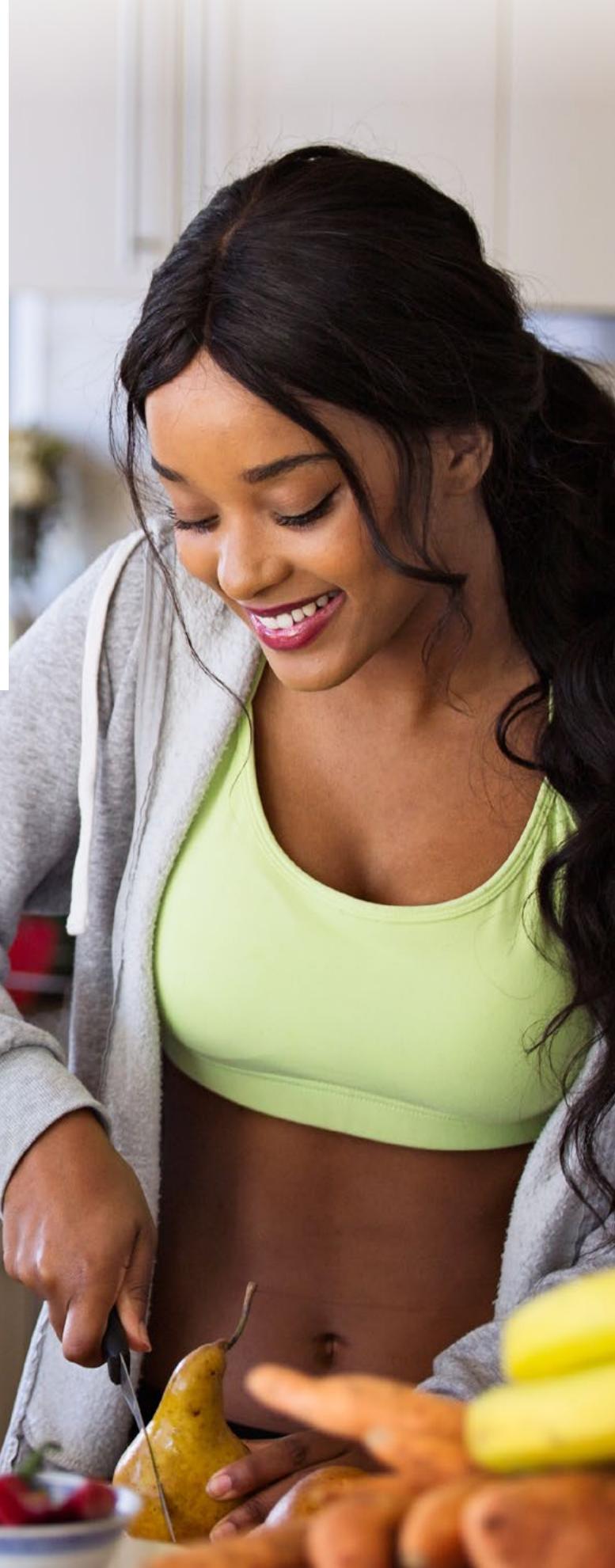


# 30 DAY FITNESS MEAL PLAN

Nutritious Recipes to Help  
Fuel Your Workouts,  
Recover Faster  
and Get the Body You Want.

FIT FACTORY  
FITNESS



CREATED BY IN-HOUSE NUTRITIONIST MAYA EID, CNP

## HI, I'M MAYA, YOUR IN HOUSE HOLISTIC NUTRITIONIST

With 5 years of experience in body-recomposition and sports performance, my diverse background in the field of Sports and Clinical Nutrition has given me the ability to successfully help my clients go from feeling subpar to raising the bar on their health and fitness goals.

I designed this 30 Day Meal Plan specifically to help you take the guess work out of what to eat in order to achieve fat loss and increase lean muscle and strength.

The path to optimal health begins in your kitchen. Preparing your own meals allows you to control what ingredients go in them, making it much easier to achieve the body composition you're after.

### WHY IS NUTRITION IMPORTANT FOR PHYSICALLY ACTIVE PEOPLE?

Nutrition is important because it provides a source of energy required to perform your workout as well as help you recover from it.

**Carbohydrates** are the main source of energy that powers your exercise regime and **protein** is required to aid muscle growth and repair. **Fats** are essential for energy, to help decrease inflammation and to keep you feeling fuller, longer.

Inside this book you will find delicious recipes that are simple to prepare and nourish your body for optimal performance and recovery in your workouts.

I hope you enjoy this meal plan and notice positive results in your body composition, endurance and strength!

In great health,



Any questions about your nutrition? Send me an email!  
[maya@fitfactoryfitness.com](mailto:maya@fitfactoryfitness.com)

To apply for nutrition coaching, visit:  
[www.fitfactoryfitness.com/nutrition](http://www.fitfactoryfitness.com/nutrition)

For nutrition resources and advice, visit:  
[www.mayaeid.com](http://www.mayaeid.com)



## ABOUT THE 30 DAY MEAL PLAN

This is a general dietary meal plan that varies between 1500-1800 calories per day. Serving sizes and snacks should be adjusted in accordance to your age, gender, height, weight, as well as the intensity and type of exercise you perform. To get your individual balance right you should contact a qualified nutrition professional to help with your nutrition.

