













	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	 Roasted Grapes & Sausage Salad	 Chicken Caesar Salad Wraps	 Smoked Salmon Salad				
Dinner	 Walnut Crusted Salmon	 Meal Prep Spaghetti with Chicken, Spinach &...	 Beef and Bean Minestrone	 Greek Turkey Meatballs	 Turmeric Beef Stuffed Squash	 Moroccan Chicken Stew	 Lemon Turkey Quinoa Skillet

Fruits

- 1/2 Avocado
- 1 cup Grapes
- 2 1/2 Lemon
- 1/3 cup Lemon Juice

Breakfast

- 1 tsp Maple Syrup

Seeds, Nuts & Spices

- 1 Bay Leaf
- 1 tsp Cardamom
- 1/2 tsp Cayenne Pepper
- 1 1/4 tsps Cinnamon
- 2 tsps Garlic Powder
- 1 1/2 tsps Italian Seasoning
- 2 tsps Onion Powder
- 2 3/4 tsps Oregano
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 2/3 tsps Turmeric
- 1/4 cup Walnuts

Frozen

- 4 Brown Rice Tortilla
- 1/2 cup Frozen Cranberries

Vegetables

- 2 Acorn Squash
- 8 cups Arugula
- 8 2/3 cups Baby Spinach
- 1 head Boston Lettuce
- 1 1/2 cups Brussels Sprouts
- 2 Carrot
- 2 stalks Celery
- 5 cups Cherry Tomatoes
- 1 bulb Fennel
- 6 Garlic
- 1 tbsp Ginger
- 1 stalk Green Onion
- 2 cups Kale Leaves
- 1/4 cup Mint Leaves
- 3 cups Mixed Greens
- 1 1/2 cups Parsley
- 1 Sweet Potato
- 1 1/2 tsps Thyme
- 7 Tomato
- 6 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 4 cups Beef Broth
- 1 cup Brown Rice Fusilli
- 1 cup Brown Rice Spaghetti
- 1/2 cup Canned Coconut Milk
- 3 1/2 cups Diced Tomatoes
- 2 cups Mixed Beans
- 2 cups Organic Vegetable Broth
- 1 cup Quinoa
- 1/4 cup Tomato Paste
- 1 cup Wild Rice

Baking

- 2 tsps Nutritional Yeast
- 2 2/3 tsps Pitted Dates
- 1 1/2 tsps Raw Honey

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 1 lb Chicken Breast, Cooked
- 1 1/3 lbs Chicken Thighs
- 2 lbs Extra Lean Ground Beef
- 2 1/2 lbs Extra Lean Ground Turkey
- 1 lb Pork Sausage
- 8 ozs Salmon Fillet
- 3 1/2 ozs Smoked Salmon

Condiments & Oils

- 2 tsps Avocado Oil
- 1/3 cup Black Olives
- 1/2 cup Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1/4 cup Sun Dried Tomatoes
- 2 tsps Tahini

Cold

- 2 Egg
- 1 tbsp Orange Juice
- 1/2 cup Unsweetened Coconut Yogurt

Other

- 3 1/8 cups Water



Roasted Grapes & Sausage Salad

4 servings
25 minutes

Ingredients

- 1 lb Pork Sausage
- 1 cup Grapes (seedless)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 tbsps Lemon Juice
- 1/2 tsp Dijon Mustard
- 1/2 tsp Raw Honey
- 8 cups Arugula

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Place the sausage and grapes on a baking sheet. Toss the grapes in a few teaspoons of the olive oil, just until coated. Bake for 20 minutes, flipping both the sausages and grapes halfway. Slice the sausage.
- 3 In a bowl, whisk together the remaining olive oil, lemon juice, dijon and honey.
- 4 Divide the arugula, sausage and grapes onto plates. Drizzle with your desired amount of lemon vinaigrette and enjoy!

Notes

Leftovers: Refrigerate in an airtight containers for up to three days.

More Flavor: Season with salt, black pepper, red pepper flakes and/or your choice of dried herbs.



