

NOW Nutrition Online Weightloss by VIP Nutrition Coach

Your Healthy Kick-Start Meal Plan!

NOW Nutrition Online Weightloss

https://www.barilearn.com/

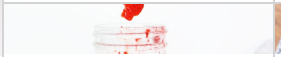
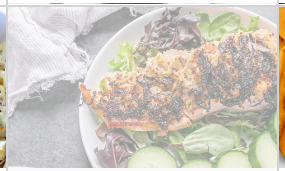
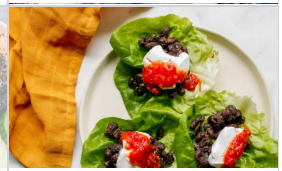
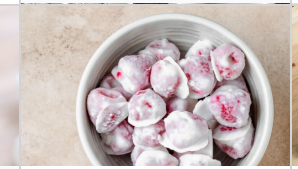
Savor the flavors of this Mediterranean-inspired meal plan, rich in fiber, ample in protein, and featuring wholesome fats, all within a daily calorie range of 1000-1200.

Simplify mealtime by incorporating easy add-ons for the whole family:

- a larger portion of the recipe
- serving of brown rice or quinoa
- a fruit snack with a slice of cheese
- whole grain crackers or bread
- a glass of milk or yogurt
- a handful of nuts
- or an extra mini-planned meal

Additionally, we understand the importance of convenience in today's fast-paced lifestyle. That's why we've ensured that many of our recipes are not only delicious and nutritious but also convenient to prepare and freeze for later use.

So, embark on this culinary journey with the assurance that our recipes not only prioritize your well-being but also make your life a little easier.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cinnamon Protein Oats	 Chocolate Avocado Smoothie	 Saucy Lentils & Eggs	 Raspberry Zinger Smoothie	 Blueberry Coconut Kefir Oatmeal	 Cottage Cheese Pancakes  Strawberry Chia Jam	 Kale & Prosciutto Egg Muffins  Hass Avocado
Lunch	 Antipasto Salad in a Jar	 Balsamic Lentil Salad  Blackened Shrimp	 Orange Chicken with Broccoli	 Saucy Lentils & Eggs	 Egg Roll in a Bowl	 Sauerkraut Crusted Salmon with Greens	 Black Bean Lettuce Wraps
Snack 2	 Yogurt with Pear	 Thai Curry Carrot Soup	 Berry Banana Smoothie	 Cottage Cheese with Mixed Berries	 Raspberry Zinger Smoothie	 Frozen Coconut Yogurt Covered Raspberries	 Roasted Sesame Edamame
Dinner	 Turkey Chili  Brown Rice Tortilla Chips	 Orange Chicken with Broccoli	 Chili Lime Shrimp Tacos	 Baked Meatballs  Roasted Spaghetti Squash	 Sauerkraut Crusted Salmon with Greens	 Eggplant Parmesan  Tomato Avocado Salad	 Pressure Cooker Chili Lime Pulled Pork  Brown Rice

Mon

Fat	28%
Carbs	45%
Protein	27%

Calories	1205
Fat	37g
Carbs	137g
Fiber	28g
Sugar	30g
Protein	83g
Cholesterol	111mg
Sodium	1367mg
Vitamin A	5002IU
Vitamin C	115mg
Calcium	828mg
Iron	10mg
Vitamin D	17IU

Tue

Fat	33%
Carbs	34%
Protein	33%

Calories	1200
Fat	46g
Carbs	106g
Fiber	30g
Sugar	44g
Protein	103g
Cholesterol	315mg
Sodium	4140mg
Vitamin A	28066IU
Vitamin C	242mg
Calcium	1071mg
Iron	15mg
Vitamin D	102IU

Wed

Fat	24%
Carbs	43%
Protein	33%

Calories	1191
Fat	33g
Carbs	132g
Fiber	32g
Sugar	51g
Protein	99g
Cholesterol	456mg
Sodium	1443mg
Vitamin A	3791IU
Vitamin C	292mg
Calcium	1247mg
Iron	14mg
Vitamin D	143IU

Thu

Fat	29%
Carbs	36%
Protein	35%

Calories	1023
Fat	34g
Carbs	93g
Fiber	31g
Sugar	33g
Protein	91g
Cholesterol	300mg
Sodium	1915mg
Vitamin A	2206IU
Vitamin C	139mg
Calcium	1241mg
Iron	14mg
Vitamin D	201IU

Fri

Fat	36%
Carbs	32%
Protein	32%

Calories	1259
Fat	52g
Carbs	105g
Fiber	32g
Sugar	41g
Protein	106g
Cholesterol	174mg
Sodium	1459mg
Vitamin A	6698IU
Vitamin C	177mg
Calcium	1444mg
Iron	12mg
Vitamin D	1194IU

Sat

Fat	48%
Carbs	26%
Protein	26%

Calories	1195
Fat	65g
Carbs	79g
Fiber	31g
Sugar	23g
Protein	79g
Cholesterol	336mg
Sodium	1890mg
Vitamin A	3235IU
Vitamin C	120mg
Calcium	892mg
Iron	5mg
Vitamin D	994IU

Sun

Fat	37%
Carbs	33%
Protein	30%

Calories	1285
Fat	54g
Carbs	109g
Fiber	33g
Sugar	10g
Protein	97g
Cholesterol	387mg
Sodium	2232mg
Vitamin A	2330IU
Vitamin C	35mg
Calcium	337mg
Iron	13mg
Vitamin D	55IU

