



**STATUS 8020**

The 80% | Wholefoods Mains to  
Nourish

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Welcome to your new 8020 journey, Gorgeous!

This book is curated to provide you with a diverse selection of savoury meals, with the aim of helping you maintain a balanced diet of 80% whole foods and 20% soul foods.

Inside, you'll find 42 meals that you can select to make up your three main meals a day. As for that extra 20% (1 snack), feel free to pick a small treat of your liking, keeping it around 200 calories, or refer to my separate 'The 20%: 42 Sweet Treats' eBook for ideas.

Starting your day with a savoury breakfast not only helps balance blood sugar levels but also helps curb those mid-afternoon cravings, and you'll find you snack less after dinner too. Double win.

To make your journey simpler, I suggest selecting 6-12 meals that you absolutely love from this eBook and putting them on rotation / meal prep - so you don't get overwhelmed. This way, you'll never get bored and you'll always have something delicious to look forward to. Hop back into this ebook every few weeks to swap out some recipes to keep the rotation fresh.

All recipes are for 1 person so you can scale them easily. If the recipe says '2 serves' it's because I want you to double the ingredients for a main meal - a single serving is a snack size.

Stick with this for just 30 days, and you're guaranteed to notice positive changes. From improved energy levels to better moods, clearer skin, and a balanced reduced cravings, all thanks to a diverse range of nutrients, vitamins, and minerals in these meals.

If you have a specific fat loss goal, I recommend tracking these meals in MyFitnessPal (a free app!) and adjusting the portions based on your personal needs.

For those looking for a more personalised approach, my Status 8020 app offers these recipes and 100's more, but adjusted specifically to your body height, weight, age, and goals. I do all the heavy lifting for you! Plus you can add 'disliked' foods to your list and select specific dietary needs such as dairy free / gluten free, easy prep, PCOS, menopause, plant-based and more.

For more information or to sign up, visit [www.status8020.com/programs](http://www.status8020.com/programs).

Let's attack this next 30 days from ALL angles, baby. Don't forget to drink your 2L of water, sleep 7+ hours, and try to get your steps (10K day / 70K a week) completed to expedite your results.

Now... get started and make that list!

Sal x



## Air Fryer Hot Honey Salmon Bowl

1 serving

30 minutes

### Ingredients

- 2 1/4 tsps Raw Honey
- 1 tbsp Soy Sauce
- 1/4 Lime (juiced)
- 1 Garlic (clove, minced)
- 1/2 tsp Chili Flakes
- 170 grams Salmon Fillet (skinless, cut into large cubes)
- 50 grams Basmati Rice (dry)
- 1/4 Cucumber (medium, sliced)
- 1 1/2 tsps Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	475
Fat	8g
Carbs	58g
Fiber	2g
Sugar	14g
Protein	44g
Sodium	1011mg

### Directions

- 1 In a bowl, whisk together the honey, soy sauce, lime juice, garlic, and chili flakes. Add the salmon, stir, and let it sit in the marinade for about 15 minutes.
- 2 Meanwhile, cook the rice according to the package directions and set aside.
- 3 Preheat the air fryer to 400°F (205°C).
- 4 Transfer the salmon bites to the air fryer basket and bake for seven to eight minutes or until cooked through, shaking halfway through.
- 5 Divide the rice, salmon, and cucumber evenly between bowls. Top with cilantro and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Add ginger and onion powder to the salmon marinade. Top with sriracha or a tahini-based sauce.



## Turkey Taco Salad

1 serving

20 minutes

### Ingredients

1/3 tsp Extra Virgin Olive Oil  
 1/3 Garlic (clove, large, minced)  
 150 grams Extra Lean Ground Turkey  
 1 1/3 tbsps Water (plus a splash more for consistency)  
 1/2 tsp Taco Seasoning  
 2 tps Sour Cream  
 55 grams Mixed Greens  
 1/3 Avocado (medium, sliced)  
 1/3 Yellow Bell Pepper (medium, sliced)  
 15 grams Pickled Red Onions

### Directions

- 1 Heat a cast-iron pan over medium heat. Add the oil and garlic and sauté until fragrant, about one minute.
- 2 Add the turkey, breaking it up as it cooks. Cook for three minutes. Add the water and taco seasoning and mix well. Cover and cook until the turkey is cooked through.
- 3 Thin the sour cream with a splash of water to create a dressing.
- 4 Add the mixed greens to a bowl and top with the turkey, avocado, bell pepper, and pickled onions. Drizzle the sour cream dressing on top. Enjoy!

### Notes

**Leftovers:** Refrigerate the turkey in an airtight container for up to three days. Keep the rest of the ingredients separate. Slice the avocado when ready to serve.

**Serving Size:** One serving is two cups of salad with turkey.

**Additional Toppings:** Shredded cheese, hot sauce, shredded cabbage and/or pickled jalapeños.

**No Taco Seasoning:** Use chili powder instead.

**More Flavor:** Add tomato paste to the turkey when cooking.

### Nutrition

Amount per serving	
Calories	405
Fat	27g
Carbs	15g
Fiber	6g
Sugar	2g
Protein	32g
Sodium	456mg



## Chicken Breast & Sauteed Mushrooms with Tzatziki

**1 serving****20 minutes**

### Ingredients

1 tsp Avocado Oil (divided)  
1/8 tsp Sea Salt  
225 grams Chicken Breast (boneless, skinless)  
2 1/2 Cremini Mushrooms (sliced)  
2 tbsps Tzatziki

### Nutrition

Amount per serving	
Calories	352
Fat	13g
Carbs	2g
Fiber	0g
Sugar	2g
Protein	53g
Sodium	459mg

### Directions

- 1 Add half of the oil to a large pan over medium heat.
- 2 Season the chicken with the salt and add the chicken to the pan. Cook, covered, for seven to ten minutes, flipping halfway through until cooked through. Slice the chicken.
- 3 Add the remaining oil to the pan and sauté the mushrooms. Cook for four to five minutes or until browned.
- 4 Spread the tzatziki onto a serving plate and top with the chicken. Add the mushrooms to the top. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/3 cup of mushrooms and 2 tbsp of tzatziki with chicken.



## Saffron Chicken & Mashed Cauliflower

1 serving

30 minutes

### Ingredients

1/4 Lemon (juiced)  
1/8 tsp Saffron (ground)  
1/2 tsp Sea Salt (divided)  
140 grams Chicken Breast (boneless)  
1/4 head Cauliflower (cut into florets)  
3/4 tsp Extra Virgin Olive Oil (divided)  
1 1/2 tsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	240
Fat	8g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	35g
Sodium	1289mg

### Directions

- 1 In a bowl, add the lemon juice, saffron, half of the salt, and chicken breast. Let the chicken sit in the marinade for about 10 minutes.
- 2 Meanwhile, add the cauliflower to a pot of boiling water, cover, and cook for five to ten minutes or until tender. Drain and mash with half of the oil and the remaining salt.
- 3 Heat the remaining oil in a pan. Add the chicken breast and cook for 12 to 15 minutes or until cooked through, flipping halfway.
- 4 Serve the chicken with mashed cauliflower. Season with parsley and enjoy!

