

Breakfast

BREAKFAST BENTO BOX

~10 minutes to prep

Ingredients for four servings:

8 hard-boiled eggs
4 slices sourdough bread
4 tbsp almond butter
1 box Amylu Breakfast Meatballs

Ingredients for four servings:

2 hard-boiled eggs
1 slices sourdough bread
1 tbsp almond butter
3 Amylu Breakfast Meatballs

Instructions:

Meal prep the following:

- 1.Place 8 eggs in a pot, cover with water, and bring to a boil.
- 2.Once boiling, cover, remove from heat, and let sit for 10–12 minutes.
- 3.Drain and transfer to an ice bath. Once cool, peel and store in the fridge.

The night before (or morning of):

- 1.Lightly toast slice of bread. Spread nut butter on. Wrap in foil to keep from getting soggy.
- 2.Microwave your meatballs according to package instructions.
- 3.In your meal prep container, pack the following: peeled hard-boiled eggs, sourdough bread w/ almond butter and meatballs. Enjoy!

APPLE PIE OVERNIGHT OATS

~15 minutes to prep

Ingredients for four servings

1 ½ cups rolled oats
4 scoops vanilla protein powder
1 cup 0% greek yogurt
1/2 cup almond milk

Honey

Cinnamon

Topping:

2 apples

Nut butter of choice

Ingredients for single serving

⅓ cups rolled oats

1 scoop vanilla protein powder

1/4 cup 0% greek yogurt

1/8 cup almond milk

1 tsp Honey

½ - 1 tsp Cinnamon

Topping:

½ apple, cubed

1 tbsp nut butter

Instructions:

Make the night before or morning of:

1. In a food processor, blend oats, protein powder, yogurt, almond milk, honey, and cinnamon.

2. Once blended, transfer to a bowl or container.

3. Chop half your apple and combine with cinnamon in a microwave safe bowl. Stir to evenly coat the cinnamon. Microwave to soften for 30-45 seconds.

4. Top your blended oats with cinnamon apples and nut butter. Enjoy!

WAFFLE STICKS & DIP

~15 minutes to prep

Ingredients for three servings

6 protein waffles

1 cup whole milk cottage cheese

1 scoop protein powder

1 tsp cinnamon + more for sprinkle
on top

1 tbsp honey + more for drizzle on
top

Nut butter

Ingredients for one serving

2 protein waffles

1/3 cup whole milk cottage cheese

1/3 scoop protein powder

1/2 tsp cinnamon + more for sprinkle

on top

1 tsp honey + more for drizzle on top

1 tbsp nut butter

Instructions:

1. Make your protein dip by blending your cottage cheese, protein powder, cinnamon, and honey in a food processor.

2. Toast your waffles to desired doneness. Slice into sticks.

3. Serve with protein dip. Drizzle nut butter and honey on protein dip or over waffle sticks. Enjoy!

EASY CHEESY SCRAMBLE

~20 minutes to prep

Ingredients for three servings

6 eggs

1 1/2 cups egg whites

6 tbsp parm cheese, grated

3 slice sourdough, toasted

3 cups arugula

Salt & pepper to taste

Hot sauce, if desired

Ingredients for one serving

2 eggs

1/2 cups egg whites

2 tbsp parm cheese, grated

1 slice sourdough, toasted

1 cups arugula

Salt & pepper to taste

Hot sauce, if desired

Instructions:

Make the morning of:

1. Whisk together eggs, egg whites, parm cheese, and salt / pepper to taste.

2. Pour your egg / cheese mixture into the skillet and cook over medium high heat until the eggs are done.

3. Toast your piece of sourdough. Serve eggs on sourdough and top with arugula. Add hot sauce, if desired. Enjoy!

STRAWBERRY BREAKFAST BOWL

~10 minutes to prep

Ingredients for four servings:

4 protein waffles

2 cups low-fat cottage cheese

1 cup strawberries, chopped

Honey

12 Amylu meatballs (I like the cherry ones to go with this breakfast)

Ingredients for one servings:

1 protein waffles

½ cup low-fat cottage cheese

1/4 cup strawberries, chopped

1 tsp honey

3 Amylu meatballs (I like the cherry ones to go with this breakfast)

Instructions:

1. Warm meatballs and toast the waffle.
2. Mix cottage cheese with strawberries and honey.
3. Serve waffle on the side, or spread with cottage cheese mix.

SMOKED SALMON EGG BOX

~20 minutes to prep

Ingredients for four servings:

8 hard-boiled eggs

8 oz smoked salmon

4 slices Sourdough

4 tbsp whipped cream cheese
Pint cherry tomatoes, halved
Arugula
1 lemon (for juice)
Salt, pepper, and optional fresh dill
for garnish

Ingredients for one serving:

2 hard-boiled eggs
2 oz smoked salmon
1 slices Sourdough
1 tbsp whipped cream cheese
½ cup cherry tomatoes, halved
1-2 handfuls arugula
Squeeze of lemon juice
Salt, pepper, and optional fresh dill
for garnish

Instructions:

Meal prep the night before or morning of:

1. Boil the eggs if not pre-cooked: Cover eggs with cold water, bring to a boil, cover and remove from heat. Let sit for 10–12 minutes, then transfer to ice bath to cool and peel.
 2. Toast the bread to your desired crispness.
 3. Prepare the salad: Toss arugula and cherry tomatoes with lemon juice, salt, and pepper. Add chopped dill if using.
 4. Assemble your box: Spread cream cheese on toast. Plate with sliced hard-boiled eggs and smoked salmon. Serve with the arugula and tomato salad on the side.
- Store components separately for easy assembly throughout the week. Eggs and salad can be prepped in advance.

EGG WHITE & TURKEY SAMMY

~15 minutes to prep

Ingredients for three servings

3 english muffin (freeze leftovers)
1 carton egg whites
1 pack Applegate deli turkey breast
Sliced cheese of choice
1 bag of spinach
Optional: Hot sauce

Ingredients for one serving

- 1 english muffin (freeze leftovers)
- 2/3 cup carton egg whites
- 2-3 slices Applegate deli turkey breast
- 1 slice cheese of choice
- 1 handful of spinach
- Optional: Hot sauce

Instructions:

1. Split and toast both halves of your english muffin until golden.
2. Heat a pan over medium heat sprayed with olive oil. Add egg whites, season with salt and pepper, and scramble or cook as a patty-style round until set. Place on top of your English muffin.
3. Add turkey slices to the pan just to warm through, then place cheese on top to melt slightly. Add on top of your eggs.
4. Top with hot sauce or mustard if desired.
5. Close with the top half of the muffin.
6. Sauté your spinach in the same pan and serve!

EASY BREAKFAST PLATE

~10 minutes to prep

Ingredients for four servings:

- 4 egg
- 2 cups egg whites
- 4 tbsp parm cheese
- 1 pack turkey bacon
- ~2 pints of fresh fruit

Ingredients for one servings:

- 1 egg
- 1/2 cups egg whites
- 1 tbsp parm cheese
- 2-3 slices turkey bacon
- ½ - ⅔ cup fresh fruit

Instructions:

- 1.Heat a skillet over medium heat. Add the turkey bacon and cook for 3–4 minutes per side, or until crispy. Remove from the pan and set aside.
- 2.In a bowl, whisk together the whole egg and egg whites with salt and pepper.
- 3.Pour the mixture into the same skillet (lightly sprayed with cooking spray if needed).
- 4.Cook over medium heat, stirring gently until the eggs are just set. When the eggs are almost fully cooked, sprinkle the parmesan cheese on top. Stir gently to melt the cheese into the scramble.
- 5.Place the scrambled eggs and turkey bacon on a plate. Add fresh fruit on the side. Enjoy!

PB WAFFLES

~10 minutes to prep

Ingredients for three servings:

- 6 Kodiak Cake Waffles or 365 Protein Buttermilk Waffles
- 1 1/2 cup non-fat greek yogurt
- 3 tbsp peanut butter
- 3 tsp honey

Ingredients for one serving:

- 1 Kodiak Cake Waffles or 365 Protein Buttermilk Waffles
- 1/2 cup non-fat greek yogurt
- 1 tbsp peanut butter
- 1 tsp honey

Instructions:

- 1.Toast the waffles in a toaster until golden and crisp.
- 2.In a small bowl, mix the Greek yogurt with honey until smooth and combined.
- 3.Plate the toasted waffles, top with honey yogurt, and drizzle the peanut butter on top. Enjoy!

BREAKFAST PLATE

~10 minutes to prep

Ingredients for four servings:

- 4 protein waffles (I like 365 Brand, Birch Benders, or Kodiak Cakes)
- 1 cup non-fat greek yogurt

Honey

1 box Amylu breakfast meatballs

Ingredients for one serving:

1 protein waffles (I like 365 Brand, Birch Benders, or Kodiak Cakes)

1/4 cup non-fat greek yogurt

1 tsp honey

3 Amylu breakfast meatballs

Instructions:

Meal prep the night before or morning of:

1. Microwave the meatballs for 1.5 minutes to warm.

2. Toast the waffle in a toaster until golden and crisp (about 2–3 minutes).

3. In a small bowl, mix 1/4 cup non-fat Greek yogurt. Stir in a dash of cinnamon or a drop of vanilla extract for flavor with a drizzle of honey.