Fruits

- [ ] **2 1/4** Avocado
- [ ] **1 1/2** Banana
- [ ] **3/4 cup** Blueberries
- [ ] **6 smalls** Grape Tomato
- [ ] **1** Lemon
- [ ] **5** Lime
- [ ] **1/2** Navel Orange
- [ ] **1** Pear
- [ ] **1 1/2 cups** Raspberries
- [ ] **2 cups** Strawberries
- [ ] **8 fl ozs** Tomato Sauce, No Added Sugar

Breakfast

- [ ] **1 tbsp** Almond Butter
- [ ] **1 tbsp** Maple Syrup

Seeds, Nuts & Spices

- [ ] **1/2 tsp** Black Pepper
- [ ] **1 1/3 tbsps** Cajun Seasoning
- [ ] **1/8 tsp** Cayenne Pepper
- [ ] **1/4 cup** Chia Seeds
- [ ] **1/4 cup** Chili Powder
- [ ] **1 1/8 tsps** Cinnamon
- [ ] **1 1/2 tsps** Cumin
- [ ] **2 tsps** Garlic Powder
- [ ] **1/2 tsp** Italian Seasoning
- [ ] **1 tsp** Onion Powder
- [ ] **1/4 tsp** Red Pepper Flakes
- [ ] **1 2/3 tbsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **2 tbsps** Sesame Seeds
- [ ] **2 tsps** Taco Seasoning
- [ ] **3 tbsps** Whole Flax Seeds

Frozen

- [ ] **4** Brown Rice Tortilla
- [ ] **3 1/2 cups** Frozen Berries
- [ ] **1 cup** Frozen Cauliflower
- [ ] **3 cups** Frozen Edamame
- [ ] **1 cup** Frozen Raspberries

Vegetables

- [ ] **1 cup** Baby Spinach
- [ ] **3 leaves** Basil Leaves
- [ ] **2 cups** Bean Sprouts
- [ ] **1 head** Boston Lettuce
- [ ] **4 cups** Broccoli
- [ ] **6** Carrot
- [ ] **5 stalks** Celery
- [ ] **3 tbsps** Cilantro
- [ ] **6 cups** Coleslaw Mix
- [ ] **3/4** Cucumber
- [ ] **1** Eggplant
- [ ] **6** Garlic
- [ ] **1 tbsp** Ginger
- [ ] **2 cups** Green Cabbage
- [ ] **5 stalks** Green Onion
- [ ] **1** Jalapeno Pepper
- [ ] **5 cups** Kale Leaves
- [ ] **4 cups** Mixed Greens
- [ ] **1/2 cup** Parsley
- [ ] **1** Red Bell Pepper
- [ ] **1/4 cup** Red Onion
- [ ] **1/4 cup** Shallot
- [ ] **1** Spaghetti Squash
- [ ] **2** Tomato
- [ ] **3** Yellow Onion

Boxed & Canned

- [ ] **4 cups** Black Beans
- [ ] **1 cup** Brown Rice
- [ ] **2 tbsps** Chicken Broth
- [ ] **2 cups** Crushed Tomatoes
- [ ] **2 cups** Diced Tomatoes
- [ ] **2 1/2 cups** Lentils
- [ ] **2/3 cup** Quick Oats
- [ ] **1 3/4 cups** Red Kidney Beans
- [ ] **1/4 cup** Salsa
- [ ] **1/4 cup** Tomato Purée
- [ ] **4 cups** Vegetable Broth, Low Sodium

Baking

Bread, Fish, Meat & Cheese

- [ ] **8 ozs** Chicken Breast
- [ ] **4** Corn Tortilla
- [ ] **1 lb** Extra Lean Ground Turkey
- [ ] **1/4 cup** Feta Cheese
- [ ] **1 lb** Lean Ground Pork
- [ ] **2 ozs** Mozzarella Ball
- [ ] **12 ozs** Mozzarella Cheese
- [ ] **2 1/2 lbs** Pork Shoulder, Boneless
- [ ] **1 3/4 ozs** Prosciutto
- [ ] **12 ozs** Salmon Fillet
- [ ] **1/4 cup** Shaved Parmesan Cheese
- [ ] **1 1/8 lbs** Shrimp

Condiments & Oils

- [ ] **2 2/3 tbsps** Avocado Oil
- [ ] **2 tbsps** Balsamic Vinegar
- [ ] **1/4 cup** Black Olives
- [ ] **1/2 cup** Coconut Aminos
- [ ] **1 1/2 tsps** Coconut Oil
- [ ] **1/3 cup** Extra Virgin Olive Oil
- [ ] **1/4 cup** Sauerkraut
- [ ] **1 tbsp** Sesame Oil
- [ ] **1 tbsp** Soy Sauce, Low Sodium
- [ ] **1 tbsp** Tamari
- [ ] **1 tbsp** Thai Red Curry Paste
- [ ] **2 tbsps** Unsweetened Ketchup
- [ ] **2 tbsps** Whole Grain Mustard

Cold

- [ ] **2 cups** Cottage Cheese
- [ ] **10** Egg
- [ ] **1 package** Greek Yogurt No Added Sugar
- [ ] **1 1/3 cups** Plain Kefir
- [ ] **1/4 cup** Sour Cream
- [ ] **5 1/2 cups** Unsweetened Almond Milk
- [ ] **1/2 cup** Unsweetened Coconut Yogurt

