



28-Day
**HIGH
PROTEIN
MEAL PLAN**
with recipes

- ▶▶ EAT CLEAN
- ▶▶ EAT HEALTHY PROTEIN
- ▶▶ 1,500 CALORIES PER DAY

COLLECTIVE
Weight Loss

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Kendra Poole FNP-C

Hi!
WELCOME!

I am Kendra Poole, Board Certified Family Nurse Practitioner. I graduated with my Masters from Bradley University, Peoria, IL and worked as an inpatient hospitalist nurse practitioner in the Quad Cities before opening my own family practice here in Princeton IL. Since opening my family medicine practice, I have ventured out and started an IV vitamin infusion clinic and now, I bring you the weight loss clinic. I have my own personal story with struggling with obesity that has fueled this passion to help others conquer their struggle.

I am so excited to see you here and taking the steps to better your health! Did you know that obesity can be the cause of many diseases and many diseases can contribute to obesity. It is estimated that 41% of Adults in America are obese.

During this program, I will help you on your journey to a healthier weight leading to a healthier you. You will succeed if you follow your prescribed medication regimen and make necessary lifestyle changes. Now.. LETS GET TO IT!



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The purpose **OF THIS DIET**

Are you looking for a way to get healthier and more fit? If so, then a high-protein diet may be the perfect solution for you. Eating a diet that is high in protein can provide many health benefits, from increased muscle mass to better digestion. Over the next couple of pages, we'll be exploring five key benefits of a high-protein diet. So if you're looking for an easy and effective way to start improving your health, read on!

WHAT IS A HIGH-PROTEIN DIET?

A high-protein diet is one that emphasizes foods that are high in protein. Proteins are essential macronutrients that help the body to build, maintain and repair tissues. Protein can be found in a variety of foods such as meat, fish, eggs, nuts, beans, and legumes. A high-protein diet involves eating a higher percentage of protein in relation to other nutrients, typically at least 30% of total calorie intake. This type of diet may also involve limiting or eliminating other sources of carbohydrates, such as bread, pasta, rice and potatoes. It is important to note that a high-protein diet should be well-balanced and include a variety of different sources of protein, rather than simply emphasizing one food group.

01 WEIGHT LOSS

When it comes to losing weight, protein can be a powerful ally. Studies show that protein helps you feel fuller longer, making it easier to stick to your diet and eat fewer calories overall. Eating a high-protein diet has been linked to an increase in metabolic rate, which can lead to a greater number of calories burned throughout the day. Eating more protein has also been shown to reduce levels of ghrelin, the hormone responsible for stimulating appetite.

Studies have also found that increasing protein intake can help preserve muscle mass during periods of calorie restriction. This is important because having more muscle helps you burn more calories even when at rest. Additionally, higher-protein diets have been found to reduce levels of certain hormones that can stimulate fat storage in the body. All in all, increasing your protein intake is a great way to support your weight-loss goals.



02 DECREASED APPETITE

A high-protein diet can help to decrease your appetite and reduce food cravings. Protein has been found to increase levels of the hormone cholecystokinin (CCK). CCK helps you to feel fuller for longer, which reduces your hunger and cravings. Eating protein can also make it easier to stick to a healthy eating plan, as you won't be tempted by unhealthy snacks. Studies have shown that people who follow high-protein diets tend to eat fewer calories overall than those on lower-protein diets.

03 LOWER BLOOD PRESSURE

One of the main benefits of a high-protein diet is its ability to help lower blood pressure. High protein foods have been shown to reduce blood pressure by as much as 5 mm Hg (millimeters of mercury) compared to low protein diets. This is because proteins contain certain amino acids that can reduce constriction in your blood vessels, thus allowing for better circulation and improved blood pressure.

High-protein diets are especially effective for those who suffer from hypertension (high blood pressure). Studies have found that high-protein diets can significantly reduce systolic (top number) and diastolic (bottom number) blood pressure levels. For example, one study of hypertensive individuals showed that those following a high-protein diet reduced their systolic and diastolic blood pressure levels by more than 10 mm Hg each.

If you're looking to lower your blood pressure, then consider increasing your intake of high-protein foods like lean meats, fish, eggs, nuts, and legumes. Eating more of these protein-rich foods can not only help you reduce your blood pressure but also aid in weight loss and maintaining muscle mass.

04 STRENGTHENS YOUR BONES

Eating a high-protein diet has been linked to improved bone health. Protein helps to build and maintain bone tissue, as well as aiding in the absorption of calcium and other minerals that are necessary for strong bones. A study published in *The American Journal of Clinical Nutrition* found that higher protein intake was associated with better bone health in postmenopausal women. Eating more high-quality sources of protein such as lean meats, eggs, and fish can help to strengthen your bones. Protein is also essential for the formation of collagen, which helps to give bones their strength. So if you're looking to build strong bones and keep them healthy, make sure you're getting enough protein in your diet.

03 INCREASED MUSCLE MASS

Protein plays a key role in muscle growth and development. It helps build and repair the tiny tears that occur in your muscles during physical activity. High-protein diets have been found to promote an increase in muscle mass, especially when combined with strength training. This can be beneficial for athletes, bodybuilders, and anyone who wants to improve their overall physical fitness. Consuming a high-protein diet is associated with increases in lean body mass, which is an indicator of muscle mass. Additionally, protein helps to preserve existing muscle tissue and can help prevent age-related muscle loss. When coupled with regular exercise, a high-protein diet can help you build more lean muscle mass and improve your overall fitness.



Shopping **GUIDE**

A grocery store is the main source of all the foods that end up on your dinner table, so it's critical to shop there wisely if you want to eat as healthily as possible. Don't worry — it's easier than you think! Here are 8 of my favourite tips!

CHECK THE QUALITY BEFORE BUYING

In general, healthy foods will keep longer than less healthy options. That's why it's important to check all fruits and vegetables before you buy them; if they look a little wilted or if they are significantly discolored, there may be something wrong with them and you might want to pass on buying them. Of course, some produce is also better purchased while it's in season, as it will be more flavorful and affordable.

AVOID PROCESSED FOODS

When you walk into a grocery store, you'll find plenty of healthy foods (and plenty of unhealthy ones). While it might seem hard to avoid processed foods, there are ways to do so. Start by avoiding candy and sugary snacks. Look for fresh fruits and vegetables instead. Then, keep an eye out for less-processed options—they're often in aisles closer to natural food items than boxed items or cereals.

