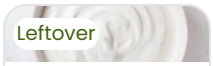
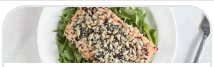
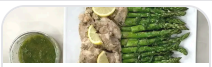
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Sample Meal Plan
Week 4 of 4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1788 Calories	0 Calories	1632 Calories	0 Calories	1634 Calories	0 Calories	1696 Calories
Breakfast						
 PBJ Smoothie  Whey Protein Powder - 25 g		 Apple Pie Overnight Oats  Whey Protein Powder - 25 g		 Mediterranean Omelet  Ground Turkey Sausage		 High-Protein Waffles  Raspberries
Hydration						
 Beauty Greens Smoothie with Kiwi		 Orange-Mint Water with Cucumber		 Beauty Greens Smoothie with Kiwi		 Orange-Mint Water with Cucumber
Lunch						
 Asian-Style Chicken Cabbage Salad		 Leftover Asian-Style Chicken Cabbage Salad		 Silky Detox Soup  Whey Protein Powder - 25 g		 Leftover Silky Detox Soup  Whey Protein Powder - 25 g
Snack						
 Low-fat Cottage Cheese with Berries		 Hard Boiled Eggs  Strawberries		 Greek Yogurt Low-Fat  Cantaloupe		 Kiwi  Leftover Greek Yogurt Low-Fat
Dinner						
 Triple Seed Crusted Salmon  Lemony Sautéed Brussel Sprouts		 Sheet Pan Lemon-Dill Chicken with Asparagus  Lemon-Dill Dressing		 Chicken Bruschetta  Spinach and White Beans		 Greek-style Lamb Sauce with Spaghetti Squash  Apple Spinach Salad with Maple Dijon Vinaigrette

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PBJ Smoothie

Prep time	Total time	Meal type	Servings
5 minutes	5 minutes	Breakfast, Snack	1

Ingredients

- 1/2 cup strawberries, *frozen*
- 1/2 banana, *chopped and frozen*
- 1 cup almond milk, unsweetened
- 2 Tbs peanut butter powder
- 1 Tbs chia seeds
- 1 tsp vanilla
- 1 date, *pitted and chopped* (maple syrup)
- 1/4 cup spinach, *frozen*

Directions

Make

1. Place all ingredients in a blender and purée until smooth.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 307

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**3%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 306mg	**13%**
Total Carbohydrates 53g	**19%**
Dietary Fiber 12g	**43%**
Total Sugars 30g	
Protein 10g	
Vitamin D N/A	0%
Calcium 618mg	48%
Iron 2mg	14%
Potassium 775mg	16%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Living Plate

Notes

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Whey Protein Powder - 25 g

Prep time	Total time	Meal type	Servings
-	-	Breakfast, Lunch, Snack, Side	1

Ingredients

- 1 scoop whey protein powder

Directions

Make

1. Add to smoothies or other recipes to increase protein content.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **113**

	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**1%**
Trans Fat N/A	
Cholesterol 5mg	**2%**
Sodium 50mg	**2%**
Total Carbohydrates 2g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars N/A	
Protein 25g	
Vitamin D N/A	0%
Calcium 150mg	12%
Iron 0mg	2%
Potassium 160mg	3%

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Notes

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Apple Pie Overnight Oats

Prep time	Total time	Meal type	Servings
15 minutes	15 minutes	Breakfast	2

Ingredients

- 2 apples*, peeled and chopped* small apples
- 1/4 cup raw walnuts*, chopped*
- 1 tsp lemon juice
- 1 1/2 Tbs cinnamon*, divided*
- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk
- 1/2 cup plain Greek yogurt, 2%
- 2 Tbs chia seeds

Directions

Prep

1. Peel and chop apples.
2. Chop walnuts.

Make

1. In a small pot combine, chopped apples, lemon juice, and 1 tablespoon cinnamon. Heat over low heat until apples soften. Remove from heat and let cool completely.
2. In a bowl, combine oats, almond milk, yogurt, chia seeds, and remaining cinnamon. Distribute oat mixture evenly between two mason jars. Add walnuts evenly over the oats, then top with the cooked apples.
3. Seal with a lid and store in the refrigerator overnight.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **363**

