



**BRE**  
FITNESS

# MEAL LIBRARY



# HELLO!

Hey Gorgeous, welcome to your meal library! Here you will find all of your recommended meals categorized by time of day. I have included instructions and ingredients for you. Also provided is a weekly shopping list that will make shopping for your items that much easier! Please remember to eat the meals as they are laid out for you in your program and don't forget to drink at least 8 bottles of water a day. Good luck and I am here if you need anything. All the best,

Bre

# BREAKFAST





BREAKFAST

# YOGURT

🕒 0 minutes

🍴 3 servings

## INGREDIENTS

- Dairy/Non-dairy yogurt

## DIRECTIONS

1. Non Dairy: I recommend Ripple 12g (0.42oz) protein
2. Dairy: I recommend Chobani Greek yogurt 100 calories 11g (0.39oz) protein

BREAKFAST

# PEANUT BUTTER BANANA TOAST

🕒 5 minutes

🍴 1 serving

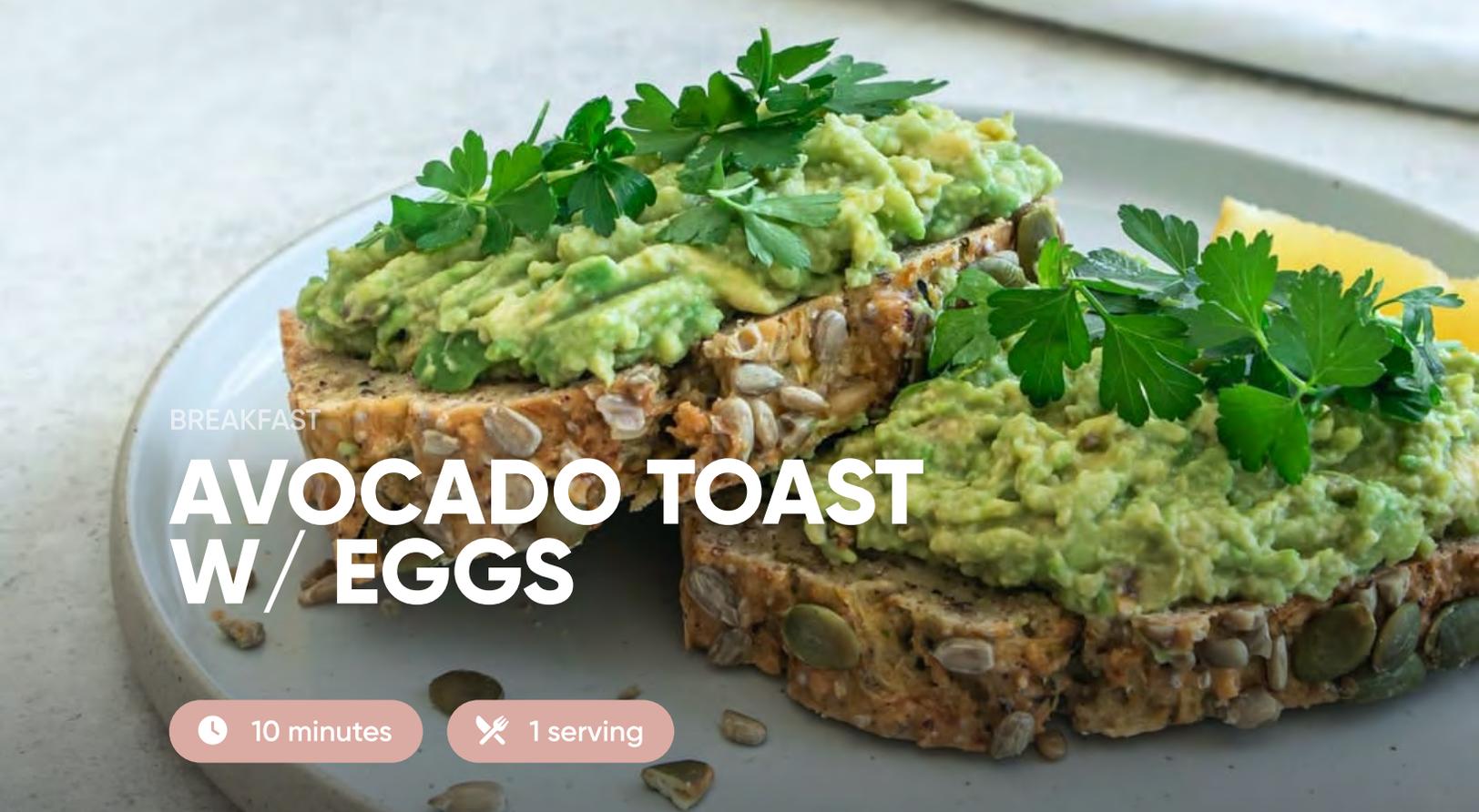


## INGREDIENTS

- 1 slice whole-wheat bread, toasted
- 1 tbsp peanut butter
- 1 small banana
- Cinnamon, to taste

## DIRECTIONS

1. Toast bread.
2. Spread with peanut butter, top with sliced banana. Sprinkle cinnamon on top, if desired.



BREAKFAST

# AVOCADO TOAST W/ EGGS

🕒 10 minutes

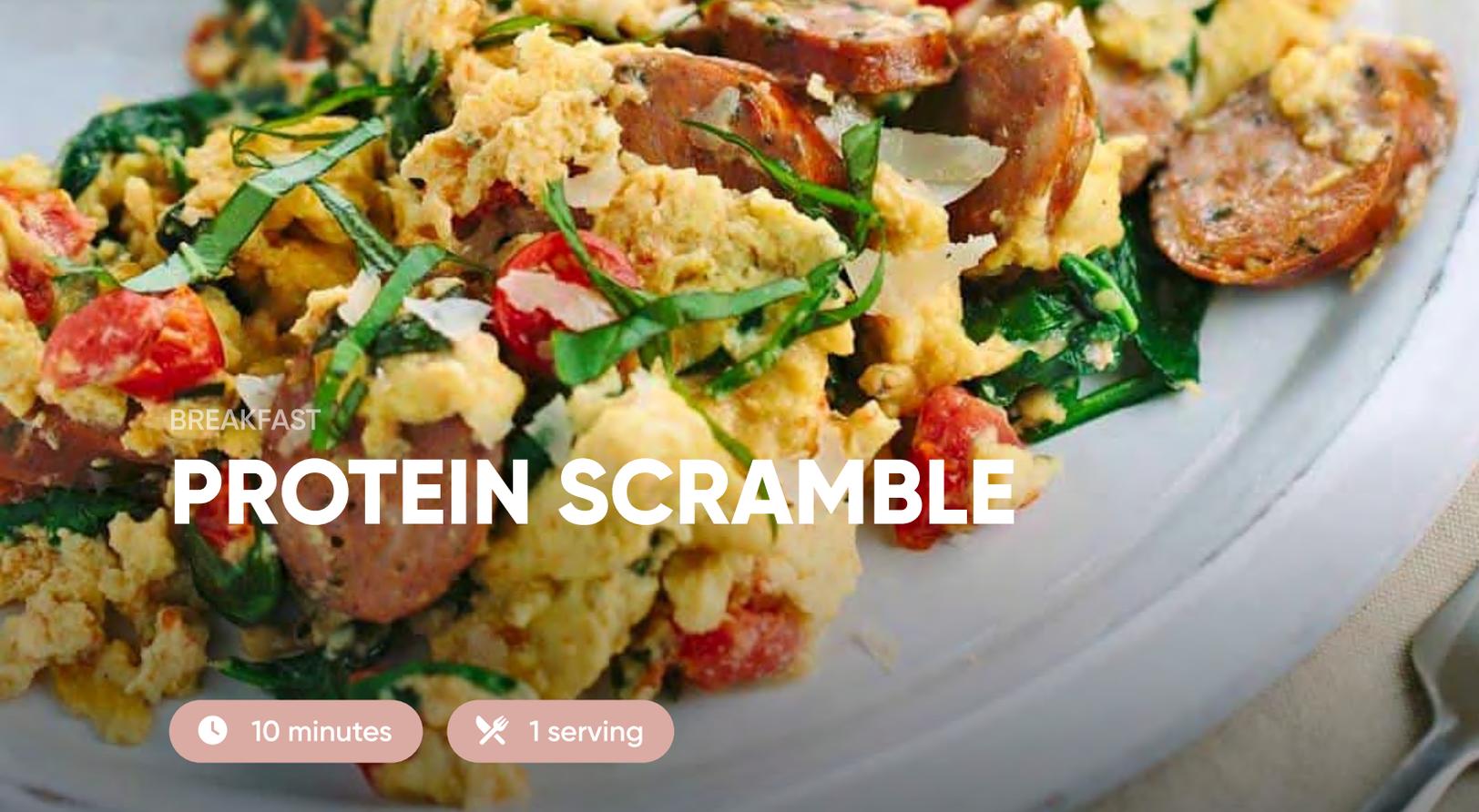
🍴 1 serving

## INGREDIENTS

- 1 slice whole-grain bread, toasted
- 1/4 of an avocado
- Olive oil
- 2 eggs
- Sea salt and black pepper

## DIRECTIONS

1. Mash avocado and season with salt and pepper.
2. Heat pan to medium-high heat coat with olive oil. Separate egg yolk and pour egg white into pan.
3. Toast bread. Place mashed avocado over toast and top with egg.



BREAKFAST

# PROTEIN SCRAMBLE

🕒 10 minutes

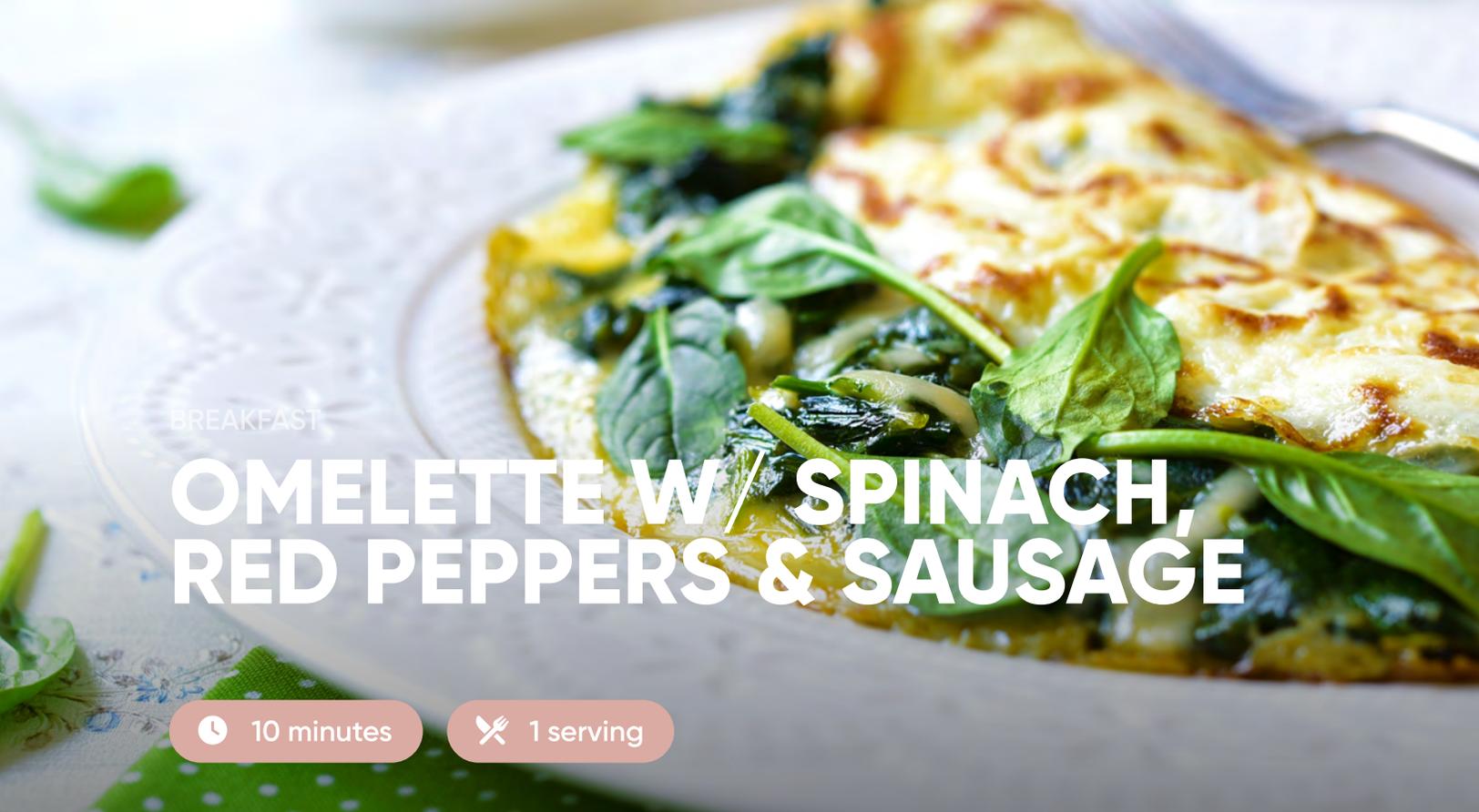
🍴 1 serving

## INGREDIENTS

- 3 eggs
- 2 egg whites
- 1 Chicken/turkey sausage (fresh, NOT Tyson's)
- ½ tsp sea salt
- ½ tsp pepper

## DIRECTIONS

1. Dice sausage and place in pan heated medium-high.
2. Whisk together eggs.
3. Once is sausage is cooked, add a drizzle of olive oil to pan and pour in eggs.
4. Add salt and pepper.
5. Mix all ingredients frequently until eggs are cooked through.



BREAKFAST

# OMELETTE W/ SPINACH, RED PEPPERS & SAUSAGE

🕒 10 minutes

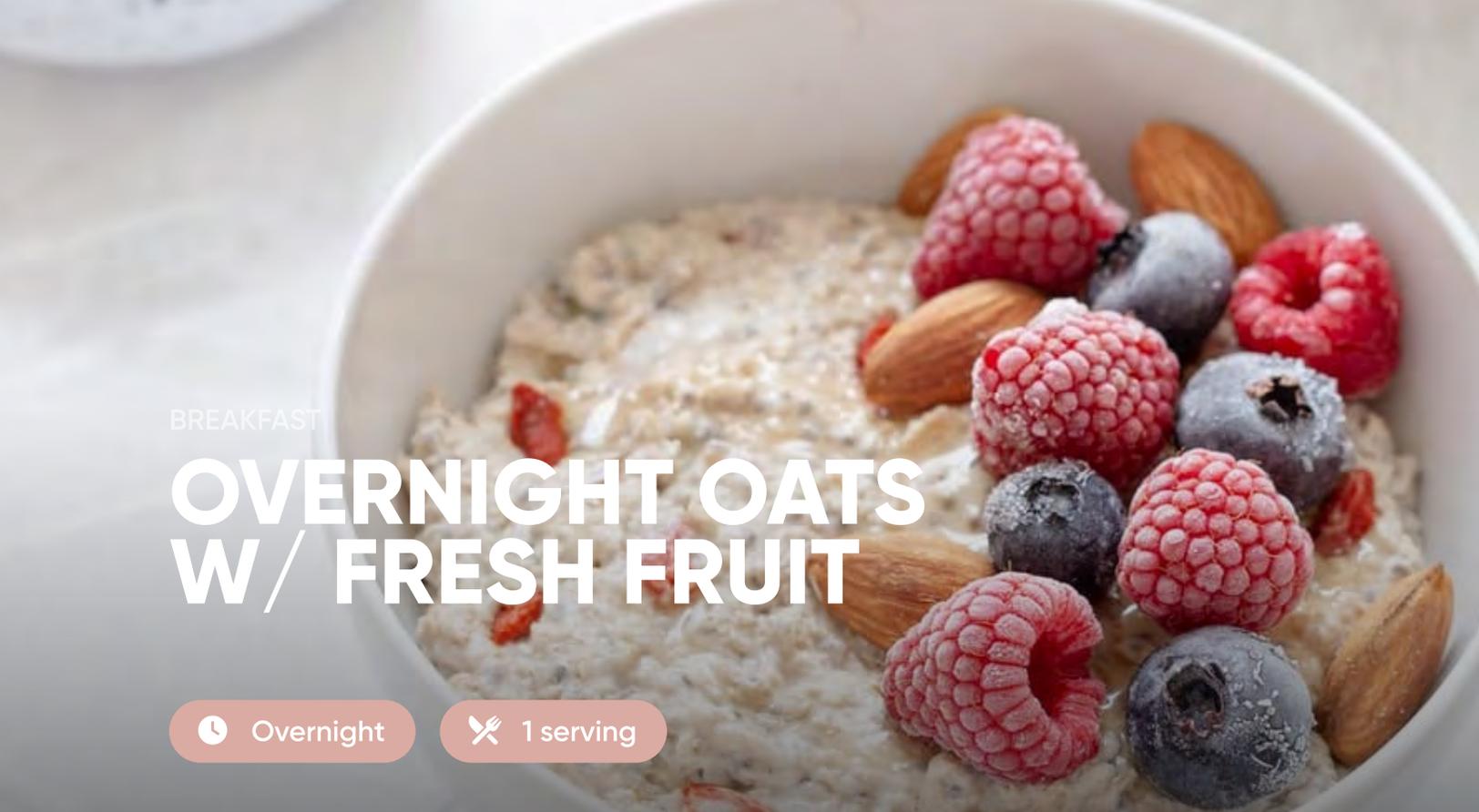
🍴 1 serving

## INGREDIENTS

- 3 whole eggs
- 1/2 tsp salt
- 1 tsp pepper
- 1 cup fresh spinach, chopped
- Whole red pepper, chopped
- 2 sausage patties (fresh, NOT Tyson's)

## DIRECTIONS

1. Heat pan to medium-high heat coat with olive oil.
2. Cook sausage, chop up, and set aside.
3. Whisk eggs and pour into pan. Cook until one side is cooked.
4. Add spinach, sausage, and red peppers and fold omelette.
5. Continue to cook until eggs are done.



