the center
For Naturopathic Medicine & Functional Nutrition

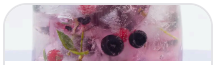
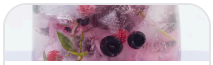
Sample Meal Plan
Week 2 of 4

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1554 Calories	0 Calories	1802 Calories	0 Calories	1638 Calories	0 Calories	1689 Calories

Breakfast

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Spinach and Mushroom Omelet  Mixed Berries		 Quick Shakshuka with Collards		 Mini Broccoli Frittatas  Chicken Apple Sausage		 Smoked Salmon Bagel Sandwich  Mixed Berries

Hydration

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Raspberry Mint Iced Green Tea		 Herbed Blueberry Iced Tea		 Beauty Greens Smoothie with Kiwi  Whey Protein Powder - 25 g		 Herbed Blueberry Iced Tea

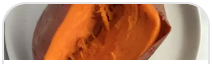
Lunch

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Warm Carrot Lentil Salad  Tuna - 5 oz.		 Turkey Sandwich  Cucumber Cabbage Salad		 Salmon Salad Cucumber Bites		 Turkey Sandwich  Cucumber Chips

Snack

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Cottage Cheese with Berries		 Chocolate Fudge Smoothie  Whey Protein Powder - 25 g		 Caramel Apple Cottage Cheese Bowl		 Steamed Eggs  Everything Bagel Celery Sticks

Dinner

Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Baked Cod with Fennel and Tomato Sauce  Spinach and White Beans		 Quick Chicken and Vegetable Stir-Fry with Quinoa  Plain Arugula  Cilantro-Lime Dressing		 Extra Veggies Meatloaf  Steamed Green Beans  Baked Sweet Potatoes		 Sheet Pan Maple-Mustard Salmon with Glazed Carrots  Peanut Butter Chip Ice Cream with Cottage Cheese



Spinach and Mushroom Omelet

Prep time	Total time	Meal type	Servings
10 minutes	20 minutes	Breakfast	2

Ingredients

- 1 Tbs Olive Oil
- 8 oz Mushrooms, *Sliced*
- 1 cup Spinach, *Chopped*
- 2 Eggs, large
- 4 Egg Whites
- Salt and Pepper
- 2 Tbs Feta Cheese, *Crumbled*
  Optional
- 2 Tbs Parsley, fresh, *Chopped*

Directions

Prep

1. Wash and chop mushrooms and spinach.

Make

1. In a medium skillet heat the olive oil over medium heat. Add the mushrooms and spinach and cook until the the mushrooms are browned and both have given up most of their liquid, about 3 minutes. Reduce the heat to low.
2. In a small bowl, whisk together the eggs, salt, and pepper. Pour the eggs over the vegetables. If using the optional feta, add at this point as well. Tilt the pan and lift the edges of the omelet with a spatula as it starts to cook in order to allow the uncooked parts in the middle to flow out to the edges of the pan and cook quicker and more evenly. Cook until the bottom of the omelet begins to slightly brown, about 3 minutes.
3. Use a spatula to fold the omelet and cook for an additional minute before transferring to a plate and garnishing with fresh parsley. A four 4 egg omelet is enough for 2 people.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 220

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 4g	**19%**
Trans Fat 0g	
Cholesterol 194mg	**65%**
Sodium 307mg	**13%**
Total Carbohydrates 6g	**2%**
Dietary Fiber 2g	**6%**
Total Sugars 3g	
Protein 19g	
Vitamin D N/A	0%
Calcium 102mg	8%
Iron 2mg	12%
Potassium 648mg	14%

* 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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Mixed Berries

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

Ingredients

- 1 cup strawberries
- 1 cup blueberries
- 1 cup raspberries

Directions

Make

1. Wash berries and enjoy!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **102**

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 2mg	**0%**
Total Carbohydrates 25g	**9%**
Dietary Fiber 8g	**27%**
Total Sugars 14g	
Protein 2g	
Vitamin D N/A	0%
Calcium 34mg	3%
Iron 1mg	5%
Potassium 283mg	6%

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Quick Shakshuka with Collards

Prep time	Total time	Meal type	Servings
10 minutes	30 minutes	Breakfast, Lunch, Dinner	3