### Notes

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

**Serving Size:** One serving is equal to 1/2 cup of mashed cauliflower with chicken.

**No Saffron:** Use turmeric instead.

**More Flavor:** Add zucchini or broccoli.



## Turkish Eggs

1 serving

10 minutes

### Ingredients

- 1 Egg
- 115 grams Plain Greek Yogurt (room temperature)
- 1/2 Garlic (clove, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Chili Flakes
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Mint Leaves (torn)

### Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for seven minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water. Once cooled, peel the shell.
- 2 In a small bowl, mix together the yogurt and garlic. Divide onto plates evenly.
- 3 In a small skillet, over low medium-low heat, pour in the oil and chili flakes and heat until just warmed.
- 4 Slice the eggs open down the middle and divide onto plates on top of the yogurt. Drizzle the oil mixture over top and season with salt and pepper. Garnish with mint. Enjoy!

### Nutrition

Amount per serving	
Calories	285
Fat	21g
Carbs	7g
Fiber	0g
Sugar	3g
Protein	17g
Sodium	142mg

### Notes

**Leftovers:** This is best enjoyed at room temperature immediately after making. Store leftover eggs peeled but not sliced in the fridge for up to three days.

**Dairy-Free:** Use a plain dairy-free yogurt.

**Poached Eggs:** Rather than a soft-boiled egg, make a poached egg.

**No Mint:** Use another fresh herb such as parsley, or omit.



## Spicy Harissa Cod & Couscous

1 serving

15 minutes

### Ingredients

45 grams Couscous (uncooked)  
1/2 Lemon (juiced, plus more for garnish)  
1/2 Garlic (cloves, minced)  
30 grams Baby Spinach (chopped)  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Harissa  
3/4 Cod Fillet (skinless)  
1 tbsp Chicken Broth

### Directions

- 1 Cook the couscous according to package directions. Add lemon juice, garlic, and spinach once it's finished cooking. Stir to wilt the spinach. Season with salt and pepper and set aside.
- 2 Meanwhile, spread the harissa over the fish.
- 3 Heat a non-stick pan over medium heat. Add the broth and fish to the pan and cook for four to six minutes. Gently turn and cook for one more minute or until the fish is just cooked. Time may vary depending on the thickness of the fillet.
- 4 Divide the couscous and fish evenly between plates. Drizzle with more lemon juice if desired and enjoy!

### Nutrition

Amount per serving	
Calories	320
Fat	2g
Carbs	37g
Fiber	3g
Sugar	1g
Protein	38g
Sodium	180mg

### Notes

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

**Serving Size:** One serving is equal to approximately half of a cod fillet and 1 1/2 cups of couscous with spinach.

**Additional Toppings:** Fresh herbs like cilantro, chives, and/or parsley.

**Gluten-Free:** Use quinoa in place of couscous.

**Fillet Size:** One cod fillet is equal to 231 grams or 8 ounces.



## Tuna & Tomato Yogurt Lettuce Wrap

1 serving

10 minutes

### Ingredients

1/2 can Tuna (drained)  
1/2 Tomato (medium, diced)  
15 grams Parsley (chopped)  
1 tbsp Plain Greek Yogurt  
1/4 head Iceberg Lettuce (small, leaves pulled apart)

### Nutrition

Amount per serving	
Calories	115
Fat	2g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	20g
Sodium	258mg

### Directions

- 1 Mix the tuna, tomatoes, parsley, and yogurt until combined. Spread the lettuce leaves with the mixture and roll up tightly. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to one lettuce wrap.

**More Flavor:** Add fresh herbs like basil and chives.

**Iceberg Lettuce Leaves:** Cut off the bottom end of the head of the lettuce and gently peel the leaves to maximize the surface area.

**Dairy-Free:** Use mayonnaise or coconut yogurt instead of Greek yogurt.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## Sesame Salmon & Edamame Salad

1 serving

15 minutes

### Ingredients

1 1/2 tsps Rice Vinegar  
1 1/2 tsps Tamari  
2 1/4 tsps Sesame Oil (divided)  
115 grams Salmon Fillet (skin on)  
30 grams Mixed Greens  
1/4 Cucumber (medium, sliced)  
115 grams Frozen Edamame (thawed)  
2 tbsps Radishes (sliced)  
1 stalk Green Onion (chopped)  
1 tsp Sesame Seeds (optional, for garnish)

### Directions

- 1 Add the rice vinegar, tamari, and 2/3 of the sesame oil to a jar or small bowl. Whisk or shake to combine.
- 2 Heat a large pan over medium heat. Once hot, add the remaining oil. Place the salmon in the pan skin-side down, cooking for about three to five minutes or until the skin is crispy. Flip the salmon and cook for one minute or until cooked to your desired doneness. Remove and set aside to cool.
- 3 Place the greens on a serving dish. Top with the salmon, then place the cucumber, edamame, and radishes around it.
- 4 Add the dressing, green onions, and sesame seeds, if desired. Enjoy!

### Nutrition

Amount per serving	
Calories	425
Fat	23g
Carbs	16g
Fiber	8g
Sugar	5g
Protein	42g
Sodium	624mg

### Notes

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

**Serving Size:** One serving is approximately two cups of salad and 4 oz of salmon.

**More Flavor:** Add cherry tomatoes and cooked green beans.



## Figs, Goat Cheese & Prosciutto

**2 servings****5 minutes**

### Ingredients

4 Fig (halved)  
85 grams Prosciutto (thinly sliced)  
30 grams Goat Cheese

### Directions

1     Arrange the figs, prosciutto, and goat cheese on a plate and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one day.

**More Flavor:** Drizzle with honey and/or chili flakes.

**Additional Toppings:** Serve with crackers.

**Dairy-Free:** Use dairy-free cheese. Omit the cheese and use hummus.

### Nutrition

Amount per serving	
Calories	200
Fat	9g
Carbs	20g
Fiber	3g
Sugar	17g
Protein	13g
Sodium	856mg



## Chicken & Broccoli with Rice

**1 serving****30 minutes**

### Ingredients

**50 grams Basmati Rice (dry, rinsed)****1/2 tsp Extra Virgin Olive Oil****115 grams Chicken Thighs with Skin  
(bone-in)****90 grams Frozen Broccoli****1/4 tsp Paprika****Sea Salt & Black Pepper (to taste)**

### Nutrition

Amount per serving	
Calories	483
Fat	22g
Carbs	47g
Fiber	4g
Sugar	2g
Protein	25g
Sodium	122mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Heat the oil in a large skillet over medium heat. Add the chicken thighs and cook for five to seven minutes. Flip them and add the broccoli around the chicken. Season everything with paprika. Cover and cook for five to seven minutes or until the chicken is cooked through.
- 3 Divide the rice, chicken, and broccoli evenly between plates. Season with salt and pepper to taste. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for three days.**Serving Size:** One serving is one chicken thigh, one cup of broccoli, and 1/2 cup of cooked rice.**More Flavor:** Add minced garlic to the chicken.**Additional Toppings:** Chopped fresh basil.



