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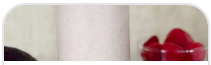
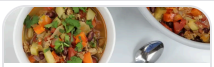
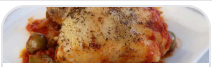
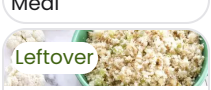
For Naturopathic Medicine & Functional Nutrition

Sample Meal Plan
Week 1 of 4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1634 Calories	0 Calories	1875 Calories	0 Calories	1711 Calories	0 Calories	1695 Calories
Breakfast						
 Mediterranean Omelet  Cantaloupe		 Blueberry Hemp Detox Smoothie  Whey Protein Powder - 25 g		 Creamy Avocado Berry Smoothie  Whey Protein Powder - 25 g		 High-Protein Waffles  Plain Greek Yogurt (0%)  Strawberries
Hydration						
 Lemon-Cucumber Infused Water		 Orange-Mint Water with Cucumber		 Lemon-Cucumber Infused Water		 Orange-Mint Water with Cucumber
Lunch						
 Greek-style Chopped Salad  Grilled Chicken Breast		 Mashed Chickpea Salad  Leftover Grilled Chicken Breast		 Leftover Mashed Chickpea Salad  Leftover Grilled Chicken Breast		 Ultimate Minestrone Soup
Snack						
 Cottage Cheese with Berries and Hemp Seeds		 Leftover Cottage Cheese with Berries and Hemp Seeds		 Oatmeal Banana Breakfast Bars		 Turkey Wraps with Vegetables
Dinner						
 Game Day Chili with Turkey  Lemon-Garlic Dressing  Plain Romaine		 Baked Chicken Cacciatore  Cauliflower Rice		 Mediterranean Shrimp Packet Meal  Leftover Cauliflower Rice		 Teriyaki Salmon and Broccoli  Brown Rice



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%

* 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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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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Blueberry Hemp Detox Smoothie

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

Ingredients

- 2 cup spinach, baby, *loosely packed*
- 2 cup blueberries, *frozen*
- 1 banana, *frozen and cut into chunks*
- 2 Tbs chia seeds
- 2 Tbs cocoa powder, *unsweetened*
- 2 cup hemp milk, *unsweetened*
- 1 Tbs hemp seeds

Directions

Make

1. Place all ingredients in blender and process until smooth.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 307

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 1g	**6%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 139mg	**6%**
Total Carbohydrates 43g	**16%**
Dietary Fiber 13g	**47%**
Total Sugars 21g	
Protein 10g	
Vitamin D N/A	0%
Calcium 401mg	31%
Iron 6mg	31%
Potassium 815mg	17%

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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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Creamy Avocado Berry Smoothie

Prep time	Total time	Meal type	Servings
5 minutes	10 minutes	Breakfast, Lunch, Snack	1

Ingredients

- 1/2 cup zucchini*, chopped and frozen*
- 1/2 banana*, frozen*
- 1/2 cup berries, frozen
- 1/4 avocado
- 1 Tbs almond butter (or alternative)
- 1 cup spinach
- 1 cup almond milk (or alternative)

Directions

Prep

1. While it is not completely necessary to freeze the zucchini and banana, it does yield a creamier smoothie.

Make

1. Add all ingredients to blender and process until creamy.
2. If more sweetness is desired, feel free to add sweetener of choice to taste.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 314

	% Daily Value*
Total Fat 20g	**26%**
Saturated Fat 2g	**11%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 259mg	**11%**
Total Carbohydrates 34g	**12%**
Dietary Fiber 12g	**42%**
Total Sugars 15g	
Protein 8g	
Vitamin D N/A	0%
Calcium 119mg	9%
Iron 3mg	14%
Potassium 989mg	21%

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

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Plain Greek Yogurt (0%)

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

Ingredients

- 1 cup plain Greek yogurt, non-fat

Directions

No directions

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 100

	% Daily Value*
Total Fat N/A	**0%**
Saturated Fat N/A	**0%**
Trans Fat N/A	
Cholesterol 5mg	**2%**
Sodium 160mg	**7%**
Total Carbohydrates 15g	**5%**
Dietary Fiber N/A	**0%**
Total Sugars 12g	
Protein 10g	
Vitamin D N/A	0%
Calcium 350mg	27%
Iron N/A	0%
Potassium N/A	0%

