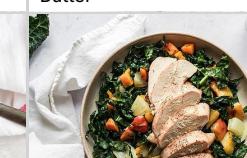


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Snack 1							
Dinner							
Snack 2							

Fruits

- 6 Apple
- 1 1/2 Avocado
- 2 2/3 cups Grapes
- 3/4 Lemon
- 1 Lime
- 2 Plum

Breakfast

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

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 1 1/8 cups Cashews
- 2 tps Cinnamon
- 1 tsp Curry Powder
- 1 tsp Garlic Powder
- 1 tbsp Italian Seasoning
- 1 tsp Nutmeg
- 2 1/8 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Turmeric

Frozen

- 4 1/2 cups Frozen Edamame

Vegetables

- 2 Acorn Squash
- 4 cups Arugula
- 4 cups Baby Spinach
- 6 cups Broccoli
- 5 cups Butternut Squash
- 3 Carrot
- 8 stalks Celery
- 1 cup Cherry Tomatoes
- 8 Garlic
- 2 tbsps Ginger
- 1/2 Green Bell Pepper
- 3 stalks Green Onion
- 4 cups Kale Leaves
- 1 1/2 cups Red Onion
- 1 tbsp Rosemary
- 2 Russet Potato
- 1/2 Sweet Onion
- 4 Sweet Potato
- 1 tbsp Thyme
- 1 Yellow Bell Pepper
- 3 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1 cup Beef Broth
- 1 2/3 cups Canned Coconut Milk
- 1 cup Green Lentils
- 2 3/4 cups Quinoa

Baking

- 2 tbsps Almond Flour
- 1/2 cup Arrowroot Powder
- 1 1/2 tps Baking Powder
- 1/4 tsp Baking Soda
- 1/2 cup Coconut Flour
- 3/4 cup Oats
- 1/4 cup Pitted Dates
- 2 cups Pureed Pumpkin
- 2 tbsps Raw Honey
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 slices Bread
- 4 ozs Brie Cheese
- 4 ozs Cheddar Cheese
- 14 ozs Chicken Breast
- 1 2/3 lbs Chicken Sausage
- 1 lb Extra Lean Ground Beef
- 2/3 cup Feta Cheese
- 1/2 cup Goat Cheese
- 1 1/2 lbs Stewing Beef

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1 tbsp Balsamic Vinegar
- 1/4 cup Coconut Aminos
- 2 1/2 tbsps Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 1/2 cup Sunflower Seed Butter
- 2 tbsps Tamari

Cold

- 8 Egg
- 1 cup Unsweetened Almond Milk

Other

- 1/2 cup Dried Fig
- 5 1/2 cups Water



Baked Broccoli & Feta Egg Cups

2 servings

40 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 2 cups Broccoli (cut into florets)
- 3 Egg
- 2 tbsps Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Nutmeg
- 1/3 cup Feta Cheese (crumbled)

Directions

- 1 Preheat oven to 350°F (177°C). Grease ramekins with coconut oil and set aside.
- 2 Bring a medium sized pot of water to a boil. Add broccoli florets and cook until bright green (about 5 mins). Transfer cooked broccoli to a cutting board, dry with a paper towel and chop finely.
- 3 In a large bowl, whisk together eggs, almond milk, salt, pepper and nutmeg or any other spices you like. Next, stir in broccoli and feta. Mix well.
- 4 Place ramekins on a baking sheet. Pour broccoli and egg mixture into ramekins, dividing it evenly. Be sure to leave some space at the top as the eggs rise as they bake.
- 5 Bake for 30 minutes or until golden brown. Remove from oven. Enjoy them while they are hot! If you aren't eating them right away, let cool and store covered in fridge.



Edamame Curried Savory Oats

1 serving

15 minutes

Ingredients

1 cup Water
1/2 cup Oats (rolled)
1 tsp Curry Powder
1/2 cup Frozen Edamame
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a small saucepan, bring the water to a boil. Add the oats and curry powder. Reduce to a steady simmer and cook, stirring occasionally, for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Add the edamame to the pot. Cover with a lid, remove it from the heat, and let everything steam for five minutes.
- 3 Once the five minutes are up, remove the lid and stir to mix everything really well together. Divide evenly between bowls. Garnish with oil, salt, and pepper. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.