## Roasted Chicken, Veggies & Quinoa with Tahini Sauce

1 serving

30 minutes

### Ingredients

45 grams Quinoa (dry)  
170 grams Chicken Breast (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
3/4 tsp Paprika  
1/2 Orange Bell Pepper (medium, chopped)  
75 grams Cherry Tomatoes  
1 tbsp Tahini  
1 tbsp Water  
1 1/2 tsps Lemon Juice

### Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
- 3 Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
- 4 Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
- 5 Chop the cooked chicken. Divide the quinoa, chicken, cherry tomatoes, and bell peppers evenly between plates. Serve with the dressing and enjoy!

### Nutrition

Amount per serving

Calories	494
Fat	16g
Carbs	41g
Fiber	7g
Sugar	2g
Protein	49g
Sodium	103mg

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Drizzle with tahini dressing before serving.

**Serving Size:** One serving is equal to approximately two cups.

**Make it Vegan:** Use tofu instead of chicken.

**More Flavor:** Add broccoli and red onion to the roasted vegetables.

**Additional Toppings:** Top with fresh herbs such as dill or parsley.



## Salmon with Rice, Cabbage & Kale

**1 serving****20 minutes**

### Ingredients

**45 grams Brown Rice (dry, rinsed)****1 1/2 tsps Extra Virgin Olive Oil****170 grams Salmon Fillet****Sea Salt & Black Pepper (to taste)****20 grams Kale Leaves (chopped)****90 grams Purple Cabbage (thinly sliced)**

### Nutrition

Amount per serving	
Calories	487
Fat	17g
Carbs	43g
Fiber	4g
Sugar	4g
Protein	43g
Sodium	170mg

### Directions

- 1** Cook the rice according to the package directions.
- 2** Meanwhile, heat the oil in a cast-iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Remove from the pan leaving the oil behind.
- 3** Add the kale and cabbage to the skillet. Cook them in the remaining oil for two to three minutes, or until they start to soften. Add a splash of water if you prefer them cooked down more.
- 4** Divide the rice, salmon, kale, and cabbage evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for two days.**Serving Size:** One serving is 6 oz of salmon, 1/2 cup of cooked rice, and two cups of kale and cabbage.**More Flavor:** Add red chilli flakes, shallots and/or garlic to the vegetables. Squeeze fresh lemon on the salmon once it has cooked.**Additional Toppings:** Sesame seeds, hemp seeds, chopped green onions, and/or hot sauce.



## Lemony Baked Cod with Zucchini & Mini Potatoes

1 serving

35 minutes

### Ingredients

115 grams Mini Potatoes  
1 1/2 tsps Extra Virgin Olive Oil  
2 tbsps Lemon Juice  
Sea Salt & Black Pepper (to taste)  
1 Cod Fillet  
1/2 Zucchini (medium, sliced into strips)  
1 1/2 tsps Capers  
1 1/2 tsps Fresh Dill (chopped)

### Directions

- 1 Preheat the oven to 425°F (220°C). Place the potatoes, oil, and lemon juice in a deep baking dish or rimmed tray. Toss and season with salt and pepper.
- 2 Bake in the oven for 20 minutes. Remove the baking sheet from the oven, add the cod fillet and zucchini. Sprinkle the capers on top, and season the fish and zucchini with salt and pepper.
- 3 Bake in the oven for another 15 to 20 minutes or until everything is cooked through.
- 4 Top with fresh dill and enjoy!

### Nutrition

Amount per serving	
Calories	360
Fat	9g
Carbs	25g
Fiber	4g
Sugar	4g
Protein	45g
Sodium	241mg

### Notes

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

**Serving Size:** One serving is equal to one cod fillet and approximately 1 1/2 cups of potato and zucchini.

**More Flavor:** Add bell pepper, broccoli, and cherry tomatoes.

**No Dill:** Omit or use parsley instead.

**Fillet Size:** One cod fillet is equal to 231 grams or 8 ounces.



## Parmesan Asparagus & Poached Eggs

1 serving

15 minutes

### Ingredients

135 grams Asparagus (ends trimmed)  
1 Egg (large)  
1 tbsp Balsamic Vinaigrette  
2 tbsps Parmigiano Reggiano (shaved)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	208
Fat	14g
Carbs	7g
Fiber	3g
Sugar	4g
Protein	14g
Sodium	234mg

### Directions

- 1 Bring a pot of water to a boil. Add the asparagus and cook for two minutes to blanche. Remove the asparagus from the boiling water with tongs and set aside.
- 2 Reduce to a simmer. One at a time, break the eggs into a small dish and gently slip each egg into the water. Cook for three minutes for a soft egg, then use a slotted spoon to carefully remove the poached egg onto a paper towel-lined plate to soak up the excess liquid.
- 3 Divide the asparagus and eggs onto plates. Drizzle with vinaigrette and top with parmesan cheese. Season to taste and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is equal to approximately one cup of asparagus and one egg.

**More Flavor:** Serve with a toast.

**Dairy-Free:** Omit the parmesan cheese.



## Bison, Rapini & Rice

**1 serving****20 minutes**

### Ingredients

45 grams Jasmine Rice (dry)

55 grams Rapini (chopped)

115 grams Ground Bison

1/4 tsp Oregano (dried)

1/16 tsp Sea Salt (to taste)

### Nutrition

Amount per serving	
Calories	339
Fat	8g
Carbs	40g
Fiber	3g
Sugar	0g
Protein	28g
Sodium	246mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Bring a pot of water to a boil. Cook the rapini for two minutes or until tender crisp. Drain and set aside.
- 3 Meanwhile, heat a pan over medium heat. Add the bison, oregano, and salt. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 4 Divide the rice, rapini, and bison onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.**Serving Size:** One serving equals approximately two cups.**More Flavor:** Add onions, garlic, and black pepper.**No Bison:** Use ground beef, turkey, chicken, tempeh, or firm tofu instead.



## One Pan Turmeric Salmon with Cauliflower & Sweet Potato

1 serving

45 minutes

### Ingredients

1/2 Sweet Potato (medium, chopped)  
1/8 head Cauliflower (cut into florets)  
1 tsp Extra Virgin Olive Oil  
1/4 tsp Turmeric  
1/4 tsp Garlic Powder  
1 tbsp Lemon Juice  
170 grams Salmon Fillet

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the sweet potato and cauliflower on the baking sheet.
- 2 Mix the oil, turmeric, garlic powder, and lemon juice. Brush the marinade onto the salmon fillets and set aside at room temperature.
- 3 Add the remaining marinade to the cauliflower and sweet potato and toss to coat. Bake for 20 minutes.
- 4 Add the salmon to the baking sheet and bake everything for another 20 minutes or until the salmon is cooked through and the vegetables are soft and browning around the edges.
- 5 Divide evenly between plates and enjoy!

