

StMM 5K

Created by Fox Valley Nutrition Consulting



StMM 5K

1 day

	Mon
Breakfast	Maple Turkey Burgers
	Spinach & Sweet Potato Egg Muffins
Lunch	Quinoa Tabbouleh
	Cumin Chicken Skewers
Snack 2	Snap Peas, Peppers & Hummus
Dinner	One Pan Salmon, Green Beans & Smashed Potatoes
Snack 3	Chocolate Strawberry Chia Pudding

StMM 5K

1 day

Mon	
Calories	1808
Fat	93g
Carbs	116g
Fiber	27g
Sugar	31g
Protein	132g
Sodium	3020mg
Potassium	4415mg
Vitamin A	17538IU
Vitamin C	358mg
Calcium	855mg
Iron	20mg
Vitamin D	149IU
Magnesium	500mg
Zinc	11mg

StMM 5K

38 items

Fruits

- 1/4 cup Lemon Juice
- 1 cup Strawberries

Breakfast

- 2 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/4 cup Chia Seeds
- 2 tbsps Cumin Seed
- 1 tsp Dried Thyme
- 2 tpsps Fennel Seed
- 2 tpsps Ground Sage
- 1 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds

Vegetables

- 6 cups Baby Spinach
- 2 cups Green Beans
- 2 stalks Green Onion
- 2 cups Mini Potatoes
- 1/4 cup Mint Leaves
- 2 cups Parsley
- 2 1/2 Red Bell Pepper
- 1 cup Snap Peas
- 1 Sweet Potato
- 2 Tomato
- 1/2 Yellow Bell Pepper

Boxed & Canned

- 1/2 cup Quinoa

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 1/2 cup Hummus
- 12 ozs Salmon Fillet

Condiments & Oils

- 1 1/2 tpsps Avocado Oil
- 3 1/2 tbsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsps Rice Vinegar
- 1 tsp Tamari

Cold

- 8 Egg
- 1 cup Plain Coconut Milk

Other

- 8 Barbecue Skewers
- 1/4 cup Chocolate Protein Powder
- 1/4 cup Water

Maple Turkey Burgers

6 ingredients · 30 minutes · 4 servings



Directions

1. In a mixing bowl, combine the ground turkey, maple syrup, thyme, sage and salt.
2. Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 15 minutes.
3. Heat the coconut oil in a large pan over medium heat. Fry each burger patty until cooked through, about 4 to 6 minutes per side.
4. Set aside to cool slightly. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one patty.

More Flavor

Add onion and/or garlic powder.

Additional Toppings

Top with avocado, feta cheese, tomato, sprouts or wrap it in lettuce.

Breakfast Lover

Make the patties thinner or roll them into sausages for breakfast.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 2 tbsps Maple Syrup
- 1 tsp Dried Thyme
- 2 tpsps Ground Sage
- 1 tsp Sea Salt
- 2 tbsps Coconut Oil

Nutrition

Amount per serving

Calories	258	Vitamin A	113IU
Fat	16g	Vitamin C	0mg
Carbs	7g	Calcium	45mg
Fiber	0g	Iron	2mg
Sugar	6g	Vitamin D	16IU
Protein	21g	Magnesium	28mg
Sodium	670mg	Zinc	3mg
Potassium	268mg		

Spinach & Sweet Potato Egg Muffins

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Lightly grease a muffin pan with avocado oil.
2. Steam sweet potato in a double boiler for 8 to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
3. While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
4. When spinach and sweet potatoes are cool enough to handle, divide evenly into the muffin cups of the prepared pan.
5. In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
6. Pour the whisked eggs into the muffin cups to cover the sweet potato and spinach.
7. Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size

One serving is equal to three egg cups.

Leftovers

Store in the fridge in an airtight container up to three days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach

Use finely sliced kale or swiss chard instead.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 **tbsp** Extra Virgin Olive Oil
- 6 **cups** Baby Spinach
- 8 Egg
- 1/4 **cup** Water
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper

Nutrition

Amount per serving

Calories	228	Vitamin A	9372IU
Fat	15g	Vitamin C	13mg
Carbs	9g	Calcium	113mg
Fiber	2g	Iron	3mg
Sugar	2g	Vitamin D	82IU
Protein	14g	Magnesium	57mg
Sodium	491mg	Zinc	2mg
Potassium	503mg		

Quinoa Tabbouleh

8 ingredients · 25 minutes · 4 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside to cool.
2. Once cooled, combine the quinoa with the remaining ingredients in a large mixing bowl. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add minced garlic.

No Quinoa

Use bulgur, cauliflower rice, hemp seeds, or lentils instead.

