

# 21-Day Real Food Real Quick Program, Week 1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Protein Smoothie	Pumpkin Pie Protein Smoothie	Turkey Apple Breakfast Hash	Turkey Apple Breakfast Hash
Snack 1	Cranberry Protein Cookies	Cranberry Protein Cookies	Cashews & Clementines	Cranberry Protein Cookies	Cashews & Clementines	Cranberry Protein Cookies	Cashews & Clementines
Lunch	Slow Cooker Black Bean Soup	Slow Cooker Black Bean Soup	Marinated Veggie Salad	Mushroom Garlic Quinoa	Slow Cooker Black Bean Soup	Roasted Sweet Potato & Brussels Sprouts Salad	Pumpkin Mac n' Cheese
			Mushroom Garlic Quinoa	Hummus Roasted Broccoli & Cauliflower			Oven-Roasted Kale
Snack 2	Celery & Hummus	Apple with Almond Butter	Apple with Almond Butter	Celery & Hummus	Celery & Hummus	Banana with Almond Butter	Banana with Almond Butter
Dinner	Roasted Chicken	Roasted Chicken	Roasted Chicken	Roasted Chicken	Roasted Sweet Potato & Brussels Sprouts Salad	Pumpkin Mac n' Cheese	Spicy Sweet Potato, Turkey & Kale Bowl
	Marinated Veggie Salad	Mushroom Garlic Quinoa	Hummus Roasted Broccoli & Cauliflower	Oven-Roasted Kale		Oven-Roasted Kale	

# 21-Day Real Food Real Quick Program, Week 1

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1837	<b>Calories</b> 1908	<b>Calories</b> 2038	<b>Calories</b> 1715	<b>Calories</b> 1369	<b>Calories</b> 1645	<b>Calories</b> 1610
<b>Fat</b> 68g	<b>Fat</b> 71g	<b>Fat</b> 83g	<b>Fat</b> 73g	<b>Fat</b> 49g	<b>Fat</b> 73g	<b>Fat</b> 76g
Saturated 11g	Saturated 10g	Saturated 14g	Saturated 12g	Saturated 9g	Saturated 8g	Saturated 14g
Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g
Polyunsaturated 20g	Polyunsaturated 19g	Polyunsaturated 23g	Polyunsaturated 25g	Polyunsaturated 15g	Polyunsaturated 19g	Polyunsaturated 17g
Monounsaturated 31g	Monounsaturated 35g	Monounsaturated 38g	Monounsaturated 31g	Monounsaturated 24g	Monounsaturated 38g	Monounsaturated 37g
<b>Carbs</b> 168g	<b>Carbs</b> 182g	<b>Carbs</b> 196g	<b>Carbs</b> 127g	<b>Carbs</b> 182g	<b>Carbs</b> 195g	<b>Carbs</b> 174g
Fiber 46g	Fiber 41g	Fiber 42g	Fiber 33g	Fiber 50g	Fiber 45g	Fiber 33g
Sugar 40g	Sugar 52g	Sugar 66g	Sugar 33g	Sugar 52g	Sugar 52g	Sugar 55g
<b>Protein</b> 148g	<b>Protein</b> 145g	<b>Protein</b> 148g	<b>Protein</b> 151g	<b>Protein</b> 69g	<b>Protein</b> 74g	<b>Protein</b> 78g
Cholesterol 357mg	Cholesterol 357mg	Cholesterol 357mg	Cholesterol 299mg	Cholesterol 4mg	Cholesterol 84mg	Cholesterol 168mg
Sodium 1970mg	Sodium 1313mg	Sodium 1938mg	Sodium 2148mg	Sodium 784mg	Sodium 895mg	Sodium 1185mg
Potassium 3910mg	Potassium 3465mg	Potassium 4531mg	Potassium 4248mg	Potassium 3802mg	Potassium 3979mg	Potassium 3455mg
Vitamin A 19773IU	Vitamin A 16154IU	Vitamin A 17298IU	Vitamin A 25597IU	Vitamin A 38227IU	Vitamin A 37326IU	Vitamin A 33754IU
Vitamin C 163mg	Vitamin C 33mg	Vitamin C 354mg	Vitamin C 230mg	Vitamin C 204mg	Vitamin C 247mg	Vitamin C 266mg
Calcium 627mg	Calcium 652mg	Calcium 634mg	Calcium 1203mg	Calcium 1044mg	Calcium 926mg	Calcium 816mg
Iron 23mg	Iron 20mg	Iron 21mg	Iron 18mg	Iron 21mg	Iron 18mg	Iron 13mg
Vitamin D 32IU	Vitamin D 33IU	Vitamin D 35IU	Vitamin D 104IU	Vitamin D 101IU	Vitamin D 41IU	Vitamin D 57IU
Vitamin E 16mg	Vitamin E 22mg	Vitamin E 17mg	Vitamin E 17mg	Vitamin E 8mg	Vitamin E 24mg	Vitamin E 16mg
Thiamine 1.4mg	Thiamine 1.2mg	Thiamine 1.4mg	Thiamine 1.2mg	Thiamine 1.5mg	Thiamine 11.6mg	Thiamine 11.3mg

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Thiamine	1.7mg	Thiamine	1.2mg	Thiamine	1.7mg	Thiamine	1.2mg	Thiamine	1.0mg	Thiamine	1.0mg	Thiamine	1.0mg
Riboflavin	2.0mg	Riboflavin	2.2mg	Riboflavin	2.3mg	Riboflavin	2.6mg	Riboflavin	1.4mg	Riboflavin	13.0mg	Riboflavin	12.7mg
Niacin	43mg	Niacin	42mg	Niacin	46mg	Niacin	45mg	Niacin	8mg	Niacin	77mg	Niacin	81mg
Vitamin B6	2.9mg	Vitamin B6	2.7mg	Vitamin B6	3.5mg	Vitamin B6	3.7mg	Vitamin B6	1.8mg	Vitamin B6	13.5mg	Vitamin B6	13.7mg
Folate	648µg	Folate	463µg	Folate	623µg	Folate	458µg	Folate	801µg	Folate	562µg	Folate	273µg
Vitamin B12	1.9µg	Vitamin B12	1.9µg	Vitamin B12	1.8µg	Vitamin B12	2.3µg	Vitamin B12	0.6µg	Vitamin B12	52.2µg	Vitamin B12	53.5µg
Phosphorous	2083mg	Phosphorous	2105mg	Phosphorous	2285mg	Phosphorous	2175mg	Phosphorous	1391mg	Phosphorous	1209mg	Phosphorous	1043mg
Magnesium	580mg	Magnesium	646mg	Magnesium	655mg	Magnesium	603mg	Magnesium	552mg	Magnesium	485mg	Magnesium	404mg
Zinc	14mg	Zinc	14mg	Zinc	16mg	Zinc	14mg	Zinc	10mg	Zinc	9mg	Zinc	9mg
Selenium	110µg	Selenium	110µg	Selenium	117µg	Selenium	107µg	Selenium	28µg	Selenium	41µg	Selenium	53µg

# 21-Day Real Food Real Quick Program, Week 1

63 items

## Fruits

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- 6 Apple
- 9 Banana
- 12 Clementines
- 4 Lime

## Breakfast

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- 2 cups Almond Butter
- 2/3 cup Maple Syrup

## Seeds, Nuts & Spices

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- 1 1/2 tsps Black Pepper
- 1 1/2 cups Cashews
- 2 1/4 tsps Cayenne Pepper
- 1 tbsp Chili Powder
- 1 1/2 tsps Cinnamon
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1 3/4 tsps Paprika
- 1/4 cup Poultry Seasoning
- 1/4 cup Pumpkin Seeds
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## Vegetables

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- 8 cups Baby Spinach
- 5 cups Broccoli
- 6 cups Brussels Sprouts
- 2 cups Butternut Squash
- 2 Carrot
- 1 head Cauliflower
- 16 stalks Celery
- 1 cup Cherry Tomatoes
- 1/2 Cucumber
- 17 Garlic
- 32 cups Kale Leaves
- 1 cup Matchstick Carrots
- 4 cups Mushrooms
- 1 1/4 cups Red Onion
- 4 Sweet Potato
- 1 White Onion
- 1 Yellow Bell Pepper
- 2 Yellow Onion

## Boxed & Canned

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- 12 cups Black Beans
- 2 cups Brown Rice Macaroni
- 6 cups Diced Tomatoes
- 4 cups Lentils
- 1 1/2 cups Quinoa

## Baking

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- 1 tbsp Arrowroot Powder
- 3/4 tsp Baking Powder
- 1/4 cup Dried Unsweetened Cranberries
- 1/3 cup Nutritional Yeast
- 3 1/2 cups Oats
- 1 2/3 tsps Pumpkin Pie Spice
- 5 cups Pureed Pumpkin
- 1 tbsp Vanilla Extract

## Bread, Fish, Meat & Cheese

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- 2 lbs Extra Lean Ground Turkey
- 2 1/2 cups Hummus
- 8 lbs Whole Roasting Chicken

## Condiments & Oils

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- 1/4 cup Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1 tbsp Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/4 cup Tahini

## Cold

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- 2 Egg
- 6 cups Unsweetened Almond Milk

## Other

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- 1 1/4 cups Vanilla Protein Powder
- 7 cups Water

# Pumpkin Pie Baked Oatmeal

11 ingredients · 45 minutes · 6 servings



## Directions

1. Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

## Notes

### Storage

Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

### Egg-Free

Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

### Muffins

Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

## Ingredients

- 2 cups Pureed Pumpkin
- 2 Egg
- 1/2 cup Maple Syrup
- 1 tbsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1 cup Unsweetened Almond Milk
- 2 1/2 cups Oats (rolled or quick)
- 1/4 cup Ground Flax Seed
- 1/4 cup Pumpkin Seeds

## Nutrition

Amount per serving

<b>Calories</b>	312	Calcium	199mg
<b>Fat</b>	9g	Iron	4mg
Saturated	2g	Vitamin D	30IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	3g	Thiamine	0.2mg
Monounsaturated	3g	Riboflavin	0.5mg
<b>Carbs</b>	50g	Niacin	1mg
Fiber	7g	Vitamin B6	0.1mg
Sugar	19g	Folate	32µg
<b>Protein</b>	10g	Vitamin B12	0.2µg

Cholesterol	62mg	Phosphorous	280mg
Sodium	318mg	Magnesium	109mg
Potassium	426mg	Zinc	2mg
Vitamin A	12886IU	Selenium	16µg
Vitamin C	4mg		

# Pumpkin Pie Protein Smoothie

6 ingredients · 10 minutes · 2 servings



## Directions

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

## Notes

### No Pumpkin Pie Spice

Use cinnamon instead.

### Toppings

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

### Warm it Up

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

## Ingredients

**2 cups** Unsweetened Almond Milk

**1 cup** Pureed Pumpkin

**2** Banana (frozen)

**1 tsp** Vanilla Extract

**1 tsp** Pumpkin Pie Spice

**1/2 cup** Vanilla Protein Powder

## Nutrition

Amount per serving

<b>Calories</b>	270	Calcium	609mg
<b>Fat</b>	4g	Iron	3mg
Saturated	1g	Vitamin D	101IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.2mg
Monounsaturated	2g	Riboflavin	0.7mg
<b>Carbs</b>	40g	Niacin	2mg
Fiber	8g	Vitamin B6	0.6mg
Sugar	19g	Folate	47µg
<b>Protein</b>	23g	Vitamin B12	0.6µg
Cholesterol	4mg	Phosphorous	390mg
Sodium	207mg	Magnesium	126mg
Potassium	841mg	Zinc	2mg
Vitamin A	19642IU	Selenium	8µg
Vitamin C	16mg		

# Cranberry Protein Cookies

6 ingredients · 20 minutes · 8 servings



## Directions

1. Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

## Notes

### Serving Size

One serving is equal to one cookie.

### Leftovers

Store in the fridge for up to four days or in the freezer for up to three months.

### Protein Powder

This recipe was tested using plant-based vanilla protein powder.

## Ingredients

- 1 Banana (mashed)
- 1/4 cup Vanilla Protein Powder
- 1 cup Oats
- 1 cup Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Dried Unsweetened Cranberries

## Nutrition

Amount per serving

<b>Calories</b>	266	Calcium	130mg
<b>Fat</b>	18g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsaturated	5g	Thiamine	0.1mg
Monounsaturated	10g	Riboflavin	0.4mg
<b>Carbs</b>	19g	Niacin	1mg
Fiber	5g	Vitamin B6	0.1mg
Sugar	6g	Folate	24µg
<b>Protein</b>	10g	Vitamin B12	0.1µg
Cholesterol	0mg	Phosphorous	244mg
Sodium	8mg	Magnesium	111mg
Potassium	339mg	Zinc	2mg
Vitamin A	10IU	Selenium	5µg
Vitamin C	1mg		



# Cashews & Clementines

2 ingredients · 5 minutes · 6 servings



## Directions

1. Divide into bowls and enjoy!

## Ingredients

1 1/2 cups Cashews

12 Clementines

## Nutrition

Amount per serving

<b>Calories</b>	267	Calcium	60mg
<b>Fat</b>	16g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	3g	Thiamine	0.2mg
Monounsaturated	9g	Riboflavin	0.1mg
<b>Carbs</b>	29g	Niacin	1mg
Fiber	4g	Vitamin B6	0.2mg
Sugar	15g	Folate	59µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	200mg
Sodium	7mg	Magnesium	104mg
Potassium	456mg	Zinc	2mg
Vitamin A	0IU	Selenium	4µg
Vitamin C	72mg		

# Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 12 servings



## Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

### Serving Size

One serving equals approximately 1.5 cups.