Ingredients

- 1 Tbs olive oil
- 24 oz tomato sauce (Raos' is our favorite brand)
- 1/2 cup basil, fresh*, chopped* (optional)
- 8 cup collards*, spines removed and chopped*
- salt*, to taste*
- 6 large eggs
- black pepper*, to taste*

Directions

Prep

1. Remove spins from collards and chop leaves.

Make

1. Heat olive oil in a 12-inch non-stick skillet with sides over medium heat. Add collards and sauté until softened and bright green - about 2 minutes. Reduce heat to low.
2. Add tomato sauce and stir.
3. Make 6 wells, one at a time, and drop eggs into wells in a circle. Make sure heat is low then cover and cook until eggs are cooked through.
4. If you prefer, you can scramble eggs into shakshuka too. Just make sure eggs are completely cooked before serving.
5. Season with salt and pepper and top with fresh basil if desired.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 396

	% Daily Value*
Total Fat 27g	**35%**
Saturated Fat 6g	**28%**
Trans Fat 0g	
Cholesterol 372mg	**124%**
Sodium 921mg	**40%**
Total Carbohydrates 17g	**6%**
Dietary Fiber 6g	**20%**
Total Sugars 8g	
Protein 19g	
Vitamin D N/A	0%
Calcium 322mg	25%
Iron 3mg	15%
Potassium 1026mg	22%

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Mini Broccoli Frittatas

Prep time	Total time	Meal type	Servings
15 minutes	30 minutes	Breakfast	2

Ingredients

- 6 eggs, *whisked*
- 2 Tbs almond milk, unsweetened
- salt, *to taste*
- pepper, *to taste*
- 1/2 cup broccoli, *finely chopped*
- 1/3 cup onion, *finely chopped*
- 2 cloves garlic, *minced*

Directions

Prep

1. Preheat oven to 350°F. Spray cupcake or muffin pan with cooking spray,
2. In a medium sized bowl, whisk together eggs, unsweetened almond milk, salt, and pepper.
3. Chop broccoli, onions and garlic.

Make

1. Fill muffin wells halfway with the broccoli, onion, and garlic mixture.
2. Pour whisked eggs over the veggie mixture, leaving a little space at the top. (Eggs will rise as they bake)
3. Bake for about 15 minutes or until eggs are cooked through.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **240**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 5g	**24%**
Trans Fat 0g	
Cholesterol 558mg	**186%**
Sodium 234mg	**10%**
Total Carbohydrates 6g	**2%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Protein 20g	
Vitamin D N/A	0%
Calcium 136mg	10%
Iron 3mg	16%
Potassium 341mg	7%

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Chicken Apple Sausage

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

Ingredients

- 1 lb chicken breast, ground
- 1/2 tsp sage, ground
- 1 apple*, peeled and grated*
- salt*, to taste*
- black pepper*, to taste*
- 1 Tbs olive oil

Directions

Prep

1. Peel and grate the apple with a cheese grater.

Make

1. In a large bowl, combine ground chicken, diced apple, ground sage, salt and pepper, and combine until well mixed.
2. Use hands to form 4 patties.
3. Heat 1 tbsp olive oil in a pan over medium heat.
4. Add chicken patties to pan and cook for 3-4 min each side.
5. Remove from heat and enjoy!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **191**

	% Daily Value*
Total Fat 8g	**11%**
Saturated Fat 2g	**9%**
Trans Fat N/A	
Cholesterol 91mg	**30%**
Sodium 96mg	**4%**
Total Carbohydrates 5g	**2%**
Dietary Fiber 1g	**2%**
Total Sugars 4g	
Protein 23g	
Vitamin D N/A	0%
Calcium 17mg	1%
Iron 1mg	7%
Potassium 289mg	6%

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Smoked Salmon Bagel Sandwich

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

Ingredients

- 4 ounces smoked salmon
- 1 Carbonaut Plain Bagels

Directions

Prep

1. Defrost the bagel and slice it in half.

Make

1. Toast the bagel.
2. Top bagel with cottage cheese and salmon. Add greens if desired.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 233

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2g	**8%**
Trans Fat N/A	
Cholesterol 26mg	**9%**
Sodium 2617mg	**114%**
Total Carbohydrates 33g	**12%**
Dietary Fiber 31g	**111%**
Total Sugars N/A	
Protein 25g	
Vitamin D N/A	0%
Calcium 30mg	2%
Iron 4mg	22%
Potassium 250mg	5%

