



Clean Eating

28-DAY

Real-Food *Reboot*

RECIPE MANUAL

Clean Eating ACADEMY



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How to Use This Manual

We know everyone has different meal preferences, so in this challenge, we've opted to give you a mix-and-match plan rather than a set meal plan.

We've provided you with a plethora of breakfasts, lunches, dinners and optional snacks in the pages that follow. All the meals are interchangeable, so simply choose your favorites and fill in the blank meal plans on page 65. We've also provided you with blank shopping lists for you to fill out before going to the store.

Choose the recipes that you like best and make them work for you. Eat three solid meals a day (unless you are trying out intermittent fasting – we'll explain this concept in the course), and the snacks are optional. Use the snack recipes if you're feeling hungry, but skip them and allow your digestive system to rest if you're not.

Remember that in Weeks 1 and 2, we're eliminating gluten, grains, dairy, legumes and sugar. In Week 3, we are reintroducing goat and sheep's milk dairy and fermented foods such as miso. In Week 4, we are reintroducing pseudograins such as quinoa and amaranth. To make things easy for you, we've added a note next to each recipe denoting which weeks it is good for.

Four Weeks at a Glance



No gluten, grains, dairy, legumes or sugar



Reintroduce goat and sheep's milk dairy and fermented foods including miso



Reintroduce pseudograins such as quinoa

Not interested in the mix-and-match concept? That's totally acceptable – some people prefer to have all the work done for them. Check out our two two-week meal plans that are completely laid out for you including recipes and shopping lists, starting on page 52.

Weeks
1-4

Grain-Free Cherry Orange Breakfast Cookies

MAKES 8 COOKIES.

- 2 cups** blanched almond flour
(NOTE: Not almond meal.)
- ¼ cup** shredded unsweetened coconut
- 2 tbsp** coconut flour
- 2 tbsp** hemp hearts
- ½ tsp** each sea salt, baking soda and ground cinnamon
- 2 large** eggs, lightly beaten
- ⅓ cup** coconut oil
- ¼ cup** pure maple syrup or raw honey
- 1 tsp** orange zest
- 1 tsp** pure vanilla extract
- ½ cup** unsweetened dried cherries
- ⅓ cup** raw unsalted pecans, chopped

1. Preheat oven to 325°F. Line a large baking sheet with parchment paper.

2. In a large mixing bowl, whisk together almond flour, shredded coconut, coconut flour, hemp hearts, salt, baking soda and cinnamon. Add eggs, oil, maple syrup, orange zest and vanilla; with a handheld electric mixer on medium, mix until well combined. Reduce to low speed, add cherries and pecans and mix until combined.

3. Drop by ¼ cup, 1 inch apart, onto prepared baking sheet. Bake until golden and centers are no longer doughy, about 25 minutes. Let cool on sheet for 5 minutes. Transfer to a rack to cool completely.

PER SERVING (1 cookie): Calories: 365, Total Fat: 30 g, Carbs: 18 g, Fiber: 6 g, Sugars: 7 g, Protein: 9 g

TIP: Refrigerate cookies in an airtight container for up to 4 days, or freeze for up to 3 months.



Weeks
1-4

Savory Potato Noodle & Chive Waffles

MAKES 2 8-INCH WAFFLES.

- 4 small** Russet potatoes (or mix it up and use 2 Russet and 2 sweet potatoes), scrubbed
- ½ tbsp** extra-virgin olive oil
- ¼ tsp** each garlic powder and sea salt
- ⅛ tsp** ground black pepper
- 2 large** eggs, beaten
- 3 tbsp** chopped fresh chives

OPTIONAL TOPPINGS:
coconut yogurt and pure maple syrup

1. Secure potatoes in a spiralizer and turn crank to create noodles, about the thickness of linguine. Pat dry with a clean towel.

2. In a large skillet on medium, heat oil. Add noodles and season with garlic powder, salt and pepper. Cover and cook for 5 minutes, or until noodles are tender and cooked through (work in batches, if necessary). Transfer to a large bowl; set aside to cool for 5 to 10 minutes. Add eggs and chives and toss to combine.

3. Preheat an 8-inch waffle iron and mist with cooking spray. Pack in half of potato mixture and close lid firmly. Cook until waffle is golden brown and crispy, about 15 minutes. (If your waffle maker has a timer, you may have to ignore it as it will go off early; keep a close eye to avoid burning.) Repeat with remaining waffle. Top with desired toppings.

TIP: We love these with a little coconut yogurt and maple syrup, but you can also load them up with salmon and dill for a heartier meal.

PER SERVING (1 waffle): Calories: 258, Total Fat: 9 g, Carbs: 35 g, Fiber: 3 g, Sugars: 3 g, Protein: 10 g



Weeks
1-4

Green Shakshouka

SERVES 4.

SAUCE

- 3 cups** baby greens (such as kale, chard and spinach)
- ½ cup** fresh cilantro
 - ½ jalapeño chile pepper, seeds and ribs removed
- 2 tbsp** avocado oil
- ½ tbsp** lemon zest
- 1 tsp** raw honey
- 1 tsp** each ground cumin and smoked paprika
- ½ tsp** each sea salt and lemon pepper seasoning

SKILLET MIXTURE

- 1 tbsp** avocado oil
- 3 cups** baby greens
- ½ yellow** onion, diced
- 1 clove** garlic, chopped
- 4 large** eggs
- Pinch** sea salt
- ½ tsp** ground black pepper
juice of ½ lemon

1. Prepare sauce: To a food processor, add all sauce ingredients. Pulse to break down greens then run machine to achieve an almost-smooth consistency.



2. Prepare skillet mixture: In a large nonstick skillet on medium, heat oil. Add greens, onions and garlic and sauté for 2 minutes. Add sauce and sauté 1 minute. Make 4 wells in sauce and crack 1 egg into each well. Cover and cook until eggs are cooked to desired doneness. Uncover and season eggs with salt and pepper. Squeeze lemon over contents of pan.

TIP: Choose a high-quality sea salt for all your recipes. We prefer pink Himalayan sea salt as it contains a wealth of minerals and trace elements.

PER SERVING (¼ of recipe): Calories: 162, Total Fat: 12 g, Carbs: 8 g, Fiber: 2 g, Sugars: 3 g, Protein: 7 g



Weeks
1-4

Almond Butter Smoothies

MAKES 4 SMOOTHIE PACKS.

(EACH PACK MAKES 2 12-OZ SMOOTHIES.)

- 4 cups** frozen mixed berries
- 4 cups** packed fresh baby spinach
- 1 cup** frozen mango
- 8** pitted dates (Deglet Noor variety) **(NOTE:** You can substitute with Medjool dates, but they tend to be larger, so reduce the amount by roughly half if using.)
- 8 tbsp** black or white chia seeds **(NOTE:** Either ground or whole chia will work here.)
- 4 tbsp** natural unsalted creamy almond butter
- 2 large** bananas, peeled and halved
- 4 cups** unsweetened plain almond milk **(TIP:** If desired, you can replace with water.)

1. In each of 4 large zip-top freezer bags, place 1 cup berries, 1 cup spinach, $\frac{1}{4}$ of mango, 2 dates, 2 tbsp chia, 1 tbsp almond butter and $\frac{1}{2}$ banana. Squeeze out as much air as possible and transfer to freezer for up to 3 months.

2. To serve, add 1 cup almond milk to a blender and contents of 1 smoothie bag. Blend on low to break up frozen fruit then gradually increase speed, blending until smooth, about 30 to 60 seconds at high speed. If smoothie is too thick, add up to $\frac{1}{4}$ cup water to blender. Pour into 2 glasses.

PER SERVING (1 12-oz smoothie):
Calories: 208, Total Fat: 9 g, Carbs: 30 g,
Fiber: 9 g, Sugars: 14 g, Protein: 6 g



Weeks
1-4

Grain-Free Nut & Seed Granola

SERVES 10.

- ½ cup** raw unsalted pecan pieces
- ½ cup** raw unsalted pumpkin seeds
- ½ cup** raw unsalted sunflower seeds
- ¼ cup** hemp hearts
- 2 tbsp** chia seeds
- 2 tbsp** raw almond butter
- 2 tbsp** coconut oil
- 2 tbsp** raw honey
- 1 tsp** ground cinnamon
- 1 tsp** pure vanilla extract
- ¼ tsp** sea salt
- 2 cups** dried unsweetened cherries or goji berries

1. Preheat oven to 250°F. In a food processor, pulse pecans, pumpkin seeds, sunflower seeds, hemp and chia until broken down into very small pieces. Reserve mixture in processor.

2. To a small saucepan on low, add almond butter, coconut oil and honey; stir to melt and combine into a smooth mixture. Remove from heat and add cinnamon and vanilla.

3. Pour warm almond butter mixture over chopped nuts and seeds; pulse to combine.

4. Transfer mixture to a large rimmed parchment-lined baking sheet and sprinkle with salt. Bake for 15 minutes. Stir, then turn off heat; leave baking sheet in oven for another 15 to 20 minutes. Let cool on sheet. Stir in berries and store in a jar at room temperature (or freeze for longer storage).

TIP: Try serving this as a crunchy topping over coconut yogurt.

PER SERVING (⅓ cup): Calories: 274, Total Fat: 17 g, Carbs: 20 g, Fiber: 5 g, Sugars: 14 g, Protein: 6 g



Weeks
1-4

Lean & Green Smoothie

SERVES 1.

- 2 cups** baby spinach
- 1 cup** plain unsweetened almond milk
- 1** frozen banana
- 1 scoop** collagen protein
- 1 tbsp** chia seeds
- ¼ tsp** ground cinnamon

Place all ingredients in a blender and blend until smooth. Add as much ice as necessary to reach desired consistency.

PER SERVING (1 smoothie):
Calories: 292, Total Fat: 7 g, Carbs: 37 g,
Fiber: 11 g, Sugars: 14 g, Protein: 25 g

TIP: Easily make this smoothie ahead – simply pack all ingredients except almond milk into a zip-top freezer bag. When ready to use, toss in the blender with almond milk and blend.



Weeks
1-4

Loaded Egg Muffins

MAKES 12.

- 3** turkey sausage links, chopped
- 1 slice** turkey bacon, cooked and chopped
- ½ cup** chopped yellow onion
- ½ cup** chopped broccoli
- 8 large** eggs
- 1 tbsp** nutritional yeast
- ¼ tsp** ground black pepper

1. Preheat oven to 350°F. Mist a 12-count muffin tin with cooking spray. In a large bowl, combine sausage, bacon, onion and broccoli. Spoon mixture into muffin cups, dividing evenly.

2. In same bowl, whisk together eggs, nutritional yeast and pepper. Pour egg mixture into muffin cups about three-quarters full, dividing evenly. Bake for about 18 minutes, until set.

PER SERVING (1 muffin): Calories: 56,
Total Fat: 3 g, Carbs: 1 g, Fiber: 0 g,
Sugars: 0 g, Protein: 6 g



Weeks
1-4

Sweet Potato Hash

SERVES 2.

- 1 tbsp** avocado oil
- ¼ cup** diced red onion
- 1** sweet potato, peeled and chopped
- 1 cup** diced zucchini
- ½ tsp** each smoked paprika, ground cumin and chile powder
- Pinch** sea salt
- ⅞ tsp** ground black pepper
- 4 large** eggs
- juice of ½ lemon
- fresh basil for garnish
- ½** avocado, sliced

1. In large nonstick skillet, heat oil. Add onion and sauté for 3 minutes. Add potato, zucchini, paprika, cumin, chile powder, salt and pepper. Sauté about 5 minutes.

2. Create 4 wells in hash and crack eggs inside. Cook to desired doneness. Drizzle lemon juice over top; garnish with basil. Serve with avocado.

PER SERVING (½ of recipe): Calories: 404,
Total Fat: 26 g, Carbs: 32 g, Fiber: 8 g,
Sugars: 4 g, Protein: 17 g



Chocolate Monkey Muffins

MAKES 24 MINI MUFFINS.

- 2 ripe** bananas
- 2 large** eggs
- 1 cup** almond flour
- 2 scoops** collagen peptides
- 2 tbsp** unsweetened cocoa powder
- 1 tbsp** ground flaxseeds
- 1 tsp** pure vanilla extract
- ½ tsp** each ground cinnamon and baking soda
- Pinch** sea salt

1. Preheat oven to 350°F. Mist a 24-count mini muffin tin with cooking spray.
2. Place all ingredients in a blender or food processor and blend until smooth. Divide batter among muffin tins, filling each about three-quarters full. Bake for 12 minutes. Let cool at least 10 minutes in tin then transfer to a rack to cool.

PER SERVING (2 mini muffins): Calories: 96, Total Fat: 6 g, Carbs: 7 g, Fiber: 2 g, Sugars: 3 g, Protein: 5 g



Banana Walnut Protein Pancakes

SERVES 2.

- 1 ripe** banana
- 2 large** eggs
- 1 scoop** collagen peptides
- 2 tbsp** almond flour
- 1 tbsp** ground flaxseeds
- 1 tbsp** chia seeds
- ½ tsp** pure vanilla extract
- ¼ tsp** ground cinnamon
- 1 tbsp** coconut oil
- ¼ cup** chopped raw walnuts

1. To a blender, add banana, eggs, collagen, almond flour, flaxseeds, chia seeds, vanilla and cinnamon; blend until smooth.
2. In a large, nonstick skillet on medium-high, heat oil. Drop pancake batter into skillet, using about 2 tbsp per pancake. Sprinkle each with ½ tsp chopped walnuts. Cook until bottom is golden, 3 to 4 minutes. Flip and cook 2 to 3 minutes more. Repeat with remaining batter, making a total of 8 pancakes.

PER SERVING (4 pancakes): Calories: 349, Total Fat: 21 g, Carbs: 21 g, Fiber: 7 g, Sugars: 8 g, Protein: 22 g



Weeks
1-4

Spring Roll Chicken Salad

SERVES 2.

DRESSING

- 1 tbsp** raw almond butter
- ½ tbsp** apple cider vinegar
+ additional to taste
- 1 tbsp** coconut aminos
- 1 tbsp** fresh lemon juice
+ additional to taste
- ¼ tsp** toasted sesame oil
- ⅛ tsp** red pepper flakes

SALAD

- ½ tbsp** avocado oil
- 4 1.5-oz** chicken breast tenders
- ½ tsp** ground black pepper
- Pinch** sea salt

- 1** English cucumber,
spiralized
- 1** carrot, spiralized or
peeled into ribbons
- ¼ cup** chopped fresh
cilantro
- 1** green onion,
thinly sliced
- 2 tbsp** chopped fresh mint
- 1 tbsp** hemp hearts

1. Prepare dressing: Add all dressing ingredients to a small jar; seal and shake vigorously until smooth. Taste and adjust to desired thickness using additional lime juice or vinegar.

2. Prepare salad: In a nonstick skillet on medium-high, heat avocado oil. Add chicken and season with pepper and salt. Cook 6 to 8 minutes, turning once, until golden and cooked through. Transfer to a plate.

3. In a large bowl, toss together cucumber and carrot. Add cilantro, onion and mint. Pour dressing over everything and toss to coat. Sprinkle with hemp hearts and top with chicken.

PER SERVING (½ of recipe): Calories: 261, Total Fat: 13 g, Carbs: 12 g, Fiber: 4 g, Sugars: 5 g, Protein: 25 g

Weeks
3-4

Tomato Thyme Soup with Arugula Topping

SERVES 2.

1 28-oz BPA-free can whole peeled tomatoes, with juices
1 cup low-sodium vegetable broth
1 large shallot, roughly chopped
3 tbsp unsalted tomato paste
1 tbsp fresh thyme leaves
1 tsp chopped fresh oregano
1 small clove garlic, roughly chopped
¼ tsp each sea salt and ground black pepper + additional to taste

3 tbsp
+ 1 tsp extra-virgin olive oil, divided
2 cups packed baby arugula
⅓ cup crumbled goat cheese
¼ cup thinly sliced fresh basil

1. In a blender, purée tomatoes, broth, shallot, tomato paste, thyme, oregano, garlic and ¼ tsp each salt and pepper. With blender running, add 3 tbsp oil in a steady stream.

2. Transfer soup to a medium saucepan, cover and heat on medium, whisking occasionally, until warmed, about 10 minutes.

3. Meanwhile, in a bowl, toss arugula, cheese, basil and remaining 1 tsp oil; season with additional salt and pepper. Divide soup among bowls; top with arugula mixture.

PER SERVING (2¼ cups): Calories: 413, Total Fat: 32.5 g, Carbs: 28 g, Fiber: 10 g, Sugars: 15 g, Protein: 11 g,



Cobb Salad

Weeks
1-4

SERVES 2.

- 6 cups** chopped butter lettuce
- 4** hard-boiled eggs, chopped
- 3 slices** turkey bacon, cooked until crispy and then chopped
- 2 large** avocados, peeled, pitted and chopped
- 20** grape tomatoes, halved
- 2 cups** shredded chicken, chopped
- ¼ cup** Lime Avocado Dressing (p. 45)

Divide lettuce among plates. Divide eggs, bacon, avocado, tomatoes and chicken evenly among plates. Drizzle 2 tbsp dressing over each salad and toss to combine.

PER SERVING (½ of recipe): Calories: 440, Total Fat: 27 g, Carbs: 25 g, Fiber: 11 g, Sugars: 8 g, Protein: 34 g

Weeks
1-4Zucchini Lasagna
with Cashew Cheese Pesto

SERVES 4.

- 1½ cups** raw unsalted cashews
- 1** lemon, zested and juiced
- 12 large** fresh basil leaves + additional for garnish
- ¼ cup** nutritional yeast, divided
- 2 cloves** garlic, roughly chopped
- 3** zucchini, trimmed
- Pinch** sea salt
- 1½ cups** all-natural marinara sauce
- 2** roasted red bell peppers, sliced

1. Preheat oven to 375°F. Prepare cashew cheese pesto: Soak cashews in a bowl of water for at least 4 hours or overnight. Transfer to a food processor. Add lemon zest and juice, basil leaves, 2 tbsp nutritional yeast and garlic; pulse a few times to break down nuts then process, adding 1 to 2 tbsp water, until mixture reaches the consistency of ricotta cheese.