DON'T SHOP ON AN EMPTY STOMACH

When you're hungry, you shop differently—you buy things you wouldn't normally eat and your willpower is reduced. To avoid making a bad choice, don't wait until your stomach is growling to head to the grocery store. Better yet, don't shop when hungry at all!

Fresh vs Frozen

Both fresh and frozen fruit and vegetables are equally nutritional. Fresh produce are picked a little earlier than they should so when they are delivered to grocery stores, they become ripe. Whereas, frozen vegetables are picked, blanched to kill bacteria and frozen immediately. During both processes, some nutrients are lost making both fresh and frozen equally nutritional.



WRITE DOWN GROCERY LIST AND STICK WITH IT!

Before heading to your local grocery store, make a list of exactly what you need. This will ensure that you don't buy any unwanted items and that you only purchase foods that are healthy for you. Write your list down on a sheet of paper or on a notepad on your phone so it's easy to carry. Luckily, with the meal plan, you get your shopping list already created.

BUY WHOLE FOODS

It's best to buy whole foods. These are food products in their most natural state with no artificial flavoring, sweeteners, or preservatives added. Research shows that people who consume more whole foods have a lower body mass index (BMI) and are less likely to develop heart disease and diabetes. In general, stay away from processed and packaged foods as they contain unnecessary additives and fillers that will add calories without adding nutritional value.

CHOOSE ORGANIC WHENEVER YOU CAN

You may not be able to afford every single organic item on your grocery list, but when you can, buy it. Organic foods are produced without artificial ingredients or toxic pesticides, so they're healthier than their conventional counterparts. If you can't always afford everything organic, make sure to prioritize produce (fruits and veggies), meat and dairy products.



How to Store **FRUITS & VEGETABLES**

Regardless of how much time you spend picking out your produce at the market, if you don't properly store it, it can go bad in no time at all. Here are some simple yet effective techniques for storing fruit and vegetables so that they last as long as possible in your kitchen—and so that you can enjoy them longer too!

1. Store all fruits in separate containers with ample air flow. This will ensure that fruit doesn't go bad before you have a chance to eat it. Bananas are best stored on their own, away from other fruits; their high sugar content makes them a prime target for mold. Apples, pears, avocados, and mangoes should be stored together in a single container. It's also important to note that citrus fruits should be kept separated from other fruits due to their high acidity level (which can mess with other foods).
2. Greens—lettuce, spinach, kale, Swiss chard, collards—should be stored in an airtight container in your refrigerator's crisper drawer. Remove any discolored leaves before storing. Wash greens thoroughly just before using them; if you plan to store them longer than a day or two (after washing), place them in a salad spinner to drain excess water.

STORAGE TIMES

This one varies, as some produce stays fresh longer than others. As a general rule of thumb, most fruits can be stored up to five days, while vegetables can last up to three weeks in your refrigerator.



AVOCADOS

Given their high oil content, avocados are best stored in a cool, dry place. Don't store them in direct sunlight; instead, keep them on your countertop or in your fridge. If you want to slow down browning, try placing an apple in with your avocados; it absorbs ethylene gas (the ripening agent).

BANANAS

In order to thaw properly, they need to be first wrapped in plastic or placed in a sealed baggie (not just loosely frozen). If you don't use them quickly after thawing, they will turn mushy. A better option is to simply peel your bananas and store them in an airtight container—their peel will help keep them from browning.

MELONS

To prolong shelf life, store melons in a cool (50-60 degrees), dry location. If you live in a very warm climate, place your melon in a sealed plastic bag. Try to keep it out of direct sunlight as much as possible to reduce browning and damage.

WATERMELONS

Store whole, unwashed watermelons at temperatures between 54–60 degrees F (12–16 C). They'll keep for up to two months. Once cut, wrap it tightly in plastic wrap and store in your refrigerator's crisper drawer; you can also seal it in a zip-top bag.

SPINACH

Put spinach in a plastic bag with holes cut out of it. Spinach doesn't store well in just a container; it will wilt over time. The bag with holes allows air circulation so that moisture can escape without spoiling your produce.



Healthy Food **SUBSTITUTES**

Let's face it, we all love snacks! We all get cravings for different things, and that's okay! We are human after all.

However, some snacks and foods are healthier than others. This doesn't mean that you should stay away from them all together, but you should consider limiting them to a certain extent. Therefore, we've created a list of some of our favorite food substitutes that you can use to change things up throughout the meal plan.

INSTEAD OF THESE FOODS..

TRY THESE FOODS.

WHITE PASTA



White pasta is stripped of its nutrients and fiber during processing. It's high in calories and low in fiber, making it a poor choice.



WHOLE WHEAT PASTA



Whole wheat pasta has more fiber and protein which can lower cholesterol and control blood sugar levels as well as improve gut health.

WHITE PASTA



White pasta is considered to be a refined carbohydrate which is digested and absorbed faster causing fluctuations to your energy and blood sugar levels.



ZUCCHINI NOODLES



The best alternative is the whole wheat pasta as it will fill you up really well. However, if you're trying to lose weight, zucchini noodles are a great low-calorie choice.

WHITE POTATOES



White potatoes are high in certain nutrients, but they also lack fiber. This means that they are considered high glycaemic and raise your blood sugar levels.



SWEET POTATOES



Sweet potatoes contain tons of dietary fiber, as well as vitamin C, carotenoids, and potassium, which regulate blood sugar levels and blood pressure, as well as prevent vision loss.

WHITE RICE



White rice is void of nearly all nutrition and fiber. It's also highly processed and missing its hull (the hard protective coating), bran (outer layer) and germ (nutrient-rich core).



BROWN RICE



Brown rice contains more vitamins and minerals for a fraction of calories. While it still has fewer nutrients than healthy whole grains such as quinoa or buckwheat, it's still a better choice to white rice.

WHITE RICE



White rice lacks a lot of nutrients, antioxidants and fiber compared to other whole grains.



QUINOA



Quinoa is a whole grain, it contains all nine essential amino acids. With its heart-healthy fats and low glycemic index, quinoa helps prevent cardiovascular disease as well as certain types of cancer.

WHITE BREAD



White bread is made from a mix of flour and refined grains, but it doesn't contain many vitamins or minerals. It's also low in fiber—meaning that it causes your blood sugar to spike quickly.



WHOLEMEAL BREAD



Wholemeal bread is a good source of dietary fiber, and contains polyphenols, antioxidants that have been linked to cancer prevention, heart health and immune system strengthening.

SUGARY CEREALS



They're high in calories, low in fiber and often contain added sugar.



OATS OR PORRIDGE



Oats and porridge are high in vitamins and minerals as well as antioxidants which protect our body from various health problems like high blood sugar levels, high blood pressure, and heart problems.