4. Serve the toasted waffle with the yogurt and meatballs. You can spread the yogurt on the waffle or use it as a dip for sweet-savory contrast.

BREAKFAST BENTO BOX

~25 minutes to prep

Ingredients for four servings:

8 hard-boiled eggs

4 slice sourdough, toasted

4 tbsp cream cheese w/ Everything But the Bagel seasoning

1 box Amylu breakfast sausages

Ingredients for one serving:

2 hard-boiled eggs

1 slice sourdough, toasted

1 tbsp cream cheese w/ Everything But the Bagel seasoning

3 Amylu breakfast sausages

Instructions:

Meal prep your hard boiled eggs:

1. Arrange eggs in a single layer at the bottom of a saucepan or pot. Cover the eggs with cold water until there's about 1 inch of water above them.

2. Place the pot over medium-high heat and bring the water to a full rolling boil.

3. Once boiling, turn off the heat, cover the pot with a lid, and let sit for 10–12 minutes: 10 minutes = slightly softer yolk or 12 minutes = fully cooked yolk.

4. While eggs are sitting, fill a large bowl with ice water. Use a slotted spoon to move

eggs into the ice bath. Let them sit for at least 5–10 minutes to stop cooking and make peeling easier.

5. Crack and peel eggs under running water for easiest results. Store peeled or unpeeled in the fridge for up to 1 week.

Make the night before or morning of:

1. Microwave your sausages for 1.5 minutes until warmed.

2. Toast slice of sourdough bread to your desired crispness.

3. Peel hard-boiled eggs (if not already done) and slice in half.

4. Assemble your plate: Plate the toast, sausage links, and hard-boiled eggs. Add the cream cheese to your plate (or container) for spreading on your bread. Sprinkle with Everything But the Bagel seasoning if desired.

SCRAMBLED EGG PLATE

~10 minutes to prep

Ingredients for three servings

6 eggs

1 ½ cup egg whites

3 slice sourdough

Butter

Box of arugula

Sauerkraut

Ingredients for one serving

2 eggs

½ cup egg whites

1 slice sourdough

~½ tbsp Butter

1-2 handfuls arugula

Sauerkraut, as much as desired

Instructions:

Make the morning of:

1. Toast sourdough bread until golden. Spread with butter while warm and set aside.

2. In a small bowl, whisk together eggs and egg whites until well combined. Add salt, pepper, and any other seasonings of choice.

3. Heat a skillet over medium heat. Pour in the egg mixture and cook, stirring gently with a spatula until just set (about 2–3 minutes). Remove from heat.

4. Place a handful of arugula on your plate. Spoon sauerkraut directly over the arugula. Add some cracked pepper

5. Add the scrambled eggs beside or on top of the greens and sauerkraut.

6. Serve with your toasted sourdough on the side.

BREAKFAST PLATE

~10 minutes to prep

Ingredients for four servings:

8 hard-boiled eggs (2 per bowl)
2 cups low-fat cottage cheese (½ cup per bowl)
8 turkey breakfast sausage links (2 per bowl)
2 cups cherry tomatoes, halved (½ cup per bowl)
1 cup fermented sauerkraut (¼ cup per bowl)
Salt, pepper, dried dill, red pepper flakes (to taste)

Ingredients for one serving:

2 hard-boiled eggs (2 per bowl)
1/2 cups low-fat cottage cheese
2 turkey breakfast sausage links
1/2 cups cherry tomatoes, halved
1/4 cup fermented sauerkraut
Salt, pepper, dried dill, red pepper flakes (to taste)

Instructions:

Meal prep the night before:

1. Cook the turkey sausage according to package instructions (I microwave).
2. Slice the hard-boiled eggs in half or rounds (follow instructions from week 1).

Assemble your bowl:

1. Add the cottage cheese to one side.
2. Arrange the sliced eggs next to it.
3. Add the sausage, cherry tomatoes, and sauerkraut.
4. Season the eggs with salt, pepper, dill, and red pepper flakes.

TROPICAL WAFFLES

~10 minutes to prep

Ingredients for three servings

6 Kodiak Power Waffles
2 cups non-fat Greek yogurt
2 cups pineapple chunks

3 tbsp unsweetened coconut flakes
Optional: squeeze of lime for brightness

Ingredients for one serving
2 Kodiak Power Waffles
1/2 cup non-fat Greek yogurt
1/2 cup pineapple chunks
1 tbsp unsweetened coconut flakes
Optional: squeeze of lime for brightness

Instructions:

Make the morning of:

1. Toast the waffles in a toaster until golden and crisp.
2. Plate the toasted waffles, top with yogurt, and pineapple. Sprinkle with coconut flakes and squeeze of lime. Enjoy!

PEACH YOGURT BOWL

~10 minutes to prep

Ingredients for four servings:
2 cups non-fat Greek yogurt
4 scoops protein powder
2 peaches or 1 can of peaches
(can is easier in terms of not
needing to make sure it's ripe -
make sure no added sugar)
8 tbsp basil seeds
Water
Purely Elizabeth granola (I like
original)
2 tbsp almond butter

Ingredients for one serving:
1/2 cups non-fat Greek yogurt
1 scoops protein powder
1/2 peach or ~1/3 cup canned peaches
2 tbsp basil seeds
~1/4 cup water
1/8 cup Purely Elizabeth granola
1/2 tbsp almond butter

Instructions:

Meal prep the night before:

1. Add Greek yogurt to a bowl and stir in protein powder, basil seeds, and water. If using a food processor, combine yogurt and protein powder first. Then transfer to a bowl and mix in your basil seeds and water.
2. Layer on peaches, granola, and drizzle with nut butter. Enjoy!

BLUEBERRY WAFFLES

~10 minutes to prep

Ingredients for three servings

6 Frozen Kodiak Cake Power

Waffles

1 ½ cups non-fat greek yogurt

3 tsp honey

1 ½ cup fresh or frozen blueberries

(1 pint fresh or 1 bag frozen)

Ingredients for one serving

2 Frozen Kodiak Cake Power

Waffles

½ cup non-fat greek yogurt

1 tsp honey

½ cup fresh or frozen blueberries (1 pint fresh or 1 bag frozen)

Instructions:

Make the morning of:

1. Toast the waffles in a toaster until golden and crisp.
2. In a small bowl, mix the Greek yogurt with honey until smooth and combined.
3. Warm the blueberries (if frozen): Microwave for 30–60 seconds until soft and juicy. If using fresh, skip this step.
4. Plate the toasted waffles, top with honey yogurt, and spoon the blueberries over everything. Enjoy!

PEACH WAFFLES

~10 minutes to prep

Ingredients for four servings

Frozen Kodiak Cake Power Waffles

(or 365 Protein Waffles)

1 1/3 cups non-fat greek yogurt

4 tsp honey

1 bag frozen peaches

Cinnamon

Ingredients for one serving

2 Frozen Kodiak Cake Power Waffles (or 365 Protein Waffles)

1/3 cups non-fat greek yogurt

1 tsp honey

½ cup frozen peaches

½ - 1tsp cinnamon

Instructions:

Make the morning of:

1. Toast the waffles in a toaster until golden and crisp.

2. In a small bowl, mix the Greek yogurt with honey until smooth and combined.

3. Microwave your peaches with a few shakes of cinnamon for 30–60 seconds until soft and juicy.

4. Plate the toasted waffles, top with honey yogurt, and spoon the peaches over everything. Enjoy!

BREAKFAST BOWL

~20 minutes to prep

Ingredients for four servings

1 box of arugula

1 pack microwave brown rice

2 cartons of egg whites

1 box Amylu Chicken Breakfast

Meatballs

1 avocado

Ingredients for one serving

1-2 handfuls arugula

½ cup microwave brown rice

¾ cup egg whites

3 Amylu Breakfast Meatballs

¼ avocado, sliced

Instructions:

1. In a skillet over medium high heat, pour in the egg whites and scramble for 2–3 minutes until fully set. Season with salt and pepper.
2. Cook your brown rice in the microwave according to the package instructions.
3. Cook your meatballs in the microwave according to the package instructions.
4. Start with base of arugula, then top with scrambled egg whites, warm brown rice, and meatballs.
5. Add sliced avocado on top!

EASY SUMMER SCRAMBLE

~20 minutes to prep

Ingredients for four servings

- 4 eggs
- 2 cup egg whites
- 1 bag frozen garden veggie blend from Whole Foods
- 1 large yellow onion, chopped
- 1 avocado
- Fresh berries of choice (2 cups)

Ingredients for one serving

- 1 eggs
- ½ cup egg whites
- ¼ bag frozen garden veggie blend from Whole Foods
- ¼ large yellow onion, chopped
- ¼ avocado
- ½ cup fresh berries of choice

Instructions:

Meal prep the following:

1. Sauté onion for 5-7 minutes until translucent. Add in your frozen veggies and continue to cook until veggies are warmed through and slightly browned (~8 minutes). Season to preference (I like to do an Herbes de Provence blend).
2. Remove from heat and store in an airtight container.

Make the morning of:

1. Add veggie mixture to a skillet to warm.
2. Add and scramble eggs/whites with S+P.
3. Plate and top with avocado. Serve with side of berries!

