the center
For Naturopathic Medicine & Functional Nutrition

Sample Meal Plan Week 3 of 4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1615 Calories	0 Calories	1688 Calories	0 Calories	1749 Calories	0 Calories	1680 Calories
Breakfast						
 Scrambled Tofu with Kale and Peppers		 Mediterranean Omelet		 Lemon Cottage Cheese Pancake Rolls with Berries		 High-Protein Waffles  Chocolate Fudge Smoothie
Hydration						
 Mango Cardamom Spritz		 Lemon-Cucumber Infused Water		 Mango Cardamom Spritz		 Lemon-Cucumber Infused Water
Lunch						
 Chicken Waldorf Collard Wraps		 Leftover Chicken Waldorf Collard Wraps		 Curried Tuna Salad & Apples		 Leftover Curried Tuna Salad & Apples
Snack						
 Raspberries with Pecans		 Cottage Cheese Caramelized Onion Dip  Low-GI Vegetable Crudite		 Leftover Cottage Cheese Caramelized Onion Dip  Leftover Low-GI Vegetable Crudite		 Pears with Almond Butter & Hemp Hearts
Dinner						
 Creole Shrimp Sheet Pan Dinner  Brown Rice		 Avocado Lime Salmon  Maple Mustard Dressing  Plain Romaine		 Baked Chickpea, Peanut, and Spinach Curry  Cauliflower Rice		 Grilled Salmon with Mango Salsa



Scrambled Tofu with Kale and Peppers

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

Ingredients

- 12 oz tofu, extra-firm, *crumbled*
- 1 tsp cumin, ground
- 1/4 tsp turmeric
- 4 cup kale, *shredded*
- 1 red bell pepper, *chopped*
- olive oil spray
- Salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Preheat griddle.
2. Shred kale.
3. Chop pepper.

Make

1. Crumble tofu in a bowl. Mix in cumin and turmeric and season with salt and pepper.
2. Spray griddle with oil.
3. Place kale and peppers on warm griddle and sauté until softened.
4. Removed from griddle, spray again and add tofu. Stir with spatula and continue cooking for about 3 minutes.
5. Season with salt and pepper to taste. Serve warm.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **225**

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 159mg	**7%**
Total Carbohydrates 8g	**3%**
Dietary Fiber 4g	**16%**
Total Sugars 4g	
Protein 24g	
Vitamin D N/A	0%
Calcium 527mg	41%
Iron 5mg	26%
Potassium 233mg	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

Prepping your kale and peppers ahead for the week makes this a breeze on a busy morning.

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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 tomatoes and sauté until they are soft. Add spinach and basil and sauté until 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 until firm. Add 1/4 of the vegetables on one half then fold over. Season with salt and pepper.
6. Remove from pan and keep covered. Continue with remaining omelets.

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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Lemon Cottage Cheese Pancake Rolls with Berries

Prep time	Total time	Meal type	Servings
15 minutes	30 minutes	Breakfast, Snack	4

Ingredients

- 1 lemon*, zested and juiced*
- 4 eggs, large
- 3 cup cottage cheese, whole-milk
- 2 tsp vanilla extract
- 2 Tbs baking powder
- 2 cup oats, quick-cook
- 2 cup blueberries
- 2 Tbs maple syrup
- oil, spray*, as needed*

Directions

Prep

1. Zest and juice lemon.
2. Preheat a griddle or non-stick pan to medium.

Make

1. Add cottage cheese, eggs, vanilla, baking powder, and oats to a blender. Process until creamy. Let the mixture sit for 10 minutes for the oats to soften.
2. Add blueberries, maple syrup, and lemon juice to a saucepan and simmer over medium heat, stirring frequently, until the berries break down - about 5 minutes.
3. Lightly spray the griddle or pan with spray oil and, using an ice cream scoop or two spoons to transfer batter, cook pancakes for about 4-5 minutes on each side.
4. Remove to plates and top with warm berry mixture.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 402

	% Daily Value*
Total Fat 13g	**16%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 209mg	**70%**
Sodium 1378mg	**60%**
Total Carbohydrates 48g	**17%**
Dietary Fiber 6g	**21%**
Total Sugars 18g	
Protein 26g	
Vitamin D N/A	0%
Calcium 178mg	14%
Iron 3mg	14%
Potassium 291mg	6%

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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 batter 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 maker. Close and wait until the signal that the waffle is done. If you try and 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 64IU	319%
Calcium 321mg	25%
Iron 2mg	13%
Potassium 406mg	9%

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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, freeze, then pop it in the toaster for a quick, protein-powered breakfast.

