

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Bacon, Cheese & Mushroom Omelette	 Bacon, Cheese & Mushroom Omelette	 Bacon, Cheese & Mushroom Omelette	 Bacon, Cheese & Mushroom Omelette	 Beef & Salsa Breakfast Skillet	 Beef & Salsa Breakfast Skillet	 Beef & Salsa Breakfast Skillet
Snack 1	 Banana Orange Green Smoothie	 Banana Orange Green Smoothie	 Banana Orange Green Smoothie	 Banana Orange Green Smoothie	 Mango Lime Smoothie	 Mango Lime Smoothie	 Mango Lime Smoothie
Lunch	 Southwest Chicken Meal Prep Bowls	 Southwest Chicken Meal Prep Bowls	 Southwest Chicken Meal Prep Bowls	 Southwest Chicken Meal Prep Bowls	 Cajun Chicken Meal Prep Bowl	 Cajun Chicken Meal Prep Bowl	 Cajun Chicken Meal Prep Bowl
Snack 2	 Chocolate Protein Muffins	 Chocolate Protein Muffins	 Chocolate Protein Muffins	 Chocolate Protein Muffins	 Chocolate Protein Muffins	 Chocolate Protein Muffins	 Chocolate Protein Muffins
Dinner	 One Pan Steak, Asparagus & Broccoli	 One Pan Steak, Asparagus & Broccoli	 One Pan Steak, Asparagus & Broccoli	 One Pan Steak, Asparagus & Broccoli	 Twice Baked Chicken Stuffed Sweet Potatoes	 Twice Baked Chicken Stuffed Sweet Potatoes	 Twice Baked Chicken Stuffed Sweet Potatoes
Snack 3	 Peanut Butter & Banana Shake copy	 Peanut Butter & Banana Shake copy	 Peanut Butter & Banana Shake copy	 Peanut Butter & Banana Shake copy	 Peanut Butter & Banana Shake copy	 Peanut Butter & Banana Shake copy	 Peanut Butter & Banana Shake copy

Fruits

- 2 Apple
- 11 Banana
- 1 1/2 tbsps Lemon Juice
- 3 Lime
- 3 1/2 tbsps Lime Juice

Seeds, Nuts & Spices

- 1 1/2 tbsps Cajun Seasoning
- 1/2 cup Chia Seeds
- 1 1/2 tsps Sea Salt
- 1 tbsp Taco Seasoning

Frozen

- 12 cups Frozen Cauliflower
- 3 cups Frozen Mango

Vegetables

- 4 cups Asparagus
- 4 cups Baby Spinach
- 4 cups Broccoli
- 3/4 cup Cherry Tomatoes
- 1/2 cup Chives
- 2 3/4 tbsps Cilantro
- 12 Cremini Mushrooms
- 1 tbsp Fresh Oregano
- 4 1/2 Garlic
- 1 Green Bell Pepper
- 3 cups Green Cabbage
- 3 stalks Green Onion
- 1/4 cup Red Onion
- 10 1/2 leaves Romaine
- 3 Sweet Potato
- 2 Tomato

Boxed & Canned

- 1 cup Brown Rice
- 3/4 cup Jasmine Rice
- 1 1/8 cups Salsa

Baking

- 1 1/8 tsps Baking Powder
- 1/3 cup Cocoa Powder
- 2/3 cup Coconut Sugar
- 1/3 cup Dark Chocolate Chips
- 1 1/8 cups Oat Flour
- 2 1/3 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 8 slices Bacon
- 6 1/3 ozs Cheddar Cheese
- 1 3/4 lbs Chicken Breast
- 1 1/2 lbs Chicken Breast, Cooked
- 9 ozs Extra Lean Ground Beef
- 1 1/2 lbs Top Sirloin Steak

Condiments & Oils

- 1 1/8 tsps Apple Cider Vinegar
- 1 1/3 tbsps Avocado Oil
- 1/4 cup Coconut Oil
- 1 1/2 tbsps Extra Virgin Olive Oil

Cold

- 1 tbsp Butter
- 11 Egg
- 2 cups Orange Juice
- 4 1/2 cups Plain Coconut Milk
- 1 1/8 cups Soy Milk
- 7 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