BREAKFAST

# OVERNIGHT OATS W/ FRESH FRUIT

 Overnight

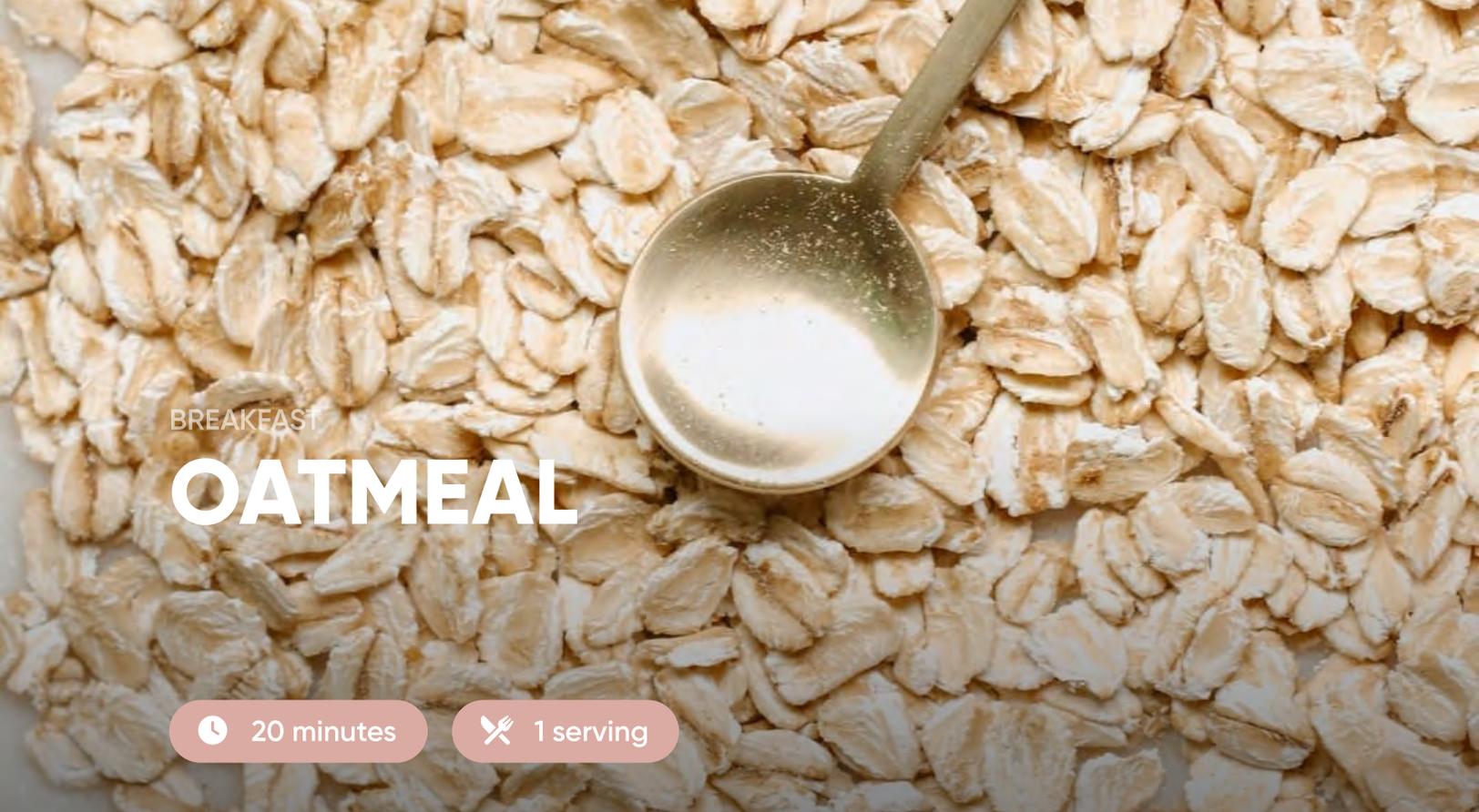
 1 serving

## INGREDIENTS

- 1/3 to 1/2 cup of milk (almond/oat/skim)
- 1/3 to 1/2 cup steel cut oats
- 1/3 to 1/2 cup yogurt (dairy/non-dairy)
- 1 tsp chia seeds, optional but highly recommended
- 1/2 banana, mashed (optional)
- 1/4 cup zStrawberries, blueberries (optional toppings)

## DIRECTIONS

1. Add the ingredients a into a jar or container and stir. Refrigerate overnight or for at least 5 hours.



BREAKFAST

# OATMEAL

 20 minutes

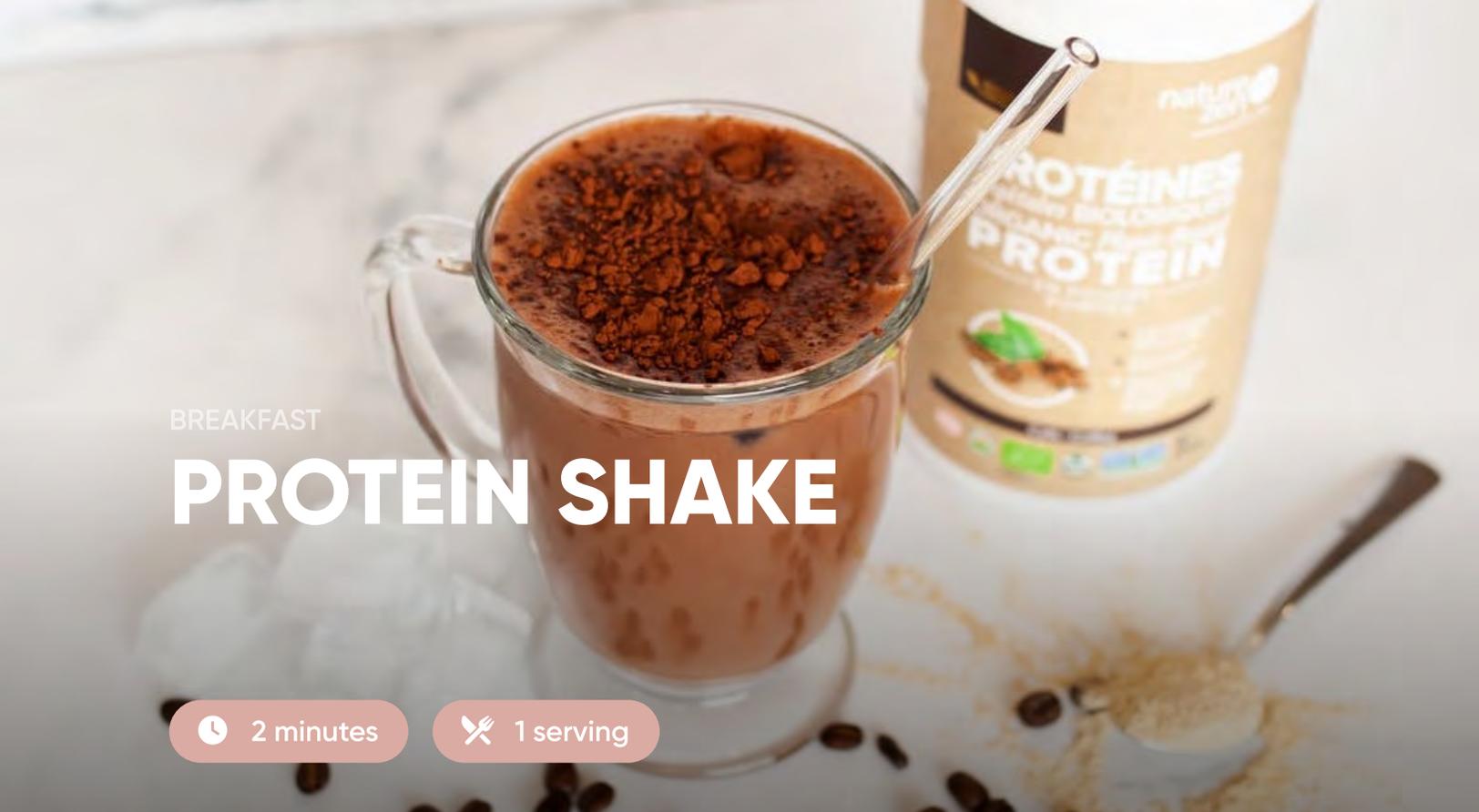
 1 serving

## INGREDIENTS

- 1/3 cup oatmeal (steel cut oats ONLY)
- 1 cup of milk (your preference)
- 1/2 cup strawberries, chopped
- 1/2 cup blueberries
- 1 tbsp honey
- Pinch of salt
- 1/2 tsp cinnamon

## DIRECTIONS

1. Add oatmeal and 2/3 cup water to medium pot over medium heat.
2. Bring to a boil, turn down heat to low and add in milk. Stir until creamy.
3. Stir in honey, cinnamon, and pinch of salt.
4. Bring heat back to medium, add in fruits. Cook down until fruits are tender (i.e., blueberries should burst).
5. Serve!



BREAKFAST

# PROTEIN SHAKE

🕒 2 minutes

🍴 1 serving

## INGREDIENTS

- 2 cups water
- Rounded scoop of protein powder

## DIRECTIONS

1. Mix together water and protein powder in a blender bottle or blender.

# LUNCH





LUNCH

# SWEET POTATO W/ OLIVE OIL & SPICES

 8 minutes

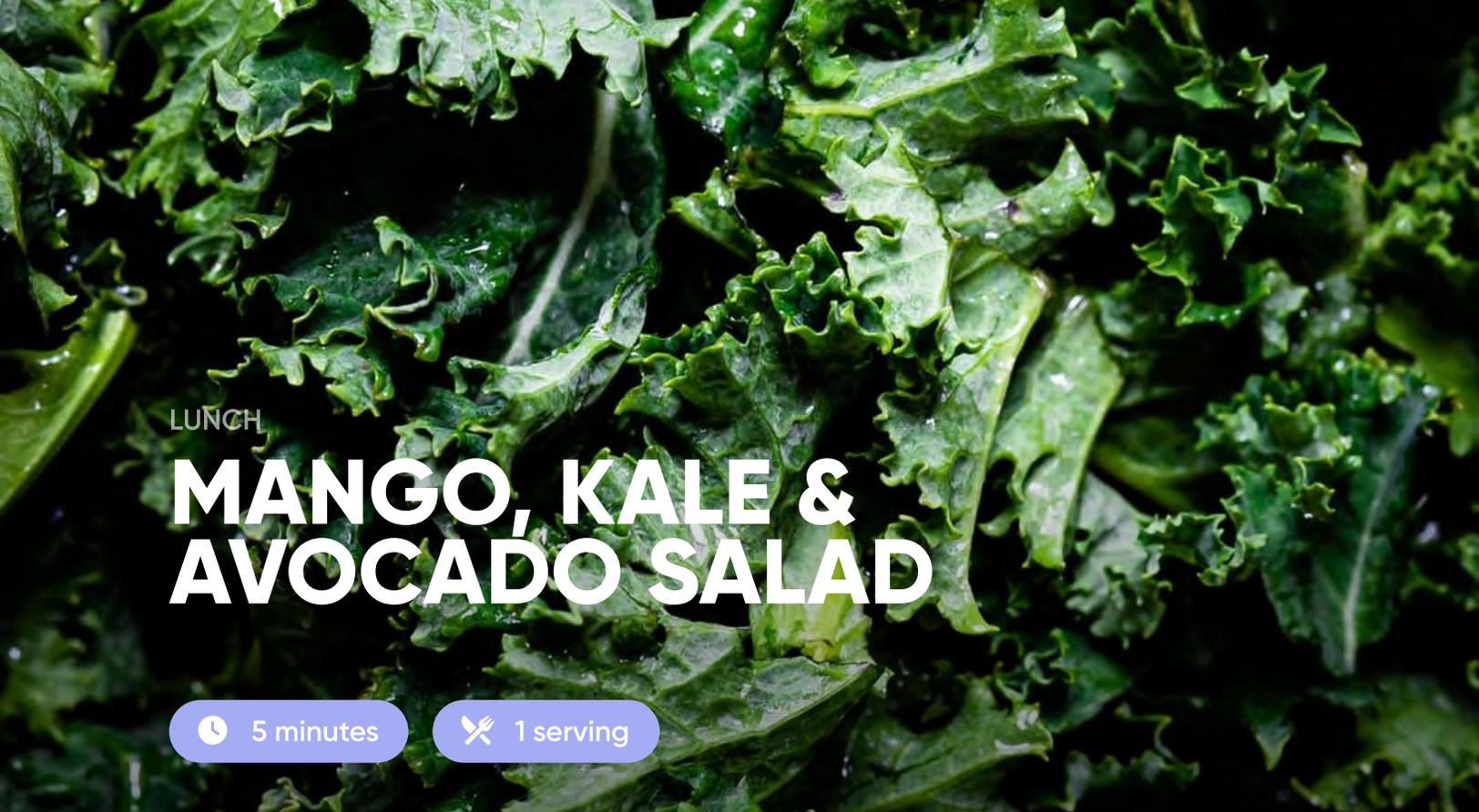
 1 serving

## INGREDIENTS

- Sweet potato
- 2 tsp olive oil
- ½ tsp cinnamon
- ¼ tsp nutmeg
- Pinch of salt

## DIRECTIONS

1. Slice potato down the middle.
2. Microwave for 5-8 minutes.
3. Once soft, add spices and olive oil.



LUNCH

# MANGO, KALE & AVOCADO SALAD

 5 minutes

 1 serving

## INGREDIENTS

- 1 bunch curly kale, de-stemmed, chopped, washed, and dried (about 6 cups/48oz after preparation)
- Juice of 1 large lemon
- 2 tsp olive oil
- 1 tsp sesame oil
- 2 tsp maple syrup or agave nectar
- Sea salt, to taste
- Chopped red bell pepper
- 1 cup mango, cut into small cubes
- Small avocado, cut into cubes

## DIRECTIONS

1. Juice lemon.
2. Stir in flax/olive and sesame oils, syrup, and salt into the kale until it's wilted and dressed evenly.
3. Mix in the pepper, mango, and avocado cubes.
4. Toss well to combine. Serve.



LUNCH

# KALE SALAD W/ CARROTS & CREAMY CURRY DRESSING

 10 minutes

 1 serving

## INGREDIENTS

### For the Dressing:

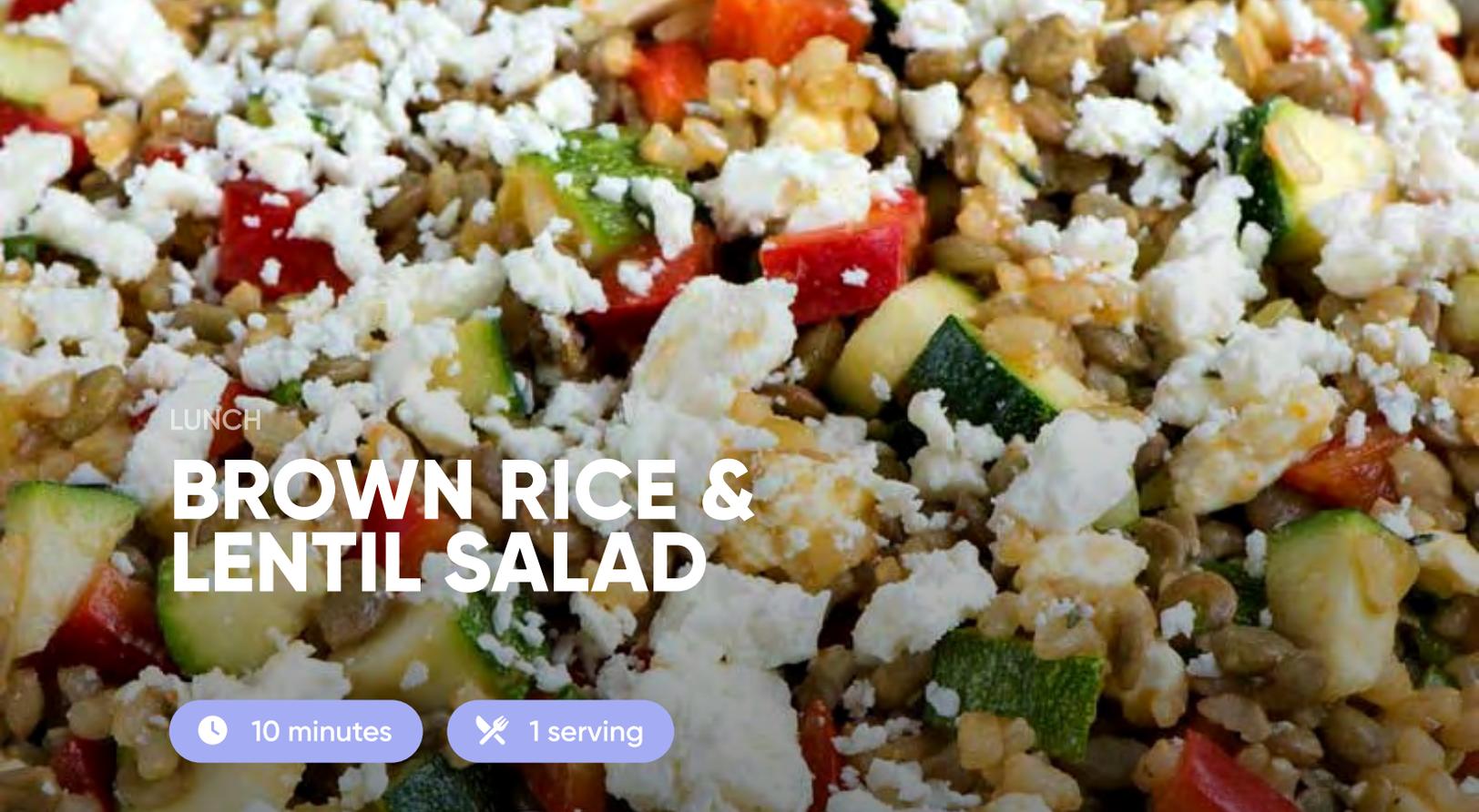
- ½ cup raw cashews or walnuts
- 2 tbsp lemon juice
- 2 pitted dates
- ½ cup water
- ½ tsp sea salt
- 2 tsp curry powder

### For the Salad:

- 1 head kale, de-stemmed, washed, dried, and cut into bite sized pieces (about 5 cups)
- 2 large carrots, peeled and chopped
- 1 large apple, chopped into small pieces
- 1/3 cup raisins
- ½ cup chickpeas

## DIRECTIONS

1. Blend all dressing ingredients in a high speed blender until smooth.
2. Massage the kale with the dressing, making sure that everything is well coated and softened (start with 1/2 cup of dressing and adding as needed – you may have some leftover).
3. Add the apple, carrot, raisins, and chickpeas, and mix the salad, adding more dressing if you like. Serve.



LUNCH

# BROWN RICE & LENTIL SALAD

🕒 10 minutes

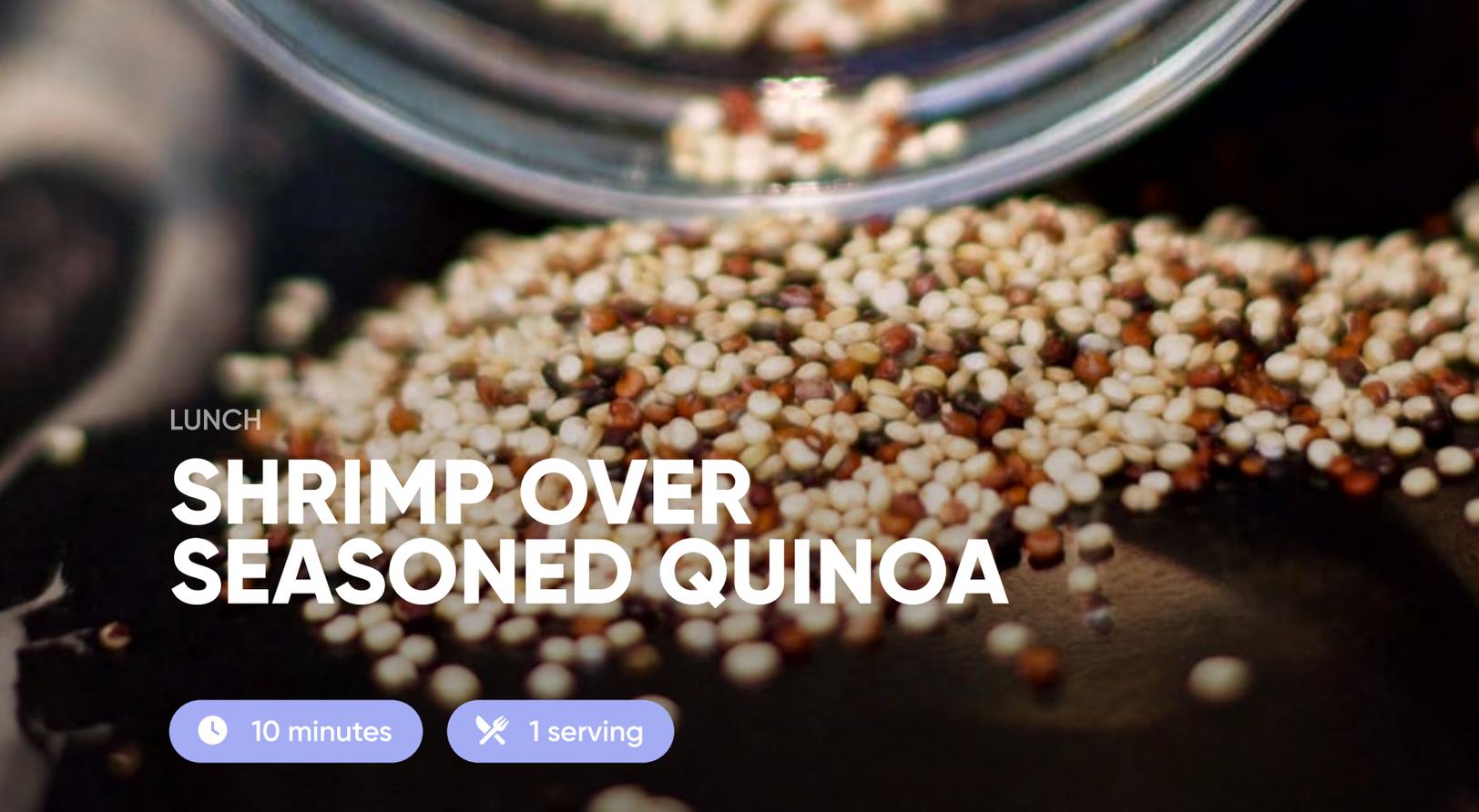
🍴 1 serving

## INGREDIENTS

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tbsp dijon mustard
- 1/2 tsp smoked paprika
- Sea salt and black pepper, to taste
- 2 cups cooked brown rice
- 1 15 oz can organic, no-sodium added lentils, rinsed; or 1 1/2 cups cooked lentils
- 1 carrot, diced or grated
- 4 tbsp fresh parsley, chopped

## DIRECTIONS

1. Whisk oil, vinegar, lemon juice, mustard, paprika, salt and pepper together in a large bowl.
2. Add the rice, lentils, carrot and parsley.
3. Mix well and serve



LUNCH

# SHRIMP OVER SEASONED QUINOA

 10 minutes

 1 serving

## INGREDIENTS

- 6 oz fresh shrimp of choice
- ½ tsp sea salt
- ½ tsp pepper
- 1 cup cooked quinoa

## DIRECTIONS

1. Heat pan to medium-high heat.
  2. Coat pan with olive oil. Add shrimp.
  3. Season shrimp with salt and pepper. Cook until pink/white and firm.
1. Serve shrimp over cooked quinoa.