	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 6mg	**2%**
Sodium 71mg	**3%**
Total Carbohydrates 46g	**17%**
Dietary Fiber 12g	**42%**
Total Sugars 19g	
Protein 15g	
Vitamin D N/A	0%
Calcium 309mg	24%
Iron 12mg	66%
Potassium 496mg	11%

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Mediterranean Omelet

Prep time	Total time	Meal type	Servings
10 minutes	20 minutes	Breakfast, Lunch	4

Ingredients

- 4 eggs
- 8 egg whites
- 1 pnt cherry tomatoes, *halved*
- 4 cup spinach, *chopped*
- 1 cup basil, fresh, *chopped*
- 1/4 cup kalamata olives, *pitted and chopped*
- salt, *to taste*
- olive oil spray
- black pepper, *to taste*

Directions

Prep

1. Halve tomatoes.
2. Chop spinach, basil, and olives.

Make

1. Whisk together eggs and set aside.
2. Spray non-stick skillet/griddle lightly over medium heat. Add t omatoes and sauté until they are soft. Add spinach and basil and sauté unti l greens wilt [less than 2 minutes.]
3. Stir in olives.
4. Remove vegetables from pan and set aside.
5. Add enough egg mixture for one omelet. Cook over medium heat un til firm. Add 1/4 of the vegetables on one half then fold over. Season wi th salt and pepper.
6. Remove from pan and keep covered. Continue with remaining omele ts.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 140

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Cholesterol 186mg	**62%**
Sodium 271mg	**12%**
Total Carbohydrates 6g	**2%**
Dietary Fiber 2g	**7%**
Total Sugars 3g	
Protein 15g	
Vitamin D N/A	0%
Calcium 89mg	7%
Iron 3mg	15%
Potassium 576mg	12%

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Ground Turkey Sausage

Prep time	Total time	Meal type	Servings
10 minutes	10 minutes	Breakfast, Lunch, Dinner, Side	4

Ingredients

- 1 lb ground turkey cooked, *cooked*
- 1 tsp fennel seed
- 1/2 tsp sage
- 1 tsp avocado oil (or spray)
- salt and pepper to taste, *to taste*

Directions

Prep

1. Preheat cast-iron skillet or other skillet.

Make

1. Add oil [about 2 quick sprays if using an aerosol].
2. Add ground turkey, fennel, and sage and break them up while pus hing them around the skillet as they cook. Sauté for about 5-7 minut es until the turkey is cooked and no longer pink.
3. Season with salt and pepper to taste.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 305

	% Daily Value*
Total Fat 21g	**27%**
Saturated Fat 5g	**27%**
Trans Fat 0g	
Cholesterol 120mg	**40%**
Sodium 97mg	**4%**
Total Carbohydrates 0g	**0%**
Dietary Fiber 0g	**1%**
Total Sugars 0g	
Protein 29g	
Vitamin D N/A	0%
Calcium 63mg	5%
Iron 2mg	13%
Potassium 322mg	7%

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Source: Living Plate

Notes

You can use this recipe with ground chicken or crumbled tofu/te mpeh. If using tofu/tempeh, you will need a bit more oil.

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High-Protein Waffles

Prep time	Total time	Meal type	Servings
5 minutes	20 minutes	Breakfast, Lunch, Dinner, Snack, Side	2

Ingredients

- 2 eggs
- 1/2 cup Greek yogurt
- 1/2 cup egg whites
- 1 teaspoon vanilla extract
- 1/2 cup oats gluten-free if necessary
- 1 scoop vanilla protein powder
- 1 teaspoon cinnamon
- 1 teaspoon baking powder

Directions

Prep

1. Preheat the waffle maker to high.

Make

1. Add all ingredients to a bowl and mix to combine. Let the batte r sit for 10 minutes while the waffle maker is heating up.
2. Spray the waffle maker surface with avocado oil spray or other neutral oil.
3. Whisk the batter again then ladle the batter into the waffle ma ker. Close and wait until the signal that the waffle is done. If you try a nd lift the lid and it sticks it may not be done.
4. Remove the waffle and repeat with the remaining batter.
5. Serve warm with a side of choice - berries are great!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 293

	% Daily Value*
Total Fat 7g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 191mg	**64%**
Sodium 461mg	**20%**
Total Carbohydrates 24g	**9%**
Dietary Fiber 4g	**13%**
Total Sugars 8g	
Protein 33g	
Vitamin D 641U	319%
Calcium 321mg	25%
Iron 2mg	13%
Potassium 406mg	9%

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Source: Living Plate

Notes

Each serving is ~ 3 regular-sized waffles, but this will depend on your waffle maker.