### Nutrition

Amount per serving	
Calories	345
Fat	13g
Carbs	19g
Fiber	4g
Sugar	5g
Protein	41g
Sodium	191mg

### Notes

**Leftovers:** Refrigerate in an airtight container for two days.

**Serving Size:** One serving is 6 oz of salmon, approximately one cup of sweet potato, and one cup of cauliflower.

**More Flavor:** Add minced garlic and shallot to the marinade.

**Additional Toppings:** Chopped cilantro, dill, and/or sesame seeds.



## Southwest Chicken Meal Prep Bowls

1 serving

50 minutes

### Ingredients

45 grams Brown Rice  
 115 grams Chicken Breast  
 1 tsp Avocado Oil (divided)  
 3/4 tsp Taco Seasoning (divided)  
 55 grams Unsweetened Coconut Yogurt  
 1 1/2 tsps Lime Juice  
 1 1/2 tsps Cilantro  
 65 grams Green Cabbage (thinly sliced)  
 1/4 Green Bell Pepper (medium, chopped)  
 1/2 Tomato (medium, chopped)

### Nutrition

Amount per serving	
Calories	415
Fat	11g
Carbs	48g
Fiber	5g
Sugar	4g
Protein	31g
Sodium	293mg

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Cook the rice according to package directions. Let the rice cool slightly.
- 3 Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
- 4 Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
- 5 Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

**More Flavor:** Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

**Additional Toppings:** Lime wedges, cilantro, or chopped green onion.

**No Brown Rice:** Use quinoa or cauliflower rice instead.

**No Cabbage:** Use romaine lettuce or kale instead.



## Beef Jerky, Apple & Peanut Butter

1 serving

5 minutes

### Ingredients

1 Apple (sliced)  
2 tbsps All Natural Peanut Butter  
30 grams Beef Jerky

### Directions

1 Add ingredients to a plate or snack box. Enjoy!

### Notes

Leftovers: Best enjoyed immediately.

### Nutrition

Amount per serving	
Calories	404
Fat	24g
Carbs	35g
Fiber	6g
Sugar	25g
Protein	17g
Sodium	513mg



## Pea & Basil Frittata

**2 servings****20 minutes**

### Ingredients

145 grams Fresh Peas (or frozen and thawed)

2 tbsps Basil Leaves (chopped)

1/4 tsp Sea Salt

3 Egg (whisked)

2 grams Avocado Oil Spray

### Nutrition

Amount per serving	
Calories	167
Fat	7g
Carbs	11g
Fiber	4g
Sugar	4g
Protein	13g
Sodium	405mg

### Directions

- 1 Preheat the oven to 400°F (205°C). Add in the peas, basil, and salt to the whisked eggs. Stir to combine.
- 2 Spray a cast-iron pan or an oven-safe dish with oil. Pour the egg mixture into the pan.
- 3 Bake in the oven for 15 to 17 minutes or until the eggs have set. Slice the frittata and enjoy!

### Notes

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

**Serving Size:** A six-inch cast-iron pan was used to make two servings. One serving is roughly half of the pan.

**More Flavor:** Add feta cheese.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## One Pan Steak & Eggs

1 serving

30 minutes

### Ingredients

1 tbsp Parsley (chopped)  
1/2 tsp Mint Leaves (chopped)  
1 Garlic (cloves, minced)  
3/4 tsp Extra Virgin Olive Oil  
3/4 tsp Lemon Juice  
115 grams Ribeye Steak, Boneless (room temperature)  
Sea Salt & Black Pepper (to taste)  
1 Egg

### Directions

- 1 In a small bowl combine the parsley, mint, garlic, oil, and lemon juice. Set it aside.
- 2 Pat the steak very dry with paper towel. Season with salt and pepper.
- 3 Heat a cast-iron skillet over medium heat until hot. Place the steak in the middle of the skillet and cook for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
- 4 In the same skillet, crack the eggs, season with salt and pepper, and cook until the whites are set and the yolk is cooked to your liking. Take the skillet off the heat.
- 5 Spoon the parsley sauce over the steak and eggs. Serve and enjoy!

### Nutrition

Amount per serving	
Calories	320
Fat	21g
Carbs	4g
Fiber	0g
Sugar	0g
Protein	29g
Sodium	173mg

### Notes

**Leftovers:** Best served immediately. Store steak and eggs separate from the sauce in an airtight container in the fridge for up to two days. Reheat in skillet for the best result.

**More Flavor:** Cook the steak with rosemary and thyme.

**No Parsley:** Use cilantro instead.

**No Mint:** Omit or use tarragon or dill.



## Hummus & Tuna Stuffed Avocado

**1 serving****10 minutes**

### Ingredients

1 tbsp Hummus  
1/2 can Tuna (drained)  
1 Avocado (small, halved and pitted)  
1/2 tsp Chives (chopped)

### Nutrition

Amount per serving	
Calories	429
Fat	33g
Carbs	19g
Fiber	14g
Sugar	1g
Protein	21g
Sodium	283mg

### Directions

- 1 Mix the hummus and tuna together in a small bowl. Fill each half of the avocado with the tuna filling and garnish with the chives. Enjoy!

### Notes

**Leftovers:** Refrigerate the tuna mixture separately from the avocado. Cut the avocado only when you are ready to serve.

**Serving Size:** One serving is one small avocado and 1/2 can of tuna.

**More Flavor:** Add capers, minced red onion and/or dill to the tuna mixture.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## Shredded Brussels Sprouts Caesar Salad

**1 serving****15 minutes**

### Ingredients

90 grams Brussels Sprouts (trimmed, shredded)  
2/3 slice Bread (cubed, toasted)  
1 1/2 tsps Caesar Dressing  
Sea Salt & Black Pepper (to taste)  
1 tsp Parmigiano Reggiano

### Nutrition

Amount per serving	
Calories	107
Fat	3g
Carbs	17g
Fiber	4g
Sugar	5g
Protein	5g
Sodium	208mg

### Directions

- 1 Add all the ingredients to a large bowl. Toss to combine. Divide the salad between plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**Make it Vegan:** Omit the parmesan cheese and use a vegan caesar dressing instead.

**More Flavor:** Serve with your choice of cooked protein.

**Gluten-Free:** Use gluten-free bread.

**Save on Time:** Use a food processor to shred the Brussels sprouts.



## One Pan Steak & Parmesan Broccoli

1 serving

15 minutes

### Ingredients

115 grams Top Sirloin Steak  
135 grams Broccoli (chopped into florets)  
1 1/2 tsps Coconut Oil (melted)  
Sea Salt & Black Pepper (to taste)  
1/4 Lemon (sliced)  
2 tbsps Parmigiano Reggiano

### Nutrition

Amount per serving	
Calories	407
Fat	27g
Carbs	10g
Fiber	4g
Sugar	3g
Protein	31g
Sodium	193mg

### Directions

- 1 Preheat the oven to broil.
- 2 Arrange the steaks and broccoli florets onto a baking sheet. Coat in oil and season with salt and pepper. Arrange the lemon slices over top. Broil for about eight minutes, flipping the steaks and broccoli halfway.
- 3 Remove from the oven and sprinkle parmesan over the broccoli. Broil until the cheese is melted and the broccoli is golden brown, about one to two minutes. Slice the steak and divide onto plates with the parmesan broccoli. Enjoy!