Avocado Toast with a Poached Egg

2 servings

15 minutes

Ingredients

2 slices Bread
1 Avocado
Sea Salt & Black Pepper (to taste)
2 Egg
2 tbsps Apple Cider Vinegar
1/4 tsp Sea Salt

Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Crack your egg into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 5 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!



Apple Pie Pancakes

6 servings

30 minutes

Ingredients

3 Egg
3/4 cup Unsweetened Almond Milk
3 tbsps Maple Syrup (divided)
3/4 Lemon (juiced and divided)
1 tsp Vanilla Extract
1/2 cup Coconut Flour
1/2 cup Arrowroot Powder
1 1/2 tsps Baking Powder
1/4 tsp Baking Soda
1/4 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil
1 tbsp Coconut Oil
1 Apple (cored and diced)
1/2 tsp Cinnamon
2 tbsps Almond Flour

Directions

- 1 In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
- 2 In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
- 3 Mix in baking powder, baking soda, and salt.
- 4 Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
- 5 Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
- 6 Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
- 7 Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
- 8 Top apple pancakes with chunky apple cinnamon sauce and enjoy!

Notes

No Arrowroot Flour: Use tapioca flour or cornstarch.

Leftovers: Store pancakes in the fridge and reheat them in the toaster.



Pressure Cooker Beef Pumpkin Curry

6 servings

40 minutes

Ingredients

1 1/2 lbs Stewing Beef (cubed)
4 cups Butternut Squash (peeled, seeds removed, chopped)
1 cup Red Onion (chopped)
1 2/3 cups Pureed Pumpkin
1 2/3 cups Canned Coconut Milk (full fat)
1 cup Beef Broth
1 tbsp Turmeric (ground)
1 tbsp Ginger (fresh, minced)
3 Garlic (clove, minced)
1/4 cup Coconut Aminos

Directions

- 1 Place all the ingredients excepted the coconut aminos in the pressure cooker and stir.
- 2 Close the lid of the pressure cooker and set to "sealing". Press manual/pressure cooker and cook for 30 minutes on high pressure.
- 3 Once it is done, allow the pressure to release naturally for five minutes, and then release any remaining pressure manually. Remove the lid carefully.
- 4 Divide evenly between bowls and drizzle the coconut aminos on top. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/3 cups.

Serve it With: Cauliflower rice or spaghetti squash.

More Flavor: Use bone broth instead of beef broth and add salt as needed. Use ground meat instead.

Additional Toppings: Fresh cilantro, green onions, and/or lime juice.



Brie & Plum

1 serving

5 minutes

Ingredients

2 ozs Brie Cheese
1 Plum

Directions

1

Place all ingredients on a plate and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.
No Brie Cheese: Use any other cheese instead.



Roasted Edamame

2 servings

45 minutes

Ingredients

- 2 cups Frozen Edamame
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



Dried Figs & Almonds

1 serving

5 minutes

Ingredients

1/4 cup Dried Fig
1/4 cup Almonds

Directions

1

Combine figs and nuts in a bowl or container if on-the-go. Enjoy!

Notes

Leftovers: Refrigerate the figs in an airtight container. Add the almonds when ready to eat.

Serving Size: One serving is approximately 1/2 cup.



Celery with Sunflower Seed Butter

4 servings

5 minutes

Ingredients

8 stalks Celery (sliced into sticks)

1/2 cup Sunflower Seed Butter

Directions

1

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

Notes

No Celery: Use cucumber instead



Roasted Tomato, Lentil & Feta Bowl

2 servings

40 minutes

Ingredients

1/2 cup Red Onion (diced)
1 cup Cherry Tomatoes
1/2 Green Bell Pepper (chopped)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 cups Kale Leaves (chopped)
1 cup Green Lentils (cooked, drained and rinsed)
1/2 Avocado (sliced)
1/4 cup Feta Cheese (crumbled)

Directions

- 1 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20 minutes. After 20 minutes, change the settings on your oven to broil and broil for 7 to 8 minutes or until tomatoes are slightly blackened.
- 3 Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. Heat a large skillet over medium heat and sauté the kale until it is wilted. Remove from heat and set aside.
- 4 Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils.
- 5 Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Enjoy!