Chicken Caesar Salad Wraps

4 servings

15 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Tahini
- 2 tbsps Lemon Juice
- 1 tsp Dijon Mustard
- 2 tps Nutritional Yeast
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Water
- 1 head Boston Lettuce
- 4 Brown Rice Tortilla
- 1 Tomato (chopped, seeds removed)
- 1 lb Chicken Breast, Cooked (chopped into cubes or slices)

Directions

- 1 Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.
- 2 Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

Notes

Leftovers: All ingredients are best stored separately, and away from the dressing. Refrigerate the dressing for up to one week.

Serving Size: One serving is equal to one wrap.

Additional Toppings: Add sliced or cubed avocado.

More Flavor: Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.



Smoked Salmon Salad

2 servings

15 minutes

Ingredients

- 2 Egg
- 3 cups Mixed Greens
- 3 1/2 ozs Smoked Salmon (sliced)
- 1/2 Avocado (sliced)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 2 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Notes

Extra Topping Suggestions: Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon: Replace with the protein of your choice.

No Avocado Oil: Use Extra Virgin Olive Oil instead.



Walnut Crusted Salmon

2 servings

20 minutes

Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tsp Extra Virgin Olive Oil (divided)
- 8 ozs Salmon Fillet
- 1/4 Lemon (optional for serving, cut into wedges)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Stir in the lemon juice and half of the oil.
- 3 Rub the remaining oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily. Divide between plates and serve with lemon wedges, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.



Roasted Veggies with Cranberries & Orange

4 servings
35 minutes

Ingredients

- 1 Sweet Potato (peeled, cubed)
- 1 bulb Fennel (cored, sliced)
- 1 1/2 cups Brussels Sprouts (trimmed, halved)
- 1/2 cup Frozen Cranberries
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1 tbsp Orange Juice (freshly squeezed)
- 1 1/2 tsps Thyme
- 1 tsp Maple Syrup

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Arrange the sweet potato, fennel, brussels sprouts and cranberries on the baking sheet. Drizzle with oil and season with the salt. Toss to evenly coat everything.
- 3 Bake in the oven for 30 to 35 minutes or until very tender, stirring once halfway through.
- 4 In a small mixing bowl combine the orange juice, thyme and maple syrup. Drizzle over top of the roasted veggies. Season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 3/4 cup.

No Maple Syrup: Omit or use honey or agave instead.

No Fresh Thyme: Use another fresh herb like parsley instead.



Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

4 servings
30 minutes

Ingredients

- 3 tbsps Extra Virgin Olive Oil (divided)
- 4 cups Cherry Tomatoes
- 2 tsps Garlic Powder
- 2 tsps Onion Powder
- 1 tsp Sea Salt
- 1 lb Chicken Breast (sliced in halves)
- 4 cups Baby Spinach
- 1 cup Brown Rice Spaghetti (dry)

Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 2 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 3 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 4 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 5 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 6 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 7 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

Notes

No Chicken: Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

No Brown Rice Spaghetti: Use rice, quinoa or any type of pasta instead.

Make it Cheesy: Add parmesan or nutritional yeast to the pasta.

Spice it Up: Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

Storage: Refrigerate in an airtight container up to 3 to 4 days.



Beef and Bean Minestrone

6 servings
1 hour 15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (medium, finely chopped)
- 2 Carrot (medium, chopped)
- 2 stalks Celery (finely chopped)
- 4 Garlic (cloves, minced)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 1/4 cup Tomato Paste
- 4 cups Beef Broth
- 3 1/2 cups Diced Tomatoes (from the can)
- 2 cups Mixed Beans (cooked)
- 1 Bay Leaf
- 1 Zucchini (medium, chopped)
- 2 cups Baby Spinach
- 1 cup Brown Rice Fusilli (uncooked)

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add ground beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
- 2 Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
- 3 Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
- 4 Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly. Add the pasta for the last 15 minutes.
- 5 Remove the bay leaf. Divide into bowls and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days. Store in the freezer for longer.

No Ground Beef: Use ground turkey or ground chicken instead.

More Carbs: Stir in cooked pasta or noodles before serving.

Likes it Cheesy: Sprinkle with parmesan or nutritional yeast.



Greek Turkey Meatballs

4 servings

30 minutes

Ingredients

- 1 1/4 lbs Extra Lean Ground Turkey (lean)
- 1/4 cup Parsley (chopped)
- 1/4 cup Mint Leaves (chopped)
- 1 1/2 tsps Oregano (dried)
- 1/4 tsp Sea Salt
- 1 Lemon (zested)
- 1/2 cup Unsweetened Coconut Yogurt

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, add the meat, parsley, mint, oregano, sea salt and lemon zest. Mix well using your hands. Roll into balls roughly the size of a golf ball and place on the baking sheet. Bake for 15 to 20 minutes.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 4 meatballs and 2 tbsp of coconut yogurt.