BREAKFAST TACOS

~15 minutes to prep

Ingredients for three servings

Flour Tacos

3 eggs

1 ½ cups egg whites

Smoked Salmon

Salt and pepper, to taste

Optional: Serve with a side of arugula with lemon + s&p!

Ingredients for one serving

2 flour Tacos

1 egg

½ cups egg whites

2 oz smoked salmon

Salt and pepper, to taste

Optional: Serve with a side of arugula with lemon + s&p!

Instructions:

1. In a skillet over medium high heat, spray your pan with cooking spray and toast your tortillas on each side.
2. In the same skillet, add in your egg + egg white mixture. Scramble your eggs and top the tortillas.
3. Add your smoked salmon. Enjoy!

PB & J PROTEIN SHAKE

~20 minutes to prep

Ingredients for four servings:

4 cups frozen strawberries

4 scoops vanilla protein powder

4 tablespoons peanut butter

4 tablespoons basil seeds

2 cups unsweetened almond milk

2 cups water

4 handfuls of ice

Ingredients for one serving:

1 cup frozen strawberries
1 scoop vanilla protein powder
1 tablespoons peanut butter
1 tablespoon basil seeds
1/2 cups unsweetened almond milk
1/2 cups water
1 handful of ice

Instructions:

Make the morning of:

1. In a high-speed blender, combine all ingredients.
2. Blend until smooth and creamy.
3. Add a splash more almond milk if needed to reach your desired consistency. Enjoy!

EASY CHEESY SCRAMBLE

~20 minutes to prep

Ingredients for three servings

6 eggs
1.5 cup egg whites
6 tbsp parm cheese, grated
3 slice sourdough, toasted
Butter
Arugula
Salt & pepper to taste
Hot sauce, if desired

Ingredients for one serving

2 eggs
1/2 cup egg whites
2 tbsp parm cheese, grated
1 slice sourdough, toasted
~1/2 tbsp Butter
1-2 handfuls arugula
Salt & pepper to taste
Hot sauce, if desired

Instructions:

Make the morning of:

1. Whisk together eggs, egg whites, parm cheese, and salt / pepper to taste.
2. Pour your egg / cheese mixture into the skillet and cook over medium high heat until the eggs are done.
3. Toast your piece of sourdough. Serve eggs on sourdough and top with arugula. Add hot sauce, if desired. Enjoy!

BREAKFAST SAUSAGE BOWL

~40 minutes to prep

Ingredients for four servings

- 1 medium onion, yellow
- Amylu andouille chicken sausages
- 1 bag alexia sweet potato fries
- 3 cups kale 1 small bunch, rinsed and chopped
- Salt & pepper to taste
- 4 eggs
- 2 cups egg whites

Ingredients for one servings

- 1/4 medium onion, yellow
- 1 pack Amylu andouille chicken sausages
- 1/4 bag Alexia sweet potato fries
- ~3/4 cups kale, rinsed and chopped
- Salt & pepper to taste
- 1 eggs
- 1/2 cups egg whites

Instructions:

Meal prep the following:

1. Preheat oven to 400F. Chop onion and sausage.
2. Add chopped items and sweet potato fries to a sheet pan with a sprinkle of salt and pepper. Mix well and spread into a single layer.
3. Bake for 25 minutes – flipping after ~10 minutes
4. While the hash is baking, rinse and chop your kale.
5. After the hash has baked for 25 minutes, add in the kale and bake for an additional 5 minutes.
6. Store in an airtight container.

Morning of:

1. Over medium-high heat, spray a fry pan with a little oil. Scramble egg + egg whites with salt and pepper until fully cooked.

2. Warm the hash in the microwave. Serve topped with eggs!

PB OVERNIGHT OATS

~20 minutes to prep

Ingredients for four servings:

1 1/3 cup rolled oats
4 scoop protein powder
4 scoop powdered pb
1 1/3 cups greek yogurt, non-fat
4 tbsp basil seeds
Water
Fresh strawberries

Ingredients for one serving:

1/3 cup rolled oats
1 scoop protein powder
1 scoop powdered pb
1/3 cups greek yogurt, non-fat
1 tbsp basil seeds
~1/4 cup water
1/2 fresh strawberries

Instructions:

Meal prep the night before:

1. In a small container, add the base ingredients: oats, protein powder, powdered peanut butter, greek yogurt, basil seeds, and water (start with 1/4 cup). Stir well and make sure all oats are submerged. You may need to add an extra splash of water.
2. Chop your strawberries and top your overnight oats before enjoying.

STRAWBERRY PUDDING

~10 minutes to prep

Ingredients for four servings

2 cups non-fat greek yogurt
4 scoops protein powder
4 tsp maple syrup
8 tbsp basil seeds
Water

1 bag frozen strawberries
2 tbsp nut butter of choice

Ingredients for one servings
1/2 cup non-fat greek yogurt
1 scoops protein powder
1 tsp maple syrup
2 tbsp basil seeds
¼ cup water
½ cup frozen strawberries
½ tbsp nut butter of choice

Instructions:

Make the evening before:

1. In a food processor, combine your yogurt, protein powder, and maple syrup.
2. Transfer to a small bowl or jar, combine the yogurt mixture, basil seeds, maple syrup, and water. Stir well until evenly mixed. Let sit for 5–10 minutes to allow the basil seeds to absorb and thicken the mixture. If necessary, add additional water.
3. Place the frozen strawberries in a microwave-safe bowl and heat for about 1 minute until soft. Mash with a fork to create a chunky sauce.
4. Spoon the mashed strawberries over the yogurt mixture.
5. Drizzle the nut butter over the top. Enjoy!

BLUEBERRY PROTEIN SHAKE

~10 minutes to prep

Ingredients for four servings
2 frozen banana
2 cups frozen blueberries
4 scoop vanilla protein powder
4 cups almond milk
8 tbsp peanut butter
Water
Ice

Ingredients for one serving
½ frozen banana
½ cup frozen blueberries
1 scoop vanilla protein powder

1 cup almond milk
2 tbsp peanut butter
Water, amount depends on desired consistency
Handful of ice

Instructions:

Make the morning of:

1. Add the frozen banana, blueberries, protein powder, almond milk, and water (add amount dependent on desired consistency) to a blender.
2. Add the almond butter and a handful of ice to the blender.
3. Blend on high for 30–60 seconds, or until smooth and creamy.
4. Pour into a glass and enjoy immediately!

BREAKFAST TOAST

~25 minutes to prep

Ingredients for four servings

4 slice sourdough bread
4 egg
2 cups egg whites
1 cup low-fat cottage cheese
1 avocado
1 bag arugula
1 jar pickled red onion
Salt, pepper, and red chili flakes (optional)

Ingredients for one serving

1 slice sourdough bread
1 egg
1/2 cup egg whites
1/4 cup low-fat cottage cheese
1/4 avocado
1-2 handfuls arugula
1-2 tbsp pickled red onion
Salt, pepper, and red chili flakes (optional)

Instructions:

Make the morning of:

1. Toast the sourdough until golden.
2. In a nonstick skillet, scramble the egg + egg whites + cottage cheese over medium

heat. Stir frequently until soft and fluffy. Season with salt and pepper.

3.Layer the toasted bread with: A handful of arugula, the scrambled egg mixture, sliced avocado, pickled onions on top.

4.Sprinkle with red chili flakes if desired. Serve warm!

BREAKFAST HASH

~30 minutes to prep

Ingredients for four servings

1 box arugula

1 bag Alexia Waffle Cut Sweet

Potato Fries

16 oz ground turkey, lean

8 soft boiled eggs

Salt + Pep + Garlic Powder

Hot sauce

Ingredients for one serving

1-2 handfuls arugula

1 serving Alexia Waffle Cut Sweet Potato Fries

4 oz ground turkey, lean

2 soft boiled eggs

Salt + Pep + Garlic Powder

Hot sauce

Instructions:

1.Cook your sweet potato fries according to the package instructions. Once cooked, store in an airtight container.

2.While your sweet potato fries bake, prep your soft boiled (or hard boiled) eggs. Bring water to a boil in a pot (enough to fully cover the eggs). Gently lower in cold eggs with a spoon. Boil for exactly 6½ minutes for jammy yolks (10 minutes for hard boiled). Immediately transfer to an ice bath for 1–2 minutes (5-10 minutes for hard boiled). Gently peel and store!

3.Cook your ground turkey in a large skillet over medium-high heat, seasoned with salt, pepper, and garlic powder.

4.Build your bowl: lay your base of arugula and sweet potato fries. Add in your ground turkey and soft boiled eggs. Crack on some fresh black pepper and drizzle with hot sauce (or any other sauce your prefer)!

PB&J YOGURT BOWL

~15 minutes to prep

Ingredients for four servings

2 cups greek yogurt, non-fat

4 scoop protein powder

1 cup rolled oats

4 tbsp peanut butter

2 cups frozen raspberries, defrosted and smashed

Ingredients for one serving

½ cups greek yogurt, non-fat

1 scoop protein powder

¼ cup rolled oats

1 tbsp peanut butter

½ cup frozen raspberries, defrosted and smashed

Instructions:

Make in single servings the night before:

1. In your food processor, combine your greek yogurt and protein powder. Once smooth, transfer to a bowl. Add in your rolled oats and ~2-3 tbsp water. Combine well.
2. Defrost your raspberries in the microwave, by microwaving them for 30-45 seconds with a drizzle of honey. Once defrosted, smash with a fork.
3. Top your yogurt/oat bowl with peanut butter, creating a layer on top. Add on your smashed raspberries.
4. Store in the fridge overnight. Enjoy the next morning!

