



FUELED & FIT

JENNA RD, CDE



Crunchy Cabbage & Kale Salad 2.0 and more ...

Nutrition Plan

CLIENT PROFILE	NAME Test Client	DIETARY PREFERENCE Eats Most Things
	AVOIDANCES none	





Easily swap and explore more meal options, visit eatlove.is



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Nutrition Plan

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

BREAKFAST

Strawberry Overnight Oats



Mixed Berry Banana Protein Shake 2.0



Baked Apples & Cream



LUNCH

Tuna White Bean Wrap Lunch Box #4 2.0



Crunchy Cabbage & Kale Salad 2.0, Strawberries &



Chicken Hummus Pizza with Peach, Peppers &



DINNER

Caribbean Fish with Brown Rice



Chicken with Mushroom Reduction, Garlic



Sheet-Pan Chicken Fajitas



SNACK

Simple Guacamole & Chips



2-Ingredient Cashew Date Bars



Tangerine & Sunflower



2ND SNACK

Apple



Snap Peas





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Grocery List

- ☐ Mayonnaise
- ☐ Sliced Bananas

- ☐ Milk
- ☐ Spinach

BAKING GOODS

- ☐ 1/8 pounds of Flaxseed Meal
- ☐ 1 can (5-7 fl oz) of Nonstick Cooking Spray

- ☐ 1 package (16 oz) of Granulated Sugar
- ☐ 1 bottle (2 fl oz) of Vanilla Extract

BEVERAGES

- ☐ 1 package (16-18 oz) of Plant-Based Protein Powder

BREADS / CEREALS

- ☐ 1/8 pounds of Rolled Oats

- ☐ 1 bag (6 ct) of Whole Wheat Pita Bread

CANNED / JAR GOODS

- ☐ 1 can (2-3 oz) of Black Olives
- ☐ 1 can (15 oz) of Canned Corn
- ☐ 1 can (5 oz) of Tuna Canned in Water

- ☐ 1 can (15-16 oz) of Canned Cannellini Beans
- ☐ 1 container (32 oz) of Low Sodium Chicken Broth

DAIRY

- ☐ 1 container (4 oz) of Feta Cheese
- ☐ 1 container (15 oz) of Ricotta Cheese

- ☐ 3 containers (8 oz) of Plain Low-Fat Greek Yogurt
- ☐ 1 package (8 oz) of Unsalted Butter

DELI

- ☐ 1 Cooked Rotisserie Chicken

- ☐ 1 container (10 oz) Hummus

FROZEN FOODS

- ☐ 1 package (12 oz) of Mixed Frozen Berries



EWG RECOMMENDS TO BUY ORGANIC



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Grocery List

INTERNATIONAL / ETHNIC

- ☐ 1 bag (12 ct) of Corn Tortillas
- ☐ 1 package (8 ct) of Whole Wheat Tortillas

LIQUOR

- ☐ 1 bottle (750 mL) of White Wine

MEATS / SEAFOOD

- ☐ 1 1/2 pounds of Boneless Skinless Chicken Breast
- ☐ 1/4 pounds of Sea Bass

PASTA / RICE / BEANS

- ☐ 1/8 pounds of Brown Rice
- ☐ 1/2 pounds of Couscous

PRODUCE

- ☐ 1 1/2 pounds of Asparagus

☐ 1/4 pounds of Brussels Sprouts

☐ 1 pint of Cherry Tomatoes 

☐ 1 bunch of Curly Kale 

☐ 1 bunch of Fresh Cilantro

☐ 1 Green Bell Peppers 

☐ 1 container (12 oz) of Guacamole

☐ 2 Limes

☐ 1/8 pounds of Raw Spinach 

☐ 5 Red Bell Peppers 

☐ 1 quart of Strawberries 

☐ 1 pint of Sweet Mini Peppers 

☐ 1 Tomatoes

☐ 3 Yellow Onions
- ☐ 1 Avocados

☐ 3 Carrots

☐ 1 Cucumber 

☐ 1 package (16 oz) of Edamame (Shelled & Cooked)

