

30 DAY HEALTH RESET

Recipes

REVITALIZE HEALTH LLC


REVITALIZEHEALTHLLC.COM





my promise to you

If you will commit, and
allow yourself the
opportunity, you can be
changed by this
experience.



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Whole Food Plant Based Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Protein-Packed Avocado Toast	Gut Healing Green Smoothie	Hummus Toast with Avocado	Gut Healing Green Smoothie	Protein-Packed Avocado Toast	Tofu Veggie Scramble	Tofu Veggie Scramble
Snack 1	Blackberries & Pistachios	Baby Carrots & Hummus	Blackberries & Pistachios	Baby Carrots & Hummus	Banana with Almond Butter	Grapes & Walnuts	Pistachios
Lunch	Marinated Mixed Bean Salad	Broccoli Almond Protein Salad	Marinated Mixed Bean Salad	Sweet Potato Black Bean Quinoa Bake	Marinated Mixed Bean Salad	Lentil, Sweet Potato & Arugula Salad	Balsamic Roasted Tempeh Bowls
Snack 2	Apple Slices & Hummus	Banana with Almond Butter	Apple Slices & Hummus	Grapes & Walnuts	Pistachios	Baby Carrots & Hummus	Banana with Almond Butter
Dinner	Broccoli Almond Protein Salad	Peanut Butter Curry Chickpea Stew	Sweet Potato Black Bean Quinoa Bake	Peanut Butter Curry Chickpea Stew	Lentil, Sweet Potato & Arugula Salad	Balsamic Roasted Tempeh Bowls	Swiss Chard, Lentil & Rice Bowl



Whole Food Plant Based Diet

73 items

Fruits

- ☐ 2 Apple
- ☐ 2 1/3 Avocado
- ☐ 4 Banana
- ☐ 2 cups Blackberries
- ☐ 2 cups Grapes
- ☐ 1 Lemon
- ☐ 3/4 Lime

Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 1/2 cup Almond Butter
- ☐ 1 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 1 tbsps Chia Seeds
- ☐ 1 tsp Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 1/2 tsp Coriander
- ☐ 1 3/4 tbsps Cumin
- ☐ 1/3 tsp Garlic Powder
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 1 1/16 tbsps Italian Seasoning
- ☐ 1/4 tsp Paprika
- ☐ 1/2 cup Pistachios
- ☐ 1 cup Pistachios, In Shell
- ☐ 3/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Sunflower Seeds
- ☐ 1 3/4 tbsps Turmeric
- ☐ 1/2 cup Walnuts

Frozen

- ☐ 1 cup Frozen Edamame

Vegetables

- ☐ 2 cups Arugula
- ☐ 2 1/4 cups Baby Carrots
- ☐ 1 cup Baby Spinach
- ☐ 2 cups Broccoli
- ☐ 3 Carrot
- ☐ 2 tbsps Cilantro
- ☐ 5 1/2 Garlic
- ☐ 1 1/2 tbsps Ginger
- ☐ 1 1/2 cups Green Beans
- ☐ 3 stalks Green Onion
- ☐ 2 cups Kale Leaves
- ☐ 1 1/3 cups Mushrooms
- ☐ 1 3/4 Red Bell Pepper
- ☐ 1/3 cup Red Onion
- ☐ 2 Sweet Potato
- ☐ 2 cups Swiss Chard
- ☐ 1 Yellow Onion
- ☐ 1 1/2 Zucchini

Boxed & Canned

- ☐ 2/3 cup Black Beans
- ☐ 2 tbsps Brown Rice
- ☐ 2 cups Chickpeas
- ☐ 1 1/2 cups Lentils
- ☐ 3 cups Mixed Beans
- ☐ 3/4 cup Quinoa
- ☐ 1 2/3 cups Vegetable Broth
- ☐ 1 cup White Navy Beans

Baking

- ☐ 1 tbsps Nutritional Yeast
- ☐ 2 tbsps Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 4 slices Bread
- ☐ 1 3/4 cups Hummus
- ☐ 2 slices Rye Bread
- ☐ 5 3/4 ozs Tempeh
- ☐ 7 3/4 ozs Tofu

Condiments & Oils

- ☐ 1 3/4 tbsps Apple Cider Vinegar
- ☐ 1 tbsps Avocado Oil
- ☐ 1 1/3 tbsps Balsamic Vinegar
- ☐ 2 1/4 tbsps Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 1/2 tbsps Rice Vinegar
- ☐ 1 1/2 tbsps Sesame Oil
- ☐ 2 tbsps Tahini
- ☐ 1 1/2 tbsps Tamari

Cold

- ☐ 1/2 cup Unsweetened Almond Milk






Other



- ☐ 3 3/4 cups Water

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Day	Task	Notes
0 Sun	 Grocery shop.	Grab the grocery list for your meal plan and mark off any items you already have before you head out.
	Portion out Blackberries & Pistachios, Baby Carrots, Apples, Hummus, Grapes & Walnuts, and almond butter for snacks this week.	Store in small containers or ziploc bags in the fridge.
	 Make Marinated Mixed Bean Salad.	Divide between containers and store in the fridge.
	Make Broccoli Almond Protein Salad.	Divide between containers and store in the fridge.
	Make Protein-Packed Avocado Toast for breakfast.	Follow the simple recipe and enjoy!
1 Mon	 Pack your meals if you are on-the-go.	Protein-Packed Avocado Toast, Blackberries & Pistachios, Marinated Mixed Bean Salad, and Apple Slices & Hummus.
	 Enjoy the Broccoli Almond Protein Salad.	Bon appetit!
	 Make the Gut Healing Green Smoothie for breakfast. Pack your meals if you are on-the-go.	Follow recipe and enjoy! Gut Healing Green Smoothie, Baby Carrots &

2 Tue				Hummus, Broccoli Almond Protein Salad, and Banana with Almond Butter.
		Make Peanut Butter Curry Chickpea Stew for dinner.		Store leftovers in an airtight container in the fridge.
3 Wed		Make Hummus Toast with Avocado for breakfast.		Enjoy!
		Pack your meals if you are on-the-go.		Hummus Toast with Avocado, Blackberries & Pistachios, Marinated Mixed Bean Salad, and Apple Slices & Hummus.
		Make the Sweet Potato Black Bean Quinoa Bake for dinner.		Store leftovers in an airtight container in the fridge for lunch tomorrow.
4 Thu		Make the Gut Healing Green Smoothie for breakfast.		Follow recipe and enjoy!
		Pack your meals if you are on-the-go.		Gut Healing Green Smoothie, Baby Carrots & Hummus, Sweet Potato Black Bean Quinoa Bake and Grapes & Walnuts.
		Enjoy leftover Peanut Butter Curry Chickpea Stew for dinner.		Reheat on the stove and enjoy!
5 Fri		Make Protein-Packed Avocado Toast for breakfast.		Follow the simple recipe and enjoy!
		Pack your meals if you are on-the-go.		Protein-Packed Avocado Toast, Grapes & Walnuts, Marinated Mixed Bean Salad, and

				Pistachios.
		Make the Lentil, Sweet Potato, Arugula Salad for dinner.	Divide into portions. Store leftovers in an airtight container in the fridge for lunch tomorrow.	
6 Sat		Make Avocado Tofu Veggie Scramble for breakfast.	Divide into portions. Store leftovers in an airtight container in the fridge for tomorrow.	
		Pack your meals if you are on-the-go.	Tofu Veggie Scramble, Grapes & Walnuts, Lentil Sweet Potato, Arugula Salad, and Baby Carrots & Hummus.	
		Make Balsamic Tempeh Bowls for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.	
7 Sun		Pack your meals if you are on-the-go.	Tofu Veggie Scramble, Pistachios, Balsamic Tempeh Bowl, and Banana with Almond Butter.	
		Make the Swiss Chard, Lentil, and Brown Rice bowl for dinner.	Enjoy!	
		Prep for the week ahead!	Don't forget to set aside time today to plan, shop, and prep for next week's meals.	

Gut Healing Green Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

- 1 1/4 cups Water (cold)
- 1 cup Kale Leaves
- 1/4 Avocado (peeled and pit removed)
- 1/2 Banana (frozen)
- 1 1/2 tps Chia Seeds
- 1 tbsp Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 tbsp Raw Honey



Protein-Packed Avocado Toast

6 ingredients · 15 minutes · 1 serving



Directions

1. In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
2. Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

Notes

No White Beans

Use chickpeas instead.

Likes it Spicy

Add hot sauce or chili flakes into the avocado bean mixture.