These waffles freeze beautifully! Feel free to make a batch, fr eeze, then pop it in the toaster for a quick, protein-powered breakfast.

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Raspberries

Prep time	Total time	Meal type	Servings
1 minute	1 minute	Breakfast, Snack, Side	4

Ingredients

- 2 cup raspberries

Directions

Prep

1. Wash the Raspberries.

Make

1. Enjoy!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 32

	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 1mg	**0%**
Total Carbohydrates 7g	**3%**
Dietary Fiber 4g	**14%**
Total Sugars 3g	
Protein 1g	
Vitamin D N/A	0%
Calcium 15mg	1%
Iron 0mg	2%
Potassium 93mg	2%

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Notes

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Beauty Greens Smoothie with Kiwi

Prep time	Total time	Meal type	Servings
15 minutes	15 minutes	Breakfast, Snack	2

Ingredients

- 1 cup papaya, *peeled and chopped*
- 2 kiwis, *peeled and chopped*
- 1 pear, *chopped*
- 1 stalk celery, *chopped*
- 1 Tbs ginger, *peeled and chopped*
- 1 cup spinach
- 4 sprigs parsley, fresh
- 1 1/2 cup water

Directions

Prep

1. Peel and chop fruits and vegetables.

Make

1. Add all ingredients into blender and process until smooth.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 125

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**1%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 45mg	**2%**
Total Carbohydrates 31g	**11%**
Dietary Fiber 6g	**23%**
Total Sugars 19g	
Protein 2g	
Vitamin D N/A	0%
Calcium 76mg	6%
Iron 1mg	6%
Potassium 592mg	13%

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Source: Living Plate

Notes

Other leafy greens will work well here!

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Orange-Mint Water with Cucumber

Prep time	Total time	Meal type	Servings
5 minutes	-	Breakfast, Lunch, Dinner, Snack, Side	1

Ingredients

- 13 1/2 Tbs water
- 1/4 orange, *sliced* (or other citrus)
- 2 slices cucumber
- 2 sprigs mint

Directions

Prep

1. Slice orange and cucumber.

Make

1. Add to water with mint and enjoy!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 9

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 1mg	**0%**
Total Carbohydrates 2g	**1%**
Dietary Fiber 1g	**2%**
Total Sugars 0g	
Protein 0g	
Vitamin D N/A	0%
Calcium 12mg	1%
Iron 0mg	1%
Potassium 61mg	1%

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Source: Living Plate

Notes

Consult with your practitioner about the amount of water to be consumed daily.

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Asian-Style Chicken Cabbage Salad

Prep time	Total time	Meal type	Servings
10 minutes	10 minutes	Lunch, Dinner, Side	2

Ingredients

- 12 oz chicken breast, cooked and shredded
- 10 oz packaged coleslaw mix
- 2 tablespoon sesame seeds
- 1/4 ¼ cup rice vinegar
- 2 2 tablespoons honey
- 2 2 tablespoons low-sodium soy sauce
- 2 tablespoons peanut butter powder
- 1 tablespoon ginger, *minced*
- 1/2 teaspoon garlic powder
- 1 tablespoon sesame oil
- 1 lime, *juiced*

Directions

Prep

1. Cooked and shred chicken breasts or purchase pre-cooked.

Make

1. Add shredded chicken, coleslaw mix, and sesame seeds to a large bowl. Toss to combine.
2. Whisk together the dressing - vinegar through the lime juice.
3. Add dressing to chicken mixture and toss to combine.
4. Serve with an extra lime wedge. Enjoy as a salad, in a wrap, or on whole-grain bread.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 509