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Raspberry Mint Iced Green Tea

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

Ingredients

- 2 strawberries*, washed and hulled*
- 8 raspberries*, washed*
- 8 mint leaves
- 2 cup green tea*, brewed and cooled*
- 1 lime*, sliced*
- 1 cup ice

Directions

Prep

1. Wash fruit and mint.
2. Slice 1/2 the lime and cut the balance into wedges for squeezing.
3. Brew green tea.

Make

1. Place berries and mint leaves in a glass and smash with a wooden spoon until chunky.
2. Add ice to glass.
3. Add tea and top with some sparkling water if desired.
4. Squeeze lime juice in glass and garnish with lime slices.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 22

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 4mg	**0%**
Total Carbohydrates 6g	**2%**
Dietary Fiber 2g	**7%**
Total Sugars 2g	
Protein 1g	
Vitamin D N/A	0%
Calcium 17mg	1%
Iron 0mg	2%
Potassium 96mg	2%

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Notes

Use any type of soft fruit as a base - blueberries, citrus flesh, etc. - and mix up the herbs and type of tea. Endless possibilities here! One of our favorites = strawberries + basil + lemon.

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Herbed Blueberry Iced Tea

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

Ingredients

- 1/4 cup blueberries*, washed*
- 8 mint leaves
- 2 cup ginger tea*, brewed and cooled*
- 1 cup ice

Directions

Prep

1. Wash fruit and mint.
2. Brew ginger tea.

Make

1. Place berries and mint leaves in a glass and smash with a wooden spoon until chunky.
2. Add ice to glass.
3. Add tea and top with some sparkling water if desired.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 13

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 3mg	**0%**
Total Carbohydrates 3g	**1%**
Dietary Fiber 0g	**2%**
Total Sugars 2g	
Protein 1g	
Vitamin D N/A	0%
Calcium 2mg	0%
Iron 0mg	1%
Potassium 37mg	1%

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Notes

Use any type of soft fruit as a base - blueberries, citrus flesh, etc. - and mix up the herbs and type of tea. Endless possibilities here! One of our favorites = strawberries + basil + lemon.

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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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Notes

Other leafy greens will work well here!

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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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Warm Carrot Lentil Salad

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

Vegetables

Ingredients

- 8 carrots*, peeled and sliced on an angle*
- 1 Tbs olive oil
- 1 medium onion, sweet*, chopped*
- 6 scallions*, green tops only, chopped*
- 2 cup lentils, canned*, drained and rinsed*
- 1 cucumber*, chopped*
- 1 cup parsley*, chopped*
- 1/4 cup pepitas, raw (pumpkin seeds)
- salt*, to taste*
- pepper*, to taste*

Directions

Prep

1. Preheat oven to 375° F and line baking sheet with parchment paper.
2. Peel and slice carrots and chop onion and scallions.

Make

1. Toss carrots and onion with olive oil, season with salt and pepper. Roast in the oven until just softened - about 15-20 minutes [pushing around the pan a few times during cooking].
2. While vegetables are roasting, add the rest of the ingredients to a medium bowl.
3. Add warm carrots and onions right from the oven to the bowl and toss with the dressing below.

Simple Dressing

Ingredients

- 1/4 cup olive oil
- 3 Tbs red wine vinegar
- 1 tsp Dijon mustard
- salt*, to taste*
- pepper*, to taste*

Directions

Make

1. Add ingredients to a mason jar with a lid and shake vigorously to combine.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	**391**
	% Daily Value*
Total Fat 21g	**28%**
Saturated Fat 3g	**16%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 137mg	**6%**
Total Carbohydrates 37g	**13%**
Dietary Fiber 14g	**49%**
Total Sugars 10g	
Protein 14g	
Vitamin D N/A	0%
Calcium 111mg	9%
Iron 6mg	32%
Potassium 1099mg	23%

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Feel free to add brown rice or quinoa!

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Tuna - 5 oz.