Ingredients

- 1/2 Avocado
- 1/2 cup White Navy Beans (cooked)
- 1/8 Lemon (juiced)
- 1/8 tsp Sea Salt
- 2 slices Bread
- 2 tbsps Hemp Seeds



Hummus Toast with Avocado

5 ingredients · 10 minutes · 1 serving



Directions

1. Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds

Use hemp seeds, sesame seeds or pumpkin seeds instead.

Ingredients

2 slices Rye Bread (toasted)
1/2 cup Hummus
1/2 Avocado (sliced or mashed)
2 tbsps Sunflower Seeds
Sea Salt & Black Pepper (to taste)



Tofu Veggie Scramble

9 ingredients · 15 minutes · 2 servings



Directions

1. Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
2. In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
3. Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
4. Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs

Serve with toast or brown rice.

Likes it Spicy

Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers

Store in the fridge up to 3 to 4 days.

Ingredients

7 3/4 ozs Tofu (firm)
1 tbsp Avocado Oil
1/2 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
1 Red Bell Pepper (sliced)
1 cup Baby Spinach (chopped)
1 tbsp Nutritional Yeast
1/4 tsp Turmeric
Sea Salt & Black Pepper (to taste)

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Blackberries & Pistachios

2 ingredients · 2 minutes · 2 servings



Directions

1. Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

Notes

Make Them Last

Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.

Ingredients

2 cups Blackberries

1/2 cup Pistachios (shelled)



Baby Carrots & Hummus

2 ingredients · 5 minutes · 3 servings



Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots

Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy

Top with a pinch of cayenne pepper or chili powder.

Ingredients

2 1/4 cups Baby Carrots

3/4 cup Hummus

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Marinated Mixed Bean Salad

8 ingredients · 15 minutes · 3 servings



Directions

1. Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

Notes

No Mixed Beans

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

Leftovers

Keeps well covered in the fridge up to 4 to 5 days.

Ingredients

- 1 1/2 cups Green Beans (fresh or frozen)
- 3 cups Mixed Beans (cooked)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Apple Cider Vinegar
- 2 1/4 tsps Italian Seasoning
- 3/4 Garlic (clove, minced)
- 3/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)



Banana with Almond Butter

2 ingredients · 2 minutes · 1 serving



Directions

1. Slice banana.
2. Dip in almond butter.
3. Bam.

Ingredients

- 1 Banana
- 2 **tbsps** Almond Butter



Apple Slices & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Notes

No Apple

Use pear slices instead.

Ingredients

1 Apple

1/4 cup Hummus



Grapes & Walnuts

2 ingredients · 3 minutes · 2 servings



Directions

1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

Notes

No Walnuts

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Ingredients

2 cups Grapes (washed)

1/2 cup Walnuts



Pistachios

1 ingredient · 1 minute · 2 servings



Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1 cup Pistachios, In Shell



Broccoli Almond Protein Salad

11 ingredients · 20 minutes · 2 servings



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

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

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Sweet Potato Black Bean Quinoa Bake

12 ingredients · 55 minutes · 2 servings



Directions

1. Preheat oven to 375°F (190°C).
2. In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
3. Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
4. Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

Notes

Baking Dish

Use a 9x13-inch dish for six servings.

No Green Onion

Use a white or red onion instead.

No Red Bell Pepper

Use a green or yellow bell pepper instead.

Leftovers

Keeps well in the fridge for up to four days.

More Flavor

Top with chopped cilantro, shredded cheese, salsa and/or sour cream.

Ingredients

- 1 Sweet Potato (small, peeled and chopped)
- 2/3 cup Black Beans (cooked, from the can)
- 1/3 cup Quinoa (dry, uncooked)
- 1/3 Red Bell Pepper (chopped)
- 1 stalk Green Onion (chopped)
- 1 tsp Chili Powder
- 1 tsp Cumin (ground)
- 1/3 tsp Garlic Powder
- 1/16 tsp Sea Salt
- 2/3 cup Vegetable Broth
- 1/3 Lime (juiced)
- 1/3 Avocado (diced)

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Peanut Butter Curry Chickpea Stew

19 ingredients · 45 minutes · 2 servings



Directions

1. Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
2. Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
3. Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
4. Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
5. Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers

Store in the fridge up to 4 days or freeze.

Serving Size

One serving is approximately 2 cups.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1 1/2 **tsps** Ginger (grated)
- 1/2 **tsp** Cumin
- 1/2 **tsp** Coriander
- 1/2 **tsp** Cinnamon
- 1 1/2 **tsps** Turmeric
- 2 **tbsps** Water
- 2 **tbsps** All Natural Peanut Butter
- 1 **cup** Vegetable Broth
- 1/2 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Sea Salt
- 1/2 Red Bell Pepper (sliced)
- 1/2 Zucchini (sliced)
- 1 Carrot (medium, peeled and sliced)
- 2 **cups** Chickpeas (cooked)
- 1/2 Lime (juiced)
- 2 **tbsps** Cilantro (chopped)

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Lentil, Sweet Potato & Arugula Salad

8 ingredients · 35 minutes · 2 servings



Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
3. Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
4. Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

No Lentils

Use chickpeas or ground meat instead.

No Tahini

Use sunflower seed butter instead.

No Arugula

Use baby spinach, kale or mixed greens instead.

Likes it Spicy

Add cajun spice or hot sauce into the tahini dressing.

Ingredients

- 1 Sweet Potato (medium, diced)
- 3/4 tsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 2 tbsps Water
- 1 1/2 tpsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 2 cups Arugula
- 1 cup Lentils (cooked)



Balsamic Roasted Tempeh Bowls

12 ingredients · 1 hour · 2 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
3. Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
4. While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
5. To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 4 days.

Ingredients

- 1 1/3 **tbps** Extra Virgin Olive Oil
- 1 1/3 **tbps** Balsamic Vinegar
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 **tsp** Italian Seasoning
- 6 **ozs** Tempeh
- 1/3 **cup** Red Onion (medium, sliced)
- 2 Carrot (medium, peeled and chopped)
- 1 1/3 **cups** Mushrooms (quartered)
- 1 Zucchini (sliced)
- 1/2 **cup** Quinoa (dry)
- 3/4 **cup** Water



Swiss Chard, Lentil & Rice Bowl

11 ingredients · 1 hour · 1 serving



Directions

1. Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
2. Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/4 cups.

Speed it Up

Use quinoa or brown rice pasta instead of brown rice.

No Swiss Chard

Use kale, spinach or collard greens instead.

Ingredients

2 tbsps Brown Rice (uncooked)

3 tbsps Water

3/4 tsp Coconut Oil

2 cups Swiss Chard (washed, stems removed and chopped)

1/4 tsp Cumin

1/4 tsp Paprika

1 1/2 tps Extra Virgin Olive Oil

1/4 Garlic (clove, minced)

3/4 tsp Apple Cider Vinegar

1/2 cup Lentils (cooked, drained and rinsed)







Sea Salt & Black Pepper (to taste)

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Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the trout and $\frac{1}{3}$ of the chicken breasts.	You'll be reminded later on in the week when to set them out to thaw.
		Make the Lentil & Feta Tabbouleh.	Store in an airtight container in the fridge for lunch tomorrow.
		Make Overnight Bircher Muesli.	Divide between jars or containers for easy grab-and-go breakfasts in the mornings.
		Make the Salmon Cucumber Bites.	Store in the fridge for snacking.
		Portion out hummus, almond butter, crackers, and celery.	Store in small containers for snacks this week.
1 Mon		Pack your meals if you are on-the-go.	Overnight Bircher Muesli, Crackers & Hummus, Lentil & Feta Tabbouleh, and Salmon Cucumber Bites.
		Make Penne with Burst Cherry Tomato Sauce for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.

2 Tue		Pack your meals if you are on-the-go.	Overnight Bircher Muesli, Crackers & Hummus, Penne with Burst Cherry Tomato Sauce, and Salmon Cucumber Bites.
		Make Greek Chicken Salad for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
3 Wed		Pack your meals if you are on-the-go.	Overnight Bircher Muesli, Apple with Almond Butter, Greek Chicken Salad, and Celery & Hummus.
		Make Roasted Carrots with Lentils & Tahini for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Take trout out of the freezer.	Let thaw in the fridge for dinner tomorrow.
4 Thu		Make Post Workout Green Smoothie for Breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Post Workout Green Smoothie, Apple with Almond Butter, Roasted Carrots with Lentils & Tahini, and Celery & Hummus.
		Make the One Pan Mediterranean Trout with Quinoa for dinner.	Set aside one serving of quinoa for dinner on Sunday. Store remaining leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Yogurt & Berries Snacks.	Divide between containers or layer into jars and store in the fridge for snacking.