### Toppings

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

### Stove Top

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

## Ingredients

- 1/4 cup** Extra Virgin Olive Oil
- 2** Yellow Onion (finely diced)
- 4 stalks** Celery (diced)
- 2** Carrot (large, chopped)
- 12** Garlic (cloves, minced)
- 2 tbsps** Cumin
- 1 tsp** Cayenne Pepper
- 12 cups** Black Beans (cooked, drained and rinsed)
- 6 cups** Diced Tomatoes
- 4 cups** Water
- 4** Lime (juiced)

## Nutrition

Amount per serving

<b>Calories</b>	318	Calcium	108mg
<b>Fat</b>	6g	Iron	6mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0.4mg
Monounsaturated	4g	Riboflavin	0.1mg
<b>Carbs</b>	51g	Niacin	1mg
Fiber	17g	Vitamin B6	0.2mg
Sugar	6g	Folate	265µg

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<b>Protein</b>	17g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	260mg
Sodium	45mg	Magnesium	131mg
Potassium	756mg	Zinc	2mg
Vitamin A	2352IU	Selenium	3µg
Vitamin C	19mg		

# Celery & Hummus

3 ingredients · 5 minutes · 6 servings



## Directions

1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

## Notes

### Make it Yourself

Check out our Green Pea Hummus or Sweet Potato Hummus recipes.

## Ingredients

**12 stalks** Celery (cut into sticks)

**1 1/2 cups** Hummus

**1 1/2 tsps** Paprika (optional)

## Nutrition

Amount per serving

<b>Calories</b>	159	Calcium	62mg
<b>Fat</b>	11g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	6g	Thiamine	0.1mg
Monounsaturated	3g	Riboflavin	0.1mg
<b>Carbs</b>	12g	Niacin	1mg
Fiber	5g	Vitamin B6	0.2mg
Sugar	2g	Folate	59µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	132mg
Sodium	326mg	Magnesium	56mg
Potassium	413mg	Zinc	1mg
Vitamin A	657IU	Selenium	3µg
Vitamin C	2mg		

# Apple with Almond Butter

2 ingredients · 5 minutes · 4 servings



## Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

## Notes

### Nut-Free

Use sunflower seed butter instead of almond butter.

## Ingredients

- 4 Apple
- 1/2 cup Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	287	Calcium	119mg
<b>Fat</b>	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsaturated	4g	Thiamine	0mg
Monounsaturated	10g	Riboflavin	0.3mg
<b>Carbs</b>	31g	Niacin	1mg
Fiber	8g	Vitamin B6	0.1mg
Sugar	20g	Folate	22µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	179mg
Sodium	4mg	Magnesium	96mg
Potassium	428mg	Zinc	1mg
Vitamin A	99IU	Selenium	1µg
Vitamin C	8mg		

# Banana with Almond Butter

2 ingredients · 2 minutes · 2 servings



## Directions

1. Slice banana.
2. Dip in almond butter.
3. Bam.

## Notes

### Nut-Free

Use sunflower seed butter instead of almond butter.

## Ingredients

2 Banana

1/4 cup Almond Butter

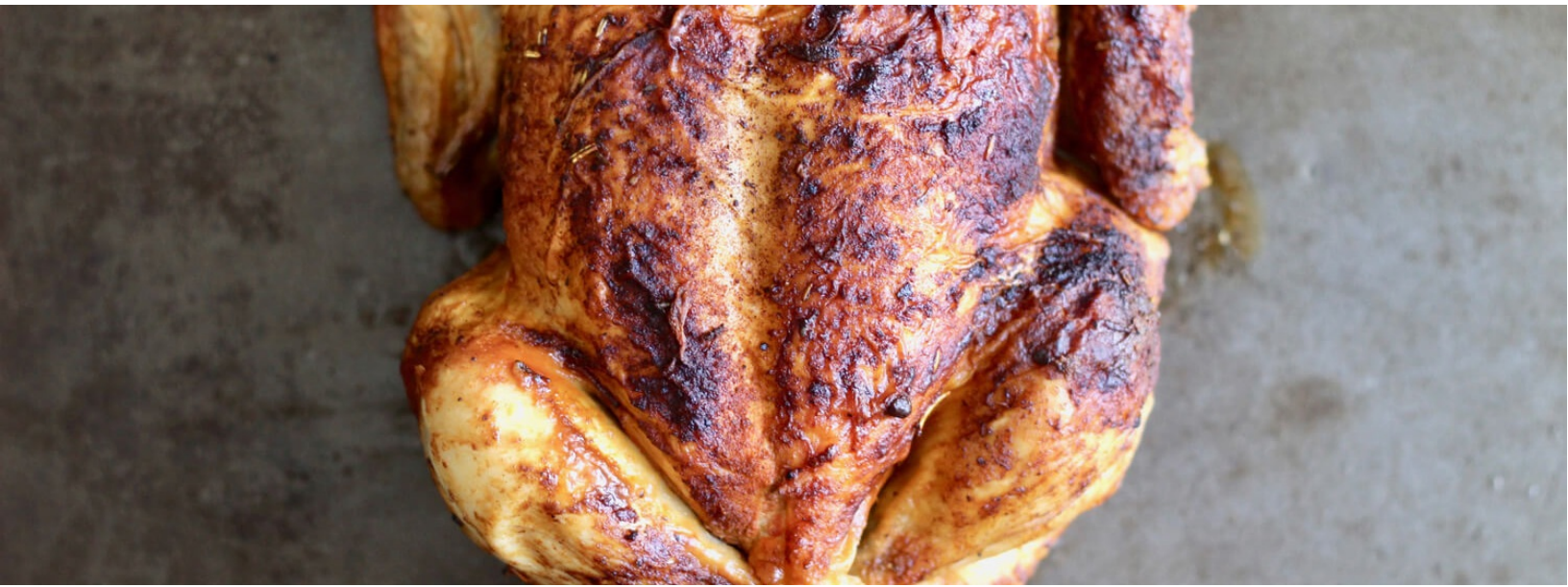
## Nutrition

Amount per serving

<b>Calories</b>	297	Calcium	114mg
<b>Fat</b>	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsaturated	4g	Thiamine	0.1mg
Monounsaturated	10g	Riboflavin	0.4mg
<b>Carbs</b>	33g	Niacin	2mg
Fiber	6g	Vitamin B6	0.5mg
Sugar	16g	Folate	40µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	185mg
Sodium	3mg	Magnesium	119mg
Potassium	656mg	Zinc	1mg
Vitamin A	76IU	Selenium	2µg
Vitamin C	10mg		

# Roasted Chicken

6 ingredients · 2 hours · 8 servings



## Directions

1. Preheat oven to 350°F (177°C).
2. Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
3. Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
4. Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

## Notes

### Roasting Times

If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

### Leftovers

Meat can be kept for up to 3 days in a covered container in the fridge.

### Zero Waste

Save the chicken carcass to make Immunity Boosting Bone Broth.

### Save Time

Buy a pre-roasted chicken.

## Ingredients

- 8 lbs** Whole Roasting Chicken
- 2 tbsps** Extra Virgin Olive Oil
- 2 tsps** Sea Salt
- 1 tsp** Black Pepper
- 2 tbsps** Poultry Seasoning
- 1 1/3 tbsps** Paprika

## Nutrition

Amount per serving

<b>Calories</b>	541	Calcium	61mg
<b>Fat</b>	16g	Iron	5mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	4g	Thiamine	0.3mg
Monounsaturated	6g	Riboflavin	0.6mg
<b>Carbs</b>	2g	Niacin	36mg
Fiber	1g	Vitamin B6	1.9mg
Sugar	0g	Folate	34µg
<b>Protein</b>	93g	Vitamin B12	1.6µg
Cholesterol	295mg	Phosphorous	904mg
Sodium	931mg	Magnesium	109mg
Potassium	1118mg	Zinc	5mg
Vitamin A	801IU	Selenium	77µg
Vitamin C	0mg		

# Marinated Veggie Salad

12 ingredients · 20 minutes · 4 servings



## Directions

1. Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
2. Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups.

### Mix It Up

Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

### No Lentils

Serve with chickpeas, chicken or flaked tuna.

### Cheese Lover

Add crumbled feta or goat cheese.

## Ingredients

- 1/4 cup Apple Cider Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Cayenne Pepper
- 2 cups Broccoli (chopped into small florets)
- 1/2 Cucumber (diced)
- 1 cup Matchstick Carrots
- 1 Yellow Bell Pepper (finely sliced)
- 1/4 cup Red Onion (finely sliced)
- 1 cup Cherry Tomatoes (halved)
- 1 cup Mushrooms (sliced)
- 2 cups Lentils (cooked, drained and rinsed)

## Nutrition

Amount per serving

<b>Calories</b>	241	Calcium	67mg
<b>Fat</b>	8g	Iron	4mg
Saturated	1g	Vitamin D	2IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0.3mg
Monounsaturated	5g	Riboflavin	0.3mg
<b>Carbs</b>	34g	Niacin	3mg
Fiber	11g	Vitamin B6	0.4mg
Sugar	7g	Folate	234µg

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<b>Protein</b>	13g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	263mg
Sodium	342mg	Magnesium	64mg
Potassium	858mg	Zinc	2mg
Vitamin A	3067IU	Selenium	6µg
Vitamin C	137mg		

# Mushroom Garlic Quinoa

6 ingredients · 20 minutes · 6 servings



## Directions

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
2. While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
3. In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

## Notes

### Serve it With

Our Balsamic Roast Beef, Honey Garlic Chicken Thighs or any soups.

### Leftovers

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

### Freezer Tip

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

## Ingredients

- 1 1/2 cups Quinoa (uncooked)
- 2 2/3 cups Water
- 2 1/4 tsps Extra Virgin Olive Oil
- 3 cups Mushrooms (thinly sliced)
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	184	Calcium	35mg
<b>Fat</b>	4g	Iron	2mg
Saturated	1g	Vitamin D	3IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	2g	Thiamine	0.2mg
Monounsaturated	2g	Riboflavin	0.3mg
<b>Carbs</b>	29g	Niacin	2mg
Fiber	3g	Vitamin B6	0.3mg
Sugar	1g	Folate	86µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	238mg
Sodium	7mg	Magnesium	90mg
Potassium	398mg	Zinc	2mg
Vitamin A	6IU	Selenium	8µg
Vitamin C	1mg		

# Hummus Roasted Broccoli & Cauliflower

4 ingredients · 25 minutes · 4 servings



## Directions

1. Preheat oven to 425°F (218°C) and line a baking pan with parchment paper.
2. In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
3. Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### No Broccoli or Cauliflower

Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.

## Ingredients

- 3 cups** Broccoli (chopped into florets)
- 1 head** Cauliflower (chopped into florets)
- 1 cup** Hummus
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	206	Calcium	93mg
<b>Fat</b>	12g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	6g	Thiamine	0.2mg
Monounsaturated	3g	Riboflavin	0.2mg
<b>Carbs</b>	21g	Niacin	2mg
Fiber	8g	Vitamin B6	0.5mg
Sugar	4g	Folate	156µg
<b>Protein</b>	10g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	221mg
Sodium	329mg	Magnesium	83mg
Potassium	847mg	Zinc	2mg
Vitamin A	439IU	Selenium	5µg
Vitamin C	132mg		

# Oven-Roasted Kale

3 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat oven to 375°F (191°C). Line a baking pan with foil or parchment paper.
2. In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
3. Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
4. Remove from oven, plate and enjoy!

## Notes

### No Kale

Use collard greens instead.

### Likes it Spicy

Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.

## Ingredients

**8 cups** Kale Leaves (roughly chopped)

**1 tbsp** Extra Virgin Olive Oil

**1/4 tsp** Sea Salt (or more to taste)

## Nutrition

Amount per serving

<b>Calories</b>	89	Calcium	213mg
<b>Fat</b>	8g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	5g	Riboflavin	0.3mg
<b>Carbs</b>	4g	Niacin	1mg
Fiber	3g	Vitamin B6	0.1mg
Sugar	1g	Folate	52µg
<b>Protein</b>	2g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	46mg
Sodium	340mg	Magnesium	28mg
Potassium	292mg	Zinc	0mg
Vitamin A	4042IU	Selenium	1µg
Vitamin C	78mg		

# Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

## Notes

### No Brussels Sprouts

Use broccoli instead.