- 1/3 cup Chocolate Protein Powder
- 28 Ice Cubes
- 1 1/3 cups Pb2 Powder
- 3/4 cup Vanilla Protein Powder
- 2 1/8 cups Water



Bacon, Cheese & Mushroom Omelette

1 serving

15 minutes

Ingredients

- 2 slices Bacon (chopped)
- 3 Cremini Mushrooms (sliced)
- 2 Egg
- 2 tbsps Chives (chopped, divided)
- 1 2/3 ozs Cheddar Cheese (shredded)

Directions

- 1 Heat a medium-sized skillet over medium heat and cook the bacon and mushrooms. Stir every few minutes for even cooking. Cook until the bacon is crispy and the mushrooms are cooked through, about eight to nine minutes. Transfer the mixture to a paper towel-lined plate. Leave behind a small splash of bacon fat to keep the pan greased.
- 2 Whisk the eggs in a small bowl with half of the chives. Transfer to the pan and cook until almost set. Place the bacon and mushroom mixture on one half of the omelette. Top with cheese and fold the other half over top. Remove from heat and top with the remaining chives. Enjoy!

Notes

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

Dairy-Free: Omit the cheese or use dairy-free cheese instead.

More Flavor: Flaky salt, red pepper flakes, or hot sauce.



Beef & Salsa Breakfast Skillet

1 serving
20 minutes

Ingredients

3 ozs Extra Lean Ground Beef
1/3 cup Salsa
1 Egg

Directions

- 1 Add the ground beef to a large skillet over medium heat. Stir occasionally until cooked through, about eight minutes. Stir in the salsa.
- 2 Gently form a pocket for each egg in the beef salsa mixture. Crack an egg into each pocket and cover the skillet. Cook for five to eight minutes, or until the eggs are cooked to your liking. Scoop into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups of the mixture with one egg.

Make it Vegan: Use lentils or black beans instead of ground beef.



Banana Orange Green Smoothie

1 serving

5 minutes

Ingredients

- 1 Banana (medium, frozen)
- 1/2 Apple (medium, peeled and chopped)
- 1 cup Baby Spinach
- 1/2 cup Frozen Cauliflower
- 1/2 cup Orange Juice (freshly squeezed)
- 1/2 cup Water

Directions

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

Notes

No Spinach: Use kale instead.

No Frozen Cauliflower: Omit or use zucchini or more apple instead.

Orange Juice: Two to three small oranges yields approximately 1/2 cup of freshly squeezed orange juice.



Mango Lime Smoothie

1 serving
5 minutes

Ingredients

1 cup Frozen Mango
1 cup Frozen Cauliflower
1 Lime (large, zest and juice)
1/4 cup Vanilla Protein Powder
1 1/2 cups Plain Coconut Milk
(unsweetened, from the carton)

Directions

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

Notes

Additional Toppings: Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

No Coconut Milk: Use almond or oat milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Southwest Chicken Meal Prep Bowls

4 servings

50 minutes

Ingredients

- 1 cup Brown Rice
- 1 lb Chicken Breast
- 1 1/3 tbsps Avocado Oil (divided)
- 1 tbsp Taco Seasoning (divided)
- 1 cup Unsweetened Coconut Yogurt
- 2 tbsps Lime Juice
- 2 tbsps Cilantro
- 3 cups Green Cabbage (thinly sliced)
- 1 Green Bell Pepper (medium, chopped)
- 2 Tomato (medium, chopped)

Directions

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

Notes

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

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

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

No Brown Rice: Use quinoa or cauliflower rice instead.

No Cabbage: Use romaine lettuce or kale instead.



Cajun Chicken Meal Prep Bowl

3 servings

40 minutes

Ingredients

12 ozs Chicken Breast (skinless, boneless)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1 1/2 tbsps Cajun Seasoning
3/4 cup Jasmine Rice (uncooked)
2 1/4 tbsps Unsweetened Coconut Yogurt
1 1/2 tbsps Lime Juice
2 1/4 tpsps Cilantro (chopped)
10 1/2 leaves Romaine (chopped)
3/4 cup Cherry Tomatoes (halved)
1/4 cup Red Onion (sliced thin)

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Lay the chicken breast on the baking sheet. Drizzle with half of the oil and sprinkle with cajun seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 3 Meanwhile, cook the rice according to the directions on the package.
- 4 In a small bowl, add the yogurt, lime juice, cilantro, and remaining oil and mix well.
- 5 Divide the rice and chicken into bowls and add the romaine, cherry tomatoes, and red onion. Store the dressing separately and toss to combine when ready to eat. Enjoy!

