









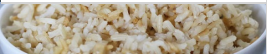





	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	 Kale & Salmon Salad with Parsley Vinaigrette	 Chicken & Broccoli Slaw with Almond Butter Sauce	 Egg Salad Bites				
Dinner	 Red Curry Salmon & Veggie Foil Packets	 Slow Cooker Sausage & Kale Soup	 Turkey Pineapple Quinoa Bowl	 Turkey Taco Lettuce Wraps	 One Pan Teriyaki Chicken	 Slow Cooker Beef Stew	 Pasta with Spinach, Mushrooms & Turkey
	 Brown Rice				 Cauliflower Rice		

Fruits

- 2 Avocado
- 1 Lemon
- 2 Lime
- 2 tbsps Lime Juice
- 1 Navel Orange
- 1 cup Pineapple

Breakfast

- 1/4 cup Almond Butter

Seeds, Nuts & Spices

- 3/4 tsp Black Pepper
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1 tbsp Curry Powder
- 1/2 tsp Dried Thyme
- 1 tsp Garlic Powder
- 1/2 tsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 1/2 cup Slivered Almonds
- 2 tps Smoked Paprika
- 1/4 cup Sunflower Seeds

Vegetables

- 2 cups Baby Carrots
- 6 cups Baby Spinach
- 4 cups Bok Choy
- 4 cups Broccoli
- 4 cups Broccoli Slaw
- 7 Carrot
- 6 cups Cauliflower Rice
- 4 1/4 stalks Celery
- 9 Garlic
- 3 2/3 tbsps Ginger
- 5 1/4 stalks Green Onion
- 1 head Iceberg Lettuce
- 1 Jalapeno Pepper
- 12 cups Kale Leaves
- 4 1/2 cups Mushrooms
- 1 cup Parsley
- 3 Red Bell Pepper
- 4 cups Snap Peas
- 1 Sweet Onion
- 3 Tomato
- 2 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1 cup Beef Broth
- 1 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 5 ozs Canned Wild Salmon
- 4 ozs Chickpea Pasta
- 1 1/4 cups Quinoa

Baking

- 1/4 cup Brown Rice Flour
- 2 tbsps Nutritional Yeast
- 1/4 cup Raw Honey

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 2 1/2 lbs Extra Lean Ground Turkey
- 1 lb Pork Sausage
- 1 lb Salmon Fillet
- 3 cups Shredded Rotisserie Chicken
- 2 lbs Stewing Beef

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1/2 cup Coconut Aminos
- 1 1/2 tps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Red Wine Vinegar
- 1/4 cup Rice Vinegar
- 1/4 cup Sesame Oil
- 2 tbsps Thai Red Curry Paste

Cold

- 6 Egg
- 1 tbsp Ghee

Other

- 1 serving Mary's Gone Crackers
- 11 1/3 cups Water



Kale & Salmon Salad with Parsley Vinaigrette

2 servings
20 minutes

Ingredients

- 1 cup Parsley
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, crushed)
- 1 tbsp Apple Cider Vinegar
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 cups Kale Leaves
- 5 ozs Canned Wild Salmon (drained and flaked)
- 2 stalks Green Onion (diced)
- 2 Egg (hard boiled, peeled and chopped)
- 2 stalks Celery (diced)
- 1/4 cup Sunflower Seeds

Directions

- 1 Combine parsley, olive oil, lemon juice, garlic, apple cider vinegar, sea salt and black pepper together in a food processor or blender. Blend until smooth. Transfer into a jar.
- 2 Add kale leaves to a bowl. Pour half the dressing in the jar onto the kale leaves and massage. Add the salmon, green onion, eggs, celery and sunflower seeds. Drizzle with desired amount of remaining dressing and serve!

Notes

Vegans: Use quinoa and chickpeas instead of eggs and tuna.

On-the-Go: Layer all ingredients into a mason jar.

No Tuna: Use any other source of protein like diced chicken breast or organic bacon.



