



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake	 Berry Beet Smoothie Bowl	 Berry Beet Smoothie Bowl	 Berry Beet Smoothie Bowl
Snack 1	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Avocado Toast with a Poached Egg	 Avocado Toast with a Poached Egg	 Avocado Toast with a Poached Egg	 Bloat-Fighting Tropical Smoothie	 Bloat-Fighting Tropical Smoothie
Lunch	 Roasted Sweet Potato & Brussels Sprouts Salad	 Egg Roll in a Bowl	 Roasted Sweet Potato & Brussels Sprouts Salad	 15 Minute Halibut with Dill Pesto	 Sausage & Sauerkraut Skillet	 Baked Salmon with Broccoli & Quinoa	 Kale Caesar Salad with Blackened Chicken
Snack 2	 Grapefruit	 Grapefruit	 Grapefruit	 Apple Slices & Nori Crisps	 Apple Slices & Nori Crisps	 Apple Slices & Nori Crisps	 Apple Slices & Nori Crisps
Dinner	 Egg Roll in a Bowl	 Roasted Sweet Potato & Brussels Sprouts Salad	 15 Minute Halibut with Dill Pesto	 Sausage & Sauerkraut Skillet	 Baked Salmon with Broccoli & Quinoa	 Kale Caesar Salad with Blackened Chicken	 Baked Salmon with Broccoli & Quinoa

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 39%	Fat	<div><div></div></div> 40%	Fat	<div><div></div></div> 43%	Fat	<div><div></div></div> 38%	Fat	<div><div></div></div> 35%	Fat	<div><div></div></div> 35%
Carbs	<div><div></div></div> 36%	Carbs	<div><div></div></div> 36%	Carbs	<div><div></div></div> 37%	Carbs	<div><div></div></div> 34%	Carbs	<div><div></div></div> 42%	Carbs	<div><div></div></div> 41%	Carbs	<div><div></div></div> 41%
Protein	<div><div></div></div> 25%	Protein	<div><div></div></div> 25%	Protein	<div><div></div></div> 23%	Protein	<div><div></div></div> 23%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 24%	Protein	<div><div></div></div> 24%
Calories	1602	Calories	1602	Calories	1528	Calories	1468	Calories	1308	Calories	1244	Calories	1244
Fat	72g	Fat	72g	Fat	70g	Fat	73g	Fat	58g	Fat	51g	Fat	51g
Carbs	150g	Carbs	150g	Carbs	149g	Carbs	131g	Carbs	144g	Carbs	132g	Carbs	132g
Fiber	46g	Fiber	46g	Fiber	47g	Fiber	40g	Fiber	34g	Fiber	30g	Fiber	30g
Sugar	60g	Sugar	60g	Sugar	53g	Sugar	59g	Sugar	63g	Sugar	61g	Sugar	61g
Protein	106g	Protein	106g	Protein	91g	Protein	86g	Protein	66g	Protein	77g	Protein	77g
Cholesterol	483mg	Cholesterol	483mg	Cholesterol	259mg	Cholesterol	344mg	Cholesterol	349mg	Cholesterol	160mg	Cholesterol	160mg
Sodium	1452mg	Sodium	1452mg	Sodium	1074mg	Sodium	2164mg	Sodium	2032mg	Sodium	726mg	Sodium	726mg
Vitamin A	24905IU	Vitamin A	24905IU	Vitamin A	20378IU	Vitamin A	5591IU	Vitamin A	5984IU	Vitamin A	7087IU	Vitamin A	7087IU
Vitamin C	316mg	Vitamin C	316mg	Vitamin C	293mg	Vitamin C	150mg	Vitamin C	259mg	Vitamin C	344mg	Vitamin C	344mg
Calcium	1125mg	Calcium	1125mg	Calcium	1090mg	Calcium	1014mg	Calcium	610mg	Calcium	669mg	Calcium	669mg
Iron	20mg	Iron	20mg	Iron	17mg	Iron	16mg	Iron	14mg	Iron	12mg	Iron	12mg