### Notes

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

**Dairy-Free:** Use vegan cheese instead of parmesan or omit completely.

**More Flavor:** Add your choice of herbs and spices.

**Additional Toppings:** Serve with sweet potatoes, cauliflower mash, brown rice, mixed greens, or quinoa.



## Eggs, Almonds & Cheese Cubes

**1 serving****15 minutes**

### Ingredients

2 Egg  
35 grams Almonds  
30 grams Cheddar Cheese (cubed)

### Nutrition

Amount per serving	
Calories	464
Fat	37g
Carbs	9g
Fiber	4g
Sugar	2g
Protein	27g
Sodium	327mg

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and cut the eggs in half.
- 3 Arrange the eggs, almonds, and cheese into a container and enjoy!

### Notes

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

**More Flavor:** Season the eggs with salt, pepper and/or chili flakes.

**Dairy-Free:** Use dairy-free cheese.



## Grilled Steak & Wild Rice Salad

1 serving

45 minutes

### Ingredients

40 grams Wild Rice (dry)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1 tbsp Steak Spice Seasoning  
140 grams Top Sirloin Steak  
15 grams Mixed Greens  
2 2/3 tbsps Red Onion (sliced)  
1 tsp White Wine Vinegar  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the rice according to the package directions then set aside.
- 2 Heat the grill over medium heat. While the grill is heating up, add 1/3 of the oil and the steak spice seasoning to the steak. Rub to coat it.
- 3 Grill the steak for five to six minutes per side or until cooked to your desired doneness. Let rest for five minutes before slicing.
- 4 In a bowl, combine the cooked rice, mixed greens, onion, remaining oil, vinegar, salt, and pepper. Divide onto plates and top with sliced steak. Enjoy!

### Nutrition

Amount per serving	
Calories	655
Fat	41g
Carbs	36g
Fiber	3g
Sugar	2g
Protein	35g
Sodium	805mg

### Notes

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

**Serving Size:** One serving is approximately 1 1/4 cups of salad with steak.

**Additional Toppings:** Top with fresh herbs like parsley, dill, or basil. Add feta cheese or goat cheese.



## Shredded Sweet Potato, Smoked Salmon & Zucchini

**1 serving****30 minutes**

### Ingredients

1/2 Zucchini (medium, sliced)  
1 1/2 tsps Extra Virgin Olive Oil (divided)  
1/2 tsp Dried Dill (divided)  
Sea Salt & Black Pepper (to taste)  
1 Sweet Potato (medium, shredded)  
85 grams Smoked Salmon

### Nutrition

Amount per serving	
Calories	289
Fat	11g
Carbs	29g
Fiber	5g
Sugar	8g
Protein	19g
Sodium	652mg

### Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Add the sliced zucchini to a baking sheet. Add half of the oil, half of the dill and season with salt and pepper. Toss until well coated. Bake in the oven for 20 to 25 minutes or until starting to brown and fork-tender.
- 3 Meanwhile, heat the remaining oil in a pan over medium heat. Add the shredded sweet potato and cook for 20 minutes, stirring frequently, until starting to brown. Season with the remaining dill, salt, and pepper.
- 4 Divide the sweet potato, zucchini, and smoked salmon evenly between bowls. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 3/4 cup.

**Make it Vegan:** Use tofu or tempeh in place of the salmon.

**More Flavor:** Add garlic aioli or hot sauce.



## Avocado & Mustard Tuna Hand Rolls

1 serving

10 minutes

### Ingredients

1/2 can Tuna (drained)  
1/2 tsp Ground Mustard  
1 1/2 tsps Mayonnaise  
1/2 Avocado (medium, sliced)  
1/2 stalk Green Onion (sliced)  
1 Nori Sheets (quartered)

### Directions

- 1 Mix the tuna, ground mustard, and mayonnaise together.
- :
- 2 Divide the avocado, tuna mixture, and green onions between the nori sheets. Roll each nori sheet into a hand roll. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Serving Size:** One serving is four nori wraps.

**No Ground Mustard:** Use wasabi paste, prepared horseradish and/or hot sauce.

**Canned Tuna:** One can of tuna equals 165 grams or 5.8 ounces, drained.

### Nutrition

Amount per serving	
Calories	290
Fat	21g
Carbs	10g
Fiber	8g
Sugar	1g
Protein	19g
Sodium	259mg



## One Pan Salmon & Fennel with Lime

**1 serving****35 minutes**

### Ingredients

1/2 bulb Fennel (medium, thinly sliced)

1 1/2 tbsps Extra Virgin Olive Oil  
(divided)

Sea Salt &amp; Black Pepper (to taste)

170 grams Salmon Fillet

1 Lime (divided)

1/8 tsp Fennel Seed (ground)

### Directions

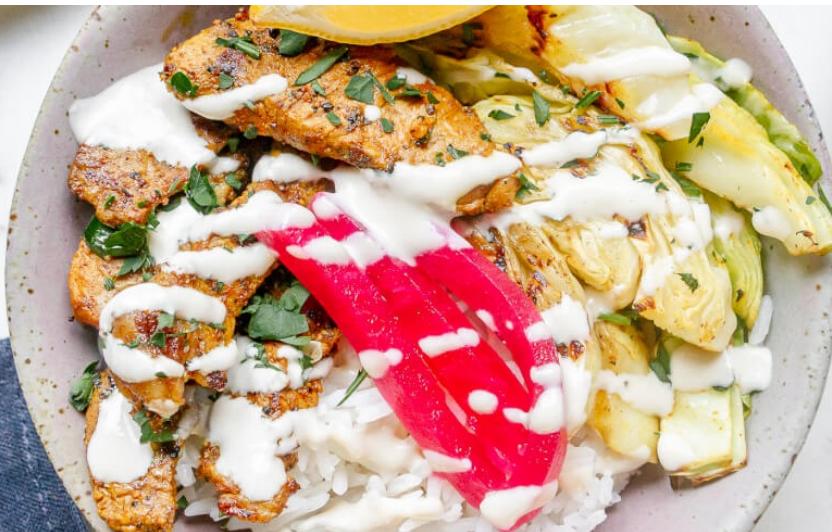
- 1 Preheat the oven to 400°F (205°C).
- 2 Place the fennel in a baking dish. Drizzle with half of the oil and season with salt and pepper. Toss to combine. Transfer to the oven and bake for 15 minutes.
- 3 Pat the salmon dry and season with salt and pepper. Zest some lime over the top and sprinkle with the fennel seed. Slice half of the lime and set aside.
- 4 Remove the baking dish from the oven and place the salmon on top of the fennel. Drizzle with the remaining oil. Scatter the lime slices around. Place back in the oven and bake for 12 to 15 minutes, until cooked through, depending on thickness.
- 5 Quarter the remaining lime. Divide fennel and salmon onto plates and serve with the quartered lime, squeezing more lime juice on if needed. Enjoy!