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Strawberries



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

Ingredients

- 2 cup Strawberries

Directions

Make

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

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 47

	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat N/A	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 1mg	**0%**
Total Carbohydrates 11g	**4%**
Dietary Fiber 3g	**10%**
Total Sugars 7g	
Protein 1g	
Vitamin D N/A	0%
Calcium N/A	0%
Iron N/A	0%
Potassium 220mg	5%

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Notes

Recommendations for preparation:
Wash before eating and then enjoy as a snack

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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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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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Greek-style Chopped Salad

Prep time	Total time	Meal type	Servings
25 minutes	30 minutes	Lunch, Dinner, Side	8

Salad

Ingredients

- 8 cup romaine lettuce*, chopped*
- 2 cup cucumber chopped*, chopped*
- 1 pnt grape tomatoes*, halved*
- 1 red bell pepper*, chopped*
- 14 oz artichoke hearts, canned*, rinsed, drained, and chopped*
- 1/2 red onion*, chopped*
- 1/2 cup kalamata olives*, pitted and halved*
- 14 oz chickpeas*, rinsed and drained*
- 6 oz feta cheese*, crumbled*

Directions

Prep

1. Prepare all ingredients as directed.

Make

1. Add all ingredients, except feta, to the bowl and toss with enough dressing to coat.
2. Add feta cheese and serve.

Dressing

Ingredients

- 1/2 cup olive oil
- 1/3 cup red wine vinegar
- 2 Tbs lemon juice
- 2 cloves garlic*, minced*
- 1 tsp dried oregano
- 1/4 tsp salt*, to taste*
- 1 black pepper*, to taste*

Directions

Prep

1. Mince or press garlic.

Make

1. Add all ingredients to a Mason jar with a lid and shake to combine. You can also use a whisk to incorporate.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	**330**
	% Daily Value*
Total Fat 22g	**28%**
Saturated Fat 6g	**28%**
Trans Fat N/A	
Cholesterol 19mg	**6%**
Sodium 362mg	**16%**
Total Carbohydrates 27g	**10%**
Dietary Fiber 9g	**32%**
Total Sugars 7g	
Protein 10g	
Vitamin D N/A	0%
Calcium 179mg	14%
Iron 3mg	17%
Potassium 600mg	13%

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Grilled Chicken Breast

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

Ingredients

- 1 1/2 lb chicken breast*, pre-cooked*

Directions

Make

1. 1. Chop or slice pre-cooked chicken breast as a topping for salads.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 213

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 2g	**9%**
Trans Fat N/A	
Cholesterol 136mg	**45%**
Sodium 145mg	**6%**
Total Carbohydrates N/A	**0%**
Dietary Fiber N/A	**0%**
Total Sugars N/A	
Protein 34g	
Vitamin D N/A	0%
Calcium 20mg	2%
Iron 2mg	10%
Potassium 378mg	8%

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Mashed Chickpea Salad

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

Ingredients

- 1/2 Lemon, *Juiced and Zested* (for 1 tsp zest)
- 1 oz Chickpeas, canned, *Drained and Rinsed*
- 1 Tbs Olive Oil
- 1/2 cup celery, *chopped*
- 2 Tbs Olives, kalamata, *Pitted and Chopped*
- 1 Tbs Parsley, fresh, *Chopped*
- 1/4 Onion, red, *Chopped*
- Salt, *to taste*
- Pepper, *to taste*
- 3 Tbs sunflower seeds, raw

Directions

Prep

1. Chop olives, celery, onion, and parsley. Zest and juice lemon.
2. Drain and rinse chickpeas.

Make

1. Add chickpea, lemon juice, 1 teaspoon of zest, and olive oil to a bowl. Using a potato masher or fork, mash chickpeas to a coarse paste.
2. Mix in the chopped ingredients, sunflower seeds, and season to taste.
3. Enjoy on a bed of greens or as a filling for your favorite sandwich [we LOVE using romaine lettuce leaves as a vehicle.]