5 Fri		Make Post Workout Green Smoothie for Breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Post Workout Green Smoothie, Yogurt & Berries, One Pan Mediterranean Trout with Quinoa, and Apple Slices & Hummus.
6 Sat		Make Greek Kale Chickpea Salad for dinner.	Transfer leftovers to a container and store in the fridge for lunch tomorrow.
		Make Hummus Toast with Avocado.	Enjoy for breakfast!.
		Pack your meals if you are on-the-go.	Hummus Toast with Avocado, Yogurt & Berries, Green Kale Chickpea Salad, and Apple Slices & Hummus.
		Make the Mediterranean Tuna Pasta Salad for dinner. Take frozen chicken breast out of the freezer.	Transfer leftovers to a container and store in the fridge for lunch tomorrow. Let thaw in the fridge for dinner tomorrow.
7 Sun		Make Hummus Toast with Avocado.	Enjoy for breakfast!
		Pack your meals if you are on-the-go.	Hummus Toast with Avocado, Yogurt & Berries, Mediterranean Tuna Pasta Salad, and Apple Slices & Hummus.
		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week.

		Make Grilled Bruschetta Chicken for dinner. Serve with leftover Quinoa.	Enjoy!
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Mediterranean Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Overnight Bircher Muesli	Overnight Bircher Muesli	Overnight Bircher Muesli	Post Workout Green Smoothie	Post Workout Green Smoothie	Hummus Toast with Avocado	Hummus Toast with Avocado
Snack 1	Crackers & Hummus	Crackers & Hummus	Apple with Almond Butter	Apple with Almond Butter	Yogurt & Berries	Yogurt & Berries	Yogurt & Berries
Lunch	Lentil & Feta Tabbouleh	Penne with Bursting Cherry Tomato Sauce	Greek Chicken Salad	Roasted Carrots with Lentils & Tahini	One Pan Mediterranean Trout	Greek Kale Chickpea Salad	Mediterranean Tuna Pasta Salad
					Quinoa		
Snack 2	Salmon Cucumber Bites	Salmon Cucumber Bites	Celery & Hummus	Celery & Hummus	Apple Slices & Hummus	Apple Slices & Hummus	Apple Slices & Hummus
Dinner	Penne with Bursting Cherry Tomato Sauce	Greek Chicken Salad	Roasted Carrots with Lentils & Tahini	One Pan Mediterranean Trout	Greek Kale Chickpea Salad	Mediterranean Tuna Pasta Salad	Grilled Bruschetta Chicken
				Quinoa			Quinoa



Mediterranean Diet

62 items

Fruits

- ☐ 5 3/4 Apple
- ☐ 1 1/2 Avocado
- ☐ 1 Banana
- ☐ 2 1/3 Lemon

Breakfast

- ☐ 1/4 cup Almond Butter

Seeds, Nuts & Spices

- ☐ 1/3 tsp Black Pepper
- ☐ 1 tsp Cinnamon
- ☐ 1 tbsp Greek Seasoning
- ☐ 1 1/2 tbsps Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 1 1/2 tsps Italian Seasoning
- ☐ 1/2 tsp Paprika
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3 tbsps Sliced Almonds
- ☐ 1/4 cup Sunflower Seeds

Frozen

- ☐ 3 cups Frozen Berries

Vegetables

- ☐ 4 cups Arugula
- ☐ 2 cups Baby Spinach
- ☐ 2 1/16 cups Basil Leaves
- ☐ 4 stalks Celery
- ☐ 4 1/2 cups Cherry Tomatoes
- ☐ 1 1/4 Cucumber
- ☐ 1 tbsp Fresh Dill
- ☐ 3 Garlic
- ☐ 1/2 Green Bell Pepper
- ☐ 6 Heirloom Carrots
- ☐ 6 cups Kale Leaves
- ☐ 1 cup Parsley
- ☐ 1/3 cup Red Onion
- ☐ 3 3/4 Tomato

Boxed & Canned

- ☐ 1 cup Brown Rice Fusilli, Cooked
- ☐ 4 ozs Chickpea Pasta
- ☐ 1 cup Chickpeas
- ☐ 1 1/2 cups Lentils
- ☐ 3/4 cup Quinoa
- ☐ 1/2 can Tuna
- ☐ 3 1/2 ozs Whole Grain Crackers

Baking

- ☐ 1 tbsp Nutritional Yeast
- ☐ 1 1/2 cups Oats
- ☐ 3 tbsps Raisins
- ☐ 3 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- ☐ 14 ozs Chicken Breast
- ☐ 1/2 cup Feta Cheese
- ☐ 2 3/4 cups Hummus
- ☐ 2 Rainbow Trout Fillet
- ☐ 4 slices Rye Bread
- ☐ 3 1/2 ozs Smoked Salmon

Condiments & Oils

- ☐ 3/4 cup Artichoke Hearts
- ☐ 1 3/4 tbsps Balsamic Vinegar
- ☐ 1 1/2 tsps Coconut Oil
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Green Olives
- ☐ 3/4 cup Pitted Kalamata Olives
- ☐ 1 1/2 tsps Red Wine Vinegar
- ☐ 1/4 cup Sun Dried Tomatoes
- ☐ 1 1/2 tbsps Tahini

Cold

- ☐ 3 1/4 cups Plain Greek Yogurt
- ☐ 3/4 cup Unsweetened Almond Milk
- ☐ 1 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1/4 cup Protein Powder
- ☐ 3 1/4 cups Water



Post Workout Green Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Ingredients

- 2 tbsps** Protein Powder (vanilla)
- 1 cup** Water (cold)
- 1/4** Avocado
- 1/2** Banana (frozen)
- 1 cup** Baby Spinach



Overnight Bircher Muesli

10 ingredients · 8 hours · 3 servings



Directions

1. In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
2. Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
3. Divide into bowls or jars in the morning, and enjoy!

Ingredients

- 1 1/2 cups Oats (rolled)
- 3 tbsps Unsweetened Shredded Coconut
- 3 tbsps Sliced Almonds
- 1 1/2 tbsps Ground Flax Seed
- 3 tbsps Raisins
- 3 tbsps Hemp Seeds
- 1/3 tsp Cinnamon
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt
- 3/4 Apple (medium, grated)



Hummus Toast with Avocado

5 ingredients · 10 minutes · 1 serving



Directions

1. Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Ingredients

2 slices Rye Bread (toasted)
1/2 cup Hummus
1/2 Avocado (sliced or mashed)
2 tbsps Sunflower Seeds
Sea Salt & Black Pepper (to taste)



Crackers & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Dip the crackers into the hummus and enjoy!

Ingredients

- 1 3/4 ozs** Whole Grain Crackers
1/4 cup Hummus

Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

Ingredients

- 1 Apple
- 2 **tbsps** Almond Butter



Yogurt & Berries

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)



Salmon Cucumber Bites

4 ingredients · 5 minutes · 2 servings



Directions

1. Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Ingredients

- 1/4 cup Plain Greek Yogurt
- 1/2 Cucumber (sliced)
- 3 1/2 ozs Smoked Salmon (sliced)
- 1/4 tsp Black Pepper



Apple Slices & Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

Ingredients

- 1 Apple
- 1/4 cup Hummus



Celery & Hummus

3 ingredients · 5 minutes · 1 serving



Directions

1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Ingredients

2 stalks Celery (cut into sticks)

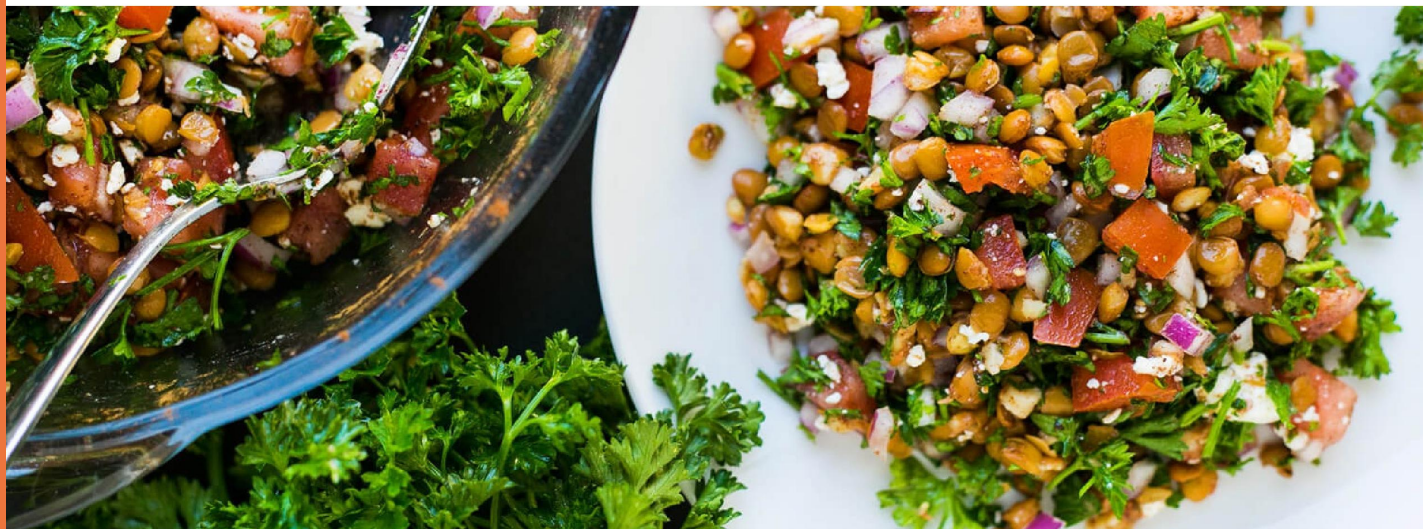
1/4 cup Hummus

1/4 tsp Paprika (optional)