LUNCH

# SHRIMP & ARUGULA SALAD

 10 minutes

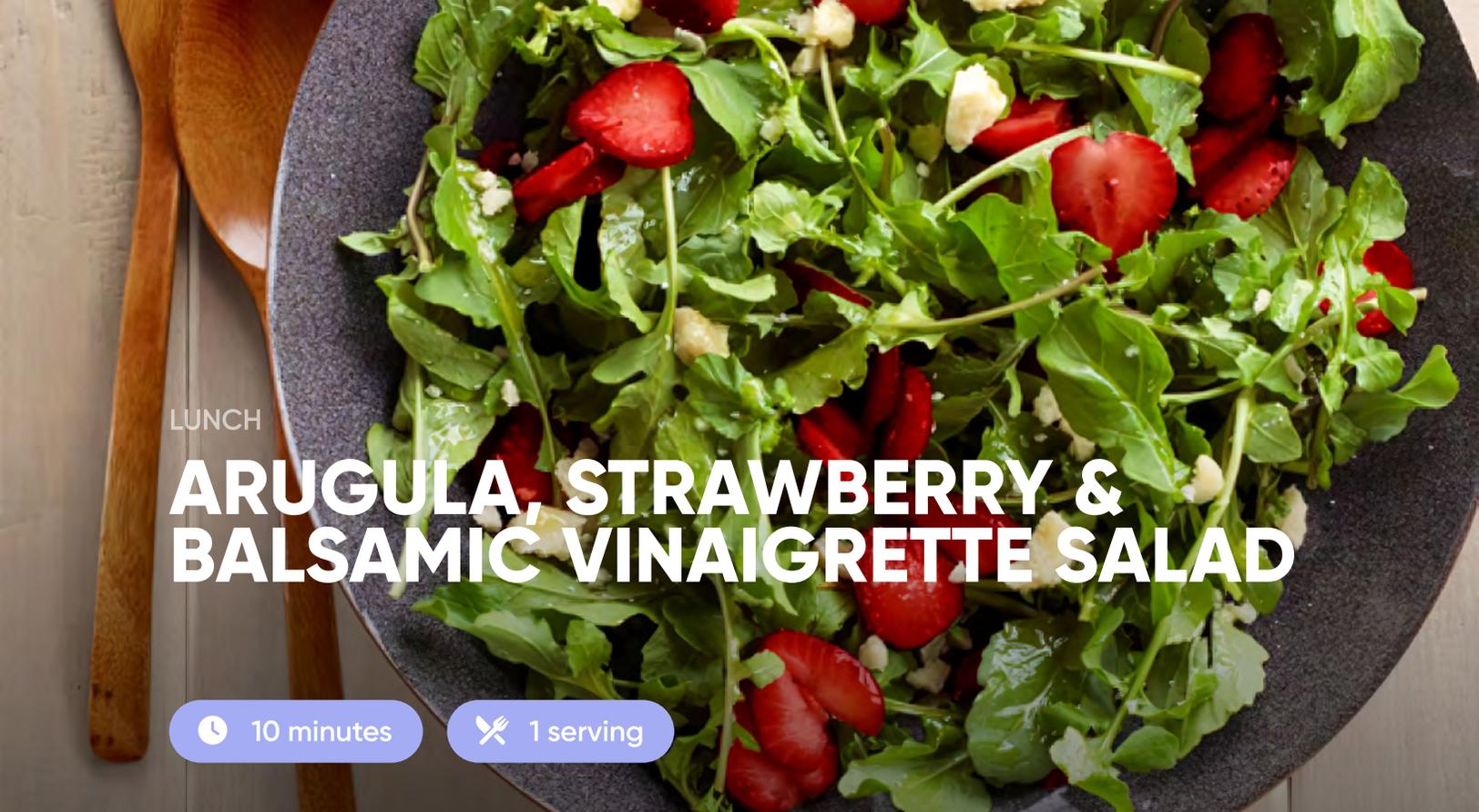
 1 serving

## INGREDIENTS

- 2 cups arugula
- 1 large avocado, diced
- 10 large shrimp, peeled and deveined
- ½ cup feta cheese
- 4 grape tomatoes, sliced in half
- 1 tbsp of lemon basil vinaigrette (i.e. Newman's Own Lemon Basil Vinaigrette)
- Fresh ground pepper (optional)

## DIRECTIONS

1. Add 1 tbsp of olive oil to medium saucepan over medium heat.
2. Add shrimp and season with pepper, cook until pink/white and firm.
3. Assemble salad – add arugula, avocado, feta cheese, tomatoes, and dressing to a bowl
4. Top with shrimp and fresh ground pepper.



LUNCH

# ARUGULA, STRAWBERRY & BALSAMIC VINAIGRETTE SALAD

 10 minutes

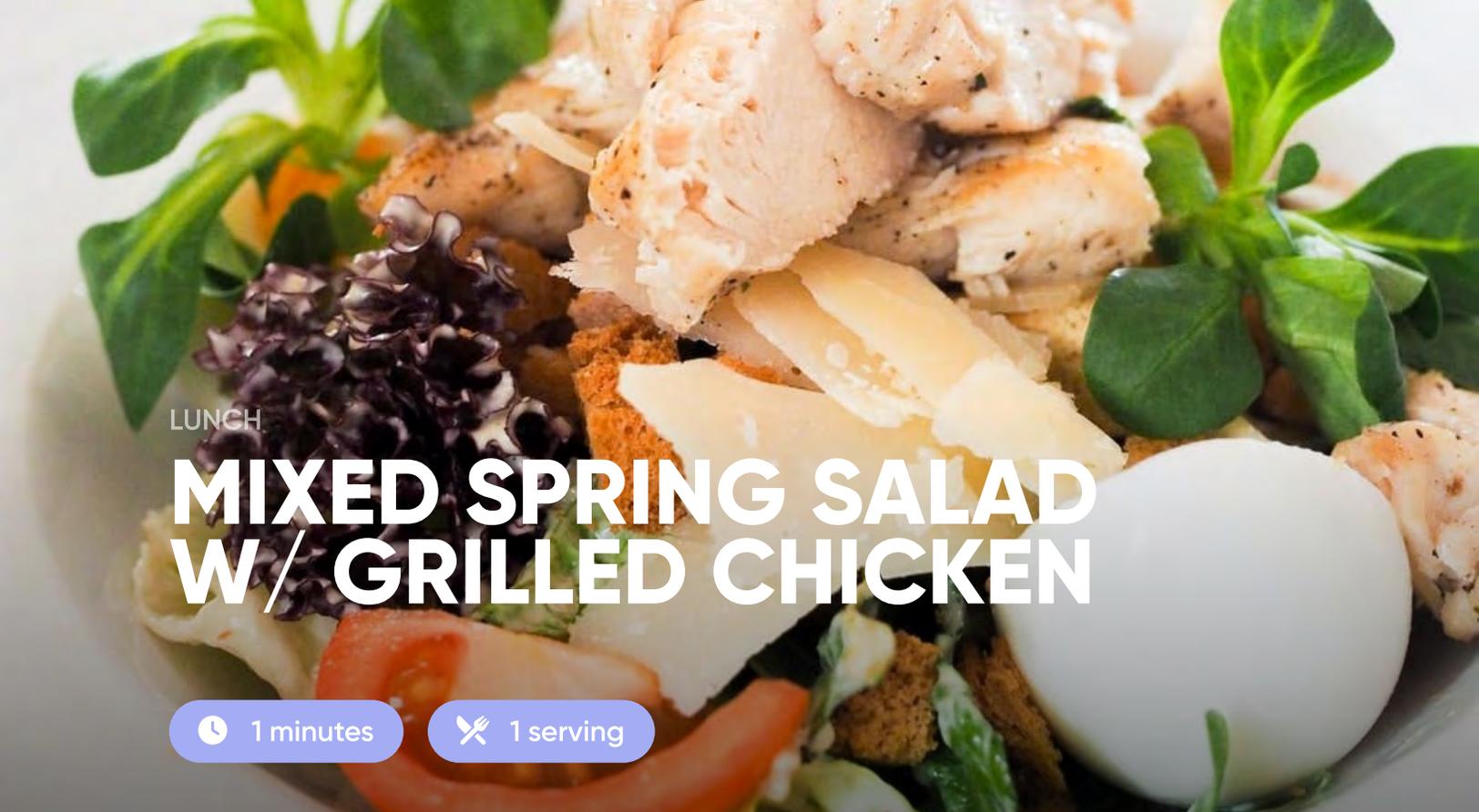
 1 serving

## INGREDIENTS

- ½ cup chopped walnuts
- 3 cups baby arugula
- 1 cup sliced strawberries
- ¼ cup Parmesan cheese
- ¼ tsp freshly ground pepper
- ⅛ tsp salt
- 2 tbs low-sodium balsamic vinaigrette dressing (NOT Kraft)

## DIRECTIONS

1. Combine all ingredients into a medium bowl. Toss and serve.



LUNCH

# MIXED SPRING SALAD W/ GRILLED CHICKEN

 1 minutes

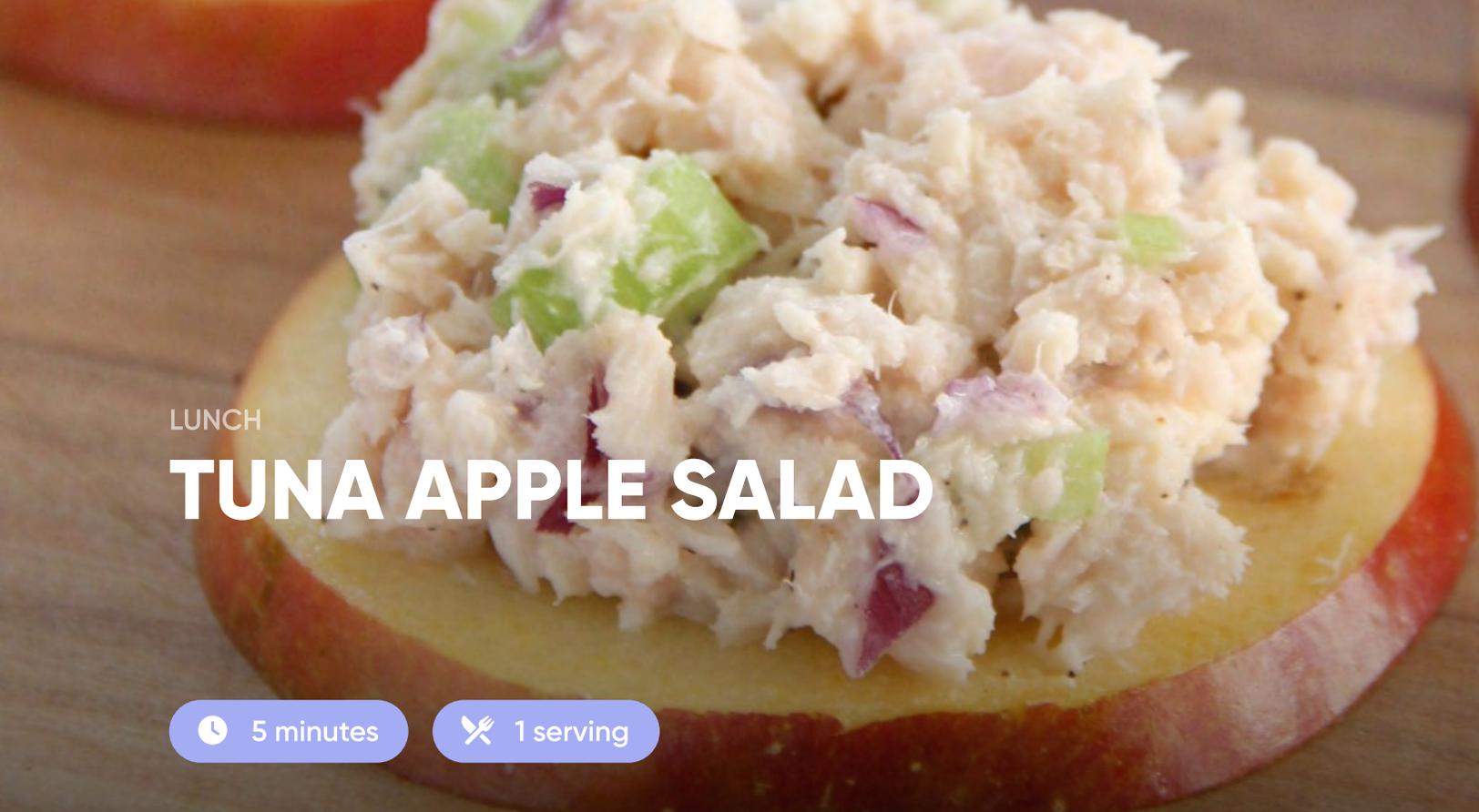
 1 serving

## INGREDIENTS

- ½ bag of mixed spring salad
- 2 cup cooked chicken breast
- ½ tsp sea salt
- ½ tsp pepper
- 1 tbsp olive oil

## DIRECTIONS

1. Combine all ingredients together in a small bowl. Toss and serve.



LUNCH

# TUNA APPLE SALAD

 5 minutes

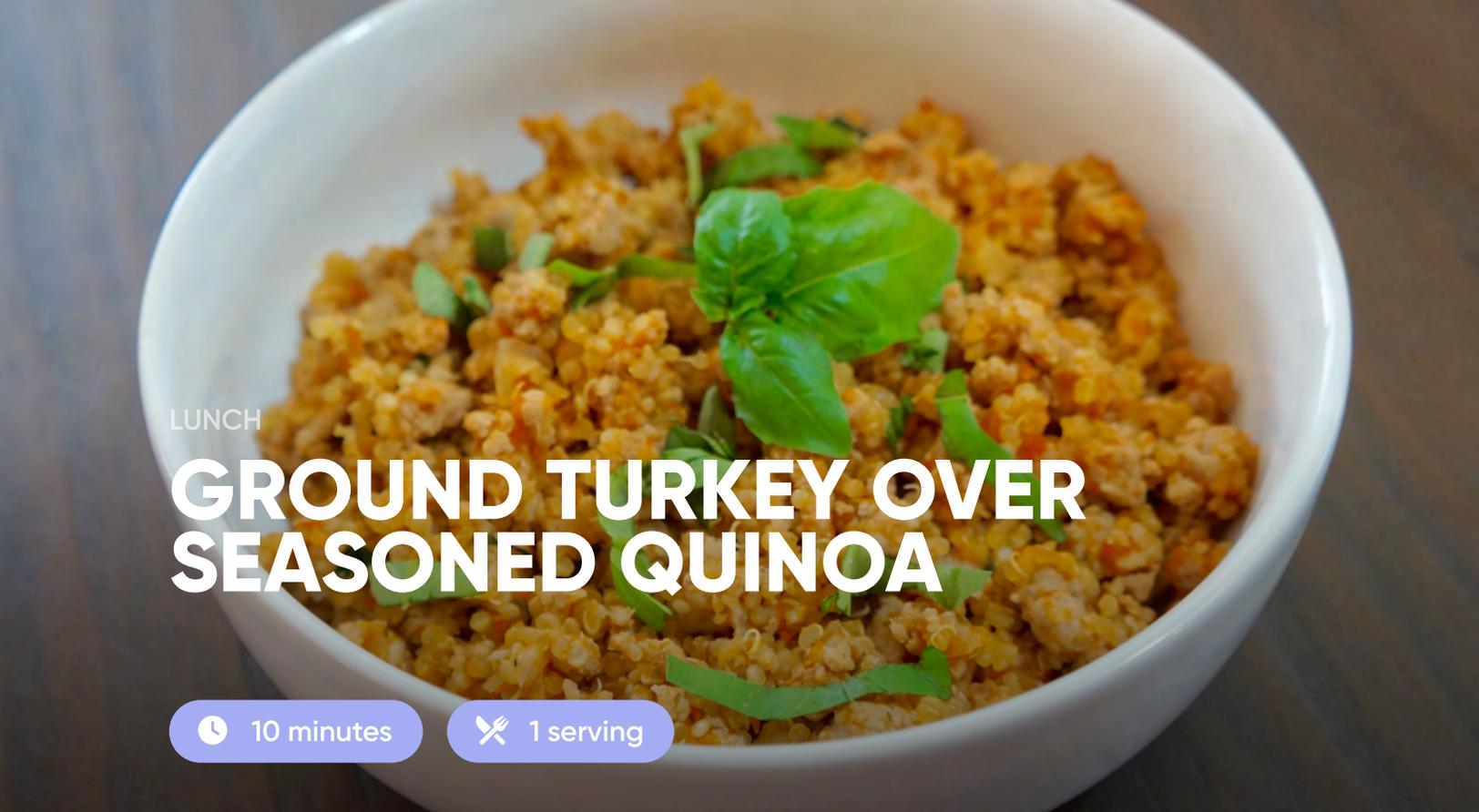
 1 serving

## INGREDIENTS

- 2 tbsp stalk celery diced
- 1 cans of tuna
- 1 tbsp sweet relish
- ½ apple, sliced
- ¼/ tsp garlic powder
- 3 tbsp fat-free mayonnaise

## DIRECTIONS

1. Drain water from cans of tuna. Add to medium bowl. Add additional ingredients. Mash up and serve.



LUNCH

# GROUND TURKEY OVER SEASONED QUINOA

🕒 10 minutes

🍴 1 serving

## INGREDIENTS

- 2 cups ground turkey (99% lean)
- ½ tsp ea salt
- ½ tsp pepper
- 1 cup cooked quinoa

## DIRECTIONS

1. Heat pan to medium-high heat.
2. Coat pan with olive oil.
3. Add ground turkey. Season turkey with salt and pepper.
4. Serve ground turkey over cooked quinoa.