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

Ingredients

- 5 oz Tuna

Directions

Make

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

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 155

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**1%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 64mg	**3%**
Total Carbohydrates N/A	**0%**
Dietary Fiber N/A	**0%**
Total Sugars N/A	
Protein 35g	
Vitamin D N/A	0%
Calcium 6mg	0%
Iron 1mg	6%
Potassium 625mg	13%

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Turkey Sandwich

Prep time	Total time	Meal type	Servings
-	5 minutes	Lunch	1

Ingredients

- 2 slices bread, whole wheat*, toasted*
- 6 slices thinly sliced, lean turkey breast
- 1 slice tomato
- 1 slice red onion
- 2 slices dill pickles*, optional*
- 1 oz baby spinach (about 1 small handfull)
- 1 tsp mustard*, optional*

Directions

Prep

1. Slice tomato and onion.
2. Toast bread.

Make

1. Assemble the sandwich first by spreading the mustard (optional) and then topping with the rest of the ingredients. To serve, cut in half and enjoy.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 294

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 1g	**7%**
Trans Fat 0g	
Cholesterol 47mg	**16%**
Sodium 1335mg	**58%**
Total Carbohydrates 34g	**12%**
Dietary Fiber 5g	**19%**
Total Sugars 5g	
Protein 24g	
Vitamin D N/A	0%
Calcium 186mg	14%
Iron 3mg	17%
Potassium 822mg	17%

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Cucumber Cabbage Salad

Prep time	Total time	Meal type	Servings
12 minutes	12 minutes	Lunch, Dinner, Snack, Side	4

Salad

Ingredients

- 2 cucumbers, *thinly sliced*
- 2 cups cabbage, *shredded or thinly sliced*
- 2 carrots, *shredded*
- 6 scallions, *chopped*
- 1/2 cup cilantro, *chopped*
- 2 teaspoons sesame seeds

Directions

Prep

1. Slice cucumbers.
2. Shred cabbage and carrots
3. Chop scallions, cilantro, and mint.

Make

1. Add all prepped ingredients and sesame seeds to a large bowl.
2. Drizzle with dressing and mix well, ensuring all vegetables are coated with dressing.
3. Add more lime if desired.

Dressing

Ingredients

- 1/4 cup lime juice
- 1 tablespoon maple syrup
- 1 tablespoon fish sauce
- 1 teaspoon ginger, fresh, *grated*
- 1 clove garlic, *pressed*

Directions

Make

1. Add all ingredients to a small bowl and whisk until combined. You can also add to a Mason jar with a lid and shake.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	**75**
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**1%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 380mg	**17%**
Total Carbohydrates 17g	**6%**
Dietary Fiber 4g	**13%**
Total Sugars 9g	
Protein 3g	
Vitamin D N/A	0%
Calcium 100mg	8%
Iron 1mg	6%
Potassium 474mg	10%

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Salmon Salad Cucumber Bites

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

Ingredients

- 5 ounces canned salmon, *drained*
- 1 English cucumber, *cut into rounds*
- 1/2 red onion, *chopped*
- 1 dill pickle, *chopped*
- 2 tablespoon mayonnaise

Directions

Prep

1. Drain salmon and flake well with a fork.
2. Slice the cucumber into rounds.
3. Chopped onion and pickle.

Make

1. Add salmon, onion, pickle, and mayonnaise to a bowl and mix to combine.
2. Using two spoons or a small ice cream scoop, divide salmon evenly among cucumber rounds.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **219**

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 2g	**12%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 502mg	**22%**
Total Carbohydrates 7g	**2%**
Dietary Fiber 1g	**4%**
Total Sugars 3g	
Protein 18g	
Vitamin D 412IU	2059%
Calcium 233mg	18%
Iron 1mg	5%
Potassium 446mg	9%

* 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

MODIFICATIONS:

Use tuna instead of salmon.
Use capers instead of pickles.
Use Greek yogurt instead of mayonnaise [this will make the mixture more tart].