☐ 1 bulb of Garlic

☐ 1 head of Green Cabbage

☐ 1 Lemon

☐ 1 Peaches 

☐ 2 Red Apples 

☐ 1 Red Onions

☐ 3/8 pounds of Sugarsnap Peas 

☐ 1 Tangerine

☐ 2 packages (8 oz) of White Mushrooms





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Grocery List

SNACKS

- | | |
|---|--|
| <input type="checkbox"/> 1 bag (11 oz) of Corn Tortilla Chips | <input type="checkbox"/> 1 bar (3-4 oz) of Dark Chocolate Bar |
| <input type="checkbox"/> 1/8 pounds of Dried Cranberries | <input type="checkbox"/> 1/8 pounds of Pecans |
| <input type="checkbox"/> 1 package (8 oz) of Pitted Dates | <input type="checkbox"/> 1/8 pounds of Pumpkin Seeds (Pepitas) |
| <input type="checkbox"/> 1/8 pounds of Sliced Almonds | <input type="checkbox"/> 1/8 pounds of Sunflower Seeds |
| <input type="checkbox"/> 1/2 pounds of Unsalted Cashews | <input type="checkbox"/> 1/8 pounds of Whole Almonds |

SPICES / CONDIMENTS

- | | |
|--|--|
| <input type="checkbox"/> 1 bottle (8 fl oz) of Canola Oil | <input type="checkbox"/> 1 jar (2-3 oz) of Chili Powder |
| <input type="checkbox"/> 1 jar (2 oz) of Cumin | <input type="checkbox"/> 1 jar (8 oz) of Dijon Mustard |
| <input type="checkbox"/> 1 jar (1-2 oz) of Dried Thyme | <input type="checkbox"/> 1 jar (1-2 oz) of Ground Allspice |
| <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon | <input type="checkbox"/> 1 bottle (1-2 oz) of Ground Coriander |
| <input type="checkbox"/> 1 bottle (12 oz) of Honey | <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil |
| <input type="checkbox"/> 1 jar (2-3 oz) of Poppy Seeds | <input type="checkbox"/> 1 jar (4 oz) of Stone Ground Mustard |
| <input type="checkbox"/> 1 bottle (12 fl oz) of White Wine Vinegar | |



EWG RECOMMENDS TO BUY ORGANIC



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A DAY IN THE LIFE OF TEST



RISE AND SHINE!

Take a breath and slowly rise! Getting up at the same time helps regulate your sleep cycle.



BREAKFAST

Strawberry Overnight Oats

MINDFULNESS

Take a moment to acknowledge something you're grateful and set a positive tone for the day.



MAKE IT YOUR OWN

Make EatLove your own by adding your own recipes, choosing recipes for your Favorites, and tailoring the Grocery List for easy shopping.

WATER

REMEMBER TO DRINK 8 GLASSES OF WATER PER DAY, MORE IF YOU EXERCISE.



LUNCH

Tuna White Bean Wrap
Lunch Box #4 2.0

SNACK

EAT A SNACK TO HELP YOU POWER THROUGH THE DAY.



GET MOVING

EXERCISE

Be more active by taking the stairs or walking during one of your calls. Track your exercise in the Daily Log.



MEAL PREP



DINNER

Caribbean Fish with Brown Rice



TIME FOR BED

Slowly unwind from the long day you had. Take a few moments to consider what you were thankful for today. Sweet dreams!

CONNECTION

Savor time in the evening for family and friends. Turn off distractions and focus on sharing the day's highlights.



To see your meal plan and grocery list, visit eatlove.is



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INGREDIENTS

- | | |
|-----------------------------------|---|
| 1 avocado peeled | $\frac{1}{2}$ cup canned corn drained & rinsed |
| 2 teaspoons lime juiced | $\frac{1}{4}$ cup red onion diced |
| $\frac{1}{2}$ clove garlic minced | $\frac{1}{2}$ cup low fat greek yogurt |
| 1 pinch salt | 1 tablespoon cilantro thoroughly rinsed and chopped |
| 1 pinch pepper | 4 ounces tortilla chips |

NUTRITION INFORMATION PER SERVING

Protein 5.9g	Sodium 244mg
Total Fat 12g	Trans Fat 0.02g
Carbs 28g	Saturated Fat 1.93g
Calories 240kcal	Fruits 0.04 servings
Fiber 4.38g	Vegetables 0.09 servings
	Added Sugar 0g

Simple Guacamole & Chips

BY EVERYDAY EATLOVE

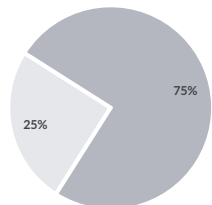
🕒 10 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Chop avocado into small chunks and toss into a bowl with lime juice, garlic, salt, and pepper. Use a fork to mash the avocado to desired consistency.
2. Add corn, diced onion, yogurt, and cilantro and mix to combine. Serve as a dip for chips.