PESTO EGGS & TOAST

~20 minutes to prep

Ingredients for four servings

4 eggs

2 cups egg whites

4 tbsp pesto

8 slices oven roasted turkey (1 pack Applegate Turkey)

1 bag spinach

4 slices sourdough, toasted

Ingredients for one serving

1 egg

½ cup egg whites

1 tbsp pesto

2 slices oven roasted turkey (1 pack Applegate Turkey)

1-2 handfuls spinach

1 slices sourdough, toasted

Instructions:

1. Whisk together egg, egg whites, pesto, and salt / pepper to taste.
2. Chop your turkey and spinach. Add chopped turkey and spinach to a skillet and saute over medium-high heat for 4-6 minutes.
3. Pour your egg / pesto mixture into the skillet. Cook until eggs are done.
4. Toast your piece of sourdough. Serve eggs on sourdough. Enjoy!

PESTO QUINOA PROTEIN BOWL

~15 minutes to prep

Ingredients for four servings

4 cups quinoa, cooked

8 tbsp pesto

1 lb ground turkey

8 jammy eggs

Ingredients for one serving

1 cup quinoa, cooked

2 tbsp pesto

4 oz ground turkey

2 jammy eggs

Instructions:

1. Cook quinoa on stovetop according to package to yield 2 cups. Add a tbsp of olive oil and a few shakes of salt to the water. Once cooked, set aside.
2. Heat a pan over medium heat. Add the ground turkey and break it apart with a spatula. Season with 1/4 tsp salt, black pepper, and garlic powder. Cook for 5-7 minutes, stirring occasionally, until fully browned and cooked through. Remove from heat.
3. Prep your jammy eggs by bringing a small pot of water to a gentle boil. Carefully lower the eggs into the water and cook for 6.5 - 7 minutes for a jammy center. Transfer eggs immediately to an ice bath (bowl of ice water) and let sit for 5 minutes. Peel and set aside.
4. In a bowl, combine the cooked quinoa, ground turkey, and pesto. Stir well until everything is evenly coated with pesto. Top with the sliced jammy eggs. Enjoy!

TEX-MEX BREAKFAST BOWL

~45 minutes to prep

Ingredients for four servings

1 lb lean ground beef (93/7)
1 can black beans, rinsed
1 large sweet potato (or 2 medium), chopped & roasted
2 large bell peppers, sliced & sautéed
4 eggs
1/2 cup shredded mexican cheese
Salsa + hot sauce to serve

Ingredients for one serving

4 oz lean ground beef (93/7)
¼ cup canned black beans, rinsed
⅔ - ¾ cup large sweet potato, chopped & roasted
½ large bell pepper, sliced & sautéed
1 egg
⅛ cup shredded mexican cheese
Salsa + hot sauce to serve

Instructions:

- 1.Preheat oven to 400°F. Toss chopped sweet potatoes with olive oil, salt, and pepper. Spread on a baking sheet and roast for 25–30 minutes, flipping halfway through.
- 2.In a large skillet, heat a little olive oil over medium heat. Add sliced bell peppers. Sauté for 8–10 minutes, until soft and lightly browned. Set aside.
- 3.In the same skillet, cook ground beef over medium-high heat. Season with salt and pepper and cook until browned and cooked through, about 6–8 minutes. Drain if needed. Set aside.

Morning of:

- 1.Fry your egg with cheese on top.
- 2.Top your bowl of ground beef, black beans, sweet potatoes, and veggies with your egg. Add salsa / hot sauce, if desired.

PROTEIN BOWL

~45 minutes to prep

Ingredients for four servings

1 lb ground lean turkey
2 large sweet potato, cubed
3 zucchini, cubed
8 soft-boiled eggs

Garlic powder
Salt and pepper to taste

Ingredients for one serving

4 oz ground lean turkey
½ large sweet potato, cubed
~1-1.5 cup, cubed
2 soft-boiled eggs
Garlic powder to taste
Salt and pepper to taste

Instructions:

- 1.Preheat the oven to 400°F. On a baking sheet, toss cubed sweet potatoes with garlic powder, salt, and pepper, then roast for 25-30 minutes, flipping halfway.
- 2.On a separate baking sheet, toss cubed zucchini with garlic powder, salt, and pepper, then roast for 15-20 minutes, flipping halfway.
- 3.In a skillet over medium-high heat, cook ground turkey, seasoning with garlic powder, salt, and pepper, until fully cooked (6-8 minutes).
- 4.Bring a pot of water to a gentle boil, then lower in eggs and cook for 6.5-7 minutes. Transfer to an ice bath for 3-5 minutes, then peel.
- 5.Build each bowl with ground turkey, roasted sweet potatoes, roasted zucchini, and soft-boiled eggs. Enjoy!

LUNCH

CHICKEN TERIYAKI BOWL

~40 minutes to prep

Ingredients for four servings

1.5 lbs boneless skinless chicken breast, cubed
1 tbsp olive oil
2 bell peppers, sliced (any color)
1 medium yellow onion, sliced
2 microwave rice pouches
Primal Kitchen Teriyaki Sauce
2 cups steamed broccoli (fresh or frozen)
Optional toppings: scallions & sriracha

Ingredients for one serving

½ lb boneless skinless chicken breast, cubed
~1-2 tsp olive oil
½ bell pepper, sliced (any color)
¼ medium yellow onion, sliced
1 cup microwave rice pouches
~2 - 4 tbsp Primal Kitchen Teriyaki Sauce
½ cup steamed broccoli (fresh or frozen)
Optional toppings: scallions & sriracha

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add cubed chicken, season with salt, pepper, and garlic powder. Sauté until browned and fully cooked (~8–10 minutes). Add teriyaki sauce and simmer on low for 3–5 minutes until glazed. Set aside.
2. In the same skillet, sauté sliced bell peppers and onions until softened (~5–7 minutes). Add in steamed broccoli and remaining teriyaki sauce. Saute for an additional 2-3 minutes. Set aside.
3. Assemble the bowl: Add your base of brown rice. Top with chicken and veggies. Drizzle with extra teriyaki sauce, if desired. Add scallions and drizzle of sriracha, if desired.

CHICKEN SWEET POTATO BOWL

~45 minutes to prep

Ingredients for three servings

3 large chicken breast (cooked, skinless; seasoned with garlic, salt, and pepper)
1 large sweet potato, cubed and
baked
1 whole Avocado, diced
6 cups Arugula

Honey-Mustard Vinaigrette Dressing:

2 tbsp Olive Oil
2 tsp Dijon Mustard
2 tsp Honey
4 tbsp Apple Cider Vinegar

Ingredients for one serving

1 large chicken breast (cooked, skinless; seasoned with garlic, salt, and pepper)
1/3 large sweet potato, cubed and baked
1/4 avocado, diced
2 cups arugula

Honey-Mustard Vinaigrette Dressing:

1/2 tbsp Olive Oil
1/2 tsp Dijon Mustard
1/2 tsp Honey
1 tbsp Apple Cider Vinegar

Instructions:

Meal prep the following:

1. Preheat the oven to 400F. Season chicken breasts with garlic, salt, and pepper. Place on a parchment lined baking sheet that has been sprayed with olive oil.
2. Cube the sweet potatoes, season as desired. Place on another parchment lined baking sheet.
3. Bake the chicken and sweet potatoes for 20-25 minutes or fully cooked.
4. In a small bowl, whisk together olive oil, Dijon mustard, honey, and apple cider vinegar.

Build your bowls:

5. In tupperwares, layer arugula, sweet potatoes, avocado, and chicken. Drizzle dressing over the salad just before serving.

BUFFALO TUNA SALAD

~15 minutes

Ingredients for two servings

2 cans tuna drained
3-4 celery stalk chopped
2 carrots chopped
1/2 red onion, finely chopped
1 tablespoon ranch seasoning pack
3-4 tablespoons Primal Kitchen
buffalo sauce
2-3 tbsp greek yogurt

Salt and pepper to taste
Crackers of choice

Ingredients for one serving
1 can tuna drained
1-2 celery stalks, chopped
1 carrot, chopped
¼ red onion, finely chopped
½ tbsp ranch seasoning pack
1-2 tbsp Primal Kitchen buffalo sauce
1-2 tbsp greek yogurt
Salt and pepper to taste
Crackers of choice

Instructions:

1. Place drained tuna in a medium bowl. Using a fork flake apart the tuna into smaller pieces.
2. Add celery, carrots, red onion, greek yogurt, buffalo sauce, and ranch powder. Stir until well combined. Taste a little and season with salt and pepper to taste. Serve with crackers!