Chicken & Broccoli Slaw with Almond Butter Sauce

4 servings
20 minutes

Ingredients

3 cups Shredded Rotisserie Chicken
Sea Salt & Black Pepper (to taste)
1/4 cup Almond Butter
1 tbsp Coconut Aminos
1 Lime (juiced)
1 tbsp Extra Virgin Olive Oil
1 tbsp Ginger (peeled and grated)
1/4 cup Water
4 cups Broccoli Slaw
1 Red Bell Pepper (sliced)
3 stalks Green Onion (chopped)
1/2 cup Slivered Almonds (chopped)

Directions

- 1 In a food processor or blender, combine almond butter, coconut aminos, lime juice, olive oil, ginger and water. Blend until smooth and set aside.
- 2 In a large salad bowl, combine broccoli slaw, red pepper and green onion.
- 3 Add chicken to the salad bowl. Drizzle with the desired amount of almond butter dressing and toss well. Divide into bowls and garnish with slivered almonds. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian: Use roasted chickpeas instead of diced chicken.

Slow Cooker Version: Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead: The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

Leftovers: Store in an airtight container in the fridge up to 3 days.



Egg Salad Bites

2 servings

30 minutes

Ingredients

- 4 Egg (hard-boiled)
- 1/4 stalk Celery (finely chopped)
- 1/4 stalk Green Onion (green part only, finely chopped)
- 1 1/2 tsps Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Water
- 1/8 tsp Sea Salt
- 1 serving Mary's Gone Crackers (or other GF cracker)

Directions

- 1 Peel the hard-boiled eggs and slice in half. Separate the whites from the yolk. Finely chop the egg whites and keep the yolks set aside for later.
- 2 In a mixing bowl combine the chopped egg whites, celery and green onion.
- 3 In a second mixing bowl, add the egg yolks and mash with a fork until smooth. Stir in the Dijon mustard, olive oil, water, and salt. Add the egg white mixture to the egg yolk mixture and gently stir to combine.
- 4 Spoon the egg salad onto the crackers and serve immediately. Enjoy!

Notes

How to Hard-Boil Eggs: Bring a small pot of salted water to a boil and carefully place the eggs in the pot. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Let cool completely before peeling.

Meal Prep: Hard-boil the eggs ahead of time and keep them in the fridge with the shells on until ready to use.

Oil-Free: Omit the olive oil and use additional water instead.

Grain-Free: Use cucumber slices instead of crackers.

Leftovers: Leftover egg salad will keep in the fridge for up to two days.

Serving Size: One serving is equal to 8 crackers with egg salad.



Red Curry Salmon & Veggie Foil Packets

4 servings
30 minutes

Ingredients

4 cups Bok Choy (baby, halved)
2 Red Bell Pepper (sliced)
1 lb Salmon Fillet
1/2 cup Canned Coconut Milk
2 tbsps Lime Juice
2 tbsps Thai Red Curry Paste
Sea Salt & Black Pepper (optional)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut large pieces of aluminum foil big enough to form a packet. You'll need one per serving. Divide the bok choy, bell peppers and salmon fillets equally between the foil pieces.
- 3 In a small mixing bowl, whisk together the coconut milk, lime juice and red curry paste. Spoon the curry sauce over top of the fish and vegetables. Fold the foil to tightly seal each packet. Carefully transfer the packets to a baking sheet.
- 4 Bake for 20 to 25 minutes, or until fish flakes easily and is cooked through.
- 5 To serve, transfer the contents of the packets to a plate and season with salt and pepper. Enjoy!

Notes

No Foil: Use parchment paper instead.

Serve it With: Enjoy on its own or with brown rice, quinoa or cauliflower rice.

Likes it Spicy: Add extra curry paste, red pepper flakes or hot sauce.

More Flavor: Add chopped basil or cilantro as a garnish.

No Salmon: Use cod or haddock fillets instead.

Make it Vegan: Use tofu instead of fish.

Leftovers: Refrigerate in an airtight container for 2 days.



Brown Rice

4 servings
45 minutes

Ingredients

- 1 cup Brown Rice (uncooked)
- 2 cups Water

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!



Slow Cooker Sausage & Kale Soup

5 servings
4 hours

Ingredients

- 1 lb Pork Sausage (cut into chunks)
- 1 Yellow Onion (medium, diced)
- 2 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 8 cups Kale Leaves (chopped)
- 8 cups Water (or broth)
- 2 tsps Sea Salt
- 3/4 cup Quinoa (dry, uncooked)

Directions

- 1 Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
- 2 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 days, or freeze if longer.
No Brown Rice: Use quinoa instead.