	% Daily Value*
Total Fat 17g	**22%**
Saturated Fat 3g	**17%**
Trans Fat 0g	
Cholesterol 181mg	**60%**
Sodium 939mg	**41%**
Total Carbohydrates 32g	**12%**
Dietary Fiber 5g	**18%**
Total Sugars 23g	
Protein 58g	
Vitamin D 2IU	9%
Calcium 120mg	9%
Iron 2mg	13%
Potassium 886mg	19%

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Notes

MODIFICATIONS:

Use tuna in place of chicken
Use mashed chickpeas in place of chicken

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Silky Detox Soup

Prep time	Total time	Meal type	Servings
20 minutes	45 minutes	Lunch, Side	4

Ingredients

- 1 large sweet onion, *chopped*
- 4 cloves garlic, *chopped*
- 1 head cauliflower, *chopped* 2" pieces stems included
- 1 Tbs olive oil
- 1 Tbs curry powder, yellow
- 3 Tbs chickpea miso paste (or rice miso)
- 2 cup butternut squash, *cubed*
- 8 cup water
- 1 Tbs olive oil, lemon-flavored optional
- salt

Directions

Prep

1. Chop onion, garlic & cauliflower.

Make

1. In a large soup pot, sauté onion and garlic gently in olive oil until softened and fragrant.
2. Add miso paste and stir to coat onions.
3. Add cauliflower, squash, and water. Bring to a boil then reduce heat and simmer until cauliflower is soft - about 15-20 minutes. Add wat er if necessary to keep cauliflower covered.
4. Remove from heat and let stand until cool enough to purée.
5. Purée soup in batches in blender - be sure cover of blender is on tight as steam from soup could pop lid (we like to cover with a towel ju st to be sure!)
6. Season with salt.
7. Ladle soup into bowls and drizzle with lemon oil if desired jus t before serving.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 189

	% Daily Value*
Total Fat 8g	**11%**
Saturated Fat 1g	**6%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 549mg	**24%**
Total Carbohydrates 27g	**10%**
Dietary Fiber 7g	**24%**
Total Sugars 9g	
Protein 6g	
Vitamin D N/A	0%
Calcium 117mg	9%
Iron 2mg	11%
Potassium 841mg	18%

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Source: Living Plate

Notes

*chickpea or rice miso will work well too.

*frozen butternut squash works well

*add more or less water dependent on the size of the cauliflower
*use leftover roasted vegetables in place of raw!

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Low-fat Cottage Cheese with Berries

Prep time	Total time	Meal type	Servings
5 minutes	5 minutes	Breakfast, Lunch, Dinner, Snack, Side	2

Ingredients

- 1 cup cottage cheese, low-fat
- 1/4 cup blueberries
- 2 Tbs hemp seeds

Directions

Make

1. Add cottage cheese to serving cups and top with blueberries and hemp seeds.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 157

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Cholesterol 14mg	**5%**
Sodium 349mg	**15%**
Total Carbohydrates 9g	**3%**
Dietary Fiber 1g	**3%**
Total Sugars 7g	
Protein 15g	
Vitamin D N/A	0%
Calcium 134mg	10%
Iron 1mg	6%
Potassium 275mg	6%

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Source: Living Plate

Notes

Other berry and nut/seed combinations we love: strawberries + a lmonds, raspberries + sunflower seeds, blackberries + walnuts

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Hard Boiled Eggs

Prep time	Total time	Meal type	Servings
5 minutes	15 minutes	Snack	6

Ingredients

- 6 Eggs
- salt, *to taste*
- black pepper, *to taste*

Directions

Make

1. Place eggs in a bottom of a saucepan big enough that they are i n one layer.
2. Cover with 2 inches of water and bring water to a boil.
3. Once water comes to a boil, cover the pot, turn off the heat and let sit for 10-12 minutes.
4. Drain eggs and rinse them in cold water until they are cool enough to handle.
5. Peel eggs and sprinkle with a little salt and pepper if desired .