Other

- [ ] **1/4 cup** Chocolate Protein Powder
- [ ] **1 lb** Ground Beef

- [ ] **2 tablespoons** Erythritol
- [ ] **2 tbsps** Fancy Molasses
- [ ] **1 1/2 cups** Oats
- [ ] **1 tbsp** Unsweetened Shredded Coconut
- [ ] **1 1/4 cups** Vanilla Protein Powder
- [ ] **3 1/8 cups** Water



Cinnamon Protein Oats

1 serving
10 minutes

Ingredients

1 cup Water
1/2 cup Oats
1/4 cup Vanilla Protein Powder
1/8 tsp Cinnamon

Nutrition

Amount per serving	
Calories	240
Fat	3g
Carbs	29g
Fiber	5g
Sugar	0g
Protein	24g
Cholesterol	4mg
Sodium	45mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	162mg
Iron	2mg
Vitamin D	0IU

Directions

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder and cinnamon.
2. Transfer the cooked oats to a bowl and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Additional Toppings: Fruit, nuts, or seeds.



Chocolate Avocado Smoothie

1 serving
5 minutes

Ingredients

1/4 Avocado
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter
1 cup Baby Spinach
1/4 cup Chocolate Protein Powder

Nutrition

Amount per serving	
Calories	297
Fat	19g
Carbs	11g
Fiber	7g
Sugar	1g
Protein	25g
Cholesterol	4mg
Sodium	227mg
Vitamin A	3386IU
Vitamin C	13mg
Calcium	655mg
Iron	2mg
Vitamin D	101IU

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder: Use vanilla protein powder or hemp seeds and add cococa powder.

Likes it Sweet: Add frozen banana.

Nut-Free Version: Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.



Saucy Lentils & Eggs

2 servings
15 minutes

Ingredients

1 cup Lentils (cooked)
1/4 cup Tomato Purée
1/2 tsp Cumin
Sea Salt & Black Pepper (to taste)
2 Egg
1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	201
Fat	5g
Carbs	23g
Fiber	9g
Sugar	4g
Protein	16g
Cholesterol	186mg
Sodium	84mg
Vitamin A	604IU
Vitamin C	7mg
Calcium	60mg
Iron	5mg
Vitamin D	41IU

Directions

1. In a pan over medium heat. Add the lentils, tomato purée, and cumin. Season with salt and pepper. Bring to a boil, reduce the heat to a simmer, and cook for about five minutes.
2. Create one pocket for each egg amongst the lentils. Crack one egg into each pocket. Cover the pan and cook for about five to six minutes or until each egg is set.
3. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
More Flavor: Add bell pepper and top with feta cheese.



Raspberry Zinger Smoothie

1 serving
10 minutes

Ingredients

1 cup Frozen Cauliflower
1 cup Frozen Raspberries
1 Lemon (juiced)
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 1/2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g
Cholesterol	4mg
Sodium	319mg
Vitamin A	873IU
Vitamin C	100mg
Calcium	934mg
Iron	4mg
Vitamin D	151IU

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.



Blueberry Coconut Kefir Oatmeal

2 servings
5 minutes

Ingredients

2/3 cup Quick Oats
1 tbsp Chia Seeds
1 tsp Cinnamon
1 1/3 cups Plain Kefir
3/4 cup Blueberries (fresh or frozen)
1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	275
Fat	7g
Carbs	42g
Fiber	7g
Sugar	17g
Protein	13g
Cholesterol	6mg
Sodium	118mg
Vitamin A	367IU
Vitamin C	7mg
Calcium	336mg
Iron	2mg
Vitamin D	67IU

Directions

1. In a jar or mixing bowl, combine the oats, chia seeds, cinnamon and kefir. Divide into bowls and top with blueberries and shredded coconut. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four to five days.
Serving Size: One serving is equal to approximately one and a half cups.
Gluten-Free: Use gluten-free oats.
Dairy-Free: Use coconut yogurt instead of kefir.
Additional Toppings: Maple syrup, honey, nutmeg, nuts, nut butter, hemp seeds, dark chocolate chips, raisins, or fruit.



Cottage Cheese Pancakes

5 servings
15 minutes

Ingredients

1 cup Cottage Cheese
4 Egg (large)
1 cup Oats (rolled or quick)
1 tbsp Extra Virgin Olive Oil (divided)

Nutrition

Amount per serving	
Calories	184
Fat	9g
Carbs	13g
Fiber	2g
Sugar	1g
Protein	12g
Cholesterol	156mg
Sodium	190mg
Vitamin A	275IU
Vitamin C	0mg
Calcium	66mg
Iron	1mg
Vitamin D	34IU

Directions

1. Add the cottage cheese, eggs, and oats to a blender. Blend until smooth.
2. Heat a bit of the oil over medium-low heat. Add 1/4 cup of the batter at a time, cooking for about three to four minutes per side or until golden brown. Repeat with the remaining batter and oil.
3. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three to four days.
Serving Size: One serving equals two pancakes.
More Flavor: Add a pinch of salt.
Additional Toppings: Maple syrup, honey, chocolate chips, chopped nuts, fruits, or hemp seeds.