LUNCH

# VEGETARIAN SOUP (CROCK POT)

 10 minutes

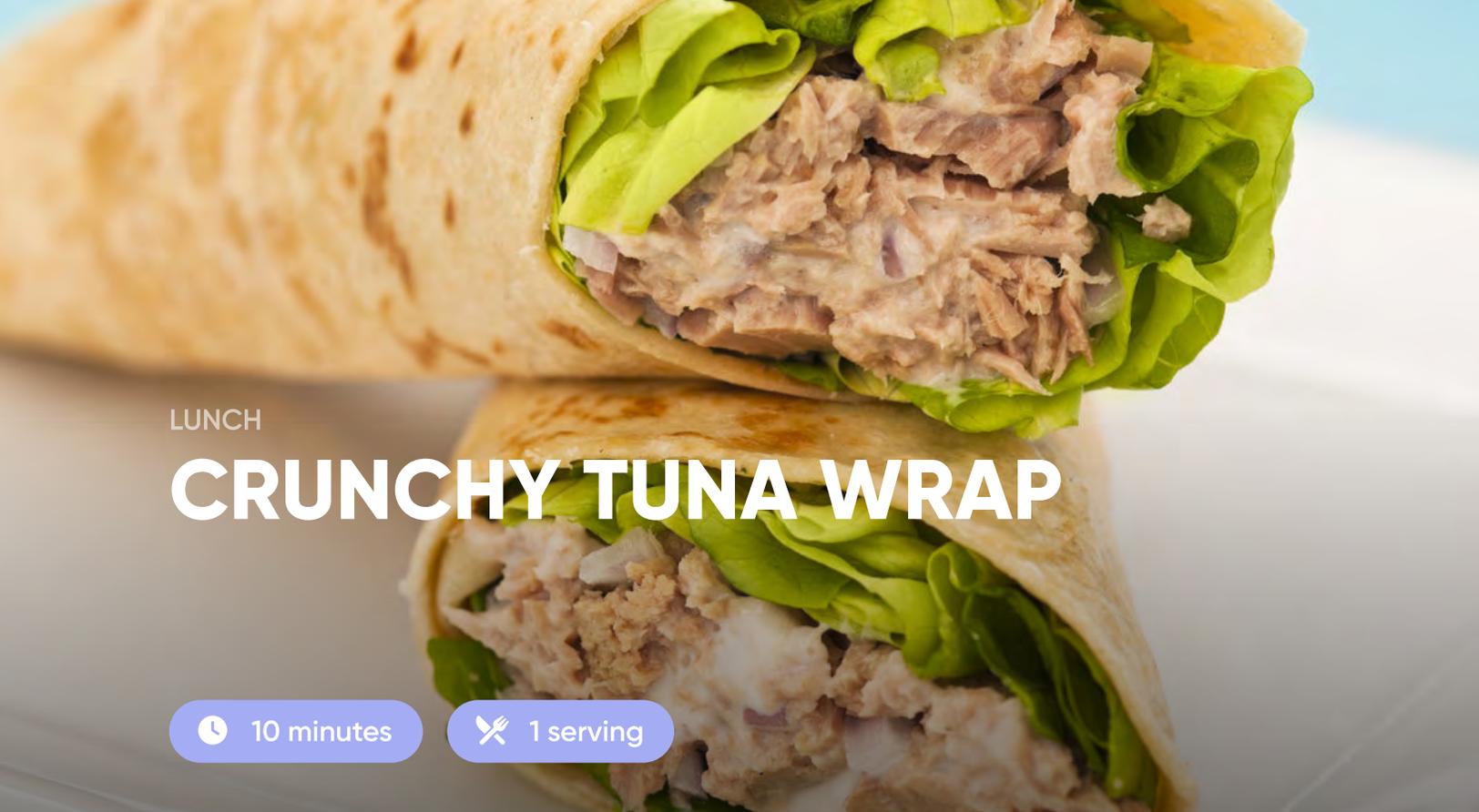
 1 serving

## INGREDIENTS

- 1 cup green split peas
- 1 sliced white onion
- 1 small carrot, sliced
- 2 medium stalks celery, finely diced
- 1 tsp cumin
- 1 can chickpeas, drained
- 8 cup water

## DIRECTIONS

1. Combine all ingredients in a Crock Pot slow cooker. Heat on low. Cook until tender about 12-14 hours.
2. If faster cook time is desired, heat on high and cook for 2-4 hours.

A close-up photograph of two Crunchy Tuna Wraps. The top wrap is cut in half, revealing a filling of shredded tuna, green leaf lettuce, and other ingredients. The bottom wrap is also cut in half, showing a similar filling. The wraps are made with whole-wheat tortillas and are served on a white plate.

LUNCH

# CRUNCHY TUNA WRAP

 10 minutes

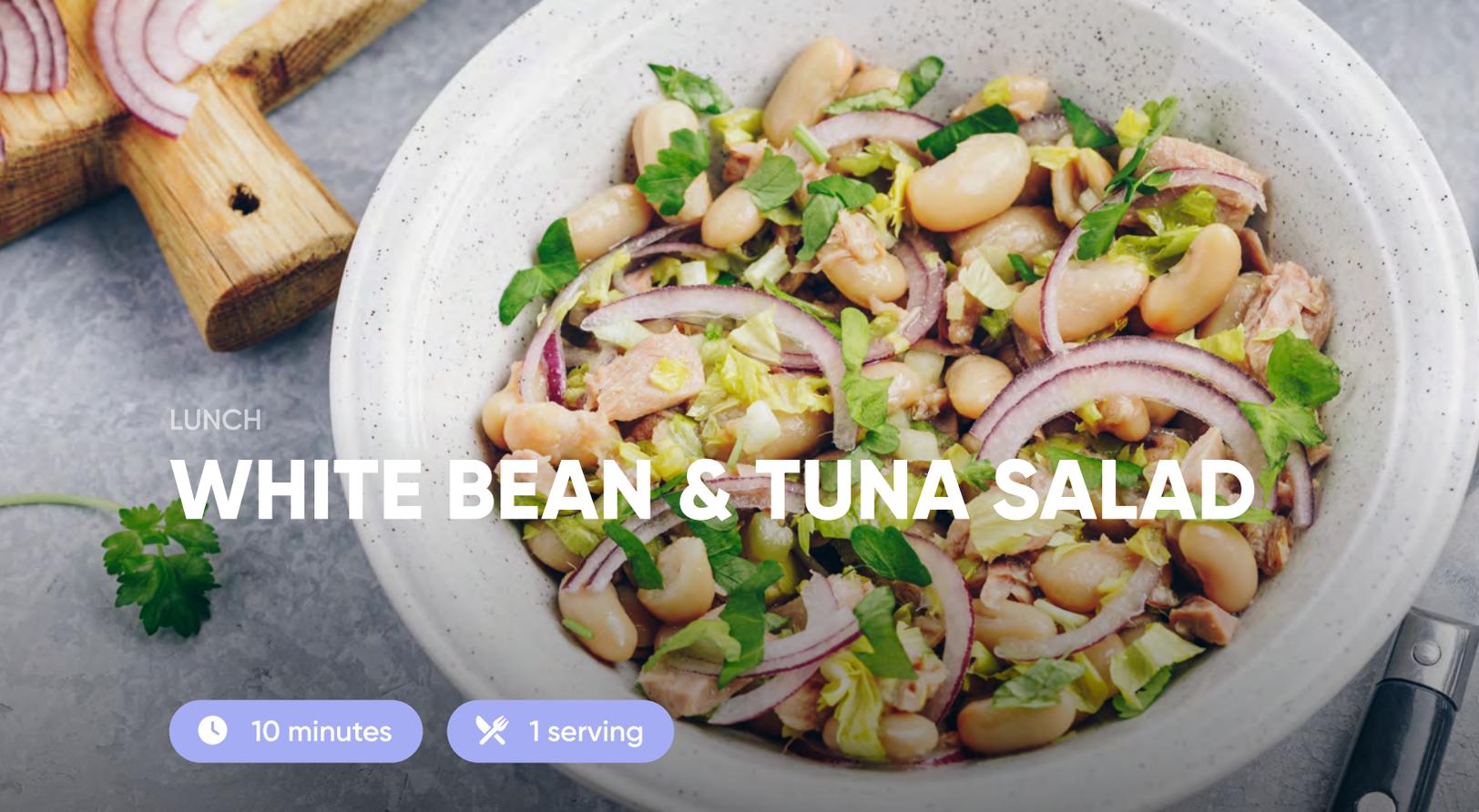
 1 serving

## INGREDIENTS

- Whole-wheat tortilla
- 1 leaf, red leaf lettuce
- 1 can tuna
- ½ cup chopped celery
- ¼ cup water chestnuts, optional
- ¼ cup pecans, optional
- 1 ½ tbsp fat-free mayonnaise
- ¼ tsp sea salt
- ¼ tsp pepper

## DIRECTIONS

1. Drain tuna. Combine all ingredients together in a small bowl.
2. Serve over wheat tortilla.



LUNCH

# WHITE BEAN & TUNA SALAD

 10 minutes

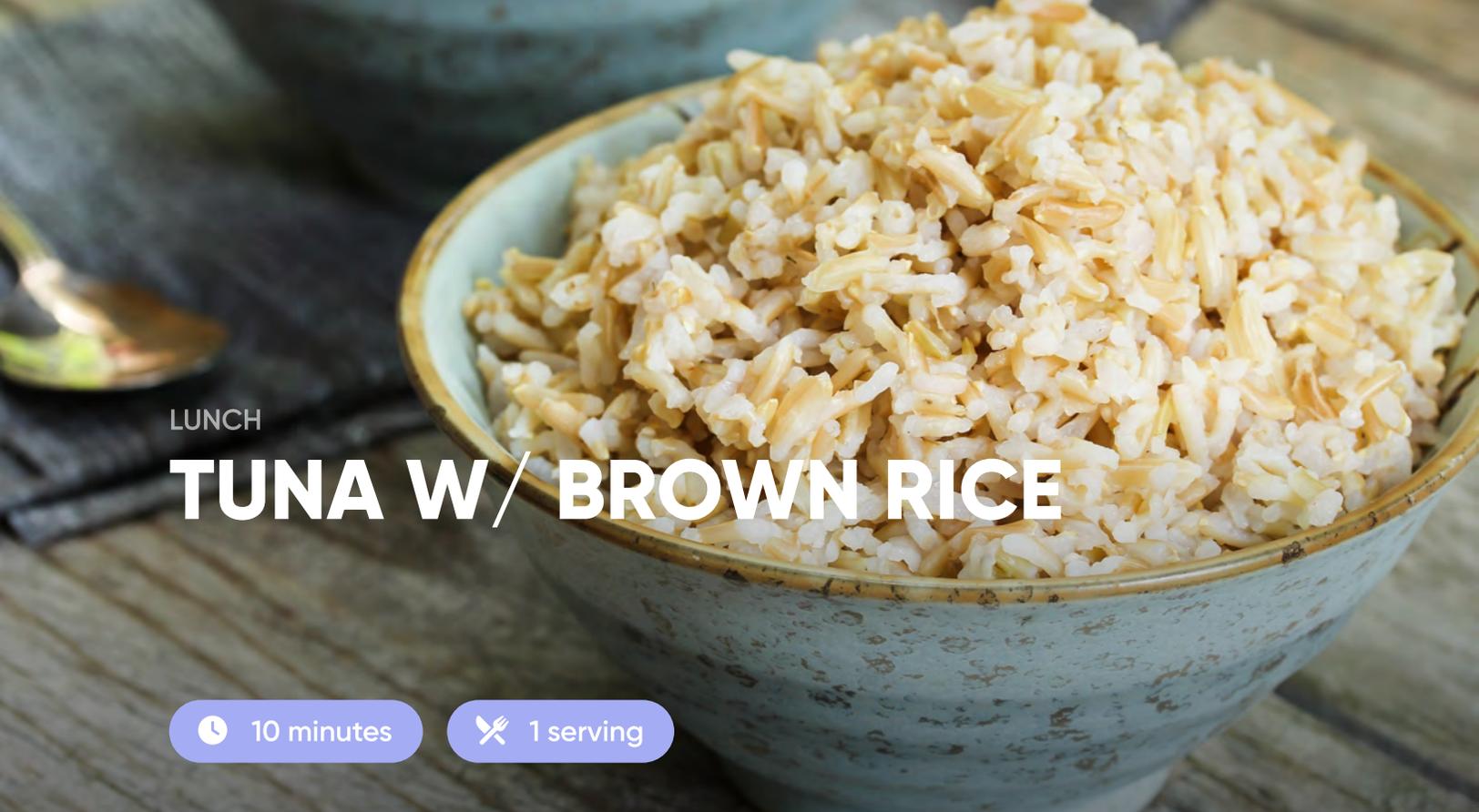
 1 serving

## INGREDIENTS

- 1 can white beans
- 1 can tuna
- 2 tbsp green onions, sliced
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 clove garlic, minced

## DIRECTIONS

1. Rinse and drain beans. Drain and flake tuna.
2. Combine all ingredients. Serve.

A close-up photograph of a light blue ceramic bowl filled with a mixture of white and brown rice, topped with a layer of tuna. The bowl is placed on a dark wooden surface. In the background, a silver spoon is partially visible.

LUNCH

# TUNA W/ BROWN RICE

 10 minutes

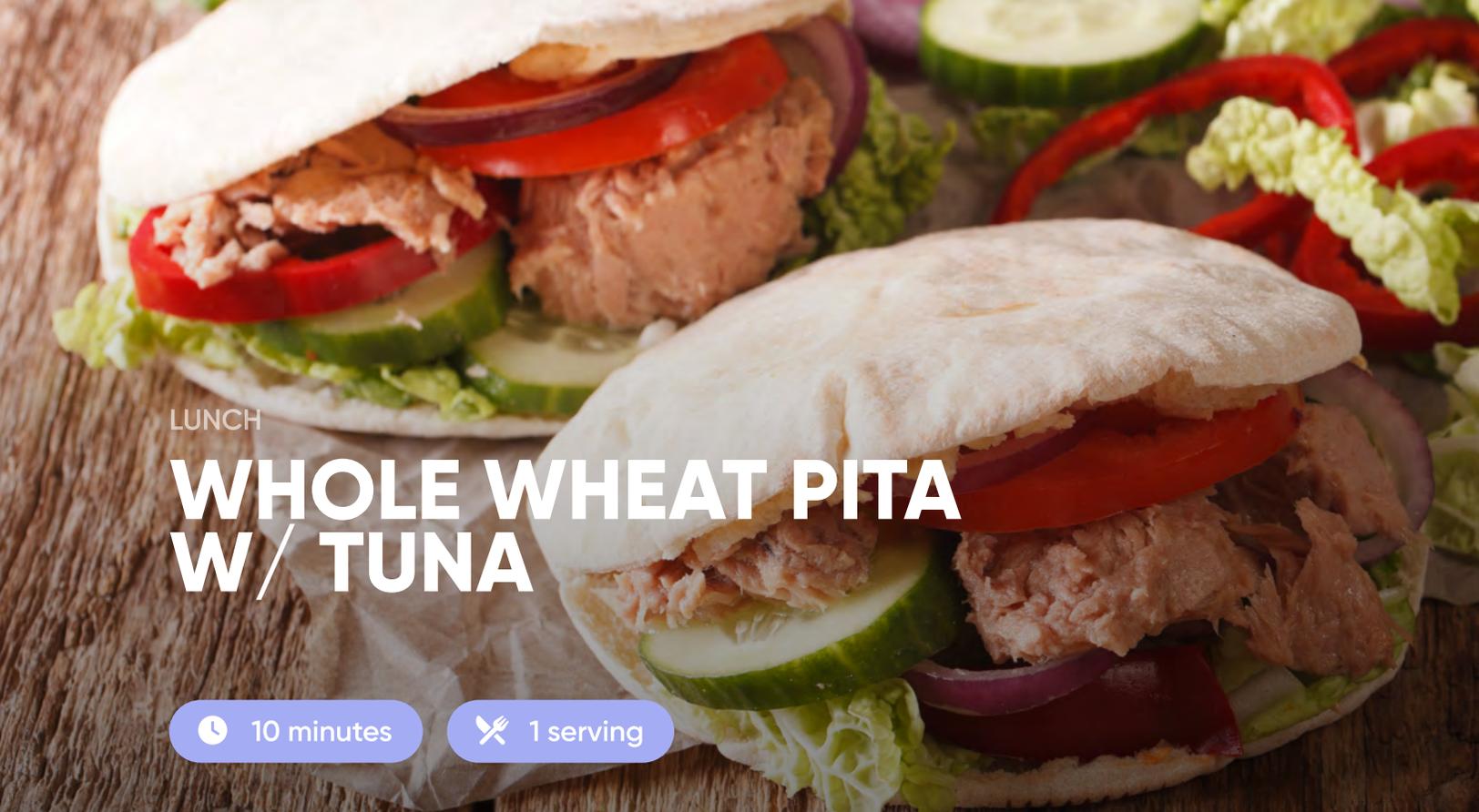
 1 serving

## INGREDIENTS

- 1 can of tuna
- ¼ tsp sea salt
- ¼ tsp pepper
- 2 cups brown rice

## DIRECTIONS

1. Cook brown rice following box instructions. Once done add sea salt and pepper.
2. Drain water from can. Top rice with tuna. Serve.



LUNCH

# WHOLE WHEAT PITA W/ TUNA

 10 minutes

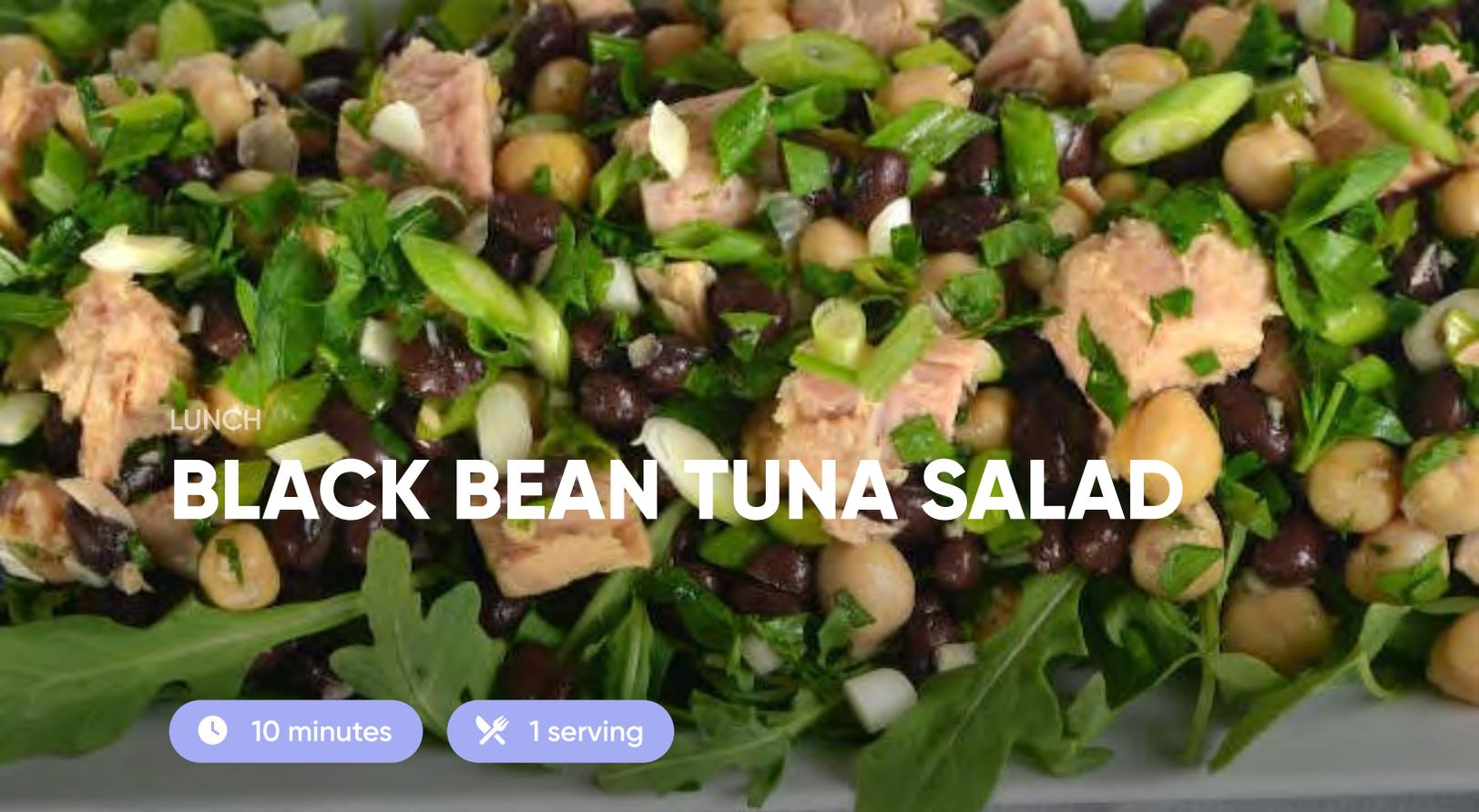
 1 serving

## INGREDIENTS

- 1 mini whole-wheat pita
- 2 oz water-packed light tuna
- 1/2 tbsp fat-free mayo
- 1 tsp of mustard
- Few slices of cucumber
- Few slices of yellow onion

## DIRECTIONS

1. Build sandwich with all ingredients.



LUNCH

# BLACK BEAN TUNA SALAD

🕒 10 minutes

🍴 1 serving

## INGREDIENTS

- 1 cup canned black beans
- ½ cup mandarin orange
- 1 can tuna, drained
- ½ cup chopped red bell peppers
- 1 tbsp red onion
- 1 tbsp scallions
- 1 tsp vinegar
- Pinch sea salt/pepper