Ingredients

- 1/2 cup** Quinoa (uncooked)
- 2 cups** Parsley (stems removed, finely chopped)
- 1/4 cup** Mint Leaves (stems removed, finely chopped)
- 2 stalks** Green Onion (finely chopped)
- 2** Tomato (medium, chopped)
- 1 tbsp** Extra Virgin Olive Oil
- 1/4 cup** Lemon Juice
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	134	Vitamin A	3703IU
Fat	5g	Vitamin C	56mg
Carbs	19g	Calcium	63mg
Fiber	3g	Iron	3mg
Sugar	1g	Vitamin D	0IU
Protein	5g	Magnesium	65mg
Sodium	43mg	Zinc	1mg
Potassium	440mg		

Cumin Chicken Skewers

7 ingredients · 20 minutes · 4 servings



Directions

1. Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
2. In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
3. Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals two skewers.

More Flavor

Add chili powder and garlic to your spice mix. Use a charcoal grill.

Additional Toppings

Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Coconut Oil

Use olive oil, butter, or ghee instead.

Ingredients

- 2 tbsps Cumin Seed
- 2 tsps Fennel Seed
- 1 tsp Sea Salt
- 1 1/4 lbs Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 2 Red Bell Pepper (medium, chopped)
- 8 Barbecue Skewers

Nutrition

Amount per serving

Calories	246	Vitamin A	1947IU
Fat	10g	Vitamin C	76mg
Carbs	6g	Calcium	53mg
Fiber	2g	Iron	3mg
Sugar	3g	Vitamin D	1IU
Protein	33g	Magnesium	62mg
Sodium	662mg	Zinc	1mg
Potassium	671mg		

Snap Peas, Peppers & Hummus

4 ingredients · 10 minutes · 2 servings



Directions

1. Divide the bell peppers and snap peas onto plates and serve with hummus. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Hummus

Use baba ganoush or tzatziki instead.

Ingredients

- 1/2 Red Bell Pepper (medium, sliced)
- 1/2 Yellow Bell Pepper (medium, sliced)
- 1 cup Snap Peas (trimmed)
- 1/2 cup Hummus

Nutrition

Amount per serving

Calories	182	Vitamin A	1384IU
Fat	11g	Vitamin C	129mg
Carbs	17g	Calcium	55mg
Fiber	6g	Iron	2mg
Sugar	3g	Vitamin D	0IU
Protein	6g	Magnesium	68mg
Sodium	267mg	Zinc	1mg
Potassium	459mg		

One Pan Salmon, Green Beans & Smashed Potatoes

9 ingredients · 30 minutes · 2 servings



Directions

1. Line a baking sheet with parchment paper. Preheat the oven to 425°F (218°C)
2. Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
3. Meanwhile, in a small bowl, whisk together the tamari, maple syrup, and rice vinegar. Rub half of the marinade into the salmon and place it on the baking sheet. Toss the remaining marinade with the green beans and add to the baking sheet, leaving space for the potatoes.
4. Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the back of a fork or mug. Drizzle with olive oil and salt.
5. Place in the oven and bake for 12 to 14 minutes or until the salmon is cooked through. Remove the baking sheet from the oven. Garnish the salmon and green beans with sesame seeds. Divide onto plates and enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add miso paste or sriracha to the marinade.

Additional Toppings

Chopped cilantro or lime juice.

More Crispy

Remove the salmon and green beans from the oven once cooked through and broil the potatoes for an additional three to five minutes.

Ingredients

- 2 cups Mini Potatoes
- 1 tsp Tamari
- 2 tsps Maple Syrup
- 1 tbsp Rice Vinegar
- 12 ozs Salmon Fillet
- 2 cups Green Beans (trimmed)
- 2 tsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1 tsp Sesame Seeds

Nutrition

Amount per serving

Calories	535	Vitamin A	761IU
Fat	25g	Vitamin C	42mg
Carbs	38g	Calcium	98mg
Fiber	6g	Iron	4mg
Sugar	9g	Vitamin D	0IU
Protein	39g	Magnesium	117mg
Sodium	849mg	Zinc	2mg
Potassium	1709mg		

Chocolate Strawberry Chia Pudding

4 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Protein Powder

Use raw cacao powder or cocoa powder instead of protein powder, using half the amount.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Likes it Thicker

Use full fat coconut milk instead.

Additional Toppings

Add granola or cacao nibs on top for crunch.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1/4 cup Chia Seeds

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

1/4 cup Chocolate Protein Powder

1 cup Strawberries (halved)

Nutrition

Amount per serving

Calories	225	Vitamin A	258IU
Fat	11g	Vitamin C	42mg
Carbs	20g	Calcium	428mg
Fiber	8g	Iron	3mg
Sugar	7g	Vitamin D	50IU
Protein	14g	Magnesium	103mg
Sodium	38mg	Zinc	1mg
Potassium	365mg		