You may make substitutions to items on the list to suit your preferences. Meal planning should be adaptable and unrestrictive. Consistency will help you progress, not rigidity.

Recipe images in the calendar have a page number in the corner so you can conveniently locate each recipe inside this book. Recipe images that are faded indicate leftovers. Just like meal prepping, dividing your snacks up into little containers or ziplock bags saves time during your week.

Protein powder is suggested in a few recipes in order to facilitate the increased requirement of protein consumption for optimal recovery, fat loss and muscle gain for active people. I suggest either whey or vegan formulas. Please speak with a Fit Factory staff member to purchase a trusted protein powder brand that we have stocked on site.



## READY TO LEARN MY TOP SECRETS? YOU'RE INVITED TO THE NEXT NUTRITION SEMINAR!

Included in your 30 Day Introductory Special is a complimentary seating for you and one guest (normally \$149). I will reveal my top secrets to help you optimize muscle gain and fat loss while creating sustainable healthy habits that will set you up for long term success!

### Topics I will be covering:

- + Determining caloric intake and the best diet to follow
- + Busting nutrition myths
- + Most effective supplements for improved body composition
- + Overcoming roadblocks to optimal fitness
- + Fundamental dos and don'ts of fitness

To find out the next date this seminar will be hosted please visit the 'events' tab on the mobile app, online at [fitfactoryfitness.com/events](http://fitfactoryfitness.com/events), or email [maya@fitfactoryfitness.com](mailto:maya@fitfactoryfitness.com) and be sure to RSVP!

# DAYS 1-7

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	 12			 13		 16	
Snack 1	 30	 30				 31	
Lunch	 22				 19		
Snack 2	 30			 30			
Dinner	 20				 21		

**DAYS 1-7**

**Fruits**

- 1/2 Avocado
- 5 Banana
- 1/3 cup Blueberries
- 1/4 cup Lemon Juice
- 1/3 cup Raspberries
- 3 cups Strawberries

**Breakfast**

- 1/3 cup All Natural Peanut Butter
- 1/4 cup Almond Butter

**Seeds, Nuts & Spices**

- 1 1/2 tbsps Chia Seeds
- 1 1/2 cups Clean Trail Mix
- 1/2 tsp Cumin
- 2 tbsps Ground Flax Seed
- 1/2 tsp Paprika
- 2 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1/2 tsp Turmeric

**Frozen**

- 1 cup Frozen Edamame

**Vegetables**

- 3 cups Baby Carrots
- 3 cups Baby Kale
- 3/4 cup Basil Leaves
- 11 cups Bok Choy
- 3 cups Brussels Sprouts
- 2 tbsps Cilantro
- 5 Garlic
- 1/4 Green Bell Pepper
- 4 1/2 stalks Green Onion
- 1 cup Kale Leaves
- 2 cups Purple Cabbage
- 1 1/2 Sweet Potato
- 1 1/2 Thai Chili
- 1 Tomato
- 1 cup Watermelon Radish
- 1/4 Yellow Onion

**Boxed & Canned**

- 1 cup Black Beans
- 3/4 cup Jasmine Rice
- 1 1/3 cups Lentils
- 2 tbsps Organic Salsa
- 1 cup Quinoa

**Baking**

- 1 1/3 tbsps Nutritional Yeast
- 1 1/2 cups Oats
- 1/2 cup Organic Popcorn Kernels
- 2 1/4 tsps Raw Honey

**Bread, Fish, Meat & Cheese**

- 12 ozs Chicken Breast
- 12 ozs Extra Lean Ground Turkey
- 1 cup Hummus
- 4 Rainbow Trout Fillet

**Condiments & Oils**

- 2 tbsps Avocado Oil
- 2 3/4 tbsps Coconut Oil
- 3 1/3 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Sesame Oil
- 1/2 cup Tahini
- 2 1/4 tbsps Tamari

**Cold**

- 4 Egg
- 4 1/2 cups Unsweetened Almond Milk

**Other**

- 1 cup Vanilla Protein Powder
- 2 3/4 cups Water

# DAYS 8-14

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast	 17 Blueberry Protein Smoothie	 17 Blueberry Protein Smoothie	 17 Blueberry Protein Smoothie	 14 Blueberry Overnight Oats	 14 Blueberry Overnight Oats	 15 Avocado Breakfast Toast	 15 Avocado Breakfast Toast
Snack 1	 31 Rice Cake with Sunflower Seed Butter & Raspberries	 32 Hard Boiled Eggs	 32 Dark Chocolate & Walnuts	 32 Hard Boiled Eggs	 31 Yogurt & Berries	 31 Yogurt & Berries	 31 Yogurt & Berries
Lunch	 23 Baked Salmon with Broccoli & Quinoa	 23 Baked Salmon with Broccoli & Quinoa	 23 Baked Salmon with Broccoli & Quinoa	 23 Baked Salmon with Broccoli & Quinoa	 24 Mediterranean Buddha Bowl	 24 Mediterranean Buddha Bowl	 24 Mediterranean Buddha Bowl
Snack 2	 32 Dark Chocolate & Walnuts	 32 Dark Chocolate & Walnuts	 32 Rice Cake with Sunflower Seed Butter & Raspberries	 32 Rice Cake with Sunflower Seed Butter & Raspberries	 30 Edamame	 30 Edamame	 30 Edamame
Dinner	 25 Ginger Beef Stir Fry	 25 Ginger Beef Stir Fry	 25 Ginger Beef Stir Fry	 25 Ginger Beef Stir Fry	 26 Cajun Chicken, Sweet Potatoes & Kale	 26 Cajun Chicken, Sweet Potatoes & Kale	 26 Cajun Chicken, Sweet Potatoes & Kale