CHICKEN & APPLE SALAD

~10 minutes to prep

Ingredients for four servings
1 container spinach or baby kale
1 bag shredded brussels sprouts
1 rotisserie chicken, shredded with skin removed
Pickled onions
Apple Chips (I like Bare Baked or Rind brand; Trader Joe's also has a version)

Dressing:

2 tbsp maple syrup
1 tablespoon dijon mustard
1 clove of garlic, minced
2 tablespoons apple cider vinegar
¼ cup olive oil
Salt + pepper to taste

Ingredients for one serving
1-2 handfuls spinach or baby kale
~½ - ¾ cup shredded brussels sprouts

4 oz rotisserie chicken, shredded with skin removed
1-2 tbsp pickled onions
~7-9 apple chips

Dressing:

½ tbsp maple syrup
1-2 tsp dijon mustard
¼ tsp clove of garlic, minced
½ tablespoons apple cider vinegar
2 tbsp olive oil
Salt + pepper to taste

Instructions:

Meal prep the following:

1. Remove the skin and shred your rotisserie chicken. Store in an airtight container.
2. Prepare your dressing by adding all ingredients to a jar with a lid. Screw the lid on tightly and shake to combine. Adjust salt and pepper as needed.

The night before:

1. Build your salad by adding your greens, brussels sprouts, shredded chicken, and pickled onions.
2. Optional to add the dressing the night before if using kale. Helps soften the kale and brussels!
3. Store apple chips on side and add before eating to maintain crispness. Enjoy!

FALL TURKEY LUNCH PLATE

~10 minutes to prep

Ingredients for four servings

1 lb honey maple turkey, rolled
2 large cucumbers, sliced into sticks
Ithaca Caramelized Onion Hummus
Raincoast crisp crackers (you
choose the flavor - I love the
Cranberry Hazelnut or Salty Date & Almond)

Ingredients for one serving

4 oz honey maple turkey, rolled
½ large cucumbers, sliced into sticks
2 tbsp Ithaca Caramelized Onion Hummus
6 - 8 Raincoast crisp crackers (you choose the flavor - I love the Cranberry Hazelnut or Salty Date & Almond)

Instructions:

The night before:

- 1.Slice cucumber into sticks.
- 2.Roll or fold deli turkey slices and place them next to the veggies.
- 3.Scoop hummus into your container.
- 4.Add crackers on the side.
- 5.Enjoy!

CHICKEN SALAD BOX

~25 minutes to prep

Ingredients for four servings

Rotisserie chicken, shredded (skin removed)

1 pint cherry tomatoes, halved

1 large cucumber, sliced

1 bag chopped romaine

Primal Kitchen Caesar or Green

Goddess dressing

Simple Mills Crackers

Ingredients for one servings

4 oz rotisserie chicken, shredded (skin removed)

½ cup cherry tomatoes, halved

½ large cucumber, sliced

1 - 2 handfuls chopped romaine

1 - 2 tbsp Primal Kitchen Caesar or Green Goddess dressing

Simple Mills Crackers

Instructions:

To prep for the week:

- 1.Chop veggies using a veggie chopper: halve the cherry tomatoes and slice the cucumber. Store in airtight containers.
- 2.Remove the skin from your rotisserie chicken and shred.

Make the night before:

- 1.Layer 1–2 handfuls of greens into your container or plate.
- 2.Top with 4 oz shredded chicken, sliced cucumbers, and cherry tomatoes.
- 3.Add 2 tbsp Primal Kitchen Caesar or Green Goddess dressing.
- 4.Pack crackers separately and use scoop chicken salad.

END OF SUMMER PLATE

~10 minutes to prep

Ingredients for four servings

1 lb oven roasted organic turkey

2 peaches, sliced

2 cups low-fat cottage cheese

1 large cucumber, sliced

Simple Mills Crackers

Balsamic glaze, if desired

Ingredients for one serving

4 oz oven roasted organic turkey

½ peaches, sliced

½ cups low-fat cottage cheese

½ large cucumber, sliced

8 - 10 Simple Mills Crackers

Balsamic glaze, if desired

Instructions:

To prep for the week:

1. Wash and slice cucumber.

Assemble your plate:

1. Wash and slice your peach night before.

2. Add sliced cucumbers.

3. Add turkey rolls

4. Scoop cottage cheese.

5. Layer ½ a sliced peach on the side for sweetness.

6. Pack crackers separately.

7. Optional Add-ons: Sprinkle black pepper over the cottage cheese for a savory kick or drizzle with balsamic glaze, if desired.

LUNCH IN 10 - WITH GROUND BEEF

~10 minutes to prep

Ingredients for four servings

1 lb of ground beef, lean

1 microwave pack quinoa

1 bag 365 Sweet Kale Salad

1 box baby kale

Ingredients for one serving

4 oz of ground beef, lean

½ cup microwave pack quinoa

~1 handful bag 365 Sweet Kale Salad

1-2 handfuls baby kale

Instructions:

Meal prep the following:

1. In a skillet over medium heat, cook the lean ground beef until browned and fully cooked through. Season with salt, pepper, and garlic powder if desired.
2. Heat the microwave brown rice pack according to package instructions (~90 seconds). Fluff with a fork.
3. Assemble the bowls: Add ½ cup of quinoa, 1 cup of the salad mix, a few handfuls of baby kale, 4 oz ground beef, a ¼ of the toppings, and 1 tbsp dressing. Enjoy!

EASY TURKEY PLATE

~25 minutes to prep

Ingredients for four servings

1 lb oven roasted deli turkey

2 large cucumbers, sliced in rounds

Store-bought guacamole

Nufs crackers (I like the Everything flavor)

Box of Arugula

Lemon

Ingredients for one serving

4 oz oven roasted deli turkey

½ large cucumbers, sliced in rounds

2 tbsp Store-bought guacamole

10 - 12 Nufs crackers (I like the Everything flavor)

1-2 handfuls arugula

Squeeze of lemon

Instructions:

The night before:

1. Slice cucumber into thin rounds.
2. Place a large handful or two of arugula on your plate. Squeeze fresh lemon juice over the arugula. Sprinkle with salt and pepper to taste.
3. Roll or fold deli turkey slices and place them next to the greens.

- 4.Scoop guacamole onto the plate as a dip for turkey or crackers.
- 5.Add cucumber slices and Nufs crackers on the side for crunch and carbs.

MEDITERRANEAN CHICKEN SALAD

~25 minutes to prep

Ingredients for four servings

- 1 rotisserie chicken skin removed, chopped
- 1 large slicing cucumber
- 24 oz cherry tomatoes
- 1 red onion
- 1 bunch dill
- 1 lemon
- 16 oz container non-fat greek yogurt
- 1 box Simple Mills Pita Crackers

Ingredients for one serving:

- 4 oz rotisserie chicken skin removed, chopped
- 1/4 large slicing cucumber
- ½ cup cherry tomatoes, sliced
- ¼ red onion, chopped
- ¼ bunch dill, chopped
- Squeeze of lemon
- 4 oz container non-fat greek yogurt
- 10-12 Simple Mills Pita Crackers

Instructions:

Meal prep the following:

- 1.Use a veggie chopper to dice the cucumber, cherry tomatoes, and red onion into small, even pieces.
- 2.Wash and finely mince the fresh dill. Add it to the diced vegetable mixture (I use the full bunch, but I'm a big dill fan. Measure with your heart.)
- 3.Combine the chopped vegetables and dill in a large Tupperware or airtight container. Toss gently to mix and refrigerate.
- 4.Remove the skin from the rotisserie chicken and shred or chop the meat into bite-sized pieces. Store separately in another container.

The night before or morning of:

1. In a meal container or bowl, veggie-dill mix and shredded chicken. Top with Greek yogurt and a squeeze of fresh lemon juice. Season with salt and pepper to taste.
2. Enjoy the bowl with Simple Mills pita crackers for scooping / crunch!

SOUTHWESTERN CHICKEN SALAD

~35 minutes to prep

Ingredients for four servings

1 lb chicken breast
kosher salt & black pepper to taste
1 cup greek yogurt
2 tbsp lime juice
~1-2 tbsp taco seasoning
½ cup black beans
1 red bell pepper, chopped
½ cup corn
¼ cup chopped cilantro
1 bag Siete Chips

Ingredients for one serving

4 oz chicken breast kosher salt & black pepper to taste
¼ cup greek yogurt
½ tbsp lime juice
½ tbsp taco seasoning
⅛ cup black beans
¼ red bell pepper, chopped
⅛ cup corn
~2 tbsp chopped cilantro
10-12 Siete Chips

Instructions:

1. Add chicken breasts to a medium pot and season with kosher salt & black pepper. Cover with at least 1" of water and bring to a boil. Once boiling, cover with a lid, reduce heat to low and let simmer for about 15-20 minutes (depending on the thickness of the chicken), until internal temperature reaches 165F.
2. Transfer cooked chicken to a large bowl and use 2 forks to shred it, but I like the mixer method because it's quicker!
3. In another large bowl, add the greek yogurt, lime juice and spices. Whisk until combined. Then add in the shredded chicken and remaining ingredients. Stir well!
4. Place chicken salad in the fridge until it has cooled down and the flavors have melded together. Serve with chips.