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Chocolate Fudge Smoothie

Prep time	Total time	Meal type	Servings
10 minutes	10 minutes	Breakfast, Snack, Side	2

Ingredients

- 1 cup coconut milk, canned
- 1 cup Zucchini, *chopped and frozen*
- 1/4 cup cocoa powder, unsweetened
- 2 medjool dates, *pitted and chopped*
- 1 Tbs almond butter
- salt, *pinch*
- 1/2 cup water (or more as needed)

Directions

Prep

1. Chop and freeze zucchini.

Make

1. Add all ingredients to a blender and process until smooth and creamy. Add more water as needed to process.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 373

	% Daily Value*
Total Fat 30g	**39%**
Saturated Fat 23g	**113%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 23mg	**1%**
Total Carbohydrates 31g	**11%**
Dietary Fiber 6g	**22%**
Total Sugars 18g	
Protein 7g	
Vitamin D N/A	0%
Calcium 86mg	7%
Iron 6mg	34%
Potassium 908mg	19%

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Notes

This smoothie can be added to popsicle molds for a delicious frozen treat!

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Mango Cardamom Spritz

Prep time	Total time	Meal type	Servings
-	10 minutes	Side, Snack	2

Mocktail

Ingredients

- 1 cup mango nectar, *(chilled)*
- 1/2 lime, juiced (2 tbsp) lime juiced
- 1/8 tsp cardamom (just a pinch — adjust based on strength)
- 1 cup sparkling water
- 1 oz ice cubes
- 2 cups Zero Proof Gin (optional)
- 1 lime lime
- 1 mint sprigs for garnish (Optional)

Directions

Make

1. In a small pitcher or cocktail shaker, combine the mango purée, lime juice, and ground cardamom.
2. Stir or shake well to infuse the spice. You can do this up to a day ahead and keep it refrigerated to infuse.
3. Pour in the sparkling water and stir gently to avoid losing carbonation.
4. Add non-alcoholic spirit, if desired.
5. Fill two glasses with ice cubes. Divide the mixture evenly between the glasses.
6. Top with a lime wheel or a sprig of mint for a pop of freshness and a beautiful garnish.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 76

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 8mg	**0%**
Total Carbohydrates 21g	**8%**
Dietary Fiber 1g	**5%**
Total Sugars 16g	
Protein 0g	
Vitamin D N/A	0%
Calcium 51mg	4%
Iron 1mg	4%
Potassium 76mg	2%

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Notes

You can swap the water for a dealcoholized or alcohol-free sparkling wine.

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Lemon-Cucumber Infused Water

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

Ingredients

- 13 1/2 Tbs water
- 1/2 lemon*, sliced* (or other citrus)
- 2 slices cucumber

Directions

Prep

1. Slice lemon.

Make

1. Add lemon to water and enjoy!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **18**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 2mg	**0%**
Total Carbohydrates 6g	**2%**
Dietary Fiber 2g	**6%**
Total Sugars 2g	
Protein 1g	
Vitamin D N/A	0%
Calcium 18mg	1%
Iron 0mg	2%
Potassium 114mg	2%

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Notes

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

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Chicken Waldorf Collard Wraps

Prep time	Total time	Meal type	Servings
10 minutes	15 minutes	Lunch, Dinner	2

Ingredients

- 4 collards, leaves*, trimmed*
- 10 oz chicken breast, canned*, drained*
- 2 scallions*, chopped*
- 1/4 cup mayonnaise, unsweetened
- 2 Tbs parsley*, chopped*
- 1/3 cup Walnuts, raw*, chopped*
- salt*, to taste*
- black pepper*, to taste*
- 1/2 avocado*, sliced*

Directions

Prep

1. Drain chicken and place in a large bowl.
2. Chop scallions and walnuts.
3. Remove stems of collards. Place each leaf on a flat surface and, using a sharp knife or vegetable peeler, shave off some of the spine to make it more flexible. Rinse in very hot water to soften and set aside.

Make

1. To the chicken, add mayonnaise and stir with a fork until the chicken is flaky. Season with salt and pepper and stir in scallions and walnuts.
2. Add chicken mixture to collards, top with some avocado, and wrap.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 638

	% Daily Value*
Total Fat 52g	**66%**
Saturated Fat 7g	**36%**
Trans Fat N/A	
Cholesterol 101mg	**34%**
Sodium 864mg	**38%**
Total Carbohydrates 9g	**3%**
Dietary Fiber 5g	**17%**
Total Sugars 1g	
Protein 40g	
Vitamin D N/A	0%
Calcium 101mg	8%
Iron 3mg	18%
Potassium 576mg	12%

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Notes

Other combinations to consider: canned tuna + sunflower seeds, canned salmon + pepitas.