Strawberry Chia Jam

8 servings
20 minutes

Ingredients

2 cups Strawberries
2 tablespoons Erythritol (Swerve granulated)
2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	27
Fat	1g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	0mg
Vitamin A	4IU
Vitamin C	21mg
Calcium	23mg
Iron	0mg
Vitamin D	0IU

Directions

1. Trim the stems from the strawberries and cut in half. Place strawberries, sugar and chia seeds in a blender or food processor and pulse until it reaches your preferred jam-consistency.
2. Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
3. Remove from heat and pour into a mason jar. Let cool and then store in the fridge for up to 7 days. Freeze if using down the road. Enjoy!

Notes

Get Creative: Try different combinations like strawberry-rhubarb or strawberry-peach!
Storage Tip: If freezing, be sure to leave at least 1 inch of space at the top of the jar to leave room for expansion. Otherwise the jar may shatter.
Vegan: Use maple syrup to sweeten instead of honey.



Kale & Prosciutto Egg Muffins

3 servings
25 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil (divided)
1 3/4 ozs Prosciutto (thinly sliced, chopped)
2 cups Kale Leaves (finely chopped)
4 Egg
2 tbsps Water
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	176
Fat	13g
Carbs	1g
Fiber	1g
Sugar	0g
Protein	13g
Cholesterol	260mg
Sodium	412mg
Vitamin A	1034IU
Vitamin C	13mg
Calcium	74mg
Iron	2mg
Vitamin D	55IU

Directions

1. Preheat the oven to 375°F (190°C). Use 1/3 of the oil to grease a muffin tray.
2. Heat half of the remaining oil in a non-stick pan over medium heat. Add the prosciutto and cook for three to five minutes or until crispy. Transfer to a plate and set a side.
3. Add the remaining oil to the pan and add the kale leaves. Cook for two to three minutes until the kale leaves are wilted and tender. Add the prosciutto back to the pan and stir to combine.
4. Divide the kale and prosciutto between the cups of the prepared muffin tray.
5. Add the eggs and water to a small bowl and whisk well. Pour the eggs into the prepared tray. Bake for 14 to 16 minutes or until the egg muffins are browned around the edges and firm to the touch. Let the egg muffins cool slightly before removing them from the tray. Season with salt and pepper to taste before serving and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to two egg muffins.
More Flavor: Use milk of choice instead of water. Add fresh or dried herbs or garlic.
No Kale: Use spinach instead.



Hass Avocado

2 servings
5 minutes

Ingredients

1 Avocado (Hass)

Nutrition

Amount per serving	
Calories	117
Fat	11g
Carbs	6g
Fiber	5g
Sugar	1g
Protein	2g
Cholesterol	0mg
Sodium	5mg
Vitamin A	38IU
Vitamin C	7mg
Calcium	5mg
Iron	0mg
Vitamin D	0IU

Directions

1. Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With: Salads, soups, chilli, on toast, or in a wrap with leftovers.
Savoury Snack: Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.
Sweet Snack: Top with maple syrup, honey, maple butter and/or cinnamon.



Antipasto Salad in a Jar

1 serving
5 minutes

Ingredients

2 ozs Mozzarella Ball (small bite size)
6 smalls Grape Tomato (halved)
3 leaves Basil Leaves (fresh)
1/4 cup Black Olives
1/2 tsp Italian Seasoning
1 tsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	308
Fat	21g
Carbs	15g
Fiber	2g
Sugar	0g
Protein	15g
Cholesterol	45mg
Sodium	523mg
Vitamin A	494IU
Vitamin C	72mg
Calcium	316mg
Iron	2mg
Vitamin D	9IU

Directions

1. Combine ingredients in a jar.
2. Refrigerate for 4 hours or longer to marinate the flavors.



Balsamic Lentil Salad

2 servings
5 minutes

Ingredients

1 1/2 cups Lentils (cooked, rinsed well)
2 tbsps Balsamic Vinegar
1/2 cup Parsley (finely chopped)
1/4 Cucumber (diced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	197
Fat	1g
Carbs	35g
Fiber	12g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	16mg
Vitamin A	1332IU
Vitamin C	23mg
Calcium	60mg
Iron	6mg
Vitamin D	0IU

Directions

1. Add the lentils to a bowl and stir in the balsamic vinegar, parsley, and cucumber. Season with salt and pepper to taste. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.
Serving Size: One serving is approximately equal to one cup.
More Flavor: Add other dried herbs and spices to taste.
More Fat: Add extra virgin olive oil, olives, or feta cheese.
More Veggies: Add tomatoes, bell pepper, zucchini or chopped greens.
No Lentils: Use chickpeas or white beans instead.



Blackened Shrimp

2 servings
15 minutes

Ingredients

10 ozs Shrimp (peeled, deveined)
1 1/3 tbsps Cajun Seasoning
2 tbsps Extra Virgin Olive Oil
1/2 Lime (juiced)
1 tbsp Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	243
Fat	14g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	29g
Cholesterol	228mg
Sodium	2409mg
Vitamin A	39IU
Vitamin C	3mg
Calcium	93mg
Iron	1mg
Vitamin D	0IU

Directions

1. In a bowl, mix together the shrimp and cajun seasoning, ensuring that each shrimp is well coated.
2. Heat the oil in a skillet over medium heat. Add the shrimp and cook for three to four minutes per side or until they are pink and opaque.
3. Remove from the heat and pour lime juice on top. Top with cilantro and divide evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
No Lime: Use lemon instead.
Serve it With: Salad, greens, rice, quinoa, roasted vegetables, or taco shells.