Disclaimer

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Cucumber Chips

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

Ingredients

- 2 cucumbers, *sliced*

Directions

Prep

1. Wash and slice cucumbers. If you purchase English cucumbers, the skin is thinner and you will not need to peel.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **45**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 6mg	**0%**
Total Carbohydrates 11g	**4%**
Dietary Fiber 2g	**5%**
Total Sugars 5g	
Protein 2g	
Vitamin D N/A	0%
Calcium 48mg	4%
Iron 1mg	5%
Potassium 442mg	9%

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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, whole milk
- 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 136

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 2g	**12%**
Trans Fat N/A	
Cholesterol 15mg	**5%**
Sodium 231mg	**10%**
Total Carbohydrates 5g	**2%**
Dietary Fiber 1g	**3%**
Total Sugars 3g	
Protein 13g	
Vitamin D N/A	0%
Calcium 63mg	5%
Iron 1mg	5%
Potassium 134mg	3%

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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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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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Caramel Apple Cottage Cheese Bowl

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

Ingredients

- 3 date, pitted *, pitted, chopped*
- 1/4 cup water hot
- 1 medium (3" dia) apple*, chopped*
- 1 pinch salt
- 1/2 teaspoon cinnamon
- 1 tsp vanilla extract
- 2 cups cottage cheese, low-fat
- 2 tablespoons pepitas

Directions

Prep

1. Chop dates and apple.
2. Cover dates with hot water and let sit until softened.

Make

1. Add chopped apples, dates, 2 tablespoons of date soaking liquid, pinch of salt, cinnamon, and vanilla extract to a small saucepan.
2. Bring mixture to a boil, then reduce to a simmer and cook until apples have softened, ~5 mins.
3. Add cottage cheese to bowls, top with apple mixture and pepitas.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 290

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 2g	**11%**
Trans Fat 0g	
Cholesterol 9mg	**3%**
Sodium 987mg	**43%**
Total Carbohydrates 29g	**10%**
Dietary Fiber 4g	**14%**
Total Sugars 23g	
Protein 31g	
Vitamin D N/A	0%
Calcium 159mg	12%
Iron 1mg	7%
Potassium 426mg	9%

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Source Living Plate

Notes

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Steamed Eggs

Prep time	Total time	Meal type	Servings
5 minutes	8 minutes	Lunch, Snack, Side	6

Ingredients

- 6 Eggs

Directions

Make

1. Place eggs in a steamer basket over 1-2" water - you can use a stovetop steamer basket or a rice cooker.
2. Cover pot with lid or close rice cooker lid.
3. Once the water comes to a boil, reduce heat to simmer and steam for 8-10 [8 for soft-boiled and 10 for hard-boiled] minutes depending on the level of doneness you desire. For a rice cooker, just set the timer then cook.
4. Place eggs in a bowl of ice water then, once cool enough to handle, tap around the middle with a spoon.
5. Run the curved edge of the spoon under the shell to separate the shell from the whites.

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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Everything Bagel Celery Sticks

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

Ingredients

- 6 celery stalks
- 2 1/2 oz cream cheese
- 1 Tbs everything bagel seasoning

Directions

Make

1. Cut each celery stalk into 2-3 pieces.
2. Spread cream cheese on celery and sprinkle with everything bagel seasoning.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **138**

	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 8g	**38%**
Trans Fat N/A	
Cholesterol 38mg	**13%**
Sodium 217mg	**9%**
Total Carbohydrates 8g	**3%**
Dietary Fiber 2g	**7%**
Total Sugars 3g	
Protein 4g	
Vitamin D N/A	0%
Calcium 82mg	6%
Iron 0mg	1%
Potassium 354mg	8%

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Notes

To make this snack vegan, use a plant-based cream cheese!

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Baked Cod with Fennel and Tomato Sauce

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

Ingredients

- 36 oz cod filets
- salt and pepper, *to taste*
- 2 fennel bulbs, *thinly sliced*
- 1 onion, *sliced*
- 1/4 cup olive oil
- 2 cup tomato sauce
- 1 cup spinach, *chopped*
- 1/2 cup kalamata olives, *pitted*
- 1/2 tsp crushed red pepper, *optional*

Directions

Prep

1. Season cod filets with salt [if desired] and pepper to taste. Set aside.
2. Slice fennel and onion. Chop spinach.
3. Preheat oven to 350° F.