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 353

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 2g	**8%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 661mg	**29%**
Total Carbohydrates 44g	**16%**
Dietary Fiber 13g	**48%**
Total Sugars 5g	
Protein 13g	
Vitamin D N/A	0%
Calcium 123mg	9%
Iron 4mg	23%
Potassium 708mg	15%

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Ultimate Minestrone Soup

Prep time	Total time	Meal type	Servings
15 minutes	45 minutes	Lunch, Dinner, Side	8

Ingredients

- 1 lb pasta, whole-grain, elbow (gluten-free if necessary)
- 4 cloves garlic*, minced*
- 1 medium onion*, chopped*
- 4 medium carrots*, peeled and chopped*
- 4 ribs celery*, chopped*
- 1 small zucchini*, chopped*
- 1 cup parsley*, chopped*
- 14 oz tomatoes, fire-roasted, canned (1)
- 1 sprig thyme, fresh (1 Teaspoon Dried Thyme)
- 2 Tbs olive oil
- 2 bay leaves
- 6 cup vegetable broth, low sodium
- 1 1/2 cup white beans, canned*, drained and rinsed*
- 2 Tbs pesto Optional
- 1/2 tsp red pepper flakes Optional
- black pepper*, to taste*
- salt*, to taste*

Directions

Prep

1. Cook pasta and set aside. You will stir pasta in after the soup has cooked.
2. Chop all vegetables according to directions.

Make

1. Heat the oil in a large pot over medium-high heat. Add the garlic and onion. Cook, stirring frequently, for 1-2 minutes, or until softened.
2. Add the carrots and celery. Continue cooking for 5 minutes
3. Add tomatoes, thyme, bay leaves, and broth. Simmer for 20 minutes or until vegetables are tender.
4. Add the beans, zucchini, and parsley—season with salt and pepper to taste [and hot pepper if desired].
5. Stir in pasta and serve topped with some pesto.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	**278**
	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 1g	**5%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 439mg	**19%**
Total Carbohydrates 40g	**14%**
Dietary Fiber 4g	**15%**
Total Sugars 5g	
Protein 9g	
Vitamin D N/A	0%
Calcium 93mg	7%
Iron 4mg	20%
Potassium 531mg	11%

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Cottage Cheese with Berries and Hemp Seeds

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

Ingredients

- 2 cup cottage cheese, whole-milk
- 1/2 cup blueberries
- 1/4 cup 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 272

	% Daily Value*
Total Fat 16g	**20%**
Saturated Fat 5g	**25%**
Trans Fat N/A	
Cholesterol 30mg	**10%**
Sodium 461mg	**20%**
Total Carbohydrates 10g	**4%**
Dietary Fiber 2g	**6%**
Total Sugars 7g	
Protein 26g	
Vitamin D N/A	0%
Calcium 126mg	10%
Iron 2mg	9%
Potassium 268mg	6%

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Source: Living Plate

Notes

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

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Oatmeal Banana Breakfast Bars

Prep time	Total time	Meal type	Servings
15 minutes	40 minutes	Breakfast, Snack, Side	10

Ingredients

- 2 bananas, *small*
- 1/2 cup almond butter, *or other nut/seed butter*
- 2 eggs
- 1 tsp vanilla extract
- 2 Tbs coconut oil, *melted*
- 3 Tbs maple syrup
- 1 1/2 cup oats, quick-cook, *gluten-free if necessary*
- 1/2 cup almond flour
- 1/2 cup coconut flour
- 1/4 cup flax meal
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup dark chocolate chips

Directions

Prep

1. Peel and chop bananas.
2. Preheat oven to 350°F and line baking sheet with parchment paper.

Make

1. Add bananas, almond butter, eggs, vanilla extract, coconut oil, and maple syrup to a blender or food processor and process until smooth.
2. In a mixing bowl, whisk together oats, flours, flax meal, baking powder, and baking soda. Make a well in the middle and add wet ingredients.
3. Stir until just combined then stir in chips.
4. Using an ice cream scoop or 1/4 cup measuring cup, place batter on parchment-line baking sheet and shape into bars [or any shape you would like].
5. Bake for 15-18 minutes or until edges are brown.
6. Cool on wire rack. Wrap and freeze leftovers

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 237

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 4g	**19%**
Trans Fat 0g	
Cholesterol 33mg	**11%**
Sodium 100mg	**4%**
Total Carbohydrates 24g	**9%**
Dietary Fiber 5g	**19%**
Total Sugars 8g	
Protein 8g	
Vitamin D N/A	0%
Calcium 87mg	7%
Iron 7mg	39%
Potassium 380mg	8%

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Turkey Wraps with Vegetables

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

Ingredients

- 1 red pepper, *sliced*
- 1 cucumber, *sliced into spears*
- 1/2 head romaine lettuce, *leaves separated*
- 1/4 cup hummus, *prepared*
- 8 oz sliced turkey