No Lamb: Use lean ground beef instead.

Additional Toppings: Add grated cucumber, garlic and lemon to the coconut yogurt to make your own tzatziki dip.



Mediterranean Wild Rice

4 servings

50 minutes

Ingredients

- 1 cup Wild Rice
- 3 cups Water
- 1/2 tsp Sea Salt
- 1/4 cup Sun Dried Tomatoes (drained)
- 1/4 cup Pitted Kalamata Olives
- 1 cup Cherry Tomatoes (halved)
- 1/4 cup Parsley (chopped)
- 1 1/2 tbsps Lemon Juice

Directions

1

Combine the wild rice, water and salt 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.

2

Add the sun dried tomatoes, olives, cherry tomatoes and parsley to the rice. Stir to combine. Drizzle with lemon juice and divide evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is about 3/4 cup.

More Flavor: Add toasted nuts and/or seeds. Cook the wild rice with chicken or vegetable broth. Add extra virgin olive oil to the finished rice dish.

Additional Toppings: Add grated parmesan or feta cheese.



Turmeric Beef Stuffed Squash

4 servings

45 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 2 Acorn Squash (halved, seeds removed)
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1 tbsp Turmeric
- 1 tsp Sea Salt
- 1/4 tsp Cinnamon
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Canned Coconut Milk (full fat)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Rub the oil on the cut sides of the squash. Place the squash cut sides down on the prepared baking sheet and bake for about 30 to 35 minutes or until just tender.
- 3 Meanwhile, heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 4 To the browned beef add the onion, garlic and ginger and cook for 3 to 5 minutes until the onion begins to soften. Add in the turmeric, salt and cinnamon and stir to combine. Add the kale to the beef mixture and stir until the kale begins to wilt. Stir in the coconut milk. Season with additional salt if needed.
- 5 Turn the squash cut side up and fill the beef mixture. Return to the oven and continue to bake for an additional 10 minutes.
- 6 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to half of a filled acorn squash.

More Flavor: Add lemon or lime juice, red pepper flakes, chili powder or coriander to the beef mixture.

Additional Toppings: Top with cilantro or parsley.

No Acorn Squash: Use a different variety of squash or a sweet potato.



Moroccan Chicken Stew

4 servings

30 minutes

Ingredients

- 1/2 cup Coconut Oil
- 1 1/3 lbs Chicken Thighs (skinless, boneless, diced into chunks)
- 4 Yellow Onion (medium, diced)
- 2 tsps Turmeric
- 1 tsp Cinnamon
- 1 tsp Cardamom
- 1/2 tsp Cayenne Pepper
- 1 tbsp Sea Salt
- 6 Tomato (large, diced)
- 1 cup Parsley (finely chopped and divided)
- 1 1/3 tbsps Raw Honey
- 2 2/3 tbsps Pitted Dates

Directions

- 1 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 2 Stir in tomatoes, half the parsley, honey and dates. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 3 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

Notes

Serve it With: Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

Storage: Refrigerate in an airtight container up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian: Use chickpeas instead of chicken and maple syrup instead of honey.



Lemon Turkey Quinoa Skillet

4 servings
30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 1/3 lbs Extra Lean Ground Turkey
1 1/3 tsps Oregano (dried)
1/3 tsp Sea Salt
1/3 cup Black Olives (chopped)
2 2/3 cups Baby Spinach (chopped)
1 cup Quinoa (dry, uncooked)
2 cups Organic Vegetable Broth
1 1/3 Lemon (zested and juiced)

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 2 Add the turkey, oregano, and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 3 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 4 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 5 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

Notes

More Flavor: Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

Leftovers: Keep in an air-tight container in the fridge for up to 3 days.

No Quinoa: Use long-grain white rice instead.

No Spinach: Use chopped kale or swiss chard instead.

No Ground Turkey: Use ground chicken or ground beef instead.

No Vegetable Broth: Use any type of broth, or water instead.

Vegan & Vegetarian: Use cooked lentils instead of ground turkey.