**DAYS 8-14**

**Fruits**

- 1 1/2 Avocado
- 1/2 cup Blueberries
- 1/2 Lemon
- 3/4 cup Raspberries

**Breakfast**

- 2 tbsps Maple Syrup
- 3 Plain Rice Cake

**Seeds, Nuts & Spices**

- 1 1/2 tbsps Cajun Spice
- 1 tbsp Chia Seeds
- 1/2 tsp Cinnamon
- 3 tbsps Ground Flax Seed
- 1/3 tsp Italian Seasoning
- 1/16 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Slivered Almonds
- 3/4 cup Walnuts

**Frozen**

- 3 cups Frozen Berries
- 3 cups Frozen Blueberries
- 1 1/2 cups Frozen Edamame

**Vegetables**

- 3 cups Baby Spinach
- 8 cups Broccoli
- 3 stalks Celery
- 3/4 Cucumber
- 2 Garlic
- 1 tbsp Ginger
- 6 cups Kale Leaves
- 3 cups Mushrooms
- 3/4 Red Bell Pepper
- 1/3 cup Red Onion
- 3/4 head Romaine Hearts
- 3 cups Snap Peas
- 1 1/2 Sweet Potato
- 1 1/2 Tomato
- 1/2 Yellow Onion

**Boxed & Canned**

- 3/4 cup Chickpeas
- 1 3/4 cups Quinoa

**Baking**

- 2 2/3 ozs Dark Organic Chocolate
- 3/4 cup Oats

**Bread, Fish, Meat & Cheese**

- 1 lb Beef Tenderloin
- 12 ozs Extra Lean Ground Chicken
- 1/3 cup Hummus
- 1 1/4 lbs Salmon Fillet
- 3 slices Whole Grain Bread

**Condiments & Oils**

- 2 1/4 tbsps Apple Cider Vinegar
- 1 3/4 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Pitted Kalamata Olives
- 3 tbsps Sunflower Seed Butter
- 1/4 cup Tamari

**Cold**

- 7 Egg
- 3 cups Plain Greek Yogurt
- 3/4 cup Unsweetened Almond Milk

**Other**

- 3/4 cup Vanilla Protein Powder
- 4 3/4 cups Water

# DAYS 15-21

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Breakfast	 12 Overnight Vanilla Protein Oats	 12 Overnight Vanilla Protein Oats	 12 Overnight Vanilla Protein Oats	 13 Strawberry Almond Protein Smoothie	 13 Strawberry Almond Protein Smoothie	 16 Mexican Scramble	 16 Mexican Scramble
Snack 1	 30 Baby Carrots & Hummus	 30 Baby Carrots & Hummus	 30 Baby Carrots & Hummus	 31 Yogurt & Berries	 31 Yogurt & Berries	 31 Yogurt & Berries	 31 Yogurt & Berries
Lunch	 22 Mason Jar Lentil Salad with Tahini Dressing	 22 Mason Jar Lentil Salad with Tahini Dressing	 22 Mason Jar Lentil Salad with Tahini Dressing	 27 Spicy Curried Kale & Quinoa Stir Fry	 27 Spicy Curried Kale & Quinoa Stir Fry	 27 Spicy Curried Kale & Quinoa Stir Fry	 27 Spicy Curried Kale & Quinoa Stir Fry
Snack 2	 32 Toast with Nut Butter, Banana & Hemp Seeds	 32 Toast with Nut Butter, Banana & Hemp Seeds	 32 Toast with Nut Butter, Banana & Hemp Seeds	 32 Hard Boiled Eggs	 32 Hard Boiled Eggs	 31 Sea Salt & Coconut Popcorn	 31 Sea Salt & Coconut Popcorn
Dinner	 21 One Pan Chicken Dinner	 21 One Pan Chicken Dinner	 21 One Pan Chicken Dinner	 21 One Pan Chicken Dinner	 28 Mason Jar Lentil Salad with Tahini Dressing	 28 Easy Chicken Fajitas	 28 Easy Chicken Fajitas

**DAY 15-21**

**Fruits**

- 1/2 Avocado
- 3 1/2 Banana
- 1/3 cup Blueberries
- 3 tbsps Lemon Juice
- 1 1/3 Lime
- 1/3 cup Raspberries
- 3 cups Strawberries

