainbow Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 can (5 oz) yields** [140 g] Canned Organic Chicken
- **1 tbsp** [15 g] Tahini
- **1 tsp** [5.5 g] Dijon Mustard
- **2 tbsp** [28 g] Lemon Juice
- **0.33 tbsp** [4.88 g] Water
- **1 dash** [0.4 g] Salt (*To taste*)
- **2 cup** [40 g] Arugula (Rocket)
- **0.5 cup** [28.35 g] Shredded Red Cabbage
- **0.5 cup** [56.5 g] Shredded Carrots
- **1 tbsp** [14 g] Olive Oil

DIRECTIONS

1. In a small bowl mix together chicken, tahini, dijon mustard, half of the lemon juice, water, salt, and pepper.
2. In a salad bowl toss together arugula/rocket, cabbage, carrots, remaining lemon juice, olive oil, salt, and pepper.
3. Top salad vegetables with chicken mixture.

NUTRITION INFO

Energy : 486 kcal

Fat : 32.1 g

Carbs : 15.1 g

Protein : 36.5 g

Fiber : 5.4 g

Sugar : 4.6 g

Savory Oatmeal



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.25 cup** [40 g] Steel Cut Oatmeal
- **3 large** [150 g] Egg
- **0.75 cup** [177.75 g] Water
- **1 cup** [30 g] Baby Spinach
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 dash** [0.4 g] Salt (*To taste*)

DIRECTIONS

1. Bring a pot of water to boil. Gently place eggs in boiling water and set aside to cool (skip this step if eggs are already hard boiled).
2. Add 3/4 cup of water to a large microwave safe bowl and heat for 1.5 to 2 minutes.
3. Add 1/4 cup of steel cut oats to heated water and cook in microwave for 3 minutes.
4. While the oats are cooking, coarsely chop baby spinach.
5. Mix in spinach to oats, add salt and pepper to taste and cook for 1 minute in microwave.
6. Set aside spinach and oats to cool and cut the hard boiled eggs in quarters.

NUTRITION INFO

Energy : 379 kcal

Fat : 18 g

Carbs : 29.3 g

Protein : 24.7 g

Fiber : 4.7 g

Sugar : 2.3 g

Shrimp, Spinach, and Strawberry Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 cup** [60 g] Baby Spinach
- **0.5 cup, halves** [76 g] Strawberries
- **1 tbsp** [7 g] Chopped Walnuts
- **1 tbsp** [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- **4 oz, cooked** [112 g] Shrimp
- **1 tbsp** [14 g] Olive Oil
- **1 tbsp** [14 g] Lemon Juice
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. In a large bowl, combine spinach, strawberries, walnuts, sunflower seeds, shrimp, olive oil, and lemon juice.
2. Toss and stir until the dressing coats the entire salad.
3. Season with salt and pepper.
4. Serve cold and enjoy!

NUTRITION INFO

Energy : 419 kcal

Fat : 25.6 g

Carbs : 13.3 g

Protein : 36.8 g

Fiber : 4.5 g

Sugar : 4.3 g

Tex-Mex Chili Salad



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 300 MINUTES

INGREDIENTS

- **16 oz** [448 g] Ground Turkey
- **2 medium (approx 2-3/4" long, 2-1/2" dia)** [228 g] Red Bell Pepper (*Chopped*)
- **1 medium** [110 g] Yellow Onions (*chopped*)
- **1 pepper** [22 g] Jalapeno Peppers (*Chopped*)
- **2 tbsp** [32 g] Tomato Paste
- **1.25 cup** [302.5 g] Diced Canned Tomatoes
- **1.25 cup** [320 g] Kidney Beans (Canned) (*Drained and rinsed*)
- **1 cup** [240 g] Beef Bone Broth
- **1 tbsp** [6.9 g] Paprika
- **1 tbsp** [7.5 g] Chili Powder
- **0.5 tsp** [1.05 g] Cumin
- **1 head (small)** [95 g] Romaine Lettuce
- **1 avocado** [136 g] Avocado
- **2 tbsp** [2 g] Cilantro (Coriander) (*Optional for garnish*)
- **1 cup** [227 g] Whole Milk Greek Yogurt Plain

DIRECTIONS

1. Chop bell peppers, jalapeño peppers and onion. Add to crockpot with diced tomatoes, tomato paste, kidney beans, broth, and seasonings.
2. Cook for 8 hours on low or 5 hours on high setting.
3. To serve, chop romaine lettuce and add 1.5 cup of chili over lettuce.
4. Add Avocado, Greek yogurt and cilantro for garnish.

NOTES

1. **Pro Tip:** * Leftover chili can be frozen for up to 3 months or stored in the refrigerator for up to 4 days.