Notes

Storage: Store in the fridge covered for up to 2 days.

Prep Ahead: Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, sauté kale, slice avocado and assemble the bowls.



Chicken, Broccoli & Cashew Stir Fry

4 servings

45 minutes

Ingredients

8 ozs Chicken Breast
 3/4 cup Quinoa
 1 1/2 cups Water
 2 tbsps Tamari
 1 tbsp Raw Honey
 1 tbsp Apple Cider Vinegar
 4 cups Broccoli (cut into florets)
 1 tbsp Coconut Oil
 1 Yellow Bell Pepper (diced)
 1/2 Sweet Onion (chopped)
 1 tbsp Ginger (grated)
 3 Garlic (cloves, minced)
 1/2 cup Cashews
 3 stalks Green Onion (chopped)
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 2 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 3 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 4 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 5 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 6 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

Notes

Serving Size: One serving is approximately 1 1/2 to two cups.



Sausage & Quinoa Stuffed Acorn Squash

4 servings

45 minutes

Ingredients

2 Acorn Squash (trimmed and sliced in half)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Raw Honey
1 tsp Cinnamon
1 cup Quinoa (uncooked)
1 1/2 cups Water
10 ozs Chicken Sausage (no sugar added)
1 Yellow Onion
1 Garlic (clove, minced)
4 cups Baby Spinach
1 tbsp Rosemary
1/2 tsp Nutmeg (ground)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Slice the tips off of your acorn squash so that it will sit flat. Then cut the squash in half and carve out the seeds. Brush the inside of each squash with olive oil. Then brush the inside of each squash with honey. Sprinkle each squash with cinnamon. Place the squash on a baking sheet, flesh side up and pop them in the oven. Roast for 30 minutes or until tender when pierced with a fork.
- 3 Meanwhile, cook your quinoa by combining quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until water is absorbed. Remove lid, fluff with a fork and set aside.
- 4 Heat your remaining olive oil in a skillet over medium heat. Remove the casing from the sausage and add the meat to the skillet. Add the onions and saute until sausage is cooked through. Add the minced garlic and saute for another minute. Add spinach, rosemary and nutmeg. Saute just until spinach is wilted. Remove from heat then stir in the quinoa. Mix well.
- 5 Remove the squash from the oven and stuff each half with your quinoa sausage mix. Plate and serve!

Notes

Vegan and Budget-Friendly: Skip the sausage and use 1 can of chickpeas, lentils or beans instead.

Storage: Store covered in the fridge for up to 3 days.

Prep Ahead: Prepare your acorn squash, quinoa, onions and garlic ahead of time. When ready to eat, roast acorn squash and finish the remaining assembly.



Warm Carrot & Sweet Potato Salad

4 servings

45 minutes

Ingredients

- 2 Carrot (chopped into 1 inch pieces)
- 2 Sweet Potato (chopped into 1 inch pieces)
- Sea Salt & Black Pepper (to taste)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Lime (juiced)
- 1 tbsp Balsamic Vinegar
- 1 Garlic (clove, minced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 4 cups Arugula
- 1/2 cup Goat Cheese (crumbled)

Directions

- 1 Preheat oven to 425°F (218°C). Toss chopped carrots and sweet potato in a splash of olive oil and season with sea salt and pepper. Spread veggies across a baking sheet lined with parchment paper. Bake in the oven for 30 minutes or until tender.
- 2 In the meantime, place quinoa in a saucepan with water. Bring to a boil over high heat. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is completely absorbed. Remove from heat, fluff with a fork and set aside.
- 3 In a small bowl, whisk together the lime juice, balsamic vinegar, minced garlic and olive oil. Season with a pinch of sea salt and black pepper.
- 4 Place roasted carrot and sweet potato in a large mixing bowl. Add in the quinoa, dressing and arugula and toss well. Spoon into bowls and top with crumbled goat cheese. Enjoy!

Notes

More Protein: Add grilled chicken or lentils.