## DIRECTIONS

1. Combine all ingredients into a medium bowl. Toss and serve.



LUNCH

# BROCCOLI & CHICKEN SALAD

 10 minutes

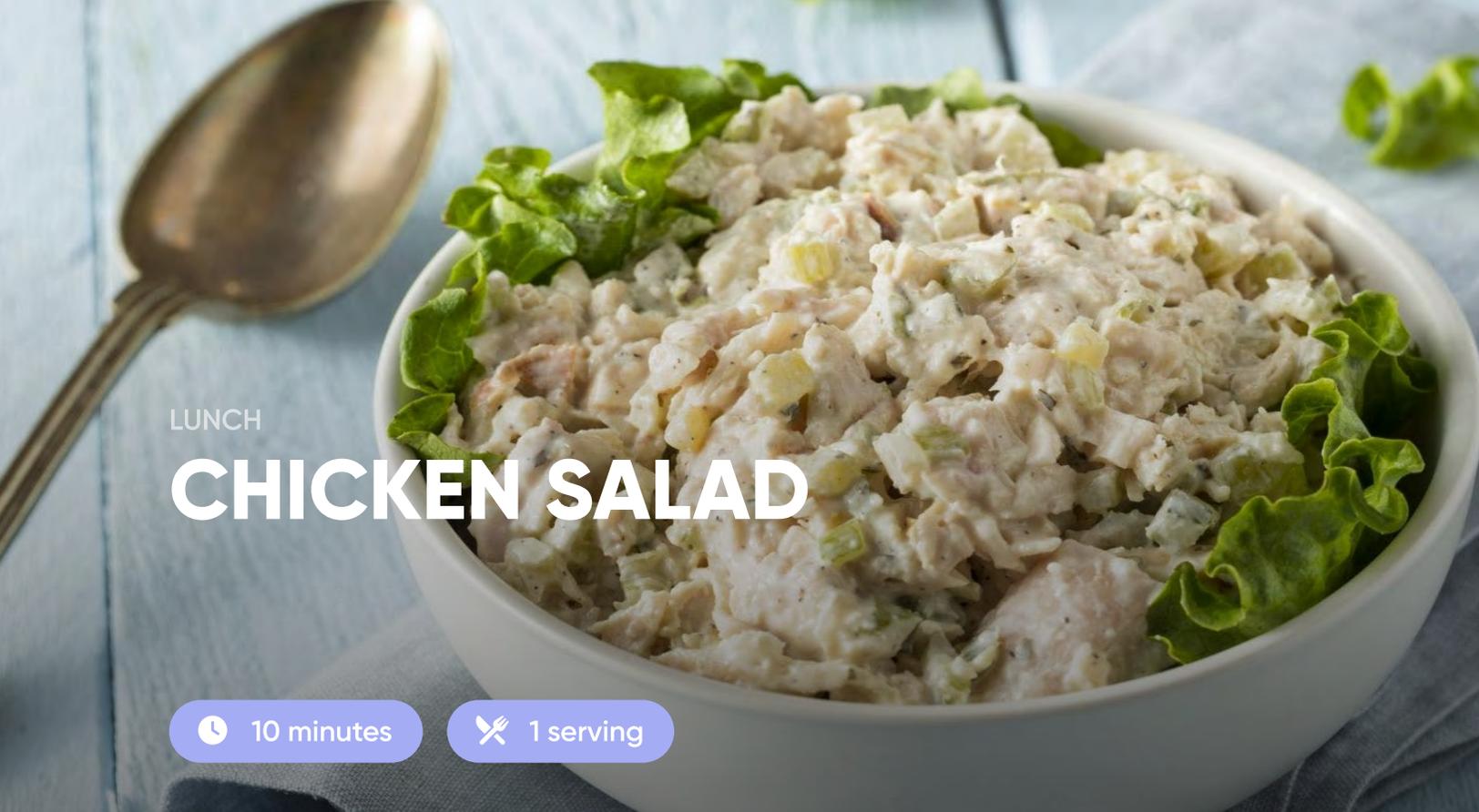
 1 serving

## INGREDIENTS

- 3 cups (24oz) broccoli
- 1 ½ cup cooked chicken breast
- ½ cup walnuts
- ¼ cup green onions, chopped
- 2 tbsp balsamic vinaigrette (NOT Kraft's)

## DIRECTIONS

1. Combine all ingredients into a medium bowl. Toss and serve.



LUNCH

# CHICKEN SALAD

 10 minutes

 1 serving

## INGREDIENTS

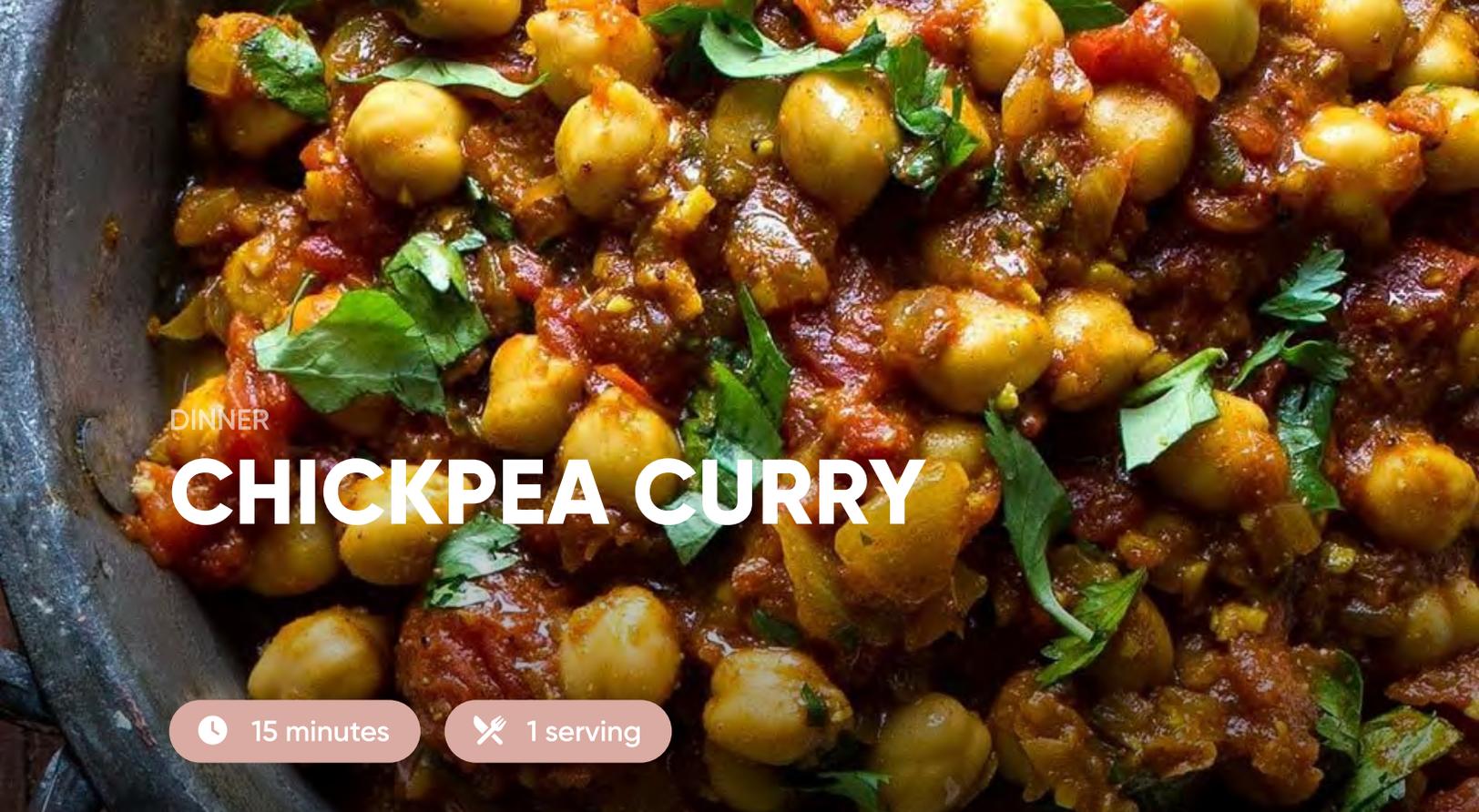
- ½ cup skinless roast chicken breast, shredded
- ¼ cup sliced red grapes
- 1 tbsp slivered almonds (optional)
- 1 tbsp light mayonnaise
- 1 tbsp fat-free sour cream.

## DIRECTIONS

1. Combine all ingredients into a medium bowl. Stir and serve over lettuce.

# DINNER





DINNER

# CHICKPEA CURRY

🕒 15 minutes

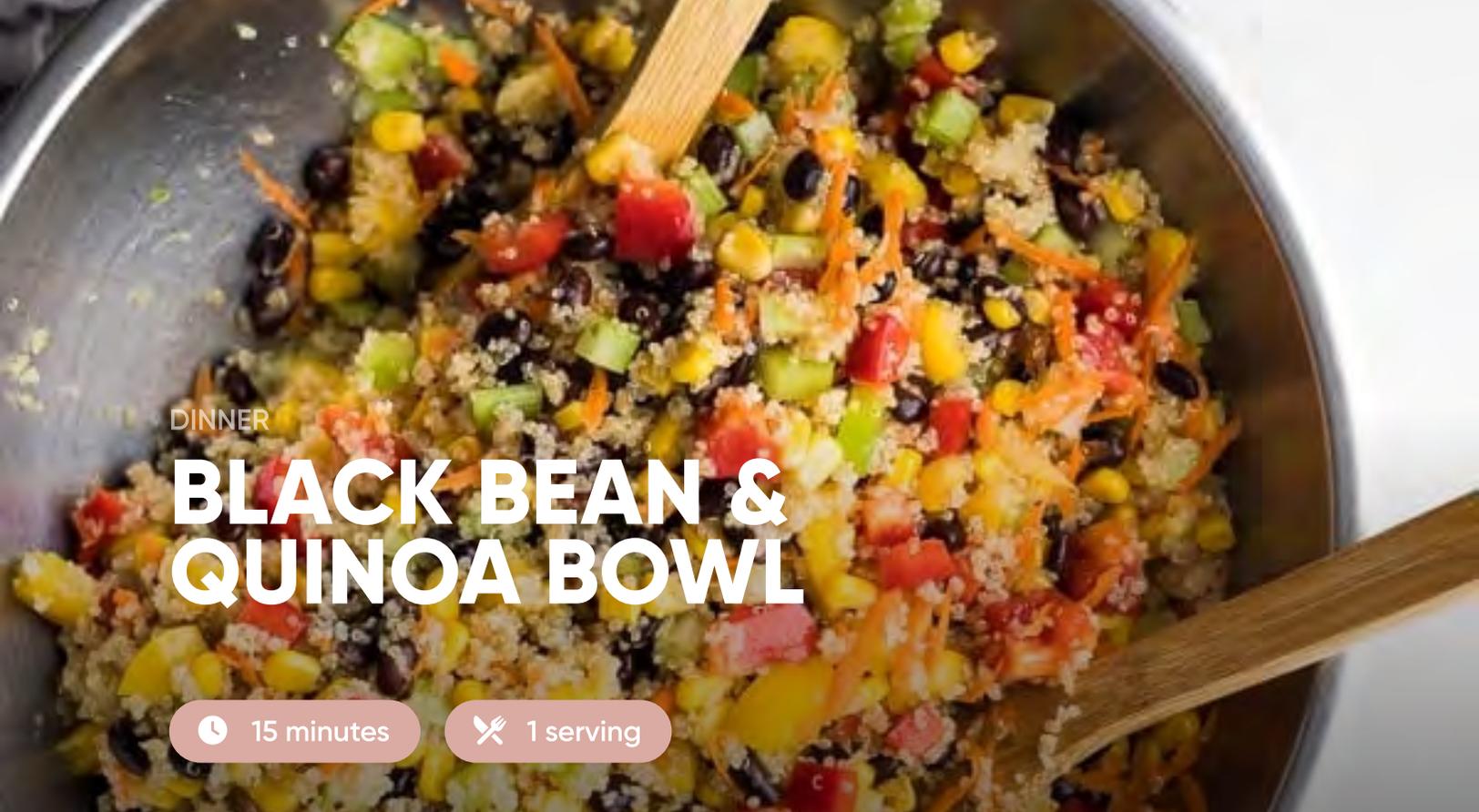
🍴 1 serving

## INGREDIENTS

- 1 medium serrano pepper, cut into thirds
- 4 large cloves garlic
- 2-inch piece fresh ginger, peeled and coarsely chopped
- 1 medium yellow onion, chopped (1-inch)
- 6 tbsp canola oil or grapeseed oil
- 2 tsp ground coriander
- 2 tsp ground cumin
- ½ tsp ground turmeric
- 2¼ cups no-salt-added canned diced tomatoes with their juices
- ¾ tsp kosher salt
- 2, 15-ounce cans chickpeas, rinsed
- 2 tsp garam masala
- Fresh cilantro for garnish

## DIRECTIONS

1. Pulse serrano, garlic and ginger in a food processor until minced.
2. Scrape down the sides and pulse again. Add onion; pulse until finely chopped, but not watery.
3. Heat oil in a large saucepan over medium-high heat.
4. Add the onion mixture and cook, stirring occasionally, until softened, 3 to 5 minutes.
5. Add coriander, cumin and turmeric and cook, stirring, for 2 minutes.
6. Pulse tomatoes in the food processor until finely chopped.
7. Add to the pan along with salt. Reduce heat to maintain a simmer and cook, stirring occasionally, for 4 minutes.
8. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally, for 5 minutes more. Serve topped with cilantro, if desired.



DINNER

# BLACK BEAN & QUINOA BOWL

 15 minutes

 1 serving

## INGREDIENTS

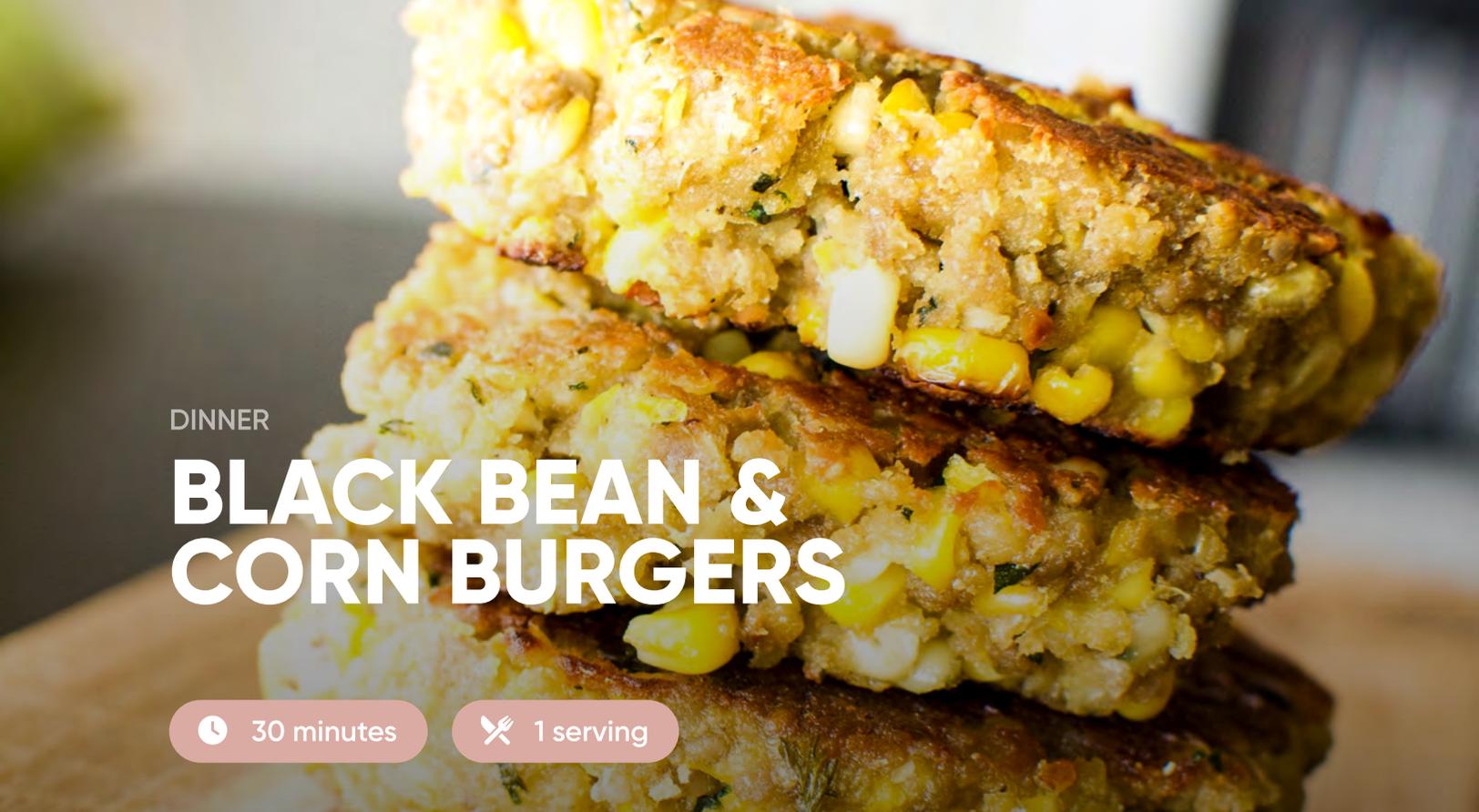
- 1 cup dry quinoa, rinsed
- Dash salt
- 2 cups vegetable broth or water
- 1/2 large cucumber, diced
- 1 small bell pepper, diced
- 1 can organic black beans
- 10-15 basil leaves, chopped
- 1/4 cup fresh cilantro, chopped

### For the Vinaigrette:

- 1 tbsp extra virgin olive oil
- 1/4 cup apple cider vinegar
- 1 tbsp agave or maple syrup
- 1 tbsp dijon mustard
- 1 tsp cumin

## DIRECTIONS

1. Rinse quinoa through a sieve until the water runs clear.
2. Transfer it to a small or medium sized pot and add two cups of vegetable broth or water and dash of salt.
3. Bring a to a boil, then reduce to a simmer. Cook partially covered until quinoa has absorbed all of the liquid and is fluffy (about 15-20 minutes).
4. Transfer cooked quinoa to a mixing bowl.
5. Add chopped vegetables, black beans, and herbs.
6. Whisk dressing ingredients.
7. Add the dressing to the salad, and serve. (If you don't feel that you need all the dressing, just add as much as you'd like to.) Salad will keep for three days in the fridge.