Make

1. Add olive oil to the bottom of a roasting pan with sides. Add onion and fennel and toss to coat.
2. Bake until onion and fennel have softened, about 10-15 minutes
3. Remove from oven and add tomato sauce, spinach, olive, and crushed red pepper [if desired]. Stir to incorporate vegetables.
4. Nestle cod filets into tomato mixture and return to oven for another 15 minutes or until the cod is cooked through.
5. Remove from oven and serve.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **301**

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 2g	**8%**
Trans Fat N/A	
Cholesterol 94mg	**31%**
Sodium 547mg	**24%**
Total Carbohydrates 9g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars 5g	
Protein 41g	
Vitamin D N/A	0%
Calcium 78mg	6%
Iron 2mg	11%
Potassium 831mg	18%

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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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Quick Chicken and Vegetable Stir-Fry with Quinoa

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

Ingredients

- 2 cup frozen mixed vegetables
- 2 cup quinoa
- 2 cup chicken, *diced*
- 1/4 cup soy sauce
- 1 Tbs minced garlic
- 1 Tbs sesame oil
- 1 Tbs ginger
- 2 green onions, *sliced*
- 1 Tbs olive oil
- 2 tsp sesame seeds

Directions

Prep

1. Mince garlic and ginger.
2. Slice scallions.

Make

1. Heat the olive oil in a large skillet over medium-high heat. Add the minced garlic and ginger, and sauté for 1 minute. Add the diced chicken and cook until fully cooked, about 5–7 minutes, stirring occasionally.
2. Add the frozen mixed vegetables and cook until tender, about 5 minutes.
3. Add the cooked quinoa and soy sauce, stirring to combine.
4. Drizzle with sesame oil, and sprinkle with green onions and sesame seeds.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **401**

	% Daily Value*
Total Fat 18g	**23%**
Saturated Fat 4g	**19%**
Trans Fat N/A	
Cholesterol 63mg	**21%**
Sodium 964mg	**42%**
Total Carbohydrates 34g	**12%**
Dietary Fiber 7g	**26%**
Total Sugars 4g	
Protein 25g	
Vitamin D N/A	0%
Calcium 75mg	6%
Iron 4mg	21%
Potassium 563mg	12%

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Plain Arugula

Prep time	Total time	Meal type	Servings
-	-	Lunch, Dinner, Side	4

Ingredients

- 8 cup arugula

Directions

Prep

1. Wash and dry arugula [or purchase prewashed.]

Make

1. Serve with your favorite dressing.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 10

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 11mg	**0%**
Total Carbohydrates 1g	**1%**
Dietary Fiber 1g	**2%**
Total Sugars 1g	
Protein 1g	
Vitamin D N/A	0%
Calcium 64mg	5%
Iron 1mg	3%
Potassium 148mg	3%

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Cilantro-Lime 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*
- 2 limes, *juiced*
- 1 cup cilantro, fresh, *stems removed*
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Juice limes [you'll need 2 tablespoons of lime juice for every 4 tablespoons of oil.]

Make

1. Add oil, garlic, lime juice, and cilantro to your food processor and pulse until creamy.
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 127

	% Daily Value*
Total Fat 14g	**17%**
Saturated Fat 2g	**9%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 2mg	**0%**
Total Carbohydrates 2g	**1%**
Dietary Fiber 0g	**1%**
Total Sugars 1g	
Protein 0g	
Vitamin D N/A	0%
Calcium 6mg	0%
Iron 0mg	1%
Potassium 49mg	1%

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Notes

Serving size ~ 1.5 tablespoons.

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Extra Veggies Meatloaf

Prep time	Total time	Meal type	Servings
15 minutes	1 hour 15 minutes	Lunch, Dinner	6

Ingredients

- 2/3 cup carrots, *finely shredded*
- 2/3 cup zucchini, *finely shredded*
- 1 tsp basil, dried
- 1 tsp rosemary, dried
- 1 tsp garlic powder
- 1 lb ground turkey
- 2 eggs
- 1 lb grass-fed beef
- 1 Tbs Dijon mustard

Directions

Prep

1. Preheat the oven to 350°F.
2. Shred carrots and zucchini.

Make

1. In a large bowl, combine the carrots, zucchini, basil, rosemary, garlic powder, and meat.
2. Add the eggs and make sure it is evenly combined.
3. Place the meat mixture into a loaf pan and spread the Dijon mustard over the top.
4. Bake for 1 hour or until cooked through.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **296**

	% Daily Value*
Total Fat 17g	**22%**
Saturated Fat 6g	**31%**
Trans Fat 1g	
Cholesterol 161mg	**54%**
Sodium 156mg	**7%**
Total Carbohydrates 2g	**1%**
Dietary Fiber 1g	**3%**
Total Sugars 1g	
Protein 32g	
Vitamin D N/A	0%
Calcium 46mg	4%
Iron 3mg	16%
Potassium 510mg	11%

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Steamed Green Beans

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

Ingredients

- 1 1/2 lb Green beans, *trimmed*

Directions

Prep

1. Snap ends off green beans]or purchase pre-trimmed.]
2. Add a steaming basket to soup pot with about 2" of water and bring to boil.