Egg Roll in a Bowl

4 servings
30 minutes

Ingredients

1 tbsp Avocado Oil
1 Yellow Onion (medium, diced)
5 stalks Green Onion (diced)
4 Garlic (cloves, minced)
1 tbsp Ginger (peeled and grated)
1 lb Lean Ground Pork
6 cups Coleslaw Mix
2 cups Bean Sprouts
1/4 cup Coconut Aminos

Nutrition

Amount per serving	
Calories	376
Fat	23g
Carbs	21g
Fiber	6g
Sugar	10g
Protein	26g
Cholesterol	77mg
Sodium	666mg
Vitamin A	5100IU
Vitamin C	58mg
Calcium	101mg
Iron	4mg
Vitamin D	19IU

Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos: Use tamari or soy sauce instead.
Meat-Free: Replace the ground meat with scrambled eggs or tofu.



Black Bean Lettuce Wraps

2 servings
10 minutes

Ingredients

1 tbsp Water
2 tsps Taco Seasoning
2 cups Black Beans (cooked)
1 head Boston Lettuce (washed with leaves eparated)
1/4 cup Sour Cream
1/4 cup Salsa

Nutrition

Amount per serving	
Calories	294
Fat	6g
Carbs	47g
Fiber	16g
Sugar	3g
Protein	17g
Cholesterol	14mg
Sodium	496mg
Vitamin A	392IU
Vitamin C	1mg
Calcium	92mg
Iron	4mg
Vitamin D	0IU

Directions

1. Heat a cast-iron or non-stick pan over medium heat. Add the water and taco seasoning and mix together.
2. Add the black beans to the pan and coat in the taco seasoning well. Heat for three to five minutes, stirring often. Remove from the heat.
3. Divide the black beans evenly between the lettuce leaves and top with the sour cream and salsa. Enjoy!

Notes

Leftovers: Refrigerate everything separately for up to three days. Make the wraps when ready to eat.

Serving Size: One serving is approximately six lettuce wraps.

Make it Vegan: Use vegan sour cream or omit.

More Flavor: Cook the black beans in oil instead of water. Add minced garlic and onion when cooking. Add salt and pepper to taste.

Additional Toppings: Add cheese, chopped green onions, cilantro and/or pickled jalapeños.



Yogurt with Pear

1 serving
5 minutes

Ingredients

1 Pear (cored and sliced)
1 package Greek Yogurt No Added Sugar (Oikos Pro)

Nutrition

Amount per serving	
Calories	241
Fat	3g
Carbs	35g
Fiber	6g
Sugar	20g
Protein	21g
Cholesterol	20mg
Sodium	52mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	236mg
Iron	0mg
Vitamin D	0IU

Directions

1. Divide yogurt into bowls. Top with pear and enjoy!

Notes

Dairy-Free: Use coconut or almond yogurt instead of Greek yogurt.
No Pear: Use any type of fresh fruit instead.
Greek Yogurt: The Oikos Pro is higher in protein and no added sugar... many love the creamy texture and delicious taste! Great to dip the fruit into OR top with berries.



Thai Curry Carrot Soup

2 servings
35 minutes

Ingredients

4 cups Vegetable Broth, Low Sodium (divided, plus more as needed)
4 Carrot (large, chopped)
1 Yellow Onion (medium, chopped)
1 tbsp Thai Red Curry Paste
1/4 tsp Sea Salt (optional)
1 Lime (juiced)
2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	107
Fat	1g
Carbs	25g
Fiber	5g
Sugar	15g
Protein	2g
Cholesterol	0mg
Sodium	808mg
Vitamin A	21960IU
Vitamin C	19mg
Calcium	64mg
Iron	2mg
Vitamin D	0IU

Directions

1. Add a splash of broth to a large pot over medium heat. Add the carrots and the onions and cook for five to seven minutes, stirring regularly.
2. Add the remaining broth and the curry paste to the pot, stirring constantly. Bring to a boil, then reduce the heat and simmer for 15 to 20 minutes or until the carrots are tender.
3. Blend until smooth. Adjust the consistency with more broth as needed. Add salt, if desired.
4. Divide into bowls. Top with lime juice and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.
Serving Size: One serving is approximately two cups.
More Flavor: Add coconut milk.
Additional Toppings: Green onions and/or sesame seeds.



Berry Banana Smoothie

3 servings
5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3 cups Frozen Berries
1 1/2 Banana
3 cups Kale Leaves
3/4 cup Vanilla Protein Powder
3 tbsps Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Vitamin A	1547IU
Vitamin C	65mg
Calcium	673mg
Iron	3mg
Vitamin D	101IU

Directions

1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.
No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.
Nut-Free: Use nut-free milk such as oat milk.



Cottage Cheese with Mixed Berries

1 serving
5 minutes

Ingredients

1 cup Cottage Cheese
1/2 cup Frozen Berries (or fresh)

Nutrition

Amount per serving	
Calories	246
Fat	9g
Carbs	17g
Fiber	3g
Sugar	13g
Protein	24g
Cholesterol	36mg
Sodium	662mg
Vitamin A	294IU
Vitamin C	20mg
Calcium	187mg
Iron	1mg
Vitamin D	6IU

Directions

1. Top the cottage cheese with frozen berries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Make it Vegan: Use coconut yogurt or oatmeal instead of cottage cheese.
Additional Toppings: Hemp seeds, crushed nuts, coconut flakes, and/or your sweetener of choice.