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 72

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 2g	**8%**
Trans Fat 0g	
Cholesterol 186mg	**62%**
Sodium 71mg	**3%**
Total Carbohydrates 0g	**0%**
Dietary Fiber N/A	**0%**
Total Sugars 0g	
Protein 6g	
Vitamin D N/A	0%
Calcium 28mg	2%
Iron 1mg	5%
Potassium 69mg	1%

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Source: Living Plate

Notes

If your eggs are very fresh [thank you neighborhood farmer!], t hen steaming will be your best option. Place eggs on rack over water and steam f or 12 minutes instead of boiling.

Peel all eggs and store in refrigerator for snacks for the week.

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Strawberries

Prep time	Total time	Meal type	Servings
5 minutes	5 minutes	Snack, Side	2

Ingredients

- 2 cup strawberries, *quartered*

Directions

Make

1. Hull strawberries and cut into quarters.
2. Enjoy!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **49**

	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 2mg	**0%**
Total Carbohydrates 12g	**4%**
Dietary Fiber 3g	**11%**
Total Sugars 7g	
Protein 1g	
Vitamin D N/A	0%
Calcium 24mg	2%
Iron 1mg	3%
Potassium 233mg	5%

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Notes

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Greek Yogurt Low-Fat

Prep time	Total time	Meal type	Servings
-	-	Breakfast, Lunch, Dinner, Snack, Side	1

Ingredients

- 3/4 cup yogurt, low-fat Greek

Directions

No directions

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **124**

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 17mg	**6%**
Sodium 58mg	**3%**
Total Carbohydrates 7g	**2%**
Dietary Fiber N/A	**0%**
Total Sugars 6g	
Protein 17g	
Vitamin D N/A	0%
Calcium 195mg	15%
Iron 0mg	0%
Potassium 240mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Living Plate

Notes

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Cantaloupe

Prep time	Total time	Meal type	Servings
15 minutes	15 minutes	Breakfast, Lunch, Dinner, Snack, Side	2

Ingredients

- 2 cup Cantaloupe

Directions

Make

1. Prepare to your liking or practitioner recommendation and enjoy!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 53

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 25mg	**1%**
Total Carbohydrates 13g	**5%**
Dietary Fiber 1g	**5%**
Total Sugars 12g	
Protein 1g	
Vitamin D N/A	0%
Calcium 14mg	1%
Iron 0mg	2%
Potassium 417mg	9%

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Source: Living Plate

Notes

Recommendations for preparation:
If cutting a whole cantaloupe, use a heavy, thick knife and cut the cantaloupe in half first to give yourself a flat surface to work on.

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Kiwi

Prep time
5 minutes

Total time 5 minutes

Meal type
Breakfast, Snack

Servings
2

Ingredients

- 4 kiwis

Directions

Make

1. Slice off top inch of kiwi and eat with a grapefruit spoon - su per easy!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **84**

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 4mg	**0%**
Total Carbohydrates 20g	**7%**
Dietary Fiber 4g	**15%**
Total Sugars 12g	
Protein 2g	
Vitamin D N/A	0%
Calcium 47mg	4%
Iron 0mg	2%
Potassium 431mg	9%

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Triple Seed Crusted Salmon

Prep time	Total time	Meal type	Servings
10 minutes	20 minutes	Breakfast, Lunch, Dinner, Snack, Side	4

Ingredients

- 1 1/2 lb salmon, *cut into portions*
- 1 Tbs black sesame seeds (or white sesame seeds)
- 3 Tbs sunflower seeds, raw
- 1 Tbs hemp seeds (hemp hearts)
- salt, *to taste*

Directions

Prep

1. Rinse and pat salmon dry. Slice into portions [recommended 4-6 oz. per portion]
2. Preheat oven to 375° F and line a baking sheet with parchment p aper.