### Nutrition

Amount per serving	
Calories	450
Fat	29g
Carbs	12g
Fiber	4g
Sugar	5g
Protein	39g
Sodium	195mg

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.**Serving Size:** One serving is approximately 3/4 cup of fennel and one salmon fillet.**More Flavor:** Season the salmon with ground coriander or cumin.



## Shawarma Spiced Steak & Cabbage Rice Bowl

1 serving

35 minutes

### Ingredients

45 grams Jasmine Rice (dry, rinsed)  
 115 grams Top Sirloin Steak (thinly sliced)  
 135 grams Green Cabbage (small, cut into wedges)  
 1 tsp Shawarma Spice Blend  
 1 tsp Extra Virgin Olive Oil  
 1 tsp Tahini (runny)  
 2 tbsps Water (plus extra)  
 1/8 Lemon (juiced, plus extra for garnish)  
 2 2/3 tbsps Pickled Turnip  
 1/4 tsp Parsley (chopped)

### Nutrition

Amount per serving	
Calories	518
Fat	24g
Carbs	50g
Fiber	5g
Sugar	6g
Protein	28g
Sodium	378mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Heat a cast-iron grill or pan over medium heat.
- 3 Mix the steak, cabbage, shawarma spice, and oil together, being sure to keep the cabbage wedges intact.
- 4 Add the cabbage and steak to the pan, working in batches as needed. Cook the cabbage for three to five minutes on each side until softened and grill marks appear. Cook the steak for two to three minutes on each side or until grill marks appear. Keep the cooked food in a warm oven if you're working in batches.
- 5 Make a tahini dressing by mixing the tahini, water, and lemon. Use more water to thin out as needed. Add the rice, cabbage, steak, and pickled turnip to bowls. Garnish with parsley and lemon, and serve with the dressing. Enjoy!

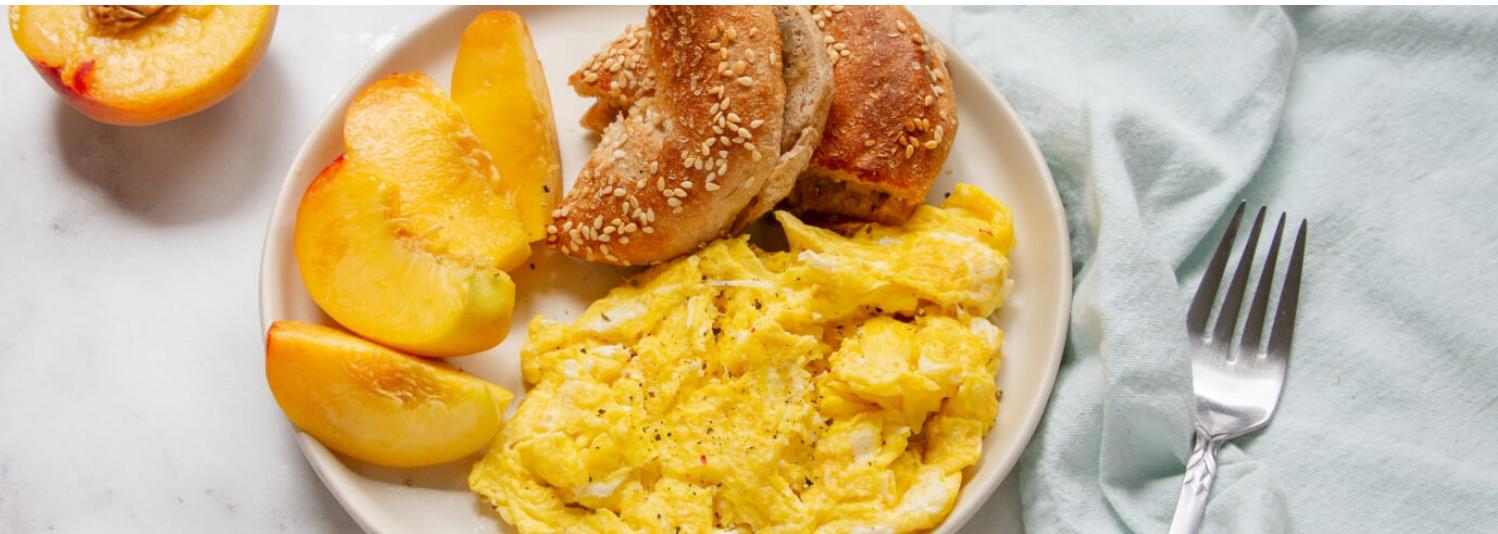
### Notes

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

**Serving Size:** One serving is approximately one cup of steak, 1 1/2 cups of cabbage, and 1/2 cup of cooked rice.

**More Flavor:** Season with salt and black pepper to taste.

**Additional Toppings:** Chopped tomatoes and thinly sliced red onion.



## Scrambled Eggs with Toasted Bagel & Peach

**1 serving****10 minutes**

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 3 Egg (whisked)
- 1 Bagel (sliced in half, toasted)
- 1 Peach (sliced)
- Sea Salt & Black Pepper

### Directions

- 1 Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness.  
⋮
- 2 Serve the eggs with the bagel and peach. Season with salt and pepper to taste.  
Enjoy!

### Nutrition

Amount per serving	
Calories	590
Fat	21g
Carbs	70g
Fiber	4g
Sugar	22g
Protein	31g
Sodium	656mg

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for two days. Slice the peach and toast the bagel when ready to serve.

**More Flavor:** Add chives to the eggs. Add butter, peanut butter, and/or jam to the bagel.

**Gluten-Free:** Use a gluten-free bagel.



## Sheet Pan Smoky Sweet Salmon & Potatoes

1 serving

35 minutes

### Ingredients

150 grams Mini Potatoes (halved)

2 1/4 tsps Extra Virgin Olive Oil  
(divided)

Sea Salt & Black Pepper (to taste)

170 grams Salmon Fillet

1/4 tsp Smoked Paprika

1/8 tsp Cumin

1/2 tsp Raw Honey

1 1/2 tsps Parsley (finely chopped)

### Nutrition

#### Amount per serving

Calories	441
Fat	18g
Carbs	30g
Fiber	3g
Sugar	4g
Protein	41g
Sodium	144mg

### Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Place the potatoes on a baking sheet and toss with half the oil, salt, and pepper. Transfer to the oven and bake for 15 minutes.
- 3 Meanwhile, pat the salmon dry and then drizzle with the remaining oil. Season with the smoked paprika, cumin, salt, and pepper and then drizzle the honey over top. Rub gently to incorporate with your hands.
- 4 Move the potatoes around on the baking sheet to make room for the salmon. Place back in the oven and cook for 12 to 15 minutes or until cooked through.
- 5 Divide onto plates and garnish with parsley. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of potatoes and one salmon fillet.