PORTIONS



Test Client	25%
Leftovers	75%





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Apple

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash and slice apple. Serve.

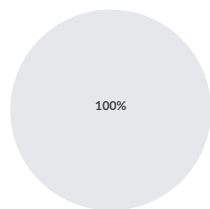
INGREDIENTS

1 apple sliced

NUTRITION INFORMATION PER SERVING

Protein 0.43g	Sodium 1.72mg
Total Fat 0.21g	Trans Fat 0g
Carbs 24g	Saturated Fat 0g
Calories 98kcal	Fruits 1 servings
Fiber 3.96g	Vegetables 0 servings
	Added Sugar 0g

PORTIONS



● Test Client

100%





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Strawberry Overnight Oats

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 6 ounces low-fat Greek yogurt
- 1/3 cup rolled oats uncooked
- 1/4 cup sliced almonds
- 1/3 cup strawberries
- 1 teaspoon vanilla extract

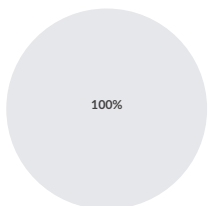
NUTRITION INFORMATION PER SERVING

Protein 26g	Sodium 109mg
Total Fat 18g	Trans Fat 0g
Carbs 42g	Saturated Fat 3.53g
Calories 428kcal	Fruits 0.33 servings
Fiber 7.4g	Vegetables 0 servings
	Added Sugar 0g

Method

1. In a small bowl, combine ingredients. Add the ingredients to a sterilized mason jar. Cover and store in the refrigerator overnight.

PORTIONS



● Test Client

100%





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INGREDIENTS

For the tuna white bean wrap

1 tablespoon lemon juiced	5 ounces canned tuna drained
2 tablespoons red onion minced	1 cup cherry tomatoes sliced
1 dash salt	2 whole wheat tortillas
1 pinch pepper	1 tablespoon Mayonnaise
1/2 cup cannellini drained & rinsed	1 teaspoon Dijon Mustard

Serve with

- 1 cup cucumber sliced
- 2 cups strawberries
- 2 squares dark chocolate

NUTRITION INFORMATION PER SERVING

Protein 25g	Sodium 638mg
Total Fat 16g	Trans Fat 0g
Carbs 56g	Saturated Fat 3.01g
Calories 455kcal	Fruits 1.05 servings
Fiber 12g	Vegetables 1.09 servings
	Added Sugar 6.8g

Tuna White Bean Wrap Lunch Box #4 2.0

BY EVERYDAY EATLOVE

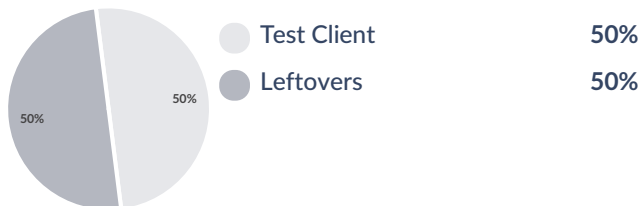
🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a small bowl, combine lemon juice, mayonnaise, dijon mustard, red onion, salt and black pepper. Set aside.
2. Place beans, tuna, and tomatoes in a large bowl. Pour dressing over bean and tuna mixture; stir gently.
3. Place 3/4 cup bean mixture on one side of 1 tortilla and tightly roll the wrap. Cut in half on the diagonal. Repeat with remaining ingredients.
4. Serve with remaining ingredients or pack into a lunchbox. Each lunch contains 1 wrap (cut in half), 1/2 cup cucumber slices, 1 cup strawberries, and 1 chocolate square.