NUTRITION INFO

Energy : 427 kcal

Fat : 17.6 g

Carbs : 31.6 g

Protein : 39.1 g

Fiber : 11.8 g

Sugar : 11.5 g

Turkey Meatballs With a Fresh Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **14 oz** [392 g] Ground Turkey
- **1 tsp** [2.8 g] Garlic Powder
- **0.25 tsp** [0.53 g] Cumin
- **0.25 tsp** [0.45 g] Red or Cayenne Pepper
- **0.25 tbsp, ground** [0.45 g] Oregano
- **0.33 cup** [36.96 g] Almond Flour
- **3 tbsp** [45 g] Tzatziki Sauce
- **1 head (small)** [95 g] Romaine Lettuce
- **0.5 medium whole (2-3/5" dia)** [61.5 g] Red Tomatoes
- **0.18 tbsp, chopped** [0.9 g] Red Onions

DIRECTIONS

1. Preheat oven to 400°F (200°C) and line a sheet pan with parchment paper.
2. Place ground turkey into a bowl and add spices, egg, almond meal and season with a little salt and pepper.
3. Shape the turkey mixture into small balls, place on the lined sheet pan, and bake for 30 minutes or until fully cooked through.
4. Once the meatballs are cooked, assemble your salad with chopped romaine lettuce, chopped tomatoes and red onions. Place the meatballs on top and add tzatziki sauce.

NUTRITION INFO

Energy : 440 kcal

Fat : 25.1 g

Carbs : 8.8 g

Protein : 45.5 g

Fiber : 3.6 g

Sugar : 3.3 g



Busy Lifestyle Dinner

FINISH STRONG

Balsamic Caprese Stuffed Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **9 oz** [252 g] Skinless Chicken Breast
- **4 oz** [113.4 g] Mozzarella Cheese (Whole Milk)
- **0.5 cup** [74.5 g] Cherry Tomatoes (*Sliced*)
- **4 leaves** [2 g] Basil (*Chopped*)
- **2 tsp, ground** [1.2 g] Oregano
- **0.5 tbsp** [1.05 g] Basil (*Dried*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **0.7 cup** [87.5 g] Brown Rice (*Uncooked*)

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Cook rice according to package.
3. Slice the chicken breast horizontally, leaving 1/2 inch attached at one end to keep it together.
4. Stuff the chicken breast with the mozzarella cheese, cherry tomatoes, and chopped fresh basil.
5. Fold the top portion of the chicken breast over the stuffing and close with a tooth pick.
6. Season the chicken breast with oregano, basil, garlic powder, salt and pepper.
7. Bake for 20–25 minutes or until the chicken reaches 165°F (75°C).
8. Serve over cooked brown rice.

NUTRITION INFO

Energy : 559 kcal Fat : 16.5 g Carbs : 53.4 g Protein : 47.5 g Fiber : 3.3 g Sugar : 2.2 g

Bright & Fresh Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **12 oz** [339 g] Boneless Skinless Chicken Thighs (raw)
- **4 beet (2" dia)** [328 g] Beets
- **30 spear, medium (5-1/4" to 7" long)** [480 g] Asparagus
- **2 tbsp** [28 g] Olive Oil
- **1 tbsp, ground** [1.8 g] Oregano
- **0.5 tbsp** [4.2 g] Garlic Powder
- **1 tsp, ground** [1.4 g] Thyme (Dried)
- **0.5 tbsp** [0.65 g] Parsley (Dried)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Trim extra fat from chicken thighs.
3. Wash and chop beets into 1/2 inch cubes.
4. Spread chicken, beets, and asparagus on a baking sheet in a single layer.
5. In a small bowl, mix together oil, oregano, garlic powder, thyme, parsley, salt, and pepper.
6. Spread over chicken and vegetables, toss to coat well.
7. Bake for 25 minutes, or until internal temperature of chicken reaches above 165°F (75°C).
8. Enjoy warm.

NUTRITION INFO

Energy : 442 kcal

Fat : 20.9 g

Carbs : 27.7 g

Protein : 41.5 g

Fiber : 10 g

Sugar : 16.2 g

Chicken Fried "Rice"



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **12 oz** [340.8 g] Ground Chicken
- **2 tbsp** [28 g] Avocado Oil
- **0.5 tbsp** [4.2 g] Garlic Powder
- **2 cup** [200 g] Riced Cauliflower
- **1 cup** [113 g] Shredded Carrots
- **1 cup** [144 g] Green Peas (Frozen)
- **1 tbsp** [14 g] Coconut Aminos
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 large** [50 g] Egg
- **3 stalk** [45 g] Green Onions

DIRECTIONS

1. In a skillet, on medium heat, fully cook ground chicken and set aside.
2. In the same skillet, add 2 tbsp of avocado oil on low heat.
3. Add 2 cups of riced cauliflower, garlic powder, 1 cup of shredded carrots and 1 cup of peas. Increase to medium heat and cook for about 10 minutes.
4. Add liquid aminos, salt and pepper, and cook for another 2 minutes.
5. Add egg and scramble into rice.
6. Add in ground chicken, and place green onions on top for garnish.