CHICKEN CAESAR PASTA SALAD

~40 minutes to prep

Ingredients for four servings

1 box brami pasta
1 lb chicken breast
1 bag romaine hearts
1 can of chickpeas
~1/2 bottle Primal Kitchen Caesar dressing
½ cup shaved parmesan

Ingredients for one serving

1 cup brami pasta, cooked
4 oz chicken breast
1-2 handfuls romaine hearts, chopped
¼ cup of chickpeas
1-2 tbsp Primal Kitchen Caesar dressing
⅛ cup shaved parmesan

Instructions:

1. Season 1lb of chicken breast with salt and pepper. Grill or bake at 400F for 20–25 minutes.
2. Let rest for 10 minutes, then dice or shred. Place in the fridge to cool completely.
3. Bring a pot of water to a boil. Add 1 box of Brama pasta and cook according to package instructions. Drain and rinse with cold water to stop cooking.
4. Let the pasta cool fully in the fridge for at least 15–20 minutes.
5. While the chicken and pasta are cooling, rinse and drain 1 can of chickpeas.
6. Chop the romaine lettuce into bite-sized pieces.
7. In a large bowl, combine the cooled pasta, chicken, chickpeas, and parmesan.
8. Add ½ bottle of Primal Kitchen Caesar dressing and toss well to coat evenly.
9. Top with extra black pepper or lemon zest if desired.
10. Morning of, add your romaine to your pasta salad and give a good shake (keeps the romaine from wilting throughout the week). Serve cold!

SOLID TURKEY SANDWICH

~10 minutes to prep

Ingredients for four servings

8 slices sourdough
4 tbsp Dijon
16 oz organic oven roasted turkey
Jar of pickle slices
1 package alfalfa or broccoli sprouts
4 slices Swiss cheese

Ingredients for one serving

2 slices sourdough

1 tbsp Dijon

4 oz organic oven roasted turkey

1-2 pickle slices

1 small handful alfalfa or broccoli sprouts

1 slice Swiss cheese

Instructions:

1. Toast sourdough.
2. Spread Dijon.
3. Layer turkey, Swiss, pickles, sprouts. Serve warm or cold!

SNACK PLATE

~15 minutes to prep

Ingredients for four servings

1 pack Wasa Sourdough Crispbread Crackers

Dijon Mustard

1 lb deli turkey

1 pack Swiss cheese slices

1 large cucumber

1 head of celery

Ingredients for one serving

2 Wasa Sourdough Crispbread Crackers

1 tbsp Dijon Mustard, divided

4 oz deli turkey

1 slice swiss cheese, cut in half

¼ large cucumber, cut into sticks

1-2 celery stalks, cut into sticks

Instructions:

1. Wash and chop the cucumber and celery into sticks.
2. Evenly spread your mustard across your crackers. Layer on your turkey and cheese.
3. Enjoy with your side of veggie sticks!

CHOPPED GREEK SALAD

~25 minutes to prep

Ingredients for four servings

1 box arugula
1 pack microwave brown rice
1 large green pepper, chopped
1 large cucumber, chopped
1 jar of capers
~1/4 cup peperoncini, chopped
1 bunch fresh dill
1/2 cup feta crumbles
4 cans salmon
Lemon

Ingredients for four servings

1-2 handfuls arugula
1/2 cup microwave brown rice
1/4 large green pepper, chopped
1/4 large cucumber, chopped
1-2 tbsp capers
1-2 tbsp peperoncini, chopped
1-2 tbsp fresh dill, chopped
1/8 cup feta crumbles
1 can salmon
Squeeze of lemon juice

Instructions:

Meal prep the following:

1. Use a veggie chopper to dice the bell pepper and cucumber into small pieces. Add to a large bowl / tupperware.
2. Wash and finely mince the fresh dill. Add it to the diced vegetable mixture (I use the full bunch, but I'm a big dill fan. Measure with your heart).
3. Drain 3/4 of the liquid from the capers and add capers + remaining liquid to the bowl. Add in your chopped peperoncino.
4. Combine everything and then store in an airtight container. Toss gently to mix and refrigerate.
5. Prepare your brown rice according to package. Store in an airtight container.

The night before or morning of:

1. In a container add arugula + brown rice + chopped veggies + can of salmon, drained + feta cheese + squeeze of lemon. Season with salt + pepper. I also like to add Za'atar spice blend. Enjoy!

BRUSCHETTA CHICKEN SALAD

~35 minutes to prep

Ingredients for four servings

Arugula

2 large tomatoes, chopped

1 can cannellini beans, drained

1 lb chicken breast, cubed

1 tbsp olive oil

1 tbsp Italian seasoning

Shredded parmesan

Fresh basil (garnish)

Balsamic glaze (garnish)

Olive oil (garnish)

Ingredients for one serving

1-2 handfuls arugula

½ large tomatoes, chopped

¼ cup cannellini beans, drained

4 oz chicken breast, cubed

½ tbsp olive oil

1-2 tsp Italian seasoning

1-2 tbsp shredded parmesan

Fresh basil (garnish)

Balsamic glaze (garnish)

Olive oil (garnish)

Instructions:

Meal prep the following:

1. In a bowl, toss the cubed chicken breast with olive oil, Italian seasoning, and S+P until well coated.
2. Heat a skillet over medium heat. Cook for 4 minutes on one side, undisturbed, until golden. Flip and cook for another 4 minutes, or until the internal temperature reaches 165F and the cubes are browned. Set aside to cool slightly.

Assemble the salads:

1. Add the arugula. Top with chopped tomato and cannellini beans. Spoon on the cooked chicken.
2. Sprinkle salad with shredded parmesan.
3. Finish with chopped fresh basil, drizzle of balsamic glaze, drizzle of olive oil.

GROUND BEEF TACO BOWL

~20 minutes to prep

Ingredients for four servings

1 pack microwave brown rice

1 can black beans
1 bag 365 Three Pepper Blend
1 bag romaine
1 lb lean ground beef
½ pack taco seasoning of choice
½ cup chunky salsa (spice level of choice)
Store bought guacamole
Cilantro (optional garnish)

Ingredients for one serving

½ cup microwave brown rice
¼ cup black beans
1 cup 365 Three Pepper Blend, sauteed
1-2 handfuls romaine, chopped
4 oz lean ground beef
½ - 1 tbsp taco seasoning of choice
⅛ cup chunky salsa (spice level of choice)
2 tbsp Store bought guacamole
Cilantro (optional garnish)

Instructions:

Meal prep the following:

- 1.Heat a skillet over medium heat. Add the ground beef and cook, breaking it up with a spoon, for 5–7 minutes until fully browned. Drain excess fat if needed.
2. Stir in taco seasoning and chunky salsa. Simmer for 2–3 more minutes, until well combined and heated through. Transfer to a container.
- 3.In the same skillet, sauté chopped bell peppers over medium heat for 5–6 minutes until tender-crisp. Optionally, season with remaining taco seasoning, pinch of salt and pepper. Store in a separate container.
- 4.Microwave the brown rice according to package instructions.
- 5.Drain and rinse your black beans before storing.

Build your bowl:

- 1.Start with a base of chopped romaine. Add your brown rice, black beans, sauteed bell peppers, and beef mixture. Finish with guacamole and fresh cilantro if using.

Enjoy!

EGG ROLL IN A BOWL

~20 minutes to prep

Ingredients for four servings

1 lb ground turkey, lean
1 bag shredded cabbage
1 bag shredded carrots & broccoli
1 pint white mushrooms, chopped
Primal Kitchen teriyaki sauce
1 microwave pack of brown rice
Sriracha, if desired

Ingredients for four servings

4 oz ground turkey, lean
~1 handful shredded cabbage
~1 handful shredded carrots & broccoli
½ cup white mushrooms, chopped
2 tbsp Primal Kitchen teriyaki sauce, divided
½ cup microwave brown rice
Sriracha, if desired

Instructions:

Meal prep the following:

1. Heat a skillet with olive oil over medium high heat. Cook your ground turkey with salt and pepper to taste. Add teriyaki sauce. Once fully cooked and browned (~10 minutes), remove from skillet and store in an airtight container.
2. In the same skillet, add your shredded cabbage, shredded carrots & broccoli, and white mushrooms with a few tbsp water. Cover and let steam for ~8 minutes (water should have evaporated).
3. Add remaining teriyaki sauce and stir well to combine. Taste and add more salt if desired. Remove from heat and store in an airtight container.

Make your bowl:

4. Add your rice, veggie mixture, and meat to a bowl. Top with sriracha!

LUNCH IN 10 - WITH CHICKEN

~10 minutes to prep

Ingredients for four servings

1 rotisserie chicken, skin removed
and shredded
1 microwave pack brown rice
1 bag 365 Lemon Tahini Crunch
Salad
1 box arugula

Ingredients for one serving

4 oz rotisserie chicken, skin removed and shredded

½ cup microwave brown rice

~1 handful Lemon Tahini Crunch Salad Mix

1-2 handfuls arugula

Instructions:

Meal prep the following:

1. Remove the skin and bones from the rotisserie chicken, then shred the meat into bite-sized pieces. Set aside.
2. Heat the microwave brown rice pack according to package instructions (~90 seconds). Fluff with a fork.
3. Assemble the bowls: Add brown rice, salad mix, arugula, shredded chicken, a ¼ of the chickpeas, and ~1 tbsp dressing. Enjoy!