### No Lentils

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

## Ingredients

- 2 Sweet Potato (medium, sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	355	Calcium	205mg
<b>Fat</b>	12g	Iron	8mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	4g	Thiamine	0.6mg
Monounsaturated	6g	Riboflavin	0.4mg
<b>Carbs</b>	50g	Niacin	3mg
Fiber	16g	Vitamin B6	0.6mg

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Sugar	10g	Folate	371µg
<b>Protein</b>	17g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	409mg
Sodium	199mg	Magnesium	135mg
Potassium	1336mg	Zinc	3mg
Vitamin A	15576IU	Selenium	10µg
Vitamin C	95mg		

# Pumpkin Mac n' Cheese

9 ingredients · 20 minutes · 4 servings



## Directions

1. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
3. Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
4. Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 1 1/2 cups.

### Spice Lover

Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

### More Protein

Add cooked diced chicken, chickpeas or lentils.

### More Vegetables

Add wilted spinach, kale and/or sauteed mushrooms.

## Ingredients

**2 cups** Brown Rice Macaroni (dry)

**1 cup** Unsweetened Almond Milk

**1 tbsp** Arrowroot Powder

**1 tsp** Garlic Powder

**1/3 cup** Nutritional Yeast

**1 1/2 tps** Dijon Mustard

**1 cup** Pureed Pumpkin

**1 tbsp** Maple Syrup

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	313	Calcium	142mg
<b>Fat</b>	3g	Iron	3mg
Saturated	0g	Vitamin D	25IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	10.5mg
Monounsaturated	1g	Riboflavin	11.2mg
<b>Carbs</b>	58g	Niacin	62mg
Fiber	8g	Vitamin B6	11.5mg
Sugar	5g	Folate	8µg
<b>Protein</b>	13g	Vitamin B12	50.7µg
Cholesterol	0mg	Phosphorous	25mg
Sodium	102mg	Magnesium	20mg

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Potassium	518mg	Zinc	0mg
Vitamin A	9657IU	Selenium	0µg
Vitamin C	3mg		



# Spicy Sweet Potato, Turkey & Kale Bowl

10 ingredients · 25 minutes · 4 servings



## Directions

1. Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
2. Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
4. Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

## Notes

### Save Time

Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

### Vegan & Vegetarian

Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.

## Ingredients

- 2 Sweet Potato (medium)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Chili Powder
- 1/2 **tsp** Cayenne Pepper (optional)
- 1 **tbsp** Coconut Oil
- 1 White Onion (diced)
- 1 **lb** Extra Lean Ground Turkey
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper (optional)
- 8 **cups** Kale Leaves (finely diced)

## Nutrition

		Amount per serving	
<b>Calories</b>	319	Calcium	165mg
<b>Fat</b>	17g	Iron	3mg
Saturated	6g	Vitamin D	16IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	4g	Thiamine	0.2mg
Monounsaturated	6g	Riboflavin	0.4mg
<b>Carbs</b>	19g	Niacin	7mg
Fiber	5g	Vitamin B6	0.7mg
Sugar	4g	Folate	47µg
<b>Protein</b>	24g	Vitamin B12	1.4µg
Cholesterol	84mg	Phosphorous	287mg

Sodium	490mg	Magnesium	61mg
Potassium	695mg	Zinc	3mg
Vitamin A	12014IU	Selenium	23µg
Vitamin C	43mg		



## 21-Day Real Food Real Quick Program, Week 2

Created by Cynthia Libert, M.D.



## 21-Day Real Food Real Quick Program, Week 2

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Protein-Packed Avocado Toast	Protein-Packed Avocado Toast	Protein-Packed Avocado Toast	Sweet Potato Baked Egg	Sweet Potato Baked Egg	Simple Banana Pancakes	Simple Banana Pancakes
Snack 1	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Toasted Walnuts	Toasted Walnuts	Rice Cakes with Almond Butter	Rice Cakes with Almond Butter
Lunch	Spicy Sweet Potato, Turkey & Kale Bowl	Lentil Masala Soup	Roasted Broccoli with Almonds	Slow Cooker Black Bean Soup	Marinated Veggie Salad	Baked Salmon with Broccoli & Quinoa	Penne with Bursted Cherry Tomato Sauce
			Crispy Smashed Potatoes		Crispy Roasted Sweet Potato		
Snack 2	Pistachios	Pistachios	Rice Cakes with Almond Butter	Apple Slices & Hummus	Apple Slices & Hummus	Sweet & Crunchy Chickpeas	Sweet & Crunchy Chickpeas
Dinner	Slow Cooker Balsamic Roast Beef	Slow Cooker Balsamic Roast Beef	Slow Cooker Balsamic Roast Beef	Slow Cooker Balsamic Roast Beef	Baked Salmon with Broccoli & Quinoa	Penne with Bursted Cherry Tomato Sauce	Slow Cooker Black Bean Soup
	Crispy Smashed Potatoes	Roasted Broccoli with Almonds	Marinated Veggie Salad	Crispy Roasted Sweet Potato			Simple Avocado Salad

## 21-Day Real Food Real Quick Program, Week 2

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1827	<b>Calories</b> 1934	<b>Calories</b> 1906	<b>Calories</b> 1517	<b>Calories</b> 1609	<b>Calories</b> 1733	<b>Calories</b> 1795
<b>Fat</b> 100g	<b>Fat</b> 107g	<b>Fat</b> 100g	<b>Fat</b> 68g	<b>Fat</b> 79g	<b>Fat</b> 91g	<b>Fat</b> 100g
Saturated 20g	Saturated 26g	Saturated 14g	Saturated 12g	Saturated 12g	Saturated 18g	Saturated 19g
Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g
Polyunsaturated 18g	Polyunsaturated 14g	Polyunsaturated 20g	Polyunsaturated 27g	Polyunsaturated 33g	Polyunsaturated 16g	Polyunsaturated 14g
Monounsaturated 32g	Monounsaturated 26g	Monounsaturated 46g	Monounsaturated 23g	Monounsaturated 30g	Monounsaturated 46g	Monounsaturated 56g
<b>Carbs</b> 134g	<b>Carbs</b> 151g	<b>Carbs</b> 167g	<b>Carbs</b> 149g	<b>Carbs</b> 160g	<b>Carbs</b> 161g	<b>Carbs</b> 181g
Fiber 36g	Fiber 45g	Fiber 46g	Fiber 36g	Fiber 36g	Fiber 34g	Fiber 50g
Sugar 24g	Sugar 31g	Sugar 28g	Sugar 45g	Sugar 40g	Sugar 40g	Sugar 44g
<b>Protein</b> 115g	<b>Protein</b> 113g	<b>Protein</b> 108g	<b>Protein</b> 88g	<b>Protein</b> 79g	<b>Protein</b> 87g	<b>Protein</b> 67g
Cholesterol 576mg	Cholesterol 492mg	Cholesterol 492mg	Cholesterol 492mg	Cholesterol 450mg	Cholesterol 450mg	Cholesterol 372mg
Sodium 2655mg	Sodium 3508mg	Sodium 2343mg	Sodium 1373mg	Sodium 1148mg	Sodium 368mg	Sodium 589mg
Potassium 3505mg	Potassium 3399mg	Potassium 4385mg	Potassium 3073mg	Potassium 3824mg	Potassium 3319mg	Potassium 3069mg
Vitamin A 13362IU	Vitamin A 4739IU	Vitamin A 5265IU	Vitamin A 35922IU	Vitamin A 37191IU	Vitamin A 4818IU	Vitamin A 6494IU
Vitamin C 99mg	Vitamin C 190mg	Vitamin C 315mg	Vitamin C 45mg	Vitamin C 315mg	Vitamin C 211mg	Vitamin C 77mg
Calcium 469mg	Calcium 509mg	Calcium 550mg	Calcium 373mg	Calcium 398mg	Calcium 467mg	Calcium 457mg
Iron 18mg	Iron 22mg	Iron 20mg	Iron 18mg	Iron 15mg	Iron 16mg	Iron 19mg
Vitamin D 106IU	Vitamin D 90IU	Vitamin D 92IU	Vitamin D 90IU	Vitamin D 84IU	Vitamin D 82IU	Vitamin D 82IU
Vitamin E 6mg	Vitamin E 4mg	Vitamin E 15mg	Vitamin E 5mg	Vitamin E 8mg	Vitamin E 18mg	Vitamin E 20mg
Thiamine 1.1mg	Thiamine 1.0mg	Thiamine 1.3mg	Thiamine 1.0mg	Thiamine 1.3mg	Thiamine 4.4mg	Thiamine 4.3mg

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Thiamine	1.1mg	Thiamine	1.0mg	Thiamine	1.0mg	Thiamine	1.0mg	Thiamine	1.0mg	Thiamine	7.7mg	Thiamine	7.0mg
Riboflavin	1.9mg	Riboflavin	1.8mg	Riboflavin	2.3mg	Riboflavin	1.5mg	Riboflavin	2.0mg	Riboflavin	5.7mg	Riboflavin	5.0mg
Niacin	23mg	Niacin	16mg	Niacin	22mg	Niacin	13mg	Niacin	19mg	Niacin	37mg	Niacin	27mg
Vitamin B6	2.7mg	Vitamin B6	1.8mg	Vitamin B6	2.7mg	Vitamin B6	2.1mg	Vitamin B6	3.2mg	Vitamin B6	6.6mg	Vitamin B6	5.4mg
Folate	374µg	Folate	410µg	Folate	667µg	Folate	432µg	Folate	605µg	Folate	509µg	Folate	628µg
Vitamin B12	8.5µg	Vitamin B12	7.1µg	Vitamin B12	7.1µg	Vitamin B12	7.1µg	Vitamin B12	5.4µg	Vitamin B12	22.3µg	Vitamin B12	17.8µg
Phosphorous	1570mg	Phosphorous	1318mg	Phosphorous	1860mg	Phosphorous	1265mg	Phosphorous	1422mg	Phosphorous	1255mg	Phosphorous	972mg
Magnesium	399mg	Magnesium	346mg	Magnesium	542mg	Magnesium	369mg	Magnesium	410mg	Magnesium	401mg	Magnesium	398mg
Zinc	20mg	Zinc	18mg	Zinc	22mg	Zinc	18mg	Zinc	9mg	Zinc	8mg	Zinc	8mg
Selenium	114µg	Selenium	94µg	Selenium	105µg	Selenium	96µg	Selenium	103µg	Selenium	101µg	Selenium	44µg

# 21-Day Real Food Real Quick Program, Week 2

58 items

## Fruits

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- 4 Apple
- 4 Avocado
- 4 Banana
- 1 1/3 Lemon

## Breakfast

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- 3/4 cup Almond Butter
- 1/4 cup Maple Syrup
- 12 Plain Rice Cake

## Seeds, Nuts & Spices

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- 1/2 tsp Cayenne Pepper
- 1 tsp Cinnamon
- 1 tbsp Garam Masala
- 3/4 cup Hemp Seeds
- 1 tsp Nutmeg
- 2 cups Pistachios, In Shell
- 1 tsp Red Pepper Flakes
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sliced Almonds
- 1 tsp Turmeric
- 1 1/4 cups Walnuts

## Vegetables

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- 2 cups Basil Leaves
- 16 cups Broccoli
- 7 cups Cherry Tomatoes
- 1 cup Cilantro
- 1/2 Cucumber
- 14 Garlic
- 9 cups Kale Leaves
- 1 cup Matchstick Carrots
- 4 cups Mini Potatoes
- 1 cup Mushrooms
- 2 cups Portobello Mushroom
- 3/4 cup Red Onion
- 1 tbsp Rosemary
- 7 Sweet Potato
- 1 Yellow Bell Pepper
- 1 Yellow Onion

## Boxed & Canned

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- 1 cup Canned Coconut Milk
- 1 1/2 cups Chicken Broth
- 8 ozs Chickpea Pasta
- 2 cups Chickpeas
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 2 cups Lentils
- 1 cup Quinoa
- 4 cups Vegetable Broth
- 3 cups White Navy Beans

## Baking

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- 2 tbsps Nutritional Yeast

## Bread, Fish, Meat & Cheese

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- 12 slices Bread
- 1 cup Hummus
- 1 1/4 lbs Salmon Fillet
- 2 1/2 lbs Top Sirloin Beef Roast

## Condiments & Oils

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- 2/3 cup Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1/2 cup Balsamic Vinegar
- 3 1/2 tbsps Coconut Oil
- 1 1/8 cups Extra Virgin Olive Oil
- 3 tbsps Tamari

## Cold

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- 28 Egg

## Other

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- 1 1/2 cups Water

# Protein-Packed Avocado Toast

6 ingredients · 15 minutes · 6 servings



## Directions

1. In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
2. Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

## Notes

### No White Beans

Use chickpeas instead.

### Likes it Spicy

Add hot sauce or chili flakes into the avocado bean mixture.