WHITE FLOUR



White flour lacks much of any nutritional value. It's higher in carbs and calories and lower in any sort of nutrients, like fiber, protein and vitamins.



COCONUT FLOUR



Coconut flour is higher in fiber content, plus it is high in protein and naturally sweet, so you won't need much else for flavor when using it as a breading or thickener.

BEEF STEAK



Red meat, including beef, is high in saturated fat and cholesterol, which can raise blood pressure and cause heart disease.



CHICKEN BREAST



Chicken breast is one of the healthiest meats you can eat—high in protein and with virtually no fat. This lean meat also works well in place of beef, pork or veal.

BEEF MINCE



Beef mince is very similar to beef steak, it is high in calories, saturated fats and cholesterol. It is also highly processed.



TURKEY MINCE



Turkey mince is lower in fat and has a similar texture but with much less saturated fat.

CHICKEN NUGGETS



Chicken nuggets are highly processed and deep fried to get that golden crunchy texture. This makes them high in saturated fats and potentially trans fats.



SKINLESS CHICKEN BREAST



Chicken breast is one of the best meats that you can incorporate in your diet. You can also roll dice them and roll them in bread crumbs, but air fry them instead of deep frying.

PORK SAUSAGES



Eating excess amounts sausages and bacon can increase your risk of cancer, heart disease, and other health problems due to their content of saturated fats.



CHICKEN SAUSAGES



They're lower in fat than regular sausages and make a great swap for breakfast or lunch.

BATTERED FISH



Fish battered in deep-fried batter is full of trans fat, which has been linked to increased risk of heart disease and stroke.



STEAMED OR BAKED FISH



Having a steamed or baked fish rather than battered means that you'll avoid excessive calories and unhealthy fats. You'll be consuming more of healthy fats that are great for your body.

MEAT PATTIES



Meat patties are fatty and can be high in saturated fat, which can contribute to a heart disease



GRILLED MEAT PATTIES



Grilled meat patties are low in both cholesterol and saturated fat. They're also a good source of protein, iron and other essential vitamins.

DEEP-FRIED TFU



Deep fried tofu contains lots of fat and sodium that it's nearly impossible to say if deep fried tofu has any nutritional value.

STEAMED/ STIR-FRIED TOFU



It's high in protein, low in calories and contains very little saturated fat. It has tons of other nutrients like manganese, calcium, potassium and iron which help prevent heart disease and cancer.

BACON/SALAMI



The sodium and saturated fats in bacon and salami can cause your blood pressure to shoot up, raising your risk of heart disease, and insulin resistance when consumed in excess.

ROASTED TURKEY BREAST



Turkey breast is lower in calories and fat. Plus, it's rich in B vitamins which help you obtain high quality energy.

SUNFLOWER OIL



Sunflower oil is low in saturated fat but high in Omega-6 fats, a fatty acid that some doctors now believe might contribute to increased risk of heart disease.

OLIVE OIL/ RAPESEED OIL



Along with olive oil, rapeseed oil is probably one of our healthiest cooking oils. It contains less saturated fat and more omega-3 fatty acids.

LARD



Lard is derived from pig fat, and contains more saturated fat and cholesterol.

CANOLA OIL



Canola oil is high in healthy fats, vitamins K and E which help lower cholesterol and blood pressure, as well as protect the body from toxins and aging.

Meal Plan BREAKDOWN



1,500

CALORIES

This meal plan contains 1,500 calories.

150G

CARBS

Carbohydrates account for 40% of your total calories which equal to 150g and 600 calories.

112.5G

PROTEIN

Proteins account for 30% of your total daily calories which equal to 112.5g and 450 calories.

51G

FATS

Healthy fats account for 30% of your total daily calories which equal to 51g of your total daily calories and 450 calories.

Meal Plan **SCHEDULE**

This meal plan is very easy to follow. Here is a breakdown for the next 28 days. Remember, this meal plan is based on 1,500 calories and if you are making any ingredient substitutes, make sure that it fits both calories and macronutrients. This meal plan has been carefully created with calories and nutrients in mind to ensure that you get everything you need to be healthy.

One of the most common questions that I get is whether or not you can move recipes around, and yes you can. **You can move recipes as you wish as long as they fit your calories and macros.**

Here is your 28-day schedule.

DAY 1	DAY 2
<p>Breakfast: Banana Protein Oats Lunch: Shrimp and Cabbage Stir Fry Snack: Deli Beef Wraps (1 serving) Dinner: Sun Dried Tomato & Salmon Pasta</p>	<p>Breakfast: Peanut Butter Yogurt Bowl Lunch: Thai Basil Bison Salad Snack: Lemon Ginger Smoothie Dinner: Pork and Spinach Noodle Soup</p>
DAY 3	DAY 4
<p>Breakfast: Zucchini and Cream Cheese Scramble Lunch: Quinoa Chicken Stir Fry Snack: Turkey Mushroom Lettuce Wraps Dinner: Orzo & Shrimp Pasta Salad + Pumpkin Cinnamon Mini Muffins</p>	<p>Breakfast: Egg and Beef Breakfast Bowl Lunch: Tropical Chicken Salad Snack: Mango Mint Smoothie Dinner: Tuna, Spinach & Feta Pita</p>

DAY 5

Breakfast: Blueberry Almond Pancakes
Lunch: COD and Shrimp Stew
Snack: Blackberry and Pineapple Smoothie
Dinner: Peanut, Turkey, Lettuce Wraps

DAY 6

Breakfast: Turkey Sausage Scramble
Lunch: Beef, Spinach and Cabbage Skillet
Snack: Lemon Ginger Smoothie
Dinner: Cumin Chicken and Zucchini

DAY 7

Breakfast: Parmesan, Chicken & Kale Skillet
Lunch: Grilled Chicken Tacos
Snack: Tropical Smoothie
Dinner: Lemon, Garlic & Herb Pasta with Chickpeas

DAY 8

Breakfast: Apple Pecan Millet Porridge
Lunch: Pork and Spinach Noodle Soup
Snack: Pumpkin Cinnamon Mini Muffins (1 serving)
Dinner: Artichoke & Olives Pesto Pizza + Turkey Mushroom Lettuce Wraps

DAY 9

Breakfast: Peanut Butter Yogurt Bowl
Lunch: Spicy Tofu & Cauliflower Soup
Snack: Blackberry and Pineapple Smoothie
Dinner: Beef, Spinach and Cabbage Skillet