2. Using a Y-shaped vegetable peeler or mandoline, thinly slice zucchini lengthwise into ½-inch-thick planks. Place on a baking sheet and sprinkle

with salt. Let stand for 10 minutes; blot zucchini to remove salt and moisture on the surface.

3. Spread ¼ cup marinara on bottom of an 8-inch square ceramic or glass baking dish; top with 2 layers of zucchini, one layer running top to bottom and the second layer running right to left. Spread half of roasted bell pepper over zucchini, followed by half of cashew cheese pesto. Spoon ½ cup marinara over cashew cheese pesto. Repeat 2 layers of zucchini, remaining half of bell peppers and cashew cheese pesto and ½ cup marinara. Top with 2 layers of zucchini, followed by remaining marinara. Sprinkle top with remaining 2 tbsp nutritional yeast. Cover with foil and bake for 30 minutes.

4. Uncover dish and set oven to broil. Broil for 3 minutes, or until topping is lightly browned. Let cool for 10 minutes. Sprinkle additional basil over slices before serving.

PER SERVING (¼ of recipe): Calories: 365, Total Fat: 23 g, Carbs: 26 g, Fiber: 8 g, Sugars: 10 g, Protein: 14 g



Weeks
1-4

Cauliflower Tabbouleh

SERVES 4.

- 2 cups** riced cauliflower (**TIP:** Pulse cauliflower to rice-size pieces in the food processor.)
- ½ cup** each chopped fresh cilantro, flat-leaf parsley and mint
- ½ cup** chopped red onion
 - 1** English cucumber, chopped
 - 20** grape tomatoes, halved
- ½ tsp** each sea salt and cracked black pepper, or to taste
 - 1** lemon, zested and juiced
- 2 tbsp** extra-virgin olive oil

In a large mixing bowl, place cauliflower, cilantro, parsley, mint, onion, cucumber and tomatoes. Stir until well combined. Season with salt and pepper and stir to combine. In a small bowl, whisk together lemon zest, lemon juice and oil. Pour dressing over cauliflower mixture and stir until well combined. Taste and adjust seasonings to taste.

PER SERVING (¼ of recipe): Calories: 104 Calories, Total Fat: 7 g, Carbs: 8 g, Fiber: 3 g, Sugars: 5 g, Protein: 3 g

Roasted Golden Beet & Arugula

Weeks
3-4

SERVES 2.

- 1 large** golden beet, peeled and sliced into ¼-inch rounds
- 1 tsp** avocado oil
- 1 tsp** raw honey
- ⅛ tsp** each smoked paprika and garlic powder
- Pinch** sea salt
- ¼ cup** raw unsalted walnuts
- 3 cups** baby arugula
 - 6 oz** grilled chicken breast, chopped
- ¼ cup** pomegranate seeds
- 2 oz** goat cheese, crumbled
- 2 tbsp** balsamic glaze (**TIP:** Look for a brand with no added sugar.)

1. Preheat oven to 375°F. Line a baking sheet with parchment and mist with cooking spray. Place beet on sheet and roast until tender, 15 to 20 minutes. Set aside to cool.

2. Meanwhile, in a small bowl, combine oil, honey, paprika, garlic powder, and salt. Add walnuts and toss to coat. Heat a small pan over low heat and add walnuts. Cook 5 minutes, stirring every 30 seconds to prevent burning. Transfer to a plate to cool.

3. Divide arugula among 2 plates. Top each plate with half of beets, chicken, pomegranate seeds, goat cheese and walnuts. Drizzle with balsamic glaze.

PER SERVING (½ of recipe): Calories: 393 Calories, Total Fat: 21 g, Carbs: 31 g, Fiber: 4 g, Sugars: 22 g, Protein: 27 g





Week
4

Crunchy Detox Salad

SERVES 2.

- 3 cups** organic baby kale
- ½ cup** cooked quinoa
- ½ cup** chopped pear
- ¼ cup** pomegranate seeds
- ¼ cup** chopped raw unsalted almonds
- 1** avocado, pitted, peeled and cubed
- 3 tbsp** Miso Carrot Ginger Dressing (p. 46)

Combine all ingredients in a large mixing bowl and toss to combine.

PER SERVING (½ of recipe): Calories: 500, Total Fat: 33 g, Carbs: 42 g, Fiber: 15 g, Sugar: 14 g, Protein: 18 g



Week
4

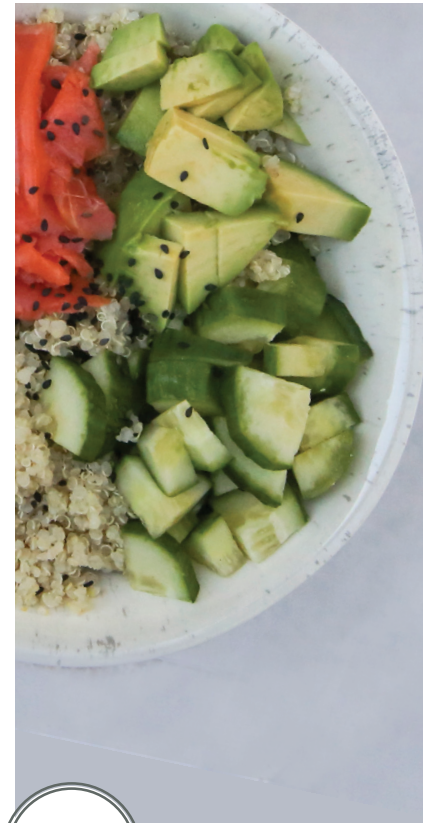
Mediterranean Bowl

SERVES 1.

- ⅓ cup** cooked quinoa
- 1 cup** baby spinach
- ½ cup** chopped cucumber
- ½ cup** chopped red bell pepper
- 2 tbsp** chopped red onion
- 1 oz** goat cheese
- 6** Kalamata olives
- 3 oz** cooked chicken
- 2 tbsp** chopped fresh mint
- 2 tbsp** Lemon Thyme Vinaigrette (p. 46)

Combine all ingredients in a bowl and toss to combine.

PER SERVING (1 recipe): Calories: 438, Total Fat: 20 g, Carbs: 32 g, Fiber: 4 g, Sugars: 6 g, Protein: 35 g



Week
4

Tokyo Salmon Bowl with Quinoa

SERVES 1.

- ⅓ cup** cooked quinoa
- ½ cup** thinly sliced cucumber
- ½** avocado, peeled, pitted and cubed
- ½** green onion, chopped
- ½ tbsp** sesame seeds
- 3 oz** cooked or raw (sashimi-grade) salmon (or use smoked salmon)
- 2 tbsp** Miso Carrot Ginger dressing (p. 46)

Combine all ingredients in a bowl and toss to combine.

PER SERVING (1 recipe): Calories: 582, Total Fat: 33 g, Carbs: 43 g, Fiber: 10 g, Sugars: 7 g, Protein: 32 g



Weeks
1-4

Coconut Chicken Strips

SERVES 4.

- 1 tbsp** coconut oil, melted
- ¾ cup** cassava flour (**TIP:** Look for it in health food or Latin American grocery stores.)
- 1 tsp** each garlic powder, onion powder and paprika
- 2 large** eggs, lightly beaten
- ⅓ cup** finely shredded unsweetened coconut
- 1 lb** boneless, skinless chicken breasts, cut crosswise into 1-inch strips
- ½ tsp** each sea salt and ground black pepper

1. Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper; brush parchment with oil.

2. In a shallow dish, stir together flour, garlic powder, onion powder and paprika. In a second shallow dish, add eggs. In a third shallow dish, add coconut. Sprinkle chicken with salt and black pepper. Working with 1 strip at a time, dredge chicken in flour mixture, turning to coat, then dip into egg, letting excess drip back into dish. Press chicken into coconut, turning to coat both sides.

3. Arrange on prepared sheet. Bake, turning once, until golden and no longer pink inside, 20 to 25 minutes.

PER SERVING (¼ of recipe): Calories: 355, Total Fat: 11 g, Carbs: 36 g, Fiber: 4 g, Sugars: 11 g, Protein: 28 g

Weeks
1-4

Golden Milk Mini Cheesecakes

SERVES 6.

FILLING

- ¾ cup** raw unsalted cashews
- ½ cup** BPA-free canned full-fat coconut milk
- 2 tbsp** coconut oil
- 1½ tsp** peeled and minced fresh ginger
- ¾ tsp** ground turmeric
- ⅛ tsp** sea salt
- Pinch** ground black pepper
- ⅛ tsp** ground cinnamon + additional for garnish
- ¼ cup** raw honey
- ½ tsp** pure vanilla extract

CRUST

- ½ cup** raw unsalted walnuts
- ½ cup** pitted Medjool dates (about 6)
- ⅛ tsp** sea salt

1. Prepare filling: Place cashews in a bowl; cover with cool water by 1 inch. Cover and refrigerate for 8 hours or overnight.

2. Combine coconut milk, coconut oil, ginger, turmeric, salt, pepper and cinnamon in a small saucepan. Bring to a simmer on low; simmer 5 to 10 minutes. Set aside to cool for 5 minutes.

3. Meanwhile, prepare crusts: Line 6 cups of a muffin tin with paper liners. Combine walnuts, dates and salt in a food processor. Pulse until chopped, then process until a dough forms. Divide dough among prepared muffin liners; press down to form even crusts.* Freeze. Wipe out processor.

4. Drain cashews and rinse with cool water. Drain again. Add to processor along with coconut milk mixture, honey and vanilla. Process until smooth, stopping to scrape down sides a few times. Remove crusts from freezer and divide filling among crusts, using about 3 tbsp filling per cheesecake. Tap on the counter a few times to release air bubbles, dust with additional cinnamon (if using), cover and freeze until filling is firm, at least 4 hours. Serve frozen, or let stand on counter for 10 minutes before serving.

PER SERVING (1 mini cheesecake):
Calories: 280, Total Fat: 20 g, Carbs: 25 g,
Fiber: 2 g, Sugars: 18 g, Protein: 5 g

**You'll have about 3 tbsp extra dough. You can use it to make Chocolate Energy Bites. Divide leftover dough into 9 1-tsp portions. Roll each into a ball. Roll balls in 1 tbsp unsweetened cacao, cover and freeze.*



Almond Butter & Banana Muffins

Weeks
1-4

MAKES 10 MUFFINS.

- 1 cup** creamy raw unsalted almond butter
- 1 cup** ripe mashed bananas (2 to 3 bananas)
- 2 large** eggs
- ¼ cup** pure maple syrup
- 1 tsp** pure vanilla extract
- 1 tsp** each baking soda and ground cinnamon
- ¼ tsp** sea salt
- Pinch** ground nutmeg
- ¼ cup** hemp seeds

OPTIONAL TOPPINGS: Hemp seeds, banana chunks, sliced almonds

- 1.** Preheat oven to 350°F. Line a muffin tin with 10 paper liners.
- 2.** To a food processor, add all ingredients except hemp seeds and blend until smooth and well combined. Remove blade and stir in ¼ cup hemp seeds with a spoon.
- 3.** Pour batter evenly into prepared muffin liners, filling each cup to just below the top, and sprinkle with optional toppings of your choice. Bake for 30 to 40 minutes, until just set and a toothpick comes out clean with dry crumbs. Transfer to a rack to cool completely. Keep refrigerated up to 5 days.

TIP: Customize these muffins by adding ⅓ cup fresh blueberries or unsweetened dried fruit to the batter. You can also make this in an 8- or 9-inch square cake pan, but you'll need to increase baking time by 5 to 10 minutes.

PER SERVING (1 muffin): Calories: 237, Total Fat: 17 g, Carbs: 16 g, Fiber: 3 g, Sugars: 9 g, Protein: 8 g





Weeks
1-4

Avocado & Banana Chocolate Pudding

SERVES 4.

- 1½** ripe bananas
- 1** avocado, pitted and peeled
- ¼ cup** unsweetened cocoa powder
- 3 tbsp** pure maple syrup
- ½ tsp** pure vanilla extract, optional
- ¼ tsp** ground cinnamon

1. To a food processor, add banana, avocado and cocoa powder. Process until just a few chunks remain, about 1 minute. With processor running, pour maple syrup through feed tube and process until completely smooth, scraping down bowl as needed, about 1 minute. Add vanilla (if using) and cinnamon and process until combined, about 10 seconds.

2. Transfer to an airtight container and refrigerate until completely chilled, 1½ to 2 hours.

TIP: Make sure your avocado and bananas are well ripened to get a creamier, sweeter pudding.

PER SERVING (⅓ cup): Calories: 171, Total Fat: 8 g, Carbs: 28 g, Fiber: 6 g, Sugars: 16 g, Protein: 3 g



Weeks
1-4

Raspberry Cheesecake Bites

MAKES 16 BITES.

- ¾ cup** coconut butter
- 2 tbsp** raw honey
- 6 drops** liquid stevia
- 2 tsp** pure vanilla extract
- ⅛ tsp** + pinch sea salt, divided
- ¾ cup** raw unsalted cashews
- ¼ cup** raspberries, halved
- ¼ cup** raw unsalted pecans
- ⅛ tsp** ground cinnamon

1. To a food processor, add coconut butter, honey, stevia, vanilla extract and ⅛ tsp salt. Pulse until smooth. Scrape down sides of bowl to push mixture back near the blades, then add cashews. Process until nuts are partially broken down, or the size of small gravel.

2. Transfer mixture to a bowl and add raspberries. Gently stir raspberries to incorporate – some of the berries will partially smash, while others remain whole. Cover and refrigerate for 30 minutes to partially firm.

3. Finely chop pecans to an almost-flourlike consistency. Transfer to a small bowl and mix with cinnamon and remaining pinch of salt. Use a melon baller to scoop a compact tablespoon of cheesecake mixture. Press open side into pecans lightly to dust, then release ball from the scoop onto a plate with the flat (pecan) side down. Repeat with remaining mixture to form 16 bites. Refrigerate for at least 1 hour before serving. Store in the fridge for up to 4 days, or freeze for up to 2 months.

PER SERVING (1 bite): Calories: 120, Total Fat: 10 g, Carbs: 7 g, Fiber: 2 g, Sugars: 3 g, Protein: 2 g

No-Bean Zucchini Hummus

Weeks
1-4

SERVES 4.

- 3** zucchini, peeled and chopped
- 1 cup** sesame or sunflower seeds, soaked for 4 hours in the refrigerator
- ½ cup** tahini
- 6 tbsp** fresh lemon juice
- 4 cloves** garlic
- 2 tsp** each paprika and sea salt
- 1 tsp** ground turmeric
- ½ tsp** ground cumin
- ⅛ tsp** ground cayenne pepper
- extra-virgin olive oil, for drizzling
- chopped fresh flat-leaf parsley, for garnish

Place all ingredients, except oil and parsley, into a food processor and blend until smooth. Drizzle with oil and garnish with parsley. Serve hummus with crudité, use it as a topping for salads or roasted veggies, or try it as a sandwich spread with our grain-free sandwich bread (p. 42).

PER SERVING (¼ of recipe):
Calories: 140, Total Fat: 11 g, Carbs: 8 g,
Fiber: 2 g, Sugars: 1 g, Protein: 5 g



Weeks
1-4

Harissa Tahini Dip

MAKES 1 CUP.

- 3 tbsp** extra-virgin olive oil + additional for garnish
- ¼ small** yellow onion, minced
- 2 cloves** garlic, minced
- ½ cup** tahini
- 2 tsp** lemon zest + 2 tbsp fresh lemon juice
- 1½ tbsp** harissa paste
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper
- flaky sea salt for garnish, optional

1. In a small skillet on medium-low, heat oil. Add onion and cook, stirring often, until caramelized, 7 to 10 minutes, adding garlic for final 1 minute. Transfer to a small bowl to cool.

2. To a small food processor, add tahini, lemon zest, lemon juice and harissa; process until smooth. Add onion mixture, including oil, and process until well combined. Drizzle in about 2 tbsp hot water, 1 tbsp at a time, to desired consistency. Season with salt and pepper. Just before serving, drizzle with additional oil and sprinkle with flaky sea salt (if using).

TIP: This tahini dip gets a flavor kick from harissa, a Moroccan chile pepper paste. Just read the label carefully to ensure it doesn't contain added sugar. Use your favorite vegetables for dipping.

PER SERVING (¼ cup):
Calories: 293, Total Fat: 28 g,
Carbs: 9 g, Fiber: 2 g,
Sugars: 1 g, Protein: 5 g



Weeks
1-4

Mango Chia Parfait

SERVES 4.

- 1 cup** BPA-free canned full-fat coconut milk
- 3 tbsp** chia seeds
- 2 cups** coarsely chopped mango (**TIP:** Use super-soft mangos to get a luscious, creamy texture.)
- 1 tbsp** pure maple syrup
- toasted unsweetened shredded coconut or coconut flakes, for serving, optional

1. In a medium bowl, stir together coconut milk and chia seeds. Cover and refrigerate for 30 minutes.

2. Meanwhile, to a blender, add mango and maple syrup; blend until smooth.

3. Divide half of mango purée among 4 serving glasses or containers. Divide chia pudding over top of mango purée. Divide remaining half of mango purée over chia mixture. Garnish with coconut (if using).

PER SERVING (1 parfait):
Calories: 212, Total Fat: 15 g,
Carbs: 21 g, Fiber: 4 g,
Sugars: 14 g, Protein: 3 g

Weeks
1-4

Avocado Fries

with Creamy Chipotle
Dipping Sauce

SERVES 6.

FRIES

- ½ cup** almond flour
- ¼ cup** coconut flour
- 1 tsp** sea salt
- ½ tsp** each garlic powder and paprika
- ¼ tsp** each onion powder and ground black pepper
- 1 large** egg, beaten
- 3** avocados (**TIP:** Choose avocados that are just ripe; if they're too soft, the fries will fall apart.)