Make

1. Steam green beans for about 3-4 minutes until just softened.
2. Serve with favorite dressing.

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 10mg	**0%**
Total Carbohydrates 12g	**4%**
Dietary Fiber 5g	**16%**
Total Sugars 6g	
Protein 3g	
Vitamin D N/A	0%
Calcium 63mg	5%
Iron 2mg	10%
Potassium 359mg	8%

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Baked Sweet Potatoes

Prep time	Total time	Meal type	Servings
2 minutes	1 hour	Lunch, Dinner, Side	4

Ingredients

- 4 sweet potatoes

Directions

Prep

1. Heat oven to 400°F.
2. Rinse sweet potatoes.

Make

1. Cut an "X" into the top of each sweet potato and place directly on oven rack with a piece of foil on the rack below.
2. Bake until potatoes are easily pierced with a knife, about 1 hour.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 112

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 72mg	**3%**
Total Carbohydrates 26g	**10%**
Dietary Fiber 4g	**14%**
Total Sugars 5g	
Protein 2g	
Vitamin D N/A	0%
Calcium 39mg	3%
Iron 1mg	4%
Potassium 438mg	9%

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Sheet Pan Maple-Mustard Salmon with Glazed Carrots

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

Ingredients

- 2 Tbs oregano, fresh*, chopped* (or 1 teaspoon dried)
- 2 Tbs maple syrup
- 2 Tbs mustard, Dijon
- 2 Tbs olive oil
- 1 1/2 lb salmon, fillets
- 1 onion, sweet*, sliced or chopped* small
- 2 lb carrots*, peeled and cut into strips or rounds*
- salt*, to taste*
- pepper*, to taste*

Directions

Prep

1. Preheat oven to 425°F. Line baking sheet with parchment paper.
2. Combine oregano, mustard, syrup, and olive oil in a small bowl.
3. Peel and cut carrots and chop the onion.

Make

1. Brush 1/2 mustard-maple syrup mixture evenly over salmon fillets.
2. Toss carrots and onion with remaining dressing in a bowl.
3. Add salmon to the pan and spread vegetables around the salmon in an even layer.
4. Bake at 425°F for 20-30 minutes or until salmon is done and carrots are tender.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 383

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 2g	**8%**
Trans Fat 0g	
Cholesterol 97mg	**32%**
Sodium 329mg	**14%**
Total Carbohydrates 32g	**12%**
Dietary Fiber 8g	**29%**
Total Sugars 18g	
Protein 41g	
Vitamin D N/A	0%
Calcium 156mg	12%
Iron 3mg	19%
Potassium 1247mg	27%

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Notes

Other protein options: chicken, shrimp, halibut, tempeh
Other vegetable options: parsnips, sweet potatoes, butternut squash, delicata squash

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Peanut Butter Chip Ice Cream with Cottage Cheese

Prep time	Total time	Meal type	Servings
10 minutes	4 hours	Breakfast, Lunch, Snack	2

Ingredients

- 2 cup cottage cheese, whole-milk
- 1/4 cup maple syrup
- 1/2 cup peanut butter powder
- 2 Tbs chocolate chips, semi-sweet

Directions

Make

1. Add cottage cheese, maple syrup, and peanut butter powder to a food processor. Process until smooth and creamy.
2. Pulse in chocolate chips.
3. Pour into a loaf pan and freeze for 4 hours.
4. Remove and let rest to soften for about 10 minutes before serving.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories **410**

	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 7g	**35%**
Trans Fat N/A	
Cholesterol 30mg	**10%**
Sodium 651mg	**28%**
Total Carbohydrates 49g	**18%**
Dietary Fiber 5g	**18%**
Total Sugars 39g	
Protein 30g	
Vitamin D N/A	0%
Calcium 116mg	9%
Iron N/A	0%
Potassium N/A	0%

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Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only