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Curried Tuna Salad & Apples

Prep time	Total time	Meal type	Servings
10 minutes	10 minutes	Lunch	2

Ingredients

- 5 oz tuna, *drained*
- 2 Tbs mayonnaise
- 1 Tbs curry powder
- 1 Tbs dijon mustard
- 2 medjool dates, *chopped*
- 2 Tbs walnuts, *chopped*
- 2 apples, *sliced in rounds*

Directions

Make

1. Mix all ingredients except apples in a small bowl.
2. Top apple rounds with tuna.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 427

	% Daily Value*
Total Fat 17g	**21%**
Saturated Fat 2g	**12%**
Trans Fat 0g	
Cholesterol 39mg	**13%**
Sodium 320mg	**14%**
Total Carbohydrates 52g	**19%**
Dietary Fiber 8g	**28%**
Total Sugars 39g	
Protein 18g	
Vitamin D N/A	0%
Calcium 74mg	6%
Iron 2mg	12%
Potassium 736mg	16%

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Notes

If you don't like tuna, you can also use canned salmon for this recipe.

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Raspberries with Pecans

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

Ingredients

- 1 cup raspberries
- 1/2 cup pecans, raw

Directions

Make

1. Wash raspberries and enjoy with pecans!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 220

	% Daily Value*
Total Fat 20g	**26%**
Saturated Fat 2g	**8%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium N/A	**0%**
Total Carbohydrates 11g	**4%**
Dietary Fiber 7g	**24%**
Total Sugars 4g	
Protein 3g	
Vitamin D N/A	0%
Calcium 19mg	1%
Iron 1mg	7%
Potassium 230mg	5%

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Cottage Cheese Caramelized Onion Dip

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

Ingredients

- 2 sweet onion, large, *cut into slivers*
- 1/4 cup chives, fresh, *chopped*
- 2 Tbs olive oil
- 3 cup cottage cheese, whole-milk
- 1 tsp garlic powder

Directions

Prep

1. Slice onion and chop chives.

Make

1. Add olive oil and onion to a skillet and sauté over medium heat until the onion begins to soften. Continue sautéing until the onion begins to brown, adding water a tablespoon at a time to deglaze the pan. The sugar from the onion will naturally caramelize and turn brown, but you don't want it to burn.
2. Once the onion has completely softened and is brown, remove from heat and set aside to cool.
3. Add cottage cheese, yogurt, garlic, powder, and pepper to a blender and process until creamy. Pour into a bowl and stir in cooled onions and chives.
4. Serve with raw vegetables.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **113**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 13mg	**1%**
Total Carbohydrates 13g	**5%**
Dietary Fiber 1g	**5%**
Total Sugars 8g	
Protein 1g	
Vitamin D N/A	0%
Calcium 33mg	3%
Iron 0mg	2%
Potassium 197mg	4%

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Low-GI Vegetable Crudite

Prep time	Total time	Meal type	Servings
15 minutes	30 minutes	Snack	4

Ingredients

- 2 cup carrots, baby
- 6 celery stalks, *cut in half*
- 1 head broccoli, *steamed, cut into florets*

Directions

Prep

1. Wash carrots, slice celery, and steam broccoli [or use any leftover cooked low-GI vegetable].

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 53

	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**1%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 133mg	**6%**
Total Carbohydrates 11g	**4%**
Dietary Fiber 4g	**15%**
Total Sugars 5g	
Protein 2g	
Vitamin D N/A	0%
Calcium 77mg	6%
Iron 1mg	4%
Potassium 574mg	12%

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Pears with Almond Butter & Hemp Hearts

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

Ingredients

- 1 pear, *sliced*
- 1 Tbs almond butter
- 1/2 tsp cinnamon
- 1 Tbs hemp hearts

Directions

Make

1. Drizzle pear slices with almond butter.
2. Sprinkle with hemp hearts and cinnamon. Optional: add a pinch of flaky salt.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **255**

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 2g	**9%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 2mg	**0%**
Total Carbohydrates 33g	**12%**
Dietary Fiber 9g	**31%**
Total Sugars 18g	
Protein 7g	
Vitamin D N/A	0%
Calcium 38mg	3%
Iron 2mg	10%
Potassium 342mg	7%

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Creole Shrimp Sheet Pan Dinner

Prep time	Total time	Meal type	Servings
20 minutes	40 minutes	Lunch, Dinner	4

Stir Fry

Ingredients

- 1 1/2 lb shrimp, *peeled and deveined*
- 2 Tbs Creole seasoning
- 2 Tbs olive oil
- 2 zucchini, *chopped*
- 1 red bell pepper, *chopped*
- 1 red onion, *chopped*
- 1 lb green beans, *snapped and cut into 2" pieces*

Directions

Prep

1. Toss shrimp with 1 tablespoon of Creole seasoning and let stand while you prep other ingredients.
2. Chop zucchini, pepper, onion, and green beans.
3. Preheat oven to 375ºF.