Make

1. In a small bowl, mix together seeds and salt. Place seed mixtur e on a plate.
2. Press the flesh-side of the salmon into the mixture and place i t on a parchment-lined baking sheet. Repeat with all fillets.
3. Place the baking sheet in the middle of the oven and bake until salmon is cooked through [internal temperature should reach 145° F]. Cook ing time will depend on the thickness of the fish.
4. Serve atop greens with a side of vegetables.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 393

	% Daily Value*
Total Fat 26g	**34%**
Saturated Fat 6g	**28%**
Trans Fat N/A	
Cholesterol 94mg	**31%**
Sodium 101mg	**4%**
Total Carbohydrates 1g	**0%**
Dietary Fiber 1g	**2%**
Total Sugars 0g	
Protein 36g	
Vitamin D N/A	0%
Calcium 41mg	3%
Iron 1mg	7%
Potassium 672mg	14%

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Source: Living Plate

Notes

This recipe is terrific with any fish!

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Lemony Sautéed Brussel Sprouts

Prep time	Total time	Meal type	Servings
18 minutes	24 minutes	Side	4

Ingredients

- 1 juice and zest of 1 lemon, *Juiced*
- 2 lb brussels sprouts
- 3 Tbs olive oil
- 2 garlic cloves, *minced*
- 1 Tbs cumin seeds
- 1 tsp pepper
- 1/4 tsp salt, *to taste*

Directions

Prep

1. Add lemon juice to a large bowl.
2. Trim the ends of the Brussels sprouts and using a food processo r with the slicing attachment, or a sharp knife, slice the Brussels sprout s into thin shreds. If using a knife, halve the sprouts lengthwise first, t hen thinly slice across.
3. As you slice, add the Brussels sprouts to the bowl with the lem on juice, tossing occasionally to coat evenly. Gently massage to soften l eaves.

Make

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the minced garlic, cumin seeds, and black pepper sautéing u ntil fragrant, about 1 minute.
3. Add the Brussels sprouts to the skillet, stirring frequently to ensure they cook evenly. Sauté for about 4-5 minutes, until the sprouts have sof tened slightly but are still green.
4. Season with salt to taste.
5. Turn off the heat and stir in the desired amount of grated lemo n zest - more if you like lemony and less if you want a hint of lemon.
6. Serve warm or at room temperature.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	**183**
	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 2g	**8%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 196mg	**9%**
Total Carbohydrates 18g	**7%**
Dietary Fiber 6g	**22%**
Total Sugars 4g	
Protein 6g	
Vitamin D N/A	0%
Calcium 102mg	8%
Iron 4mg	22%
Potassium 772mg	16%

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Notes

Cabbage works nicely here also!

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Sheet Pan Lemon-Dill Chicken with Asparagus

Prep time	Total time	Meal type	Servings
5 minutes	35 minutes	Lunch, Dinner	4

Ingredients

- 2 lb chicken thighs, skinless and boneless
- 2 lb asparagus, *woody ends removed*
- 1 Tbs olive oil
- 1 lemon, *cut into slices*
- salt, *to taste*
- pepper, *to taste*
- 2 Tbs Lemon-Dill Dressing recipe on meal plans

Directions

Prep

1. Preheat oven to 425°F.
2. Line two baking sheets with parchment paper.
3. Marinate chicken thighs in 2 tablespoons of lemon-dill dressing for 10 minutes.

Make

1. Toss trimmed asparagus with 1 tablespoon of olive oil and seaso n with salt and pepper.
2. Arrange chicken on one sheet pan and place in the preheated ove n for about 20-25 minutes until the internal temperature reached 165° F. When there are 10 minutes left in the cooking time for the chicken, add the sheet pan of asparagus to oven on a separate rack.
3. Remove chicken and asparagus from the oven. Drizzle asparagus w ith two tablespoons of lemon-dill dressing and place on plates. Top wit h chicken and garnish with slices of lemon if desired.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 393

	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 3g	**15%**
Trans Fat N/A	
Cholesterol 210mg	**70%**
Sodium 216mg	**9%**
Total Carbohydrates 11g	**4%**
Dietary Fiber 5g	**19%**
Total Sugars 5g	
Protein 49g	
Vitamin D N/A	0%
Calcium 60mg	5%
Iron 7mg	39%
Potassium 494mg	11%

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Source: Living Plate

Notes

This recipe is delicious served over brown rice, quinoa, or cau liflower rice.