Roasted Chicken Apple Kale Salad

1 serving

35 minutes

Ingredients

- 1 Yellow Onion (small, diced)
- 1 Apple (small, diced)
- 1 cup Butternut Squash (frozen, cubed)
- 1 tbsp Thyme (fresh, chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 6 ozs Chicken Breast
- 2 cups Kale Leaves (thinly sliced)
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt (or more to taste)

Directions

- Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
- Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
- In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

Notes

Leftovers: Keep salad in a resealable container in the fridge for up to 3 days.

Serving Size: One serving is equal to approximately three cups of salad.

More Flavor: Swap out fresh thyme with sage for an autumn-inspired salad.

Additional Toppings: Top with hemp seeds for an extra nutrition boost.



Sheet Pan Sausage, Zucchini & Potatoes

4 servings

40 minutes

Ingredients

- 2 Russet Potato (large, chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 Zucchini (medium, sliced)
- 1 lb Chicken Sausage (roughly sliced)

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Add the potatoes in an even layer onto the baking sheet. Toss with half of the oil and season with salt and pepper. Cook in the oven for 15 minutes.
- 3 Remove the baking sheet and add the zucchini. Toss with the remaining oil, salt, and pepper. Add the sausage to the baking sheet, being sure to spread everything out evenly. Place back in the oven and cook for 18 to 20 minutes, or until everything is cooked through.
- 4 Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is about two cups.

More Flavor: Add rosemary or thyme to the potatoes.

Additional Toppings: Add garlic and/or shallots to the baking sheet.



Sweet Potato Shepherd's Pie

4 servings

35 minutes

Ingredients

- 2 Sweet Potato (medium, peeled and roughly chopped)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt (divided)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (medium, finely chopped)
- 1 Carrot (medium, finely chopped)
- 1 tbsp Italian Seasoning
- 1 tsp Garlic Powder

Directions

- 1 Place the sweet potatoes in a medium pot with just enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potatoes then mash with the oil and half of the salt. Set aside.
- 2 Meanwhile, add the beef, onion, carrot, Italian seasoning, garlic powder, and remaining salt to a skillet over medium-high heat. Cook for six to eight minutes until the beef is fully browned and the vegetables have softened. Drain any excess liquid.
- 3 Set oven broiler to high or 550°F (290°C).
- 4 Spread the beef filling in a baking dish. Spoon the mashed potatoes on top and smooth them into an even layer. Brush with the remaining oil and broil for 10 to 15 minutes until browned. Divide onto plates and enjoy!

Notes

- Leftovers:** Store in the refrigerator for up to three days or freeze for up to two months.
- Baking Dish:** An 8 x 8-inch baking dish was used to create four servings.
- No Ground Beef:** Use lean ground turkey, chicken, lamb, or pork.
- More Flavor:** Add other spices or top with fresh herbs. Add chopped mushrooms or cauliflower to the beef filling.
- Save Time:** Use frozen pre-chopped vegetables.
- Serve It With:** Green salad or roasted vegetables.



Apple with Peanut Butter

4 servings

3 minutes

Ingredients

4 Apple
1/2 cup All Natural Peanut Butter

Directions

1

Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh: To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Pumpkin Oat Energy Balls

7 servings

10 minutes

Ingredients

1/3 cup Pureed Pumpkin
2/3 cup Cashews (raw)
1/4 cup Pitted Dates
1/2 tsp Cinnamon
1/3 cup Oats (rolled)
2 tsps Water

Directions

- 1 Add all of the ingredients except for the water to a food processor. Process until you get a smooth texture with a few chunks of dates and nuts. Add the water if necessary to help the mixture stick together.
- 2 Use a one inch cookie scoop or a teaspoon to scoop out the mixture and roll it into balls. Continue until all of the mixture is used.
- 3 Store in the refrigerator for at least 30 minutes to set. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is two energy balls.

More Flavor: Add pumpkin spice.

Additional Toppings: Roll the energy balls in chopped pecans or shredded coconut.



Grape & Cheese Skewers

2 servings

5 minutes

Ingredients

2/3 cup Grapes
4 ozs Cheddar Cheese (cubed)

Directions

1

Thread the grapes and cheddar cheese onto the toothpicks. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three skewers.

More Flavor: Add an olive.



Grapes

2 servings

2 minutes

Ingredients

2 cups Grapes

Directions

1

Wash grapes, divide into bowls and enjoy!