**Breakfast**

- 2/3 cup Almond Butter

**Seeds, Nuts & Spices**

- 1 1/2 tbsps Chia Seeds
- 1 1/2 tsps Chili Powder
- 1/3 tsp Cinnamon
- 1 1/4 tsps Cumin
- 1 1/3 tbsps Curry Powder
- 2 tbsps Ground Flax Seed
- 3 tbsps Hemp Seeds
- 1/2 tsp Paprika
- 1/3 cup Raw Peanuts
- 1 1/3 tsps Red Pepper Flakes
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

**Frozen**

- 4 cups Frozen Berries

**Vegetables**

- 2 1/4 cups Baby Carrots
- 2 1/4 cups Baby Kale
- 4 cups Brussels Sprouts
- 2 tbsps Cilantro
- 4 2/3 Garlic
- 3/4 Green Bell Pepper
- 5 1/3 stalks Green Onion
- 11 2/3 cups Kale Leaves
- 1 1/2 cups Purple Cabbage
- 2 Sweet Potato
- 1 Tomato
- 3/4 cup Watermelon Radish
- 1 3/4 Yellow Bell Pepper
- 3/4 Yellow Onion

**Boxed & Canned**

- 1 cup Black Beans
- 1 cup Lentils
- 2 tbsps Organic Salsa
- 2/3 cup Quinoa

**Baking**

- 1 1/3 tbsps Nutritional Yeast
- 1 1/2 cups Oats
- 1/2 cup Organic Popcorn Kernels

**Bread, Fish, Meat & Cheese**

- 1 1/2 lbs Chicken Breast
- 4 Corn Tortillas
- 3/4 cup Hummus
- 6 slices Whole Grain Bread

**Condiments & Oils**

- 1 tbsp Avocado Oil
- 1/4 cup Coconut Oil
- 3 1/8 tbsps Extra Virgin Olive Oil
- 1/3 cup Tahini
- 2 2/3 tbsps Tamari

**Cold**

- 10 2/3 Egg
- 4 cups Plain Greek Yogurt
- 4 1/2 cups Unsweetened Almond Milk

**Other**

- 1 cup Vanilla Protein Powder
- 1 1/2 cups Water

# DAYS 22-30

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Breakfast	 17 Blueberry Protein Smoothie	 17 Blueberry Protein Smoothie	 17 Blueberry Protein Smoothie	 14 Blueberry Overnight Oats	 14 Blueberry Overnight Oats	 18 Fried Egg Breakfast Sandwich	 18 Fried Egg Breakfast Sandwich	 12 Overnight Vanilla Protein Oats	 12 Overnight Vanilla Protein Oats
Snack 1	 30 Clean Trail Mix	 30 Clean Trail Mix	 30 Clean Trail Mix	 29 Rice Cake with Sunflower Seed Butter & Raspberries	 29 Banana with Peanut Butter	 29 Banana with Peanut Butter	 29 Banana with Peanut Butter	 22 Edamame	 22 Edamame
Lunch	 29 Burrito Bowl Mason Jar	 29 Burrito Bowl Mason Jar	 29 Burrito Bowl Mason Jar	 26 Cajun Chicken, Sweet Potatoes & Kale	 26 Cajun Chicken, Sweet Potatoes & Kale	 26 Cajun Chicken, Sweet Potatoes & Kale	 26 Cajun Chicken, Sweet Potatoes & Kale	 22 Mason Jar Lentil Salad with Tahini Dressing	 22 Mason Jar Lentil Salad with Tahini Dressing
Snack 2	 32 Almonds & Dark Chocolate	 32 Almonds & Dark Chocolate	 31 Rice Cake with Sunflower Seed Butter & Raspberries	 30 Banana with Peanut Butter	 30 Almonds & Dark Chocolate	 30 Edamame	 30 Edamame	 32 Toast with Nut Butter, Banana & Hemp Seeds	 32 Toast with Nut Butter, Banana & Hemp Seeds
Dinner	 25 Ginger Beef Stir Fry	 25 Ginger Beef Stir Fry	 25 Ginger Beef Stir Fry	 25 Ginger Beef Stir Fry	 20 Sesame Trout, Bok Choy & Quinoa	 20 Sesame Trout, Bok Choy & Quinoa	 20 Sesame Trout, Bok Choy & Quinoa	 28 Easy Chicken Fajitas	 28 Easy Chicken Fajitas

**DAYS 22-30**

**Fruits**

- 2 Avocado
- 5 Banana
- 3/4 cup Blueberries
- 3/4 cup Raspberries
- 3/4 Lime
- 2 tbsps Lemon Juice

**Breakfast**

- 3/4 cup All Natural Peanut Butter
- 2 tbsps Maple Syrup
- 2 Plain Rice Cake

**Seeds, Nuts & Spices**

- 1/3 cup Almonds
- 2 tbsps Cajun Spice
- 2 tbsps Chia Seeds
- 3/4 tsp Cinnamon
- 1 1/2 cups Clean Trail Mix
- 3 tbsps Ground Flax Seed
- 1/4 tsp Sea Salt
- 2 1/4 tbsps Sesame Seeds
- 1/2 cup Slivered Almonds
- 1 1/2 tbsps Chili Powder
- 3/4 tsp Cumin
- 2 tbsps Hemp Seeds