DAY 10

Breakfast: Berry Coconut Smoothie
Lunch: Shrimp and Cabbage Stir Fry
Snack: Lemon Ginger Smoothie
Dinner: Lemon, Garlic & Herb Pasta with Chickpeas

DAY 11

Breakfast: Zucchini and Cream Cheese Scramble
Lunch: Quinoa Chicken Stir Fry
Snack: Tuna Salad Lettuce Wraps
Dinner: Cumin Chicken and Zucchini

DAY 12

Breakfast: Turkey Sausage Scramble
Lunch: Spicy Tofu & Cauliflower Soup
Snack: Tropical Smoothie
Dinner: Grilled Chicken Tacos

DAY 13

Breakfast: Banana Protein Oats
Lunch: COD and Shrimp Stew
Snack: Turkey Mushroom Lettuce Wraps
Dinner: Quinoa Chicken Stir Fry + Deli Beef Wraps

DAY 14

Breakfast: Apple Pecan Millet Porridge
Lunch: Sauerkraut Crusted Salmon with Greens
Snack: Blueberry Almond Pancakes
Dinner: Orzo & Shrimp Pasta Salad

DAY 15

Breakfast: Banana Protein Oats
Lunch: Shrimp and Cabbage Stir Fry
Snack: Deli Beef Wraps (1 serving)
Dinner: Sun Dried Tomato & Salmon Pasta

DAY 16

Breakfast: Peanut Butter Yogurt Bowl
Lunch: Thai Basil Bison Salad
Snack: Lemon Ginger Smoothie
Dinner: Pork and Spinach Noodle Soup

DAY 17

Breakfast: Egg and Beef Breakfast Bowl
Lunch: Tropical Chicken Salad
Snack: Mango Mint Smoothie
Dinner: Tuna, Spinach & Feta Pita

DAY 18

Breakfast: Parmesan, Chicken & Kale Skillet
Lunch: Grilled Chicken Tacos
Snack: Tropical Smoothie
Dinner: Lemon, Garlic & Herb Pasta with Chickpeas

DAY 19

Breakfast: Zucchini and Cream Cheese Scramble
Lunch: Quinoa Chicken Stir Fry
Snack: Turkey Mushroom Lettuce Wraps
Dinner: Orzo & Shrimp Pasta Salad + Pumpkin Cinnamon Mini Muffins

DAY 20

Breakfast: Blueberry Almond Pancakes
Lunch: COD and Shrimp Stew
Snack: Blackberry and Pineapple Smoothie
Dinner: Peanut, Turkey, Lettuce Wraps



DAY 21

Breakfast: Turkey Sausage Scramble
Lunch: Beef, Spinach and Cabbage Skillet
Snack: Lemon Ginger Smoothie
Dinner: Cumin Chicken and Zucchini

DAY 22

Breakfast: Apple Pecan Millet Porridge
Lunch: Pork and Spinach Noodle Soup
Snack: Pumpkin Cinnamon Mini Muffins (1 serving)
Dinner: Artichoke & Olives Pesto Pizza + Turkey Mushroom Lettuce Wraps

DAY 23

Breakfast: Peanut Butter Yogurt Bowl
Lunch: Spicy Tofu & Cauliflower Soup
Snack: Blackberry and Pineapple Smoothie
Dinner: Beef, Spinach and Cabbage Skillet

DAY 24

Breakfast: Berry Coconut Smoothie
Lunch: Shrimp and Cabbage Stir Fry
Snack: Lemon Ginger Smoothie
Dinner: Lemon, Garlic & Herb Pasta with Chickpeas

DAY 25

Breakfast: Zucchini and Cream Cheese Scramble
Lunch: Quinoa Chicken Stir Fry
Snack: Tuna Salad Lettuce Wraps
Dinner: Cumin Chicken and Zucchini

DAY 26

Breakfast: Banana Protein Oats
Lunch: COD and Shrimp Stew
Snack: Turkey Mushroom Lettuce Wraps
Dinner: Quinoa Chicken Stir Fry + Deli Beef Wraps

DAY 27

Breakfast: Apple Pecan Millet Porridge
Lunch: Sauerkraut Crusted Salmon with Greens
Snack: Blueberry Almond Pancakes
Dinner: Orzo & Shrimp Pasta Salad

DAY 28

Breakfast: Banana Protein Oats
Lunch: Shrimp and Cabbage Stir Fry
Snack: Deli Beef Wraps (1 serving)
Dinner: Sun Dried Tomato & Salmon Pasta



Healthy and Delicious
RECIPES

Mix and match recipes as you wish as long as they match the calories and nutrients of the correct recipe outlined in the meal plan schedule.

Banana Protein Oats



🕒 5 Mins

👤 1 Serving

Ingredients:

- ½ cup oats
- 1 cup plain coconut milk (unsweetened from the carton)
- ½ banana (sliced, plus extra for garnish)
- 1 tsp maple syrup
- ½ tsp vanilla extract
- 1/8 tsp sea salt
- ½ tsp cinnamon (plus extra for garnish)
- ¼ cup vanilla protein powder
- ¼ cup blueberries
- 1 tbsp. unsweetened coconut yogurt
- 1 tbsp. pumpkin seeds
- 1½ tsp unsweetened shredded

Directions:

- 1 Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
- 2 Turn off the heat and stir in the cinnamon and protein powder.
- 3 Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

Nutrition:

Calories:	487
Protein:	28g
Carbs:	63g
Fats:	14g



Zucchini and Cream Cheese Scramble

Ingredients:

- 1 tsp coconut oil
- ¼ cup garlic scapes (chopped)
- 1 zucchini (small, diced)
- 1 cup bok choy (chopped)
- ½ cup cherry tomatoes (halved)
- 3 eggs (whisked)
- 2 tbsps. cream cheese, regular
- Sea Salt & Black Pepper (to taste)



🕒 20 Mins

👤 1 Serving

Nutrition:

Calories:	456
Protein:	7g
Carbs:	85g
Fats:	12g

Directions:

- 1 Heat the coconut oil over low-medium heat.
- 2 Add garlic scapes and cook for one to two minutes, then add the zucchini and cook for another five minutes.
- 3 Add the bok choy and continue to cook for three to four minutes. Add the cherry tomatoes and continue to cook for two to three minutes or until the tomatoes have softened.
- 4 Add the whisked eggs to the vegetable mix and continue to cook for about three minutes or until cooked through.
- 5 Turn off the heat and add the cream cheese, salt, and pepper to the scramble and stir to combine. Enjoy!