Frozen Coconut Yogurt Covered Raspberries

1 serving
40 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
1 1/2 cups Raspberries

Nutrition

Amount per serving	
Calories	151
Fat	5g
Carbs	28g
Fiber	13g
Sugar	9g
Protein	3g
Cholesterol	0mg
Sodium	27mg
Vitamin A	61IU
Vitamin C	48mg
Calcium	296mg
Iron	1mg
Vitamin D	0IU

Directions

1. Line a baking sheet with parchment paper.
2. Add the yogurt to a bowl followed by the raspberries. Coat each raspberry in yogurt. Work in batches if needed.
3. Spread the yogurt covered raspberries out in an even layer on the baking sheet. Freeze for 25 to 30 minutes. Enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one month.
Serving Size: One serving is approximately 3/4 cup.
No Coconut Yogurt: Use any other type of yogurt.



Roasted Sesame Edamame

3 servings
20 minutes

Ingredients

3 cups Frozen Edamame (thawed)
1 tbsp Sesame Oil (divided)
1 tbsp Sesame Seeds
1 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Calories	245
Fat	14g
Carbs	15g
Fiber	8g
Sugar	3g
Protein	19g
Cholesterol	0mg
Sodium	796mg
Vitamin A	462IU
Vitamin C	9mg
Calcium	127mg
Iron	4mg
Vitamin D	0IU

Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a bowl, combine the edamame, oil, sesame seeds, and salt. Spread the mixture onto the prepared baking sheet.
3. Bake for 15 to 20 minutes or until golden. Enjoy!

Notes

Leftovers: Store in an airtight container for up to two days. If leftover edamame loses their crunch, reheat it in the oven for five to eight minutes or until crispy again.

Serving Size: One serving is approximately one cup.



Turkey Chili

8 servings
40 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 lb Extra Lean Ground Turkey
1 Yellow Onion (chopped)
2 cups Diced Tomatoes
2 cups Crushed Tomatoes
2 cups Black Beans (cooked, rinsed)
1 3/4 cups Red Kidney Beans (cooked, rinsed)
2 Carrot (chopped)
5 stalks Celery (chopped)
1 Red Bell Pepper (chopped)
1 Jalapeno Pepper (chopped)
3 tbsps Chili Powder
1 tsp Cumin
1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	266
Fat	7g
Carbs	31g
Fiber	12g
Sugar	7g
Protein	20g
Cholesterol	42mg
Sodium	577mg
Vitamin A	4462IU
Vitamin C	35mg
Calcium	114mg
Iron	5mg
Vitamin D	8IU

Directions

1. Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
2. Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
3. Divide into bowls, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.
Serving Size: One serving is equal to approximately two cups of chili.
More Flavor: Add a pinch of cayenne.
Additional Toppings: Top with shredded cheese, extra jalapeño slices, cilantro, sour cream, or avocado.
More Veggies: Add sliced mushrooms, sliced kale, or baby spinach.



Brown Rice Tortilla Chips

4 servings
15 minutes

Ingredients

4 Brown Rice Tortilla (thawed)

Nutrition

Amount per serving	
Calories	150
Fat	3g
Carbs	27g
Fiber	3g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	170mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	0mg
Iron	1mg
Vitamin D	0IU

Directions

1. Preheat oven to 400°F (204°C). Slice brown rice tortillas into 1/8's. Place on a baking sheet and bake for 6 to 10 minutes, or until golden brown.
2. Remove chips from oven. Let cool and enjoy!

Notes

Flavored Chips: Brush with oil and top with your favorite seasonings before baking.

Storage: Refrigerate in an air-tight container up to 5 days.

Higher Fiber: If you need more fiber, look for a higher fiber wrap with wholesome ingredients like whole grains and seeds.



Orange Chicken with Broccoli

2 servings
20 minutes

Ingredients

8 ozs Chicken Breast (skinless, boneless)
1 1/2 tsps Coconut Oil
2 tbsps Chicken Broth
1 Garlic (cloves, minced)
1/2 Navel Orange (zested and juiced)
2 tbsps Fancy Molasses
1 tbsp Tamari
1/4 tsp Red Pepper Flakes
4 cups Broccoli (chopped into florets)
3/4 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	356
Fat	11g
Carbs	34g
Fiber	6g
Sugar	22g
Protein	33g
Cholesterol	83mg
Sodium	680mg
Vitamin A	1349IU
Vitamin C	184mg
Calcium	199mg
Iron	4mg
Vitamin D	1IU

Directions

1. Dice your chicken breasts into 1 inch cubes. Melt the coconut oil in a large skillet over medium heat. Add in the chicken and saute until cooked through and browned (about 10 minutes).
2. Meanwhile, in a small sauce pan stir together the chicken broth, garlic, orange zest, orange juice, molasses, tamari and red pepper flakes. Bring to a boil, then reduce to a simmer. Simmer for 10 minutes, then pour it into the skillet over the cooked chicken. Mix well to coat and let simmer while you prepare the rest.
3. Lightly steam your broccoli then toss in olive oil and sea salt and black pepper to taste.
4. Turn the heat off of the chicken (the sauce should be cooked down and thickened by now. If it isn't, simmer a bit longer). Divide the broccoli between bowls and top with the orange chicken. Sprinkle with sesame seeds and serve. Enjoy!

Notes

Serving Size: One serving is approximately 2 to 2 1/2 cups.
Prep Ahead: Mix the sauce up in a mason jar and store in the fridge until ready to cook. Steam the broccoli in advance and warm before serving.
Vegan & Vegetarian: Use chickpeas or tofu instead of chicken.
Leftovers: Keeps well in the fridge up to 3 days.
More Carbs: Serve with rice, quinoa or sweet potatoes.
Make It Faster: Buy pre-sliced chicken breast and pre-chopped broccoli florets (fresh or frozen) in the bag.