Directions

Prep

1. Slice pepper and cucumber.
2. Separate romaine lettuce leaves.

Make

1. Spread largest romaine leaves with hummus.
2. Layer turkey and vegetables.
3. If making the day before, store in an airtight container.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 264

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 150mg	**7%**
Total Carbohydrates 23g	**8%**
Dietary Fiber 7g	**27%**
Total Sugars 9g	
Protein 23g	
Vitamin D N/A	0%
Calcium 96mg	7%
Iron 3mg	17%
Potassium 877mg	19%

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Game Day Chili with Turkey

Prep time	Total time	Meal type	Servings
15 minutes	45 minutes	Lunch, Dinner	6

Ingredients

- 1 Tbs olive oil
- 1 onion, sweet, *chopped*
- 4 cloves garlic, *minced*
- 1 lb turkey, ground
- 2 tsp cumin, ground
- 1/2 Tbs chili powder
- 1 zucchini, *chopped*
- 3 carrots, *peeled and chopped*
- 1 red bell pepper, *chopped*
- 1 1/2 cup tomatoes, canned diced (fire roasted)
- 1 cup vegetable broth, low-sodium
- 1 (15 oz.) can red kidney beans, *drained and rinsed*
- 1/2 cup cilantro, *chopped*
- hot sauce optional

Directions

Prep

1. Chop onion, zucchini, carrots, red pepper.
2. Mince garlic.
3. Drain and rinse kidney beans.

Make

1. In a sauce pot, sauté onion and garlic gently in oil until soft and fragrant. Add turkey and continue to cook for additional 3 minutes.
2. Add cumin and chili powder and stir to coat vegetables and turkey.
3. Add zucchini, carrots, pepper, tomatoes, and broth. Add enough broth to cover vegetables.
4. Bring to a boil. Immediately reduce heat and simmer for 20 minutes.
5. Stir in kidney beans and simmer for 2 more minutes.
6. Serve with cilantro and hot sauce, if using.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 431

	% Daily Value*
Total Fat 10g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 52mg	**17%**
Sodium 281mg	**12%**
Total Carbohydrates 57g	**21%**
Dietary Fiber 14g	**51%**
Total Sugars 9g	
Protein 33g	
Vitamin D N/A	0%
Calcium 135mg	10%
Iron 7mg	39%
Potassium 1595mg	34%

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Notes

This chili gets better with age - leftovers will be delicious. You can also freeze any leftovers.

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Lemon-Garlic Dressing

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

Ingredients

- 4 Tbs olive oil
- 1 clove garlic, *pressed*
- 1 1/2 Tbs vinegar, red wine
- 1 lemon, *zested and juiced*
- 1/2 tsp thyme, dried
- 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 thyme 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 1mg	**0%**
Total Carbohydrates 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Protein 0g	
Vitamin D N/A	0%
Calcium 5mg	0%
Iron 0mg	2%
Potassium 19mg	0%

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Notes

Serving size ~ 1.5 tablespoons.

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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 Chicken Cacciatore

Prep time	Total time	Meal type	Servings
10 minutes	30 minutes	Lunch, Dinner	6

Ingredients

- 6 chicken thighs, *bone-in with skin*
- 1 Tbs oregano
- salt and pepper, *to taste*
- 1 onion, *sliced*
- 1 pepper, *sliced*
- 1/4 cup olive oil
- 2 cup tomato sauce, prepared
- 1/2 cup green olives

Directions

Prep

1. Season chicken thighs with salt [if desired], pepper, and oregano.
2. Slice onion and pepper.
3. Preheat oven to 375°F.

Make

1. Add olive oil to the bottom of a roasting pan with sides. Add onion and pepper and stir to coat.
2. Place chicken thighs on top of vegetables and bake for 20 minutes.
3. Remove from oven and add tomato sauce in between chicken thighs [avoid tops if you want them to remain crispy.]
4. Add olives and return to oven for an additional 10 minutes or until the thickest part of the chicken thighs reaches an internal temperature of 165°F.
5. Remove from oven and serve.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 439

	% Daily Value*
Total Fat 31g	**40%**
Saturated Fat 7g	**36%**
Trans Fat 0g	
Cholesterol 168mg	**56%**
Sodium 906mg	**39%**
Total Carbohydrates 10g	**4%**
Dietary Fiber 3g	**10%**
Total Sugars 5g	
Protein 32g	
Vitamin D N/A	0%
Calcium 63mg	5%
Iron 2mg	14%
Potassium 660mg	14%