Peanut Butter Yogurt Bowl



Ingredients:

- 1 cup plain greek yogurt
- 2 tbsps. all natural peanut butter
- 2 tbsps. granola
- 2 tbsps. blueberries (fresh or frozen)
- 1 tsp maple syrup



10 Mins



1 Serving

Directions:

In a bowl, whisk the yogurt and peanut butter together vigorously. Top with granola, blueberries, and maple syrup. Enjoy!

Nutrition:

Calories: 476

Protein: 31g

Carbs: 35g

Fats: 25g



Berry Coconut Smoothie

Ingredients:

- 1 cup canned coconut milk (full fat)
- ½ cup frozen berries
- ¼ cup avocado
- ⅔ oz collagen powder



🕒 5 Mins

👤 2 Servings

Directions:

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

Nutrition:

Calories: 304

Protein: 10g

Carbs: 10g

Fats: 25g

Egg and Beef Breakfast Bowl



Ingredients:

- 1 tbsp coconut oil
- 1 lb extra lean ground beef
- ½ cup mushrooms (sliced)
- 1 cup kale leaves (chopped)
- 2 eggs
- 1 avocado (cubed)
- 2 tbsps. nutritional yeast



25 Mins



3 Servings

Directions:

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through.
- 2 Drain the fat from the pan and return to the stove.
- 3 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 4 Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

Nutrition:

Calories:	490
Protein:	40g
Carbs:	9g
Fats:	33g



Turkey Sausage Scramble



Ingredients:

- 4 oz turkey sausage (casing removed)
- 1 cup baby spinach (chopped)
- 2 eggs (whisked)
- sea salt & black pepper (to taste)

 10 Mins

 1 Servings

Directions:

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through.
- 3 Season with salt and pepper if needed and enjoy!

Nutrition:

Calories:	328
Protein:	35g
Carbs:	2g
Fats:	19g



Parmesan, Chicken & Kale Skillet

Ingredients:

- 1 tbsp extra virgin olive oil
- 12 oz chicken breast (skinless, boneless, cut into strips)
- sea salt & black pepper (to taste)
- 8 cups kale leaves (stems removed, torn into pieces, packed)
- ¼ cup water
- ½ tsp lemon juice
- ¼ cup parmigiana Reggiano (finely grated)
- 1 ½ tsp red pepper flakes



🕒 20 Mins

👤 2 Servings

Directions:

- 1 In a large skillet or pan, heat the oil over medium heat. Cook the chicken and season with salt and pepper to taste, until cooked through, about five to seven minutes. Transfer the chicken to a bowl.
- 2 To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice and parmigiano reggiano.
- 3 Divide onto plates and sprinkle the red pepper flakes overtop. Enjoy!

Nutrition:

Calories: 353

Protein: 45g

Carbs: 5g

Fats: 17g



Blueberry Almond Pancakes

Ingredients:

- 1 egg
- ¼ cup almond butter
- 2 tbsps. unsweetened almond milk
- 1 ½ tsp maple syrup
- ½ tsp baking powder
- ½ tsp coconut oil (for the pan)
- ¼ cup blueberries (fresh or frozen)



🕒 15 Mins

👤 2 Servings

Directions:

- 1 In a mixing bowl, whisk the egg, almond butter, and almond milk together until smooth. Stir in the baking powder and maple syrup.
- 2 Heat a pan over medium heat. When the pan is hot add the oil. Spoon the batter into the pan in scant 1/4 cup portions to form small pancakes. Divide the blueberries between pancakes and cook for about three to five minutes per side or until golden brown and cooked through. Repeat with any remaining batter, adding more oil to the pan as needed.
- 3 Divide pancakes between plates and enjoy!

Nutrition:

Calories:	264
Protein:	10g
Carbs:	12g
Fats:	21g



Apple Pecan Millet Porridge

Ingredients:

- 1/3 cup millet (dry)
- 3/4 cup water
- 3/4 cup plain coconut milk (divided)
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/2 apple (chopped)
- 2 tbsps. pecans
- 1 tbsp maple syrup



🕒 25 Mins

👤 1 Serving

Directions:

- 1 Combine the millet, water, 3/4 of the coconut milk, vanilla, and cinnamon in a pot on the stove. Mix well, then bring it to a boil. Reduce heat to low, and cover the pot with a lid. Cook for 20 minutes.
- 2 Remove the porridge from the stove. Add it to a bowl and top with the remaining coconut milk, chopped apple, pecans, and maple syrup. Enjoy!

Nutrition:

Calories:	504
Protein:	9g
Carbs:	82g
Fats:	16g

Shrimp and Cabbage Stir Fry

Ingredients:

- 2 tbsps. coconut oil (divided)
- 1 lb shrimp (raw, peeled and deveined)
- 3 garlic cloves (minced)
- 1 lemon (juiced)
- ½ tsp red pepper flakes
- 8 cups green cabbage (finely sliced)
- sea salt & black pepper (to taste)
- 2 tbsps. sesame seeds



🕒 15 Mins

👤 2 Servings

Directions:

- 1 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 2 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 3 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Nutrition:

Calories:	468
Protein:	52g
Carbs:	26g
Fats:	20g

Sauerkraut Crusted Salmon with Greens



Ingredients:

- ¼ cup sauerkraut
- 2 tbsps. whole grain mustard
- 12 oz salmon fillet
- 2 tbsps. avocado oil
- 4 cups mixed greens
- ½ cucumber (sliced)

🕒 20 Mins

👤 2 Servings

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!

Nutrition:

Calories:	318
Protein:	36g
Carbs:	6g
Fats:	16g



Spicy Tofu & Cauliflower Soup

Ingredients:

- 1 tbsp extra virgin olive oil
- 1 leek (small, trimmed, sliced)
- 1 head cauliflower (medium, roughly chopped)
- 1 ½ tbsp cajun seasoning
- 4 cups vegetable broth, low sodium
- 7 oz tofu (soft, cut into chunks)
- 2 cups lima beans (cooked)
- ¼ cup cilantro (chopped)



🕒 25 Mins

👤 2 Servings

Directions:

- 1 Heat the oil in a large saucepan over medium heat. Add the leeks and the cauliflower and cook, stirring, for five to eight minutes or until softened.
- 2 Stir in the seasoning and the broth, then add the tofu and lima beans.
- 3 Bring to a boil, reduce heat, and simmer on low until it thickens for about 10 minutes.
- 4 Remove from heat. Add the cilantro and blend the soup with an immersion blender until smooth. Serve and enjoy!