PORTIONS





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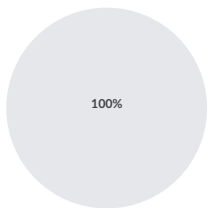
INGREDIENTS

- | | |
|---------------------------------|-----------------------------|
| 1/2 cup water | 1/2 clove garlic minced |
| 1/4 cup brown rice | 1/4 cup dry white wine |
| 1 1/2 tablespoons olive oil | 4 ounces Sea Bass |
| 1/2 onion sliced | 1 tomato chopped |
| 3/4 cup red bell pepper sliced | 2 olives pitted and chopped |
| 3/4 cup carrots cut into strips | 1/4 teaspoon allspice |
| | 2 1s low fat ricotta |

NUTRITION INFORMATION PER SERVING

Protein 30g	Sodium 240mg
Total Fat 26g	Trans Fat 0g
Carbs 66g	Saturated Fat 4.4g
Calories 656kcal	Fruits 0 servings
Fiber 9.5g	Vegetables 2.68 servings
	Added Sugar 0g

PORTIONS



Test Client

100%

Caribbean Fish with Brown Rice

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Bring water to a boil in a saucepan. Add rice and simmer 30 minutes or until almost all the liquid has been absorbed.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion, bell pepper, carrots, and garlic and sauté for 10 minutes.
3. Add wine and bring to a boil. Move vegetables to one side of the skillet and arrange the snapper fillets in a single layer in the center of the skillet. Cover and cook 5 minutes.
4. Add tomato, olives, and allspice and top with ricotta cheese. Cover and cook for another 3 minutes or until fish is cooked through.
5. Serve fish and vegetables with rice.





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Baked Apples & Cream

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a microwavable bowl, combine water, honey, cinnamon, and apples. Microwave for 2 minutes, stir and microwave for 1 minute more until apples are soft.
2. Top with yogurt and almonds.

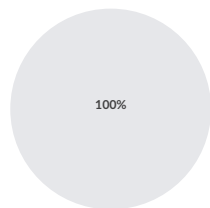
INGREDIENTS

2 tablespoons water	1 red apple sliced
1 teaspoon honey	1 cup low fat Greek yogurt
1/2 teaspoon cinnamon	1 tablespoon almonds chopped

NUTRITION INFORMATION PER SERVING

Protein 24g	Sodium 144mg
Total Fat 9.7g	Trans Fat 0g
Carbs 41g	Saturated Fat 3.36g
Calories 344kcal	Fruits 1 servings
Fiber 5.8g	Vegetables 0 servings
	Added Sugar 2.87g

PORTIONS



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100%





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Tangerine & Sunflower

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash, peel, and slice tangerine. Serve with sunflower seeds.

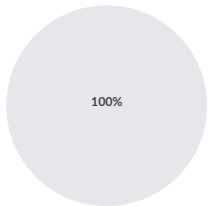
INGREDIENTS

- 1 tangerine
- 2 tablespoons sunflower seeds

NUTRITION INFORMATION PER SERVING

Protein 4.35g	Sodium 3.34mg
Total Fat 9.3g	Trans Fat 0g
Carbs 15g	Saturated Fat 0.81g
Calories 149kcal	Fruits 0.58 servings
Fiber 3.09g	Vegetables 0 servings
	Added Sugar 0g

PORTIONS



● Test Client

100%





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Snap Peas

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash snap peas and serve.

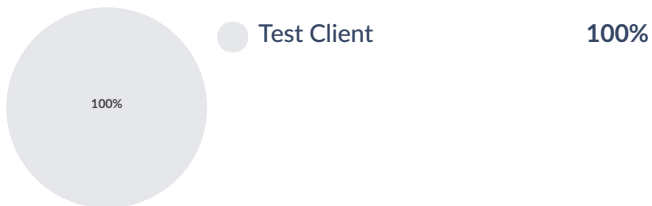
INGREDIENTS

1 cup snap peas

NUTRITION INFORMATION PER SERVING

Protein 7.9g	Sodium 7.3mg
Total Fat 0.58g	Trans Fat 0g
Carbs 21g	Saturated Fat 0.1g
Calories 117kcal	Fruits 0 servings
Fiber 7.4g	Vegetables 1 servings
	Added Sugar 0g

PORTIONS





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INGREDIENTS

- | | |
|------------------------------|---|
| 1 whole wheat pita | 1/2 cup cherry tomatoes halved |
| 1/4 cup hummus | 1/4 cup mushrooms sliced |
| 1 cup spinach | 1/4 cup rotisserie chicken breast chopped |
| 1/2 green bell pepper sliced | 1 peach |