NUTRITION INFO

Energy : 508 kcal

Fat : 28.8 g

Carbs : 24.4 g

Protein : 40.2 g

Fiber : 7.7 g

Sugar : 12.1 g

Easiest Beef Teriyaki



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **0.5 cup** [62.5 g] Brown Rice (*Uncooked*)
- **12 oz** [340.2 g] Beef Flank (Lean Only, Trimmed to 0" Fat, Choice Grade)
- **0.5 tbsp** [7 g] Avocado Oil
- **0.5 medium** [55 g] Yellow Onions (*sliced thin*)
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Sliced thin*)
- **1 medium** [119 g] Green Bell Pepper (*Sliced thin*)
- **2 cup, florets** [142 g] Broccoli
- **0.25 cup** [63.75 g] Teriyaki Sauce

DIRECTIONS

1. Cook rice according to package.
2. Heat a large skillet over medium heat. Add flank steak and cook 3-4 minutes flipping once. Transfer to a plate.
3. Add avocado oil and onion to the skillet. Cook approximately 5 minutes.
4. Add red bell pepper, green bell pepper, broccoli, and teriyaki sauce to the skillet. Cook approximately 5 minutes, stirring occasionally.
5. Add cooked beef to the skillet and cook one additional minute. Remove from heat and allow to cool and thicken 2-3 minutes.
6. Serve warm over rice.

NUTRITION INFO

Energy : 542 kcal

Fat : 15.9 g

Carbs : 54 g

Protein : 46.1 g

Fiber : 7.1 g

Sugar : 10.8 g

Lemon Shrimp Skewers w/ Rice



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **8 oz** [227.2 g] Shrimp (Prawns)
- **2 tbsp** [25.6 g] Clarified Butter Ghee
- **2 tbsp** [28 g] Lemon Juice
- **1 tsp** [2.8 g] Garlic Powder
- **0.5 tsp** [0.15 g] Parsley (Dried)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **0.7 cup** [129.5 g] White Rice (Uncooked)

DIRECTIONS

1. Pre-heat the grill to medium heat.*
2. Skewer shrimp evenly onto 4 dowels/skewers and set aside.
3. In a small bowl, combine ghee, lemon juice, garlic, parsley, salt and pepper.
4. Brush the shrimp with the garlic lemon ghee mixture.
5. Place the skewers on the grill for 2-3 minutes. Flip and cook for another 2-3 minutes.
6. After flipping the skewers, brush with garlic lemon ghee mixture.
7. Remove from the grill and serve over cooked rice.
8. Serve hot and enjoy!

NOTES

1. **Cooking Tip:** *Cook this on an indoor grill-top or large skillet if grill is not available.

NUTRITION INFO

Energy : 448 kcal

Fat : 15 g

Carbs : 55.1 g

Protein : 21.4 g

Fiber : 1.1 g

Sugar : 0.4 g

Miso Cod w/ Broccolini



SERVINGS: 1

PREP TIME: 25 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **1 tbsp** [15 g] White Miso
- **1 tbsp** [14 g] Coconut Aminos
- **1 tbsp** [14 g] Rice Vinegar
- **6 oz** [168 g] Cod
- **1 tbsp** [14 g] Olive Oil
- **5 stalks** [50 g] Broccolini
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **0.25 cup** [31.25 g] Brown Rice (*Uncooked*)

DIRECTIONS

1. In a small bowl, combine miso paste, coconut aminos, and rice wine vinegar.
2. Brush the marinade over the cod and refrigerate for 20–30 minutes (or overnight).
3. In a large skillet pan, heat olive oil or medium heat.
4. Sauté broccolini in the olive oil until bright green and soft. Season with salt and pepper and set aside.
5. Using the remaining oil in the skillet, over medium-high heat, cook the cod for 3–4 minutes on each side.
6. Serve the cod and broccolini over brown rice.
7. Serve hot and enjoy!

NUTRITION INFO

Energy : 530 kcal Fat : 16.1 g Carbs : 56.1 g Protein : 35.7 g Fiber : 4.3 g Sugar : 17.9 g

Philly Steak Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Sliced*)
- **1 medium (2-1/2" dia)** [110 g] Onions (*Sliced*)
- **10 oz** [283.5 g] Beef Flank (Trimmed to 0" Fat) (*Shaved or thinly sliced*)
- **1 tsp** [2.1 g] Paprika
- **1 tsp** [2.6 g] Chili Powder
- **1 tsp** [2.4 g] Onion Powder
- **1 tsp** [2.8 g] Garlic Powder
- **1 tsp, ground** [1.4 g] Thyme (Dried)
- **0.5 tbsp** [1.05 g] Basil (Dried)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **4 tortilla** [96 g] Corn Tortillas