## Ingredients

- 3 Avocado
- 3 cups White Navy Beans (cooked)
- 3/4 Lemon (juiced)
- 3/4 tsp Sea Salt
- 12 slices Bread
- 3/4 cup Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	555	Calcium	119mg
<b>Fat</b>	30g	Iron	5mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	11g	Thiamine	0.6mg
Monounsaturated	14g	Riboflavin	0.4mg
<b>Carbs</b>	59g	Niacin	5mg
Fiber	20g	Vitamin B6	0.5mg
Sugar	6g	Folate	232µg
<b>Protein</b>	19g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	552mg
Sodium	558mg	Magnesium	233mg
Potassium	1149mg	Zinc	4mg
Vitamin A	149IU	Selenium	3µg
Vitamin C	13mg		



# Sweet Potato Baked Egg

3 ingredients · 45 minutes · 2 servings



## Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Slice the sweet potatoes in half lengthwise, and brush the flesh with oil. Bake face-down on the baking sheet for 30 minutes or until tender.
3. Once tender, remove the sweet potato from the oven and let cool enough to handle. Use a spoon to scoop out some flesh from each half of the sweet potato to make room for the egg. (Note: You can use the sweet potato you remove later, as a side dish or in smoothies.)
4. Crack an egg into the hole you created in the sweet potato, and return to the oven for 10 to 15 minutes, depending on how runny you like your eggs.
5. Remove from oven and enjoy!

## Notes

### Serve it With

Mixed greens and/or toast for dipping.

### More Protein

Carve an even bigger hole into the baked sweet potato and fill remaining space with egg whites.

## Ingredients

2 Sweet Potato (large enough to hold an egg)

1 **tbsp** Extra Virgin Olive Oil

4 Egg

## Nutrition

Amount per serving

<b>Calories</b>	314	Calcium	95mg
<b>Fat</b>	16g	Iron	3mg
Saturated	4g	Vitamin D	82IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	3g	Thiamine	0.1mg
Monounsaturated	9g	Riboflavin	0.5mg
<b>Carbs</b>	27g	Niacin	1mg
Fiber	4g	Vitamin B6	0.5mg
Sugar	6g	Folate	61µg
<b>Protein</b>	15g	Vitamin B12	0.9µg
Cholesterol	372mg	Phosphorous	259mg
Sodium	214mg	Magnesium	45mg
Potassium	576mg	Zinc	2mg
Vitamin A	18983IU	Selenium	31µg
Vitamin C	3mg		

# Simple Banana Pancakes

3 ingredients · 20 minutes · 4 servings



## Directions

1. In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
2. Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
3. Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

## Notes

### Serving Size

One serving is approximately two pancakes.

### Likes it Sweet

Add blueberries or chocolate chips into the batter.

## Ingredients

- 4 Banana (ripe)
- 8 Egg
- 2 tbsps Coconut Oil

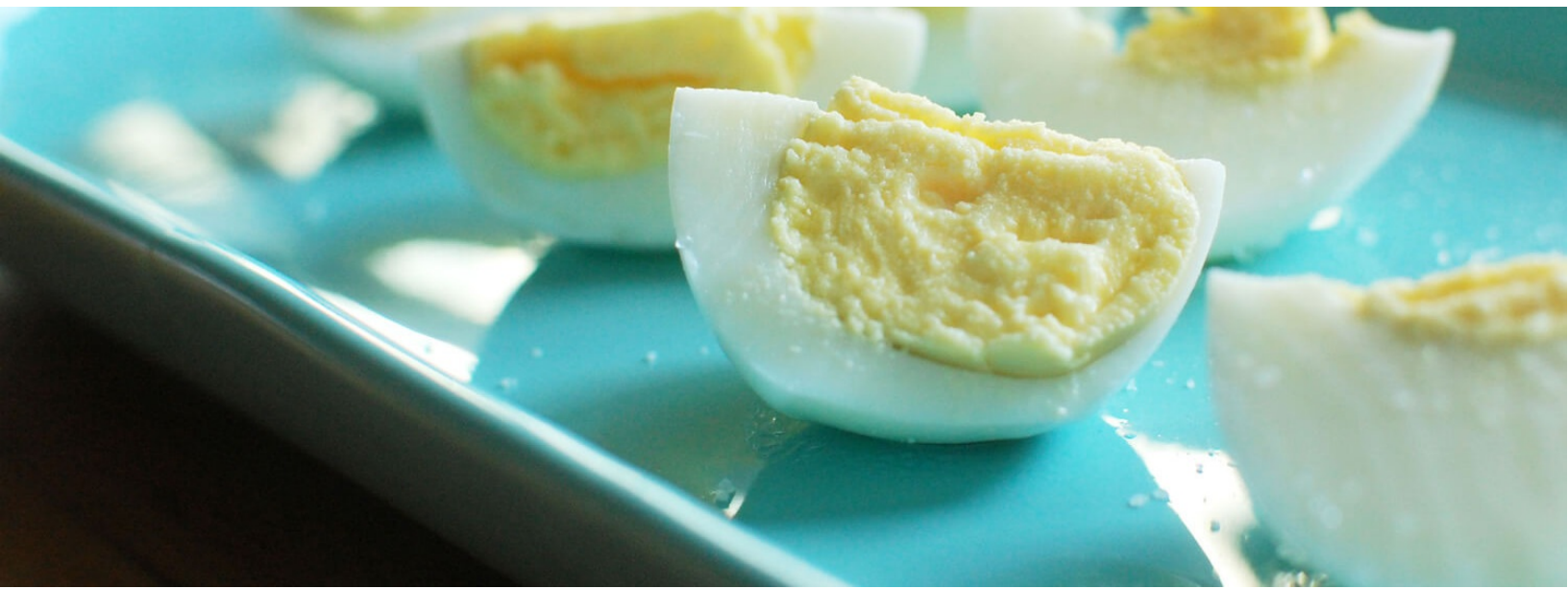
## Nutrition

Amount per serving

<b>Calories</b>	309	Calcium	62mg
<b>Fat</b>	17g	Iron	2mg
Saturated	9g	Vitamin D	82IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	2g	Thiamine	0.1mg
Monounsaturated	4g	Riboflavin	0.6mg
<b>Carbs</b>	28g	Niacin	1mg
Fiber	3g	Vitamin B6	0.6mg
Sugar	15g	Folate	71µg
<b>Protein</b>	14g	Vitamin B12	0.9µg
Cholesterol	372mg	Phosphorous	224mg
Sodium	143mg	Magnesium	44mg
Potassium	560mg	Zinc	1mg
Vitamin A	616IU	Selenium	32µg
Vitamin C	10mg		

# Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 6 servings



## Directions

1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

## Ingredients

- 12 Egg
- 1 1/2 **tsps** Sea Salt (divided)
- 1/3 **cup** Apple Cider Vinegar (divided)

## Nutrition

Amount per serving

<b>Calories</b>	146	Calcium	57mg
<b>Fat</b>	10g	Iron	2mg
Saturated	3g	Vitamin D	82IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	2g	Thiamine	0mg
Monounsaturated	4g	Riboflavin	0.5mg
<b>Carbs</b>	1g	Niacin	0mg
Fiber	0g	Vitamin B6	0.2mg
Sugar	0g	Folate	47µg
<b>Protein</b>	13g	Vitamin B12	0.9µg
Cholesterol	372mg	Phosphorous	199mg
Sodium	733mg	Magnesium	13mg
Potassium	149mg	Zinc	1mg
Vitamin A	540IU	Selenium	31µg
Vitamin C	0mg		

# Toasted Walnuts

1 ingredient · 15 minutes · 4 servings



## Directions

1. Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

## Notes

### Extra Flavour

Sprinkle with sea salt or spices of your choice.

## Ingredients

1 1/4 cups Walnuts (shelled)

## Nutrition

Amount per serving

<b>Calories</b>	235	Calcium	35mg
<b>Fat</b>	23g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	17g	Thiamine	0.1mg
Monounsaturated	3g	Riboflavin	0.1mg
<b>Carbs</b>	5g	Niacin	0mg
Fiber	2g	Vitamin B6	0.2mg
Sugar	1g	Folate	35µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	125mg
Sodium	1mg	Magnesium	57mg
Potassium	159mg	Zinc	1mg
Vitamin A	0IU	Selenium	2µg
Vitamin C	0mg		

# Rice Cakes with Almond Butter

2 ingredients · 5 minutes · 2 servings



## Directions

1. Spread almond butter across the rice cakes and enjoy!

## Notes

### No Almond Butter

Use any type of nut or seed butter instead.

### Likes it Sweet

Add honey, jam, sliced bananas or berries.

## Ingredients

4 Plain Rice Cake

1/4 cup Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	262	Calcium	110mg
<b>Fat</b>	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsaturated	4g	Thiamine	0mg
Monounsaturated	10g	Riboflavin	0.3mg
<b>Carbs</b>	21g	Niacin	2mg
Fiber	4g	Vitamin B6	0.1mg
Sugar	2g	Folate	20µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	224mg
Sodium	7mg	Magnesium	111mg
Potassium	286mg	Zinc	2mg
Vitamin A	0IU	Selenium	5µg
Vitamin C	0mg		

# Lentil Masala Soup

12 ingredients · 30 minutes · 4 servings



## Directions

1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

### Additional Toppings

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

## Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/2 **cup** Red Onion (finely diced)
- 4 **Garlic** (cloves, minced)
- 1 **tsp** Turmeric
- 1 **tbsp** Garam Masala
- 1 **tsp** Sea Salt
- 1 **cup** Cilantro (finely diced)
- 4 **cups** Vegetable Broth
- 3 **cups** Diced Tomatoes
- 1 **cup** Dry Red Lentils
- 1 **cup** Canned Coconut Milk (full fat)
- 4 **cups** Kale Leaves (finely sliced)

## Nutrition

Amount per serving

<b>Calories</b>	391	Calcium	118mg
<b>Fat</b>	14g	Iron	6mg
Saturated	11g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0.1mg
Monounsaturated	0g	Riboflavin	0.1mg
<b>Carbs</b>	50g	Niacin	1mg
Fiber	11g	Vitamin B6	0.1mg
Sugar	9g	Folate	20µg

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<b>Protein</b>	17g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	33mg
Sodium	1308mg	Magnesium	14mg
Potassium	804mg	Zinc	0mg
Vitamin A	2557IU	Selenium	1µg
Vitamin C	42mg		

# Pistachios

1 ingredient · 1 minute · 2 servings



## Directions

1. Divide into bowls, peel and enjoy!

## Ingredients

1 cup Pistachios, In Shell

## Nutrition

Amount per serving

<b>Calories</b>	318	Calcium	40mg
<b>Fat</b>	26g	Iron	2mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0mg
<b>Carbs</b>	16g	Niacin	0mg
Fiber	6g	Vitamin B6	0mg
Sugar	4g	Folate	0µg
<b>Protein</b>	12g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	0mg
Sodium	216mg	Magnesium	0mg
Potassium	0mg	Zinc	0mg
Vitamin A	0IU	Selenium	0µg
Vitamin C	0mg		



# Apple Slices & Hummus

2 ingredients · 5 minutes · 2 servings



## Directions

1. Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

## Notes

### No Apple

Use pear slices instead.

## Ingredients

2 Apple

1/2 cup Hummus

## Nutrition

Amount per serving

<b>Calories</b>	240	Calcium	40mg
<b>Fat</b>	11g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	6g	Thiamine	0.1mg
Monounsaturated	3g	Riboflavin	0.1mg
<b>Carbs</b>	34g	Niacin	1mg
Fiber	8g	Vitamin B6	0.2mg
Sugar	19g	Folate	35µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	131mg
Sodium	264mg	Magnesium	55mg
Potassium	387mg	Zinc	1mg
Vitamin A	112IU	Selenium	3µg
Vitamin C	8mg		

# Sweet & Crunchy Chickpeas

5 ingredients · 1 hour · 4 servings



## Directions

1. Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
2. Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
3. Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
4. Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
5. Remove from oven. Enjoy hot or cold!

## Notes

### Serving Size

One serving is equal to about 1/2 cup of roasted chickpeas.

## Ingredients

- 2 cups** Chickpeas (cooked, drained and rinsed)
- 1 tbsp** Extra Virgin Olive Oil
- 1 1/2 tbsps** Maple Syrup
- 1 tsp** Nutmeg
- 1 tsp** Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	188	Calcium	55mg
<b>Fat</b>	6g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	3g	Riboflavin	0.1mg
<b>Carbs</b>	28g	Niacin	0mg
Fiber	7g	Vitamin B6	0.1mg
Sugar	9g	Folate	141µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	139mg
Sodium	7mg	Magnesium	42mg
Potassium	259mg	Zinc	1mg
Vitamin A	25IU	Selenium	3µg
Vitamin C	1mg		

# Slow Cooker Balsamic Roast Beef

12 ingredients · 8 hours · 8 servings



## Directions

1. Place roast in the slow cooker. In a bowl, mix together the chicken broth, balsamic vinegar, tamari, maple syrup and minced garlic. Mix well and pour over the roast beef. Cook on low for 8 hours. Baste the roast periodically.
2. Before serving, heat coconut oil in a large skillet over medium heat. Add diced onion and mushrooms and saute for 3 to 5 minutes or until softened. Add in the kale leaves and continue to saute just until wilted. Turn off the heat, stir in the apple cider vinegar and season with sea salt and black pepper to taste.
3. Once roast is cooked through and you are ready to eat, remove it from the slow cooker into a large mixing bowl. Trim off any large pieces of fat and shred with two forks. Put it back into the slow cooker and let it soak in the juices for 5 to 10 minutes. When ready to eat, use a slotted spoon to lift the beef out of the slow cooker onto a plate. Transfer the leftover juices into a jar to use as gravy or for a future roast.
4. Plate roast beef with a side of sauteed kale and mushrooms. Enjoy!