DIP

- ⅓ cup** avocado oil mayonnaise
- 1 tbsp** fresh lime juice
- ¼ tsp** chipotle chile powder
- ⅛ tsp** sea salt

1. Make fries: Preheat oven to 450°F. Line a large baking sheet with parchment. In a medium bowl, combine almond and coconut flours, salt, garlic powder, paprika, onion powder and pepper. Place egg in a separate small bowl.

2. Halve and pit avocados. Cut each half into 4 to 6 wedges. Dip one wedge in egg then dredge in flour mixture and place on baking sheet. Repeat with remaining avocado, egg and flour mixture. Mist fries with cooking spray and bake until golden, 15 to 18 minutes, turning over and misting with cooking spray halfway through.

3. Meanwhile, make dip: Combine all ingredients in a small bowl. Serve fries with dipping sauce on the side.

NOTE: Alternatively, cook the fries in a skillet. Pour avocado oil in a medium nonstick skillet until ½ inch deep and heat on medium. Working in 3 batches, cook until golden, 1 to 2 minutes per side. If serving immediately, keep warm in a 200°F oven on a metal rack set over a baking sheet while cooking remaining slices.

PER SERVING (⅓ of recipe): Calories: 338, Total Fat: 31 g, Carbs: 14 g, Fiber: 10 g, Sugars: 2 g, Protein: 6 g,



Curried Carrot Parsnip Fritters

Weeks
1-4

SERVES 4.

- 2 tbsp** coconut flour
- 1½ tsp** curry powder
- ⅛ tsp** chile powder, optional
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 2** carrots, shredded
- 2** parsnips, shredded
- 4** green onions, white and light green parts, thinly sliced
- ¼ cup** unsweetened shredded coconut
- 1½ tsp** lime zest
- 3 large** eggs, beaten
- avocado oil, as needed

1. In a large bowl, combine flour, curry, chile powder (if using), salt and pepper. Add carrots, parsnips, green onions, coconut and lime zest; toss until well combined. Add eggs and stir until well mixed. Let stand for 10 minutes to allow flour mixture to absorb some of the liquid.

2. Preheat oven to 200°F. Place a metal rack over a baking sheet and transfer to oven. Pour oil in a large deep skillet until ½ inch deep; heat on medium until oil reaches 350°F to 375°F on a thermometer. Form ¼-cup portions of mixture into patties, making 8 total, squeezing out any extra liquid; set aside. Working in 2 batches, carefully transfer patties to skillet and cook until golden brown, about 2 minutes per side. Use a large slotted spoon to transfer fritters to rack-lined baking sheet in oven, keeping warm while cooking remaining fritters.

PER SERVING (2 fritters): Calories: 255, Total Fat: 18 g, Carbs: 18 g, Fiber: 6 g, Sugars: 6 g, Protein: 7 g



NOTE: You can bake these if you prefer. Preheat oven to 375°F. Arrange patties on a large, generously oiled baking sheet. Bake for 10 minutes, flip, mist tops with cooking spray and bake 5 to 10 minutes longer, until cooked through and golden.



Weeks
1-4

Mustard Pickle Deviled Eggs

MAKES 12 HALVES.

- 6 large** hard-boiled eggs, peeled, halved lengthwise
- ¼ cup** avocado oil mayonnaise
- 3 tbsp** minced dill pickle + 2 tsp pickle juice, divided
- 2 tsp** Dijon mustard
- ¼ tsp** each sea salt and ground black pepper, or to taste
- fresh dill, optional

1. Spoon egg yolks into a medium bowl. Add mayonnaise, pickle juice and mustard. Mash with a fork, combining all ingredients as you go. (Add more juice if needed to reach desired consistency.) Fold in pickle. Season with salt and pepper.

2. With a tbsp measure, spoon mixture into egg white halves. (Alternatively, spoon filling into a pastry bag and pipe it in.) Top each with dill (if using).

PER SERVING (2 halves): Calories: 147, Total Fat: 13 g, Carbs: 1 g, Fiber: 0 g, Sugars: 1 g, Protein: 7 g



Weeks
1-4

Green Goddess Deviled Eggs

MAKES 12 HALVES.

- 6 large** hard-boiled eggs, peeled, halved lengthwise
- ½ small** avocado, peeled and pitted
- 3 tbsp** avocado oil mayonnaise
- 2 tbsp** chopped fresh tarragon
- 1 tbsp** each chopped fresh parsley and chives
- ½ tsp** lemon zest + 2 tbsp fresh lemon juice
- ¼ tsp** each sea salt and ground black pepper

1. Spoon egg yolks into a food processor. Add remaining ingredients and process until just smooth.

2. With a tbsp measure, spoon mixture into egg white halves. (Alternatively, you can spoon the filling into a pastry bag and pipe it in.)

PER SERVING (2 halves): Calories: 150, Total Fat: 13 g, Carbs: 3 g, Fiber: 1 g, Sugars: 1 g, Protein: 7 g



Weeks
1-4

Bacon & Jalapeño Deviled Eggs

MAKES 12 HALVES.

- 3 slices** bacon, no added nitrates or nitrites
- 1** jalapeño chile pepper, seeded and minced
- 2 cloves** garlic, minced
- 6 large** hard-boiled eggs, peeled, halved lengthwise
- 3 tbsp** avocado oil mayonnaise
- ½ tsp** Dijon mustard
- 1 tbsp** chopped fresh cilantro
- ¼ tsp** each sea salt and ground black pepper

1. In a medium skillet on medium, cook bacon to desired crispness, 5 to 7 minutes. Transfer to a plate. Drain all but 1 tbsp fat from skillet. Add jalapeño and garlic and cook, stirring, until tender, 2 to 3 minutes.

2. Spoon egg yolks, mayonnaise and mustard into a medium bowl. Mash until well combined and smooth. Crumble or chop bacon. Fold jalapeño mixture, bacon and cilantro into yolk mixture. Season with salt and pepper. With a tbsp measure, spoon filling into egg white halves.

PER SERVING (2 halves): Calories: 165, Total Fat: 14 g, Carbs: 1 g, Fiber: 0 g, Sugars: 1 g, Protein: 8 g



TIP: This stew can be served in a bowl with all the fixings, or drain and use in lettuce wraps!

Weeks
1-4

Chicken Fajita Stew

SERVES 4.

- 2 tbsp** avocado oil
- 1½ lb** boneless, skinless chicken breasts, thighs or a combination, cut into strips
- ½ tsp** each sea salt and ground black pepper, divided + additional to taste
- 1 large** yellow onion, sliced
- 3 large** bell peppers, cut into 1-inch strips
- 6 cloves** garlic, minced
- 2-3 tsp** Taco Seasoning (p. 44)
- 1½ cups** low-sodium chicken broth
- 1 12-oz** all-natural jar salsa

1. In a large pot on medium-high, heat oil. Season chicken with ¼ tsp each salt and pepper and add to pot. Cook, turning occasionally, until browned on all sides, 3 to 4 minutes. Transfer to a plate.

2. Add onion and bell pepper to pot, season with ¼ tsp each salt and pepper and cook, stirring occasionally, until tender and beginning to caramelize, 6 to 8 minutes. Add garlic and taco seasoning; sauté 1 minute, until fragrant. Pour in broth and stir up any browned bits from bottom of pot.

3. Return chicken and any collected juices from plate to pot. Stir in salsa. Bring just to a boil, then reduce heat and simmer uncovered until chicken is cooked through and stew has thickened, about 30 minutes.

4. Transfer chicken pieces to a cutting board and chop or shred, then return to pot. Season with additional salt and pepper.

PER SERVING (¼ of recipe): Calories: 364, Total Fat: 12 g, Carbs: 20 g, Fiber: 4 g, Sugars: 5 g, Protein: 42 g

Weeks
1-4

Pecan-Crusted Chicken

with Sautéed Asparagus
& Mushrooms

SERVES 4.

- 1 cup** raw unsalted pecans
 - ½ tsp** each onion powder and garlic powder
 - 1 tsp** ground black pepper, divided
 - 1 tsp** ground coriander
 - ¾ tsp** sea salt, divided
 - 1 large** egg
 - 2 tbsp** plain unsweetened almond milk
 - 4 4-oz** boneless, skinless, chicken thighs, pounded to ½-inch thickness
 - 2 tbsp** avocado oil, divided
 - 1** shallot, diced
 - 6** shiitake mushrooms, stemmed and sliced
 - 1 bunch** asparagus, trimmed
- 1.** Preheat oven to 350°F. To a food processor, add pecans, onion powder, garlic powder, ½ tsp pepper, coriander and ¾ tsp salt; pulse to the consistency of a coarse flour.



2. To a large, shallow dish, add egg and milk and whisk to combine. Place pecan flour into another large shallow plate. Dip each chicken piece into the egg and then press into the pecan mixture, coating both sides.

3. In a large nonstick skillet on medium-high, heat ½ tbsp oil. Add half of chicken and cook 3 minutes, flip and cook another 3 minutes. Transfer to a parchment-lined baking sheet. Heat ½ tbsp oil, add remaining chicken and repeat; transfer to sheet. Bake for 5 to 7 minutes, until no longer pink inside.

4. Return skillet to heat and add remaining 1 tbsp oil. Add shallots, mushrooms and asparagus. Season with remaining ½ tsp pepper and ¼ tsp salt. Sauté for 5 minutes. Serve with chicken, and Spicy Apricot BBQ Sauce.

PER SERVING (1 thigh with ¼ of vegetables):
Calories: 422, Fat: 31 g, Carbs: 10 g, Fiber: 5 g,
Sugar: 3 g, Protein: 28.5 g

Spicy Apricot BBQ Sauce

MAKES 1 CUP.

- ½ cup** unsweetened dried apricots
- 1** yellow heirloom tomato (or regular tomato), chopped
- ¼** jalapeño chile pepper, seeded and chopped, or to taste
- 2 tbsp** peeled and grated ginger
- 1 tbsp** raw honey
- 1 tbsp** apple cider vinegar
- 1 tbsp** avocado oil
- ½ tsp** sea salt

To a small saucepan, add apricots, tomatoes and ½ cup water; bring to a simmer. Add remaining ingredients and cook for 10 minutes, until apricots are soft. Transfer to a blender; blend until smooth.

Weeks
1-4

Cauliflower Pizza

SERVES 2.

- 1 head** cauliflower, riced in the food processor (or 1 16-oz bag riced cauliflower)
- 1 large** egg
- 1 tbsp** ground flaxseed, stirred into 3 tbsp water and set aside for 10 to 15 minutes
- ½ tsp** ground black pepper
- 1 tbsp** nutritional yeast
- 2 tbsp** almond flour
- 1 tbsp** fresh thyme

TOPPINGS

- ½ cup** Broccoli Pesto (p. 41)
roasted red pepper strips, sliced mushrooms, nutritional yeast and hemp seeds, optional

1. Preheat oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat. Set aside.

2. Place riced cauliflower in a pot with 1 inch water. Bring to a simmer on medium and cook, covered, for 5 minutes, stirring occasionally. (Alternatively, place in a microwave-safe bowl and cook on high for 4 minutes.) Let cool for 5 minutes. Pour into a clean kitchen towel and gather the sides of the towel together. Squeeze out all water from cooked cauliflower. You will end up with a small ball of cauliflower.

3. To a large mixing bowl, add dry cauliflower, egg, flaxseed mixture, black pepper, nutritional yeast, almond flour and thyme. Using a wooden spoon or your hands, mix until well combined.

4. Turn out dough onto prepared baking sheet and form into a flat circle. Bake for 15 to 20 minutes, until crust is a light golden color. Remove from oven.

5. Spread Broccoli Pesto on top of pizza crust. If using, top with red peppers, mushrooms, nutritional yeast and hemp seeds. Return to oven and bake for 5 minutes. Let cool slightly before cutting into wedges.

PER SERVING (½ of recipe): Calories: 265, Total Fat: 12 g, Carbs: 22 g, Fiber: 9 g, Sugars: 9 g, Protein: 20 g



Weeks
1-4

Gingery Braised Chicken Thighs

SERVES 4.

- 2 tbsp** avocado oil
- 8 small** (or 4 large) bone-in, skin-on chicken thighs (about 3 lb)
- 1¼ tsp** sea salt, divided + additional to taste
- ½ tsp** ground black pepper + additional to taste
- 3** shallots, chopped
- 2 large** carrots, chopped
- 1 3½-inch** piece fresh ginger, peeled and chopped
- 1 1-inch** piece fresh turmeric, peeled and finely chopped
- 3 cloves** garlic, chopped
- 2 tsp** yellow mustard seeds
- 2 cups** chicken bone broth (preferably organic or homemade)
- 4** 1- to 2-inch-long strips orange zest + ¼ cup fresh orange juice, divided
- 1** bay leaf

1. In a Dutch oven, heat oil on medium-high. Pat chicken dry; season all over with 1 tsp salt and ½ tsp pepper. Add chicken to pan, skin side down, and cook until skin is browned and crisp, 6 to 8 minutes. Turn and cook until bottom is browned, 6 to 8 minutes. Transfer to a plate, cover and set aside. Drain off all but 1 tbsp fat in pan.

2. Reduce heat to medium. Add shallots and carrots and season with ¼ tsp salt and additional pepper. Cook, stirring occasionally, until tender, about 6 minutes. Add ginger, turmeric and garlic; cook, stirring, until fragrant, about 1 minute. Stir in mustard seeds and cook, stirring, for 1 minute.

3. Pour broth and orange juice into pan, stirring up any browned bits on bottom. Add orange zest and bay leaf and bring to a boil. Reduce heat to medium-low. Return chicken to pan, skin side up, along with any accumulated juices on plate. Partially cover and simmer until chicken is no longer pink inside and flavors have developed, about 30 minutes. Season with additional salt. Discard orange zest and bay leaf before serving.

PER SERVING (¼ of recipe): Calories: 547, Total Fat: 34 g, Carbs: 11 g, Fiber: 3 g, Sugars: 5 g, Protein: 51 g





Week
4

Quinoa Jambalaya

SERVES 4.

- 1 tbsp** avocado oil
- 1** yellow bell pepper, chopped
- ½** sweet yellow onion, chopped
- ½ cup** quinoa, rinsed
- 6** shiitake mushrooms, chopped
- 1** 14.5-oz BPA-free can diced fire-roasted tomatoes
- 1½ cups** low-sodium vegetable broth
- 2 links** chicken sausage (no added nitrates or nitrites), sliced

- ½ cup** jarred chopped roasted red pepper
- 1 clove** garlic, minced
- 1 tsp** each smoked paprika, dried oregano and dried thyme
- ¼ tsp** each sea salt, ground black pepper and red pepper flakes
- 1** bay leaf
- ½ lb** peeled and deveined large shrimp

- 1.** In a large, deep nonstick skillet on medium-high, heat oil. Add bell pepper, onion, quinoa and mushrooms; sauté 5 minutes.
- 2.** Add tomatoes, broth, sausage, roasted pepper, garlic, paprika, oregano, thyme, salt, black pepper, pepper flakes and bay leaf. Bring to a boil, reduce to a simmer, cover and cook 15 minutes.
- 3.** Uncover and add shrimp to skillet. Cover and cook 5 minutes until quinoa is tender and shrimp is cooked.

PER SERVING (¼ of recipe): Calories: 282, Total Fat: 9 g, Carbs: 29 g, Fiber: 6 g, Sugars: 5.5 g, Protein: 20 g



Week
4

Halibut Lemon Skillet

SERVES 4.

- 1 tbsp** avocado oil
- 8** Brussels sprouts, quartered
- ½ cup** quinoa, rinsed
- 1 cup** low-sodium vegetable broth
- 2** lemons (slice 1 into thin rounds and cut 1 into wedges), divided
- 1 lb** halibut, cut into 4 pieces
- Pinch** each sea salt and lemon pepper seasoning

1. In a medium nonstick skillet on medium-high, heat oil. Add Brussels sprouts and sauté for 5 minutes. Add quinoa, broth and lemon rounds. Bring to a boil then reduce heat to low; cover with a lid and simmer for 14 minutes.

2. Heat a large nonstick skillet on medium; add halibut pieces and season with salt and pepper. Cook 4 minutes; flip and cook an additional 4 minutes.

3. Divide quinoa and Brussels sprouts among plates. Arrange halibut pieces over top. Squeeze remaining lemon wedges over fish.

PER SERVING (¼ of recipe): Calories: 262, Fat: 7 g, Carbs: 19 g, Fiber: 3 g, Sugar: 2 g, Protein: 28 g

Week
4

Smoky Romesco Chicken & Noodles

SERVES 6.

- 1 cup** drained jarred roasted red peppers
- ½ cup** unsweetened almond butter
- 2 tbsp** chopped fresh flat-leaf parsley + additional for garnish
- 2 tbsp** extra-virgin olive oil
- 1½ tbsp** sherry vinegar
- 1½ tsp** garlic powder
- 1 tsp** smoked paprika
- 1 tsp** sea salt, divided
- ¼ tsp** ground black pepper
- 8 oz** 100% quinoa noodles (or veg noodles)
- 5 oz** baby spinach
 - 1** cooked rotisserie chicken (about 2 lb)

1. Make sauce: In a food processor or high-speed blender, process roasted peppers, almond butter, parsley, oil, vinegar, garlic powder and paprika until smooth, stopping to scrape down processor a few times. Season with ¾ tsp salt and pepper. (**NOTE:** Sauce will be thick.)

2. Cook noodles according to package directions adding remaining ¼ tsp salt to the cooking water. Add spinach for final 1 minute of cooking. Meanwhile, remove skin from chicken, pull meat off bones and roughly chop or pull into long pieces.

3. Drain noodle mixture well in a colander. To a large bowl, add noodle mixture and chicken. Add half of sauce and toss. Toss in more sauce as desired. Garnish with additional parsley.

PER SERVING (1/6 of recipe):
Calories: 432, Total Fat: 26 g, Carbs: 41 g,
Fiber: 8 g, Sugars: 3 g, Protein: 19 g



Weeks
1-4

Spaghetti Squash Bolognese

SERVES 4.