Nutrition:

Calories: 453

Protein: 26g

Carbs: 62g

Fats: 13g

COD and Shrimp Stew

Ingredients:

- 1 tsp extra virgin olive oil
- 1 cup asparagus (trimmed, chopped)
- 1 tsp cumin
- 1 tbsp tomato paste
- Sea Salt & Black Pepper (to taste)
- ½ cup water
- ½ cup canned coconut milk
- 1 cod fillet (cubed)
- 3 oz shrimp (peeled, deveined)
- 1 tbsp chives (chopped, for garnish)
- ½ lime (cut into wedges)



🕒 20 Mins

👤 2 Servings

Directions:

- 1 Heat the oil in a pan over medium heat. Add the asparagus and sauté for three to four minutes. Add the cumin, tomato paste, salt, and pepper.
- 2 Add the water and coconut milk to the pan and stir well. Bring to a boil, then turn down the heat to simmer. Place the cod and shrimp in the pan, cover with a lid and cook for seven to eight minutes or until everything is cooked through.
- 3 Divide the stew between serving plates, top with chives, and serve with lime wedges. Enjoy!

Nutrition:

Calories:	284
Protein:	32g
Carbs:	7g
Fats:	14g

Artichoke & Olives Pesto Pizza



Ingredients:

- 1 piece naan
- 1 tbsp sun dried tomato pesto
- 1 ½ oz mozzarella cheese (shredded, divided)
- ¼ cup artichoke hearts (from the can, drained, sliced)
- 2 tbsps. black olives (pitted, sliced)
- 1 tbsp parsley (chopped)

🕒 20 Mins

👤 1 Serving

Directions:

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Spread the pesto evenly over the naan. Top with half the mozzarella, artichokes, and olives. Then add the remaining mozzarella.
- 3 Return to the oven and bake for six to eight minutes, or until the cheese has melted and the crust is crispy. Cut into slices, sprinkle with parsley, and enjoy!

Nutrition:

Calories: 441

Protein: 19g

Carbs: 51g

Fats: 16g



Lemon, Garlic & Herb Pasta with Chickpeas

Ingredients:

- 2 cups brown rice penne (uncooked)
- 2 cups chickpeas (cooked, drained)
- 1 tbsp extra virgin olive oil
- 1 ½ tbsp lemon juice
- 2 garlic cloves (minced)
- ½ tsp oregano
- sea salt & black pepper (to taste)
- 2 tbsps. parsley (chopped)
- 2 tbsps. basil leaves (chopped)
- 2 tbsps. fresh dill (chopped)



🕒 20 Mins

👤 3 Servings

Directions:

- 1 Cook pasta according to the package.
- 2 While the pasta is cooking, in a bowl, add the chickpeas, olive oil, lemon juice, garlic, oregano, salt and pepper. Mix to combine and set aside to marinate.
- 3 Add the pasta to a serving bowl followed by the chickpea mix (including the liquid). Toss to combine.
- 4 Add the parsley, basil, dill and toss again. Divide into bowls and enjoy!

Nutrition:

Calories: 506

Protein: 15g

Carbs: 89g

Fats: 10g



Thai Basil Bison Salad



Ingredients:

- 1 tbsp avocado oil
- 10 oz bison steak
- 1/8 tsp sea salt
- 1 1/2 tsp fish sauce
- 1 1/2 tsp lime juice
- 2 tsp maple syrup
- 2/3 cucumber (large, sliced into strips or julienned)
- 1 carrot (medium, sliced into strips or grated)
- 1 stalk of green onion (green part only, sliced)
- 1/4 cup Thai basil (chopped)

🕒 15 Mins

👤 2 Servings

Directions:

1 Heat the oil in a skillet over high heat. Season the bison steak with salt and transfer it to the hot skillet. Cook for about four minutes on each side, or until well browned and your desired doneness is reached. Transfer to the cutting board and let rest for five to 10 minutes before slicing.

2 Meanwhile, whisk together the fish sauce, lime juice, and maple syrup in a jar. Adjust the flavors as needed.

3 Divide the cucumber, carrot, green onion, Thai basil, and sliced steak into bowls. Drizzle the dressing over top and enjoy!

Nutrition:

Calories:	361
Protein:	42g
Carbs:	13g
Fats:	15g



Quinoa Chicken Stir Fry

Ingredients:

- 3 tbsps. tamari
- 1 tbsp apple cider vinegar
- 1 tbsp raw honey
- 1 tbsp sesame oil
- 1 ¼ lbs chicken breast (sliced into cubes)
- 1 red bell pepper (de-seeded and sliced)
- 1 yellow bell pepper (de-seeded and sliced)
- 4 cups broccoli (chopped into florets)
- 2 cups snap peas
- ¾ cup quinoa (dry)
- 1 ½ cup water
- 1 tbsp sesame seeds



🕒 30 Mins

👤 4 Servings

Directions:

- 1 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper. In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
- 2 Add the chicken, red bell pepper, yellow bell pepper, broccoli and snap peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 to 30 minutes, or until chicken is cooked through.
- 3 Meanwhile, cook your quinoa. Combine the quinoa and water in a saucepot and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed.
- 4 Remove lid, fluff with a fork and set aside. Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!

Nutrition:

Calories: 420

Protein: 42g

Carbs: 40g

Fats: 11g



Pork and Spinach Noodle Soup



Ingredients:

- 1 lb lean ground pork
- 1 tbsp blackstrap molasses
- $\frac{3}{4}$ tsp sea salt (divided, to taste)
- $\frac{1}{4}$ tsp cinnamon (ground)
- 4 cups chicken broth
- 1 tsp fish sauce
- 8 oz shiratake noodles (rinsed, drained)
- 4 cups baby spinach
- 4 stalks green onion (sliced)



25 Mins



4 Servings

Directions:

- 1 Heat a large pot over medium heat. Add the pork, molasses, and half the salt. Use a spoon to break up the pork and stir until cooked through, about eight minutes.
- 2 Stir in the cinnamon, broth, and fish sauce. Bring to a boil, then lower to a simmer for 10 minutes. Season with more salt, if needed.
- 3 Divide the noodles and spinach into bowls. Scoop the broth and pork into each bowl. Top with green onions and enjoy!

Nutrition:

Calories:	288
Protein:	23g
Carbs:	8g
Fats:	19g



Tropical Chicken Salad

Ingredients:

- ¼ cup extra virgin olive oil
- 1 ½ tbsp lime juice
- ½ cup cilantro
- 1 garlic clove (minced)
- ¼ tsp sea salt
- 1 head boston lettuce (chopped)
- 6 oz chicken breast, cooked (shredded)
- ½ mango (cubed)
- ½ avocado (cubed)



🕒 10 Mins

👤 2 servings

Directions:

- 1 Pour the olive oil into a blender and add the lime juice, cilantro, garlic, and salt. Blend until smooth.
- 2 Divide the lettuce onto plates. Top with chicken, mango, and avocado. Drizzle the dressing over everything. Enjoy!