**Frozen**

- 3 cups Frozen Blueberries
- 2 cups Frozen Edamame

**Vegetables**

- 3 3/4 cups Baby Spinach
- 6 cups Bok Choy
- 3 stalks Celery
- 2 Garlic
- 1 tbsp Ginger
- 8 cups Kale Leaves
- 1 1/2 cups Baby Kale

- 3 cups Mushrooms
- 4 leaves Romaine
- 3 cups Snap Peas
- 2 Sweet Potato
- 2 Tomato
- 1 Yellow Onion
- 1/2 Green Bell Pepper
- 1 cup Purple Cabbage
- 1/2 Watermelon Radish
- 1/2 Yellow Bell Pepper

**Boxed & Canned**

- 1 1/2 cups Black Beans
- 1 1/2 cups Quinoa
- 1/3 cup Salsa
- 2/3 cup Lentils

**Baking**

- 2 2/3 ozs Dark Organic Chocolate
- 1 3/4 cup Oats

**Bread, Fish, Meat & Cheese**

- 1 lb Beef Tenderloin
- 1 3/4 lbs Extra Lean Ground Chicken
- 3 Rainbow Trout Fillet
- 7 ozs Chicken Breast
- 4 Corn Tortillas
- 8 slices Whole Grain Bread

**Condiments & Oils**

- 1 1/2 tbsps Avocado Oil
- 2 tbsps Coconut Oil
- 2 1/3 tbsps Extra Virgin Olive Oil
- 2 tbsps Sunflower Seed Butter
- 1/4 cup Tamari
- 1/4 cup Tahini

**Cold**

- 2 Egg
- 2 cups Unsweetened Almond Milk

**Other**

- 1 cup Vanilla Protein Powder
- 6 1/2 cups Water



## Overnight Vanilla Protein Oats

3 servings  
8 hours

### Ingredients

1 1/2 cups Oats (quick or traditional)  
1 1/2 tbsps Chia Seeds  
2 cups Unsweetened Almond Milk  
1/3 cup Vanilla Protein Powder  
1/3 cup Raspberries  
1/3 cup Blueberries  
1 1/2 tbsps Almond Butter

### Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

### Notes

Extra Garnish, Add cacao nibs, chocolate chips, seeds or nuts.  
Leftovers, Keep well in the fridge for 3 to 4 days.  
No Almond Butter, Omit, or use peanut butter or sunflower seed butter instead.  
Protein Powder, This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



## Strawberry Almond Protein Smoothie

1 serving

5 minutes

### Ingredients

1 1/2 cups Strawberries (frozen)  
1 Banana (small, frozen)  
1/4 cup Vanilla Protein Powder  
1 1/2 tbsps Almond Butter  
1 tbsp Ground Flax Seed  
1 1/4 cups Unsweetened Almond Milk

### Directions

- 1 Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

### Notes

**Nut-Free**, Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

**No Almond Milk**, Use coconut milk or cashew milk instead.

**Smoothie Consistency**, If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

**More Fiber**, Add in some chopped leafy greens like spinach or kale.

**Protein Powder**, This recipe was developed and tested using a plant-based protein powder.



## Blueberry Overnight Oats

**2 servings****8 hours**

### Ingredients

3/4 cup Oats  
3/4 cup Unsweetened Almond Milk  
1 tbsp Chia Seeds  
1 tbsp Maple Syrup  
1/2 tsp Cinnamon  
1/4 cup Water  
1/2 cup Blueberries  
1/2 cup Slivered Almonds

### Directions

- 1      Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2      Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!



## Avocado Breakfast Toast

2 servings

25 minutes

### Ingredients

- 1 Avocado (small, mashed)
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (small, sliced)
- 2 Egg (hard-boiled, peeled and sliced)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

### Notes

**How to Hard-Boil Eggs,** Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

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

**No Hard-Boiled Eggs,** Use fried, scrambled or poached eggs instead.

**Likes it Spicy,** Add a pinch of chili flakes or hot sauce to the mashed avocado.



## Mexican Scramble

1 serving

25 minutes

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/8 Yellow Onion (diced)
- 1/8 Green Bell Pepper (de-seeded and diced)
- 1 Garlic (cloves, minced)
- 1/2 Tomato (diced)
- 1/2 cup Black Beans (cooked, drained and rinsed)
- 1/4 tsp Cumin
- 1/4 tsp Paprika
- 1/4 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 2 Egg
- 1 1/2 tsps Unsweetened Almond Milk
- 2 tsps Nutritional Yeast
- 1/2 cup Kale Leaves (finely sliced)
- 1/4 Avocado (peeled and diced)
- 1 tbsp Organic Salsa
- 1 tbsp Cilantro (chopped)

### Directions

- 1 Heat olive oil in a large skillet over medium heat. Add onion, green pepper, garlic and tomatoes. Saute 5 minutes or until onion is translucent.
- 2 Add in black beans, cumin, paprika and turmeric. Season with sea salt and pepper to taste. Saute for another 2 to 3 minutes.
- 3 Mix together eggs, almond milk and nutritional yeast in a mixing bowl. Whisk well. Pour into skillet and continuously stir to scramble eggs while they cook.
- 4 Once eggs are cooked through, stir in the shredded kale. Continue to stir just until kale is wilted and then remove from heat.
- 5 Spoon into bowls and top with avocado, salsa and garnish with cilantro. Enjoy!