- 1** spaghetti squash,
halved and seeded
- 1 tbsp** avocado oil
- 1 small** yellow onion, diced
- 2 cups** diced cremini mushrooms
- 2** carrots, diced
- sea salt and ground
black pepper, to taste
- 4 cloves** garlic, minced
- 2 tbsp** chopped fresh thyme
- 1 28-oz** BPA-free can diced
San Marzano tomatoes
- 1 cup** cherry tomatoes
- 2 cups** ground beef or turkey
- fresh basil, for serving

1. Preheat oven to 400°F. Line a baking sheet with foil and lightly mist with cooking spray. Place spaghetti squash, cut side down, onto baking sheet. Bake for 35 to 45 minutes, until squash is soft to the touch. Let cool.

2. In a large skillet, heat oil. Add onion, mushrooms and carrots. Season with salt and pepper and sauté for 5 minutes. Add garlic and thyme and sauté 1 minute.

3. Add canned and fresh tomatoes and ½ cup water. Reduce heat to low and simmer for 15 minutes, or until sauce has thickened. Stir in beef and simmer another 5 minutes, until cooked through. Serve over spaghetti squash. Top with basil.

PER SERVING (¼ of recipe): Calories: 227, Total Fat: 20 g, Carbs: 3 g, Fiber: 1 g, Sugar: 2 g, Protein: 13 g





Weeks
1-4

Spiced Stuffed Peppers

SERVES 4.

1½ tbsp avocado oil, divided
8 oz ground beef or turkey
1 tsp lemon pepper seasoning, divided
½ tsp sea salt, divided
1 zucchini, diced or shredded
½ yellow onion, chopped
1 cup diced cremini mushrooms
1 clove garlic, minced
½ tsp each ground cumin, garlic powder and smoked paprika

1 each red, orange and yellow bell pepper, halved and seeded
 fresh basil, for serving

- 1.** Preheat oven to 375°F.
- 2.** In a large nonstick skillet on medium-high, heat ½ tbsp oil. Add beef, season with ½ tsp lemon pepper and ¼ tsp salt and cook, breaking up beef with a spoon, until cooked through. Transfer to a plate.
- 3.** In same skillet on medium-high, heat remaining 1 tbsp oil. Add

zucchini, onion, mushrooms, garlic, cumin, garlic powder, paprika and remaining ¼ tsp salt and ½ tsp lemon pepper. Cook for 5 minutes.

4. Return cooked beef to skillet with vegetables and stir to combine. Remove from heat then fill the pepper halves with beef mixture. Arrange in a baking dish and over with foil. Bake for 20 minutes, or until peppers start to soften. Garnish with basil.

PER SERVING (¼ of recipe): Calories: 304, Total Fat: 14 g, Carbs: 20 g, Fiber: 5 g, Sugar: 4 g, Protein: 25 g



Weeks
1-4

Cauliflower Fried Rice

SERVES 4.

- 1 tbsp** avocado oil
- ½ cup** diced yellow onion
 - 1** zucchini, diced
 - 6** shiitake mushrooms, stemmed and chopped
- 2 cloves** garlic, minced
- 3 cups** cauliflower rice (**TIP:** Pulse cauliflower to rice-size pieces in the food processor.)
- 1 tbsp** coconut aminos
- 1 tbsp** fresh lime or lemon juice
- 1 tsp** toasted sesame oil
 - ground black pepper, to taste
 - 2** green onions, chopped
- ½ cup** chopped fresh cilantro
- 1 tbsp** black sesame seeds

1. In a large nonstick skillet on medium-high, heat avocado oil. Add yellow onion, zucchini and mushrooms and sauté 4 minutes. Add garlic and sauté 1 minute. Add cauliflower rice and sauté 3 minutes.

2. Add coconut aminos, lime juice and sesame oil and stir to combine with vegetables. Season with pepper. Stir in green onion, cilantro and sesame seeds.

PER SERVING (¼ of recipe): Calories: 126, Total Fat: 7 g, Carbs: 14 g, Fiber: 4 g, Sugars: 6 g, Protein: 5 g



Weeks
1-4

Sheet Pan Cashew Chicken

SERVES 4.

- 1 lb** chicken breast tenders, cut into 1-inch chunks
- 1 head** broccoli, cut into florets
 - 1** red bell pepper, cut into chunks
- ½ cup** raw unsalted cashews

SAUCE

- ¼ cup** coconut aminos
- 2 tbsp** fresh lemon or lime juice
- 1 tbsp** raw honey
- 1 clove** garlic, minced
 - ½ tsp** peeled and grated ginger
- ½ tbsp** arrowroot

1. Preheat oven to 375°F. Line a baking sheet with foil or parchment paper. Place chicken, broccoli and bell pepper on sheet.

2. In a small bowl, whisk together sauce ingredients. Pour half of sauce over chicken and vegetables and toss to combine. Bake for 10 to 12 minutes, until chicken is cooked through and vegetables are tender.

3. Meanwhile, in a small saucepan on low, heat remaining sauce until warmed through.

4. Divide chicken mixture among plates, top with cashews and drizzle with remaining sauce.

PER SERVING: (¼ of recipe): Calories: 282, Total Fat: 7 g, Carbs: 23 g, Fiber: 5 g, Sugars: 11 g, Protein: 31 g



Weeks
1-4

Honey Chile Lime Salmon

SERVES 4.

- 4 4-oz** fillets wild salmon
- 1 each** red and orange bell pepper, chopped
 - $\frac{1}{2}$ yellow onion, chopped
 - 2** limes, juiced
- 2 tbsp** avocado oil
- 2 tbsp** chopped fresh cilantro
- 1 tbsp** raw honey
- $\frac{1}{4}$ tsp** red pepper flakes, or to taste
- Pinch** sea salt
 - ground black pepper, to taste

- 1.** Heat oven to broil. Line a baking sheet with foil. Place salmon, bell peppers and onion on sheet.
- 2.** In a small bowl, whisk together remaining ingredients. Pour over salmon and vegetables.
- 3.** Broil for 4 minutes. Reduce oven temperature to 375°F and bake for 5 more minutes, until opaque throughout.

PER SERVING ($\frac{1}{4}$ of recipe): Calories: 333, Total Fat: 21 g, Carbs: 9 g, Fiber: 1 g, Sugar: 7 g, Protein: 26 g



Weeks
1-4

Pesto Chicken & Veggies

SERVES 4.

- 1 lb** chicken breast tenders
- 4 red** potatoes, thinly sliced
- 1 cup** grape tomatoes
- 1 lb** asparagus, trimmed
 - sea salt and ground black pepper, to taste
- 1** batch Basil Lemon Pesto (p. 47)

- 1.** Preheat oven to 375°F. Line a baking sheet with foil or parchment paper. Place chicken and vegetables on sheet and season with salt and pepper.
- 3.** Spoon pesto over chicken. Bake for 15 minutes, or until chicken is no longer pink inside.

PER SERVING ($\frac{1}{4}$ of recipe): Calories: 330, Total Fat: 9 g, Carbs: 34 g, Fiber: 6 g, Sugar: 3 g, Protein: 33 g

Week
4

Chicken & Mushroom Quinoa-Crust Pizza

with Bell Pepper Sauce

SERVES 4.

- 1 tbsp** + 2 tsp olive oil, divided
- 1 cup** quinoa, rinsed and soaked overnight
- ½ tsp** sea salt, divided
- ½ tsp** each dried tarragon and thyme
- 9-oz jar** roasted red bell peppers, drained and roughly chopped
- 8 oz** white mushrooms, sliced
- ¼ tsp** fresh ground black pepper
- 5 oz** cooked and shredded boneless, skinless chicken breast (about 1¼ cups)
- 3 oz** Manchego cheese, grated (about ¾ cup packed)
- 3 tbsp** chopped fresh flat-leaf parsley leaves

1. Preheat oven to 450°F. Place a 10-inch ovenproof skillet (such as cast iron) on center rack until hot, about 10 minutes. Add 1 tbsp oil and heat in oven for 2 minutes. Meanwhile, rinse and drain soaked quinoa and transfer to a food processor. Add ½ cup plus 2 tbsp water, ¼ tsp plus ½ tsp salt, tarragon and thyme. Process until mixture resembles runny pancake batter, scraping down bowl as needed, 2 to 3 minutes. When oil is hot, remove skillet from oven and swirl

to coat with oil. Pour quinoa mixture into skillet and bake until batter is set and golden brown, about 20 minutes.

2. Meanwhile, rinse out food processor. Add bell peppers and process until smooth; set aside. In a large skillet on medium-high, heat remaining 2 tsp oil and add mushrooms, black pepper and remaining ½ tsp salt. Cook, stirring frequently, until tender and lightly browned, about 10 minutes.

3. Spread bell pepper sauce over quinoa crust in skillet. Top with shredded chicken, mushrooms and cheese. Return to oven and bake until cheese is melted, 4 to 5 minutes. Let mixture rest in skillet for 5 minutes, then transfer to a cutting board and sprinkle with parsley. Cut into wedges.

PER SERVING (¼ of pizza): Calories: 378, Total Fat: 17 g, Carbs: 33 g, Fiber: 5 g, Sugars: 1 g, Protein: 23 g



Weeks
1-4

Maple Rosemary Brussels Sprouts Salad

SERVES 2.

- 1 tbsp** avocado oil
- 1 cup** shredded Brussels sprouts
- ¼ cup** chopped red onion or shallot
- 2** carrots, peeled and chopped
- Pinch** sea salt
- ½ tsp** cracked lemon pepper seasoning
- 3 tbsp** Maple Rosemary Dressing (p. 47), divided
- 4 cups** mixed greens
- 2 4-oz** grilled chicken breasts, chopped
- ¼ cup** unsweetened dried cherries

1. In a large nonstick skillet on medium-high, heat oil. Add Brussels sprouts, onion and carrots. Season with salt and lemon pepper and sauté 6 to 7 minutes. Pour 1½ tbsp dressing into skillet and toss to coat vegetables. Let cool 5 minutes.

2. Place mixed greens in a salad bowl and add Brussels sprouts mixture, chicken and cherries. Toss salad to evenly mix and add additional 1½ tbsp dressing, if desired.

PER SERVING (½ of recipe): Calories: 418, Total Fat: 14 g, Carbs: 40 g, Fiber: 5 g, Sugar: 24 g, Protein: 32 g



Broccoli Pesto

Weeks
1-4

MAKES 1¾ CUPS.

- 2 tbsp** unsalted pine nuts
- 2 cups** steamed broccoli florets, cooled
- ½ cup** packed fresh basil
- 2 tbsp** fresh lemon juice
- ¼ tsp** red pepper flakes
- ½ tsp** sea salt
- 1 clove** garlic, roughly chopped
- 1 tbsp** nutritional yeast
- ⅓ cup** extra-virgin olive oil

1. To a dry pan on low heat, add pine nuts. Toast for 2 to 3 minutes until golden brown, stirring frequently. Remove from heat and transfer to a plate to cool.

2. Meanwhile, to a food processor or high-speed blender, add broccoli, basil, lemon juice, pepper flakes, salt, garlic, nutritional yeast and pine nuts. Pulse a few times then scrape down sides of bowl. With processor running, stream in the oil and blend to a thick paste. Add just enough water to blend the mixture into a smooth sauce (2 to 3 tbsp). Refrigerate pesto until ready to use.

TIP: Use this pesto in our *Cauliflower Pizza* recipe (p. 30), or simply serve over zucchini noodles.

PER SERVING (¼ cup): Calories: 129, Total Fat: 12.5 g, Carbs: 4 g, Fiber: 2 g, Sugars: 0 g, Protein: 2 g



NOTE: You can also use frozen broccoli florets that have been fully thawed in place of the steamed broccoli.

Weeks
1-4

The Ultimate Grain-Free Sandwich Bread

MAKES 1 LOAF (10 SLICES).

- 2 tbsp** extra-virgin olive oil + additional for greasing pan
- 2½ cups** blanched almond flour (**NOTE:** Not almond meal.)
- ¾ cup** tapioca starch
- 2 tbsp** coconut flour
- ¼ cup** ground golden flaxseeds
- 2 tbsp** whole psyllium husk flakes
- ¾ tsp** baking soda
- ½ tsp** sea salt
- 8 large** egg whites (or 1 cup liquid egg whites) + 1 large egg, divided
- 2 tbsp** apple cider vinegar
- 1 tbsp** white and/or black sesame seeds

1. Preheat oven to 375°F. Grease an 8 x 4-inch loaf pan with oil and line with parchment paper, leaving a 2-inch overhang on 2 opposite sides.

2. In a large bowl, whisk together almond flour, tapioca, coconut flour, flaxseeds, psyllium husk, baking soda and salt. Set aside.

3. In a medium bowl, whisk together egg whites, 2 tbsp oil and vinegar. Add to bowl with almond flour mixture, whisking well until incorporated. Add ⅔ cup boiling water and beat for 1 minute. Transfer to prepared pan, spreading evenly.



4. In a small bowl, whisk remaining egg with 1 tsp water; brush over surface of batter. Sprinkle with seeds. Bake for 1 hour, 10 minutes, until lightly golden and starting to pull away from edges of pan.

5. Lifting with edges of parchment, carefully remove loaf from pan; peel off parchment paper. Return loaf to oven, placing directly on oven rack. Bake until loaf forms a golden crust, 10 to 15 minutes more. Let cool completely on a wire rack.

TIPS: Use ground golden flaxseeds for this recipe; they have a more buttery taste than regular flaxseeds and the color blends seamlessly into the bread. Wrap the finished loaf in plastic wrap and store at room temperature for up to 3 days, or refrigerate for up to 1 week. You can also freeze it sliced and pop it straight into the toaster oven.

PER SERVING (1 slice): Calories: 278, Total Fat: 20 g, Carbs: 16.5 g, Fiber: 5.5 g, Sugars: 2 g, Protein: 13 g

Weeks
1-4

Pickled Ginger & Cardamom Carrots

MAKES 2 16-OZ JARS.

- 1 2-inch** piece fresh ginger (peel on), scrubbed and thinly sliced
- 6** green cardamom pods
- 10** organic carrots (peel on), scrubbed
- 2 cups** filtered water
- 1 tbsp** high-quality sea salt (such as Himalayan or Celtic sea salt)
- 2 small** leaves green or purple cabbage

EQUIPMENT:

- 2 16-oz** wide-mouth glass jars with lids, sterilized
- 2 small** glass jars with lids (4-oz or 8-oz), sterilized
(NOTE: Jars should be narrow enough to fit inside rims of 16-oz jars.)

1. Divide ginger and cardamom among 2 16-oz wide-mouth glass jars. Cut carrots into 3½-inch lengths, halving or quartering thicker lengths and leaving thin lengths whole. Divide carrots among 16-oz jars, packing tightly.

2. In a large glass measuring cup, stir together filtered water and salt until salt dissolves. Pour into 16-oz jars, leaving 1-inch headspace between surface of liquid and rim of jars. Arrange cabbage leaves in 16-oz jars over top of carrots. Fill 2 small glass jars with water and seal tightly with lids. Place in 16-oz jars over top of cabbage leaves to keep carrots submerged in liquid.

3. Place 16-oz jars in a shallow bowl to catch any overflow and cover with clean tea towels. Let ferment in a cool place away from direct sunlight, pressing down on small jars as needed to keep carrots submerged in liquid, for 7 to 14 days. Remove small jars and discard cabbage leaves. Seal 16-oz jars tightly with lids and refrigerate for up to 12 months.

TIP: Serve with a pesto, or grate the carrots and toss into salads.

PER SERVING (4 carrot sticks):
Calories: 6, Total Fat: 0 g, Carbs: 1.5 g, Fiber: 0 g,
Sugars: 1 g, Protein: 0 g



Weeks
1-4

Taco Seasoning

MAKES ABOUT 5 TBSP.

- 3 tbsp** chile powder
- 2 tsp** ground cumin
- 1 tsp** each garlic powder, dried oregano, onion powder, paprika and sea salt
- ½ tsp** ground black pepper
- ⅛ tsp** ground cinnamon
- ⅛ to ¼ tsp** ground cayenne pepper, optional

In a small jar or container, mix together all ingredients.

HOW TO USE IT: Add 1 to 3 tbsp to 1 lb ground beef or turkey; rub 1 to 2 tbsp on steak, fish or chicken before broiling or grilling; sprinkle ½ tsp on a baked sweet potato.



Everyday Marinara Sauce

Weeks
1-4

MAKES ABOUT 6 CUPS.

- 1 tbsp** olive oil
- 1** white onion, diced
- 2** carrots, peeled and diced
- 2** celery ribs, diced
- 4 cloves** garlic, chopped
- 5 cups** jarred unsalted diced tomatoes (no salt or sugar added)
- 1 tbsp** unsalted tomato paste
- 2 sprigs** fresh oregano, stems removed
- 8** basil leaves
- ⅛ tsp** red pepper flakes, optional
- 1 tbsp** raw honey
- sea salt and ground black pepper, to taste

1. In a medium saucepot on medium-high, heat oil. Add onion, carrots, celery and garlic and sauté until onion becomes translucent

and vegetables are softened. Add tomatoes, tomato paste, oregano, basil and pepper flakes (if using), and cook, stirring frequently, until sauce comes to a boil. Reduce heat to medium-low and simmer for 45 minutes to 1 hour, stirring occasionally.

2. Remove saucepot from heat and carefully purée mixture with a hand blender or in a food processor until smooth. Add honey and season with salt and pepper; mix well.

3. Ladle mixture into resealable containers, let cool to room temperature, cover and refrigerate until needed. Sauce can be kept refrigerated for up to 5 days or frozen for up to 2 months.

TIP: Feel free to jazz up this versatile staple with your favorite herbs and spices. Serve hot over grilled chicken breast and veggie noodles.

PER SERVING (1 cup): Calories: 70, Total Fat: 2.5 g, Carbs: 12 g, Fiber: 2.5 g, Sugars: 8 g, Protein: 2.5 g



Cashew Harissa Dressing

Weeks
1-4

MAKES 4 SERVINGS.