Lentil & Feta Tabbouleh

9 ingredients · 10 minutes · 1 serving



Directions

1. Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Ingredients

1/2 cup Lentils (cooked)
1/2 Tomato (medium, diced)
2 2/3 tbsps Feta Cheese (crumbled)
1 cup Parsley (chopped)
2 tbsps Red Onion (finely diced)
1 tbsp Extra Virgin Olive Oil
1/8 Lemon (juiced)
1/2 tsp Cinnamon (ground)
Sea Salt & Black Pepper (to taste)



Penne with Bursted Cherry Tomato Sauce

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
3. Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Ingredients

4 ozs Chickpea Pasta (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
1 tbsp Nutritional Yeast



Greek Chicken Salad

10 ingredients · 45 minutes · 2 servings



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.
4. Divide the salad and chicken between plates. Enjoy!

Ingredients

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



One Pan Mediterranean Trout

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
2. Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
3. Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
4. Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

Ingredients

- 1 cup Basil Leaves
- 1/4 Lemon (juiced)
- 1/2 Garlic (clove)
- 1/8 tsp Sea Salt
- 2 tbsps Hemp Seeds
- 2 tbsps Extra Virgin Olive Oil
- 2 Rainbow Trout Fillet (about 5 oz. each)
- 3/4 cup Artichoke Hearts
- 1/4 cup Pitted Kalamata Olives
- 2 Tomato (large, quartered)



Roasted Carrots with Lentils & Tahini

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
2. Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
3. Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots ontop and drizzle with tahini dressing. Enjoy!

Ingredients

- 6 Heirloom Carrots (washed)
- 1 1/2 **tsps** Coconut Oil
- 1/4 **tsp** Sea Salt
- 1 1/2 **tbsps** Tahini
- 1/2 Lemon (juiced)
- 2 **tbsps** Water
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 4 **cups** Kale Leaves (finely sliced)
- 1 1/2 **tsps** Red Wine Vinegar
- 1 **cup** Lentils (cooked, drained and rinsed)



Greek Kale Chickpea Salad

11 ingredients · 15 minutes · 2 servings



Directions

1. In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
2. In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

Ingredients

- 1 **tbsp** Fresh Dill (chopped)
- 2 **tbsps** Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 1/8 **tsp** Sea Salt
- 1/8 **tsp** Black Pepper
- 1 **cup** Chickpeas (cooked, drained and rinsed)
- 1/4 Cucumber (diced)
- 1/2 Tomato (diced)
- 1/2 Green Bell Pepper (diced)
- 2 **cups** Kale Leaves (finely sliced)
- 1/4 **cup** Feta Cheese (crumbled)



Quinoa

2 ingredients · 15 minutes · 3 servings



Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

- 3/4 cup Quinoa (uncooked)
- 1 1/8 cups Water



Mediterranean Tuna Pasta Salad

10 ingredients · 15 minutes · 2 servings



Directions

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

Ingredients

1 cup Brown Rice Fusilli, Cooked
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1 1/2 tps Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/4 cup Green Olives (sliced)
1/4 cup Sun Dried Tomatoes (sliced)
1/2 can Tuna (drained and flaked)
4 cups Arugula
2 tbsps Hemp Seeds



Grilled Bruschetta Chicken

8 ingredients · 30 minutes · 1 serving



Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Ingredients

4 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
3/4 Tomato (medium, diced)
2 tbsps Red Onion (finely diced)
1/2 Garlic (cloves, minced)
1 tbsp Basil Leaves (chopped)
3/4 tsp Extra Virgin Olive Oil
3/4 tsp Balsamic Vinegar



Low Carb Paleo Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Bell Pepper Egg Cups	Bell Pepper Egg Cups	Smoked Salmon Wrapped Avocado	Smoked Salmon Wrapped Avocado	Smoked Salmon Salad	Cauliflower, Kale & Sausage Bowl	Cauliflower, Kale & Sausage Bowl
	Blackberries	Blackberries					
Snack 1	Zucchini Carrot Souffle Muffins	Brazil Nuts	Zucchini Carrot Souffle Muffins	Brazil Nuts	Zucchini Carrot Souffle Muffins	Toasted Walnuts	Toasted Walnuts
Lunch	Slow Cooker Beef & Butternut Squash Soup	Slow Cooker Beef & Butternut Squash Soup	One Pan Salmon with Rainbow Veggies	One Pan Chicken, Radishes & Broccoli	One Pan Olive Pesto Pork Chops	Grilled Bruschetta Chicken	Cauliflower Shepherd's Pie
						Grilled Asparagus	
Snack 2	Celery with Sunflower Seed Butter	Zucchini Carrot Souffle Muffins	Celery with Sunflower Seed Butter	Zucchini Carrot Souffle Muffins	Carrots & Guacamole	Carrots & Guacamole	Carrots & Guacamole
Dinner	Greek Chicken Salad	One Pan Salmon with Rainbow Veggies	One Pan Chicken, Radishes & Broccoli	One Pan Olive Pesto Pork Chops	Grilled Bruschetta Chicken	Cauliflower Shepherd's Pie	15 Minute Grilled Steak with Mint Pesto
	Simple Avocado Salad				Grilled Asparagus		



Low Carb Paleo Diet

63 items

Fruits

- ☐ 4 1/4 Avocado
- ☐ 2 cups Blackberries
- ☐ 1 1/16 Lemon
- ☐ 1 1/2 Lime
- ☐ 1/2 Navel Orange

Breakfast

- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 cup Brazil Nuts
- ☐ 1 1/2 tsps Greek Seasoning
- ☐ 1 1/2 tsps Ground Flax Seed
- ☐ 1 1/2 tsps Hemp Seeds
- ☐ 1 1/2 tsps Italian Seasoning
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 1 1/2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Slivered Almonds
- ☐ 2/3 cup Walnuts

Vegetables

- ☐ 1 1/2 cups Asparagus
- ☐ 2 tbsps Basil Leaves
- ☐ 5 cups Broccoli
- ☐ 3 cups Butternut Squash
- ☐ 7 1/2 Carrot
- ☐ 1 head Cauliflower
- ☐ 5 stalks Celery
- ☐ 3 3/4 cups Cherry Tomatoes
- ☐ 1/4 Cucumber
- ☐ 3 1/4 Garlic
- ☐ 1 cup Green Beans
- ☐ 3 cups Kale Leaves
- ☐ 1 Leeks
- ☐ 2 tbsps Mint Leaves
- ☐ 1 1/2 cups Mixed Greens
- ☐ 1 1/2 cups Mushrooms
- ☐ 2 tbsps Parsley
- ☐ 2 cups Radishes
- ☐ 2 Red Bell Pepper
- ☐ 1 1/16 cups Red Onion
- ☐ 1 1/2 Tomato
- ☐ 1 3/4 Yellow Bell Pepper
- ☐ 1/2 Yellow Onion
- ☐ 1/2 Zucchini

Boxed & Canned

- ☐ 2 cups Beef Broth

Baking

- ☐ 1/2 cup Almond Flour
- ☐ 3/4 tsp Baking Powder
- ☐ 2 tbsps Coconut Flour
- ☐ 2 tbsps Nutritional Yeast
- ☐ 1 1/2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1 1/2 lbs Chicken Breast
- ☐ 8 ozs Chicken Sausage
- ☐ 8 ozs Extra Lean Ground Turkey
- ☐ 4 ozs Ny Striploin Steak
- ☐ 8 ozs Pork Chop
- ☐ 10 ozs Salmon Fillet
- ☐ 5 1/4 ozs Smoked Salmon
- ☐ 8 ozs Stewing Beef