Make

1. Toss all vegetables with shrimp, olive oil, and an additional tablespoon of seasoning.
2. Place on lined sheet pan and spread out evenly [for easy clean-up line sheet pan with foil first, then a sheet of parchment paper.]
3. Bake for about 20 minutes until shrimp is cooked through.
4. Serve with brown rice or cauliflower rice.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 253

	% Daily Value*
Total Fat 7g	**10%**
Saturated Fat 1g	**5%**
Trans Fat N/A	
Cholesterol 105mg	**35%**
Sodium 723mg	**31%**
Total Carbohydrates 16g	**6%**
Dietary Fiber 5g	**19%**
Total Sugars 9g	
Protein 26g	
Vitamin D N/A	0%
Calcium 133mg	10%
Iron 2mg	10%
Potassium 764mg	16%

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Brown Rice

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

Ingredients

- 1 cup brown rice
- 2 cup water
- 1 Tbs olive oil
- salt, *to taste*

Directions

Make

1. Combine rice, olive oil, salt and water in saucepan.
2. Bring to boil.
3. Cover and simmer 45 minutes.
4. Turn off heat, let sit covered additional 10 minutes.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 202

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 1g	**4%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 7mg	**0%**
Total Carbohydrates 36g	**13%**
Dietary Fiber 2g	**6%**
Total Sugars N/A	
Protein 4g	
Vitamin D N/A	0%
Calcium 19mg	1%
Iron 1mg	5%
Potassium 127mg	3%

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Avocado Lime Salmon

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

Ingredients

- 1 1/2 lb salmon*, skinless*
- 1 clove garlic*, minced*
- 1 tsp olive oil
- salt*, to taste*
- pepper*, to taste*
- 2 tsp paprika
- 1 avocado*, chopped*
- 1 red onion*, chopped*
- 4 Tbs cilantro, fresh*, chopped*
- 4 Tbs olive oil
- 4 Tbs lime juice

Directions

Make

1. Preheat oven to 400˚F.
2. On a baking sheet, season salmon with garlic, olive oil, salt, pepper, and paprika.
3. Bake for 10–12 minutes.
4. In a small bowl, mix avocado topping ingredients until fully incorporated. Don't overmix or you'll break down your avocado.
5. Spoon avocado topping over the salmon.
6. Enjoy!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 559

	% Daily Value*
Total Fat 43g	**55%**
Saturated Fat 8g	**40%**
Trans Fat N/A	
Cholesterol 94mg	**31%**
Sodium 106mg	**5%**
Total Carbohydrates 8g	**3%**
Dietary Fiber 3g	**12%**
Total Sugars 2g	
Protein 36g	
Vitamin D N/A	0%
Calcium 33mg	3%
Iron 1mg	7%
Potassium 882mg	19%

* 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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Maple Mustard Dressing

Prep time	Total time	Meal type	Servings
5 minutes	5 minutes	Lunch, Dinner, Snack, Side	10

Ingredients

- 2 Lemons, *Juiced*
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- 4 tsp Maple Syrup
- 4 tsp Mustard, dijon
- Black Pepper, to taste

Directions

Prep

1. Juice lemons.

Make

1. Pour all ingredients into a medium bowl and whisk to combine. Alternatively, pour into a mason jar and seal, then shake vigorously to combine.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **114**

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 1g	**7%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 56mg	**2%**
Total Carbohydrates 4g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 3g	
Protein 0g	
Vitamin D N/A	0%
Calcium 2mg	0%
Iron 0mg	1%
Potassium 17mg	0%

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Plain Romaine

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

Ingredients

- 2 heads romaine lettuce, *chopped*

Directions

Prep

1. Wash and dry lettuce. Chop.

Make

1. Serve with your favorite dressing.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **53**

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 25mg	**1%**
Total Carbohydrates 10g	**4%**
Dietary Fiber 7g	**23%**
Total Sugars 4g	
Protein 4g	
Vitamin D N/A	0%
Calcium 103mg	8%
Iron 3mg	17%
Potassium 773mg	16%