## Notes

### More Carbs

Serve with rice, potatoes or quinoa.

## Ingredients

- 2 1/2 lbs Top Sirloin Beef Roast
- 1 1/2 cups Chicken Broth
- 1/2 cup Balsamic Vinegar
- 3 tbsps Tamari
- 3 tbsps Maple Syrup
- 4 Garlic (cloves, minced)
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (sliced)
- 5 cups Kale Leaves (chopped)
- 1 tbsp Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	311	Calcium	66mg
<b>Fat</b>	10g	Iron	5mg
Saturated	3g	Vitamin D	8IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0.2mg
Monounsaturated	3g	Riboflavin	0.6mg
<b>Carbs</b>	12g	Niacin	9mg
Fiber	2g	Vitamin B6	0.8mg
Sugar	9g	Folate	25µg

<b>Protein</b>	44g	Vitamin B12	6.2µg
Cholesterol	120mg	Phosphorous	444mg
Sodium	648mg	Magnesium	57mg
Potassium	866mg	Zinc	12mg
Vitamin A	643IU	Selenium	56µg
Vitamin C	13mg		

# Crispy Smashed Potatoes

5 ingredients · 20 minutes · 4 servings



## Directions

1. Line a baking sheet with parchment paper.
2. Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
3. Preheat oven to broil.
4. Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
5. Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Broil in the oven until crispy, about 3-5 minutes.

## Notes

### No Potatoes

Use sweet potatoes or cauliflower instead.

### More Toppings

Add pats of butter, ghee, feta, parmesan, nutritional yeast or pesto.

### Serve it With

Our Everything Bagel Seasoned Chicken, Chili Lime Drumsticks with Zucchini, 15 Minute Grilled Steak with Mint Pesto or Slow Cooker Maple Mustard Chicken.

### Leftovers

Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.

## Ingredients

- 4 cups Mini Potatoes (halved)
- 2 tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 tbsps Rosemary (chopped)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

Calories	178	Calcium	22mg
Fat	7g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	5g	Riboflavin	0mg
Carbs	27g	Niacin	2mg
Fiber	3g	Vitamin B6	0.5mg
Sugar	1g	Folate	23µg
Protein	3g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	88mg
Sodium	10mg	Magnesium	35mg
Potassium	646mg	Zinc	0mg
Vitamin A	16IU	Selenium	1µg
Vitamin C	30mg		

# Roasted Broccoli with Almonds

4 ingredients · 20 minutes · 4 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Toss broccoli florets with avocado oil, and lay in a single layer across the baking sheet. Roast for 10 minutes.
3. Remove from the oven and toss the broccoli florets, adding in the almonds, sea salt, and pepper. Return to the oven and roast for 10 more minutes, or until tender. Enjoy!

## Notes

### No Avocado Oil

Use olive oil or coconut oil instead.

### Nut-Free

Swap out the almonds for pumpkin seeds.

### Serve it With

Our Everything Bagel Seasoned Chicken or Grilled Bruschetta Chicken.

## Ingredients

**6 cups** Broccoli (chopped into florets)

**2 tbsps** Avocado Oil

**1/2 cup** Sliced Almonds

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	213	Calcium	109mg
<b>Fat</b>	17g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	5g	Riboflavin	0.2mg
<b>Carbs</b>	13g	Niacin	1mg
Fiber	6g	Vitamin B6	0.2mg
Sugar	3g	Folate	86µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	90mg
Sodium	45mg	Magnesium	29mg
Potassium	431mg	Zinc	1mg
Vitamin A	850IU	Selenium	3µg
Vitamin C	122mg		

# Marinated Veggie Salad

12 ingredients · 20 minutes · 4 servings



## Directions

1. Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
2. Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups.

### Mix It Up

Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

### No Lentils

Serve with chickpeas, chicken or flaked tuna.

### Cheese Lover

Add crumbled feta or goat cheese.

## Ingredients

- 1/4 cup Apple Cider Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Cayenne Pepper
- 2 cups Broccoli (chopped into small florets)
- 1/2 Cucumber (diced)
- 1 cup Matchstick Carrots
- 1 Yellow Bell Pepper (finely sliced)
- 1/4 cup Red Onion (finely sliced)
- 1 cup Cherry Tomatoes (halved)
- 1 cup Mushrooms (sliced)
- 2 cups Lentils (cooked, drained and rinsed)

## Nutrition

Amount per serving

<b>Calories</b>	241	Calcium	67mg
<b>Fat</b>	8g	Iron	4mg
Saturated	1g	Vitamin D	2IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0.3mg
Monounsaturated	5g	Riboflavin	0.3mg
<b>Carbs</b>	34g	Niacin	3mg
Fiber	11g	Vitamin B6	0.4mg
Sugar	7g	Folate	234µg

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<b>Protein</b>	13g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	263mg
Sodium	342mg	Magnesium	64mg
Potassium	858mg	Zinc	2mg
Vitamin A	3067IU	Selenium	6µg
Vitamin C	137mg		



# Crispy Roasted Sweet Potato

3 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, tossing at the halfway mark.
3. Remove from oven and season with sea salt. Enjoy!

## Notes

### Likes it Spicy

Toss in our Cajun Spice or chili powder after baking.

## Ingredients

3 Sweet Potato (medium, diced into 1/2 inch pieces)

1 1/2 **tsps** Extra Virgin Olive Oil

1/4 **tsp** Sea Salt (or more to taste)

## Nutrition

Amount per serving

<b>Calories</b>	99	Calcium	29mg
<b>Fat</b>	2g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0.1mg
Monounsaturated	1g	Riboflavin	0.1mg
<b>Carbs</b>	20g	Niacin	1mg
Fiber	3g	Vitamin B6	0.2mg
Sugar	4g	Folate	11µg
<b>Protein</b>	2g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	46mg
Sodium	201mg	Magnesium	24mg
Potassium	329mg	Zinc	0mg
Vitamin A	13832IU	Selenium	1µg
Vitamin C	2mg		

# Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 4 servings



## Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## Notes

### Leftovers

Store covered in the fridge up to 2 days.

### Speed it Up

Cook the quinoa ahead of time.

### Vegan

Use tofu steaks instead of salmon fillets.

## Ingredients

- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 8 cups Broccoli (sliced into small florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 Lemon (sliced into wedges)

## Nutrition

Amount per serving

<b>Calories</b>	480	Calcium	132mg
<b>Fat</b>	19g	Iron	4mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	6g	Thiamine	0.6mg
Monounsaturated	9g	Riboflavin	0.9mg
<b>Carbs</b>	40g	Niacin	13mg
Fiber	8g	Vitamin B6	1.7mg
Sugar	3g	Folate	229µg
<b>Protein</b>	39g	Vitamin B12	4.5µg
Cholesterol	78mg	Phosphorous	598mg
Sodium	126mg	Magnesium	165mg
Potassium	1515mg	Zinc	3mg
Vitamin A	1197IU	Selenium	60µg

Vitamin C

165mg

# Penne with Bursted Cherry Tomato Sauce

7 ingredients · 30 minutes · 4 servings



## Directions

1. Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
2. In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
3. Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

## Notes

### No Chickpea Pasta

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

### No Nutritional Yeast

Use parmesan or omit completely.

## Ingredients

- 8 ozs Chickpea Pasta (dry)
- 1/2 cup Extra Virgin Olive Oil
- 6 cups Cherry Tomatoes
- 4 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Basil Leaves (chopped)
- 2 tbsps Nutritional Yeast

## Nutrition

Amount per serving

<b>Calories</b>	494	Calcium	108mg
<b>Fat</b>	31g	Iron	7mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	5mg
Polyunsaturated	3g	Thiamine	3.6mg
Monounsaturated	20g	Riboflavin	3.8mg
<b>Carbs</b>	44g	Niacin	21mg
Fiber	12g	Vitamin B6	4.1mg
Sugar	11g	Folate	48µg
<b>Protein</b>	19g	Vitamin B12	16.9µg
Cholesterol	0mg	Phosphorous	70mg
Sodium	85mg	Magnesium	39mg
Potassium	699mg	Zinc	1mg
Vitamin A	2980IU	Selenium	1µg

Vitamin C 35mg

# Simple Avocado Salad

5 ingredients · 5 minutes · 2 servings



## Directions

1. Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

## Notes

### No Lemon

Use lime juice or apple cider vinegar instead.

### Less Spicy

Omit the red pepper flakes.

### Serve it With

Our Grilled Bruschetta Chicken, Thai Turkey Burgers with Almond Carrot Slaw or Herbed Pork Roast with Sweet Potato Mash.

## Ingredients

- 1 Avocado (cubed)
- 1 **tbsp** Extra Virgin Olive Oil
- 1/8 Lemon (juiced)
- 1 **tsp** Red Pepper Flakes
- 1/4 **tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	224	Calcium	14mg
<b>Fat</b>	22g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	3g	Thiamine	0.1mg
Monounsaturated	15g	Riboflavin	0.1mg
<b>Carbs</b>	9g	Niacin	2mg
Fiber	7g	Vitamin B6	0.3mg
Sugar	1g	Folate	83µg
<b>Protein</b>	2g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	55mg
Sodium	302mg	Magnesium	31mg
Potassium	509mg	Zinc	1mg
Vitamin A	521IU	Selenium	0µg
Vitamin C	12mg		



## 21-Day Real Food Real Quick Program, Week 3

Created by Cynthia Libert, M.D.



## 21-Day Real Food Real Quick Program, Week 3

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Pumpkin Spice Granola	Pumpkin Spice Granola	Pumpkin Spice Granola	Pumpkin Spice Granola	Banana Cinnamon Smoothie	Banana Cinnamon Smoothie	Sweet Potato Pancakes
Snack 1	Crackers & Avocado	Almond Butter Apple Sandwiches	Crackers & Avocado	Almond Butter Apple Sandwiches	Yogurt & Berries	Brazil Nuts	Almond Butter Apple Sandwiches
Lunch	Marinated Mixed Bean Salad	Marinated Mixed Bean Salad	Lentil Masala Soup	Slow Cooker Black Bean Soup	Mediterranean Tuna Pasta Salad	Mediterranean Tuna Pasta Salad	Creamy Edamame & Mushroom Pasta
Snack 2	Rice Cakes with Almond Butter	Yogurt & Berries	Rice Cakes with Almond Butter	Rice Cakes with Almond Butter	Brazil Nuts	Yogurt & Berries	Brazil Nuts
	Banana		Apple	Banana			
Dinner	Slow Cooker Apple Cinnamon Pork Tenderloin	Slow Cooker Apple Cinnamon Pork Tenderloin	Slow Cooker Apple Cinnamon Pork Tenderloin	Slow Cooker Apple Cinnamon Pork Tenderloin	Creamy Edamame & Mushroom Pasta	Cauliflower Shepherd's Pie	Cauliflower Shepherd's Pie
	Roasted Cauliflower	Grilled Asparagus	Oven-Roasted Kale	Oven-Roasted Kale			