- 1 cup** raw unsalted cashews
- 1** lemon, juiced
- 1 tbsp** harissa paste
- 1 tbsp** raw honey

1. Soak cashews in water for at least 1 hour; drain and rinse.

2. Place cashews in a food processor with remaining ingredients and $\frac{1}{4}$ cup water; blend until smooth, adding an additional 1 tbsp water at a time until the desired consistency is achieved.

TIP: Buy raw nuts whenever you can – roasted nuts are usually cooked in a pro-inflammatory oil.

PER SERVING (2 tbsp): Calories: 161, Total Fat: 11 g, Carbs: 14 g, Fiber: 1 g, Sugar: 6 g, Protein: 5 g



Lime Avocado Dressing

Weeks
1-4

MAKES 4 SERVINGS.

- 1 large** avocado, peeled and pitted
- $\frac{1}{4}$ cup** chopped fresh cilantro
- 2 tsp** lime zest + $\frac{1}{4}$ cup fresh lime juice
- $\frac{1}{2}$ tbsp** red wine vinegar
- 1 tsp** raw honey

To a small food processor, add all ingredients; blend until smooth. Thin with water if needed to reach desired consistency.

TIP: Always buy organic citrus fruit when using the zest.

PER SERVING (2 tbsp): Calories: 40, Fat: 3 g, Carbs: 5 g, Fiber: 1 g, Sugar: 2 g, Protein: 0 g



Weeks
3-4

Miso Carrot Ginger Dressing

MAKES 4 SERVINGS.

- 3 tbsp** yellow miso paste
- 2 tbsp** avocado oil
- 2 tbsp** chopped carrot
- 1 tbsp** fresh lime or lemon juice
- 2 tsp** toasted sesame oil
- 2 tsp** raw honey
- 1 tsp** peeled and grated fresh ginger
- 1 tbsp** black sesame seeds

To a food processor, add all ingredients except sesame seeds; add 2 tbsp water and blend until smooth. Pour into a jar with a lid, and add sesame seeds; shake to combine.

NOTE: This dressing will thicken if stored in the fridge, but you can thin it out with lime juice or water as needed before serving.

PER SERVING (2 tbsp): Calories: 136, Total Fat: 11 g, Carbs: 8 g, Fiber: 1 g, Sugar: 6 g, Protein: 2 g



Weeks
1-4

Lemon Thyme Vinaigrette

MAKES 4 SERVINGS.

- zest of 1 lemon + juice of 2 lemons
- 2 tbsp** extra-virgin olive oil
- 2 tbsp** diced shallots
- 1 tsp** Dijon mustard
- 1 tbsp** chopped fresh thyme
- 1/8 tsp** ground black pepper

Combine all ingredients in a jar and seal with lid. Shake vigorously until well blended. Store in the refrigerator until ready to use. Shake before using.

TIP: Citrus zest not only adds a punch of flavor, but it also contains essential oils and powerful antioxidants.

PER SERVING (2 tbsp): Calories: 71, Total Fat: 7 g, Carbs: 5 g, Fiber: 0 g, Sugar: 1 g, Protein: 0 g



Weeks
1-4

Red Wine Vinaigrette

MAKES 4 SERVINGS.

- 2 tbsp** red wine vinegar
- 2 tbsp** extra-virgin olive oil
- 1/2 tbsp** Dijon mustard
- 1 tsp** raw honey
- Pinch** sea salt
- 1/8 tsp** ground black pepper

Combine all ingredients in a jar and seal with lid. Shake vigorously until well combined. Place in refrigerator until ready to serve. Shake before using.

TIP: When choosing EVOO, look on the bottle or label for the harvest date and choose one with the newest date to ensure freshness.

PER SERVING (2 tbsp): Calories: 68, Total Fat: 7 g, Carbs: 1 g, Fiber: 0 g, Sugar: 1 g, Protein: 0 g



Weeks
3-4

Miso Tahini Dressing

MAKES 4 SERVINGS.

- 2 tbsp** yellow or white miso
- 2 tbsp** tahini
- 2 tbsp** fresh lime or lemon juice
- 1 tbsp** coconut aminos

Combine all ingredients in a bowl and whisk to combine. Add additional lime juice or water to thin it out as desired. Pour into a jar with a lid and refrigerate until ready to use.

NOTE: This dressing will thicken in the fridge, but you can thin it out with rice vinegar or water as needed before serving.

PER SERVING (2 tbsp): Calories: 44, Total Fat: 5 g, Carbs: 6 g, Fiber: 1 g, Sugar: 4 g, Protein: 3 g



Weeks
1-4

Maple Rosemary Dressing

MAKES 4 SERVINGS.

- 2 tbsp** raw smooth almond butter
- 2 tbsp** apple cider vinegar
- 1 tbsp** extra-virgin olive oil or avocado oil
- 1 tbsp** pure maple syrup
- 1 tsp** chopped fresh rosemary

Place all ingredients in a jar and seal with a lid. Shake vigorously until well blended.

TIP: Always buy unfiltered apple cider vinegar that looks cloudy at the bottom. This cloudy substance is called the “mother.”

PER SERVING (2 tbsp): Calories: 92, Total Fat: 8 g, Carbs: 5 g, Fiber: 1 g, Sugar: 4 g, Protein: 2 g



Weeks
1-4

Basil Lemon Pesto

MAKES 4 SERVINGS.

- 2 tbsp** raw pine nuts
- 16 large** basil leaves
- 1 clove** garlic, minced
- zest and juice of 1 lemon
- 1 tbsp** nutritional yeast
- ¼ tsp** lemon pepper seasoning
- 2 tbsp** extra-virgin olive oil

1. Place pine nuts in a dry pan on low. Toast for 3 to 4 minutes, shaking pan every 30 seconds to prevent them from burning.

2. Add pine nuts to a food processor along with basil, garlic, lemon zest and juice, nutritional yeast and lemon pepper; blend until smooth. With processor running, slowly stream in oil until mixture is well blended.

PER SERVING (2 tbsp): Calories: 115, Fat: 11 g, Carbs: 3 g, Fiber: 1 g, Sugar: 1 g, Protein: 2 g

Your Batch Cooking Guide

Use your weekends wisely and batch cook 5 or 6 recipes to use throughout the week in creative ways. We've suggested 4 weeks of recipes for you below – a combination of breakfasts, lunches, dinners and snacks – along with ways to use them in meals throughout the week.

Week 1

Make these recipes on the weekend:

1. Grain-Free Cherry Orange Breakfast Cookies (p. 7)
2. Almond Butter Smoothies, made into smoothie packs and frozen (p. 10)
3. Turmeric-Roasted Vegetables with Parsley Almond Gremolata (p. 54)
4. Chicken Fajita Stew (p. 28)
5. Zucchini Lasagna with Cashew Cheese Pesto (p. 16)

Use the recipes throughout the week:

Breakfast

- Grain-Free Cherry Orange Breakfast Cookie smeared with nut butter
- Almond Butter Smoothies
- Turmeric-Roasted Vegetables used in an omelette

Lunch

- Zucchini Lasagna with a side of greens
- Turmeric-Roasted Vegetables with Gremolata with sunny-side-up egg
- Fajita Stew, drained, served in lettuce wraps with avocado slices

Dinner

- Zucchini Lasagna with Turmeric-Roasted Veggies with Parsley Almond Gremolata
- Turmeric Roasted Veggies with Parsley Almond Gremolata with pan-seared protein (such as salmon, shrimp or chicken)

- Fajita Stew over cauliflower rice

Snacks

- Almond Butter Smoothies
- Grain-Free Cherry Orange Breakfast Cookie

Week 2

Make these recipes on the weekend:

1. Loaded Egg Muffins (p. 12)
2. Banana Walnut Protein Pancakes (p. 13)
3. Spiced Stuffed Peppers (p. 36)
4. Broccoli Pesto (p. 41)
5. Maple Rosemary Brussels Sprouts Salad (p. 40)

Use the recipes throughout the week:

Breakfast

- Loaded Egg Muffin with sliced apple smeared with almond butter
- Banana Walnut Protein pancakes topped with berries
- Broccoli Pesto over scrambled eggs

Lunch

- Omelette with veggies and drizzled with Broccoli Pesto
- Spiced Stuffed Peppers with green salad
- Maple Rosemary Brussels Sprouts Salad

Dinner

- Maple Rosemary Brussels Sprouts Salad with baked sweet potato
- Roasted chicken drizzled with Broccoli Pesto with roasted squash
- Spiced Stuffed Peppers in a bowl (chop peppers roughly) over cauli-rice topped with avocado and Broccoli Pesto

Snacks

- Loaded Egg Muffins
- Broccoli Pesto with veggies for dipping
- Banana Protein Pancakes smeared with almond butter

Week 3

Make these recipes on the weekend:

1. Lean & Green Smoothie, made into smoothie packs and frozen (p. 12)
2. Grain-Free Nut & Seed Granola (p. 11)
3. Sheet Pan Cashew Chicken (p. 37)
4. Tomato Thyme Soup with Arugula Topping (p. 15)
5. Green Goddess Deviled Eggs (p. 27)

Use the recipes throughout the week:

Breakfast

- Lean & Green Smoothie
- Grain-Free Nut & Seed Granola over coconut yogurt (or goat's milk yogurt) with berries
- Green Goddess Deviled Eggs with a sliced pear

Lunch

- Green Goddess Deviled Eggs over a green salad
- Sheet Pan Cashew Chicken chopped and made into a chicken salad with avocado mayo and celery (serve in lettuce wraps)
- Tomato Thyme Soup with Arugula Topping with handful of nuts or seeds

Dinner

- Sheet Pan Cashew Chicken with Tomato Thyme Soup with Arugula Topping
- Sheet Pan Cashew Chicken with baby spinach sautéed with garlic
- Tomato Thyme Soup with Arugula Topping with sautéed shrimp over top

Snacks

- Green Goddess Deviled Eggs
- Lean & Green Smoothie
- Grain-Free Nut & Seed Granola over a baked apple

Week 4

Make these recipes on the weekend:

1. Savory Potato Noodle & Chive Waffles (p. 8)
2. Chocolate Monkey Muffins (p. 13)
3. Chicken & Mushroom Quinoa-Crust Pizza (p. 39)
4. Halibut Lemon Skillet (p. 33)
5. Cauliflower Fried Rice (p. 37)

Use the recipes throughout the week:

Breakfast

- Chocolate Monkey Muffins
- Savory Potato Noodle & Chive Waffles topped with goat's milk yogurt
- Cauliflower Fried Rice cooked into an omelette

Lunch

- Savory Potato Noodle & Chive Waffles topped with smoked salmon, chives and coconut yogurt
- Chicken & Mushroom Quinoa-Crust Pizza
- Halibut (from Halibut Lemon Skillet) flaked and wrapped in a nori sheet with avocado and matchstick carrots and cucumber

Dinner

- Halibut Lemon Skillet
- Chicken & Mushroom Quinoa-Crust Pizza with green salad
- Cauliflower Fried Rice topped with roasted chicken thighs

Snacks

- Chocolate Monkey Muffins
- Cauliflower Fried Rice
- Savory Potato Noodle & Chive Waffles topped with goat's milk yogurt

MEAL PLAN 1: WEEK 1

Weeks
1-4

Each meal plan spans 2 weeks and includes a shopping list at the back.

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: 1 Lean & Green Smoothie (p. 52)</p> <p>SNACK (OPTIONAL):* ¼ cup baba ghanoush with 2 carrots, sliced, and 1 oz grain-free crackers</p> <p>LUNCH: 2 slices Avocado Sweet Potato Toast (p. 52) with 2 hard-boiled eggs sliced over top; ½ cup bell pepper slices</p> <p>SNACK (OPTIONAL): 1 Cinnamon Maca Bliss Bar (p. 89; save leftovers)</p> <p>DINNER: Roast 2 5-oz chicken breasts with 1 tsp EVOO, ¼ tsp salt and ⅛ tsp black pepper; slice; eat 1 breast (save leftovers) over 1 serving Spinach & Cauli-Rice Salad (p. 53; save leftovers)</p> <p>½ cup blueberries</p>	<p>BREAKFAST: 2 slices Cashew Banana Sweet Potato Toast (p. 52)</p> <p>SNACK (OPTIONAL): 1 serving Chile-Roasted Walnuts (p. 52; save leftovers)</p> <p>LUNCH: 1 serving Spinach & Cauli-Rice Salad (leftovers, p. 53); 1 cooked chicken breast (leftovers)</p> <p>½ cup blueberries</p> <p>SNACK (OPTIONAL): ¼ cup baba ghanoush with 2 carrots and 2 stalks celery, sliced</p> <p>DINNER: Piled-High Burger: Form 5 oz ground beef into a patty; sprinkle with pinch each salt and pepper; grill with 1 portobello mushroom brushed with ¼ tsp EVOO; top mushroom with patty, 1 tsp mustard, 2 tbsp chopped onion, 2 thin slices avocado and 2 tbsp sauerkraut</p> <p>1 cup green beans, steamed, with pinch salt</p>	<p>BREAKFAST: 1 Sweet Green Smoothie (p. 52)</p> <p>SNACK (OPTIONAL): ¼ cup baba ghanoush with 2 carrots and 2 stalks celery, sliced</p> <p>LUNCH: 1 baked sweet potato; top with ¼ avocado smashed with 2 tsp lime juice and pinch salt, ½ tsp hemp seeds; 1 oz crackers with 2 tbsp cashew butter</p> <p>SNACK (OPTIONAL): 1 Cinnamon Maca Bliss Bar (leftovers, p. 56)</p> <p>DINNER: 1 serving Spinach & Cauli-Rice Salad (leftovers, p. 53)</p> <p>Cook 5 oz halibut in skillet with 1 tsp olive oil with ⅛ tsp salt; drizzle with 1 tbsp lemon juice and serve over salad</p> <p>½ banana, sprinkled with cinnamon</p>
<p>NUTRIENTS: Calories: 1,600, Fat: 96.5 g, Sat. Fat: 17 g, Carbs: 119 g, Fiber: 29.5 g, Sugars: 52 g, Protein: 72 g, Sodium: 1,549 mg, Cholesterol: 461 mg</p>	<p>NUTRIENTS: Calories: 1,633, Fat: 103.5 g, Sat. Fat: 19 g, Carbs: 103.5 g, Fiber: 28 g, Sugars: 41 g, Protein: 81 g, Sodium: 1,563 mg, Cholesterol: 175 mg</p>	<p>NUTRIENTS: Calories: 1,699, Fat: 101 g, Sat. Fat: 17 g, Carbs: 149 g, Fiber: 33 g, Sugars: 65 g, Protein: 62 g, Sodium: 1,606 mg, Cholesterol: 78 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: Berry Chia Pudding**: Whisk 1 cup coconut milk, 3 tbsp chia and ¼ tsp vanilla, divide among 2 small bowls or Mason jars; refrigerate overnight; eat 1 bowl (save leftovers) with ¼ cup blueberries and pinch cinnamon</p> <p>SNACK (OPTIONAL): 1 Sweet Green Smoothie (p. 52)</p> <p>LUNCH: 1 serving Spinach & Cauli-Rice Salad (leftovers, p. 53); 1 hard-boiled egg, sliced</p> <p>SNACK (OPTIONAL): 1 oz grain-free crackers with ¼ avocado, smashed with 2 tsp lime juice and 2 pinches salt; 2 carrots, sliced</p> <p>DINNER: 1 serving Speedy Thai Curry Soup (p. 55; save leftovers)</p> <p>½ cup red bell pepper slices</p>	<p>BREAKFAST: 2 slices Avocado Sweet Potato Toast (p. 52) with 2 hard-boiled eggs sliced over top</p> <p>SNACK (OPTIONAL): 1 serving Berry Chia Pudding (leftovers), topped with ½ banana, sliced, and pinch cinnamon</p> <p>LUNCH: Salmon Salad Lettuce Wraps: Toss 6 oz canned salmon with 2 tbsp lemon juice, 1 tsp EVOO, 2 tbsp each chopped onion and celery and pinch each salt and pepper; serve ½ on 1 to 2 romaine lettuce leaves (save leftover salmon salad)</p> <p>SNACK (OPTIONAL): 1 serving Chile-Roasted Walnuts (leftovers, p. 52); 2 stalks celery, sliced</p> <p>DINNER: 1 serving Speedy Thai Curry Soup (leftovers, p. 55)</p> <p>2 cups baby spinach sautéed in ½ tsp EVOO with 1 clove garlic, chopped and pinch salt</p> <p>½ banana, sliced, with pinch cinnamon</p>	<p>BREAKFAST: 2 slices Cashew Banana Sweet Potato Toast (p. 52)</p> <p>SNACK (OPTIONAL): 1 Sweet Green Smoothie (p. 52)</p> <p>LUNCH: 1 serving Speedy Thai Curry Soup (leftovers, p. 55); 1 oz crackers</p> <p>Tomato Cucumber Salad: Toss 1 tomato, chopped, ½ cup chopped cucumber, 2 tbsp lemon juice, 1 tsp EVOO and ⅛ tsp each salt and pepper</p> <p>SNACK (OPTIONAL): 1 serving Chile-Roasted Walnuts (leftovers, p. 52)</p> <p>DINNER: Salmon Salad (leftovers) on 1 to 2 romaine lettuce leaves</p> <p>1 cup green beans, steamed, drizzled with ½ tsp EVOO, and sprinkled with pinch salt; top with 2 tbsp almonds, chopped</p>	<p>BREAKFAST: Rise & Shine Salad: Toss 1 tomato, chopped, ½ cup chopped cucumber, 1 tbsp each chopped onion and mint, 2 tbsp lemon juice, 1 tsp EVOO and ⅛ tsp each salt and pepper; top with 2 sunny-side-up eggs cooked in 1 tsp EVOO; top with 1 tbsp baba ghanoush</p> <p>SNACK (OPTIONAL): 1 serving Chile-Roasted Walnuts (leftovers, p. 52)</p> <p>LUNCH: 1 serving Speedy Thai Curry Soup (leftovers, p. 55)</p> <p>SNACK (OPTIONAL): 1 Cinnamon Maca Bliss Bar (leftovers, p. 56)</p> <p>DINNER: Piled-High Burger: Form 5 oz ground beef into a patty; sprinkle with pinch salt and pepper; grill, with 1 portobello mushroom brushed with ¼ tsp EVOO; top mushroom with patty, 1 tsp mustard, 2 tbsp chopped onion, 2 thin slices avocado and 2 tbsp sauerkraut; 2 cups baby spinach sautéed in ½ tsp EVOO with 1 clove garlic, chopped, and pinch salt</p> <p>½ banana, sprinkled with cinnamon</p>
<p>NUTRIENTS: Calories: 1,525, Fat: 110 g, Sat. Fat: 51 g, Carbs: 92.5 g, Fiber: 26 g, Sugars: 32 g, Protein: 58 g, Sodium: 1,499 mg, Cholesterol: 249 mg</p>	<p>NUTRIENTS: Calories: 1,466, Fat: 101 g, Sat. Fat: 50 g, Carbs: 81.5 g, Fiber: 23 g, Sugars: 26 g, Protein: 74 g, Sodium: 1,548 mg, Cholesterol: 506 mg</p>	<p>NUTRIENTS: Calories: 1,590, Fat: 101.5 g, Sat. Fat: 31 g, Carbs: 108 g, Fiber: 23 g, Sugars: 37.5 g, Protein: 81 g, Sodium: 1,589 mg, Cholesterol: 133 mg</p>	<p>NUTRIENTS: Calories: 1,621, Fat: 112 g, Sat. Fat: 38 g, Carbs: 82 g, Fiber: 21 g, Sugars: 43 g, Protein: 82 g, Sodium: 1,756 mg, Cholesterol: 521 mg</p>

*The snack suggestions are optional. Eat them if you are truly hungry; if not, skip them. By inserting stretches of time between meals – rather than eating every 2 hours – you’re giving your digestive system a rest.