**More Flavor:** Toss the potatoes with smoked paprika and cumin or your favorite spice blend.

**Additional Toppings:** Top with a squeeze of lemon juice.



## Coconut Cod Tacos

1 serving

35 minutes

### Ingredients

1/4 Egg  
2 tbsps Unsweetened Shredded Coconut  
1 tbsp Coconut Flour  
1/8 tsp Paprika  
1/16 tsp Sea Salt  
1/2 Cod Fillet (cut into small pieces)  
2 Corn Tortilla  
1/4 Yellow Bell Pepper (sliced thinly)  
1 tbsp Watermelon Radish (thinly sliced)  
1/4 Lime (juiced)  
1 tbsp Cilantro (optional, roughly chopped)  
1/4 Avocado (cubed)

### Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Sugar	2g
Protein	27g
Sodium	253mg

### Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

### Notes

**Leftovers:** Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

**Serving Size:** One serving is equal to two tacos.

**Fillet Size:** One fillet is equal to 231 grams or 8 ounces.

**No Tortillas:** Use lettuce as a wrap.

**No Watermelon Radish:** Omit or use regular radish.

**Likes it Spicy:** Add hot sauce or cayenne pepper to the assembled tacos.

**Likes it Saucy:** Drizzle the assembled tacos with mayonnaise or sour cream.



## Greek Shrimp & Rice Bowls

1 serving

20 minutes

### Ingredients

65 grams Basmati Rice (dry, rinsed)  
 1 1/3 tbsps Extra Virgin Olive Oil (divided)  
 1/3 Lemon (juiced, divided)  
 1 tsp Greek Seasoning  
 75 grams Shrimp (peeled, deveined)  
 1/16 Cucumber (medium, chopped)  
 1/3 Tomato (medium, chopped)  
 1/3 Red Bell Pepper (medium, sliced)  
 2 2/3 tbsps Red Onion (sliced)  
 2 2/3 tbsps Feta Cheese (crumbled)

### Directions

- 1 Cook the rice according to the package directions then set aside.
- 2 While the rice is cooking, in a large bowl, mix together half of the oil, half of the lemon juice, and Greek seasoning. Add the shrimp and mix to coat.
- 3 Heat a pan over medium heat. Add the shrimp and the marinade to the pan. Cook for about two minutes per side or until cooked to your liking.
- 4 To assemble, divide the rice, shrimp, cucumber, tomato, bell peppers, and onions into bowls. Drizzle the remaining oil and lemon juice onto each bowl. Top with feta cheese. Enjoy!

### Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	62g
Fiber	3g
Sugar	4g
Protein	25g
Sodium	1034mg

### Notes

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

**Serving Size:** One serving is approximately 2/3 cup of rice and 2/3 cup of vegetables with shrimp.

**Additional Toppings:** Oregano, tzatziki, and/or hummus.

**No Greek Seasoning:** Use other seasoning of choice like Italian seasoning or a mix or oregano and dried parsley.



## Shrimp & Black Bean Tacos

1 serving

15 minutes

### Ingredients

45 grams Black Beans (cooked)  
1/4 Lime (juiced, divided)  
3/4 tsp Cilantro (chopped, plus extra for garnish)  
Sea Salt & Black Pepper (to taste)  
1/4 tsp Extra Virgin Olive Oil  
115 grams Shrimp (peeled, deveined)  
1/4 tsp Taco Seasoning  
2 Corn Tortilla (small)  
1 tbsp Cilantro Lime Dressing

### Directions

- 1 In a bowl, add the black beans, half of the lime juice, and cilantro. Use a fork and smash the beans. Season with salt and pepper.
- 2 Heat the oil in a pan over medium-high heat. Add shrimp, taco seasoning, and the remaining lime juice. Stir to mix and season with salt and pepper. Cook for about five minutes, stirring occasionally, or until cooked through.
- 3 Spread the smashed beans on top of the tortillas. Top with shrimp and drizzle with cilantro lime dressing. Garnish with cilantro and enjoy!

### Notes

**Leftovers:** Best enjoy immediately. Refrigerate the smashed beans and shrimp in separate containers for up to three days. Assemble before serving.

**Serving Size:** One serving is equal to two tacos.

**Additional Toppings:** Red onion, cabbage, and/or salsa.

### Nutrition

Amount per serving	
Calories	398
Fat	13g
Carbs	40g
Fiber	6g
Sugar	0g
Protein	29g
Sodium	345mg



## Green Shrimp Curry

1 serving

30 minutes

### Ingredients

45 grams Jasmine Rice (dry, rinsed)  
1/4 Yellow Onion (small, chopped)  
45 grams Baby Spinach  
1 tbsp Green Curry Paste  
Sea Salt & Black Pepper (to taste)  
60 milliliters Water  
60 milliliters Canned Coconut Milk  
140 grams Shrimp (peeled, deveined)  
1/4 Lime (juiced, plus more for serving)  
1/2 stalk Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	438
Fat	13g
Carbs	48g
Fiber	4g
Sugar	5g
Protein	34g
Sodium	613mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 In a pot over medium heat, add the onion with a splash of water. Stir and cook for two minutes. Add the spinach and cook for another five minutes, stirring occasionally.
- 3 Add the curry paste, salt, and pepper. Cook for another minute, then add the water. Bring to a simmer and simmer for about 10 minutes. Use a hand blender and blend the spinach mixture until smooth.
- 4 Add the coconut milk to the pot and simmer for five minutes. Add the shrimp, stir and cook for another minute or until the shrimp is cooked. Remove from the heat and stir in the lime juice. Adjust the seasoning to your taste.
- 5 Divide the rice and curry between serving plates. Top with green onion and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1/2 cup rice and one cup shrimp curry.

**No Green Onion:** Omit or use cilantro instead.

**No Jasmine Rice:** Use basmati or brown rice.



## Mango & Guacamole Chicken Wrap

1 serving

5 minutes

### Ingredients

- 1 tbsp Guacamole
- 1 Brown Rice Tortilla
- 45 grams Chicken Breast, Cooked (shredded)
- 1/4 Mango (peeled, sliced)
- 1/16 head Green Lettuce (chopped)

### Directions

- 1 Spread on the guacamole onto the tortilla. Add the chicken, mango, and green lettuce. Roll up the tortilla tightly and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Store in an airtight container for up to one day.