### Notes

Less ingredients, Skip the toppings (avocado, salsa and cilantro)



## Blueberry Protein Smoothie

1 serving

5 minutes

---

### Ingredients

1/4 cup Vanilla Protein Powder

1 tbsp Ground Flax Seed

1 cup Frozen Blueberries

1 cup Baby Spinach

1 cup Water (cold)

### Directions

- 1 Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

No Blueberries, Use any type of frozen berry instead.

No Protein Powder, Use hemp seeds instead



## Fried Egg Breakfast Sandwich

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

### Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 1 Egg
- Sea Salt & Black Pepper
- 2 leaves Romaine
- 1/4 Tomato (sliced)
- 1/4 Avocado (sliced)
- 2 slices Whole Grain Bread (toasted)

### Directions

- 1 Heat a small pan over medium heat. Warm the olive oil and crack the egg in the pan. Season with salt and pepper. Cook until the whites are set and the yolk is cooked to your liking.
- 2 To assemble the sandwich, layer the romaine leaves, tomato and avocado slices on one piece of toast. Add the egg and the remaining piece of toast on top to complete the sandwich. Serve immediately and enjoy.

### Notes

**Gluten-Free,** Use gluten-free bread instead of whole wheat bread.

**More Flavor,** Butter the toast before assembling the sandwich.

**Additional Toppings,** Add mayo, mustard, hot sauce or cheese to the sandwich.



## Thai Basil Turkey with Bok Choy & Rice

3 servings

25 minutes

### Ingredients

3/4 cup Jasmine Rice (dry)  
 2 1/4 tsps Coconut Oil  
 1 1/2 Thai Chili (stems removed and finely sliced)  
 4 1/2 stalks Green Onion (finely diced)  
 3 Garlic (cloves, minced)  
 12 ozs Extra Lean Ground Turkey  
 2 1/4 tsps Raw Honey  
 2 1/4 tbsps Tamari  
 3/4 cup Basil Leaves (fresh, chopped)  
 1 1/2 tsps Sesame Oil  
 3 cups Bok Choy (sliced in half lengthwise)

### Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Sauté for 1 to 2 minutes, or until onions are softened. Add the ground turkey and sauté for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and sauté for another minute, or until turkey is completely cooked through. Add the basil. Sauté until wilted and turn off the heat. Cover with a lid to keep warm.
- 3 Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
- 4 Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

### Notes

- No Rice, Use quinoa or roasted potatoes instead.
- Storage, Store in an airtight container in the fridge up to 3 days.
- Low Carb, Use cauliflower rice instead of jasmine rice.
- Make it Faster, Use green peas instead of bok choy.
- No Thai Chili, If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.
- Reheating Leftovers, Sauté in a skillet until warmed through.
- Vegan & Vegetarian, Replace the ground turkey with roasted chickpeas or warm lentils.



## Sesame Trout, Bok Choy & Quinoa

4 servings

20 minutes

### Ingredients

1 cup Quinoa (dry, uncooked)  
2 cups Water  
4 Rainbow Trout Fillet  
8 cups Bok Choy (baby, halved)  
2 tbsps Avocado Oil  
1/2 tsp Sea Salt  
1 tbsp Sesame Seeds

### Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
- 3 Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
- 4 Divide the quinoa, trout and bok choy onto plates. Enjoy!

### Notes

**Trout Fillets,** Each fillet should be approximately 159 grams or 5.6 ounces in size.

**No Trout,** Use salmon instead.

**Save Time,** Cook the quinoa ahead of time. Cooked quinoa can be refrigerated up to 7 days, or frozen in individual portions up to 8 months.

**Storage,** Refrigerate in an airtight container up to 2 to 3 days.

**Serving Size,** One serving is equal to 1 trout fillet, 3/4 cup of quinoa and 1.5 cups of bok choy.



## One Pan Chicken Dinner

3 servings

35 minutes

### Ingredients

- 12 ozs Chicken Breast
- 1/16 tsp Sea Salt
- 3 cups Brussels Sprouts (washed, trimmed and halved)
- 2 1/4 tsps Extra Virgin Olive Oil (plus extra for brushing)
- 1 1/2 Sweet Potato (washed and sliced in half)

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 3 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 4 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 5 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 6 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

### Notes

No Brussels Sprouts, Use broccoli, cauliflower or green beans instead. Roasting times will vary.

No Chicken Breast, Use turkey breast.

Vegans and Vegetarians, Replace chicken with roasted chickpeas.

Extra Time, Slice sweet potato into cubes or fries.