**MAKE AHEAD: Prep the chia pudding the night before, then top with fruit in the morning.

EVOO = extra-virgin olive oil

Each meal plan spans 2 weeks and includes a shopping list at the back.

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: Coco-Berry Shake (p. 55)</p> <p>SNACK (OPTIONAL): Tahini Dip: Whisk 2 tbsp tahini, 1 tbsp lemon juice, pinch salt and cayenne and water to thin; 1 oz grain-free crackers; ½ cup cucumber slices</p> <p>LUNCH: Herbed Scramble: Sauté 2 tbsp chopped shallot in 1 tsp EVOO; add 2 eggs, whisked, and ¼ tsp salt and cook, stirring in 2 tbsp each chopped parsley and dill; ½ small avocado, smashed with 1 tbsp lemon juice and pinch salt; 1 tomato, sliced, with pinch salt</p> <p>SNACK (OPTIONAL): 1 Cinnamon Maca Bliss Bar (leftovers, p. 56); 1 carrot, sliced</p> <p>DINNER: Shredded Brussels Sprouts & Chicken Sauté (p. 55; save leftovers) with 2 tbsp almonds, chopped, over top; 1 kiwi, sliced</p>	<p>BREAKFAST: 2 slices Cashew Banana Sweet Potato Toast (p. 52); 1 boiled egg with pinch salt</p> <p>SNACK (OPTIONAL): 1 serving Chile-Roasted Walnuts (leftovers, p. 52)</p> <p>LUNCH: Shredded Brussels Sprouts & Chicken Sauté (leftovers, p. 55); 1 carrot, sliced</p> <p>SNACK (OPTIONAL): ½ small avocado, smashed with 1 tbsp lemon juice and pinch salt; 1 oz grain-free crackers</p> <p>DINNER: Cook 5 oz sole in a skillet with 1 tsp EVOO and 2 pinches each salt and pepper; squeeze 1 tsp lime juice over top; sprinkle with 1 tsp chopped dill; eat with 1 serving Berry Salsa*</p> <p>1 cup broccoli, steamed</p> <p>1 Cinnamon Maca Bliss Bar (leftovers, p. 56)</p>	<p>BREAKFAST: Coco-Berry Shake (p. 55)</p> <p>SNACK (OPTIONAL): 2 slices Cashew Banana Sweet Potato Toast (p. 52)</p> <p>LUNCH: Shredded Brussels Sprouts & Chicken Sauté (leftovers, p. 55)</p> <p>SNACK (OPTIONAL): 3 oz sliced turkey; Berry Salsa (leftovers) and 1 oz grain-free crackers</p> <p>DINNER: Turmeric Roasted Vegetables (p. 54; save leftovers)</p> <p>Form 5 oz ground beef into a patty, sprinkle with salt and pepper; grill; serve with veggies and 1 tsp mustard</p> <p>1 pitted date stuffed with 1 walnut</p>
<p>NUTRIENTS: Calories: 1,587, Fat: 91.5 g, Sat. Fat: 18 g, Carbs: 138 g, Fiber: 35 g, Sugars: 62 g, Protein: 74 g, Sodium: 1,401 mg, Cholesterol: 432 mg</p>	<p>NUTRIENTS: Calories: 1,609, Fat: 96 g, Sat. Fat: 16 g, Carbs: 131 g, Fiber: 32 g, Sugars: 46 g, Protein: 74.5 g, Sodium: 1,741 mg, Cholesterol: 302 mg</p>	<p>NUTRIENTS: Calories: 1,544, Fat: 76 g, Sat. Fat: 24 g, Carbs: 125 g, Fiber: 27 g, Sugars: 46 g, Protein: 101 g, Sodium: 1,474 mg, Cholesterol: 185 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: Editor's Special (p. 52)</p> <p>SNACK (OPTIONAL): ½ banana with 1 tbsp cashew butter and pinch cinnamon</p> <p>LUNCH: Turmeric Roasted Vegetables (leftovers, p. 54) with 1 sunny-side-up egg, cooked in 1 tsp EVOO with pinch each salt and pepper; Berry Salsa (leftovers) with 1 oz grain-free crackers</p> <p>SNACK (OPTIONAL): 1 Cinnamon Maca Bliss Bar (leftovers, p. 56)</p> <p>DINNER: Shredded Brussels Sprouts & Chicken Sauté (leftovers, p. 55)</p> <p>Quick Golden Milk: Heat 1 cup coconut milk beverage with pinch each turmeric and cinnamon (or more to taste) and ¼ tsp vanilla; stir in ½ tsp honey</p>	<p>BREAKFAST: Coco-Berry Shake (p. 55); 1 boiled egg with pinch cayenne</p> <p>SNACK (OPTIONAL): 1 serving Chile-Roasted Walnuts (leftovers, p. 52)</p> <p>1 kiwi, sliced</p> <p>LUNCH: Turkey-Avo Wraps: Divide 4 oz turkey and ½ avocado between 2 romaine leaves; top each wrap with 1 tbsp each chopped tomatoes and yellow onions, 1 tsp sauerkraut, ½ tsp each capers and mustard; 1 carrot, sliced</p> <p>SNACK (OPTIONAL): 1 chopped sweet potato, tossed with 1 tsp coconut oil then baked; drizzle with 2 tbsp tahini mixed with 1 tbsp lemon juice, pinch salt and water to thin</p> <p>DINNER: Turmeric-Roasted Vegetables (leftovers, p. 54); 5 oz sole, cooked in skillet with 1 tsp EVOO and 2 pinches each salt and pepper; squeeze 1 tsp lemon juice over top and sprinkle with 2 tsp chopped dill</p> <p>2 pitted dates each stuffed with 1 walnut</p>	<p>BREAKFAST: Editor's Special (p. 52)</p> <p>SNACK (OPTIONAL): 1 Cinnamon Maca Bliss Bar (leftovers, p. 56); 1 carrot, sliced</p> <p>LUNCH: Turmeric-Roasted Vegetables (leftovers, p. 54) with 2 sunny-side-up eggs, cooked in 1 tsp EVOO with pinch each salt and pepper</p> <p>SNACK (OPTIONAL): 1 serving Chile-Roasted Walnuts (leftovers, p. 52)</p> <p>DINNER: Mediterranean Chop: Toss 1 cup chopped lettuce, ½ cup each chopped tomato and cucumber, ¼ cup chopped parsley, 1 tbsp chopped shallot, 1 tbsp each EVOO and lemon juice and pinch each salt and pepper; topped with 1 5-oz chicken breast, sprinkled with ¼ tsp salt, and pinch each pepper and turmeric, grilled</p> <p>1 kiwi, sliced</p>	<p>BREAKFAST: Middle Eastern Benny: Grill or sear 2 thick slices tomato, and poach 2 eggs; whisk 3 tbsp tahini with 1 tbsp lemon juice, 1 tbsp chopped parsley and water to thin; arrange each egg over 1 tomato slice, drizzle with tahini sauce and season with pinch each salt and pepper</p> <p>SNACK (OPTIONAL): 1 serving Chile-Roasted Walnuts (leftovers, p. 52); 1 kiwi, sliced</p> <p>LUNCH: Turkey Wraps: Divide 4 oz turkey between 2 romaine leaves; top each wrap with 1 tbsp each chopped tomatoes and yellow onions, 1 tsp sauerkraut and ½ tsp each capers and mustard; ½ cup cucumber slices</p> <p>1 date stuffed with 1 walnut</p> <p>SNACK (OPTIONAL): 2 slices Avocado Sweet Potato Toast (p. 52)</p> <p>DINNER: Burger & Greens: Form 5 oz ground beef into a patty; sprinkle with pinch each salt and pepper and grill; toss 2 cups chopped lettuce with ¼ cup each chopped parsley and tomato and 2 tbsp chopped shallot with 2 tbsp each EVOO and lemon juice and pinch each salt and pepper; top with 2 tbsp almonds, chopped</p>
<p>NUTRIENTS: Calories: 1,595, Fat: 98 g, Sat. Fat: 26 g, Carbs: 125 g, Fiber: 32 g, Sugars: 56 g, Protein: 71 g, Sodium: 1,641 mg, Cholesterol: 264 mg</p>	<p>NUTRIENTS: Calories: 1,548, Fat: 89 g, Sat. Fat: 25 g, Carbs: 124 g, Fiber: 33.5 g, Sugars: 56 g, Protein: 79 g, Sodium: 1,944 mg, Cholesterol: 291 mg</p>	<p>NUTRIENTS: Calories: 1,559, Fat: 103.5 g, Sat. Fat: 24 g, Carbs: 92 g, Fiber: 29 g, Sugars: 47 g, Protein: 82 g, Sodium: 1,716 mg, Cholesterol: 468 mg</p>	<p>NUTRIENTS: Calories: 1,585, Fat: 112 g, Sat. Fat: 19 g, Carbs: 69 g, Fiber: 22 g, Sugars: 22 g, Protein: 85 g, Sodium: 1,691 mg, Cholesterol: 509 mg</p>

* **Berry Salsa:** Toss ¾ cup finely chopped strawberries and ¼ cup finely chopped cucumber with 1 tbsp lime juice (or more to taste) and pinch salt; divide into 3 servings

EVOO = extra-virgin olive oil



Weeks
1-4

Sweet Potato Toast, 2 Ways

Toast two ½-inch-thick slices sweet potato (slice lengthwise; save remaining sweet potato) in a toaster oven until soft and just turning golden.

For Avocado Toast: Smash ½ small avocado with 1 tbsp lime juice. Spread over sweet potato toasts. Sprinkle with pinch each salt and chile powder.

For Cashew Banana Toast: Spread 1 tbsp cashew butter over each sweet potato toast. Slice ½ banana thinly, divide over toasts. Sprinkle with ½ tsp hemp seeds or hearts and pinch cinnamon.

Editor's Special

Top 3 oz smoked salmon with ½ small avocado, sliced, ½ cup halved strawberries, 2 tbsp dill fronds and 2 tsp capers. (**TIP:** Blackberries also work well in place of strawberries.)

Chile Roasted Walnuts

Whisk 2 egg whites until foamy. Stir in 2 tsp chile powder and 4 tsp raw honey. Add 2 cups raw unsalted walnuts and toss. With a slotted spoon, transfer to a parchment-lined baking sheet and bake at 350°F for 12 to 14 minutes. Let cool. (Makes 8 servings.)

Sweet Green Smoothie

Blend 1 cup kale, ¾ cup each peeled and cubed honeydew and plain unsweetened almond milk, 2 to 3 tbsp fresh mint, 1 tbsp fresh lime juice, 1 tsp chia seeds and 1 serving protein powder (optional) and handful ice.





Weeks
1-4

Spinach & Cauli-Rice Salad with Cashew Dressing

SERVES 4.

- 1** red onion, cut into ¼-inch wedges
- 8 oz** green beans
- 3 tbsp** extra-virgin olive oil or avocado oil, divided
- 1 tbsp** fresh thyme leaves
- sea salt and ground black pepper, to taste
- 3 cups** medium cauliflower florets
(**TIP:** Skip making cauliflower rice by purchasing fresh or frozen riced cauliflower.)
- 6 oz** baby spinach

DRESSING

- 6 tbsp** extra-virgin olive oil
- 3 tbsp** raw unsalted cashew butter
- ¼ tsp** lemon zest + 2½ tbsp fresh lemon juice
- 1 small** garlic clove, minced
- ½ tsp** Dijon mustard
- ½ tsp** sea salt
- ground black pepper, to taste

1. Preheat oven to 400°F. Line 2 large baking sheets with parchment paper. Arrange onions and beans on sheets, drizzle with 2 tbsp oil and toss to coat. Sprinkle evenly with thyme and season with salt and pepper, to taste. Bake for 20 to 25 minutes, until beans are slightly golden and onions are caramelized.

2. Meanwhile, to a food processor, add cauliflower. Pulse about 15 times, until pieces are about the size of rice grains. (**NOTE:** If you are using premade cauliflower rice, fresh or frozen, skip this step.)

3. In a medium sauté pan on medium, heat 1 tbsp oil. Add riced cauliflower and toss to coat. Season with pinch salt. Sauté for 2 minutes, then cover and steam on low for 5 to 10 minutes, or until desired tenderness is achieved. (**TIP:** If using frozen riced cauliflower, no need to cover and steam. Continue stirring frozen cauliflower until thawed and excess water has evaporated.)

4. Prepare dressing: In a glass jar, add all ingredients and 2 tbsp water and shake until well emulsified.

5. Assemble salad: Place spinach in a bowl. Add prepared cauliflower rice, roasted onions and green beans. Drizzle with enough dressing to coat lightly; toss. (**NOTE:** Salad uses about three-quarters of dressing; use remaining dressing to drizzle over chicken or fish.)

TIP: If following our Meal Plan, keep dressing aside and toss before eating.

PER SERVING (¼ of recipe): Calories: 405, Total Fat: 38 g, Carbs: 14.5 g, Fiber: 4 g, Sugars: 5 g, Protein: 5 g

Weeks
1-4

Turmeric-Roasted Vegetables with Parsley Almond Gremolata

SERVES 4.

- 6 cups** broccoli florets (3 inch)
- 2 large** carrots, cut diagonally into 1-inch chunks
- 1 tsp** ground turmeric
- 3 tbsp** olive or avocado oil, divided
sea salt and ground black pepper, to taste
- ½ cup** raw unsalted almonds
- 1 large** shallot, minced
- 1 tsp** lemon zest +
juice of ½ lemon, divided
- ¼ cup** chopped fresh flat-leaf parsley
- 1 clove** garlic, minced

1. Preheat oven to 425°F.
Line 2 large rimmed baking sheets with parchment paper.

2. In a large bowl, toss broccoli, carrots, turmeric and 2 tbsp oil. Arrange in a single layer on prepared sheets. Season with salt and pepper. Roast until golden and tender, 15 to 20 minutes.

3. Meanwhile, in a food processor, process almonds until finely chopped. In a small skillet on medium-low, heat remaining 1 tbsp oil. Add shallot and sauté, stirring occasionally until tender, 4 to 5 minutes. Remove skillet from heat and stir in almonds, lemon juice and zest, parsley and garlic.

4. Transfer roasted vegetables to a serving bowl. Top with gremolata.

TIP: If following our Meal Plan, store vegetables and gremolata separately in sealed containers in the refrigerator; when called for, heat vegetables then top with gremolata.

PER SERVING (¼ of recipe): Calories: 313, Total Fat: 26 g, Carbs: 16 g, Fiber: 6 g, Sugars: 5 g, Protein: 8 g



Weeks
1-4

Shredded Brussels Sprouts & Chicken Sauté

SERVES 4.

- 3 tbsp** extra-virgin olive oil or avocado oil
- 2** carrots, peeled and diced
- 1 large** yellow onion, diced
- 1 clove** garlic, finely chopped
- ¾ tsp** each ground cumin and coriander
- Pinch** ground cayenne pepper
- 1 lb** Brussels sprouts, trimmed, halved and thinly sliced
- ½ tsp** each sea salt and ground black pepper
- 10 oz** chicken breast, cooked and shredded (or chicken thighs)
- juice of ½ lemon

1. In a large skillet on medium, heat oil. Add carrots, onions and garlic and sauté until onions are tender and translucent, about 6 minutes. Add cumin, coriander and cayenne and stir until fragrant, about 1 minute.

2. Add Brussels sprouts, salt and pepper and sauté until just tender, 3 to 4 minutes.

3. Stir in chicken and toss to combine. Stir in lemon juice.

PER SERVING (¼ of recipe): Calories: 289, Total Fat: 14 g, Carbs: 17 g, Fiber: 6 g, Sugars: 5 g, Protein: 26 g

Speedy Thai Curry Soup with Zoodles

Secure 1 zucchini into a spiral maker and turn crank to create noodles. In a large saucepan on medium-high, heat 2 tsp coconut oil. Season 12 oz boneless chicken breast (or thigh) with ½ tsp salt and pepper and cook, stirring, until browned, about 5 minutes. Add 1 13½-oz can coconut milk and 2 cups water and bring to a boil. Stir in 3 to 4 tsp red curry paste and 1 tbsp fish sauce; simmer 2 to 3 minutes. Add 1 cup sliced red bell pepper and 1 cup zucchini noodles, or to taste, and return to boil, until pepper and zoodles are soft and heated through, 2 to 3 minutes. (Makes 4 servings.)