NUTRITION INFORMATION PER SERVING

Protein 25g	Sodium 629mg
Total Fat 11g	Trans Fat 0.03g
Carbs 67g	Saturated Fat 1.98g
Calories 440kcal	Fruits 0.94 servings
Fiber 10g	Vegetables 1.72 servings
	Added Sugar 0.52g

Chicken Hummus Pizza with Peach

BY EVERYDAY EATLOVE

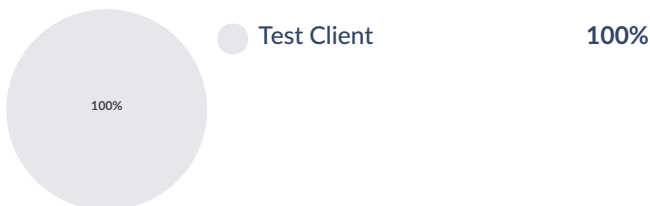
🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat oven to 350°F.
2. Spread hummus over pita and top with spinach, bell pepper, tomatoes, mushroom, and chicken. Place on a baking sheet and bake for 10-15 minutes, until bell peppers are tender.
3. Serve with peach on the side.

PORTIONS





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Peppers & Guacamole

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Wash mini bell peppers. Serve with guacamole.

INGREDIENTS

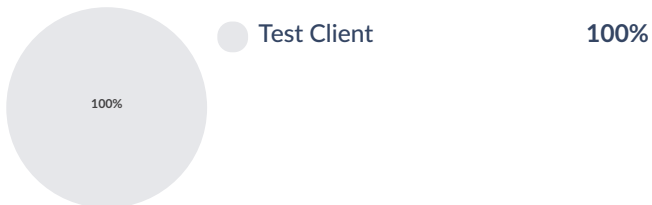
4 mini bell peppers

1/4 cup guacamole

NUTRITION INFORMATION PER SERVING

Protein 2.87g	Sodium 100mg
Total Fat 8.9g	Trans Fat 0g
Carbs 9.6g	Saturated Fat 0.98g
Calories 126kcal	Fruits 0 servings
Fiber 5.8g	Vegetables 0.64 servings
	Added Sugar 0g

PORTIONS





INGREDIENTS

Seasoning Mix

- 2 teaspoons chili powder
- 1 1/2 teaspoons cumin
- 1/2 teaspoon ground coriander
- 1/8 teaspoon pepper
- 1/2 teaspoon salt

Chicken Fajitas

- | | |
|---------------------------------|--------------------------|
| 2 sprays cooking spray | 3 tablespoons olive oil |
| 1/2 pound chicken breast sliced | 1 lime juiced |
| 4 red bell peppers sliced | 1/4 cup cilantro chopped |
| 1 yellow onion sliced | 4 corn tortillas |
| 2 cloves garlic minced | 1 lime quartered |

NUTRITION INFORMATION PER SERVING

Protein 33g	Sodium 749mg
Total Fat 27g	Trans Fat 0.01g
Carbs 51g	Saturated Fat 3.87g
Calories 558kcal	Fruits 1 servings
Fiber 12g	Vegetables 2.11 servings
	Added Sugar 0g

Sheet-Pan Chicken Fajitas

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat oven to 400°F. Line a rimmed baking sheet with baking foil and spray the foil with nonstick cooking spray.
2. To prepare seasoning, in a small mixing bowl whisk together chili powder, cumin, coriander, salt and pepper, set aside.
3. Next, spread bell peppers and onion slices onto baking sheet. Top with chicken strips then sprinkle garlic and seasoning evenly over chicken strips. Drizzle olive oil over top then toss everything to evenly coat. Spread into an even layer working to keep chicken from overlapping. Place into oven.
4. Roast, tossing once halfway through cooking, until veggies are tender and chicken has cooked through, about 18-25 minutes.
5. Wrap tortillas tightly in foil and warm in oven during last 5 minutes of fajita filling cooking. Drizzle lime juice evenly over top of the chicken fajita filling, sprinkle with cilantro.
6. Serve filling warm in warm tortillas with lime wedges.