Condiments & Oils







- ☐ 1/3 cup Avocado Oil
- ☐ 1 1/2 tbsps Balsamic Vinegar
- ☐ 1 cup Black Olives
- ☐ 1 1/2 tsps Coconut Aminos
- ☐ 2 tbsps Coconut Oil
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Pitted Kalamata Olives
- ☐ 1/4 cup Sunflower Seed Butter




Cold

- ☐ 9 Egg



Day	Task	Notes
<div>0</div> <div>Sun</div>	<div></div> Grocery shop.	Grab the grocery list for your meal plan and mark off any items you already have before you head out.
	Freeze the pork chops, sausages, 1/3 of the chicken breast, ground turkey, and steak.	For meals later in the week. This guide will remind you to thaw them when needed.
	Make the Slow Cooker Beef & Butternut Squash Soup.	Add all ingredients to the slow cooker and move on to the other tasks while it cooks. Once done, divide portions between jars or containers and cool before storing in the fridge.
	Make the Zucchini Carrot Souffle Muffins.	Follow the recipe and bake for approximately 35 minutes. Let cool before transferring to a container and storing in the fridge.
	<div></div> Portion out Brazil Nuts and Celery with Sunflower Seed Butter snacks for the week.	Store the nuts in small containers or ziploc bags at room temperature. Chop the celery and store it in the fridge with portioned out sunflower seed butter.
	Make your Bell Pepper Egg Cups.	Bake the eggs in the cups and store in the fridge for breakfasts on Monday and Tuesday.
	<div></div> Pack your meals if you are on-the-go.	Bell Pepper Egg Cups with Blackberries, Zucchini Carrot Souffle Muffin, Slow Cooker Beef & Butternut Squash Soup, and Celery with

1 Mon		Make the Greek Chicken Salad with Simple Avocado Salad for dinner.	Sunflower Seed Butter.
		Enjoy this simple, real food dinner!	
2 Tue		Pack your meals if you are on-the-go.	Bell Pepper Egg Cups with Blackberries, Brazil Nuts, Slow Cooker Beef & Butternut Squash Soup, and Zucchini Carrot Souffle Muffin.
		Make One Pan Salmon with Rainbow Veggies for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
3 Wed		Have Smoked Salmon Wrapped Avocado for breakfast.	Enjoy while sipping your favourite warm morning beverage. Save a portion for tomorrow.
		Pack your meals if you are on-the-go.	Smoked Almond with Avocado, Zucchini Carrot Souffle Muffin, Salmon with Rainbow Veggies, and Celery with Sunflower Seed Butter.
		Make One Pan Chicken with Radishes & Broccoli for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Take pork chops out of the freezer.	Thaw in the fridge overnight for dinner tomorrow.
4 Thu		Pack your meals if you are on-the-go.	Smoked Salmon Wrapped Avocado, Brazil Nuts, One Pan Chicken with Radishes & Broccoli, and Zucchini Carrot Souffle Muffin.
		Make One Pan Olive Pesto Pork Chops for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.

		Make Carrots & Guacamole snacks.	Make the guacamole, divide into portions and store in airtight containers in the fridge with carrots.
		Take chicken breasts out of the freezer.	Thaw in the fridge overnight for dinner tomorrow.
		Make Smoked Salmon Salad for Breakfast.	Follow the recipe, and enjoy this simple veggie-packed breakfast.
		Pack your meals if you are on-the-go.	Smoked Salmon Salad, Zucchini Carrot Souffle Muffin, Olive Pesto Pork Chops, and Carrots & Guacamole.
5 Fri		Make Grilled Bruschetta Chicken and Asparagus for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Optional: Toast your walnuts.	For snacks, or leave them raw if you prefer.
		Take ground turkey and sausage out of the freezer.	Thaw in the fridge overnight for tomorrow.
6 Sat		Make Cauliflower, Kale, and Sausage Bowl for breakfast.	Store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Cauliflower, Kale & Sausage Bowl, Toasted Walnuts, Bruschetta Chicken & Asparagus, and Carrots & Guacamole.
		Make Cauliflower Shepherd's Pie for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.

		Take steak out of the freezer.	Thaw in the fridge overnight for dinner tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Cauliflower, Kale & Sausage Bowl, Toasted Walnuts, Cauliflower Shepherd's Pie, and Carrots & Guacamole.
		Make 15 Minute Grilled Steak with Mint Pesto for dinner.	Enjoy this easy, paleo dinner!
		Prep for the week ahead.	Don't forget to set aside time today to plan, shop, and prep for next week's meals.

Blackberries

1 ingredient · 5 minutes · 2 servings



Directions

1. Wash and enjoy!

Ingredients

2 cups Blackberries



Bell Pepper Egg Cups

3 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 425°F (218°C).
2. Slice pepper in half and carve out the seeds.
3. Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Ingredients

- 2 Red Bell Pepper
- 4 Egg
- Sea Salt & Black Pepper (to taste)



Smoked Salmon Wrapped Avocado

2 ingredients · 5 minutes · 2 servings



Directions

1. Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Ingredients

- 1 Avocado
- 3 1/2 ozs Smoked Salmon (sliced)



Smoked Salmon Salad

6 ingredients · 15 minutes · 1 serving



Directions

1. Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
2. Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Ingredients

1 Egg
1 1/2 cups Mixed Greens
1 3/4 ozs Smoked Salmon (sliced)
1/4 Avocado (sliced)
1 tbsp Avocado Oil
Sea Salt & Black Pepper (to taste)



Zucchini Carrot Souffle Muffins

12 ingredients · 45 minutes · 5 servings



Directions

1. Preheat oven to 350°F (177°C). Grease a muffin tin or line with muffin cups.
2. In a bowl, whisk together maple syrup, egg yolks, melted coconut oil and vanilla extract.
3. Add dry ingredients to the wet mixture and combine thoroughly.
4. Add grated carrot and zucchini. (Note: If too wet, add more coconut flour. If too dry, add 1 tbsp of warm water at a time.)
5. Using a handheld or stand mixer, whisk egg whites until stiff peaks form. Gently fold egg whites into batter.
6. Scoop batter into muffin cups and bake for 35 minutes or until a toothpick comes out clean. Let cool before serving.

Ingredients

- 2 **tbsps** Maple Syrup
- 2 Egg (separated)
- 2 **tbsps** Coconut Oil (melted)
- 1 **1/2 tsps** Vanilla Extract
- 1/2 cup** Almond Flour
- 2 **tbsps** Coconut Flour
- 3/4 tsp** Baking Powder
- 1 **1/2 tsps** Ground Flax Seed
- 1 **1/2 tsps** Hemp Seeds
- 1/8 tsp** Sea Salt
- 1/2** Carrot (grated)
- 1/2** Zucchini (grated)



Brazil Nuts

1 ingredient · 5 minutes · 2 servings



Directions

1. Divide into bowls and enjoy!

Ingredients

1/2 cup Brazil Nuts



Toasted Walnuts

1 ingredient · 15 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Ingredients

2/3 cup Walnuts (shelled)

Celery with Sunflower Seed Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Ingredients

4 stalks Celery (sliced into sticks)
1/4 cup Sunflower Seed Butter



Carrots & Guacamole

4 ingredients · 5 minutes · 3 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Ingredients

- 6 Carrot (medium)
- 1 1/2 Avocado
- 1 1/2 Lime (juiced)
- 1/3 tsp Sea Salt (or more to taste)



One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Ingredients

2 cups Cherry Tomatoes
10 ozs Salmon Fillet
1 Yellow Bell Pepper (sliced)
2 cups Broccoli (chopped into small florets)
1/2 cup Red Onion (sliced into chunks)
2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Coconut Aminos
1/2 Navel Orange (zested and juiced)
Sea Salt & Black Pepper (to taste)



Cauliflower, Kale & Sausage Bowl

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
3. While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and sauté for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
4. Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
5. To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

Ingredients

- 1/2 head** Cauliflower (chopped into florets)
- 2 tbsps** Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 3 cups** Kale Leaves (chopped)
- 8 ozs** Chicken Sausage
- 2** Egg
- 1** Avocado



Slow Cooker Beef & Butternut Squash Soup

4 ingredients · 8 hours · 2 servings



Directions

1. Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
2. Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
3. Season with sea salt to taste. Divide into bowls and enjoy!

Ingredients

- 8 ozs** Stewing Beef (chunks)
- 3 cups** Butternut Squash (peeled and cubed)
- 2 cups** Beef Broth
- 1/8 tsp** Sea Salt (to taste)



Greek Chicken Salad

10 ingredients · 45 minutes · 1 serving



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.
4. Divide the salad and chicken between plates. Enjoy!