## Mason Jar Lentil Salad with Tahini Dressing

4 servings

30 minutes

### Ingredients

- 1/2 cup Tahini
- 3/4 cup Water
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Lemon Juice
- 1/2 tsp Sea Salt
- 2 cups Purple Cabbage (chopped)
- 1 cup Watermelon Radish (sliced thinly)
- 1 1/3 cups Lentils (cooked)
- 3 cups Baby Kale

### Directions

- 1 Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
- 2 Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

### Notes

- Leftovers, Store in the fridge for up to two days.
- More Flavor, Add herbs, chili flakes and/or garlic powder to the lentils.
- Additional Toppings, Add hemp seeds or pumpkin seeds.
- No Baby Kale, Use baby spinach, arugula or romaine instead.
- No Watermelon Radish, Use regular radish instead.
- Likes it Sweet, Add a little bit of maple syrup to the tahini dressing.



## Baked Salmon with Broccoli & Quinoa

4 servings

20 minutes

### 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)

### 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.



## Mediterranean Buddha Bowl

3 servings

10 minutes

### Ingredients

3/4 cup Quinoa (dry, uncooked)  
 3/4 head Romaine Hearts (chopped)  
 3/4 cup Chickpeas (cooked, from the can)  
 3/4 Cucumber (chopped)  
 3/4 Red Bell Pepper (chopped)  
 1/3 cup Red Onion (finely chopped)  
 1/3 cup Hummus  
 1/3 cup Pitted Kalamata Olives  
 3 tbsps Extra Virgin Olive Oil  
 2 1/4 tbsps Apple Cider Vinegar  
 1/3 tsp Italian Seasoning  
 1/16 tsp Sea Salt

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

### Notes

- No Hummus, Use tzatziki instead.
- More Protein, Top with crumbled feta cheese or cooked chicken breast.
- Prep Ahead, All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.
- More Flavour, Serve with a lemon wedge and black pepper.



## Ginger Beef Stir Fry

4 servings

30 minutes

### Ingredients

- 1/4 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Maple Syrup
- 1 tbsp Coconut Oil
- 1 lb Beef Tenderloin (sliced into strips)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (chopped)
- 3 cups Snap Peas
- 3 cups Mushrooms (sliced)

### Directions

- 1 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

### Notes

**Alternative Vegetables**, Use broccoli, carrots, bell peppers or any other vegetables you have on hand.

**More Carbs**, Serve with brown rice or quinoa.

**Vegan & Vegetarian**, Use cooked chickpeas or tofu instead of beef.

**No Beef**, Use diced chicken breast instead.

**More Greens**, Stir in kale or baby spinach until wilted.



## Cajun Chicken, Sweet Potatoes & Kale

3 servings

35 minutes

### Ingredients

- 1 1/2 Sweet Potato (medium, diced into 1/2 inch thick pieces)
- 2 1/4 tsps Extra Virgin Olive Oil
- 1 1/2 tbsps Cajun Spice (divided)
- 2 1/4 tsps Coconut Oil (divided)
- 12 ozs Extra Lean Ground Chicken
- 6 cups Kale Leaves (sliced)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
- 2 Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
- 3 Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
- 4 Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
- 5 Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

### Notes

No Ground Chicken, Use any type of ground meat.

Vegan & Vegetarian, Use lentils or chickpeas instead of chicken.

Storage, Store in an airtight container in the fridge up to 3 days.



## Spicy Curried Kale & Quinoa Stir Fry

4 servings

15 minutes

### Ingredients

2/3 cup Quinoa (uncooked)  
1 cup Water  
2 2/3 Egg (whisked)  
2 2/3 tbsps Coconut Oil  
1 1/3 Yellow Bell Pepper (thinly sliced)  
5 1/3 stalks Green Onion (chopped)  
2 2/3 Garlic (cloves, minced)  
10 2/3 cups Kale Leaves (chopped)  
1/3 tsp Sea Salt  
2 2/3 tbsps Tamari  
1 1/3 tsps Red Pepper Flakes  
1 1/3 tbsps Curry Powder  
1 1/3 Lime (cut into wedges)  
1/3 cup Raw Peanuts (chopped)

### Directions

- 1 Combine quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 2 Heat a skillet over medium heat. Add a splash of oil to make it non-stick and scramble your eggs. Transfer to a bowl and set aside.
- 3 Place the skillet back over medium heat and add the coconut oil. Add the yellow pepper and green onion. Saute until vegetables are tender (about 4 - 5 minutes).
- 4 Add in the garlic. Saute for another minute then add the kale, sea salt, tamari, chili flakes and curry powder. Stir for about 2 minutes or just until the kale is wilted. Turn off the heat.
- 5 Add in the eggs and cooked quinoa. Stir well to combine. Divide the stir fry onto plates and top with chopped peanuts. Squeeze a lime wedge over top. Enjoy!

### Notes

Extra Garnish, Serve with hot sauce and chopped cilantro for an added touch.  
Leftovers, Store covered in the fridge up to 3 days.



## Easy Chicken Fajitas

2 servings

20 minutes

### Ingredients

- 1 tbsp Avocado Oil
- 7 ozs Chicken Breast (sliced into strips)
- 1 1/2 tsps Chili Powder
- 3/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1/2 Green Bell Pepper (sliced)
- 1/2 Yellow Bell Pepper (sliced)
- 1/2 Yellow Onion (sliced)
- 4 Corn Tortillas

### Directions

- 1 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
- 2 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
- 3 Divide chicken and peppers between tortillas. Enjoy!