## 21-Day Real Food Real Quick Program, Week 3

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1652	<b>Calories</b> 1448	<b>Calories</b> 1658	<b>Calories</b> 1561	<b>Calories</b> 1447	<b>Calories</b> 1428	<b>Calories</b> 1516
<b>Fat</b> 77g	<b>Fat</b> 59g	<b>Fat</b> 77g	<b>Fat</b> 69g	<b>Fat</b> 71g	<b>Fat</b> 73g	<b>Fat</b> 88g
Saturated 13g	Saturated 12g	Saturated 22g	Saturated 10g	Saturated 13g	Saturated 15g	Saturated 21g
Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g
Polyunsaturated 22g	Polyunsaturated 14g	Polyunsaturated 20g	Polyunsaturated 18g	Polyunsaturated 18g	Polyunsaturated 20g	Polyunsaturated 20g
Monounsaturated 36g	Monounsaturated 25g	Monounsaturated 26g	Monounsaturated 33g	Monounsaturated 27g	Monounsaturated 29g	Monounsaturated 36g
<b>Carbs</b> 195g	<b>Carbs</b> 169g	<b>Carbs</b> 195g	<b>Carbs</b> 191g	<b>Carbs</b> 140g	<b>Carbs</b> 117g	<b>Carbs</b> 131g
Fiber 37g	Fiber 37g	Fiber 36g	Fiber 44g	Fiber 27g	Fiber 25g	Fiber 28g
Sugar 60g	Sugar 78g	Sugar 69g	Sugar 75g	Sugar 44g	Sugar 48g	Sugar 51g
<b>Protein</b> 64g	<b>Protein</b> 79g	<b>Protein</b> 63g	<b>Protein</b> 66g	<b>Protein</b> 82g	<b>Protein</b> 95g	<b>Protein</b> 68g
Cholesterol 74mg	Cholesterol 108mg	Cholesterol 74mg	Cholesterol 74mg	Cholesterol 53mg	Cholesterol 137mg	Cholesterol 456mg
Sodium 797mg	Sodium 446mg	Sodium 2248mg	Sodium 543mg	Sodium 1752mg	Sodium 744mg	Sodium 1853mg
Potassium 3259mg	Potassium 2639mg	Potassium 2845mg	Potassium 3123mg	Potassium 2314mg	Potassium 2787mg	Potassium 3007mg
Vitamin A 9257IU	Vitamin A 11214IU	Vitamin A 15532IU	Vitamin A 15328IU	Vitamin A 6434IU	Vitamin A 7684IU	Vitamin A 28370IU
Vitamin C 107mg	Vitamin C 90mg	Vitamin C 141mg	Vitamin C 123mg	Vitamin C 95mg	Vitamin C 154mg	Vitamin C 102mg
Calcium 338mg	Calcium 846mg	Calcium 559mg	Calcium 650mg	Calcium 1226mg	Calcium 999mg	Calcium 699mg
Iron 14mg	Iron 15mg	Iron 15mg	Iron 14mg	Iron 13mg	Iron 13mg	Iron 13mg
Vitamin D 9IU	Vitamin D 108IU	Vitamin D 9IU	Vitamin D 9IU	Vitamin D 172IU	Vitamin D 139IU	Vitamin D 157IU
Vitamin E 13mg	Vitamin E 12mg	Vitamin E 13mg	Vitamin E 21mg	Vitamin E 7mg	Vitamin E 6mg	Vitamin E 14mg
Thiamine 2.0mg	Thiamine 1.7mg	Thiamine 1.8mg	Thiamine 1.8mg	Thiamine 0.9mg	Thiamine 0.8mg	Thiamine 0.9mg

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Thiamine	2.0mg	Thiamine	1.7mg	Thiamine	1.0mg	Thiamine	1.0mg	Thiamine	0.9mg	Thiamine	0.0mg	Thiamine	0.9mg
Riboflavin	1.5mg	Riboflavin	1.2mg	Riboflavin	1.6mg	Riboflavin	1.7mg	Riboflavin	1.2mg	Riboflavin	1.4mg	Riboflavin	2.1mg
Niacin	17mg	Niacin	12mg	Niacin	16mg	Niacin	15mg	Niacin	12mg	Niacin	18mg	Niacin	16mg
Vitamin B6	2.4mg	Vitamin B6	1.6mg	Vitamin B6	1.7mg	Vitamin B6	2.0mg	Vitamin B6	1.1mg	Vitamin B6	1.7mg	Vitamin B6	1.6mg
Folate	501µg	Folate	355µg	Folate	221µg	Folate	415µg	Folate	313µg	Folate	217µg	Folate	420µg
Vitamin B12	0.6µg	Vitamin B12	0.6µg	Vitamin B12	0.6µg	Vitamin B12	0.6µg	Vitamin B12	1.7µg	Vitamin B12	3.1µg	Vitamin B12	2.3µg
Phosphorous	1247mg	Phosphorous	991mg	Phosphorous	989mg	Phosphorous	1229mg	Phosphorous	1080mg	Phosphorous	1277mg	Phosphorous	1209mg
Magnesium	403mg	Magnesium	319mg	Magnesium	312mg	Magnesium	519mg	Magnesium	474mg	Magnesium	439mg	Magnesium	423mg
Zinc	9mg	Zinc	8mg	Zinc	7mg	Zinc	9mg	Zinc	6mg	Zinc	9mg	Zinc	9mg
Selenium	64µg	Selenium	47µg	Selenium	62µg	Selenium	53µg	Selenium	688µg	Selenium	711µg	Selenium	705µg

# 21-Day Real Food Real Quick Program, Week 3

59 items

## Fruits

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- 11 Apple
- 1 Avocado
- 8 Banana
- 2 Lemon

## Breakfast

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- 1 1/2 cups Almond Butter
- 1/3 cup Maple Syrup
- 12 Plain Rice Cake

## Seeds, Nuts & Spices

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- 1 1/2 cups Brazil Nuts
- 1/4 cup Chia Seeds
- 2 2/3 tbsps Cinnamon
- 2 tpsps Garlic Powder
- 1/3 cup Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3 tbsps Italian Seasoning
- 1 1/3 tbsps Onion Powder
- 1/3 cup Pumpkin Seeds
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2/3 cup Walnuts

## Frozen

---

- 6 cups Frozen Berries
- 1 cup Frozen Edamame
- 1 cup Frozen Peas
- 8 Ice Cubes

## Vegetables

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- 8 cups Arugula
- 1 1/2 cups Asparagus
- 4 cups Baby Spinach
- 8 Carrot
- 1 1/2 heads Cauliflower
- 2 stalks Celery
- 3 Garlic
- 2 cups Green Beans
- 16 cups Kale Leaves
- 5 cups Mushrooms
- 2 Sweet Potato
- 3 Yellow Onion

## Boxed & Canned

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- 2 cups Brown Rice Fusilli, Cooked
- 1 cup Brown Rice Macaroni
- 4 cups Mixed Beans
- 1 can Tuna
- 7 1/16 ozs Whole Grain Crackers

## Baking

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- 1/4 cup Almond Flour
- 1 tsp Arrowroot Powder
- 2 cups Oats
- 1/2 tsp Pumpkin Pie Spice
- 3 1/2 tbsps Pureed Pumpkin
- 1/3 cup Raw Honey

## Bread, Fish, Meat & Cheese

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- 1 lb Extra Lean Ground Turkey
- 2 lbs Pork Tenderloin

## Condiments & Oils

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- 2 tbsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 3 2/3 tbsps Coconut Oil
- 1 cup Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 1/2 cup Sun Dried Tomatoes

## Cold

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- 4 Egg
- 6 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

## Other

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- 1 cup Vanilla Protein Powder
- 4 cups Water

# Pumpkin Spice Granola

10 ingredients · 40 minutes · 8 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
3. In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
4. Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
5. Divide into bowls or store sealed in a jar until ready to use. Enjoy!

## Notes

### Leftovers

Stores well in an airtight container up to a week. Freezes well for longer.

### No Walnuts

Use pecans or slivered almonds instead.

### Nut-Free

Skip the nuts and add extra pumpkin seeds.

### Serve it With

Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

### Optional Add-Ins

Raisins, dried cranberries, berries or coconut flakes.

## Ingredients

- 2 cups Oats (rolled)
- 2/3 cup Walnuts (chopped)
- 1/3 cup Pumpkin Seeds
- 2 2/3 tbsps Ground Flax Seed
- 1/8 tsp Sea Salt
- 1/2 tsp Pumpkin Pie Spice
- 1/3 tsp Cinnamon
- 2 2/3 tbsps Coconut Oil
- 3 1/3 tbsps Maple Syrup
- 3 1/2 tbsps Pureed Pumpkin

## Nutrition

Amount per serving

Calories	249	Calcium	38mg
Fat	16g	Iron	2mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	7g	Thiamine	0.1mg
Monounsaturated	3g	Riboflavin	0.2mg
Carbs	23g	Niacin	1mg
Fiber	4g	Vitamin B6	0.1mg
Sugar	6g	Folate	20µg
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	187mg

Cynthia Libert

<https://www.caringforthebody.org>



Sodium	52mg	Magnesium	79mg
Potassium	194mg	Zinc	2mg
Vitamin A	1061IU	Selenium	7µg
Vitamin C	1mg		

# Banana Cinnamon Smoothie

7 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

### No Protein Powder

Use hemp seeds with vanilla extract instead.

### Leftovers

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

### Make it Green

Add spinach.

## Ingredients

**1/2 cup** Vanilla Protein Powder

**2 tbsps** Ground Flax Seed

**2 tbsps** Chia Seeds

**2** Banana (frozen)

**4** Ice Cubes

**2 cups** Water

**1/2 tsp** Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	287	Calcium	227mg
<b>Fat</b>	7g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	2g	Thiamine	0.2mg
Monounsaturated	1g	Riboflavin	0.6mg
<b>Carbs</b>	36g	Niacin	1mg
Fiber	9g	Vitamin B6	0.6mg
Sugar	14g	Folate	32µg
<b>Protein</b>	24g	Vitamin B12	0.6µg
Cholesterol	4mg	Phosphorous	347mg
Sodium	44mg	Magnesium	119mg
Potassium	633mg	Zinc	2mg
Vitamin A	77IU	Selenium	8µg

Vitamin C 10mg

# Sweet Potato Pancakes

5 ingredients · 20 minutes · 2 servings



## Directions

1. Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
2. Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
3. Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

## Notes

### Serving Size

One serving equals four 3-inch pancakes.

### Spice it Up

Add nutmeg and/or ginger spice.

### Toppings

Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

## Ingredients

2 Sweet Potato (small)

4 Egg (whisked)

1 **tbsp** Coconut Oil

1/2 **tsp** Cinnamon

2 **tbsps** Maple Syrup

## Nutrition

Amount per serving

<b>Calories</b>	369	Calcium	122mg
<b>Fat</b>	16g	Iron	3mg
Saturated	9g	Vitamin D	82IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	2g	Thiamine	0.2mg
Monounsaturated	4g	Riboflavin	0.8mg
<b>Carbs</b>	41g	Niacin	1mg
Fiber	4g	Vitamin B6	0.5mg
Sugar	18g	Folate	61µg
<b>Protein</b>	15g	Vitamin B12	0.9µg
Cholesterol	372mg	Phosphorous	260mg
Sodium	216mg	Magnesium	49mg
Potassium	621mg	Zinc	2mg
Vitamin A	18985IU	Selenium	32µg
Vitamin C	3mg		



# Crackers & Avocado

3 ingredients · 10 minutes · 2 servings



## Directions

1. Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

## Notes

### Make it Paleo

Use grain-free flax crackers instead.

### More Protein

Top with hemp seeds, sliced hard boiled egg, or smoked salmon.

## Ingredients

3 1/2 ozs Whole Grain Crackers

1/2 Avocado

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	321	Calcium	13mg
<b>Fat</b>	18g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	7g	Thiamine	0.3mg
Monounsaturated	7g	Riboflavin	0.2mg
<b>Carbs</b>	38g	Niacin	3mg
Fiber	5g	Vitamin B6	0.2mg
Sugar	6g	Folate	92µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	172mg
Sodium	445mg	Magnesium	29mg
Potassium	329mg	Zinc	1mg
Vitamin A	76IU	Selenium	13µg
Vitamin C	5mg		

# Almond Butter Apple Sandwiches

2 ingredients · 10 minutes · 2 servings



## Directions

1. Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
2. Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

## Notes

### Nut-Free

Use sunflower seed butter, tahini or pumpkin seed butter instead of nut butter.

## Ingredients

- 2 Apple
- 1/4 cup Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	287	Calcium	119mg
<b>Fat</b>	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsaturated	4g	Thiamine	0mg
Monounsaturated	10g	Riboflavin	0.3mg
<b>Carbs</b>	31g	Niacin	1mg
Fiber	8g	Vitamin B6	0.1mg
Sugar	20g	Folate	22µg
<b>Protein</b>	7g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	179mg
Sodium	4mg	Magnesium	96mg
Potassium	428mg	Zinc	1mg
Vitamin A	99IU	Selenium	1µg
Vitamin C	8mg		

# Yogurt & Berries

2 ingredients · 5 minutes · 2 servings



## Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

## Notes

### Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

### No Frozen Berries

Use any type of fresh fruit instead.

## Ingredients

**2 cups** Plain Greek Yogurt

**2 cups** Frozen Berries (thawed)

## Nutrition

Amount per serving

<b>Calories</b>	261	Calcium	526mg
<b>Fat</b>	5g	Iron	2mg
Saturated	3g	Vitamin D	99IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0mg
<b>Carbs</b>	32g	Niacin	0mg
Fiber	5g	Vitamin B6	0mg
Sugar	21g	Folate	0µg
<b>Protein</b>	23g	Vitamin B12	0µg
Cholesterol	34mg	Phosphorous	0mg
Sodium	140mg	Magnesium	0mg
Potassium	226mg	Zinc	0mg
Vitamin A	1250IU	Selenium	0µg
Vitamin C	55mg		

# Brazil Nuts

1 ingredient · 5 minutes · 2 servings



## Directions

1. Divide into bowls and enjoy!

## Ingredients

1/2 cup Brazil Nuts

Nutrition		Amount per serving	
<b>Calories</b>	219	Calcium	53mg
<b>Fat</b>	22g	Iron	1mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	8g	Thiamine	0.2mg
Monounsaturated	8g	Riboflavin	0mg
<b>Carbs</b>	4g	Niacin	0mg
Fiber	2g	Vitamin B6	0mg
Sugar	1g	Folate	7µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	241mg
Sodium	1mg	Magnesium	125mg
Potassium	219mg	Zinc	1mg
Vitamin A	0IU	Selenium	637µg
Vitamin C	0mg		

# Marinated Mixed Bean Salad

8 ingredients · 15 minutes · 4 servings



## Directions

1. Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

## Notes

### No Mixed Beans

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

### Leftovers

Keeps well covered in the fridge up to 4 to 5 days.