Ingredients

1 1/2 tsps 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)
2 1/4 tsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)



Simple Avocado Salad

5 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

Ingredients

- 1/2 Avocado (cubed)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/16 Lemon (juiced)
- 1/2 **tsp** Red Pepper Flakes
- 1/8 **tsp** Sea Salt



One Pan Chicken, Radishes & Broccoli

6 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with foil. Place chicken breasts in the middle of the sheet, sprinkle with sea salt and black pepper (if desired), and top with sliced lemon.
2. Toss the radishes and broccoli with avocado oil and sea salt. Add veggies to the pan, around the chicken. Bake for 30 minutes, or until chicken is cooked through.
3. To serve, divide chicken and veggies between plates, and squeeze lemon juice over top. Enjoy!

Ingredients

10 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1/2 Lemon (sliced into rounds)
2 cups Radishes (quartered)
3 cups Broccoli (chopped into florets)
2 tbsps Avocado Oil



One Pan Olive Pesto Pork Chops

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with foil.
2. In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
3. Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
4. Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through. Divide onto plates and enjoy!

Ingredients

- 1 **cup** Black Olives (pitted, rinsed and patted dry)
- 1 Garlic (clove)
- 1/4 **cup** Extra Virgin Olive Oil
- 2 **tbsps** Nutritional Yeast
- 8 **ozs** Pork Chop
- 1 **cup** Green Beans (stems removed, chopped)
- 1 **cup** Cherry Tomatoes
- 1 Leeks (chopped into 1/2 inch medallions)



Grilled Bruschetta Chicken

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Ingredients

8 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 1/2 Tomato (medium, diced)
1/4 cup Red Onion (finely diced)
1 Garlic (cloves, minced)
2 tbsps Basil Leaves (chopped)
1 1/2 tsps Extra Virgin Olive Oil
1 1/2 tsps Balsamic Vinegar



Grilled Asparagus

3 ingredients · 15 minutes · 2 servings



Directions

1. Preheat grill over medium-low heat.
2. Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
3. Remove from grill and season with salt. Enjoy!

Ingredients

- 1 1/2 cups Asparagus (woody ends trimmed)
- 3/4 tsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)



Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (diced)
- 1 Garlic (cloves, minced)
- 8 **ozs** Extra Lean Ground Turkey
- 1 1/2 **cups** Mushrooms (sliced)
- 1 Carrot (diced)
- 1 **stalk** Celery (diced)
- 1 1/2 **tsps** Italian Seasoning
- 1/8 **tsp** Sea Salt



15 Minute Grilled Steak with Mint Pesto

11 ingredients · 15 minutes · 1 serving



Directions

1. In a food processor, combine the slivered almonds, garlic, mint, parsley, olive oil and lemon juice. Pulse until a thick paste forms. Set aside.
2. Preheat grill to medium heat.
3. Rub steaks generously with sea salt. Place yellow peppers, red onion and steaks on the grill. Cook for 4 to 5 minutes and then turn. Cook for another 4 to 5 minutes. (Note: Time will vary depending on temperature. We found 4 minutes per side was great for medium-rare.)
4. Remove veggies and steak from the grill. Toss the veggies in balsamic vinegar and drizzle with a splash of olive oil. Divide onto plates. Add the steak and top with a spoonful of mint pesto. Enjoy!

Ingredients

- 1 **tbsp** Slivered Almonds
- 1/4 **Garlic** (clove)
- 2 **tbsps** Mint Leaves (fresh)
- 2 **tbsps** Parsley
- 1 **tbsp** Extra Virgin Olive Oil
- 1/4 **Lemon** (juiced)
- 4 **ozs** NY Striploin Steak
- 1/2 **tsp** Sea Salt
- 3/4 **Yellow Bell Pepper** (de-seeded and sliced into 1/4's)
- 1/4 **cup** Red Onion (sliced into 1/8's)
- 3/4 **tsp** Balsamic Vinegar



Gut Healing Program

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Gut Healing Green Smoothie	Gut Healing Green Smoothie	Gut Healing Green Smoothie	Paleo Sweet Potato Porridge	Paleo Sweet Potato Porridge	Paleo Sweet Potato Porridge
Lunch	Tuna Salad Stuffed Avocado with Hot Sauce	Slow Cooker Rotisserie Chicken	One Pan Honey Garlic Salmon with Bok Choy	Kimchi Fried Cauliflower Rice	Roasted Brussels Sprouts Caesar Salad	Sausage & Sauerkraut Skillet
Snack 1	Orange	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Golden Turmeric Latte	Golden Turmeric Latte	Orange
Dinner	Slow Cooker Rotisserie Chicken	One Pan Honey Garlic Salmon with Bok Choy	Kimchi Fried Cauliflower Rice	Roasted Brussels Sprouts Caesar Salad	Sausage & Sauerkraut Skillet	Sausage, Broccoli & Cabbage Stir Fry
Snack 2	Plantain Chips	Plantain Chips	Strawberry Ice Cream	Strawberry Ice Cream	Broiled Pineapple with Cinnamon	Broiled Pineapple with Cinnamon



Gut Healing Program

64 items

Fruits

- ☐ 2 Apple
- ☐ 2 1/2 Avocado
- ☐ 7 Banana
- ☐ 3/4 Lemon
- ☐ 4 Navel Orange
- ☐ 4 cups Pineapple
- ☐ 4 Plantain
- ☐ 3 cups Raspberries

Seeds, Nuts & Spices

- ☐ 1 1/2 tsps Black Pepper
- ☐ 1/2 tsp Cayenne Pepper
- ☐ 3 tsps Chia Seeds
- ☐ 1 1/2 tsps Chili Powder
- ☐ 1 3/4 tsps Cinnamon
- ☐ 1 tsp Dried Thyme
- ☐ 1/3 cup Ground Flax Seed
- ☐ 3/4 cup Hemp Seeds
- ☐ 2 tsps Italian Seasoning
- ☐ 1 tsp Onion Powder
- ☐ 2 tsps Paprika
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 1 1/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 1/2 tsps Sesame Seeds
- ☐ 2 tsps Turmeric

Frozen

- ☐ 1 cup Frozen Peas
- ☐ 2 cups Frozen Strawberries

Vegetables

- ☐ 1/2 cup Baby Spinach
- ☐ 4 cups Bok Choy
- ☐ 2 cups Broccoli
- ☐ 9 cups Brussels Sprouts
- ☐ 1 Carrot
- ☐ 1 head Cauliflower
- ☐ 3 stalks Celery
- ☐ 10 Garlic
- ☐ 2 tsps Ginger
- ☐ 3 stalks Green Onion
- ☐ 6 cups Kale Leaves
- ☐ 1 cup Parsley
- ☐ 2 cups Purple Cabbage
- ☐ 1/2 cup Radishes
- ☐ 5 Sweet Potato
- ☐ 4 cups Swiss Chard
- ☐ 2 1/2 Yellow Onion

Boxed & Canned

- ☐ 3 1/2 cups Canned Coconut Milk
- ☐ 1 can Tuna

Baking

- ☐ 1/2 cup Raw Honey
- ☐ 3 tsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 15 ozs Chicken Sausage
- ☐ 1 lb Extra Lean Ground Chicken
- ☐ 1 1/4 lbs Salmon Fillet
- ☐ 1 Whole Chicken Carcass
- ☐ 4 lbs Whole Roasting Chicken

Condiments & Oils

- ☐ 2 tsps Apple Cider Vinegar
- ☐ 1/2 cup Coconut Oil
- ☐ 3 tsps Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 2 cups Kimchi
- ☐ 2 cups Sauerkraut
- ☐ 1 tbsp Sesame Oil
- ☐ 1/2 tsp Tabasco Sauce
- ☐ 1/4 cup Tamari



Cold




- ☐ 4 Egg

Other





- ☐ 17 cups Water



Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the Gut Healing Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.
		After grocery shopping, freeze the ground meat and sausage to preserve freshness.	You won't be needing these until later on in the week. We'll remind you when to set them out.
		Make up smoothie packs for the Gut Healing Smoothie.	Make enough smoothie packs for Monday, Tuesday and Wednesday breakfasts. Portion out kale, banana, chia seed, flax seed and hemp seeds into containers or ziplock baggies. Store smoothie packs in the freezer.
		Make up Tuna Salad Stuffed Avocado with Hot Sauce.	Place in container in the fridge for tomorrow's lunch.
		Slice sweet potatoes and brussels sprouts for Crock Pot Rotisserie Chicken.	For tomorrow night's dinner. Store in an airtight container in the fridge.
		Make spice rub for the Crock Pot Rotisserie Chicken.	Combine sea salt, paprika, onion powder, dried thyme, Italian seasoning, cayenne pepper and black pepper in a jar. Mix well and set aside for tomorrow.