Nutrition:

Calories:	504
Protein:	28g
Carbs:	19g
Fats:	37g

Beef, Spinach and Cabbage Skillet



Ingredients:

- 1 ½ tsp extra virgin olive oil
- 2 cups purple cabbage (chopped)
- 10 oz lean ground beef
- ¼ tsp sea salt
- ¼ tsp garlic powder
- 1 tsp dried parsley
- 2 cups baby spinach

🕒 20 Mins

👤 2 Servings

Directions:

- 1 Heat the oil in a pan over medium heat. Add the cabbage and cook for five to six minutes or until the cabbage begins to soften. Transfer to a bowl and set aside.
- 2 Add the beef to the pan, breaking it up as it cooks, five to six minutes. Once it is cooked through, drain any excess drippings from the pan.
- 3 Add the cooked cabbage back to the pan and stir to combine with the beef. Season with salt, garlic powder, and parsley, and then add the spinach and cook until wilted, about two to three minutes
- 4 Season with additional salt if needed and divide between plates. Enjoy!

Nutrition:

Calories: 426

Protein: 27g

Carbs: 8g

Fats: 32g



Orzo & Shrimp Pasta Salad

Ingredients:

- ½ cup orzo (dry)
- 8 oz shrimp, cooked (chopped)
- 1 head endive (chopped)
- 2 cups snap peas (chopped)
- ½ cup goat cheese (crumbled)
- ¼ cup chives (chopped)
- 2 tbsps. lemon juice
- ¼ tsp sea salt



15 Mins

2 Servings

Directions:

- 1 Cook the orzo according to the directions on the package. Once it's done cooking, set it aside and let it cool.
- 2 Add the orzo and the remaining ingredients to a large bowl. Toss until well combined. Divide onto plates and enjoy!

Nutrition:

Calories:	367
Protein:	40g
Carbs:	39g
Fats:	8g

Grilled Chicken Tacos



25 Mins



2 Servings

Ingredients:

- 1 tsp coconut oil
- 10 oz chicken thighs (boneless, skinless)
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp sea salt (divided)
- 2 cups green cabbage (finely sliced)
- ½ mango (diced)
- 1 tbsp cilantro (minced)
- 4 corn tortilla (medium)

Directions:

- 1 Heat the oil in a skillet over medium-high heat. Season both sides of the chicken with the cumin, paprika, and half of the salt.
- 2 Add the chicken to the skillet and cook for seven to eight minutes per side. When fully cooked, remove the chicken from the skillet and set aside to rest for five minutes before slicing.
- 3 Meanwhile, in a mixing bowl combine the sliced cabbage, mango, cilantro, and the remaining salt. Mix well.
- 4 Fill each tortilla with the sliced chicken and mango slaw. Enjoy!

Nutrition:

Calories: 406

Protein: 32g

Carbs: 46g

Fats: 10g



Cumin Chicken and Zucchini

Ingredients:

- 1 cup Brown Basmati Rice (uncooked)
- 3 tbsp Cumin Seed
- 1 tbsp Fennel Seed
- 1 tsp Sea Salt
- 2 Zucchini (large, chopped)
- 1 ½ tbsp Coconut Oil (melted, divided)
- 1 lb Chicken Breast (skinless, boneless, cut into one-inch cubes)



🕒 30 Mins

👤 4 servings

Directions:

- 1 Preheat the oven to 350°F (175°C). Line a large baking sheet with parchment paper. Cook the basmati rice according to package directions.
- 2 Meanwhile, coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Add the salt and set aside.
- 3 In a bowl, coat the zucchini in half the coconut oil and half the spices. Transfer to one side of the baking sheet.
- 4 In the same bowl, coat the chicken in the remaining coconut oil and spices. Transfer to the baking sheet and bake for 20 minutes or until cooked through.

Nutrition:

Calories: 381

Protein: 31g

Carbs: 41g

Fats: 11g

- 5 Divide the rice, chicken, and zucchini onto plates and enjoy!



Tuna, Spinach & Feta Pita

Ingredients:

- 2 cans tuna (drained, broken into chunks)
- 2 cups baby spinach (chopped)
- ½ stalk of green onion (sliced)
- 1 ¼ cup feta cheese (crumbled)
- 1 tbsp lemon juice (to taste)
- 1 whole wheat pita (sliced in half)



🕒 10 Mins

👤 2 Servings

Directions:

- 1 In a mixing bowl, combine the tuna, spinach, green onions, feta, and lemon juice.
- 2 Gently open each pita pocket and fill with the tuna mixture. Enjoy!

Nutrition:

Calories:	285
Protein:	39g
Carbs:	20g
Fats:	6g

Peanut, Turkey, Lettuce Wraps



Ingredients:

- 1 tbsp coconut oil
- 1 white onion (diced)
- 1 tbsp ginger (peeled and grated)
- ¼ tsp sea salt
- ¼ tsp black pepper
- 2 garlic cloves (minced)
- 2 lbs extra lean ground turkey
- 2 tbsps. tamari
- 2 heads boston lettuce (peeled apart into leaves and washed)
- 3 stalks of green onion (chopped)
- 1 cup matchstick carrots
- ¼ cup Raw Peanuts (chopped)
- 1 lime (sliced into wedges)



25 Mins



4 Serving

Directions:

- 1 Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
- 2 Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
- 3 Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge ovetop, wrap and enjoy!

Nutrition:

Calories: 461

Protein: 47g

Carbs: 10g

Fats: 27g



Baked Chicken with Kiwi Avocado Salsa

Ingredients:

- 10 oz chicken breast
- 1 tbsp extra virgin olive oil
- ½ tsp garlic powder (divided)
- sea salt & black pepper (to taste)
- 2 kiwi (peeled and chopped)
- 1 avocado (chopped)
- ¼ cup red onion
- ½ lime (large, juiced)
- 3 tbsps. cilantro (chopped)



30 Mins



2 Servings

Directions:

- 1 Preheat the oven to 400°F (205°C).
- 2 Place the chicken in a baking dish and drizzle with ½ of the oil and season with ½ of the garlic powder and salt and pepper to taste. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes before slicing.
- 3 Meanwhile, in a mixing bowl combine the kiwi, avocado, and red onion. Add the lime juice, cilantro, and the remaining oil and garlic powder. Season with salt and pepper and add more lime juice to taste if needed.
- 4 To serve, divide the chicken between plates and top with the kiwi avocado salsa. Enjoy!