Coco-Berry Shake

Blend ¾ cup plain unsweetened coconut milk beverage, ½ frozen banana, ½ cup halved strawberries, ¼ cup raspberries, 1 tsp chia seeds and 1 serving protein powder (optional) and handful ice. (You can also use BPA-free canned coconut milk mixed with water; if berries are tart, add ½ tsp honey.)



Weeks
1-4

Cinnamon Maca Bliss Bars

MAKES 12 BARS.

- 2 cups** raw unsalted almonds
- 2 cups** pitted Medjool dates
- 2 tbsp** pure maple syrup
- 2 tbsp** maca powder
- 2 tbsp** coconut oil (**TIP:** Butter-flavored coconut oil makes these bars extra luscious!)
- 2 tsp** ground cinnamon
- ½ tsp** pure vanilla extract
- ½ tsp** sea salt

1. To a food processor, add all ingredients and blend until nuts are finely chopped and you have a well-combined mass.

2. In a 6 x 9 baking dish or container, press mixture until flat. Refrigerate for 30 minutes, then cut into 12 bars. Keep refrigerated for up to 5 days, or freeze up to 3 months.

PER SERVING (1 bar): Calories: 247, Total Fat: 14 g, Carbs: 29 g, Fiber: 5 g, Sugars: 21 g, Protein: 6 g

SHOPPING LISTS

WEEK ONE

PROTEINS & DAIRY ALTERNATIVES

- 2 dozen eggs
- 2 5-oz boneless, skinless chicken breasts
- 12 oz boneless, skinless chicken breasts or thighs
- 10 oz lean ground beef
- 1 5-oz halibut fillet
- 6 oz BPA-free canned salmon
- 1 qt plain unsweetened almond milk (or make your own; see our recipe at cleaneating.com)

VEGGIES & FRUITS

- 1 portobello mushroom
- 12 oz baby spinach
- 1 red onion
- 1 lb green beans
- 1 head cauliflower
- 1 head garlic
- 1 large bunch kale
- 3 large sweet potatoes
- 2 small avocados
- 1 bunch celery
- 2½ lb carrots
- 1 zucchini (or prepared zucchini noodles)
- 1 large red bell pepper
- 1 head romaine lettuce
- 1 large cucumber
- 1 bunch fresh thyme
- 1 large bunch fresh mint
- 4 lemons
- 4 limes
- 2 Roma tomatoes
- 1 honeydew melon (**NOTE:** Freeze 1½ cups chopped.)
- 3 bananas
- 2 pints blueberries

NUTS, SEEDS & OILS

- 15 oz raw unsalted almonds
- 10 oz raw unsalted walnuts
- 1 jar raw unsalted natural cashew butter
- 1 bag chia seeds
- 1 bag hemp hearts or seeds
- 1 bottle extra-virgin olive oil
- 1 jar coconut oil

EXTRAS

- 1 container baba ghanoush (**NOTE:** Look for one with no added sweeteners or preservatives.)
- 8 oz grain-free crackers
- 1 13½-oz BPA-free can full-fat coconut milk
- 1 container sauerkraut
- 1 jar Dijon mustard
- 1 jar red curry paste
- 1 bottle fish sauce
- 1 package Medjool dates
- 1 bottle pure vanilla extract
- 1 bottle pure maple syrup
- 1 jar raw honey
- 1 bag maca powder
- 1 bottle ground cinnamon
- 1 bottle chile powder
- 1 bottle sea salt
- 1 jar ground black pepper
- 1 container protein powder (**TIP:** Look for a clean, grain-free protein or collagen powder such as Bulletproof Collagen Protein.)

WEEK TWO

PROTEINS & DAIRY ALTERNATIVES

- 1 lb boneless, skinless chicken breasts or thighs
- 10 oz lean ground beef
- 10 oz wild sole fillets (freeze half)
- 6 oz wild smoked salmon
- 11 oz sliced turkey (**NOTE:** Choose one without added sweeteners, nitrates or nitrites.)
- 1 qt coconut milk beverage or homemade nut/coconut milk

VEGGIES & FRUITS

- 2 yellow onions (1 large)
- 3 shallots
- 1 large bunch broccoli
- 1 head romaine lettuce
- 1 lb Brussels sprouts
- 2 limes
- 4 lemons
- 3 large sweet potatoes
- 3 small avocados
- 3 Roma tomatoes
- 1 large cucumber
- 2 bunches fresh flat-leaf parsley
- 1 bunch fresh dill
- 3 bananas
- 1 pint raspberries
- 1 pint strawberries
- 4 kiwi

EXTRAS

- 1 bottle ground turmeric
- 1 bottle ground cayenne pepper
- 1 bottle ground cumin
- 1 bottle ground coriander
- 1 jar tahini paste
- 1 jar capers

Each meal plan spans 2 weeks and includes a shopping list at the back.

MONDAY	TUESDAY	WEDNESDAY	
<p>BREAKFAST: Green Smoothie: Blend 1 cup nondairy milk, 1 cup baby lettuce mix, ½ avocado, ½ banana, 2 scoops collagen powder and 1 tsp each chia seeds and walnuts with ice</p> <p>LUNCH: 1 serving Avocado Egg Salad (p. 61; save leftovers) in 2 butter lettuce leaves</p> <p>SNACK (OPTIONAL): 1 apple, sliced, with 2 tbsp walnuts</p> <p>DINNER: Sautéed Halibut: Season 2 halibut fillets with salt and pepper; cook in a skillet in 1 tbsp avocado oil (eat ½; save leftovers)</p> <p>Garlic Roasted Cauliflower: Sauté 2 cups chopped cauliflower in 1 tbsp avocado oil for 5 minutes; season with salt and pepper. Add 2 cloves garlic, minced, and 4 cups spinach. Season with salt and pepper and cook 4 minutes. (Eat ½; save leftovers.)</p>	<p>BREAKFAST: 1 serving Pumpkin Pecan Snack Bread (p. 63; save leftovers)</p> <p>Matcha Latte: Place ½ tsp matcha in a mug. Add ½ cup hot water and whisk. Whisk in ½ cup nondairy milk.</p> <p>LUNCH: 1 serving Avocado Egg Salad (leftovers, p. 61) in 2 butter lettuce leaves</p> <p>SNACK (OPTIONAL): ½ banana, sliced, with 1 tbsp ground flaxseed and pinch cinnamon</p> <p>DINNER: 1 serving Turkey & Mushroom Ragu–Stuffed Acorn Squash (p. 60; save leftovers)</p>	<p>BREAKFAST: Shakshouka: Sauté ¼ cup onion, chopped, ½ red bell pepper, chopped, 1 clove garlic, chopped, ½ tsp each cumin and smoked paprika, ¼ tsp pepper and ⅛ tsp each red pepper flakes and salt for 5 minutes. Add 1 15-oz can crushed tomatoes and cook 5 minutes. Crack 4 eggs into divots in sauce. Cover pan and cook 5 minutes. (Eat ½; save leftovers.)</p> <p>LUNCH: 1 serving Turkey & Mushroom Ragu–Stuffed Acorn Squash (leftovers, p. 60, reheated)</p> <p>SNACK (OPTIONAL): 1 apple, sliced, with 2 tbsp walnuts</p> <p>DINNER: 1 serving Sautéed Halibut (leftovers, reheated)</p> <p>1 serving Garlic Roasted Cauliflower (leftovers, reheated)</p>	
<p>NUTRIENTS: Calories: 1,300, Fat: 82 g, Sat. Fat: 13 g, Carbs: 82 g, Fiber: 32 g, Sugar: 30 g, Protein: 78 g, Sodium: 1,060 mg, Cholesterol: 666 mg</p>	<p>NUTRIENTS: Calories: 1,407, Fat: 79 g, Sat. Fat: 23 g, Carbs: 104 g, Fiber: 28 g, Sugar: 32 g, Protein: 81 g, Sodium: 1,496 mg, Cholesterol: 789 mg</p>	<p>NUTRIENTS: Calories: 1,160, Fat: 56 g, Sat. Fat: 10 g, Carbs: 21 g, Fiber: 21 g, Sugar: 42 g, Protein: 77 g, Sodium: 1,435 mg, Cholesterol: 466 mg</p>	
THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 63)</p> <p>Golden Milk: Combine 2 cups nondairy milk, 1 tbsp each maple syrup and coconut oil, ½ tsp each turmeric and cinnamon, and ¼ tsp black pepper; whisk and bring to a boil, reduce heat and simmer 10 minutes (drink ½; save leftovers)</p> <p>LUNCH: Italian Chopped Salad: Season 2 chicken breasts with salt and pepper and cook in ½ tsp avocado oil; cool and chop. Toss 4 cups baby lettuce mix, 2 tomatoes, chopped, 1 cup chopped cucumber, ½ cup chopped olives and ¼ cup chopped chives; add chicken. Whisk ¼ cup lemon juice, 2 tbsp avocado oil, 1 tbsp Dijon, ½ tsp maple syrup, 1 tsp chopped thyme and pinch each salt and pepper; serve with salad. (Eat ½; save leftovers.)</p> <p>SNACK (OPTIONAL): 1 egg, hard-boiled; 1 pear</p> <p>DINNER: 1 serving Turkey & Mushroom Ragu–Stuffed Acorn Squash (leftovers, p. 60, reheated)</p>	<p>BREAKFAST: 1 serving Shakshouka (leftovers, reheated)</p> <p>LUNCH: 1 serving Turkey & Mushroom Ragu–Stuffed Acorn Squash (leftovers, p. 60, reheated)</p> <p>SNACK (OPTIONAL): 1 apple, sliced, with 2 tbsp walnuts</p> <p>DINNER: Rosemary Lamb Chops: Season 4 lamb chops with salt and pepper and 1 tsp rosemary; broil (eat ½; save leftovers)</p> <p>Roasted Veggies: Toss 2 zucchini, chopped, 1 cup cubed butternut squash, 1 cup quartered Brussels sprouts and ¼ cup chopped onion with 1 tbsp avocado oil, 2 cloves garlic, minced, and ¼ tsp each salt and pepper; roast (eat ½; save leftovers)</p>	<p>BREAKFAST: 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 63)</p> <p>Matcha Latte: Place ½ tsp matcha in a mug. Add ½ cup hot water and whisk. Whisk in ½ cup nondairy milk.</p> <p>LUNCH: 1 serving Italian Chopped Salad (leftovers)</p> <p>SNACK (OPTIONAL): 1 carrot, sliced, and 1 cucumber, sliced, with ¼ cup baba ghanoush</p> <p>DINNER: Season 2 chicken breasts with 1 tsp each cumin and garlic powder and ¼ tsp each salt and pepper; cook in ½ tsp avocado oil (eat ½; save leftovers)</p> <p>Roasted Veggies (leftovers, reheated)</p> <p>1 apple, thinly sliced, cooked in ½ tsp coconut oil until golden and seasoned with cinnamon, to taste</p>	<p>BREAKFAST: 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 63)</p> <p>1 serving Golden Milk (leftovers, reheated)</p> <p>LUNCH: 1 serving Rosemary Lamb Chops (leftovers, reheated)</p> <p>1 serving Roasted Veggies (leftovers, reheated)</p> <p>SNACK (OPTIONAL): 1 carrot, sliced, and 1 cucumber, sliced, with ¼ cup baba ghanoush</p> <p>DINNER: Chicken Baja Bowl: Sauté ½ red bell pepper, chopped, and ¼ cup each chopped onion, quartered Brussels sprouts and chopped butternut squash in 1 tbsp avocado oil; season with ½ tsp each cumin and chile powder. Toss with juice of 1 lime and cook 1 minute more. Add 1 cooked chicken breast, chopped (leftovers). Top with 2 tbsp pico de gallo and ½ avocado, sliced.</p>
<p>NUTRIENTS: Calories: 1,364, Fat: 70 g, Sat. Fat: 27 g, Carbs: 123 g, Fiber: 20 g, Sugar: 53 g, Protein: 74 g, Sodium: 1,644 mg, Cholesterol: 450 mg</p>	<p>NUTRIENTS: Calories: 1,162, Fat: 52 g, Sat. Fat: 11 g, Carbs: 102 g, Fiber: 20 g, Sugar: 44 g, Protein: 79 g, Sodium: 1,568 mg, Cholesterol: 516 mg</p>	<p>NUTRIENTS: Calories: 1,310, Fat: 58 g, Sat. Fat: 18 g, Carbs: 119 g, Fiber: 23 g, Sugar: 55 g, Protein: 88 g, Sodium: 1,840 mg, Cholesterol: 239 mg</p>	<p>NUTRIENTS: Calories: 1,394, Fat: 78 g, Sat. Fat: 24 g, Carbs: 113 g, Fiber: 25 g, Sugar: 44 g, Protein: 74 g, Sodium: 1,321, mg, Cholesterol: 245 mg</p>

*The snack suggestions are optional. Eat them if you are truly hungry; if not, skip them. By inserting stretches of time between meals – rather than eating every 2 hours – you’re giving your digestive system a rest.

MEAL PLAN 2: WEEK 2

Weeks
1-4

Each meal plan spans 2 weeks and includes a shopping list at the back.

MONDAY	TUESDAY	WEDNESDAY	
<p>BREAKFAST: 1 serving Sweet Potato Chia Porridge (p. 63; save leftovers) with ¼ cup walnuts</p> <p>LUNCH: 1 serving Spicy Salmon Poke Bowls (p. 62; save leftovers)</p> <p>SNACK (OPTIONAL): ½ banana, sliced, with 1 tbsp ground flaxseed and pinch cinnamon</p> <p>DINNER: 1 serving Sheet Pan Dijon Balsamic Chicken & Veggies (p. 61; save leftovers)</p>	<p>BREAKFAST: 1 serving Sweet Potato Chia Porridge (leftovers; p. 63) with ¼ cup walnuts</p> <p>LUNCH: 1 serving Sheet Pan Dijon Balsamic Chicken & Veggies (leftovers, p. 61, reheated)</p> <p>SNACK (OPTIONAL): 1 oz almonds and 5 sheets seaweed snack</p> <p>DINNER: 1 serving Spicy Salmon Poke Bowls (leftovers, p. 62)</p>	<p>BREAKFAST: Mushroom Frittata: Sauté ¼ cup chopped onion and 5 oz chopped cremini mushrooms in 1 tbsp avocado oil. Add 1½ cups spinach and 1 clove garlic, minced; cook 1 minute. Transfer to an 8 x 8-inch greased baking dish. Whisk 8 eggs with ½ tsp each salt and pepper; pour over vegetables. Bake at 350°F for 20 minutes. (Eat ¼; save leftovers.)</p> <p>Golden Milk: Combine 2 cups milk, 1 tbsp each maple syrup and coconut oil, ½ tsp each turmeric and cinnamon, and ¼ tsp black pepper; whisk and bring to a boil, reduce heat and simmer 10 minutes (drink ½; save leftovers)</p> <p>LUNCH: Shrimp Lettuce Wraps: Sauté ¼ cup chopped onion, 1 red bell pepper, chopped, and 1 zucchini, chopped, in 1 tbsp avocado oil for 5 minutes, adding ½ tsp each cumin and chile powder. Add 8 oz shrimp and cook until pink. Squeeze juice of 1 lime over top. (Eat ½; save leftovers.) Serve in 2 butter lettuce leaves. Top with ½ avocado, chopped, ¼ mango, chopped, and 2 tbsp each pico de gallo and cilantro.</p> <p>SNACK (OPTIONAL): 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 63; thawed and reheated)</p> <p>DINNER: 1 serving Sheet Pan Dijon Balsamic Chicken & Veggies (leftovers, p. 61, reheated); ½ banana, sliced, with 1 tbsp ground flaxseed and pinch cinnamon</p>	
<p>NUTRIENTS: Calories: 1,264 Fat: 66 g, Sat. Fat: 9 g, Carbs: 106 g, Fiber: 23 g, Sugar: 52 g, Protein: 77 g, Sodium: 2,195 mg, Cholesterol: 170 mg</p>	<p>NUTRIENTS: Calories: 1,279, Fat: 66 g, Sat. Fat: 9 g, Carbs: 98 g, Fiber: 27 g, Sugar: 45 g, Protein: 85 g, Sodium: 2,225 mg, Cholesterol: 170 mg</p>	<p>NUTRIENTS: Calories: 1,383, Fat: 77 g, Sat. Fat: 24 g, Carbs: 105 g, Fiber: 22 g, Sugar: 50 g, Protein: 79 g, Sodium: 1,358 mg, Cholesterol: 734 mg</p>	
THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: 1 serving Sweet Potato Chia Porridge (leftovers; p. 63, reheated) with ¼ cup walnuts</p> <p>LUNCH: 1 serving Sheet Pan Dijon Balsamic Chicken & Veggies (leftovers; p. 61, reheated)</p> <p>SNACK (OPTIONAL): 1 oz almonds and 5 sheets seaweed snack</p> <p>DINNER: Shrimp Lettuce Wraps (leftovers, reheated) served in 2 butter lettuce leaves and topped ½ avocado, chopped, ¼ mango, chopped and 2 tbsp each pico de gallo and cilantro</p>	<p>BREAKFAST: 1 serving Sweet Potato Chia Porridge (leftovers; p. 63) with ¼ cup walnuts</p> <p>LUNCH: 1 serving Mushroom Frittata (leftovers, reheated) with ½ avocado, chopped</p> <p>SNACK (OPTIONAL): 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 63; thawed and reheated)</p> <p>DINNER: Turkey Burger Bowl: Combine 8 oz ground turkey, 1 tbsp ground flaxseed, 1 egg and ½ tsp each onion powder, garlic powder and smoked paprika. Form into 2 patties and cook in ½ tsp avocado oil. Combine 2 cups baby lettuce mix, 1 tomato, chopped, 1 cucumber, chopped, and ¼ cup each chopped fire-roasted red peppers and olives. Dress with 1 tbsp balsamic vinegar whisked with ½ tsp avocado oil and 1 tsp Dijon. (Eat ½; save leftovers.)</p>	<p>BREAKFAST: 1 serving Mushroom Frittata (leftovers, reheated)</p> <p>1 serving Golden Milk (leftovers, reheated)</p> <p>LUNCH: 1 serving Turkey Burger Bowl (leftovers, reheated)</p> <p>SNACK (OPTIONAL): 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 63; thawed and reheated)</p> <p>DINNER: Pan-Seared Steak: Season 2 beef tenderloin fillets with ¼ tsp each salt and pepper; pan-sear in 1 tsp avocado oil to desired doneness (eat ½; save leftovers)</p> <p>Cauli-Rice: Sauté 2 cups cauliflower rice, ¼ cup chopped onion, 2 cloves garlic, minced, and 1 tbsp each rosemary and thyme in 1 tbsp avocado oil about 8 minutes; add 1 tbsp apple cider vinegar and cook 1 minute more (eat ½; save leftovers)</p>	<p>BREAKFAST: Pumpkin Smoothie: Blend 1 cup nondairy milk, ¾ cup canned pumpkin, 2 scoops collagen powder, ½ tsp each cinnamon and nutmeg with ice</p> <p>LUNCH: 1 serving Mushroom Frittata (leftovers, reheated) with ½ avocado, sliced</p> <p>SNACK (OPTIONAL): 1 serving Pumpkin Pecan Snack Bread (leftovers, p. 63; thawed and reheated)</p> <p>DINNER: 1 serving Pan-Seared Steak (leftovers, reheated)</p> <p>1 serving Cauli-Rice (leftovers, reheated)</p>
<p>NUTRIENTS: Calories: 1,132 Fat: 59 g, Sat. Fat: 7 g, Carbs: 85 g, Fiber: 25 g, Sugar: 35 g, Protein: 74 g, Sodium: 593 mg, Cholesterol: 235 mg</p>	<p>NUTRIENTS: Calories: 1,354, Fat: 90 g, Sat. Fat: 24 g, Carbs: 89 g, Fiber: 23 g, Sugar: 33 g, Protein: 60 g, Sodium: 1,129 mg, Cholesterol: 684 mg</p>	<p>NUTRIENTS: Calories: 1,384, Fat: 94 g, Sat. Fat: 35 g, Carbs: 66 g, Fiber: 13 g, Sugar: 29 g, Protein: 75 g, Sodium: 1,541 mg, Cholesterol: 758 mg</p>	<p>NUTRIENTS: Calories: 1,214, Fat: 76 g, Sat. Fat: 25 g, Carbs: 68 g, Fiber: 21 g, Sugar: 25 g, Protein: 69 g, Sodium: 1,275 mg, Cholesterol: 573 mg</p>