Fruits

- ☐ 5 Apple
- ☐ 2 Avocado
- ☐ 4 Banana
- ☐ 3 Grapefruit
- ☐ 1 1/8 Lemon
- ☐ 1 cup Papaya
- ☐ 1 cup Pineapple

Breakfast

- ☐ 1/4 cup Almond Butter
- ☐ 2 1/4 tps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1/2 tsp Cayenne Pepper
- ☐ 2 tbsps Chia Seeds
- ☐ 1/2 tsp Cumin
- ☐ 1 1/2 tps Paprika
- ☐ 2 tbsps Pumpkin Seeds
- ☐ 3/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 2/3 tbsps Slivered Almonds

Frozen

- ☐ 4 cups Frozen Cauliflower
- ☐ 1 1/2 cups Frozen Mango
- ☐ 1 1/2 cups Frozen Raspberries

Vegetables

- ☐ 7 cups Baby Spinach
- ☐ 1 cup Bean Sprouts
- ☐ 1 1/2 Beet
- ☐ 6 cups Broccoli
- ☐ 3 cups Brussels Sprouts
- ☐ 1/4 cup Cherry Tomatoes
- ☐ 3 cups Coleslaw Mix
- ☐ 1 1/2 Cucumber
- ☐ 2 tbsps Fresh Dill
- ☐ 4 Garlic
- ☐ 1 1/2 tps Ginger
- ☐ 3 1/2 stalks Green Onion
- ☐ 2 cups Kale Leaves
- ☐ 1/2 cup Mint Leaves
- ☐ 4 cups Mixed Greens
- ☐ 1/2 cup Parsley
- ☐ 1/4 cup Radishes
- ☐ 1 1/2 Sweet Potato
- ☐ 2 cups Swiss Chard
- ☐ 1 1/2 tps Thyme
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 1 1/2 cups Lentils
- ☐ 3/4 cup Quinoa
- ☐ 1 can Tuna

Baking

- ☐ 1/2 cup Cacao Powder
- ☐ 1 1/2 tbsps Pitted Dates

Bread, Fish, Meat & Cheese

- ☐ 227 grams Chicken Breast
- ☐ 283 grams Halibut Fillet
- ☐ 227 grams Lean Ground Pork
- ☐ 3 slices Organic Bread
- ☐ 142 grams Organic Chicken Sausage
- ☐ 425 grams Salmon Fillet

Condiments & Oils

- ☐ 3 tbsps Apple Cider Vinegar
- ☐ 1 tbsp Avocado Oil
- ☐ 2 tbsps Coconut Aminos
- ☐ 2 1/4 tps Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 cup Sauerkraut
- ☐ 3 tbsps Tahini

Cold

- ☐ 7 Egg
- ☐ 5 1/2 cups Unsweetened Almond Milk

Other

- ☐ 1 cup Chocolate Protein Powder
- ☐ 5 Ice Cubes
- ☐ 2 tbsps Maca Powder
- ☐ 8 Nori Sheets
- ☐ 1 1/2 tps Schisandra Berry Powder
- ☐ 2 1/3 cups Water



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.

Nutrition

Amount per serving	
Calories	449
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g
Cholesterol	4mg
Sodium	235mg
Vitamin A	593IU
Vitamin C	67mg
Calcium	695mg
Iron	4mg



Berry Beet Smoothie Bowl

3 servings

10 minutes

Ingredients

- 1 1/2 Beet (medium, peeled and diced)
- 1 1/2 cups Frozen Mango
- 1 1/2 cups Frozen Raspberries
- 1 1/2 tbsps Pitted Dates
- 1 1/2 tsps Schisandra Berry Powder
- 1 1/2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	136
Fat	2g
Carbs	29g
Fiber	6g
Sugar	22g
Protein	3g
Cholesterol	0mg
Sodium	116mg
Vitamin A	1208IU
Vitamin C	44mg
Calcium	263mg
Iron	1mg

Directions

- 1 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 2 Transfer to a bowl and add toppings. Enjoy!