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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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Mediterranean Shrimp Packet Meal

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

Ingredients

- 1 Zucchini, medium, *Sliced into half circles*
- 1 cup Cherry Tomatoes, *Halved*
- 1/2 tsp Salt
- 1/2 tsp Black Pepper
- 4 Tbs Olive Oil
- 24 oz Shrimp, large, *peeled and deveined*
- 4 Garlic Cloves, *Minced*
- 1 Lemon, *Juiced and Zested*
- 1/4 cup Parsley, fresh, *Chopped*
- 1/2 tsp Red Pepper Flakes

Directions

Prep

1. Preheat oven to 400 degrees Fahrenheit.
2. Wash and cut all vegetables.
3. Prepare a 10x12 inch piece of tinfoil and parchment paper for each serving.

Make

1. Spread out each piece of tinfoil on a baking sheet and top each with a piece of parchment paper. Slightly crimp the edges to prevent juices from running.
2. Fill each packet with zucchini and cherry tomatoes. Season with salt and pepper. Top with shrimp.
3. In a small bowl, whisk together olive oil, garlic, lemon juice and zest, and crushed red pepper flakes. Pour mixture over the shrimp.
4. Fold the edges of the packet over the shrimp and fold to seal. Bake for 16 minutes. Remove from the oven and allow to cool for 2 minutes before opening. Caution: steam will escape the packet when opened.
5. Garnish opened packets with fresh parsley and serve.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 294

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 274mg	**91%**
Sodium 504mg	**22%**
Total Carbohydrates 6g	**2%**
Dietary Fiber 2g	**6%**
Total Sugars 3g	
Protein 36g	
Vitamin D N/A	0%
Calcium 138mg	11%
Iron 2mg	9%
Potassium 797mg	17%

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Notes

This recipe is SUPER flexible - mix up proteins and vegetables based on individual preferences.

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Teriyaki Salmon and Broccoli

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

Ingredients

- 4 cup broccoli, *cut into florets*
- 24 oz salmon fillets
- 1 cup teriyaki sauce, low-sodium [for marinade]
- 2 Tbs sesame oil
- 2 Tbs sesame seeds
- 1/4 tsp salt, *to taste*

Directions

Prep

1. Marinate the Salmon: Place the salmon fillets in a shallow dish or a resealable plastic bag. Pour the teriyaki sauce over the salmon, ensuring each fillet is well coated. Let it marinate in the refrigerator for about 10 minutes.

Make

1. While the salmon is marinating, wash the broccoli florets and cut them into bite-sized pieces. Heat 1 tablespoon of sesame oil in a large pan over medium heat. Add the broccoli and a pinch of salt. Sauté the broccoli until it is crisp-tender, about 5-7 minutes, adding water as needed. Keep it warm while you cook the salmon.
2. Remove the salmon from the marinade (discard the marinade - about 25% of the marinade will be absorbed and is accounted for in the nutrition facts). Heat the remaining tablespoon of sesame oil in a skillet over medium heat. Once hot, place the salmon fillets skin-side down in the skillet. Cook the salmon for about 4-5 minutes on the skin side, until the skin is crispy.
3. Carefully flip the salmon fillets to the other side. Cover the skillet with a lid to allow the salmon to cook through, about 3-4 more minutes, depending on the thickness of the fillets.
4. Place the cooked salmon on a plate, alongside the sautéed broccoli. Sprinkle sesame seeds over the salmon for garnish.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	**504**
	% Daily Value*
Total Fat 30g	**39%**
Saturated Fat 5g	**27%**
Trans Fat N/A	
Cholesterol 107mg	**36%**
Sodium 634mg	**28%**
Total Carbohydrates 15g	**5%**
Dietary Fiber 6g	**20%**
Total Sugars 5g	
Protein 43g	
Vitamin D N/A	0%
Calcium 132mg	10%
Iron 3mg	14%
Potassium 1170mg	25%

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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 200

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 1g	**4%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 2mg	**0%**
Total Carbohydrates 35g	**13%**
Dietary Fiber 2g	**6%**
Total Sugars 0g	
Protein 3g	
Vitamin D N/A	0%
Calcium 4mg	0%
Iron 1mg	3%
Potassium 116mg	2%

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