PESTO TURKEY SANDWICH

~15 minutes to prep

Ingredients for four servings

8 slices sourdough bread

4 tablespoons pesto

1 lb (16 oz) sliced turkey breast

2-3 large tomatoes

1 bag arugula or spinach

Ingredients for one serving

2 slices sourdough bread

1 tablespoons pesto

4 oz sliced turkey breast

2-3 tomato slices

1-2 handfuls arugula or spinach

Instructions:

Meal prep the night before or morning of:

1. Toast the bread lightly.
2. Spread ½ of pesto on each slice of bread.
3. Layer the turkey slices evenly on one slice of bread.
4. Top with tomato slices and a handful of greens.
5. Season lightly with salt and pepper, if desired.
6. Close the sandwich with the second slice and press down gently.
7. Slice in half and enjoy!

“EREWON” TURKEY WRAP

~15 minutes to prep

Ingredients for four servings

4 whole wheat wrap

1 lb sliced turkey (~16 oz)

~4 cups chopped romaine (1 bag)

Primal Kitchen Mayo

4 slices provolone cheese

Pepperoncini, chopped

Ingredients for four servings

1 whole wheat wrap

4 oz sliced turkey

~1 cups chopped romaine

1 tbsp Primal Kitchen Mayo

1 slice provolone cheese

~1 - 2 tbsp Pepperoncini, chopped

Instructions:

Meal prep the night before:

1. Evenly spread 1 tbsp of mayonnaise across the center of the wrap.
2. Lay down slices of turkey, followed by slice of provolone cheese. Add the chopped romaine and pepperoncini on top.
3. Roll the wrap tightly to enclose all the ingredients (like a sushi roll).
4. Cut the wrap in half or into 4 pinwheels. Store in a container or wrap in foil for a quick grab-and-go lunch!

CHICKEN & CARROT SALAD

~40 minutes to prep

Ingredients for four servings

1 box arugula

1 lb chicken breast

1 bag of large carrots, peeled and chopped

1 packet microwave brown rice

1 avocado

Feta cheese crumbles

1 lemon

Ingredients for one serving

1-2 handfuls arugula

4 oz chicken breast

1-2 large carrots, peeled and chopped
½ cup microwave brown rice
¼ avocado
1-2 tbsp Feta cheese crumbles
Squeeze of lemon

Instructions:

Meal prep the following

- 1.Preheat oven to 400F. Peel and slice carrots into coins or sticks, toss with a drizzle of olive oil and pinch of salt. Roast for 20–25 minutes, until tender and slightly caramelized. Let cool.
- 2.Season chicken breast with salt and pepper (plus anything else you'd like). Bake in the oven for ~30 minutes (or until fully cooked). Let rest, then slice.
- 3.Make your rice according to the package instructions.
- 4.Assemble your bowls: Place arugula in your container. Top with roasted carrots, brown rice, sliced chicken, avocado, and feta. Squeeze of fresh lemon juice.
- 5.Season with salt and pepper to taste. Enjoy!

DINNER

SWEET POTATO BUN BURGERS

~45 minutes to prep

Ingredients for four servings

For the Burger Patties:

1 lb lean ground beef

Seasonings: 1 tsp garlic powder, 1 tsp onion powder, 1 tsp paprika, 1 tsp salt, ½ tsp black pepper

For the Sweet Potato Buns:

1 large sweet potatoes

Toppings:

Green leaf lettuce

1 large tomato, sliced

½ red onion, thinly sliced

Yellow mustard

Ingredients for one serving

For the Burger Patties:

4 oz lean ground beef

Seasonings: ¼ tsp garlic powder, ¼ tsp onion powder, ¼ tsp paprika, ¼ tsp salt, ⅛ tsp black pepper

For the Sweet Potato Buns:

¼ large sweet potato, slice into two rounds

Toppings:

1-2 leaves of butter lettuce
1-2 tomato slices
1-2 slices red onion
~1 tbsp Yellow mustard

Instructions:

1. Preheat oven to 425F. Line a baking sheet with parchment paper. Slice sweet potato into round “bun” pieces (aim for 3–3.5 inches in diameter and ½ inch thick).
2. Toss sweet potato rounds with olive oil, salt, and pepper. Spread evenly on baking sheet and roast for 25–30 minutes, flipping halfway, until tender and browned on edges.
3. While potatoes cook, combine ground meat and seasonings in a bowl. Form into burger patty.
4. Grill or pan-sear patties over medium-high heat for 4–5 minutes per side, or until cooked through.
5. Assemble each burger with: 2 sweet potato rounds (top and bottom bun), burger patty, lettuce, tomato slices, red onion slices, mustard. Enjoy!

PESTO CHICKEN & POTATOES BOWL

~45 minutes to prep

Ingredients for four servings

For the Potatoes:

1 lb baby potatoes, chopped

Olive oil

3 cloves garlic, minced

Juice of ½ lemon

Salt and black pepper to taste

For the Pesto Chicken:

1 lbs chicken breast

¼ cup basil pesto

Zest of ½ lemon

¼ cup sun-dried tomatoes (drained and chopped, not packed in oil)

¼ tsp red pepper flakes

½ tsp black pepper

For Serving:

Arugula

Lemon, for juice

Ingredients for one serving

For the Potatoes:

½ lbs baby potatoes, chopped

Drizzle olive oil

~½ - 1 clove garlic, minced

Squeeze of lemon juice

Salt and black pepper to taste

For the Pesto Chicken:

4 oz chicken breast

1-2 tbsp basil pesto

¼ tsp zest of lemon

1-2 tbsp sun-dried tomatoes (drained and chopped, not packed in oil)

Pinch red pepper flakes

Pinch salt & black pepper

For Serving:

1-2 handfuls arugula

Lemon, for juice

Instructions:

1. Preheat the oven to 425F. Line a baking sheet with parchment paper or spray lightly with cooking oil.
2. Cut baby potatoes into quarters. Toss with drizzle olive oil, garlic, lemon juice, salt, and pepper. Spread on the sheet pan and roast for 20 minutes.
3. Slice chicken breasts into 2–3 inch strips. In a large bowl, combine chicken with pesto, lemon zest, chopped sun-dried tomatoes, red pepper flakes, and salt /black pepper.
4. After 20 minutes, remove the pan. Push potatoes to one side. Add chicken strips to the other side. Return to the oven and roast for another 18–20 minutes, until chicken is cooked through and potatoes are golden.
5. Serve the chicken and potatoes with side of arugula. Enjoy!

LEMON HERB SALMON & POTATOES

~45 minutes

Ingredients for four servings

4 salmon fillets (~5 oz each)

1 tbsp olive oil

Juice of 1 lemon

2 cloves garlic, minced

1 tbsp Italian seasoning

Salt & pepper to taste

For the Sides:

1 small bag baby potatoes, halved or quartered

1 tbsp olive oil

1 bag green beans, trimmed

Optional: extra lemon wedges for serving

Ingredients for one serving

1 salmon fillet

~1 tsp olive oil

Squeeze lemon juice

~1 tsp minced garlic

~1 tsp Italian seasoning

Salt & pepper to taste

For the Sides:

~½ - ¾ cup baby potatoes, halved or quartered

~1 tsp olive oil

~1 cup green beans

Optional: extra lemon wedges for serving

Instructions:

1. Preheat oven to 425F. Line a baking sheet with parchment paper.
2. Chop potatoes into halves or quarters (about 1-inch pieces). Place in a microwave-safe glass bowl.
3. Cover with a damp paper towel. Microwave on high for 4–5 minutes. Toss with oil + seasonings.
4. Season the salmon: mix olive oil, lemon juice, garlic, Italian seasoning, salt, and pepper. Brush over salmon fillets.
5. Add potatoes, salmon, and green beans to a sheet pan. Roast for 15-20 minutes, until salmon is fully cooked.
6. Serve salmon fillet, with potatoes, and green beans. Garnish with lemon wedges if desired.

TACO FRIES

~45 minutes

Ingredients for four servings

1 bag Alexia Sweet Potato Fries

1 lb lean ground beef (90/10)

½ packet taco seasoning

1 can black beans, rinsed and drained

2 small bell peppers, chopped

½ - ¾ cup shredded Mexican cheese

Salsa, for serving

Ingredients for one serving

1 serving Alexia Sweet Potato Fries

4 oz lb lean ground beef (90/10)

~1 tbsp taco seasoning

¼ cup canned black beans, rinsed and drained

½ small bell pepper, chopped
~⅛ cup shredded mexican cheese
Salsa, for serving

Instructions:

- 1.Preheat oven and cook sweet potato fries according to packet instructions.
- 2.In a skillet, cook ground beef over medium heat until browned. Drain excess fat if needed. Add taco seasoning and a splash of water. Cook for a few more minutes. Remove from skillet and set aside.
- 3.In the same skillet, saute bell peppers and black beans. Add taco seasoning and splash of water. Cook until heated through.
- 4.Once fries are cooked, top with beef and veggie mixture and shredded cheese.
- 5.Serve with salsa on top and enjoy!