Notes

Topping Ideas: Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

No Schisandra Berry Powder: Leave it out, or use acai powder instead.



Protein Packed Deviled Eggs

2 servings

20 minutes

Ingredients

4 Egg (hard boiled)
1 can Tuna (drained)
1/2 Avocado
1 stalk Green Onion (chopped)
Sea Salt & Black Pepper (to taste)
1/2 tsp Paprika
1/2 Cucumber (sliced)

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Nutrition

Amount per serving	
Calories	309
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	30g
Cholesterol	402mg
Sodium	352mg
Vitamin A	1263IU
Vitamin C	8mg
Calcium	93mg
Iron	4mg



Avocado Toast with a Poached Egg

1 serving
15 minutes

Ingredients

1 slice Organic Bread
1/2 Avocado
Sea Salt & Black Pepper (to taste)
1 Egg
1 tbsp Apple Cider Vinegar
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	315
Fat	22g
Carbs	22g
Fiber	8g
Sugar	4g
Protein	10g
Cholesterol	186mg
Sodium	501mg
Vitamin A	417IU
Vitamin C	10mg
Calcium	55mg
Iron	2mg

Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Crack your egg into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 5 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!



Bloat-Fighting Tropical Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Papaya (chopped)
1/2 cup Pineapple (chopped)
1/2 Cucumber (chopped)
2 1/2 Ice Cubes
1/4 cup Mint Leaves
1/2 cup Baby Spinach
1 tbsp Chia Seeds
1/2 cup Water

Directions

1

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

Notes

Likes it Sweet: Add raw honey.

More Protein: Add hemp seeds or a scoop of vanilla protein powder.

No Papaya: Use extra pineapple or other fruit like mango or oranges.

Nutrition

Amount per serving	
Calories	162
Fat	5g
Carbs	30g
Fiber	7g
Sugar	16g
Protein	4g
Cholesterol	0mg
Sodium	26mg
Vitamin A	1884IU
Vitamin C	93mg
Calcium	158mg
Iron	3mg



Roasted Sweet Potato & Brussels Sprouts Salad

3 servings

30 minutes

Ingredients

- 1 1/2 Sweet Potato (medium. sliced into 1 inch cubes)
- 3 cups Brussels Sprouts (washed and halved)
- 2 1/4 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tsps Tahini
- 2 1/4 tsps Maple Syrup
- 3 tsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 1/2 cups Lentils (cooked, drained and rinsed)
- 6 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	12g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g
Cholesterol	0mg
Sodium	199mg
Vitamin A	15576IU
Vitamin C	95mg
Calcium	205mg
Iron	8mg

Directions

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

Notes

No Brussels Sprouts: Use broccoli instead.

No Lentils: Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.



Grapefruit

1 serving

5 minutes

Ingredients

1 Grapefruit

Nutrition

Amount per serving	
Calories	82
Fat	0g
Carbs	21g
Fiber	3g
Sugar	18g
Protein	2g
Cholesterol	0mg
Sodium	0mg
Vitamin A	2373IU
Vitamin C	88mg
Calcium	31mg
Iron	0mg