**More Flavor:** Add chopped cilantro, diced tomatoes, and/or diced jalapenos.

### Nutrition

Amount per serving	
Calories	288
Fat	6g
Carbs	41g
Fiber	5g
Sugar	15g
Protein	17g
Sodium	215mg



## Sticky Tofu & Bell Pepper Stir Fry

1 serving

30 minutes

### Ingredients

45 grams Jasmine Rice (dry, rinsed)  
1 tbsp Tamari  
1 tsp Rice Vinegar  
2 1/4 tsps Coconut Sugar  
1 tbsp Water  
1 1/2 tsps Cornstarch (divided)  
115 grams Tofu (extra firm, pressed, crumbled)  
1 tbsp Avocado Oil  
1/2 Red Bell Pepper (medium, chopped)  
1/4 Yellow Onion (large, cut in large chunks)

### Nutrition

Amount per serving	
Calories	453
Fat	20g
Carbs	57g
Fiber	4g
Sugar	13g
Protein	17g
Sodium	1014mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 In a small bowl, combine the tamari, vinegar, coconut sugar, water, and 1/4 of the cornstarch and whisk well.
- 3 In another bowl, toss the tofu with the remaining cornstarch until well coated.
- 4 Heat a large pan or wok to medium-high heat and add the oil. Once hot, add the tofu (working in batches if needed) and cook until crispy. Toss halfway through, about four to five minutes total. Remove with a slotted spoon and set aside.
- 5 Add the pepper and onion and cook until just starting to brown around the edges, about two minutes, tossing often.
- 6 Pour in the sauce and toss to combine. Cook until thickened, about one minute. Add the tofu back in and gently toss to combine.
- 7 Divide the rice onto plates and top with the tofu mixture. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 3/4 cup of rice with 1 1/2 cups veggies and tofu.

**More Flavor:** Add minced garlic to the sauce. Add chili peppers, or Sichuan peppercorns when cooking.

**Additional Toppings:** Top with sliced green onion and/or chopped peanuts.



## Smoked Salmon & Crackers Snack Box

**1 serving****5 minutes**

### Ingredients

165 grams Smoked Salmon

45 grams Rice Crackers

1/4 Cucumber (small, sliced)

75 grams Blueberries

### Nutrition

Amount per serving	
Calories	423
Fat	10g
Carbs	49g
Fiber	2g
Sugar	9g
Protein	35g
Sodium	1210mg

### Directions

- 1 Arrange the salmon, crackers, cucumber, and blueberries into a container.  
Enjoy!

### Notes

**Leftovers:** Refrigerate the salmon, cucumber and blueberries in an airtight container for up to three days. When ready to eat, add the crackers.



## Crispy Tofu Meal Prep Bowls

1 serving

20 minutes

### Ingredients

1 1/3 tbsps All Purpose Gluten-Free Flour  
Sea Salt & Black Pepper (to taste)  
115 grams Tofu (firm, sliced and patted dry)  
1 1/2 tsps Sesame Oil  
1 tbsp Avocado Oil  
1 1/2 tsps Balsamic Vinegar  
3/4 tsp Tamari  
3/4 tsp Maple Syrup  
30 grams Baby Spinach  
85 grams Coleslaw Mix  
85 grams Frozen Mango (thawed)  
40 grams Frozen Edamame (thawed)  
3/4 tsp Sesame Seeds

### Nutrition

Amount per serving	
Calories	487
Fat	30g
Carbs	40g
Fiber	9g
Sugar	20g
Protein	20g
Sodium	315mg

### Directions

- 1 Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture and set aside.
- 2 Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
- 3 Meanwhile, combine avocado oil, balsamic vinegar, tamari and maple syrup in a small mason jar. Cover with a lid and shake before serving.
- 4 Divide spinach, coleslaw, mango, edamame, tofu slices and sesame seeds between containers. Drizzle your desired amount of dressing over top, or store it in a separate container to add just before serving. Enjoy!

### Notes

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

**Save Time:** Leave the tofu uncooked and add it to the mason jar with the dressing. Let marinate until ready to serve.

**No Tofu:** Use a protein of your choice instead like roasted chickpeas, edamame, or tempeh.



## Sheet Pan Balsamic Chicken & Veggies

1 serving

40 minutes

### Ingredients

2 1/4 tsps Balsamic Glaze  
1 1/3 tbsps Extra Virgin Olive Oil  
1/4 tsp Dijon Mustard  
1/4 tsp Dried Thyme  
170 grams Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
90 grams Broccoli (chopped into florets)  
3/4 Carrot (large, sliced on the bias)  
1/4 Yellow Onion (medium, roughly chopped into wedges)

### Nutrition

Amount per serving	
Calories	450
Fat	25g
Carbs	19g
Fiber	4g
Sugar	11g
Protein	37g
Sodium	242mg

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 2 In a small bowl, combine the balsamic glaze, oil, mustard, and thyme.
- 3 Place the chicken onto a baking sheet and season with salt and pepper. Pour about half of the balsamic mixture over the chicken and toss to coat.
- 4 Place the broccoli, carrots, and onion onto a second baking sheet and pour the remaining balsamic mixture over top. Season with salt and pepper and toss well to coat.
- 5 Transfer both baking sheets to the oven and bake for 20 minutes. Remove the baking sheet with the veggies and take the broccoli off. Set aside.
- 6 Place the baking sheets back in the oven and bake for another eight to 10 minutes, until everything is cooked through. Enjoy!

### Notes

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

**Serving Size:** One serving is about 1 1/2 cups of chicken and 1 1/2 cups of veggies.



## Nori Mackerel & Carrot Wraps

**1 serving****10 minutes**

### Ingredients

- 1 Carrot (small, julienned)
- 115 grams Canned Mackerel (drained)
- 1 Nori Sheets (quartered)

### Nutrition

Amount per serving	
Calories	207
Fat	7g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	28g
Sodium	475mg

### Directions

- 1 Divide the carrot and mackerel between the nori sheets. Fold and roll each nori sheet into a hand roll, cone shape. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**Serving Size:** One serving is four nori wraps.

**Make it Vegan:** Use grilled tempeh or tofu instead of mackerel.

**More Flavor:** Serve with spicy mayo or soy sauce for dipping. Add chopped green onions, rice and/or sprouts to the wraps.

**Additional Toppings:** Sesame seeds.



## Turkey Tacos with Avocado & Pickled Onions

1 serving

20 minutes

### Ingredients

1/3 tsp Extra Virgin Olive Oil  
1/3 Garlic (clove, large, minced)  
150 grams Extra Lean Ground Turkey  
2 tsps Tomato Paste  
1 1/3 tbsps Water  
1/2 tsp Taco Seasoning  
1/3 Avocado (medium, sliced)  
15 grams Pickled Red Onions  
1 tbsp Cilantro (coarsely chopped)  
2 Whole Wheat Tortilla

### Directions

- 1 Heat a cast-iron pan over medium heat. Add the oil and garlic and sauté until fragrant.
- 2 Add the turkey, breaking it up as it cooks. Cook for three minutes. Add the tomato paste, water, and taco seasoning and mix well. Cover and cook until the turkey is cooked through.
- 3 To make your tacos, add the turkey, avocado, pickled onions, and cilantro to the tortillas. Enjoy!

### Notes

**Leftovers:** Refrigerate the turkey in an airtight container for up to three days. Keep the rest of the ingredients separate. Cut the avocado when ready to serve.

**Serving Size:** One serving is two tacos.

**Additional Toppings:** Shredded cheese, hot sauce, shredded cabbage, and/or pickled jalapeños.

**Gluten-Free:** Use corn tortillas.

**No Taco Seasoning:** Use chili powder instead.

### Nutrition

Amount per serving	
Calories	622
Fat	33g
Carbs	48g
Fiber	13g
Sugar	5g
Protein	38g
Sodium	932mg