1 Mon		Start your Crock Pot Rotisserie Chicken.	Place chicken in the crock pot and rub with the spice you created yesterday. Set on low and cook for 8 hours.
		Make Gut Healing Smoothie.	Add contents of your smoothie pack (kale, banana, chia seed, flax seed and hemp seeds) to the blender. Add in avocado and water. Blend very well until smooth. Transfer to a glass or a mason jar with lid if you are on-the-go.
		Pack your meals if you are on-the-go.	Gut Healing Smoothie, Tuna Salad Stuffed Avocado with Hot Sauce and Orange.
		Finish Crock Pot Rotisserie Chicken.	Roast the brussels sprouts and sweet potato you prepared yesterday. Enjoy for dinner and pack leftovers for your lunch tomorrow.
		Prepare Immunity Boosting Bone Broth.	Place the whole chicken carcass back into the crock pot with all other bone broth ingredients. Cook on low overnight.
		Make Plantain Chips for a snack.	Prepare enough for snacks today and tomorrow. Enjoy a portion tonight and save the rest for tomorrow.
2 Tue		Strain the Immunity Boosting Bone Broth.	Strain the broth through a mesh sack or sieve. Divide into single serving jars and store in the fridge.
		Make Gut Healing Smoothie.	Add contents of your smoothie pack (kale, banana, chia seed, flax seed and hemp seeds)

3 Wed			to the blender. Add in avocado and water. Blend very well until smooth. Transfer to a glass or a mason jar with a lid if you are on-the-go.
		Pack your meals if you are on-the-go.	Gut Healing Smoothie, Crock Pot Rotisserie Chicken and Immunity Boosting Bone Broth.
	🍷	Make and enjoy Honey Garlic Salmon for dinner.	Pack away a portion for your lunch tomorrow.
		Process your cauliflower into rice for tomorrow night's Kimchi Fried Cauliflower Rice.	Store in an airtight container in the fridge.
		Enjoy Plantain Chips for snack.	If they've lost their crunch, toast them back up in the oven.
	🌞	Make Gut Healing Green Smoothie.	Add contents of your smoothie pack (kale, banana, chia seed, flax seed and hemp seeds) to the blender. Add in avocado and water. Blend very well until smooth. Transfer to a glass or a mason jar with a lid if you are on-the-go.
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Honey Garlic Salmon and Immunity Boosting Bone Broth.
		Make Kimchi Fried Cauliflower Rice for dinner.	Enjoy, then pack a portion for your lunch tomorrow.
	🍷	Prepare Paleo Sweet Potato Porridge.	Prepare enough for Thursday, Friday and Saturday breakfasts. Divide into containers and store in the fridge. Reheat before eating.

		Prepare Strawberry Ice Cream for snack.	Enjoy!
		Transfer ground meat from the freezer to the fridge to thaw.	For tomorrow night's Roasted Brussels Sprouts Caesar Salad.
		Prepare Golden Turmeric Lattes.	Add all ingredients except water to a mason jar. When ready to enjoy as a snack, just add hot water from the kettle and shake or mix well.
4 Thu		Pack your breakfast, lunch and snack if you are on-the-go.	Paleo Sweet Potato Porridge, Kimchi Fried Cauliflower Rice and Golden Turmeric Latte.
		Make Roasted Brussels Sprouts Caesar Salad for dinner.	Enjoy and pack away leftovers for tomorrow's lunch.
		Prepare Strawberry Ice Cream for snack.	Enjoy!
		Transfer sausage from the freezer to the fridge to thaw.	For the next two dinners.
5 Fri		Don't forget to pack your lunch!	Paleo Sweet Potato Porridge, Roasted Brussels Sprouts Caesar Salad and Golden Turmeric Latte.
		Make Sausage & Sauerkraut Skillet for dinner.	Set aside leftovers for your lunch tomorrow.
		Make Broiled Pineapple with Cinnamon for snack.	Enjoy!

6 Sat		Pack your lunch if you are on the go.	Paleo Sweet Potato Porridge, Sausage & Sauerkraut Skillet and Orange.
		Make Sausage, Broccoli & Cabbage Stir Fry for dinner.	Enjoy!
		Make Broiled Pineapple with Cinnamon for snack.	Nom nom nom.
7 Sun		Free day or eat-up-your-leftovers day.	Start your planning and meal prep for next week.

Golden Turmeric Latte

7 ingredients · 10 minutes · 2 servings



Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan

Use maple syrup to sweeten instead of honey.

Ingredients

- 1 **tbsp** Ginger (grated)
- 1 **cup** Canned Coconut Milk
- 1 **cup** Water
- 1 **tsp** Turmeric (powder)
- 1 **tbsp** Raw Honey
- 1/2 **tsp** Cinnamon
- 1 1/2 **tsps** Coconut Oil

Nutrition

Amount per serving

Calories	281	Cholesterol	0mg
Fat	25g	Sodium	34mg
Saturated	23g	Vitamin A	2IU
Polyunsaturated	0g	Vitamin C	0mg
Monounsaturated	0g	Calcium	26mg
Carbs	14g	Iron	1mg
Fiber	1g	Vitamin D	0IU
Sugar	10g	Magnesium	7mg
Protein	2g		

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Gut Healing Green Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

Nutrition

Amount per serving

Calories	376	Cholesterol	0mg
Fat	22g	Sodium	22mg
Saturated	2g	Vitamin A	1124IU
Polyunsaturated	10g	Vitamin C	30mg
Monounsaturated	7g	Calcium	149mg
Carbs	42g	Iron	3mg
Fiber	10g	Vitamin D	0IU
Sugar	24g	Magnesium	201mg
Protein	11g		

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Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Leftovers

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

Serving Size

One serving is approximately 1 to 1 1/2 cups.

Low FODMAP

Omit garlic and onions.

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Nutrition

Amount per serving

Calories	30	Cholesterol	0mg
Fat	0g	Sodium	634mg
Saturated	0g	Vitamin A	3918IU
Polyunsaturated	0g	Vitamin C	22mg
Monounsaturated	0g	Calcium	84mg
Carbs	7g	Iron	2mg
Fiber	2g	Vitamin D	0IU
Sugar	3g	Magnesium	19mg
Protein	1g		

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Orange

1 ingredient · 2 minutes · 2 servings



Directions

1. Slice into wedges or peel and section. Enjoy!

Ingredients

2 Navel Orange

Nutrition		Amount per serving	
Calories	69	Cholesterol	0mg
Fat	0g	Sodium	1mg
Saturated	0g	Vitamin A	346IU
Polyunsaturated	0g	Vitamin C	83mg
Monounsaturated	0g	Calcium	60mg
Carbs	18g	Iron	0mg
Fiber	3g	Vitamin D	0IU
Sugar	12g	Magnesium	15mg
Protein	1g		



Plantain Chips

3 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
3. Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

Notes

Storage

Store in an airtight container at room temperature.

Make Them Crispy

Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.

Ingredients

- 2 Plantain (medium size)
- 1 **tbsp** Coconut Oil (melted)
- 1/2 **tsp** Cinnamon

Nutrition

Amount per serving

Calories	392	Cholesterol	0mg
Fat	8g	Sodium	11mg
Saturated	6g	Vitamin A	3045IU
Polyunsaturated	0g	Vitamin C	50mg
Monounsaturated	0g	Calcium	15mg
Carbs	87g	Iron	2mg
Fiber	5g	Vitamin D	0IU
Sugar	47g	Magnesium	98mg
Protein	4g		

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Strawberry Ice Cream

2 ingredients · 5 minutes · 2 servings



Directions

1. Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy

Add 2 tbsp coconut milk.

More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Ingredients

2 Banana (sliced and frozen)

1 cup Frozen Strawberries

Nutrition

Amount per serving

Calories	144	Cholesterol	0mg
Fat	1g	Sodium	3mg
Saturated	0g	Vitamin A	125IU
Polyunsaturated	0g	Vitamin C	56mg
Monounsaturated	0g	Calcium	24mg
Carbs	37g	Iron	1mg
Fiber	5g	Vitamin D	0IU
Sugar	19g	Magnesium	44mg
Protein	2g		

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Broiled Pineapple with Cinnamon

2 ingredients · 10 minutes · 2 servings



Directions

1. Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
2. Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
3. Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
4. Remove from oven and enjoy!

Notes

Serve it With

Coconut ice cream, granola or over oatmeal.