PORTIONS





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Mixed Berry Banana Protein Shake 2.0

BY EVERYDAY EATLOVE

⌚ 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

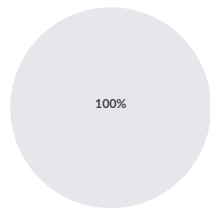
1/2 cup frozen mixed berries	1/2 cup Sliced Bananas
1 cup Milk	1 cup Spinach
3/4 scoop vegan protein powder	2 tablespoons Flaxseed Meal
	1/2 cup Water

NUTRITION INFORMATION PER SERVING

Protein 29g	Sodium 341mg
Total Fat 18g	Trans Fat 0g
Carbs 51g	Saturated Fat 6.3g
Calories 444kcal	Fruits 1 servings
Fiber 13g	Vegetables 0 servings
	Added Sugar 0g

1. Put all ingredients in electric blender. Cover with lid and blend until smooth.

PORTIONS



● Test Client

100%





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Crunchy Cabbage & Kale Salad 2.0

BY GARLIC+ZEST

🕒 15 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

3 cups kale sliced	1/2 cup pecans chopped
1 1/2 cups cabbage sliced	1/4 cup feta cheese
1 carrot peeled, grated	1 lemon zested and juiced
1 cup brussel sprouts, stems removed sliced	1/4 cup Pumpkin Seeds (Pepitas)
1/4 cup dried cranberries	1/2 cup Edamame (Shelled & Cooked)

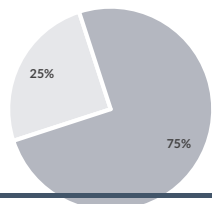
Poppy Dressing

1 1/2 tablespoons sugar	1 dash salt
2 tablespoons white wine vinegar	1 tablespoon onion grated
1/4 teaspoon dry mustard	1/4 cup olive oil
	3/4 teaspoon poppy seeds

NUTRITION INFORMATION PER SERVING

Protein 9.6g	Sodium 154mg
Total Fat 30g	Trans Fat 0.01g
Carbs 23g	Saturated Fat 4.95g
Calories 377kcal	Fruits 0.25 servings
Fiber 5.8g	Vegetables 1.14 servings
	Added Sugar 4.72g

PORTIONS



Test Client	25%
Leftovers	75%

Method

1. Preheat oven to 300°F.
2. Place pecans on a baking sheet and bake until golden brown and fragrant, about 10 minutes. Set aside.
3. In a small bowl, mix all the dressing ingredients until well combined.
4. In a large bowl, combine the kale, cabbage, brussel sprouts, carrot, pumpkin seeds, edamame beans and cranberries. Add the lemon juice to the salad and toss to combine. Add pecans and feta cheese.
5. Dress the salad with enough salad dressing to evenly coat the greens.





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Strawberries & Greek Yogurt

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1 cup whole strawberries
- $\frac{2}{3}$ cup plain Greek yogurt
- 1 sprinkle cinnamon

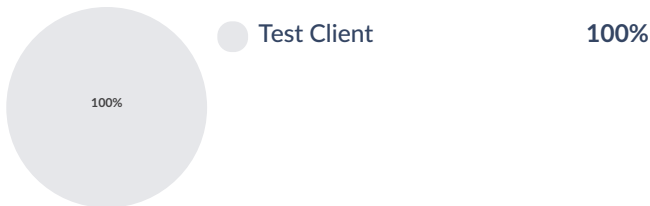
NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 95mg
Total Fat 3.8g	Trans Fat 0g
Carbs 20g	Saturated Fat 2.03g
Calories 169kcal	Fruits 1 servings
Fiber 3.05g	Vegetables 0 servings
	Added Sugar 0g

1. Wash and slice strawberries. Serve with Greek yogurt.
2. Sprinkle yogurt with cinnamon if desired.

Method

PORTIONS





INGREDIENTS

for the chicken

2 teaspoons canola oil	1/2 teaspoon dried thyme
1 pound boneless skinless chicken breasts	1 onion chopped
1/2 teaspoon salt	12 mushrooms sliced
1/2 teaspoon pepper	1 1/2 cups low sodium chicken broth

for the asparagus

1 1/2 pounds asparagus trimmed	1 pinch salt
2 cloves garlic minced	1 pinch pepper
1 tablespoon canola oil	1 pinch dried thyme

for the couscous

1 cup couscous
1 tablespoon butter
1 pinch salt
1 pinch pepper
1 pinch dried thyme