FALL VEGGIE BAKE

~45 minutes to prep

Ingredients for four servings

1 container chopped butternut squash
1 bag cauliflower florets (break into smaller chunks if necessary)
1 red onion, sliced
1 tbsp olive oil
Salt + pepper to taste
1 lb ground turkey
1 bunch of kale, washed and roughly chopped
2 tbsp Italian spice blend, divided
1/2 cup shredded parmesan
Balsamic glaze, for drizzle

Ingredients for one serving

~1 cup chopped butternut squash
~1 cup cauliflower florets (break into smaller chunks if necessary)
¼ red onion, sliced
~1-2 tsp olive oil
Salt + pepper to taste
4 oz ground turkey
2 - 4 stems of kale, washed and roughly chopped
½ tbsp Italian spice blend, divided
⅛ cup shredded parmesan
Balsamic glaze, for drizzle

Instructions:

- 1.Preheat oven to 400F. In a large casserole dish, combine butternut squash, cauliflower florets, and sliced onion with 1 tbsp olive oil, ½ Italian spice blend, salt + pepper.
- 2.Bake vegetables in oven for 40 minutes. Stir a few times to evenly cook.
- 3.While vegetables bake, cook your ground turkey in a skillet over medium high heat with ½ Italian spice blend and salt + pepper until done (about 8-10 minutes). Add in your kale, cooking until kale has wilted. Set aside.
- 4.Once vegetables are done, remove from the oven. Reduce oven to 375F. Add your ground turkey and kale, stirring well to combine everything.
- 5.Sprinkle parmesan cheese on top and return to oven. Cook for an additional ~10 minutes.
- 6.Serve with drizzle of balsamic glaze. Enjoy!

PASTA BAKE

~35 minutes to prep

Ingredients for four servings

1 lb lean ground chicken
1 box Brama pasta
~1 cup marinara sauce
1/2 cup part-skim mozzarella
~1 tbsp Italian seasoning
Olive oil spray

Ingredients for one serving

4 oz lean ground chicken
~1 cup Brama pasta
~¼ cup marinara sauce
⅛ cup part-skim mozzarella
½ tbsp Italian seasoning
Olive oil spray

Instructions:

- 1.Preheat oven to 375F.
- 2.Cook pasta according to package. Drain.
- 3.Brown chicken in a skillet with garlic powder, oregano, salt and pepper.
- 4.Add marinara to chicken and simmer for 5 minutes.
- 5.Combine pasta and chicken marinara in a baking dish. Top with mozzarella.
- 6.Bake for 10–12 minutes, or until cheese is melted and bubbly. Enjoy!

GROUND BEEF TACOS

~30 minutes to prep

Ingredients for four servings

Flour tacos

1 lb ground beef, 93% lean

1 pack taco seasoning

2 large bell peppers, chopped

1 container guacamole

1 lime, squeeze on top

Ingredients for one serving

2 Flour tacos

4 oz ground beef, 93% lean

~1 tbsp taco seasoning

½ large bell pepper, chopped

2 tbsp guacamole

Lime, squeeze on top

Instructions:

- 1.Heat a nonstick skillet over medium heat. Add the ground beef and cook for 5–7 minutes, breaking it up with a spatula.
- 2.Once mostly cooked, stir in taco seasoning pack and water (about 2-3 tbsp).
- 3.Simmer for another 2–3 minutes until the turkey is fully cooked and seasoned. Set aside once cooked.
- 4.In the same or separate pan, sauté sliced bell peppers over medium heat with a light spray of oil or splash of water for about 4–5 minutes, until soft. Can add taco seasoning, if desired.
- 5.Assemble the tacos: Gently warm the tortillas in a dry skillet or microwave for 15–20 seconds to make them pliable.
- 6.Divide the taco-seasoned beef between the two tortillas. Top each with the sautéed bell peppers. Top each with guac. Finish with a squeeze of lime juice. Serve and enjoy!

CHICKEN PARM BOWL

~60 minutes

Ingredients for four servings

1 large eggplant, cubed

1 large bag breaded chicken

nuggets (Applegate Farms 16oz
nuggets)

1 cup low-fat cottage cheese

2 cups Italian seasoned marinara
sauce

1 cup shredded mozzarella

Ingredients for one serving

¼ large eggplant, cubed

4 oz breaded chicken nuggets

¼ cup low-fat cottage cheese

¼ cup Italian seasoned marinara sauce

¼ cup shredded mozzarella

Instructions:

Meal prep the following:

1.Preheat oven to 425F. Cube your eggplant and spread evenly across a lined baking sheet. Spray with olive oil and season with salt, pepper, and italian seasoning.

2.Bake for 35-40 minutes until egg plant is roasted and slightly browned. Store in an airtight container.

Evening of:

1.Air fry your chicken nuggets. Once crispy, remove and chop.

2.In a microwave safe container, combine your marinara and cottage cheese. Add in your eggplant and chicken nuggets. Combine until everything is evenly coated.

3.Top with mozzarella and microwave for ~1.5 minutes until cheese is melted. Add an additional sprinkle of italian seasoning if desired and enjoy!

EASY KOREAN BEEF BOWL

~30 minutes to prep

Ingredients for four servings

1 lb lean ground beef

~2 tbsp Low-sodium soy sauce

~ 2 tsp Sesame oil

A few shakes of garlic powder and a few of powdered ginger

1 pack microwave brown rice

1 bag shredded carrots

1 large chopped cucumber

Optional: sprinkle of sesame seeds or scallions

Ingredients for one serving

4 oz lean ground beef

~½ tbsp Low-sodium soy sauce

~ ½ tsp Sesame oil

A few shakes of garlic powder and a few of powdered ginger

½ cup microwave brown rice

~1 handful shredded carrots

¼ large chopped cucumber

Optional: sprinkle of sesame seeds or scallions

Instructions:

- 1.Heat a skillet over medium-high heat. Add sesame oil, then the ground beef.
2. Cook, breaking it up with a spatula, until browned and fully cooked (about 6–8 minutes). Once browned, stir in soy sauce, garlic powder, ginger, and salt.
3. Let simmer for 2–3 minutes until slightly reduced and glossy. Remove from heat.
- 4.Microwave brown rice according to package instructions or use pre-cooked rice.
- 5.Rinse and chop cucumber.
- 6.In a bowl, layer rice, shredded carrots, chopped cucumber, and beef.
- 7.Optional: drizzle of sriracha, sprinkle of sesame seeds, and sliced green onion.

SPINACH & ARTICHOKE TURKEY BOWL

~30 minutes to prep

Ingredients for four servings

1 lb lean ground turkey

1 tbsp olive oil

1 bag fresh spinach

1 can artichoke hearts in water,
drained and chopped

1 yellow onion, finely diced

1/4 cup grated parmesan

1 pack microwave brown rice

Optional: squeeze of lemon

Ingredients for one serving

4 oz lean ground turkey

~1 tsp olive oil

1-2 handfuls fresh spinach

½ cup artichoke hearts in water, drained and chopped

¼ yellow onion, finely diced

1-2 tbsp grated parmesan

½ cup microwave brown rice

Optional: squeeze of lemon

Instructions:

- 1.Heat a skillet over medium-high heat. Add olive oil and cook turkey with salt, pepper, and garlic powder until browned and cooked through (about 7–8 minutes). Remove from pan and set

aside.

2. In the same pan, add onion and garlic powder. Sauté 1–2 minutes until fragrant. Add chopped spinach and cook until wilted. Stir in chopped artichoke hearts and sauté 2–3 more minutes.

3. Return the cooked turkey to the pan. Stir to combine with the spinach and artichoke mixture. Mix in parmesan and let it melt into the dish. Adjust seasonings to taste. Add a squeeze of lemon for brightness if desired.

4. Microwave rice.

5. Build your bowl: layer in rice, turkey mixture, and sprinkle of cheese on top. Enjoy!

SIMPLE DINNER V1

~30 minutes to prep

Ingredients for four servings

1 lb ground beef

Seasonings of choice for beef

1 pack microwave brown rice

1 pack arugula

1 pint cherry tomatoes, halved

1 large cucumber, chopped

Hummus of choice

Ingredients for one serving

4 oz ground beef

Seasonings of choice for beef

½ cup microwave brown rice

1-2 handfuls arugula

½ cup cherry tomatoes, halved

¼ large cucumber, chopped

Hummus of choice

Instructions:

1. Wash and chop your cucumber and tomatoes (use the veggie chopper!).

2. Over medium high heat, cook your ground beef with desired seasonings until browned and fully cooked through. Set aside.

3. Microwave your rice according to package instructions.

4. Store all ingredients in separate containers.

5. Build your bowl: add your rice, layer in your arugula and veggies, top with your ground beef. Finish off with your hummus. Mix it together and enjoy!

SIMPLE DINNER V2

~15 minutes to prep

Ingredients for four servings

Rotisserie chicken, skin removed

1 pack microwave brown rice

1 bag shredded purple cabbage

1 bag sugar snap peas

Peanut Sauce

Ingredients for one serving

4 oz Rotisserie chicken, skin removed

½ cup microwave brown rice

~1 handful shredded purple cabbage

~1 handful sugar snap peas

1-2 tbsp Peanut Sauce

Instructions:

- 1.Remove skin and shred your rotisserie chicken. Store in an airtight container.
- 2.Microwave your rice according to pack instructions
- 3.Chop your snap peas (use your veggie chopper).
- 4.Build your bowl: layer in your rice, then your cabbage and snap peas, followed by your shredded chicken. Drizzle peanut sauce on top and toss to mix. Enjoy!