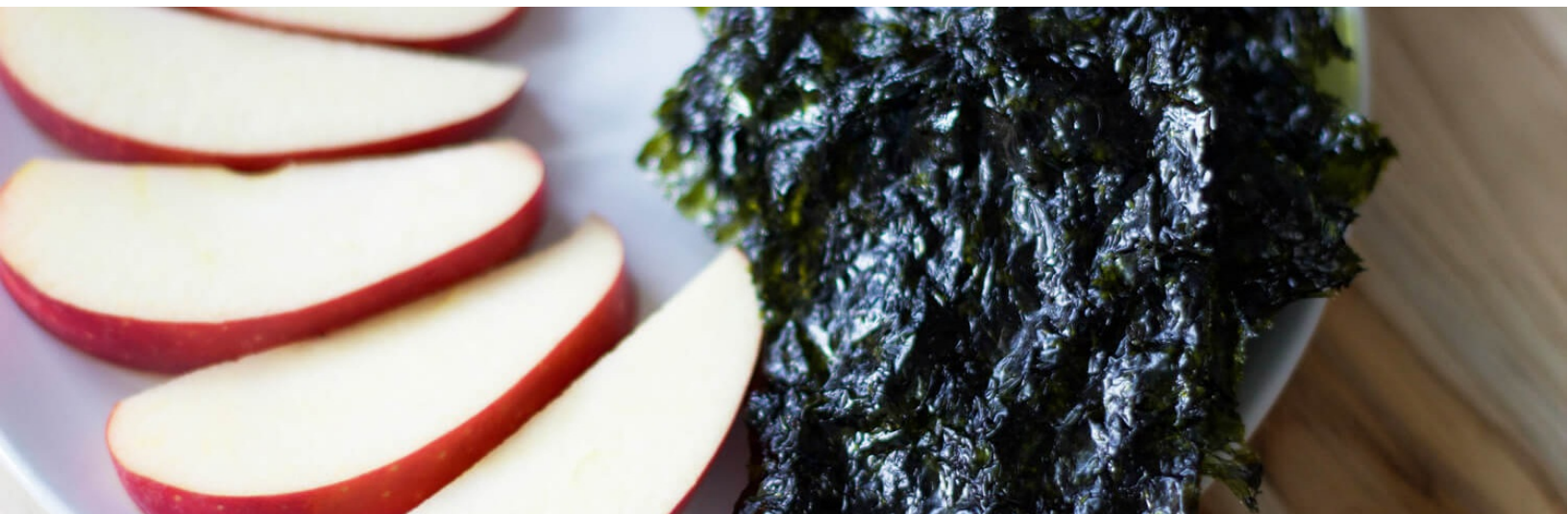
Directions

1

Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

Notes

Cut the flavour: Sprinkle with a pinch of sea salt.



Apple Slices & Nori Crisps

2 servings

5 minutes

Ingredients

4 Nori Sheets
1/3 tsp Extra Virgin Olive Oil
2 Apple (medium)

Nutrition

Amount per serving	
Calories	112
Fat	1g
Carbs	27g
Fiber	6g
Sugar	19g
Protein	2g
Cholesterol	0mg
Sodium	8mg
Vitamin A	898IU
Vitamin C	14mg
Calcium	31mg
Iron	1mg

Directions

- 1 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 2 Slice apples and divide onto plates with nori crisps. Enjoy!

Notes

Save Time: Buy pre-toasted nori sheets.



Egg Roll in a Bowl

2 servings

30 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 stalks Green Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 227 grams Lean Ground Pork
- 3 cups Coleslaw Mix
- 1 cup Bean Sprouts
- 2 tsps Coconut Aminos

Nutrition

Amount per serving	
Calories	407
Fat	26g
Carbs	21g
Fiber	6g
Sugar	10g
Protein	26g
Cholesterol	77mg
Sodium	666mg
Vitamin A	5100IU
Vitamin C	58mg
Calcium	101mg
Iron	4mg

Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos: Use tamari or soy sauce instead.

Meat-Free: Replace the ground meat with scrambled eggs or tofu.



15 Minute Halibut with Dill Pesto

2 servings

15 minutes

Ingredients

1/2 cup Parsley (packed)
2 tbsps Fresh Dill (packed)
2 2/3 tbsps Slivered Almonds
1 1/2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/2 Garlic (clove)
Sea Salt & Black Pepper
283 grams Halibut Fillet
3/4 tsp Coconut Oil
4 cups Mixed Greens (or Arugula)

Nutrition

Amount per serving	
Calories	327
Fat	20g
Carbs	6g
Fiber	3g
Sugar	1g
Protein	31g
Cholesterol	69mg
Sodium	139mg
Vitamin A	1419IU
Vitamin C	33mg
Calcium	104mg
Iron	3mg

Directions

- 1 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 2 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 3 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free: Use pumpkin seeds or sunflower seeds instead.