DINNER

# BLACK BEAN & CORN BURGERS

 30 minutes

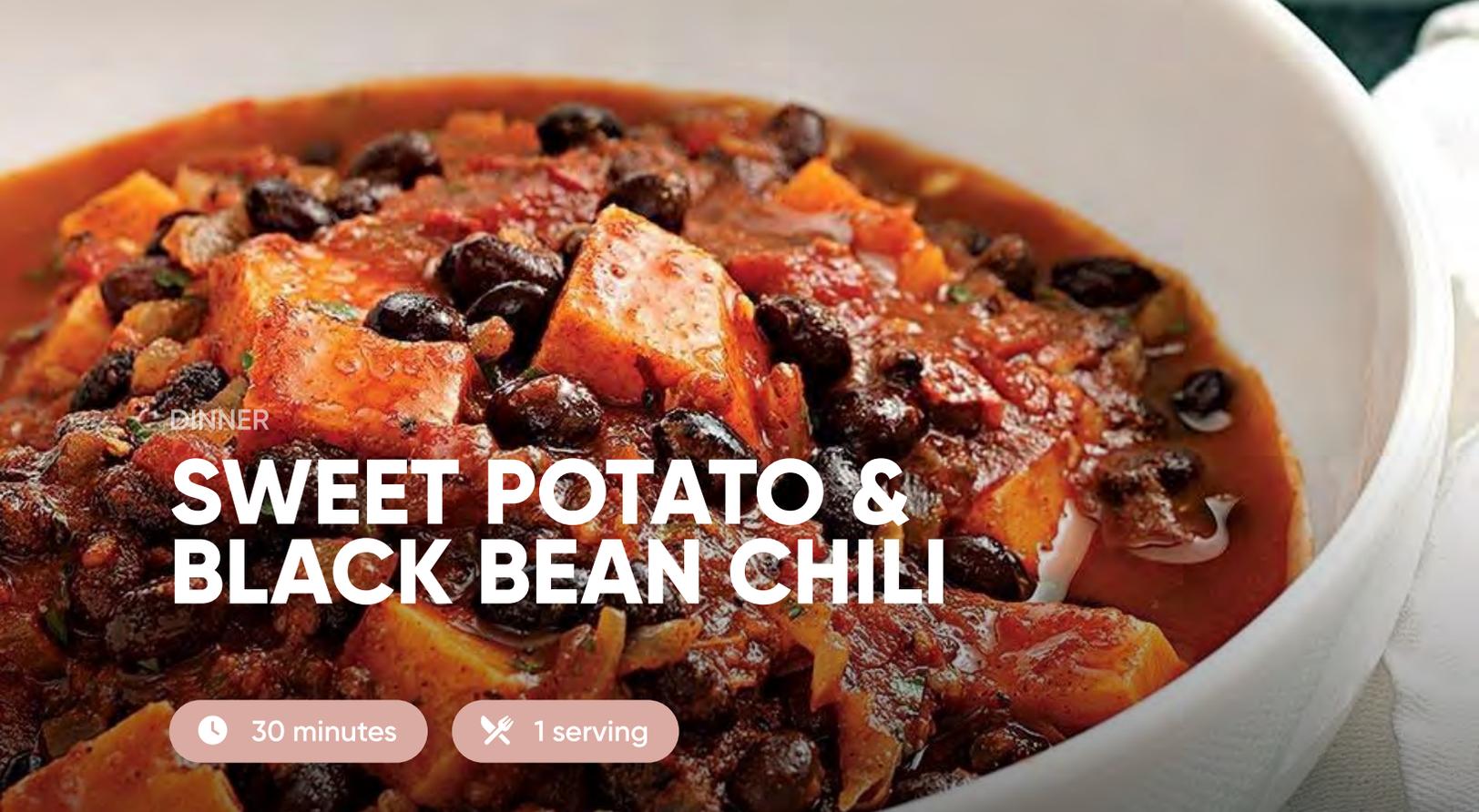
 1 serving

## INGREDIENTS

- 1 tbsp coconut oil
- 1 small yellow onion, chopped
- 1 cup fresh, frozen or canned organic corn kernels
- 1 can organic, low-sodium black beans, drained
- 1 cup brown rice, cooked
- 1/4 cup oat flour (or ground, rolled oats)
- 1/4 cup tomato paste
- 2 tsp cumin
- 1 heaping tsp paprika
- 1 heaping tsp chili powder
- 1/2 - 1 tsp sea salt (to taste)
- Black pepper or red pepper, to taste
- Guacamole (optional)

## DIRECTIONS

1. Preheat your oven to 350°F.
2. Heat the coconut oil in a large saute pan.
3. Add the onion and saute till onion is golden, soft, and fragrant (about 5-8 minutes).
4. Add corn, beans and tomato paste to the pan and heat through.
5. Place cooked rice into the bowl of a food processor.
6. Add the beans, onion, tomato paste, and corn mixture. Pulse to combine.
7. Add spices, oat flour, and a touch of water, if you need it.
8. Pulse more, until you have a thick and sticky (but pliable) mixture.
9. If the mixture is too wet, add a tablespoon or two of additional oat flour.
10. Shape into 4 burgers and place burgers on a foil lined baking sheet.
11. Bake for 25 -30 minutes, or until burgers are lightly crisped, flipping once through.
12. Serve with fresh guacamole, if desired!



DINNER

# SWEET POTATO & BLACK BEAN CHILI

🕒 30 minutes

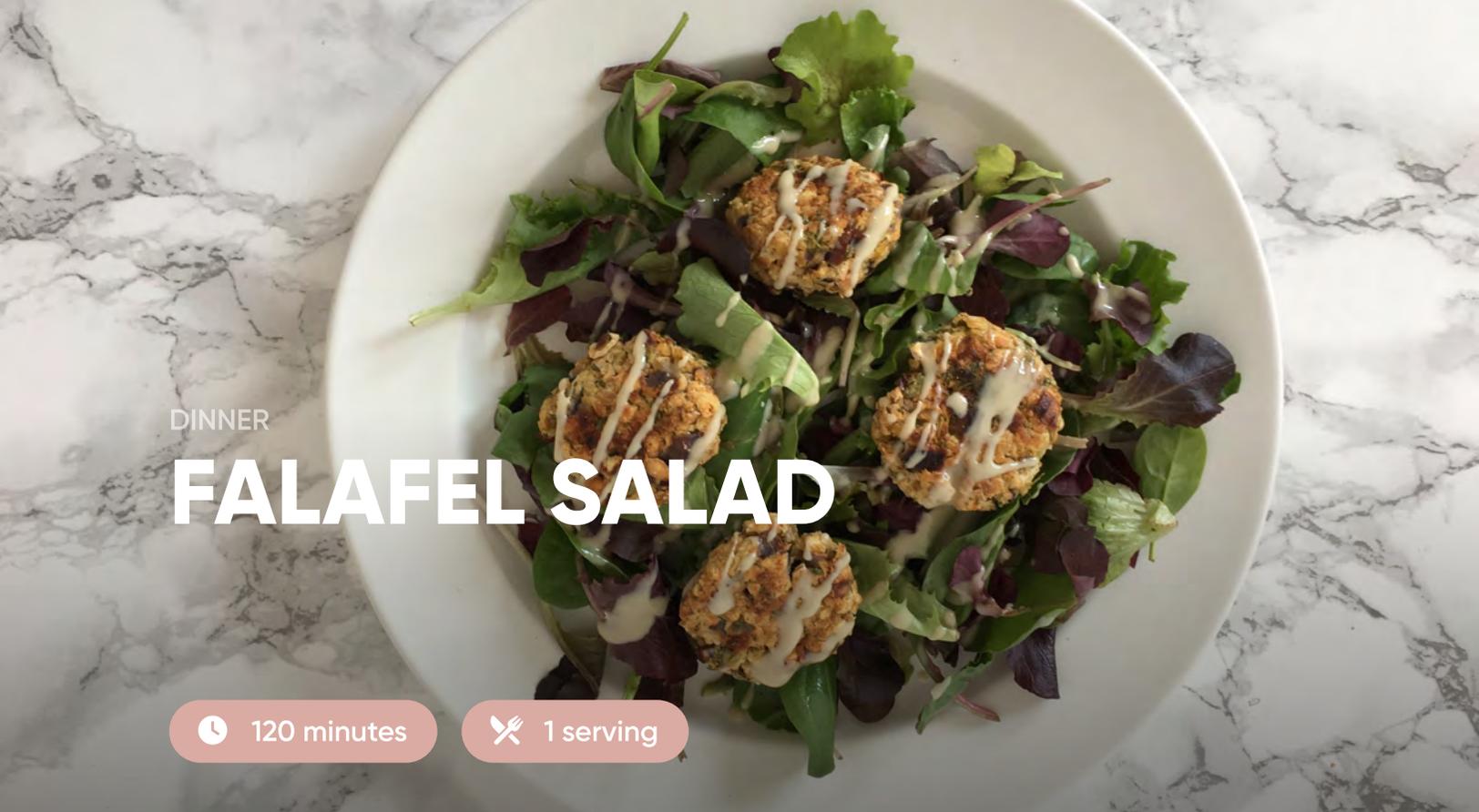
🍴 1 serving

## INGREDIENTS

- 1 1/2 cup dried black beans
- 4 cups sweet potato, diced into 3/4-inch cubes
- 1 tbsp olive oil
- 1/2 cups white or yellow onion, chopped
- 2 cloves garlic, minced
- 1 chipotle pepper en adobo, finely chopped
- 2 tsp cumin powder
- 1/2 tsp smoked paprika
- 1 tbsp ground chili powder
- 1, 15 oz can organic, diced tomatoes
- 1 can organic, low-sodium black beans
- 2 cups low-sodium vegetable broth
- Sea salt, to taste

## DIRECTIONS

1. Heat the tablespoon of oil in a large pot.
2. Saute the onion for a few a minutes, then add the sweet potato and garlic.
3. Keep sauteing until the onions are soft, about 8-10 minutes.
4. Add the chili en adobo, the cumin, the chili powder, and the smoked paprika.
5. Heat until the spices are very fragrant. Add the tomatoes, black beans, and vegetable broth.
6. When broth is bubbling, reduce to a simmer and cook for approximately 25-30 minutes, or until the sweet potatoes are tender.
7. Add more broth as needed, and season to taste with salt. Serve. Leftover chili can be frozen and will keep for up to five days



DINNER

# FALAFEL SALAD

 120 minutes

 1 serving

## INGREDIENTS

- 1 can Chickpeas
- 1/4 cup red onion
- 1/2 cup fresh parsley
- 1 clove garlic
- 1/2 tsp cumin
- Pinch of sea salt & pepper
- 2 cups fresh greens
- 2 tbsp tahini
- 1 tsp lemon juice

## DIRECTIONS

1. Pre-heat the oven to 400°F.
2. Combine chickpeas, red onions, garlic, cumin, parsley, and cilantro in a food processor. Process for a few seconds, leaving the mixture a little bit chunky.
3. Form 8 small patties with the mixture and then refrigerate for an hour to let them set.
4. Bake for 45 minutes, flipping them half way.
5. While the falafel are baking prepare the salad and the dressing by combining the tahini and lemon juice.



DINNER

# ZUCCHINI PASTA W/ CHERRY TOMATOES & PARMESAN CHEESE

🕒 15 minutes

🍴 1 serving

## INGREDIENTS

- 2 large zucchini
- 1 red bell pepper, diced
- 15 cherry tomatoes, quartered
- 8 large basil leaves, chopped
- 2 small sweet potato, baked and then cut into cubes
- 2 tbsp balsamic vinegar
- 1 small avocado, cubed
- 4 tbsp hemp Parmesan (recipe below)

### Hemp Parmesan Makes 1/2 - 2/3 cup (5.33oz).

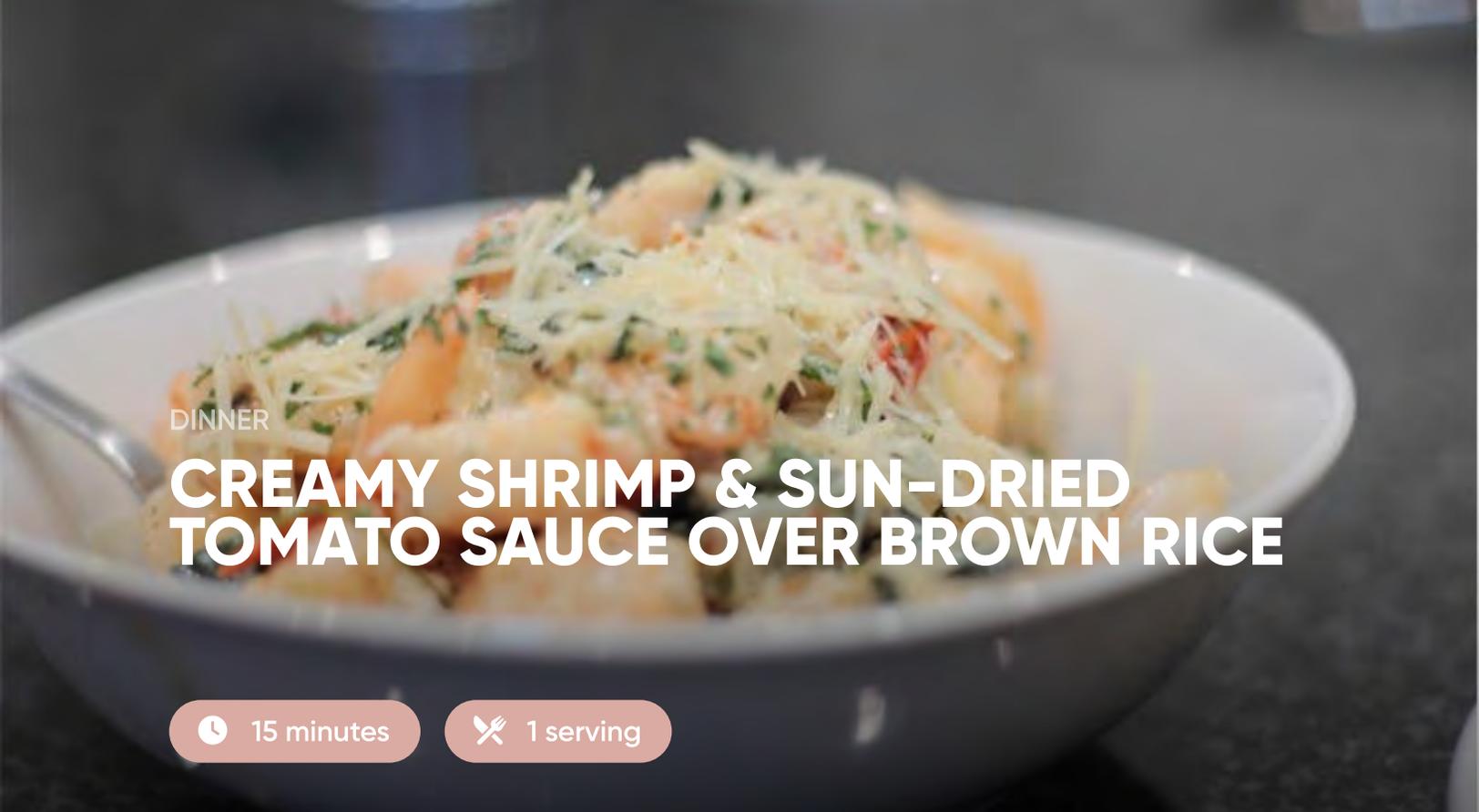
- 6 tbsp hemp seeds
- 6 tbsp nutritional yeast
- Dash sea salt

## DIRECTIONS

1. Use a spiralizer or a julienne peeler to cut zucchini into long ribbons (resembling noodles). Toss zucchini with all remaining ingredients.
2. Top with hemp Parmesan and serve.

### Hemp instructions:

1. Combine all ingredients in a food processor, and pulse to break down and combine.
2. Store in the fridge for up to 2 weeks.



DINNER

# CREAMY SHRIMP & SUN-DRIED TOMATO SAUCE OVER BROWN RICE

🕒 15 minutes

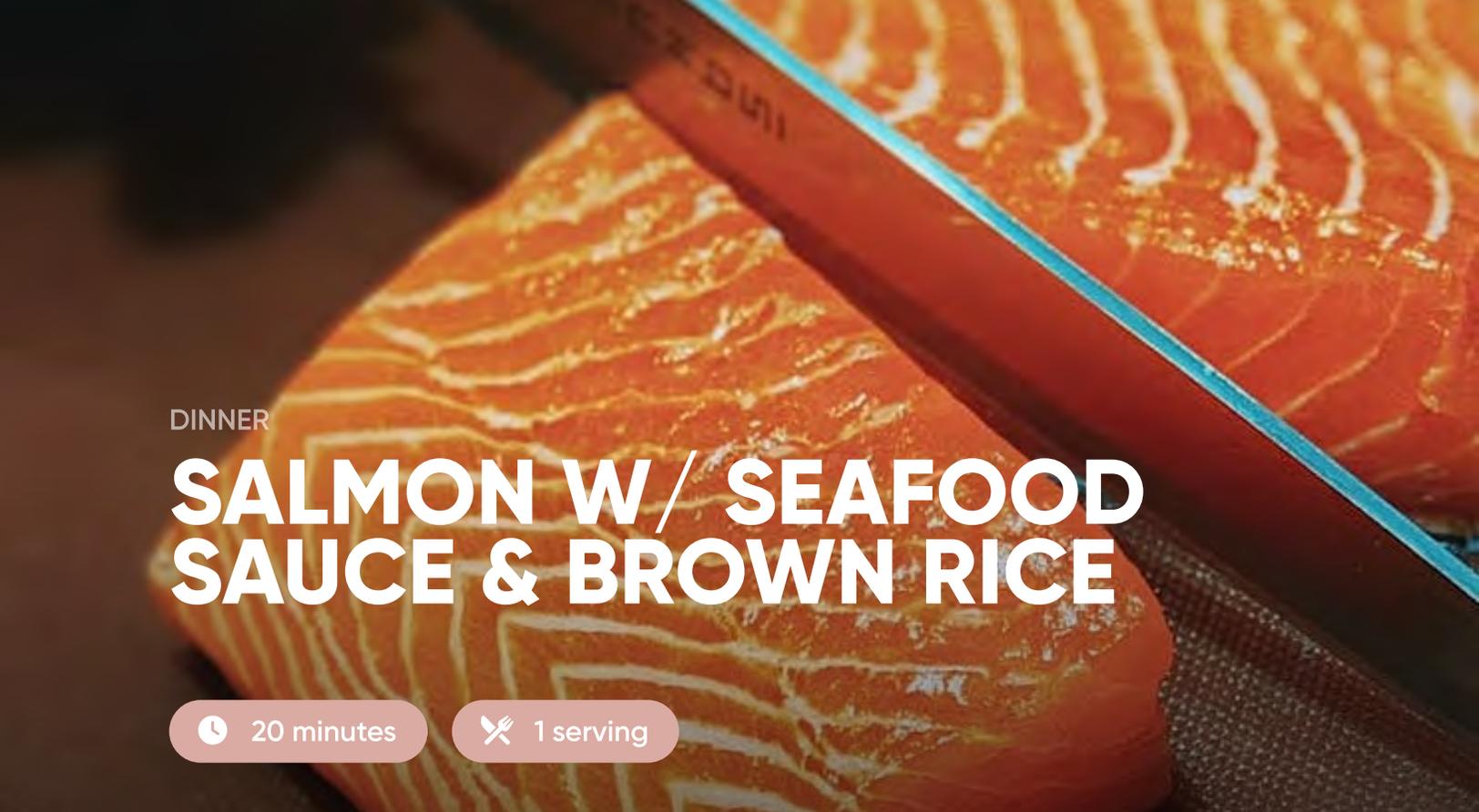
🍴 1 serving

## INGREDIENTS

- 2 tbsp olive oil
- ½ tbsp minced garlic
- ½ lb of shrimp, peeled and deveined
- ¾ of small yellow onion, diced
- 1/2 cup white cooking wine
- 8-10 pieces of jarred sun dried tomato strips in oil, drained
- 1 ¾ cup heavy whipping cream
- Sea salt and pepper, to taste
- 2 cups baby spinach leaves, washed
- ¼ cup Parmesan cheese
- 2 tsp parsley, chopped

## DIRECTIONS

1. Heat a large skillet over medium-high heat. Add olive oil and garlic. Cook for 1 minute.
2. Add in the shrimp and cook 2 minutes each side, until cooked. Transfer to a bowl; set aside.
3. Add onion to skillet, cook for 2 minutes.
4. Add white cooking wine. Allow to reduce, 2-4 minutes.
5. Add sun-dried tomatoes and cook for 1-2 minutes.
6. Reduce heat to low-medium heat, add heavy whipping cream and bring to simmer, while stirring occasionally.
7. Season with salt and pepper.
8. Add spinach and allow to wilt in the sauce, and add parmesan cheese.
9. Allow sauce to simmer for a further minute until cheese melts through the sauce.
10. Add shrimp back into pan.
11. Sprinkle with parsley and stir.
12. Cook brown rice according to box instructions (substituting olive oil for butter).
13. Serve shrimp sauce over rice.