Chili Lime Shrimp Tacos

2 servings
25 minutes

Ingredients

8 ozs Shrimp (large, peeled)
1/2 Lime (zested and juiced, separated)
1 tbsp Extra Virgin Olive Oil
1 Garlic (cloves, minced)
1/2 tsp Chili Powder
1/4 tsp Sea Salt (divided)
2 cups Green Cabbage (shredded)
4 Corn Tortilla

Nutrition

Amount per serving	
Calories	325
Fat	9g
Carbs	35g
Fiber	5g
Sugar	3g
Protein	26g
Cholesterol	183mg
Sodium	466mg
Vitamin A	291IU
Vitamin C	36mg
Calcium	315mg
Iron	2mg
Vitamin D	0IU

Directions

1. In a large bowl combine the shrimp, lime zest, olive oil, garlic, chili powder and half of the salt. Let shrimp marinate for 10 to 15 minutes.
2. Meanwhile, in a second bowl combine the cabbage with the lime juice and remaining salt and toss well. Set aside.
3. Heat a large nonstick pan over medium-high heat. Cook the shrimp until no longer opaque, about 1 to 2 minutes per side.
4. Meanwhile, warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
5. To assemble the tacos, layer the cabbage and shrimp on top of a warm tortilla and season with additional lime juice if needed. Enjoy!

Notes

More Flavour: Add your favourite taco toppings like avocado, salsa, cheese, jalapeno, sour cream and cilantro.

Grain-Free: Use lettuce wraps instead of corn tortillas.

Serving Size: One serving is equal to two tacos.

Time Saver: Tortillas can also be warmed in the microwave. Wrap the tortillas in a paper towel and heat for 30 to 60 seconds until soft and pliable.



Baked Meatballs

4 servings
35 minutes

Ingredients

1 lb Ground Beef (85% lean)
1 tsp Sea Salt (or 1/2 teaspoon of any other salt)
1/4 tsp Black Pepper
1 tsp Onion Powder
1 tsp Garlic Powder
1/4 cup Shaved Parmesan Cheese (dry-grated not shredded)
2 tbsps Unsweetened Ketchup
1 tbsp Maple Syrup
1 tbsp Soy Sauce, Low Sodium (or a gluten-free alternative)
1 tsp Garlic Powder
1/8 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	225
Fat	11g
Carbs	6g
Fiber	0g
Sugar	4g
Protein	23g
Cholesterol	74mg
Sodium	847mg
Vitamin A	40IU
Vitamin C	0mg
Calcium	24mg
Iron	3mg
Vitamin D	3IU

Directions

1. Preheat the oven to 400°F. Line a large, rimmed baking sheet with high-heat-resistant parchment paper.
2. In a medium bowl, use your hands to mix together the meatball ingredients: ground beef, kosher salt, black pepper, onion powder, garlic powder, and parmesan.
3. Form the mixture into 20 meatballs. It is easiest to shape the mixture into a log, slice it into five slices, then divide each slice into four parts and shape those into meatballs.
4. Place the meatballs on the prepared baking sheet, not touching each other. Bake them until they are cooked through, about 15 minutes.
5. Meanwhile, in a medium saucepan, whisk together the sauce ingredients: ketchup, maple syrup, soy sauce, garlic powder, and cayenne pepper.
6. Five minutes before the meatballs should be done, heat the sauce gently over medium-low heat. If it seems too thick, add a tablespoon or two of water.
7. When the meatballs are done baking, use tongs to transfer them to the sauce. Gently toss to coat. Serve immediately.

Notes

Beef Buying Tip: It is recommended NOT to use extra-lean ground beef in this recipe because it may be too dry.

Moisture Tips: Don't overbake them. 15 minutes at 400 degrees should be enough for them to be cooked thoroughly however, some ovens are different so check to be sure they are cooked.

Make & Freeze: Keep in airtight container for 3-4 days in the refrigerator OR freeze the

leftovers for up to 3 months.

Serving Size: Recipe nutrition facts is for 5 meatballs. If you change the serving size, adjust your nutrition information accordingly.

Seasoning: If you like more seasoning, adjust the garlic, onion, salt and pepper.



Roasted Spaghetti Squash

4 servings
50 minutes

Ingredients

1 Spaghetti Squash (large)

Nutrition

Amount per serving	
Calories	43
Fat	0g
Carbs	11g
Fiber	2g
Sugar	0g
Protein	1g
Cholesterol	0mg
Sodium	3mg
Vitamin A	395IU
Vitamin C	12mg
Calcium	36mg
Iron	1mg
Vitamin D	0IU

Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Slice the spaghetti squash into even rings through its belly. Carve out the seeds and set aside. Place the rings onto the baking sheet and bake for 40 to 45 minutes.
3. Remove the squash from the oven and let it cool. Use a fork to shred the flesh into noodles. Enjoy!

Notes

Serve it As: A pasta alternative or in a stir fry. You can also pair it with a protein and vegetable.

Leftovers: Cooked spaghetti squash keeps well in the fridge for 3 to 4 days.

More Flavor: Cook with oil and season with your favorite spices.