DIRECTIONS

1. In a large skillet, over medium-high heat, heat olive oil.
2. Sauté the red peppers and onions until cooked through and browned on the edges (turn up to high for the last 1-2 minutes for crispier veggies). Remove them from the pan and set aside.
3. Season the beef with paprika, chili powder, onion powder, garlic powder, dried thyme, dried basil, salt and pepper.
4. In the same skillet, place the seasoned beef over high heat.
5. Allow to cook for 2-3 minutes on each side and set aside.
6. In the still hot skillet, warm the tortillas.
7. Build the tacos by placing the steak and veggies inside.
8. Serve hot and enjoy!

NUTRITION INFO

Energy : 441 kcal Fat : 18.9 g Carbs : 34.7 g Protein : 34.8 g Fiber : 7.8 g Sugar : 6.3 g

Slow-Cooker Meatballs w/ Lentil Pasta



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 240 MINUTES

INGREDIENTS

- **16 ounce** [448 g] Ground Beef (95% Lean / 5% Fat)
- **0.25 cup, chopped** [40 g] Onions
- **0.25 cup** [22.75 g] Panko Bread Crumbs
- **0.25 cup** [15 g] Parsley
- **1 large** [50 g] Egg
- **2 clove** [6 g] Garlic (*Minced*)
- **1 tsp, ground** [1.8 g] Oregano
- **0.5 tbsp** [1.05 g] Basil (*Dried*)
- **2 cup** [490 g] Tomato Sauce (no sugar added)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **8 oz, dry** [224 g] Red Lentil Pasta
- **4 tbsp** [20 g] Parmesan Cheese (*Shredded*) (*Optional for garnish*)

DIRECTIONS

1. In a large bowl, combine ground beef, onion, panko bread crumbs, chopped parsley, egg, garlic, oregano, basil, salt and pepper.
2. Mix until combined and roll into 1-inch size meatballs (about 14-16 meatballs) and set aside.
3. Spread half of the tomato sauce on the bottom of the crock pot.
4. Place the meatballs into the crock pot and cover with the remainder of the sauce.
5. Cook on low for 6 hours or high for 3-4.
6. Cook pasta according to package. Serve meatballs over lentil pasta and top with parmesan cheese.
7. Serve warm and enjoy!

NUTRITION INFO

Energy : 500 kcal

Fat : 14.7 g

Carbs : 46 g

Protein : 44.4 g

Fiber : 7.7 g

Sugar : 6.1 g

Three Minute Prep Chili



SERVINGS: 2

PREP TIME: 3 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **8 oz** [227.2 g] Ground Chicken
- **1 cup** [240 g] Black Beans (Canned)
(Drained and rinsed)
- **1 cup** [242 g] Diced Canned Tomatoes
- **2 tbsp** [18 g] Taco Seasoning
- **1 cup** [240 g] Beef Bone Broth
- **1 avocado** [136 g] Avocado *(Chopped)*

DIRECTIONS

1. In a large pot, add olive oil and warm over medium heat.
2. Add ground chicken and cook approximately 5 minutes, crumbling as you go, until chicken is browned all the way through.
3. Add black beans, diced tomatoes, taco seasoning, and bone broth. Bring to a bowl, then reduce to a simmer and cook covered for 15 minutes.
4. Serve warm topped with avocado.

NUTRITION INFO

Energy : 516 kcal Fat : 26.2 g Carbs : 38.3 g Protein : 34.7 g Fiber : 14.4 g Sugar : 3.3 g

Vibrant Sausage and Veggie Skillet



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Avocado Oil
- **6 link (2.3 oz)** [408 g] Organic Chicken Sausage (*No sugar added*)
- **3 cup, florets** [213 g] Broccoli
- **3 cup** [170.1 g] Shredded Red Cabbage
- **0.5 tbsp** [4.2 g] Garlic Powder
- **1 tsp** [2.4 g] Onion Powder
- **1 tsp** [2.1 g] Paprika
- **0.5 tsp** [1.05 g] Cumin (*ground*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **2 tbsp** [17.6 g] Dry Roasted Sunflower Seeds (*with Salt Added*)

DIRECTIONS

1. Heat avocado oil in a large skillet over medium heat.
2. Add sausages and cook 3-4 minutes, flipping once.
3. Add broccoli, cabbage, garlic powder, onion powder, paprika, cumin, salt and pepper.
4. Cook 5-8 minutes covered, flipping occasionally, until vegetables are at desired consistency.
5. Sprinkle with sunflower seeds and enjoy warm.

NUTRITION INFO

Energy : 436 kcal

Fat : 21 g

Carbs : 23 g

Protein : 46.1 g

Fiber : 8.5 g

Sugar : 5.8 g