### Notes

**Optional Toppings**, Salsa, guacamole, shredded cheese, sour cream, cilantro and/or hot sauce.

**Vegetarian Option**, Use sliced mushrooms instead of chicken.

**Grain-Free**, Use lettuce wraps instead of corn tortillas.

**No Chicken Breast**, Use boneless, skinless chicken thighs, ground meat or sliced steak instead.

**Leftovers**, Store chicken and peppers in an airtight container in the fridge for up to three days. Reheat, then serve with tortillas.

**Serving Size**, One serving is equal to two fajitas.



## Burrito Bowl Mason Jar

3 servings

25 minutes

### Ingredients

3/4 cup Quinoa  
 1 1/2 cups Water  
 12 ozs Extra Lean Ground Chicken  
 1/3 cup Salsa  
 1 1/2 Avocado (peeled and diced)  
 1 1/2 Tomato (diced)  
 3/4 cup Baby Spinach (chopped)  
 1 1/2 cups Black Beans (cooked, drained and rinsed)  
 3/4 Lime (juiced)  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
- 3 Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of organic salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

# SNACKS

## Banana with Peanut Butter

1 serving  
5 minutes

### Ingredients

1 Banana (peeled and sliced)  
2 tbsps All Natural Peanut Butter

### Directions

- 1 Spread peanut butter across banana slices. Happy snacking!

### Notes

No Peanut Butter, Use any nut or seed butter.  
More Protein, Sprinkle with hemp seeds.

## Clean Trail Mix

3 servings  
2 minutes

### Ingredients

1 1/2 cups Clean Trail Mix

### Directions

- 1 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 2 Pour into bowl and snack away!

## Edamame

2 servings  
5 minutes

### Ingredients

1 cup Frozen Edamame (shelled, thawed)

### Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

### Notes

Storage, Refrigerate in an airtight container up to 4 days.

## Baby Carrots & Hummus

4 servings  
5 minutes

### Ingredients

3 cups Baby Carrots  
1 cup Hummus

### Directions

- 1 Divide carrots between bowls. Serve with hummus on the side for dipping.  
Enjoy!

### Notes

No Baby Carrots, Use celery sticks, cucumber slices or sliced bell peppers instead..  
Like it Spicy, Top with a pinch of cayenne pepper or chili powder.

## Sea Salt & Coconut Popcorn

1 serving  
10 minutes

### Ingredients

1/4 cup Organic Popcorn Kernels  
1 tbsp Coconut Oil  
1/2 tsp Sea Salt

### Directions

- 1 In a tall, deep pot, heat oil over medium heat for 5 minutes. Pour kernels in with oil and quickly cover with lid. Give the pot a quick shake and place back on heat.
- 2 Let kernels pop. Shake the pot when popping slows down holding the lid on tightly.
- 3 Remove from heat when popping stops. Pour into a bowl immediately to avoid the popcorn burning. Sprinkle with sea salt to taste. Enjoy! (Note: Never, ever, EVER leave stove top popcorn unattended.)

## Rice Cake with Sunflower Seed Butter & Raspberries

1 serving  
5 minutes

### Ingredients

1 Plain Rice Cake  
1 tbsp Sunflower Seed Butter  
1/4 cup Raspberries

### Directions

- 1 Spread sunflower seed butter onto the rice cake and top with raspberries. Enjoy!

### Notes

No Sunflower Seed Butter, Use any nut or seed butter instead.  
More Flavor, Top each rice cake with a drizzle of maple syrup, honey or a pinch of cinnamon.  
More Fiber, Garnish with hemp seeds, chia seeds or ground flax seeds.  
No Raspberries, Use blueberries, blackberries or sliced strawberries instead.

## Yogurt & Berries

3 servings  
5 minutes

### Ingredients

3 cups Plain Greek Yogurt  
3 cups Frozen Berries (thawed)

### 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.

## Hard Boiled Eggs

2 servings  
15 minutes

### Ingredients

4 Egg

### Directions

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

### Notes

Leftovers, Refrigerate in a covered container with the shell on for up to 7 days.  
Easier to Peel, Add salt to the water while boiling.

## Toast with Nut Butter, Banana & Hemp Seeds

1 serving  
5 minutes

### Ingredients

2 slices Whole Grain Bread (toasted)  
2 tbsps Almond Butter  
1/2 Banana (sliced)  
1 tbsp Hemp Seeds  
1/8 tsp Cinnamon

### Directions

- 1 Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

### Notes

No Hemp Seeds, Omit or use sunflower seeds or pumpkin seeds instead.  
Gluten-Free, Use a certified gluten-free bread.  
Nut-Free, Use sunflower seed butter instead.

## Dark Chocolate & Walnuts

3 servings  
5 minutes

### Ingredients

3/4 cup Walnuts  
2 2/3 ozs Dark Organic Chocolate (at least 70% cacao)

### Directions

- 1 Divide dark chocolate and walnuts between bowls. Enjoy!

## Almonds & Dark Chocolate

3 servings  
3 minutes

### Ingredients

2 2/3 ozs Dark Organic Chocolate (at least 70% cacao)  
1/3 cup Almonds

### Directions

- 1 Divide between bowls. Enjoy!