Notes

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

No Coconut Yogurt: Use Greek yogurt instead.

No Romaine: Use another green such as spinach or arugula.

No Cilantro: Omit or use another herb such as chives.

More Flavor: Add salt and pepper to the dressing and/or to the rice.



Chocolate Protein Muffins

1 serving

30 minutes

Ingredients

2 2/3 tbsps Soy Milk
2 tsps Unsweetened Coconut Yogurt
1/8 tsp Apple Cider Vinegar
1/3 tsp Vanilla Extract
2 2/3 tbsps Oat Flour
2 2/3 tsps Chocolate Protein Powder
2 2/3 tsps Cocoa Powder
1 1/3 tbsps Coconut Sugar
1/8 tsp Baking Powder
1/16 tsp Sea Salt
2 tsps Coconut Oil (melted)
2 2/3 tsps Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, combine the milk, yogurt, apple cider vinegar, and vanilla. Let sit for five minutes.
- 3 In a medium-sized bowl, whisk together the flour, protein powder, cocoa powder, sugar, baking powder, and salt.
- 4 Add the melted coconut oil to the wet ingredients and stir.
- 5 Stir the dry ingredients into the wet and mix until well combined. Fold in the chocolate chips.
- 6 Divide the batter evenly between muffin cups. Bake for 20 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool them completely. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week.

Serving Size: One serving is two muffins.

Protein Powder: This recipe was developed and tested using both a plant-based protein powder and a whey protein powder. Either option will work.

No Soy Milk: Use any other type of milk or milk alternative.



One Pan Steak, Asparagus & Broccoli

4 servings

10 minutes

Ingredients

- 1 tbsp Butter (divided)
- 1 1/2 lbs Top Sirloin Steak
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Fresh Oregano (chopped, divided)
- 4 cups Asparagus (woody ends trimmed)
- 4 cups Broccoli (small florets, chopped)

Directions

- 1 Heat half of the butter in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let it rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining butter and half the oregano to the skillet. Cook the asparagus and broccoli for about six to eight minutes, or until cooked through. Season with the remaining salt.
- 4 Divide the asparagus, broccoli, and steak onto plates. Garnish with the remaining oregano and enjoy!

Notes

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

More Flavor: Grill on the barbecue.

Dairy-Free: Use olive oil, coconut oil, avocado oil, or ghee instead of butter.

No Oregano: Use rosemary instead.



Twice Baked Chicken Stuffed Sweet Potatoes

3 servings

1 hour 30 minutes

Ingredients

- 3 Sweet Potato (medium)
- 4 1/2 Garlic (cloves, minced)
- 1/3 tsp Sea Salt (to taste)
- 3 tbsps Water
- 1 1/2 tbsps Lemon Juice (to taste)
- 1 1/2 lbs Chicken Breast, Cooked (shredded)
- 3 stalks Green Onion (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Cook the sweet potatoes for one hour or until fork tender.
- 2 Once cool enough to handle, cut the sweet potatoes in half and scoop out the flesh, leaving behind a little bit of flesh so the skin stays in tact.
- 3 In a food processor, combine the sweet potato, garlic, salt, water, lemon juice, and chicken. Process until mostly smooth.
- 4 Spoon the mixture back into the skins and bake for an additional 15 minutes. Garnish with green onions and enjoy!

Notes

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

Serving Size: One serving equals approximately two stuffed sweet potato halves.

More Flavor: Add your choice of herbs and spices.

Additional Toppings: Top with cheese, vegan cheese, sour cream, or plain yogurt.



Peanut Butter & Banana Shake copy

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Frozen Cauliflower
- 1 Banana
- 4 Ice Cubes
- 3 tbsps Pb2 Powder
- 1 tbsp Chia Seeds

Directions

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

Notes

More Flavor: Add a pinch of cinnamon or sea salt.

Make it Green: Add spinach or kale.

No Almond Milk: Use oat milk instead.

Consistency: Adjust consistency to your liking by adding more or less liquid to the blender.