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Lemon-Dill Dressing

Prep time	Total time	Meal type	Servings
5 minutes	15 minutes	Lunch, Dinner, Side	4

Ingredients

- 4 Tbs olive oil
- 1 clove garlic, *pressed*
- 1 1/2 Tbs red wine vinegar
- 1 lemon, *zested and juiced*
- 1/2 cup dill, fresh, *chopped*
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Zest and juice lemon.

Make

1. Add oil, garlic, vinegar, lemon juice, 1/2 teaspoon zest, and d ill to a small mason jar. Shake to combine.
2. Season with salt and pepper to taste.
3. Use as a dressing for salads and vegetables or as a marinade.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **125**

	% Daily Value*
Total Fat 14g	**17%**
Saturated Fat 2g	**9%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 2mg	**0%**
Total Carbohydrates 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Protein 0g	
Vitamin D N/A	0%
Calcium 5mg	0%
Iron 0mg	1%
Potassium 26mg	1%

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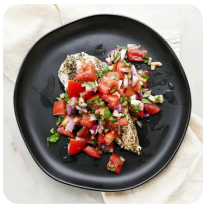
Notes

Serving size ~ 1.5 tablespoons.
If using dried dill, use just 1 tablespoon.

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Chicken Bruschetta

Prep time	Total time	Meal type	Servings
15 minutes	30 minutes	Lunch, Dinner	4

Chicken

Ingredients

- 2 lb chicken breast, boneless and skinless
- 2 Tbs olive oil
- 2 cloves garlic, *minced*
- 1 Tbs Italian seasoning (or other herb mix)
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Pat chicken breasts dry and place in a glass baking dish or dee p bowl.
2. Preheat oven to 375° F.
3. Mince garlic.

Make

1. Whisk together olive oil, garlic, and Italian seasoning. Pour i nto the glass baking dish or deep bowl and add chicken. Turn to coat and let stand for 10 minutes.
2. Place chicken on a parchment-lined baking sheet, sprinkle with Italian seasoning, and season with salt and pepper. Bake for about 20 m inutes until the internal temperature reaches 165° F.
3. Meanwhile, prepare bruschetta topping.
4. Remove chicken from oven and top with bruschetta mixture.
5. Serve immediately.

Bruschetta Topping

Ingredients

- 4 tomatoes, Roma (or other tomato)
- 1/4 cup onion, red, *chopped*
- 1/2 cup basil, fresh, *chopped*
- 2 Tbs olive oil
- 1 Tbs balsamic vinegar (or other vinegar)
- 2 cloves garlic, *minced or pressed*
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Chop tomatoes and basil.
2. Mince garlic.

Make

1. Add all ingredients to a bowl and stir to combine. Season with salt and pepper.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	**358**
	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 2g	**9%**
Trans Fat N/A	
Cholesterol 129mg	**43%**
Sodium 123mg	**5%**
Total Carbohydrates 6g	**2%**
Dietary Fiber 1g	**3%**
Total Sugars 3g	
Protein 52g	
Vitamin D N/A	0%
Calcium 81mg	6%
Iron 3mg	15%
Potassium 629mg	13%

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Spinach and White Beans

Prep time	Total time	Meal type	Servings
10 minutes	15 minutes	Lunch, Dinner, Side	4

Ingredients

- 1/4 cup onion, sweet, *chopped*
- 8 cup spinach, *chopped* (1 head ~4 cups)
- 4 cloves garlic, *minced or pressed*
- 1 Tbs rosemary, fresh, *chopped*
- 1 1/2 cup cannellini beans, canned, *drained and rinsed*
- 2 Tbs olive oil
- salt, *to taste*
- 2 cup vegetable broth
- black pepper, *to taste*
- 1/2 tsp crushed red pepper
- 2 Tbs pine nuts

Directions

Prep

1. Chop spinach, onion, and rosemary. Mince garlic.
2. Drain and rinse cannellini beans.

Make

1. Sauté onion in olive oil in a large sauté pan over medium heat until soft and fragrant. Stir in garlic and rosemary.
2. Add spinach and sauté until wilted, about 1 minute.
3. Add cannellini beans and broth and cook until liquid reduces by half and spinach is tender.
4. Season with salt and pepper.
5. Serve with crushed red pepper and pine nuts.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 227