DINNER

# SALMON W/ SEAFOOD SAUCE & BROWN RICE

 20 minutes

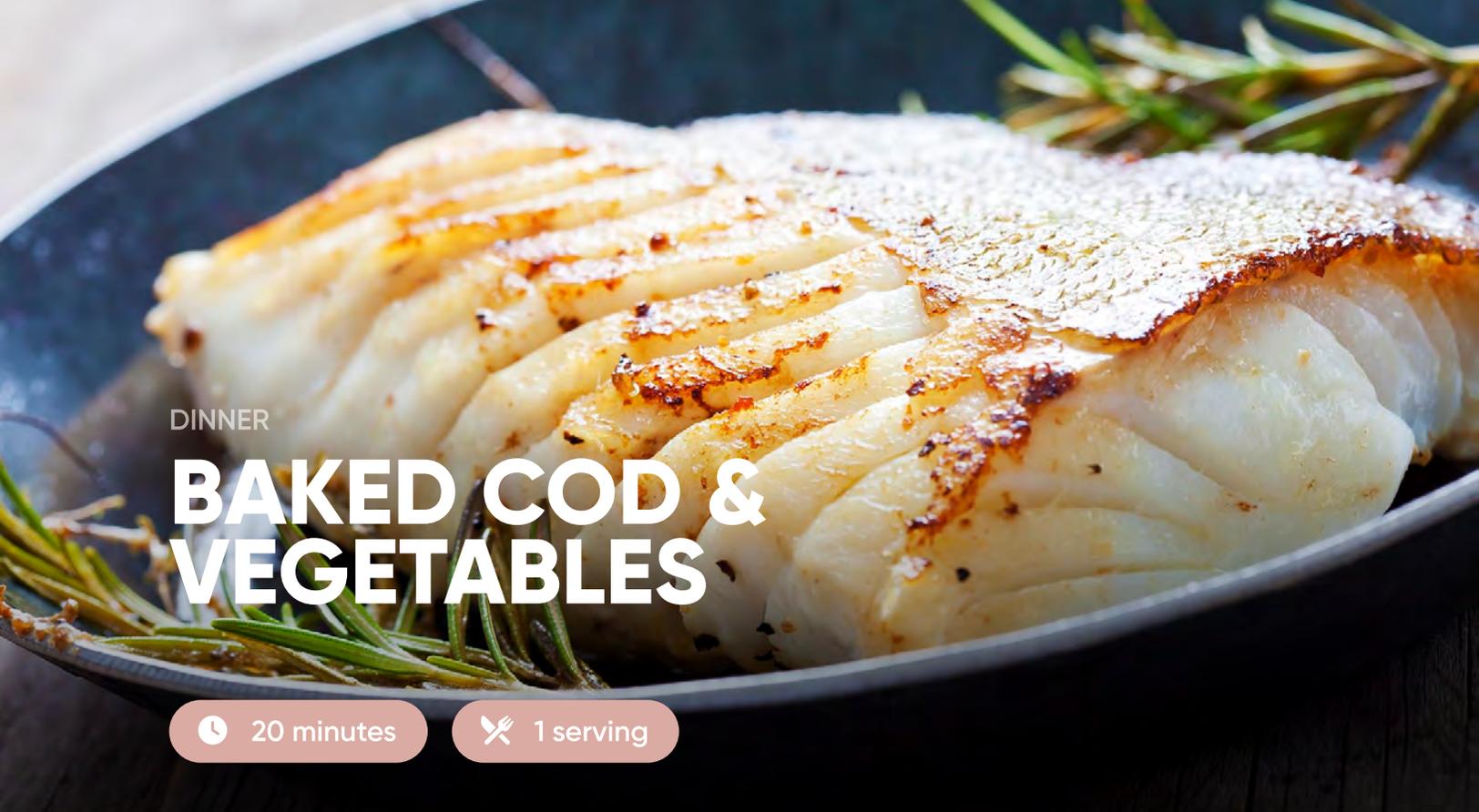
 1 serving

## INGREDIENTS

- 1 salmon fillet
- ½ lb of raw shrimp, peeled and deveined
- 2 tbsp olive oil
- 2 tbsp finely diced white onion
- 6 garlic cloves, minced
- ¼ cup white cooking wine
- ½ cup heavy whipping cream
- 1 tbsp parsley
- Sea salt and pepper
- ¼ cup mozzarella cheese

## DIRECTIONS

1. Preheat oven to 350°F. Wash and dry salmon. Season with salt and pepper.
2. Place on baking sheet lined with foil. Bake salmon for 15-20 minutes or until done.
3. Cook brown rice according to box instructions (substituting olive oil for butter).
4. Add olive oil to large saucepan on medium heat, add the minced garlic and onion, cook for about 2 minutes.
5. Stir in the shrimp and cook for another 2 minutes. Add salt and pepper to taste.
6. Add white wine and cook for another 2 minutes.
7. Add the cream and cook until the shrimp are almost done. Add mozzarella cheese. Let simmer for 5-8 minutes until thick. Serve over salmon and rice.



DINNER

# BAKED COD & VEGETABLES

 20 minutes

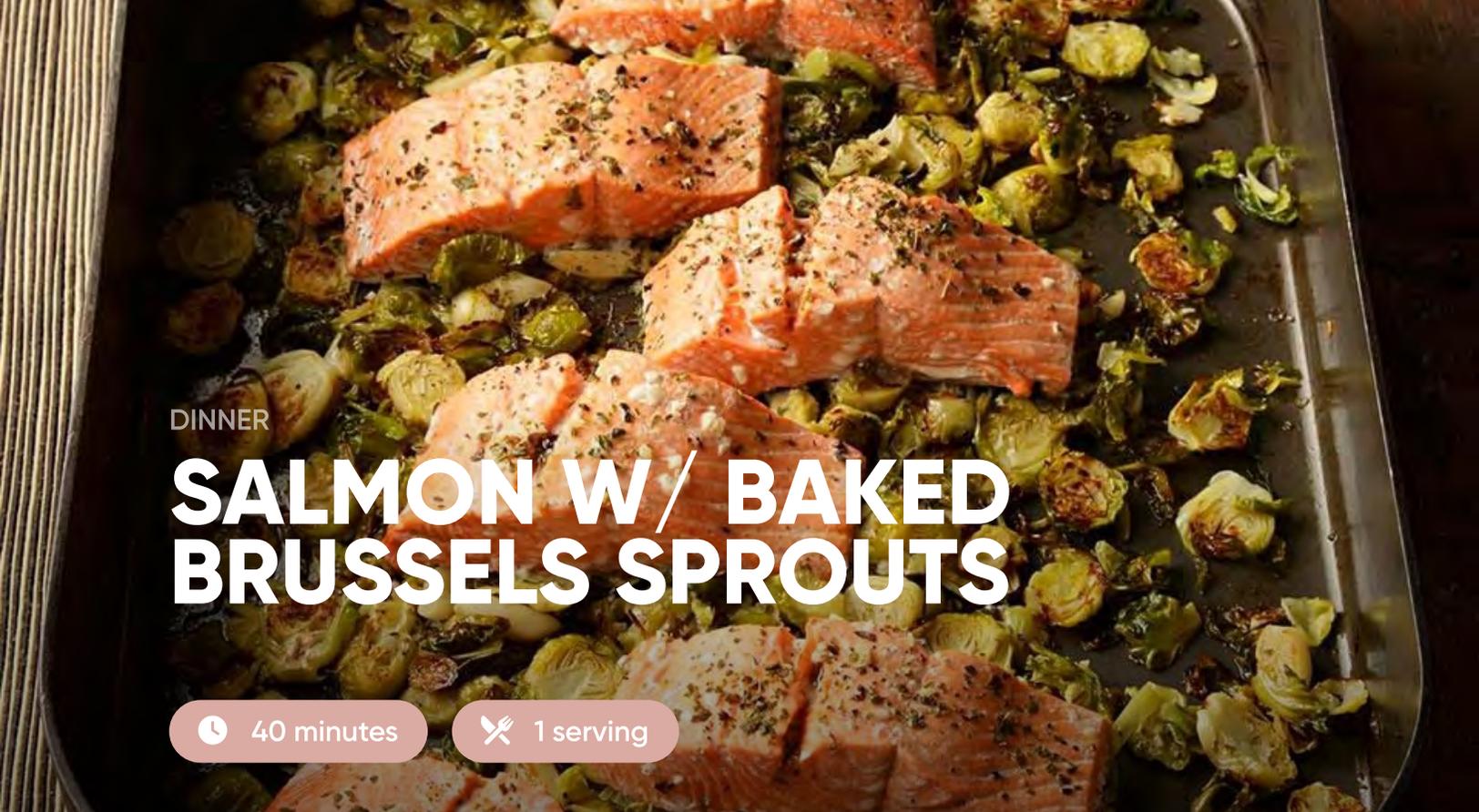
 1 serving

## INGREDIENTS

- 16 oz skinless cod fillet
- 2 medium zucchini, chopped into chunks
- 5 grape tomatoes, halved
- 1 large red onion, chopped into quarters
- 1/2 cauliflower head, chopped into chunks
- 1 yellow bell pepper, cut into strips
- 2 cloves of garlic
- 2 tsp of thyme
- 1 tbsp parsley
- Olive oil for cooking
- Salt and pepper, to taste

## DIRECTIONS

1. Preheat oven to 350°F.
2. Wash cod fillets and pat dry.
3. On an foil lined baking sheet, place cod and chopped vegetables on baking sheet.
4. Drizzle olive oil over cod and vegetables. Season with salt, pepper, thyme, and parsley.
5. Bake for 15-20 minutes, or until cod has reached 145°F internally and vegetables are tender.



DINNER

# SALMON W/ BAKED BRUSSELS SPROUTS

🕒 40 minutes

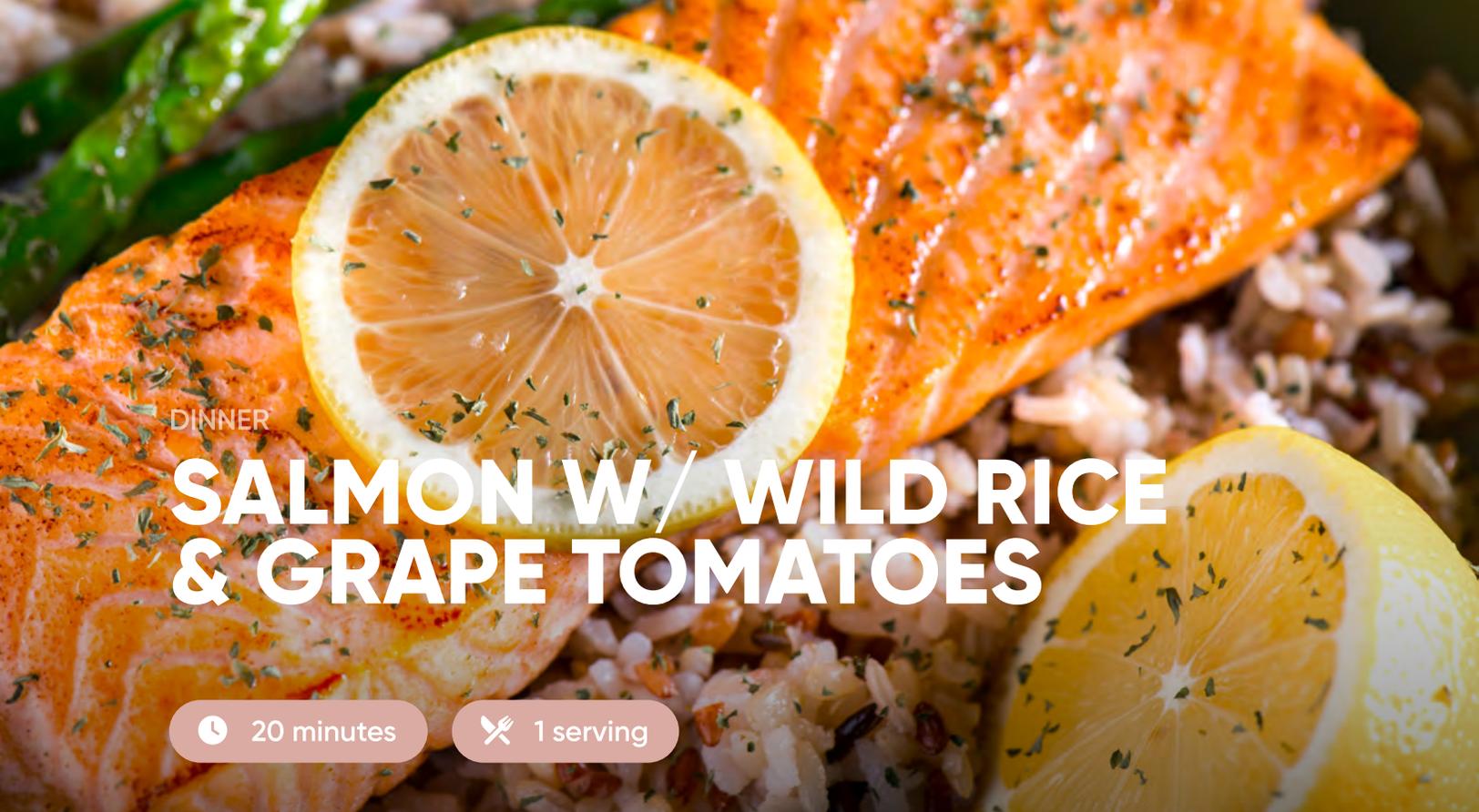
🍴 1 serving

## INGREDIENTS

- 1 salmon fillet
- ½ tps of sea salt
- ½ tps of pepper
- 2 cups Brussels sprouts, halved
- Olive oil

## DIRECTIONS

1. Preheat oven to 350°F.
2. Wash and dry salmon. Season salmon with sea salt and pepper.
3. Drizzle with olive oil. Place salmon on baking sheet lined with foil.
4. Bake for 20–25 minutes or until salmon is done.
5. Wash and dry Brussels sprouts. In a separate baking sheet lined with foil, arrange sprouts and season with salt and pepper.
6. Drizzle with olive oil. Turn oven to 400°F. Bake sprouts for 20 minutes or until they are golden brown. Serve with salmon.



DINNER

# SALMON W/ WILD RICE & GRAPE TOMATOES

🕒 20 minutes

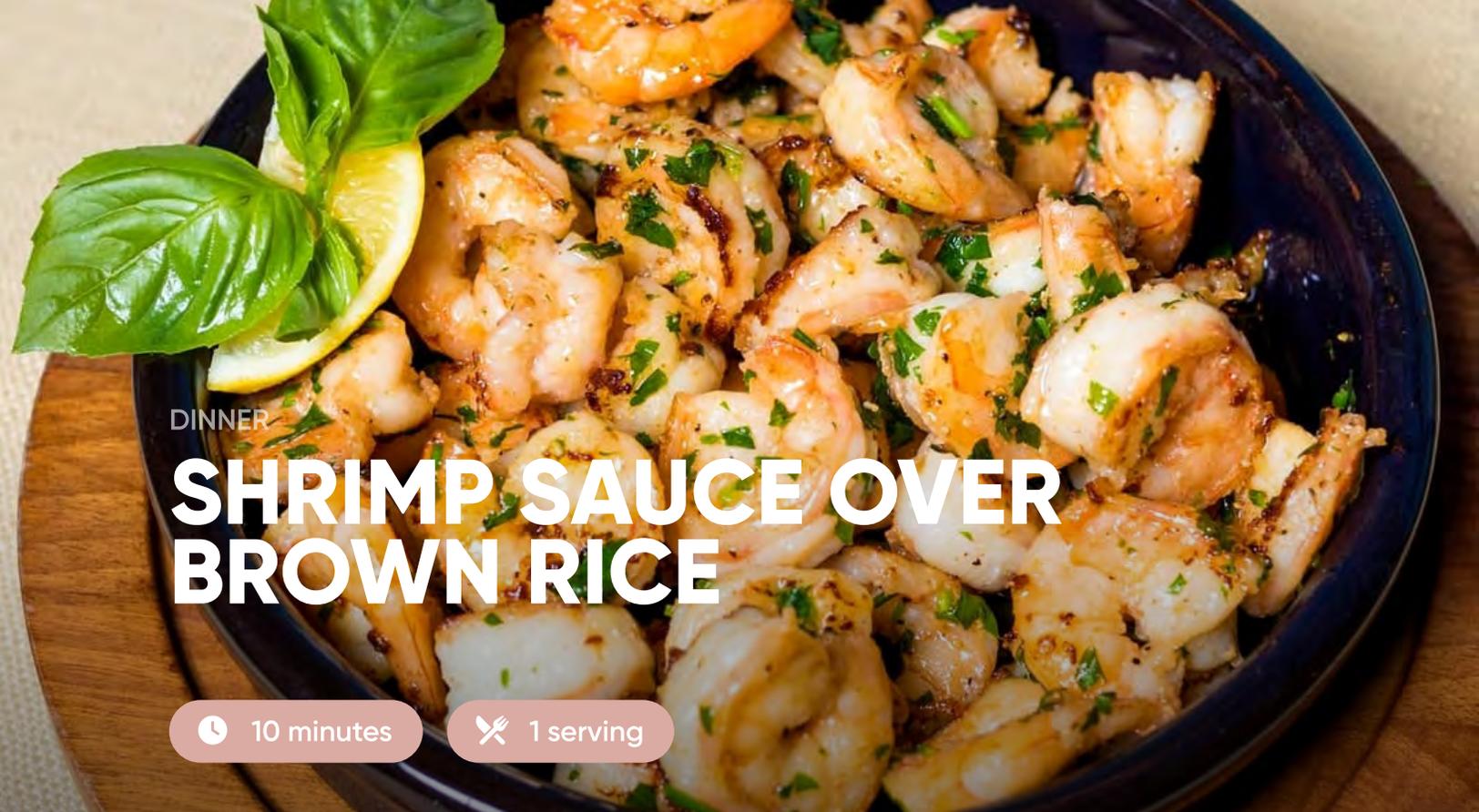
🍴 1 serving

## INGREDIENTS

- 1 salmon fillet
- 1 pint grape tomatoes/halved
- 2 tsp of grainy mustard
- 1 tsp of minced garlic
- 1 tsp of parsley
- Sea salt
- Pepper
- 1 box of wild rice
- Olive oil

## DIRECTIONS

1. Preheat oven to 350°F. Wash and dry salmon. Season salmon with salt and pepper.
2. Place salmon on a baking sheet lined with foil. Bake for 15-20 minutes or until done.
3. Meanwhile cook wild rice according to instructions on the box (substituting olive oil for butter).
4. In a medium saucepan over medium-high heat add olive oil. Add tomatoes, garlic, and half of parsley.
5. Stir until tomatoes become tender.
6. Add mustard and a pinch of salt.
7. Serve salmon over rice and top with tomato mixture.



DINNER

# SHRIMP SAUCE OVER BROWN RICE

🕒 10 minutes

🍴 1 serving

## INGREDIENTS

- ½ lb of raw shrimp, peeled and deveined
- 2 tbsp olive oil
- 2 tbsp finely diced white onion
- 1 tsp minced garlic
- ¼ cup white cooking wine
- ½ cup heavy whipping cream
- 1-2 tsp parsley
- Sea salt and pepper
- ¼ cup mozzarella cheese
- 1 cup brown rice

## DIRECTIONS

1. Cook brown rice according to box instructions (substituting olive oil for butter).
2. Add olive oil to large saucepan on medium heat, add the minced garlic and onion, cook for about 2 minutes.
3. Stir in the shrimp and cook for another 2 minutes. Add salt and pepper to taste.
4. Add white wine and cook for another 2 minutes.
5. Add cream and cook until the shrimp are almost done. Add mozzarella cheese. Let simmer for 5-8 minutes until thick. Add parsley. Serve over brown rice.