## Ingredients

**2 cups** Green Beans (fresh or frozen)

**4 cups** Mixed Beans (cooked)

**1/4 cup** Extra Virgin Olive Oil

**2 tbsps** Apple Cider Vinegar

**1 tbsp** Italian Seasoning

**1** Garlic (clove, minced)

**1** Lemon (juiced)

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	365	Calcium	83mg
<b>Fat</b>	15g	Iron	5mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	2g	Thiamine	0.3mg
Monounsaturated	10g	Riboflavin	0.2mg
<b>Carbs</b>	45g	Niacin	1mg
Fiber	13g	Vitamin B6	0.3mg
Sugar	3g	Folate	249µg
<b>Protein</b>	16g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	266mg
Sodium	6mg	Magnesium	88mg
Potassium	843mg	Zinc	2mg

Vitamin A	346IU	Selenium	2µg
Vitamin C	13mg		

# Mediterranean Tuna Pasta Salad

10 ingredients · 15 minutes · 4 servings



## Directions

1. Cook the brown rice pasta according to directions on the package.
2. While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
3. When the pasta is done cooking, drain it and rinse with cold water until cooled.
4. In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until will combined. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate for up to three days.

### Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

### Vegan

Use chickpeas or lentils instead of tuna.

## Ingredients

- 2 cups Brown Rice Fusilli, Cooked
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 tbsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Green Olives (sliced)
- 1/2 cup Sun Dried Tomatoes (sliced)
- 1 can Tuna (drained and flaked)
- 8 cups Arugula
- 1/4 cup Hemp Seeds

## Nutrition

Amount per serving

Calories	350	Calcium	104mg
Fat	22g	Iron	4mg
Saturated	3g	Vitamin D	19IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	6g	Thiamine	0.2mg
Monounsaturated	12g	Riboflavin	0.2mg
Carbs	29g	Niacin	7mg
Fiber	3g	Vitamin B6	0.3mg
Sugar	4g	Folate	61µg
Protein	16g	Vitamin B12	1.1µg
Cholesterol	15mg	Phosphorous	326mg

Sodium	247mg	Magnesium	136mg
Potassium	603mg	Zinc	2mg
Vitamin A	1089IU	Selenium	37µg
Vitamin C	14mg		



# Rice Cakes with Almond Butter

2 ingredients · 5 minutes · 2 servings



## Directions

1. Spread almond butter across the rice cakes and enjoy!

## Notes

### No Almond Butter

Use any type of nut or seed butter instead.

### Likes it Sweet

Add honey, jam, sliced bananas or berries.

## Ingredients

4 Plain Rice Cake

1/4 cup Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	262	Calcium	110mg
<b>Fat</b>	18g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsaturated	4g	Thiamine	0mg
Monounsaturated	10g	Riboflavin	0.3mg
<b>Carbs</b>	21g	Niacin	2mg
Fiber	4g	Vitamin B6	0.1mg
Sugar	2g	Folate	20µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	224mg
Sodium	7mg	Magnesium	111mg
Potassium	286mg	Zinc	2mg
Vitamin A	0IU	Selenium	5µg
Vitamin C	0mg		

# Banana

1 ingredient · 1 minute · 2 servings



## Directions

1. Peel and enjoy!

## Notes

### More protein

Dip in almond butter.

## Ingredients

2 Banana

## Nutrition

Amount per serving

<b>Calories</b>	105	Calcium	6mg
<b>Fat</b>	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0.1mg
<b>Carbs</b>	27g	Niacin	1mg
Fiber	3g	Vitamin B6	0.4mg
Sugar	14g	Folate	24µg
<b>Protein</b>	1g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	26mg
Sodium	1mg	Magnesium	32mg
Potassium	422mg	Zinc	0mg
Vitamin A	76IU	Selenium	1µg
Vitamin C	10mg		

# Apple

1 ingredient · 2 minutes · 1 serving



## Directions

1. Slice into wedges, or enjoy whole.

## Ingredients

1 Apple

### Nutrition

Amount per serving

<b>Calories</b>	95	Calcium	11mg
<b>Fat</b>	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0.1mg
<b>Carbs</b>	25g	Niacin	0mg
Fiber	4g	Vitamin B6	0.1mg
Sugar	19g	Folate	5µg
<b>Protein</b>	0g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	20mg
Sodium	2mg	Magnesium	9mg
Potassium	195mg	Zinc	0mg
Vitamin A	98IU	Selenium	0µg
Vitamin C	8mg		

# Slow Cooker Apple Cinnamon Pork Tenderloin

6 ingredients · 4 hours · 8 servings



## Directions

1. Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
2. Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
3. Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

## Notes

### Make it Tender

Brine your pork tenderloin the night before for more flavour and tenderness.

### More Greens

Serve on a bed of spinach or add your choice of veggies to the slow cooker.

### More Carbs

Serve with rice, quinoa or mini potatoes.

## Ingredients

- 2 lbs Pork Tenderloin
- 4 Apple (sliced and divided)
- 6 Carrot (medium, sliced into rounds)
- 2 Yellow Onion (diced)
- 1/3 cup Raw Honey
- 2 tbsps Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	251	Calcium	56mg
<b>Fat</b>	3g	Iron	3mg
Saturated	1g	Vitamin D	9IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	1.2mg
Monounsaturated	1g	Riboflavin	0.4mg
<b>Carbs</b>	34g	Niacin	8mg
Fiber	5g	Vitamin B6	1.0mg
Sugar	26g	Folate	12µg
<b>Protein</b>	25g	Vitamin B12	0.6µg
Cholesterol	74mg	Phosphorous	307mg
Sodium	94mg	Magnesium	42mg
Potassium	745mg	Zinc	2mg
Vitamin A	7698IU	Selenium	35µg
Vitamin C	7mg		

# Roasted Cauliflower

3 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
3. Remove from oven and enjoy!

## Notes

### No Avocado Oil

Use coconut oil or olive oil instead.

### Make it Cheesy

Toss in nutritional yeast after roasting.

## Ingredients

**1/2 head** Cauliflower (chopped into florets)

**1 tbsp** Avocado Oil

**1/8 tsp** Sea Salt (or more to taste)

## Nutrition

Amount per serving

<b>Calories</b>	99	Calcium	32mg
<b>Fat</b>	7g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	5g	Riboflavin	0.1mg
<b>Carbs</b>	7g	Niacin	1mg
Fiber	3g	Vitamin B6	0.3mg
Sugar	3g	Folate	84µg
<b>Protein</b>	3g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	65mg
Sodium	192mg	Magnesium	22mg
Potassium	440mg	Zinc	0mg
Vitamin A	0IU	Selenium	1µg
Vitamin C	71mg		

# Grilled Asparagus

3 ingredients · 15 minutes · 2 servings



## Directions

1. Preheat grill over medium-low heat.
2. Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
3. Remove from grill and season with salt. Enjoy!

## Notes

### No Grill

Roast in the oven instead at 425°F (218°C) for 12 to 15 minutes.

## Ingredients

- 1 1/2 cups Asparagus (woody ends trimmed)
- 3/4 tsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)

## Nutrition

Amount per serving

<b>Calories</b>	35	Calcium	24mg
<b>Fat</b>	2g	Iron	2mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	0g	Thiamine	0.1mg
Monounsaturated	1g	Riboflavin	0.1mg
<b>Carbs</b>	4g	Niacin	1mg
Fiber	2g	Vitamin B6	0.1mg
Sugar	2g	Folate	52µg
<b>Protein</b>	2g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	52mg
Sodium	150mg	Magnesium	14mg
Potassium	203mg	Zinc	1mg
Vitamin A	760IU	Selenium	2µg
Vitamin C	6mg		

# Oven-Roasted Kale

3 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat oven to 375°F (191°C). Line a baking pan with foil or parchment paper.
2. In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
3. Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
4. Remove from oven, plate and enjoy!

## Notes

### No Kale

Use collard greens instead.

### Likes it Spicy

Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.

## Ingredients

**8 cups** Kale Leaves (roughly chopped)

**1 tbsp** Extra Virgin Olive Oil

**1/4 tsp** Sea Salt (or more to taste)

## Nutrition

Amount per serving

<b>Calories</b>	89	Calcium	213mg
<b>Fat</b>	8g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	5g	Riboflavin	0.3mg
<b>Carbs</b>	4g	Niacin	1mg
Fiber	3g	Vitamin B6	0.1mg
Sugar	1g	Folate	52µg
<b>Protein</b>	2g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	46mg
Sodium	340mg	Magnesium	28mg
Potassium	292mg	Zinc	0mg
Vitamin A	4042IU	Selenium	1µg
Vitamin C	78mg		

# Creamy Edamame & Mushroom Pasta

12 ingredients · 25 minutes · 4 servings



## Directions

1. Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
3. In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
4. Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
5. Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

## Notes

### Storage

Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.

### More Protein

Serve with diced chicken breast, shrimp or add extra edamame.

### Likes it Spicy

Add red pepper flakes.

## Ingredients

- 1 cup Brown Rice Macaroni
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Mushrooms (sliced)
- 2 cups Unsweetened Almond Milk
- 1 1/3 tbsps Onion Powder
- 2 tsps Garlic Powder
- 1 tsp Arrowroot Powder
- 1/4 cup Almond Flour
- 2 tsps Sea Salt
- 1 cup Frozen Peas
- 1 cup Frozen Edamame
- 4 cups Baby Spinach (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	330	Calcium	316mg
<b>Fat</b>	15g	Iron	4mg
Saturated	2g	Vitamin D	54IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	2g	Thiamine	0.3mg
Monounsaturated	6g	Riboflavin	0.4mg
<b>Carbs</b>	39g	Niacin	4mg
Fiber	8g	Vitamin B6	0.2mg
Sugar	4g	Folate	213µg

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<b>Protein</b>	14g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	166mg
Sodium	1320mg	Magnesium	94mg
Potassium	633mg	Zinc	1mg
Vitamin A	4018IU	Selenium	6µg
Vitamin C	16mg		

# Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 4 servings



## Directions

1. Preheat oven to 350°F (177°C).
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

## Notes

### Vegan and Vegetarian

Use cooked lentils instead of ground meat.



## Ingredients



- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 3 cups Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt






## Nutrition





		Amount per serving	
<b>Calories</b>	311	Calcium	89mg
<b>Fat</b>	17g	Iron	4mg
Saturated	4g	Vitamin D	21IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	4g	Thiamine	0.2mg
Monounsaturated	8g	Riboflavin	0.6mg
<b>Carbs</b>	16g	Niacin	10mg
Fiber	6g	Vitamin B6	0.8mg
Sugar	8g	Folate	117µg
<b>Protein</b>	27g	Vitamin B12	1.4µg
Cholesterol	84mg	Phosphorous	363mg




Sodium	312mg	Magnesium	59mg
Potassium	1106mg	Zinc	4mg
Vitamin A	5268IU	Selenium	29µg
Vitamin C	75mg		

Day	Task	Notes	
<p style="text-align: center;"><b>0</b> <b>Sun</b></p>		<p>Grocery shop.</p>	<p>Grab the Week 1 grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Freeze the ground turkey.</p>	<p>You'll be reminded later on in the week when to set it out to thaw.</p>
		<p>Make the Slow Cooker Black Bean Soup.</p>	<p>Combine all ingredients in your slow cooker and cook on high for 4 hours or low for 6 hours. Move on to other tasks while it's cooking. When done, divide into individual servings and let cool. Store enough for Monday and Tuesday in the fridge, freeze the leftover portions for Week 2 and 3.</p> <p>Note: If you are making more than 6 servings at a time, you may need to make it on the stove top in a large stock pot instead of the slow cooker. See notes on recipe for further instructions.</p>
		<p>Make the Cranberry Protein Cookies.</p>	<p>While the cookies are baking, move onto the next step. Once done, let cool and store the cookies in a container in the fridge.</p>



		Make the Pumpkin Pie Baked Oatmeal.	Follow the recipe instructions to mix the oatmeal batter and transfer to a pan. Once the cookies are done, turn the oven up to 375F and bake the oatmeal for 40 minutes. Once done, remove from oven and let cool. Divide into portions and store covered in the fridge.
		Chop celery and portion out hummus and almond butter for snacks. Portion out the cashews for the Cashews & Clementines snack.	Store celery in a container or ziploc baggie in the fridge. Store hummus and almond butter in small containers in the fridge. Store cashews in small baggies or jars.
		Make Marinated Veggie Salad.	Transfer to an airtight container and store in the fridge.
		Optional: Cook Roasted Chicken.	If you know you will be short on time Monday night, roast your chicken for the week now and store in a container in the fridge for use during the week.
<b>1 Mon</b>		Pack your meals if you are on-the-go.	Pumpkin Pie Baked Oatmeal, Cranberry Protein Cookies, Slow Cooker Black Bean Soup, and Celery & Hummus.
		Make Roasted Chicken and enjoy with Marinated Veggie Salad for dinner.	If you haven't roasted your chicken yet, do so now. Store the leftovers in an airtight container in the fridge.