Weeks
1-4

Turkey & Mushroom Ragu–Stuffed Acorn Squash

SERVES 4.

- 2** acorn squash,
halved and seeded
- 2 tbsp** avocado oil
- 1 cup** chopped yellow onion
- 3½ oz** shiitake mushrooms,
chopped
- 5 oz** cremini mushrooms,
chopped
- Pinch** each sea salt and
ground black pepper
- 1 lb** lean ground turkey
- 2 tbsp** unsalted tomato paste
- 2 tbsp** chopped fresh thyme
- 1 tsp** smoked paprika
- 1½ cups** marinara sauce
- 1 tbsp** coconut aminos
- 1 tbsp** balsamic vinegar
- 1** bay leaf
- ¼ cup** + 1 tbsp nutritional
yeast, divided
- ¼ cup** sliced fresh basil

1. Preheat oven to 400°F. Wrap each squash half in foil and place on baking sheet. Bake until squash flesh is soft when poked with a fork, about 45 minutes.

2. Meanwhile, in a large, deep skillet on medium-high, heat oil. Add onion, shiitake and cremini mushrooms, salt and pepper and sauté for 5 minutes. Add turkey and cook for 5 minutes, breaking up with a wooden spoon. Add tomato paste, thyme and smoked paprika. Stir to combine and cook for 3 minutes more.

3. Stir in marinara, coconut aminos and vinegar. Add bay leaf, cover,

reduce heat to low and simmer for 25 minutes. Stir in ¼ cup nutritional yeast. Remove bay leaf.

4. To serve, divide turkey mixture among roasted squash halves. Top with remaining 1 tbsp nutritional yeast and basil.

PER SERVING (½ squash and 1 cup ragu):
Calories: 442, Fat: 18 g, Carbs: 43 g, Fiber: 9 g,
Sugar: 10 g, Protein: 33 g



NOTE: If following our Meal Plan, refrigerate roasted acorn squash halves and turkey mixture separately and reheat when called for.



Weeks
1-4

Avocado Egg Salad

Hard boil 6 eggs; cool. Peel, chop and place in a bowl. Stir in 2 avocados, peeled, pitted and diced, zest of 1 lime, 1/3 cup chopped fresh cilantro, 1/4 cup chopped fresh chives, 1/2 tsp black pepper, 1/4 tsp salt and 1/8 tsp red pepper flakes (optional). (Makes 2 servings.)

Weeks
1-4

Sheet Pan Dijon Balsamic Chicken & Veggies

SERVES 4.

- 1/4 cup balsamic vinegar
- 1/4 cup avocado oil, divided
- 2 tbsp Dijon mustard
- 2 tbsp pure maple syrup, divided
- 3 cloves garlic, chopped
- 2 tsp each chopped fresh thyme and rosemary
- 1 tsp hot sauce (**NOTE:** Ensure you choose a brand without added sugar.)
- 4 4-oz boneless, skinless chicken breasts
- 4 carrots, cut into thin sticks
- 2 cups broccoli florets
- 1/2 small yellow onion, thinly sliced
- 1/2 tsp each sea salt and ground black pepper

1. Line a large rimmed baking sheet with parchment paper. In a small saucepan, whisk together vinegar, 2 tbsp oil, mustard, 1 tbsp maple syrup, garlic, thyme and rosemary. Pour half of marinade into a large bowl and add chicken. Marinate in the refrigerator for at least 1 hour, or up to 8 hours. To remaining half of marinade in saucepan, whisk in remaining 1 tbsp maple syrup and hot sauce; refrigerate marinade in saucepan.
2. Preheat oven to 350°F. In a bowl, toss carrots, broccoli and onion with remaining 2 tbsp oil; spread on one side of baking sheet. Remove chicken from marinade and place on other side of baking sheet. Discard marinade. Season chicken and vegetables with salt and pepper. Bake

for 25 minutes, until a thermometer inserted in center of chicken reads 165°F and vegetables are fork tender.

3. Meanwhile, place saucepan of reserved marinade over low heat and bring to a gentle simmer for 10 minutes. Drizzle sauce over chicken and vegetables.

PER SERVING (1/4 of recipe): Calories: 308, Fat: 15 g, Carbs: 18 g, Fiber: 3 g, Sugar: 13 g, Protein: 26 g

NOTE: If following our Meal Plan, refrigerate leftover chicken, vegetables and sauce separately and reheat when called for.

Spicy Salmon Poke Bowls

SERVES 2.

- 4** Persian cucumbers (or use 1/2 large English cucumber)
- ½ cup** + 1 tbsp apple cider vinegar, divided
- 8 oz** sashimi-grade wild Alaskan salmon, skin removed
- 2 tbsp** each chopped fresh chives and cilantro
- 1 tsp** black and/or white sesame seeds
- 3 tbsp** coconut aminos
- 1½ tbsp** no-sugar-added apricot preserves
- ¾ tsp** peeled and grated ginger
- ½ tsp** toasted sesame oil
- ¼ tsp** red pepper flakes
- 4 cups** baby lettuce mix
- ½** mango, peeled and chopped
- 1** avocado, peeled, seeded and sliced
- 1 sheet** seaweed snack, crumbled

1. Using a mandoline or sharp knife, thinly slice cucumbers and place in a bowl. Toss with ½ cup vinegar and let sit at least 15 minutes.

2. Meanwhile, cut salmon into cubes and place in a separate bowl. Add chives, cilantro and sesame seeds.

3. In a jar with a tight-fitting lid, combine coconut aminos, apricot preserves, remaining 1 tbsp vinegar, ginger, sesame oil and pepper flakes. Close lid and shake to combine. Pour over salmon mixture and toss until coated.

4. To serve, divide lettuce among 2 plates and top each with salmon mixture, pickled cucumbers, mango, avocado and seaweed.

NOTE: If following our Meal Plan, refrigerate leftovers and assemble when called for.

PER SERVING (½ of recipe): Calories: 558, Fat: 32 g, Carbs: 43 g, Fiber: 14 g, Sugar: 22 g, Protein: 32 g



Weeks
1-4

Pumpkin Pecan Snack Bread

MAKES 1 LOAF (8 SLICES).

BREAD

- ¾ cup** almond flour
- ½ cup** coconut flour
- ½ cup** arrowroot
- 1 tbsp** ground flaxseed
- ½ tsp** each sea salt, cinnamon and baking soda
- ¼ tsp** each ground ginger and allspice
- 3 large** eggs
- ⅓ cup** coconut oil, melted
- ½ cup** pure maple syrup
- 1 tsp** orange zest + 3 tbsp fresh orange juice
- 1 tsp** pure vanilla extract
- ¾ cup** unsweetened pumpkin purée
- ½ cup** chopped unsalted pecans, divided

GLAZE (OPTIONAL)

- ½ cup** BPA-free canned coconut cream
- 1 tbsp** pure maple syrup
- ½ tsp** ground cinnamon
- 1 tsp** pure vanilla extract

1. Prepare bread: Preheat oven to 350°F. Line a 9 x 5-inch loaf pan with parchment paper.

2. In a medium bowl, combine almond flour, coconut flour, arrowroot, flaxseed, salt, cinnamon, baking soda, ginger and allspice; whisk to remove lumps.

3. In a large bowl, whisk together eggs, coconut oil and maple syrup until light and fluffy, 1 minute. Stir in orange zest and juice, vanilla and pumpkin purée. Add flour mixture and stir until no white streaks remain. Fold in 6 tbsp pecans.

4. Pour into prepared pan. Bake until golden brown and a thin knife comes out clean when inserted into the center, 50 to 55 minutes. Set aside to cool to room temperature. Cut into 8 slices.

5. Meanwhile, prepare glaze, if using: In a medium bowl, whisk together all glaze ingredients. Drizzle over top of loaf and sprinkle with remaining 2 tbsp pecans.

PER SERVING (1 slice):
Calories: 344, Fat: 22 g, Carbs: 31 g,
Fiber: 6 g, Sugar: 15 g, Protein: 7 g

Weeks
1-4

Sweet Potato Chia Porridge

Prick 1 large sweet potato with a fork and wrap in foil. Bake at 400°F until soft, 45 to 60 minutes. Let cool, then remove skin and mash potato flesh. In a jar with a tight-fitting lid, combine 1 cup unsweetened nondairy milk, ¼ cup chia seeds and 1 tsp each cinnamon and pure vanilla extract. Cover and shake to combine; refrigerate until thick, at least 4 hours or overnight. Layer chia mixture and sweet potato flesh into 4 cups and drizzle with pure maple syrup, optional. (Makes 4 servings.) Garnish with fruit (such as pear), if desired.



SHOPPING LISTS

WEEK ONE

PROTEINS & DAIRY

- 1 dozen large eggs
- 1 qt plain unsweetened nondairy milk
- 4 4-oz boneless, skinless chicken breasts
- 2 4-oz halibut fillets
- 1 lb lean ground turkey
- 4 6-oz bone-in lamb chops

VEGGIES & FRUITS

- 1 head butter lettuce
- 6 oz baby lettuce mix
- 7½ oz baby spinach
- 2 carrots
- 3 small cucumbers
- 2 zucchini
- 1 small head cauliflower
- 1 red bell pepper
- 4 oz Brussels sprouts
- 2 acorn squash
- 1 small butternut squash
- 2 yellow onions
- 1 head garlic
- 3½ oz shiitake mushrooms
- 5 oz cremini mushrooms
- 3 avocados
- 4 small apples
- 2 bananas
- 1 pear
- 1 orange
- 1 lemon
- 1 lime
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 bunch fresh chives
- 1 bunch fresh rosemary

- 1 bunch fresh thyme
- 2 Roma tomatoes
- 1 carton fresh pico de gallo

NUTS, SEEDS & OILS

- 1 bottle avocado oil
- 1 jar coconut oil
- 1 bag ground flaxseed
- 1 bag arrowroot flour
- 1 bag chia seeds
- 2 oz raw unsalted pecans
- 5 oz raw unsalted walnuts
- 1 small bag almond flour
- 1 small bag coconut flour

EXTRAS

- 1 small jar marinara sauce
- 1 15-oz BPA-free can crushed tomatoes
- 1 tube tomato paste
- 1 15-oz BPA-free can pumpkin purée
- 1 jar black olives
- 1 carton collagen protein powder
- 1 container matcha powder
- 1 8-oz container baba ghanoush
- 1 bottle liquid coconut aminos
- 1 bag nutritional yeast
- 1 jar Dijon mustard
- 1 bottle pure maple syrup
- 1 13.5-oz can coconut cream (optional)

PANTRY STAPLES

- 1 container baking soda
- 1 bottle balsamic vinegar

- 1 bottle pure vanilla extract
- 1 bay leaf
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle chile powder
- 1 bottle ground turmeric
- 1 bottle garlic powder
- 1 bottle smoked paprika
- 1 bottle red pepper flakes
- 1 bottle sea salt
- 1 bottle ground black pepper

WEEK TWO

PROTEINS & DAIRY

- 1 qt plain unsweetened nondairy milk
- 1 dozen large eggs
- 4 4-oz boneless, skinless chicken breasts
- 8 oz sashimi-grade wild Alaskan salmon
- 8 oz raw (16 to 20 ct) shrimp, peeled and deveined
- 8 oz lean ground turkey
- 2 4-oz beef tenderloin fillets

VEGGIES & FRUITS

- 1 head butter lettuce
- 3 oz baby spinach
- 7½ oz baby lettuce mix
- 1 large sweet potato
- 1 head cauliflower (or 2 cups riced cauliflower)
- 1 head broccoli
- 4 carrots

- 5 Persian cucumbers
- 1 zucchini
- 2 small yellow onions
- 1 red bell pepper
- 5 oz cremini mushrooms
- 1 head garlic
- ¼-inch piece fresh ginger
- 3 avocados
- 1 banana
- 2 mangos
- 1 lime
- 1 Roma tomato
- 1 bunch fresh rosemary
- 1 bunch fresh thyme
- 1 bunch fresh chives
- 1 bunch cilantro

NUTS, SEEDS & OILS

- 1 bottle toasted sesame oil
- 2 oz almonds

EXTRAS

- 1 jar no-sugar-added apricot preserves
- 2 packages seaweed snack sheets
- 1 jar fire-roasted red peppers

PANTRY STAPLES

- 1 bottle apple cider vinegar
- 1 bottle black or white sesame seeds
- 1 bottle onion powder
- 1 bottle nutmeg

DIY MEAL PLANS: WEEK 1

Use the recipes in the front section of the manual to create your own mix-and-match meal plans. Decide which recipes you're going to make, then fill in the blank plan below to ensure you're covered for a week's worth of meals. We also included blank shopping lists that you can use at the back of the book.

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST:	BREAKFAST:	BREAKFAST:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
LUNCH:	LUNCH:	LUNCH:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
DINNER:	DINNER:	DINNER:
NUTRIENTS:	NUTRIENTS:	NUTRIENTS:

THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
LUNCH:	LUNCH:	LUNCH:	LUNCH:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
DINNER:	DINNER:	DINNER:	DINNER:
NUTRIENTS:	NUTRIENTS:	NUTRIENTS:	NUTRIENTS:

DIY MEAL PLANS: WEEK 2

Use the recipes in the front section of the manual to create your own mix-and-match meal plans. Decide which recipes you're going to make, then fill in the blank plan below to ensure you're covered for a week's worth of meals. We also included blank shopping lists that you can use at the back of the book.

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST:	BREAKFAST:	BREAKFAST:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
LUNCH:	LUNCH:	LUNCH:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
DINNER:	DINNER:	DINNER:
NUTRIENTS:	NUTRIENTS:	NUTRIENTS:

THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
LUNCH:	LUNCH:	LUNCH:	LUNCH:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
DINNER:	DINNER:	DINNER:	DINNER:
NUTRIENTS:	NUTRIENTS:	NUTRIENTS:	NUTRIENTS:

DIY MEAL PLANS: WEEK 3

Use the recipes in the front section of the manual to create your own mix-and-match meal plans. Decide which recipes you're going to make, then fill in the blank plan below to ensure you're covered for a week's worth of meals. We also included blank shopping lists that you can use at the back of the book.

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST:	BREAKFAST:	BREAKFAST:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
LUNCH:	LUNCH:	LUNCH:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
DINNER:	DINNER:	DINNER:
NUTRIENTS:	NUTRIENTS:	NUTRIENTS:

THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
LUNCH:	LUNCH:	LUNCH:	LUNCH:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
DINNER:	DINNER:	DINNER:	DINNER:
NUTRIENTS:	NUTRIENTS:	NUTRIENTS:	NUTRIENTS:

DIY MEAL PLANS: WEEK 4

Use the recipes in the front section of the manual to create your own mix-and-match meal plans. Decide which recipes you're going to make, then fill in the blank plan below to ensure you're covered for a week's worth of meals. We also included blank shopping lists that you can use at the back of the book.

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST:	BREAKFAST:	BREAKFAST:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
LUNCH:	LUNCH:	LUNCH:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
DINNER:	DINNER:	DINNER:
NUTRIENTS:	NUTRIENTS:	NUTRIENTS:

THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
LUNCH:	LUNCH:	LUNCH:	LUNCH:
SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):	SNACK (OPTIONAL):
DINNER:	DINNER:	DINNER:	DINNER:
NUTRIENTS:	NUTRIENTS:	NUTRIENTS:	NUTRIENTS:

