













	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	 <p>Kale, Salmon &amp; Beet Salad</p>	 <p>Chili Lime Chicken Salad Jar</p>	 <p>Turkey Wraps with Almonds, Cucumbers &amp; Blueberries</p>				
Dinner	 <p>Sausage &amp; Sauerkraut Skillet</p>	 <p>White Bean Chicken Chili</p>	 <p>15 Minute Halibut with Dill Pesto</p>	 <p>One Pot Taco Pasta</p>	 <p>Cauliflower, Kale &amp; Sausage Bowl</p>	 <p>Quinoa-Crusted Chicken 'Parm' with Salsa</p>	 <p>Spaghetti Squash Burrito Bowls</p>

### Fruits

- 4 1/2 Apple
- 3 1/2 Avocado
- 1/2 cup Blueberries
- 1 1/2 Lemon
- 2 1/2 Lime

### Seeds, Nuts & Spices

- 1/4 cup Almonds
- 2 1/2 tbsps Chili Powder
- 1 1/3 tbsps Cumin
- 1 1/16 tbsps Garlic Powder
- 1/3 cup Ground Flax Seed
- 2 tsps Onion Powder
- 1 1/2 tsps Oregano
- 1/3 cup Pumpkin Seeds
- 1/8 tsp Red Pepper Flakes
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Slivered Almonds
- 1/2 tsp Smoked Paprika
- 1 tsp Turmeric

### Frozen

- 1 cup Frozen Corn

### Vegetables

- 2 cups Baby Spinach
- 3 Beet
- 1/2 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 1 cup Cilantro
- 1/2 Cucumber
- 1/3 cup Fresh Dill
- 8 Garlic
- 5 stalks Green Onion
- 1 Jalapeno Pepper
- 9 cups Kale Leaves
- 4 cups Mini Potatoes
- 8 cups Mixed Greens
- 1 cup Parsley
- 1/4 cup Radishes
- 3 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 1 Spaghetti Squash
- 1 Sweet Onion
- 6 cups Swiss Chard
- 2 Tomato
- 1 Yellow Onion

### Boxed & Canned

- 1/2 cup Black Beans
- 2 1/2 cups Brown Rice Fusilli
- 10 ozs Canned Wild Salmon
- 8 ozs Chickpea Pasta
- 5 1/2 cups Organic Chicken Broth
- 1 cup Organic Salsa
- 2/3 cup Quinoa
- 1 cup Salsa
- 3 cups White Navy Beans

### Baking

- 1/2 tsp Raw Honey

### Bread, Fish, Meat & Cheese

- 1 3/4 lbs Chicken Breast
- 8 ozs Chicken Sausage
- 1 lb Chicken Thighs
- 1 lb Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 1 1/4 lbs Halibut Fillet
- 1/2 cup Hummus
- 12 ozs Organic Chicken Sausage
- 3 1/2 ozs Sliced Turkey Breast

### Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1/2 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 4 cups Sauerkraut

### Cold

- 2 Egg

### Other

- 2/3 cup Water





## Kale, Salmon & Beet Salad

2 servings

50 minutes

### Ingredients

- 3 Beet (skin on, washed)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Raw Honey
- 1/8 tsp Sea Salt
- 6 cups Kale Leaves (finely shredded)
- 1/4 cup Radishes (thinly sliced)
- 10 ozs Canned Wild Salmon
- 1/3 cup Pumpkin Seeds

### Directions

- 1 Preheat the oven to 425°F (218°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven and let them cool. Once cooled, peel and slice into quarters.
- 2 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, apple cider vinegar, honey and sea salt. Set aside.
- 3 Add the kale to a bowl and add half of the dressing, using your hands to massage it into the kale leaves. Then add the radishes, salmon and beets. Drizzle the remaining dressing on top. Serve and enjoy!

### Notes

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

**Additional Toppings:** Add pickled onions or your favorite nuts and seeds.

**No Salmon:** Use canned tuna or sardines instead.



## Chili Lime Chicken Salad Jar

2 servings  
50 minutes

### Ingredients

8 ozs Chicken Breast (boneless, skinless)  
2 tbsps Avocado Oil (divided)  
1/2 tsp Chili Powder  
1/2 tsp Smoked Paprika  
1/4 tsp Garlic Powder  
1/4 tsp Sea Salt  
1/2 Red Bell Pepper (finely chopped)  
1/2 cup Cherry Tomatoes (chopped)  
1 Lime (juiced)  
2 tbsps Cilantro (finely chopped)  
2 cups Baby Spinach

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Place chicken breasts in a baking dish. Drizzle with half of the oil and season with chili powder, paprika, garlic, and salt. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let it rest for at least 10 to 15 minutes. Cut the rested chicken into 1/2-inch cubes and allow it to cool completely.
- 3 Meanwhile, add the bell pepper and tomatoes to a bowl with the lime juice, cilantro, and the remaining oil. Stir to combine.
- 4 Divide the peppers, tomatoes and dressing between jars then add the cooled chicken and spinach. Place the lid on the jar and store in the refrigerator.
- 5 To serve, dump the contents of the jar into a bowl. Enjoy!

### Notes

**Leftovers:** Refrigerate jars for up to three days.

**More Flavor:** Add onion and garlic to the peppers and tomatoes. Add chipotle chili powder, cumin, onion powder or cayenne pepper to the chicken seasoning. Serve with black beans, brown rice or corn kernels.

**Additional Toppings:** Avocado, sliced jalapenos, green onions and extra cilantro.

**Meal Prep:** Make the chicken in advance to save time.





## Turkey Wraps with Almonds, Cucumbers & Blueberries

1 serving  
10 minutes

### Ingredients

- 1/2 Apple (cored, sliced)
- 3 1/2 ozs Sliced Turkey Breast
- 1/2 cup Blueberries
- 1/4 cup Almonds
- 1/2 Cucumber (large, sliced)

### Directions

- 1 Layer the apple on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds, and cucumber. Enjoy!

### Notes

**No Turkey Breast:** Use ham, prosciutto, salami, collard greens or lettuce instead.

**Dairy-Free:** Use avocado instead of havarti.

**Nut-Free:** Use pumpkin seeds or sunflower seeds instead.

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



## Sausage & Sauerkraut Skillet

4 servings

40 minutes

### Ingredients

- 12 ozs Organic Chicken Sausage
- 2 tbsps Coconut Oil
- 1 Yellow Onion (diced)
- 4 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 6 cups Swiss Chard (washed, stems removed and chopped)
- 4 cups Sauerkraut (liquid drained off)

### Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge up to three days.

**Vegan and Vegetarian:** Skip the sausage and use cooked lentils instead.

**No Swiss Chard:** Use kale or spinach instead.





## White Bean Chicken Chili

4 servings  
40 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Cumin
- 1 tbsp Chili Powder
- 1/2 tsp Sea Salt
- 3 cups Organic Chicken Broth (divided)
- 3 cups White Navy Beans (cooked and divided)
- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 cup Frozen Corn
- 1/2 cup Cilantro (chopped)
- 1 Lime (sliced into wedges)

### Directions

- 1 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 2 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 3 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked though.
- 4 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 5 Divide the chili into bowls and serve with a lime wedge. Enjoy!

### Notes

**Additional Toppings:** Corn chips, sour cream and/or shredded cheese.

**No Chicken Thighs:** Use chicken breast instead.

**Leftovers:** Keep in the fridge for up to 3 days or freeze it for later.

**Vegetarian:** Omit the chicken and use extra beans.

**Serving Size:** One serving is equal to approximately one cup of chili.

**Save Time:** Use cooked beans from the can.





## 15 Minute Halibut with Dill Pesto

4 servings  
15 minutes

### Ingredients

- 1 cup Parsley (packed)
- 1/4 cup Fresh Dill (packed)
- 1/3 cup Slivered Almonds
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove)
- Sea Salt & Black Pepper
- 1 1/4 lbs Halibut Fillet
- 1 1/2 tsps Coconut Oil
- 8 cups Mixed Greens (or Arugula)

### Directions

- 1 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 2 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 3 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

### Notes

**Nut Free:** Use pumpkin seeds or sunflower seeds instead.

**Save Time:** Blend up the pesto in advance.

**More Carbs:** Serve it with rice, quinoa or roasted mini potatoes.



## Turmeric Baked Potatoes

4 servings  
45 minutes

### Ingredients

- 4 cups Mini Potatoes (halved)
- 1/3 cup Coconut Oil (melted)
- 1 tsp Turmeric
- 1 tsp Sea Salt
- 1 tbsp Fresh Dill (chopped)

### Directions

- 1 Preheat the oven to 425°F (218°C). Prepare a cast iron skillet or line a baking sheet with parchment paper.
- 2 In a large bowl, add the potatoes, coconut oil, turmeric and sea salt. Toss to coat and add them to the cast iron skillet or baking sheet. Cook in the oven for 20 minutes, remove, flip the potatoes and bake for 10 minutes more or until they are crispy and cooked through.
- 3 Remove from the oven, let them cool slightly and top with dill. Divide between plates and enjoy!

### Notes

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

**More Flavor:** Add minced garlic.

**No Dill :** Top with parsley or cilantro instead.





## One Pot Taco Pasta

4 servings  
40 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 4 stalks Green Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin (ground)
- 1 tsp Chili Powder
- 1/4 tsp Sea Salt
- 1 Tomato (large, diced)
- 1/2 cup Frozen Corn (thawed)
- 1/2 cup Black Beans (cooked, from the can)
- 1 Red Bell Pepper (diced)
- 2 1/2 cups Organic Chicken Broth
- 1 cup Organic Salsa
- 8 ozs Chickpea Pasta (dry, uncooked)
- 2 Avocado

### Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the meat, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the meat and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

### Notes

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

**Vegan & Vegetarian:** Swap the ground meat out for cooked lentils.

**Optional Toppings:** Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

**Likes it Spicy:** Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

**No Brown Rice Pasta Shells:** Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.



## Cauliflower, Kale & Sausage Bowl

2 servings  
40 minutes

### Ingredients

1/2 head Cauliflower (chopped into florets)  
2 tbsps Avocado Oil (divided)  
Sea Salt & Black Pepper (to taste)  
3 cups Kale Leaves (chopped)  
8 ozs Chicken Sausage  
2 Egg  
1 Avocado

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower florets with half of the avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt and pepper to taste. Roast for 30 minutes, or until golden brown, tossing halfway through.
- 3 While the cauliflower is roasting, heat the remaining avocado oil in a small skillet over high heat. Add the kale and saute for 1 to 2 minutes until crispy. Sprinkle with sea salt to taste, and transfer to bowl.
- 4 Add sausages to the skillet and cook for 5 to 10 minutes, turning frequently. While the sausages are cooking, bring a small saucepan of water to a boil and poach the eggs.
- 5 To assemble, divide cauliflower and kale between bowls. Slice and add sausages, avocado, and top with an egg. Enjoy!

### Notes

**Plant-Based:** Use chickpeas or tempeh instead of sausage, and skip the egg.





## Quinoa-Crusted Chicken 'Parm' with Salsa

4 servings

30 minutes

### Ingredients

- 1/3 cup Ground Flax Seed
- 2/3 cup Water
- 2 tsps Garlic Powder
- 2 tsps Onion Powder
- 1 tsp Sea Salt
- 2/3 cup Quinoa (dry)
- 1 1/4 lbs Chicken Breast (boneless, skinless, sliced horizontally)
- 1 cup Salsa

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a shallow bowl, combine the flax, water, garlic powder, onion powder, and salt. Set it aside to thicken for five minutes.
- 3 Cook the quinoa according to the directions on the package.
- 4 Pat the sliced chicken dry and coat in the flax mixture. Let the excess drip off, then transfer the chicken to the quinoa mixture. Press the quinoa into the chicken with your hands until completely coated. Transfer to a baking sheet and repeat for the remaining chicken.
- 5 Bake for 20 minutes, or until golden brown. Remove from oven, spread salsa otop and bake for 5 more minutes or until cooked through. Enjoy!

### Notes

**Serve it With:** Brown rice spaghetti, garlic bread, roasted veggies or salad.

**No Salsa:** Use homemade salsa, or a favourite store-bought marinara or pasta sauce instead.

**Real Cheese Lover:** Place sliced mozzarella over salsa and set oven to high broil for the remaining 3 minutes.

**Leftovers:** Refrigerate in an air-tight container up to 3 days.



## Creamy Lemon Garlic Pasta

4 servings

15 minutes

### Ingredients

- 2 1/2 cups Brown Rice Fusilli
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 stalk Green Onion (sliced)
- 1 Garlic (clove, minced)
- 1/8 tsp Red Pepper Flakes (optional, or to taste)
- 1/2 cup Hummus
- 1/2 Lemon (juiced)

### Directions

- 1 Cook the pasta according to the package directions. Reserve some of the starchy cooking liquid for later. Drain and set aside.
- 2 Heat the oil in a pan over medium heat. Add the green onion and cook for 2 to 3 minutes. Add the garlic and red pepper flakes, if using, and cook for a minute more until very fragrant.
- 3 Remove the pan from the heat and add the hummus and lemon juice. Stir to combine then stir in the reserved starchy cooking liquid one tablespoon at a time until your desired consistency is reached. Add the cooked pasta to the pan and toss until evenly coated. Season with salt if necessary.
- 4 Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Enjoy cold or reheat with a splash of water.

**Additional Toppings:** Lemon wedges, sliced green onion, red pepper flakes, fresh ground black pepper, nutritional yeast or fresh herbs.

**More Veggies:** Serve with roasted vegetables or sautéed greens.

**No Fusilli:** Use another short-cut pasta instead.

**Hummus:** Classic or garlic flavor hummus works best for this recipe.

**No Green Onion:** Use red onion instead.





## Spaghetti Squash Burrito Bowls

2 servings

40 minutes

### Ingredients

- 1 Spaghetti Squash (medium)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 8 ozs Extra Lean Ground Turkey
- 1 Red Bell Pepper (diced)
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1 1/2 tsps Oregano
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 cup Red Onion (finely diced)
- 1 Tomato (diced)
- 1/2 Avocado (cubed)
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (sliced into wedges)

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Using a sharp knife, very carefully split the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Brush the inside surface with half the olive oil, and place face-down on the baking sheet.
- 3 Bake squash for 40 minutes, until it is easily pierced with a fork.
- 4 While the squash is baking, heat remaining olive oil in a skillet. Add the turkey and cook until it begins to brown. Break it up with a spatula as it cooks through. Add the diced pepper, spices and salt. Continue cooking for about 10 minutes, or until turkey is thoroughly cooked.
- 5 Spoon the turkey filling into the each half of the spaghetti squash. Top with diced red onion, tomato, avocado, cilantro and a squeeze of lime juice.

### Notes

**Vegan & Vegetarian:** Use black beans instead of ground meat.

**Leftovers:** Refrigerate in an air-tight container up to 2 days. Reheat before serving.