Ingredients

2 cups Pineapple (cored and sliced into rounds)

1 tsp Cinnamon

Nutrition

Amount per serving

Calories	86	Cholesterol	0mg
Fat	0g	Sodium	2mg
Saturated	0g	Vitamin A	100IU
Polyunsaturated	0g	Vitamin C	79mg
Monounsaturated	0g	Calcium	34mg
Carbs	23g	Iron	1mg
Fiber	3g	Vitamin D	0IU
Sugar	16g	Magnesium	21mg
Protein	1g		



Kimchi Fried Cauliflower Rice

11 ingredients · 20 minutes · 4 servings



Directions

1. Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
2. Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
3. In a separate frying pan, fry your eggs.
4. Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

Notes

No Cauliflower

Use cooked quinoa or brown rice instead.

Meat Lover

Add chopped bacon.

No Eggs

Use diced chicken breast or roasted chickpeas instead.

Ingredients

- 1 head Cauliflower (medium, chopped into florets)
- 1 tbsp Coconut Oil
- 2 cups Kimchi (liquid drained off)
- 2 tbsps Tamari
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Black Pepper
- 2 tbsps Sesame Seeds
- 2 tsps Sesame Oil
- 3 stalks Green Onion (chopped)
- 1 cup Frozen Peas (thawed)
- 4 Egg

Nutrition

Amount per serving

Calories	236	Cholesterol	186mg
Fat	14g	Sodium	1022mg
Saturated	5g	Vitamin A	1542IU
Polyunsaturated	3g	Vitamin C	76mg
Monounsaturated	4g	Calcium	147mg
Carbs	18g	Iron	5mg
Fiber	7g	Vitamin D	41IU
Sugar	6g	Magnesium	69mg
Protein	14g		

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Sausage & Sauerkraut Skillet

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge up to three days.

Vegan and Vegetarian

Skip the sausage and use cooked lentils instead.

No Swiss Chard

Use kale or spinach instead.

Ingredients

- 10 ozs** Chicken Sausage
- 1 tbsp** Coconut Oil
- 1** Yellow Onion (diced)
- 2** Apple (peeled, cored and diced)
- 2** Garlic (cloves, minced)
- 4 cups** Swiss Chard (washed, stems removed and chopped)
- 2 cups** Sauerkraut (liquid drained off)

Nutrition

Amount per serving

Calories	265	Cholesterol	85mg
Fat	14g	Sodium	1281mg
Saturated	6g	Vitamin A	2264IU
Polyunsaturated	1g	Vitamin C	26mg
Monounsaturated	5g	Calcium	129mg
Carbs	26g	Iron	6mg
Fiber	6g	Vitamin D	0IU
Sugar	15g	Magnesium	53mg
Protein	12g		

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Sausage, Broccoli & Cabbage Stir Fry

6 ingredients · 25 minutes · 2 servings



Directions

1. Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
2. Add the broccoli, cabbage and Italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

No Sausage

Use ground meat instead.

Make it Quick

Use bagged coleslaw mix to save time on slicing cabbage.

Ingredients

- 5 ozs** Chicken Sausage
- 1/2** Yellow Onion (small, diced)
- 1/2** Garlic (clove, minced)
- 2 cups** Broccoli (chopped into small florets)
- 2 cups** Purple Cabbage (finely sliced)
- 1 tsp** Italian Seasoning

Nutrition

Amount per serving

Calories	224	Cholesterol	85mg
Fat	11g	Sodium	788mg
Saturated	4g	Vitamin A	1560IU
Polyunsaturated	1g	Vitamin C	132mg
Monounsaturated	5g	Calcium	165mg
Carbs	21g	Iron	6mg
Fiber	5g	Vitamin D	0IU
Sugar	9g	Magnesium	43mg
Protein	14g		

Miriam Hughes

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Roasted Brussels Sprouts Caesar Salad

9 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
2. Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussels sprouts and let the garlic cook for another 15 minutes.
3. Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
4. Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

Notes

Leftovers

Store in the fridge in an airtight container up to three days.

Save Time

Cook the ground chicken and make the roasted garlic dressing in advance.

No Extra Lean Ground Chicken

Use any other type of ground meat instead.

Vegan & Vegetarian

Use cooked lentils instead of ground meat.

Ingredients

1 lb Extra Lean Ground Chicken (cooked)

5 cups Brussels Sprouts (halved)

1/2 cup Radishes (sliced)

1/2 cup Pumpkin Seeds

1/3 cup Extra Virgin Olive Oil

1 Garlic (whole head)

1/2 Lemon (juiced)

2 tbsps Dijon Mustard

Sea Salt & Black Pepper

Nutrition

Amount per serving

Calories	446	Cholesterol	98mg
Fat	33g	Sodium	187mg
Saturated	6g	Vitamin A	831IU
Polyunsaturated	6g	Vitamin C	98mg
Monounsaturated	19g	Calcium	68mg
Carbs	14g	Iron	5mg
Fiber	6g	Vitamin D	0IU
Sugar	3g	Magnesium	51mg
Protein	27g		

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One Pan Honey Garlic Salmon with Bok Choy

10 ingredients · 20 minutes · 4 servings



Directions

1. Preheat oven to 510°F (266°C).
2. In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
3. Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
4. Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
5. Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

Notes

No Salmon

Any fish fillet will do. Baking time will vary depending on thickness.

No Bok Choy

Use asparagus, green beans or broccoli instead.

Make it on the Grill

Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

Leftovers

Store in an airtight container in the fridge for two to three days. Enjoy cold or reheat in the microwave or oven.

Ingredients

- 1 **tbsp** Raw Honey
- 2 **tbsps** Tamari
- 3 Garlic (cloves, minced)
- 1 **1/2 tps** Chili Powder
- 1 **1/4 lbs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 **cups** Bok Choy (halved)
- 1 **tsp** Sesame Oil
- 1/2 **tsp** Red Pepper Flakes
- 1 **1/2 tps** Sesame Seeds

Nutrition

Amount per serving

Calories	254	Cholesterol	78mg
Fat	11g	Sodium	640mg
Saturated	2g	Vitamin A	3575IU
Polyunsaturated	4g	Vitamin C	32mg
Monounsaturated	4g	Calcium	111mg
Carbs	8g	Iron	2mg
Fiber	1g	Vitamin D	0IU
Sugar	5g	Magnesium	64mg
Protein	31g		

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Slow Cooker Rotisserie Chicken

11 ingredients · 4 hours · 4 servings



Directions

1. Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
2. Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
3. In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
4. Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
5. One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
6. Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
7. Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Notes

Save the Carcass

Make our Immunity Boosting Bone Broth.

AIP-Friendly

Omit the black pepper and cayenne.

Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsp Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	636	Cholesterol	295mg
Fat	16g	Sodium	2170mg
Saturated	4g	Vitamin A	10763IU
Polyunsaturated	4g	Vitamin C	77mg
Monounsaturated	6g	Calcium	115mg
Carbs	23g	Iron	7mg
Fiber	6g	Vitamin D	0IU
Sugar	5g	Magnesium	146mg
Protein	97g		

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Tuna Salad Stuffed Avocado with Hot Sauce

10 ingredients · 20 minutes · 2 servings



Directions

1. Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
2. Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
3. Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

Notes

More Protein & Crunch

Add 1/4 cup sunflower seeds.

Don't Like Avocados

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

Don't Eat Fish

Use a can of white beans instead.

Ingredients

1 Avocado
1 can Tuna (drained and flaked)
1 stalk Celery (finely diced)
1/2 cup Baby Spinach (finely chopped)
1/2 Garlic (clove, minced)
1 tbsp Dijon Mustard
3/4 tsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1/2 tsp Tabasco Sauce

Nutrition

Amount per serving

Calories	261	Cholesterol	30mg
Fat	17g	Sodium	323mg
Saturated	3g	Vitamin A	1007IU
Polyunsaturated	2g	Vitamin C	15mg
Monounsaturated	11g	Calcium	43mg
Carbs	10g	Iron	2mg
Fiber	7g	Vitamin D	39IU
Sugar	1g	Magnesium	57mg
Protein	18g		

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Paleo Sweet Potato Porridge

7 ingredients · 20 minutes · 2 servings



Directions

1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes

Other Toppings

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

- 1 Sweet Potato
- 1/2 cup Canned Coconut Milk
- 1/2 cup Water
- 1 cup Raspberries
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	273	Cholesterol	0mg
Fat	19g	Sodium	54mg
Saturated	17g	Vitamin A	9244IU
Polyunsaturated	0g	Vitamin C	18mg
Monounsaturated	0g	Calcium	50mg
Carbs	23g	Iron	1mg
Fiber	7g	Vitamin D	0IU
Sugar	6g	Magnesium	31mg
Protein	3g		

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Notes

This image shows a single sheet of white paper with horizontal orange ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



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