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Baked Chickpea, Peanut, and Spinach Curry

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

Ingredients

- 1/2 cup onion*, chopped*
- 2 garlic cloves*, minced*
- 1 tsp ginger*, minced*
- 2 sweet potatoes*, peeled and chopped*
- 2 cup spinach*, chopped*
- 1 cup coconut milk, canned
- 2 Tbs peanut butter, smooth
- 2 Tbs vegetable oil
- 2 Tbs curry powder
- 1/2 tsp salt
- 15 oz diced tomatoes
- 15 oz chickpeas*, drained*
- 1/4 cup water

Directions

Prep

1. Preheat oven to 375° F.
2. Prep vegetables: chop onion, mince garlic, mince ginger, peel and chop sweet potatoes, chop spinach.
3. Whisk together coconut milk and peanut butter.

Make

1. Add oil and curry powder to a roasting pan with sides. Add onion, garlic, ginger, and sweet potatoes and stir to coat.
2. Bake for about 15 minutes, stirring once, until sweet potatoes have softened and onions are browned.
3. Remove from oven and add tomatoes, chickpeas, water, and coconut milk-peanut butter mixture. Stir well.
4. Baked for an additional 15 minutes, stirring occasionally.
5. Remove from oven, stir in spinach, and let stand for a few minutes for spinach to wilt before serving.
6. Season with salt and pepper to taste.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 507

	% Daily Value*
Total Fat 27g	**34%**
Saturated Fat 12g	**62%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 527mg	**23%**
Total Carbohydrates 57g	**21%**
Dietary Fiber 17g	**60%**
Total Sugars 14g	
Protein 18g	
Vitamin D N/A	0%
Calcium 271mg	21%
Iron 10mg	56%
Potassium 1466mg	31%

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Cauliflower Rice

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

Ingredients

- 4 Tbs olive oil
- 1 medium onion*, diced*
- 1 cup celery*, finely diced*
- 1 head cauliflower*, trimmed and coarsely chopped*
- 1/4 tsp salt

Directions

Prep

1. Chop onion and celery.
2. Trim cauliflower. Hold entire head and shred on box shredder to create rice. Alternatively, you can chop finely or place florets in food processor and chop to resemble rice grains.

Make

1. In a large skillet, heat olive oil over medium heat.
2. Sauté onion for 8 minutes, until soft.
3. Add celery to skillet and sauté 5 minutes more.
4. Add cauliflower to skillet, cover and cook 5-10 minutes, until soft, then add salt to taste.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 171

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 2g	**10%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 211mg	**9%**
Total Carbohydrates 11g	**4%**
Dietary Fiber 4g	**14%**
Total Sugars 4g	
Protein 3g	
Vitamin D N/A	0%
Calcium 49mg	4%
Iron 1mg	4%
Potassium 545mg	12%

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Grilled Salmon with Mango Salsa

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

Salmon

Ingredients

- 2 Tbs olive oil
- 1 1/2 lb salmon
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Heat grill to medium-high heat.
2. Divide salmon into 4 equal filets with skin on.

Make

1. Brush each salmon fillet with 1/2 tablespoon of olive oil sprinkle with salt and pepper to taste.
2. Place on the grill, skin side up first [flesh side should be grilled first to avoid early separation from skin]. Grill salmon until firm and browned, about 4 minutes per side. This can also be done in a grill pan.
3. Transfer salmon to a serving platter.

Salsa

Ingredients

- 1/2 cup tomato, *chopped*
- 2 cup mango, *chopped*
- 1/4 cup scallions, *minced*
- 1/2 bell pepper, red, *chopped*
- 1 lime, *juiced*
- 1/2 tsp jalapeño pepper, *minced*
- 3 Tbs cilantro, fresh, *chopped*
- salt, *to taste*

Directions

Prep

1. Dice the mango, tomato, and bell pepper.
2. Mince scallions and jalapeño.
3. Juice lime and finely chop cilantro.

Make

1. Mix all ingredients in a bowl and season with salt.
2. Spoon over warm salmon filets just before serving.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	**312**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 3g	**16%**
Trans Fat N/A	
Cholesterol 83mg	**28%**
Sodium 266mg	**12%**
Total Carbohydrates 13g	**5%**
Dietary Fiber 1g	**3%**
Total Sugars 10g	
Protein 34g	
Vitamin D N/A	0%
Calcium 23mg	2%
Iron 151mg	839%
Potassium 903mg	19%

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Source Living Plate

Notes

Other fish options: Baked cod or flounder. Grilled tuna or halibut.
Other fruit options: peaches, nectarines, pineapple.

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