Turkey Pineapple Quinoa Bowl

3 servings

30 minutes

Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Curry Powder
- Sea Salt & Black Pepper (to taste)
- 2 tsps Ginger (peeled and grated)
- 1 cup Pineapple (cored and sliced into chunks)
- 1 Carrot (grated)
- 1 Zucchini (grated)
- 3 tsps Coconut Aminos
- 2 cups Baby Spinach
- 1 lb Extra Lean Ground Turkey

Directions

- 1 Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 2 In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, sea salt, and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- 3 When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- 4 Spoon into bowls and enjoy!



Turkey Taco Lettuce Wraps

4 servings

25 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 Yellow Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 2 tsps Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 3 Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped)
- 1 head Iceberg Lettuce (leaves pulled apart and washed)
- 2 Avocado (diced)

Directions

- 1 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 2 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 3 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 4 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

Notes

Leftovers: Refrigerate the ingredients separately in airtight containers for up to three days.

Serving Size: One serving is approximately three tacos.

Optional Toppings: Salsa, cheese, cilantro, black beans, sour cream or guacamole.

No Iceberg Lettuce: Use romaine leaves, green lettuce or Boston lettuce instead.

Vegans & Vegetarians: Omit the ground meat and use cooked lentils instead.



One Pan Teriyaki Chicken

4 servings
40 minutes

Ingredients

- 1 1/4 lbs Chicken Breast
- 4 cups Broccoli (chopped into florets)
- 4 Carrot (medium, sliced on the diagonal)
- 4 cups Snap Peas
- 1/4 cup Coconut Aminos
- 1/4 cup Sesame Oil
- 1 Navel Orange (juiced)
- 1/4 cup Raw Honey
- 1/4 cup Rice Vinegar
- 8 Garlic (cloves, minced)
- 2 tbsps Ginger (peeled and grated)
- 2 tbsps Sesame Seeds

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 4 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

Notes

Serve it With: Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

Likes it Spicy: Whisk hot sauce or chili flakes into the teriyaki sauce.

Leftovers: Store in an airtight container in the fridge up to 3 days.

No Coconut Aminos: Use tamari instead.



Cauliflower Rice

4 servings
10 minutes

Ingredients

6 cups Cauliflower Rice
1 tbsp Ghee
Sea Salt & Black Pepper (to taste)

Directions

1

Add to a large frying pan over medium-high heat. Add ghee and sauté cauliflower for about 3 to 5 minutes, or until warmed through. Serve immediately.

Notes

Leftovers: Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

No Food Processor: Use a box grater or pulse in a blender, occasionally scraping down the sides.

Serving Size: One serving is equal to approximately one cup of cauliflower rice.

Save Time: Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.



Slow Cooker Beef Stew

6 servings

4 hours

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 lbs Stewing Beef (sliced into bite-size pieces)
- 1/4 cup Red Wine Vinegar
- 2 cups Baby Carrots
- 1 Sweet Onion (diced)
- 2 1/2 cups Mushrooms (sliced)
- 1 cup Beef Broth
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/4 cup Brown Rice Flour

Directions

- 1 Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
- 2 Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
- 3 Ladle into bowls and enjoy!

Notes

Leftovers: Store in the fridge up to 3 days or freeze.

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

Add Greens: Stir in chopped kale or baby spinach just before serving.



Pasta with Spinach, Mushrooms & Turkey

2 servings
20 minutes

Ingredients

- 4 ozs Chickpea Pasta
- 2 tbsps Extra Virgin Olive Oil (divided)
- 8 ozs Extra Lean Ground Turkey
- 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 4 cups Baby Spinach (packed)
- 2 cups Mushrooms
- 2 tbsps Nutritional Yeast

Directions

- 1 Cook the pasta according to the directions on the box.
- 2 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning and salt. Add the mushrooms and saute for 3 minutes. Add the spinach and stir until wilted.
- 3 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt or add more oil if needed. Top with nutritional yeast.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

Serving Size: One serving is approximately 2 cups.

More Flavor: Add garlic, red pepper flakes or fresh herbs.

No Chickpea Pasta: Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

No Turkey: Use ground chicken, pork, beef or cooked lentils instead.