<b>2 Tue</b>		Pack your meals if you are on-the-go.	Pumpkin Pie Baked Oatmeal, Cranberry Protein Cookies, Slow Cooker Black Bean Soup, and Apple with Almond Butter.
		Make Mushroom Garlic Quinoa to enjoy with Roasted Chicken for dinner.	Reheat a serving of the chicken and serve with Mushroom Garlic Quinoa.  Add some leftover quinoa to a container with the remaining Marinated Veggie Salad to enjoy for lunch tomorrow. Store the remaining quinoa in a separate container.
<b>3 Wed</b>		Pack your meals if you are on-the-go.	Pumpkin Pie Baked Oatmeal, Cashews & Clementines, Marinated Veggie Salad with Mushroom Garlic Quinoa, and Apple with Almond Butter
		Make Hummus Roasted Broccoli & Cauliflower to enjoy with Roasted Chicken for dinner.	Reheat a serving of the chicken and enjoy with the Hummus Roasted Broccoli & Cauliflower.  Add leftover broccoli and cauliflower to a container with the remaining Mushroom Garlic Quinoa to enjoy for lunch tomorrow.
<b>4</b>		Make Pumpkin Pie Protein Smoothie.	Combine ingredients in blender and blend until smooth.





<b>Thu</b>		Pack your meals if you are on-the-go.	Pumpkin Pie Protein Smoothie, Cranberry Protein Cookies, Mushroom Garlic Quinoa with Hummus Roasted Broccoli & Cauliflower, and Celery & Hummus.
		Make Oven-Roasted Kale to enjoy with Roasted Chicken for dinner.	Reheat Roasted Chicken and serve with Oven-Roasted Kale. Enjoy!
		Take one serving of Slow Cooker Black Bean Soup out of the freezer to thaw.	For lunch tomorrow.
<b>5 Fri</b>		Make Pumpkin Pie Protein Smoothie.	Combine ingredients in blender and blend until smooth.
		Pack your meals if you are on-the-go.	Pumpkin Pie Protein Smoothie, Cashews & Clementines, Slow Cooker Black Bean Soup, and Celery & Hummus.
		Make Roasted Sweet Potato & Brussels Sprouts Salad for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Take ground turkey out of the freezer.	Let thaw in the fridge for use over the weekend.
		Make Turkey Apple Breakfast Hash for breakfast.	Follow the recipe and enjoy. Divide leftovers into a container for tomorrow's breakfast.
		Pack your meals if you are on-the-go.	Turkey Apple Breakfast Hash, Cranberry Protein Cookies, Roasted Sweet Potato & Brussels Sprouts





<b>6 Sat</b>			Salad, and Banana with Almond Butter.
		Make the Pumpkin Mac 'n Cheese with a side of Oven-Roasted Kale for dinner.	Divide enough leftover Mac n' Cheese and Oven-Roasted Kale into containers for lunch tomorrow.
<b>7 Sun</b>		Pack your meals if you are on-the-go.	Turkey Apple Breakfast Hash, Cashews & Clementines, Pumpkin Mac 'n Cheese with Oven-Roasted Kale, and Banana with Almond Butter.
		Shop and prep for next week.	Grab the grocery list and recipes for Week 2. See the Week 2 Prep Guide for more meal prep guidance.
		Make Spicy Sweet Potato, Turkey & Kale Bowl for Dinner	Enjoy this easy dinner after prepping for next week! Divide leftovers into containers for tomorrow's lunch.








Day	Task	Notes	
<p style="text-align: center;"><b>0</b> <b>Sun</b></p>		<p>Grocery shop.</p>	<p>Grab the grocery list for Week 2 and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Freeze the salmon fillets.</p>	<p>You'll be reminded later on in the week when to set them out to thaw.</p>
		<p>Make Lentil Masala Soup.</p>	<p>Store enough in the fridge for Tuesday lunch, and freeze the rest for next week.</p>
		<p>Make hard boiled eggs for Salt n' Vinegar Hard Boiled Eggs.</p>	<p>For snacks this week. They can be stored in a large container or individual baggies. Peel and add salt and vinegar just before eating.</p>
		<p>Optional: Make the topping for your Protein-Packed Avocado Toast.</p>	<p>If you know you will be short on time Monday morning, mash together the avocado-bean topping now and store in a container in the fridge for use during the week.</p>
		<p>Portion out the Pistachios and almond butter for the Rice Cakes with Almond Butter.</p>	<p>Store in small containers.</p>






<b>1 Mon</b>		Start the Slow Cooker Balsamic Roast Beef.	Cook on low for 8 hours.
		Make the Protein Packed Avocado Toast for breakfast.	If you haven't already made the topping, make it now and store the leftovers in the fridge for Tuesday and Wednesday morning.
		Pack your meals if you are on-the-go.	Protein-Packed Avocado Toast, Salt n' Vinegar Hard Boiled Eggs, Spicy Sweet Potato, Turkey & Kale Bowl and Pistachios.
		Finish the Slow Cooker Balsamic Roast Beef and make Crispy Smashed Potatoes for dinner.	Sautee the kale and mushrooms while the potatoes cook. Store leftover roast beef in the fridge for the week. Store the leftover potatoes in a separate container in the fridge.
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Protein-Packed Avocado Toast, Salt n' Vinegar Hard Boiled Eggs, Lentil Masala Soup, and Pistachios.
		Make Roasted Broccoli and Almonds to enjoy with leftover Slow Cooker Balsamic Roast Beef for dinner.	Add leftover broccoli to the container with Crispy Smashed Potatoes for lunch tomorrow.
<b>3 Wed</b>		Make the Marinated Veggie Salad.	Store in the fridge to marinate until dinner.
		Pack your meals if you are on-the-go.	Protein-Packed Avocado Toast, Salt n' Vinegar Hard Boiled Eggs, Roasted Broccoli with Almonds and






			Crispy Smashed Potatoes, and Rice Cakes with Almond Butter.
		Enjoy Marinated Veggie Salad with leftover Slow Cooker Balsamic Roast Beef for dinner.	Store the leftover Marinated Veggie Salad in a container in the fridge.
		Take enough Slow Cooker Black Bean Soup out of the freezer for lunch tomorrow.	Store in the fridge to thaw.
		Make Toasted Walnuts and portion out hummus into small containers for Apple Slices & Hummus	Follow the recipe to toast the walnuts, and store hummus containers in the fridge.
<b>4 Thu</b>		Make Sweet Potato Baked Egg for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Sweet Potato Baked Egg, Toasted Walnuts, Slow Cooker Black Bean Soup, and Apple Slices & Hummus.
		Make Crispy Roasted Sweet Potatoes to enjoy with Slow Cooker Balsamic Roast Beef for dinner.	Reheat the remaining roast beef and enjoy! Add the leftover sweet potatoes to the container with leftover Marinated Veggie Salad for lunch tomorrow.
		Take salmon fillets out of the freezer.	For dinner tomorrow.
<b>5 Fri</b>		Make Sweet Potato Baked Egg for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Sweet Potato Baked Egg, Toasted Walnuts,

			Marinated Veggie Salad with Crispy Roasted Sweet Potatoes, and Apple Slices & Hummus.
		Make Baked Salmon with Broccoli & Quinoa for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Make Sweet & Crunchy Chickpeas.	Divide between containers and store in the fridge for snacks this weekend.
<b>6 Sat</b>		Make Simple Banana Pancakes for breakfast.	Follow the recipe. Store leftovers in an airtight container and reheat in a skillet or toaster oven tomorrow.
		Pack your meals if you are on-the-go.	Simple Banana Pancakes, Rice Cakes with Almond Butter, Baked Salmon with Broccoli & Quinoa, and Sweet & Crunchy Chickpeas.
		Make the Penne with Burst Cherry Tomato Sauce for dinner.	Divide leftovers into containers and store in the refrigerator for lunch tomorrow.
		Take one serving of Slow Cooker Black Bean Soup out of the freezer.	Thaw in the fridge for dinner tomorrow.
<b>7 Sun</b>		Pack your meals if you are on-the-go.	Simple Banana Pancakes, Rice Cakes with Almond Butter, Penne with Burst Cherry Tomato Sauce, and Sweet & Crunchy Chickpeas.



		Shop and prep for the week ahead.	Grab the grocery list and prep guide for Week 3.
		Make Simple Avocado Salad to enjoy with Slow Cooker Black Bean Soup for dinner.	Enjoy this easy dinner after a day of meal prepping for next week!

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for Week 3 and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the ground turkey.	You'll be reminded later on in the week when to set it out to thaw.
		Make Pumpkin Spice Granola.	Store in a large mason jar or airtight container on the counter.
		Portion out almond butter.	Store in small containers for snacks this week.
		Make Marinated Mixed Bean Salad.	Divide portions and store in the fridge for lunches.
1 Mon		Start the Slow Cooker Apple Cinnamon Pork Tenderloin.	Cook on low for 4 hours, or until cooked through.
		Pack your meals if you are on-the-go.	Pumpkin Spice Granola, Crackers & Avocado, Marinated Mixed Bean Salad, and Rice Cakes with Almond Butter and Banana.
		Make Roasted Cauliflower to enjoy with Slow Cooker Apple Cinnamon Pork Tenderloin for dinner.	Store leftover Slow Cooker Apple Cinnamon Pork Tenderloin in the fridge.

		Make Yogurt & Berries.	Layer yogurt and berries into a jar or container. Store in the fridge for snack tomorrow.
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Pumpkin Spice Granola, Almond Butter Apple Sandwiches, Marinated Mixed Bean Salad, and Yogurt & Berries.
		Make Grilled Asparagus to enjoy with leftover Slow Cooker Apple Cinnamon Pork Tenderloin for dinner.	Reheat a serving of the pork tenderloin to serve with the asparagus.
		Transfer the leftover Lentil Masala Soup from the freezer to the fridge to thaw.	For tomorrow's lunch.
<b>3 Wed</b>		Pack your meals if you are on-the-go.	Pumpkin Spice Granola, Crackers & Avocado, Lentil Masala Soup and Rice Cakes with Almond Butter and Apple
		Make Oven-Roasted Kale to enjoy with leftover Slow Cooker Apple Cinnamon Pork Tenderloin for dinner.	Reheat a serving of the pork tenderloin to serve with the kale.
		Transfer the leftover Slow Cooker Black Bean Soup from the freezer to the fridge to thaw.	For tomorrow's lunch.
<b>4 Thu</b>		Pack your meals if you are on-the-go.	Pumpkin Spice Granola, Apple Almond Butter Sandwiches, Slow Cooker Black Bean Soup, and Rice Cakes with Almond Butter and Banana.

		Make Oven-Roasted Kale and serve it with leftover Slow Cooker Apple Cinnamon Pork Tenderloin.	Enjoy!
		Make Mediterranean Tuna Pasta Salad for lunches.	Divide between containers or layer into jars and keep the dressing on the side. Store in the fridge.
		Make Yogurt & Berries for snacks for the next two days.	Layer the yogurt and berries into jars or containers. Seal and store in the fridge.
<b>5 Fri</b>		Make Banana Cinnamon Smoothie.	Enjoy for breakfast.
		Pack your meals if you are on-the-go.	Banana Cinnamon Smoothie, Yogurt & Berries, Mediterranean Tuna Pasta Salad, and Brazil Nuts.
		Make Creamy Edamame & Mushroom Pasta for dinner.	Transfer leftovers to a container and store in the refrigerator for Sunday's lunch.
		Take ground turkey out of the freezer.	Let thaw in the fridge for dinner tomorrow.
<b>6 Sat</b>		Make Banana Cinnamon Smoothie.	Enjoy for breakfast.
		Pack your meals if you are on-the-go.	Banana Cinnamon Smoothie, Brazil Nuts, Mediterranean Tuna Pasta Salad, and Yogurt & Berries.
		Make the Cauliflower Shepherd's Pie for dinner.	Divide leftovers into containers and store in the refrigerator for dinner tomorrow.



<b>7 Sun</b>		Make Sweet Potato Pancakes.	Enjoy! Happy Pancake Sunday!
		Pack your meals if you are on-the-go.	Sweet Potato Pancakes, Almond Butter Apple Sandwiches, Creamy Edamame & Mushroom Pasta, and Brazil Nuts.
		Shop and prep for the week ahead.	Don't forget to set aside time for meal planning and shopping.
		Enjoy leftover Cauliflower Shepherd's Pie for dinner.	Reheat in the oven or toaster oven and enjoy!