Nutrition:

Calories: 446

Protein: 35g

Carbs: 22g

Fats: 26g



Sun Dried Tomato & Salmon Pasta



15 Mins



4 Serving

Ingredients:

- 9 3/4 oz chickpea pasta (dry)
- 2 tbsps. extra virgin olive oil (divided)
- 1 lb salmon fillet
- 3 garlic clove (minced)
- 1/2 yellow onion (medium, diced)
- 3/4 cup sun dried tomatoes (drained, chopped)
- 1/2 tsp Italian seasoning
- 1/2 cup chicken broth
- 1/2 cup plain Greek yogurt
- sea salt & black pepper (to taste)
- 1 tbsp basil leaves (chopped)

Directions:

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan. Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 3 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 4 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan.
- 5 Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

Nutrition:

Calories: 512

Protein: 44g

Carbs: 48g

Fats: 19g



Mango Mint Smoothie

Ingredients:

- 1 ¼ cup plain coconut milk
- (unsweetened from the carton)
- 1 cup frozen mango
- ¼ avocado
- 1 cup baby spinach
- 2 tbsps. mint leaves (stems removed)
- ½ lime (juiced)
- ⅔ oz collagen powder



🕒 5 Mins

👤 1 Servings

Directions:

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

Nutrition:

Calories:	356
Protein:	20g
Carbs:	41g
Fats:	14g

Lemon Ginger Smoothie



Ingredients:

- 1 cup frozen mango
- ½ cup canned coconut milk
- 1 ½ tsp ginger (fresh, grated or minced)
- 1 ½ tsp honey
- 1 lemon (juiced and zested)
- ⅓ oz collagen powder

🕒 5 Mins

👤 1 Serving

Directions:

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

Nutrition:

Calories:	388
Protein:	12g
Carbs:	40g
Fats:	22g

Blackberry and Pineapple Smoothie

Ingredients:

- ½ cup frozen blackberries
- 1 cup frozen pineapple
- ½ cup unsweetened coconut yogurt
- ½ tsp maple syrup



🕒 5 Mins

👤 1 Servings

Directions:

- 1 Place all of the ingredients in a blender and blend until smooth.
- 1 Pour into a glass and enjoy.

Nutrition:

Calories:	195
Protein:	2g
Carbs:	42g
Fats:	4g

Tropical Smoothie



Ingredients:

- 1 cup papaya (chopped)
- 1 cup pineapple (chopped)
- 1 cucumber (chopped)
- 5 ice cubes
- ½ cup mint leaves
- 1 cup baby spinach
- 2 tbsps. chia seeds
- 1 cup water



5 Mins



1 Serving

Directions:

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

Nutrition:

Calories: 162

Protein: 4g

Carbs: 30g

Fats: 5g



Deli Beef Wraps

Ingredients:

- 1 cucumber (medium, julienned)
- 1 stalk celery (julienned)
- 6 oz deli roast beef



🕒 10 Mins

👤 4 Servings

Directions:

Divide the cucumber and celery into the middle of each deli roast beef slice. Roll tightly and enjoy!

Nutrition:

Calories: 69

Protein: 10g

Carbs: 3g

Fats: 2g



Pumpkin Cinnamon Mini Muffins



Ingredients:

- 3 tbsps. water
- 2 tbsps. unsweetened applesauce
- 1/3 oz gelatin
- 1/2 cup pureed pumpkin
- 1/4 cup extra virgin olive oil
- 2/3 cup cassava flour
- 1/3 cup coconut sugar
- 2 tbsps. arrowroot powder
- 1/2 tsp baking soda
- 1 tsp cinnamon



35 Mins



12 Serving

Directions:

- 1 Preheat the oven to 350°F (175°C). Grease a mini muffin tray or use a mini silicone muffin tray.
- 2 Combine the water and applesauce in a saucepan and sprinkle the gelatin otop. Allow the gelatin to absorb the liquid for about five minutes.
- 3 Place the saucepan over low heat and whisk until the gelatin is dissolved, about three minutes. Transfer to a large bowl and combine with the pureed pumpkin and oil.
- 4 In a separate mixing bowl, stir together the cassava flour, coconut sugar, arrowroot powder, baking soda, and cinnamon. Add the dry ingredients to the bowl of wet ingredients and stir until just incorporated.
- 5 Scoop the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean. Let cool completely and enjoy!

Nutrition:

Calories:	96
Protein:	1g
Carbs:	14g
Fats:	5g



Smoked Salmon and Pear Bites

Ingredients:

- 3 oz smoked salmon (cut into bite-sized pieces)
- 1 pear (medium, cut into bite-sized pieces)
- 2 tsps. raw honey (optional)



🕒 5 Mins

👤 3 Servings

Directions:

1 Add a piece of salmon to a piece of pear. Secure with a toothpick and repeat until all of the pieces are paired up. Drizzle with honey, if using, and enjoy!

Nutrition:

Calories: 80

Protein: 5g

Carbs: 13g

Fats: 1g



Tuna Salad Lettuce Wraps



Ingredients:

- 1 avocado
- 2 tbsps. lime juice
- ¼ tsp sea salt
- 1 can tuna (flaked)
- 2 stalks green onion (sliced)
- ½ cucumber (deseeded and finely chopped)
- 4 Romaine leaves



15 Mins



2 Servings

Directions:

- 1 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 2 Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

Refrigerate until set.

Nutrition:

Calories:	251
Protein:	19g
Carbs:	13g
Fats:	16g



Turkey Mushroom Lettuce Wraps

Ingredients:

- 1 tsp avocado oil
- 12 white button mushrooms (sliced)
- 1 garlic (clove, minced)
- 1 lb extra lean ground turkey
- 2 tbsps. coconut aminos
- 1 head Boston lettuce
- ¼ cup cilantro (chopped)



🕒 20 Mins

👤 4 Servings

Directions:

- 1 In a skillet over medium heat, add the avocado oil along with the mushrooms and cook for 5 to 6 minutes. Reduce the heat slightly and add the garlic. Cook for one minute more.
- 2 Add the ground turkey and cook for 8 to 10 minutes, stirring occasionally until it is cooked through. Add the coconut aminos, stir and set aside.
- 3 Scoop the turkey mixture on to lettuce leaves and top with cilantro. Serve and enjoy!

Nutrition:

Calories:	201
Protein:	23g
Carbs:	4g
Fats:	11g





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