NUTRITION INFORMATION PER SERVING

Protein 39g	Sodium 575mg
Total Fat 13g	Trans Fat 0.15g
Carbs 46g	Saturated Fat 3.22g
Calories 450kcal	Fruits 0 servings
Fiber 6.9g	Vegetables 2.24 servings
	Added Sugar 0g

Chicken with Mushroom Reduction

BY COOKOLOGY

🕒 25 MINS | 🍴 4 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

for the chicken

1. Preheat a saute pan over high heat and add oil.
2. Season the chicken breasts with the salt and pepper and add to pan. Sear chicken on each side for about a minute and a half to 2 minutes - remember, when searing proteins like a chicken breast in a pan, you want to check the piece of meat after searing on high heat for 1-2 minutes. When it easily releases from the pan and has developed a golden brown crust it is ready to flip. If it sticks, leave it alone and re-check.
3. Once you have seared the chicken on both sides, remove from pan and set aside (the chicken is not cooked all of the way through at this point, it will need to finish cooking in the sauce).
4. Return the pan to the heat and add the mushrooms and onions, adding more oil only if needed to keep the pan slightly wet. Saute for 3-4 minutes to soften, then add the garlic and thyme and chicken broth.
5. Bring to a boil, then reduce heat to medium low and return the chicken to the pan - let this simmer for 8-10 minutes more to cook the chicken all of the way through and reduce the liquid in the pan by at least half. Adjust seasoning as needed with salt and pepper. Serve with asparagus (below).

for the asparagus

1. Preheat oven to high broil.
2. Toss asparagus with oil, salt, pepper, garlic, and thyme. Arrange the asparagus spears on a baking dish.
3. Broil for 12-15 minutes or until tender.

For the couscous

1. Cook couscous according to package directions.
2. Mix in butter, salt, pepper, and thyme to serve.





FUELED & FIT

JENNA RD, CDE



Garlic Mushrooms

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Heat oil in a large pan over medium-high heat. Add garlic and stir until fragrant, about 1 minute.
2. Stir in the mushrooms and cook until tender, about 8 minutes. Season to taste with salt and pepper.

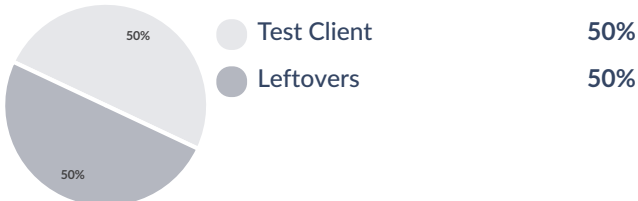
INGREDIENTS

- 1/2 pound mushrooms sliced
- 1 tablespoon olive oil
- 2 cloves garlic minced
- 1 dash salt
- 1 dash pepper

NUTRITION INFORMATION PER SERVING

Protein 3.7g	Sodium 84mg
Total Fat 7.2g	Trans Fat 0g
Carbs 4.72g	Saturated Fat 0.99g
Calories 89kcal	Fruits 0 servings
Fiber 1.21g	Vegetables 1.51 servings
	Added Sugar 0g

PORTIONS





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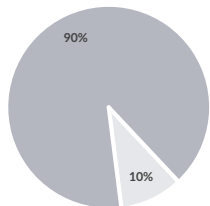
INGREDIENTS

- 1 cup dates pitted
- 1 1/2 cups cashews
- 1 pinch salt

NUTRITION INFORMATION PER SERVING

Protein 4.01g	Sodium 41mg
Total Fat 9g	Trans Fat 0g
Carbs 17g	Saturated Fat 1.6g
Calories 154kcal	Fruits 0 servings
Fiber 1.66g	Vegetables 0 servings
	Added Sugar 0g

PORTIONS



- Test Client
- Leftovers

10%
90%

2-Ingredient Cashew Date Bars

BY THE WELL FED GUIDE

🕒 10 MINS | 🍴 10 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Blend dates, cashews and salt in the food processor for about 1 minute. If mixture doesn't start to come together, add a small amount of water. Blend again until a slightly sticky dough forms.
2. Place dough on a large sheet of parchment paper and use a rolling pin to roll into a rectangle/square [you may need to use the edge of a knife to keep pushing the sides of the dough into a rectangle/square shape].
3. Place rolled out dough on a baking sheet and freeze for at least 2 hours.
4. Remove from freezer and cut into 1-inch squares. Enjoy right away or store in an airtight container in the freezer.