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1g	**6%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 635mg	**28%**
Total Carbohydrates 27g	**10%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Protein 9g	
Vitamin D N/A	0%
Calcium 143mg	11%
Iron 5mg	28%
Potassium 845mg	18%

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Greek-style Lamb Sauce with Spaghetti Squash

Prep time	Total time	Meal type	Servings
30 minutes	45 minutes	Lunch, Dinner	4

Ingredients

- 4 cup spaghetti squash, *cooked*
- 4 scallions, *chopped*
- 3 cloves garlic, *minced or pressed*
- 1 lb lamb, ground
- 1 tsp oregano, dried
- 1 cup tomatoes, canned, chopped
- 1/2 cup kalamata olives, pitted
- 1 cup feta cheese, *crumbled*
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Preheat oven to 400° F. Pierce skin of spaghetti squash all aro und with a sharp knife. Place on a baking sheet and roast in the oven unti l a knife inserts easily, about 30-40 minutes. Cook time depends on the s ize of the squash. Cut squash in half, remove seeds, and pull apart flesh to make spaghetti.

Make

1. In a heavy skillet, sauté the lamb until cooked through. Remove lamb with a slotted spoon and set aside.
2. In the same pan, sauté scallions, garlic, and oregano until fra grant. Add the lamb back to the pan with tomatoes and simmer for 15 minutes.
3. Stir in olives. Season with salt and pepper to taste.
4. Place 1 cup of spaghetti squash on each plate, top with sauce a nd feta.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 545

	% Daily Value*
Total Fat 43g	**55%**
Saturated Fat 17g	**86%**
Trans Fat N/A	
Cholesterol 116mg	**39%**
Sodium 1234mg	**54%**
Total Carbohydrates 15g	**5%**
Dietary Fiber 3g	**12%**
Total Sugars 5g	
Protein 26g	
Vitamin D N/A	0%
Calcium 262mg	20%
Iron 3mg	18%
Potassium 578mg	12%

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Apple Spinach Salad with Maple Dijon Vinaigrette

Prep time	Total time	Meal type	Servings
20 minutes	25 minutes	Lunch, Dinner, Side	4

Salad

Ingredients

- 5 ounces baby spinach
- 1 Honeycrisp apple, *1/2 thinly sliced, the other 1/2 chopped*
- 1/4 cup pepitas
- 1/4 cup pecans, *chopped*
- 1 large shallot, *thinly sliced*
- 1/4 cup quinoa, *cooked and cooled*
- 1/2 vegetable broth (or 1/2 cup of water)

Directions

Prep

1. Slice half the apple thinly and chop the remaining half.
2. Thinly slice the shallot.
3. Prepare the dressing.

Make

1. Add 1/2 cup vegetable broth (or water) to a small saucepan and bring to a boil.
2. Reduce to a simmer and add 1/4 cup of quinoa. Simmer covered f or 12-15 minutes.
3. Uncover and remove from heat. Let sit for 5 minutes and fluff with a fork. Allow to cool.
4. Add spinach to a large bowl.
5. Top with chopped apple, sliced shallot, pecans, pepitas, and co oled quinoa.
6. Garnish with the reserved thinly sliced apple.
7. Drizzle with dressing and serve.

Dressing

Ingredients

- 1/3 cup olive oil
- 3 Tbs apple cider vinegar
- 1 Tbs Dijon mustard
- 1 Tbs maple syrup
- Salt & pepper to taste

Directions

Make

1. Add all the ingredients to a small jar, shake to combine.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	**306**
	% Daily Value*
Total Fat 27g	**34%**
Saturated Fat 4g	**18%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 153mg	**7%**
Total Carbohydrates 16g	**6%**
Dietary Fiber 4g	**13%**
Total Sugars 9g	
Protein 4g	
Vitamin D N/A	0%
Calcium 61mg	5%
Iron 2mg	12%
Potassium 407mg	9%

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Source: Living Plate

Notes

Water can be substituted for vegetable broth to cook quinoa

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