Save Time: Blend up the pesto in advance.

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



Sausage & Sauerkraut Skillet

2 servings

40 minutes

Ingredients

- 142 grams Organic Chicken Sausage
- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (diced)
- 1 Apple (peeled, cored and diced)
- 1 Garlic (cloves, minced)
- 2 cups Swiss Chard (washed, stems removed and chopped)
- 1 cup Sauerkraut (liquid drained off)

Nutrition

Amount per serving	
Calories	265
Fat	14g
Carbs	26g
Fiber	6g
Sugar	15g
Protein	12g
Cholesterol	85mg
Sodium	1281mg
Vitamin A	2264IU
Vitamin C	26mg
Calcium	129mg
Iron	6mg

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

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

Vegan and Vegetarian: Skip the sausage and use cooked lentils instead.

No Swiss Chard: Use kale or spinach instead.



Baked Salmon with Broccoli & Quinoa

3 servings
20 minutes

Ingredients

425 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
6 cups Broccoli (sliced into small florets)
1 1/2 tbsps Extra Virgin Olive Oil
3/4 cup Quinoa (uncooked)
1 1/8 cups Water
1/3 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	480
Fat	19g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	39g
Cholesterol	78mg
Sodium	126mg
Vitamin A	1197IU
Vitamin C	165mg
Calcium	132mg
Iron	4mg

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.



Kale Caesar Salad with Blackened Chicken

2 servings

50 minutes

Ingredients

1/2 Garlic (entire bulb)
227 grams Chicken Breast
1 tsp Paprika
1/4 tsp Sea Salt
1/4 tsp Cayenne Pepper
1/2 tsp Cumin
1 1/2 tsps Thyme
1/2 tsp Black Pepper
2 1/2 tbsps Extra Virgin Olive Oil
1/4 Lemon (juiced)
1 tbsp Dijon Mustard
2 cups Kale Leaves
1/4 cup Radishes (thinly sliced)
1/4 cup Cherry Tomatoes (halved)
2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	354
Fat	24g
Carbs	6g
Fiber	3g
Sugar	1g
Protein	29g
Cholesterol	82mg
Sodium	450mg
Vitamin A	1900IU
Vitamin C	28mg
Calcium	85mg
Iron	3mg

Directions

- 1 Preheat oven to 420°F (216°C). Take your garlic bulb and peel away the skin so the cloves are showing. Use a knife to slice the top off the garlic head. Drizzle with olive oil, season with a bit of sea salt and black pepper and wrap in foil. Bake in the oven for 30 minutes.
- 2 Remove garlic from oven and set aside until cool. Reduce oven to 350°F (177°C) and lightly oil a baking sheet.
- 3 In a bowl, mix together paprika, salt, cayenne pepper, cumin, thyme and black pepper. Rub the chicken breasts with a bit of extra virgin olive oil then coat both sides evenly with the spice mixture.
- 4 Heat a cast iron skillet over high heat for 5 minutes or until it is smoking hot. Place the chicken in the hot pan and cook for about 1 minute or until blackened to your liking. Flip and cook for another minute. Then place the chicken breasts on the baking sheet and bake in oven for 10 minutes (or until centre is no longer pink).
- 5 Meanwhile, make your creamy garlic dressing by taking your roasted garlic and squeezing it out into a food processor or magic bullet. Add in oil, lemon juice, mustard and season with a bit of sea salt. Blend until creamy.
- 6 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
- 7 Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

Notes

Vegetarian: Swap the chicken for roasted chickpeas.