Sauerkraut Crusted Salmon with Greens

2 servings
20 minutes

Ingredients

1/4 cup Sauerkraut
2 tbsps Whole Grain Mustard
12 ozs Salmon Fillet
2 tsps Avocado Oil
4 cups Mixed Greens
1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	300
Fat	13g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	40g
Cholesterol	87mg
Sodium	356mg
Vitamin A	358IU
Vitamin C	12mg
Calcium	73mg
Iron	2mg
Vitamin D	957IU

Directions

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix together the sauerkraut and mustard. Spread over the flesh side of the salmon and press down firmly.
3. Heat the oil in a cast-iron or oven-safe pan over medium-high heat. Cook the salmon flesh side down for eight minutes. Flip the salmon over. Transfer the pan to the oven and bake for an additional eight minutes.
4. Divide the mixed greens and cucumbers onto plates. Top with the salmon and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately six ounces of salmon and two and a half cups of veggies.
More Flavor: Top the greens with your favorite dressing.



Eggplant Parmesan

4 servings
30 minutes

Ingredients

1 Eggplant (sliced about 1/4 in thickness)
1 tsp Sea Salt
8 fl ozs Tomato Sauce, No Added Sugar (RAO arabica)
12 ozs Mozzarella Cheese (part skim, shredded)

Nutrition

Amount per serving	
Calories	291
Fat	18g
Carbs	11g
Fiber	5g
Sugar	7g
Protein	17g
Cholesterol	76mg
Sodium	1049mg
Vitamin A	639IU
Vitamin C	3mg
Calcium	316mg
Iron	0mg
Vitamin D	0IU

Directions

1. Preheat oven to 425. Slice eggplant into 1/4 inch slices. Salt the eggplant on a plate and let it stand for about 15 minutes. Blot the salt and liquid off with a paper towel.
2. Prepare a baking sheet with parchment and coat with non-stick spray.
3. Place the eggplant on the baking sheet in a single layer. Place in the oven for 8 minutes. Remove, turn the eggplant and return to the oven until soft, about another 5 minutes.
4. Remove from the oven. Let it cool about 10 minutes. Then top with about a tablespoon of tomato sauce and sprinkle with cheese.
5. Stack one on top of another. Return to the oven for about 5 minutes or until the cheese is melted. Remove from heat.
6. Enjoy and prepare the remaining for the freezer as per step 7.
7. Place two stacks into individual freezer safe dishes. Place in the freezer to take out when you want. Simply defrost in the microwave and enjoy.

Notes

Serving Suggestion: Serve on Palmini angel hair pasta with more RAO sauce.



Tomato Avocado Salad

2 servings
10 minutes

Ingredients

2 Tomato (medium, chopped)
1 Avocado (medium, chopped)
1/4 cup Red Onion (sliced)
1/4 cup Feta Cheese (cubed)
1 Lime (juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	242
Fat	19g
Carbs	17g
Fiber	8g
Sugar	2g
Protein	6g
Cholesterol	17mg
Sodium	268mg
Vitamin A	1898IU
Vitamin C	36mg
Calcium	118mg
Iron	1mg
Vitamin D	3IU

Directions

1. Arrange the tomato, avocado, and red onion on a serving plate.
2. Top with feta cheese, drizzle with lime juice on top, and season with salt and pepper. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.
Serving Size: One serving is equal to approximately 1 1/2 cups.
Make it Vegan: Omit the feta cheese or use plant-based cheese instead.
Additional Toppings: Top with chili flakes and cilantro.



Pressure Cooker Chili Lime Pulled Pork

6 servings
1 hour

Ingredients

2 1/2 lbs Pork Shoulder, Boneless (cut into 1-inch cubes)
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1 tbsp Avocado Oil
1/4 cup Shallot (sliced)
1 tbsp Chili Powder
1/4 cup Coconut Aminos
2 Lime (juiced, plus extra for serving)

Nutrition

Amount per serving	
Calories	283
Fat	9g
Carbs	5g
Fiber	1g
Sugar	3g
Protein	43g
Cholesterol	113mg
Sodium	518mg
Vitamin A	404IU
Vitamin C	5mg
Calcium	23mg
Iron	2mg
Vitamin D	0IU

Directions

1. Season the pork with the salt and pepper.
2. Turn the pressure cooker to "sauté" mode. Once hot, add the oil and pork. Cook the pork on each side for two to three minutes or until browned. Work in batches as needed. Remove the pork and place it in a bowl.
3. Add the shallot, chili powder, coconut aminos, and lime juice to the pressure cooker and mix well to scrape up and deglaze the pot.
4. Add the pork back to the pressure cooker. Set the pressure cooker to "sealing" and cook on high for 40 minutes. Allow the pressure to release naturally for 15 minutes, then release any remaining pressure.
5. Remove the pork, leaving the liquid in the pot. Shred the pork and turn the pressure cooker to "sauté". Reduce the liquid for three to five minutes and add the pork back to the pressure cooker. The meat will absorb the liquid and there will be minimal juices.
6. Serve with the lime and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.
Serving Size: One serving is approximately one cup.
Additional Toppings: Chopped cilantro, green onions, and/or hot sauce.
Serve it With: Tacos, on salad, rice, and/or cauliflower rice.



Brown Rice

4 servings
45 minutes

Ingredients

1 cup Brown Rice (uncooked)
2 cups Water

Nutrition

Amount per serving	
Calories	170
Fat	1g
Carbs	35g
Fiber	2g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	5mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	16mg
Iron	1mg
Vitamin D	0IU

Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!