DINNER

# PULLED CHICKEN OVER SEASONED RICE

🕒 15 minutes

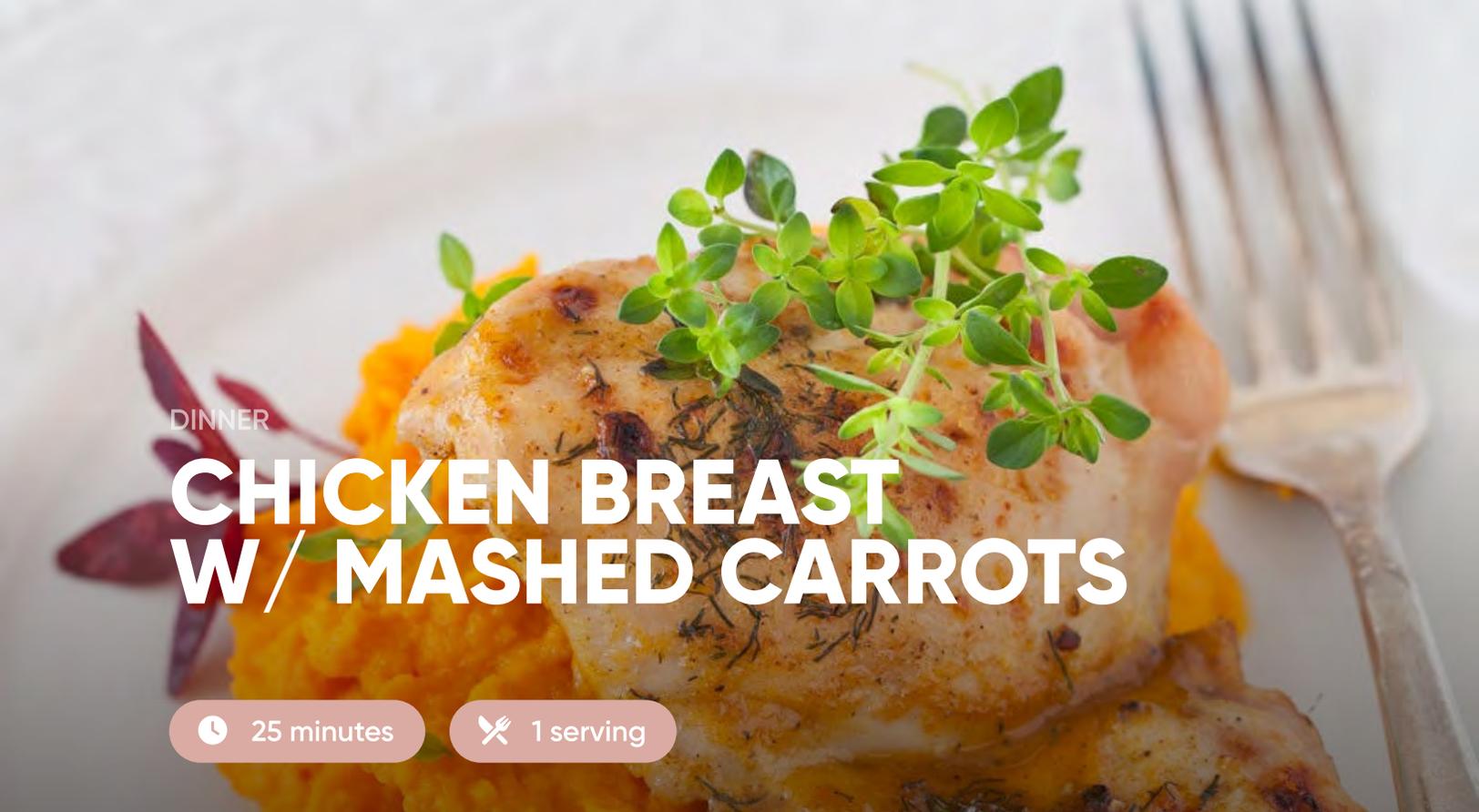
🍴 1 serving

## INGREDIENTS

- 1 chicken breast
- 3 oz BBQ sauce
- 2 tsp Sriracha
- Swiss cheese slice, chopped
- ½ oz baby arugula
- 1 cup brown rice
- ½ tsp sea salt
- ½ tsp pepper

## DIRECTIONS

1. Bring a pot of water to a boil. Once boiling add chicken. Cook chicken until it is done.
2. Remove chicken from pot. In a medium bowl, shred chicken.
3. Add BBQ sauce, Sriracha, ¼ tsp salt, and ¼ tsp pepper to chicken.
4. Cook brown rice according to instructions on box (substituting olive oil for butter).
5. Season rice remaining salt and pepper.
6. Top seasoned rice with arugula. Serve chicken over rice and arugula. Top with chopped Swiss cheese.



DINNER

# CHICKEN BREAST W/ MASHED CARROTS

 25 minutes

 1 serving

## INGREDIENTS

- ¼ oz parsley
- 1 cup carrots
- 1 tsp minced garlic
- 1 boneless skinless chicken breast
- 1 tps olive oil
- 1 tbsp evaporated milk

## DIRECTIONS

1. Preheat oven to 350°F. Wash and dry chicken and carrots.
2. Season chicken with sea salt, pepper, and garlic. Drizzle with olive oil.
3. Place chicken on baking sheet lined with foil. Bake for 20–25 minutes or internal temperature is 165°F.
4. Meanwhile, add carrots to pot of boiling water. Cook until carrots are tender.
5. Drain pot and mash carrots inside pot.
6. Add evaporated milk, olive oil, sea salt and pepper. Serve chicken over mashed carrots.



DINNER

# SWISS CHICKEN & MASHED CAULIFLOWER

 25 minutes

 1 serving

## INGREDIENTS

- ½ yellow onion, sliced
- 1 tsp minced garlic
- 1 tsp parsley
- 1 chicken breast
- 1/2 cauliflower head, chopped into chunks
- 2 oz cream cheese
- 1 Swiss cheese slices
- 1 oz sherry cooking wine
- ¾ cup green beans

## DIRECTIONS

1. Preheat oven to 375°F. Wash and dry chicken and vegetables.
2. Season chicken with salt and pepper. Place on baking sheet lined with foil. Bake for 20–25 minutes or until done.
3. Cover chicken with slice of Swiss cheese. Meanwhile, bring a pot of lightly salted water to a boil.
4. Add cauliflower to boiling water and boil until tender. Remove from pot without draining water and mash inside a medium bowl.
5. Add cream cheese, salt, pepper, and garlic. In same pot place green beans and bring to simmer.
6. Cook green beans until tender, drain any remaining water.
7. Season with a pinch of salt and pepper.
8. In small pan add 1 tbsp of olive oil, add onions and cook until caramelized.
9. Add cooking wine and cook for 1–2 minutes or until wine is absorbed.
10. Season with salt and pepper.
11. Serve chicken topped with onions and mashed cauliflower on the side.



DINNER

# FLANK STEAK STIR FRY

 20 minutes

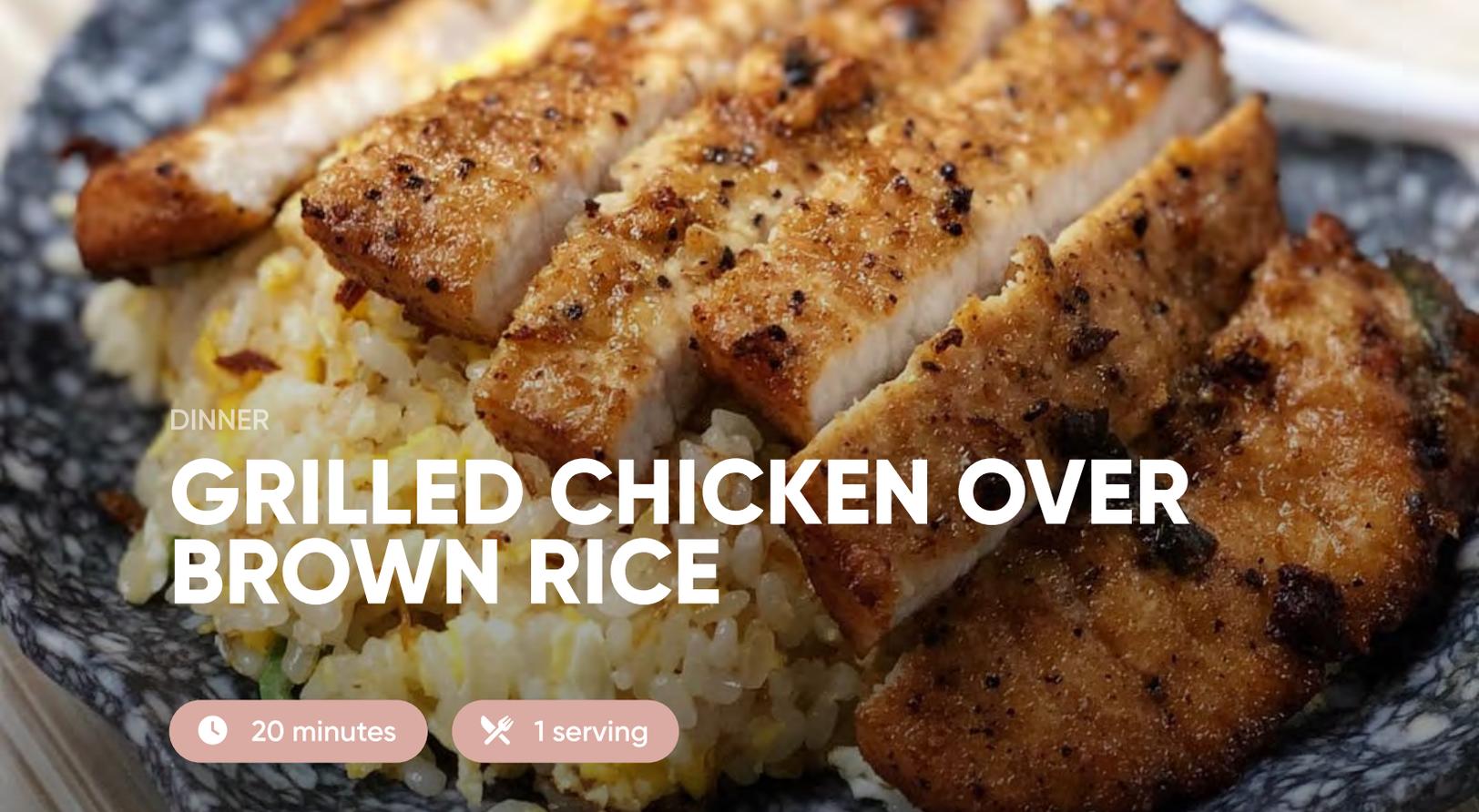
 1 serving

## INGREDIENTS

- 1 lb flank steak
- 2 tbsp olive oil
- ½ cups broccoli florets
- 1 red pepper, chopped into strips
- 2 carrots, sliced
- 1 green onion, chopped
- 1 tsp minced garlic
- 2 tbsp low-sodium soy sauce
- 2 cups cooked brown rice

## DIRECTIONS

1. Heat olive oil in a large skillet over medium-high heat.
2. Cook flank steak until browned, 3 to 4 minutes.
3. Move steak to the side of the skillet and add broccoli, bell pepper, carrots, green onion, and garlic to the center of the wok.
4. Cook and stir vegetables for 2 minutes.
5. Stir steak into vegetables and season with soy sauce.
6. Continue to cook and stir until vegetables are tender, about 2 more minutes.
7. Serve over brown rice.



DINNER

# GRILLED CHICKEN OVER BROWN RICE

🕒 20 minutes

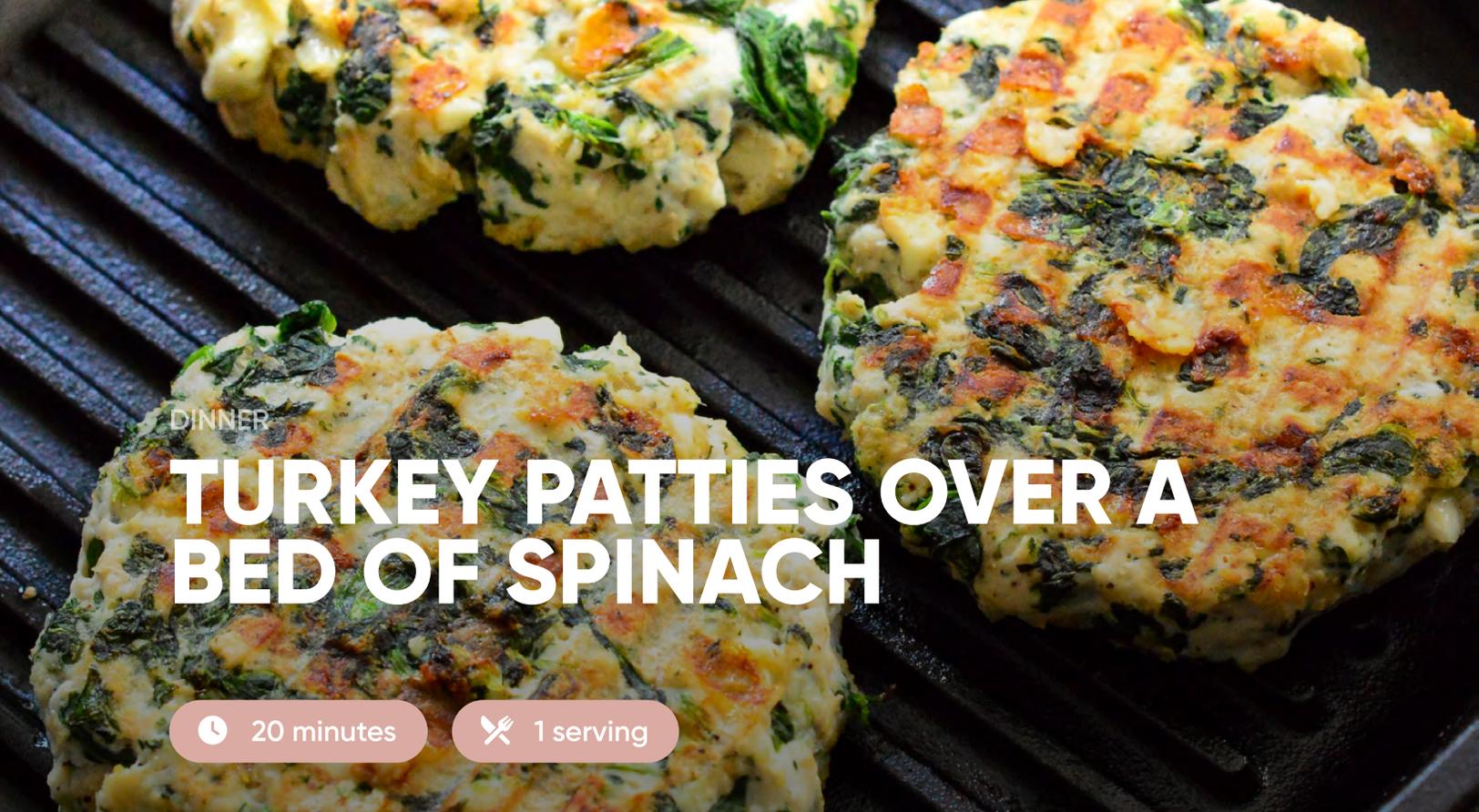
🍴 1 serving

## INGREDIENTS

- 1 chicken breast, cut into strips
- 2 tbsp olive oil
- 2 tbsp white onion, finely diced
- 1 tsp minced garlic
- 1-2 tsp parsley
- Sea salt and pepper
- 1 cup brown rice

## DIRECTIONS

1. Cook brown rice according to box instructions (substituting olive oil for butter).
2. Add 1 tbsp olive oil to large saucepan on medium heat, add chicken strips.
3. Season with a pinch of salt/pepper.
4. Saute and cook chicken until done (165°F internally).
5. Remove chicken from pan. Add 1 tbsp olive oil to pan with minced garlic and onion, cook for about 2 minutes.
6. Add chicken back into pan. Stir and lower heat to low.
7. Serve chicken and onions over brown rice. Top with parsley.



DINNER

# TURKEY PATTIES OVER A BED OF SPINACH

🕒 20 minutes

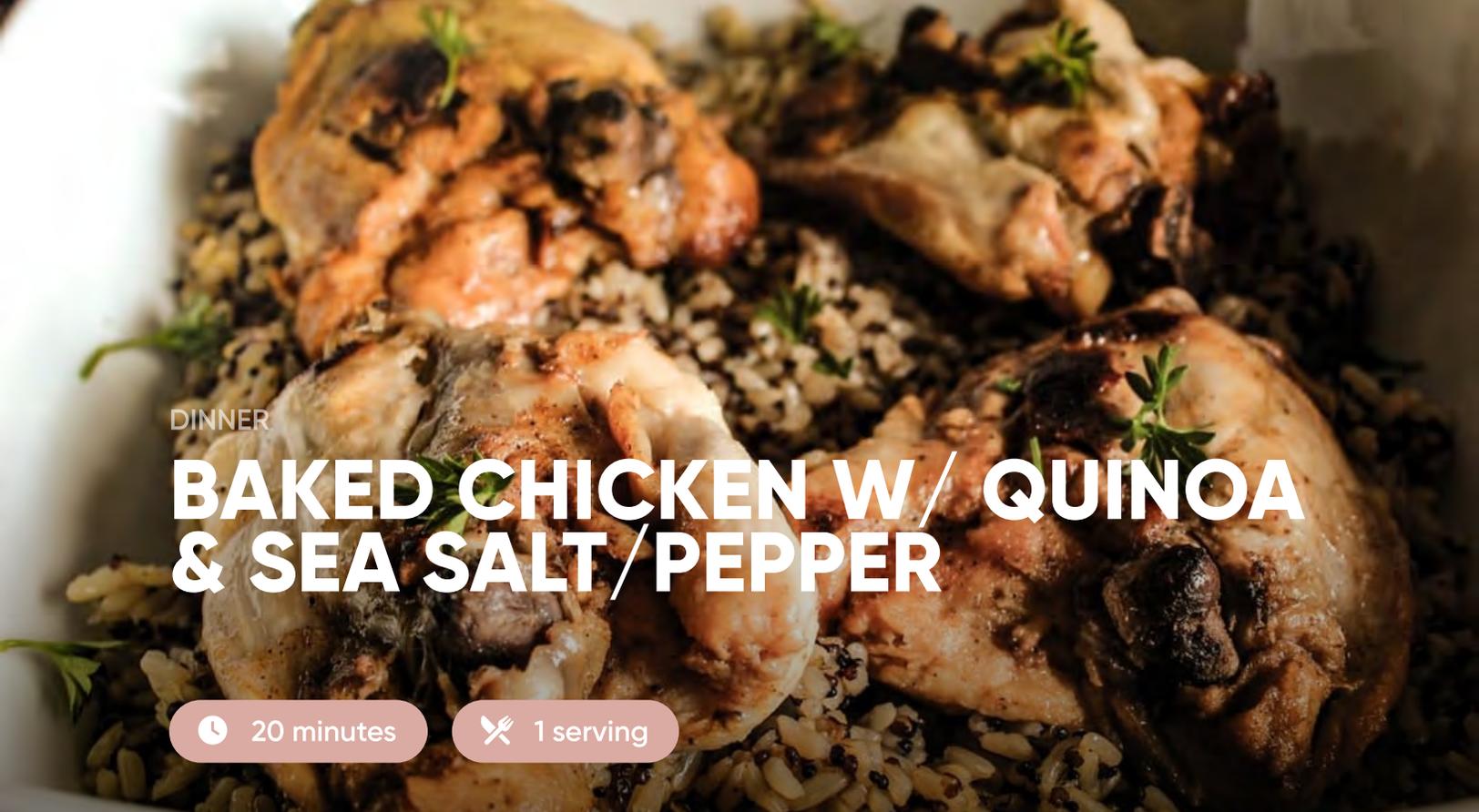
🍴 1 serving

## INGREDIENTS

- 2 cups baby spinach
- Sea salt
- Pepper
- Olive oil
- 1/2 lb ground turkey (should make 3-4 small patties)
- 1/2 half red onion, chopped

## DIRECTIONS

1. Combine ground turkey, onion, sea salt, and pepper together. Create a patty.
2. Heat a medium pan to medium-high heat.
3. Cook patties until internal temperature reaches 165°F.
4. Wash spinach and dry.
5. Toss spinach in olive oil and 1/4 tsp sea salt and 1/4 tsp pepper.
6. Serve turkey patties over spinach.



DINNER

# BAKED CHICKEN W/ QUINOA & SEA SALT/PEPPER

🕒 20 minutes

🍴 1 serving

## INGREDIENTS

- 1 skinless chicken breast
- ½ tsp sea salt
- ½ tsp pepper
- 2 tsp minced garlic
- 1 cup quinoa

## DIRECTIONS

1. Preheat oven to 350°F.
2. Wash and dry chicken breast.
3. Season chicken with sea salt and pepper.
4. Drizzle with olive oil. Place chicken on a baking sheet lined with foil.
5. Bake for 25-30 minutes or until chicken has an internal temperature of 165°F.
6. Cook quinoa according to box instructions (substituting olive oil for butter). Serve chicken over quinoa.



DINNER

# GROUND TURKEY & BROWN RICE W/ SEA SALT/PEPPER

 20 minutes

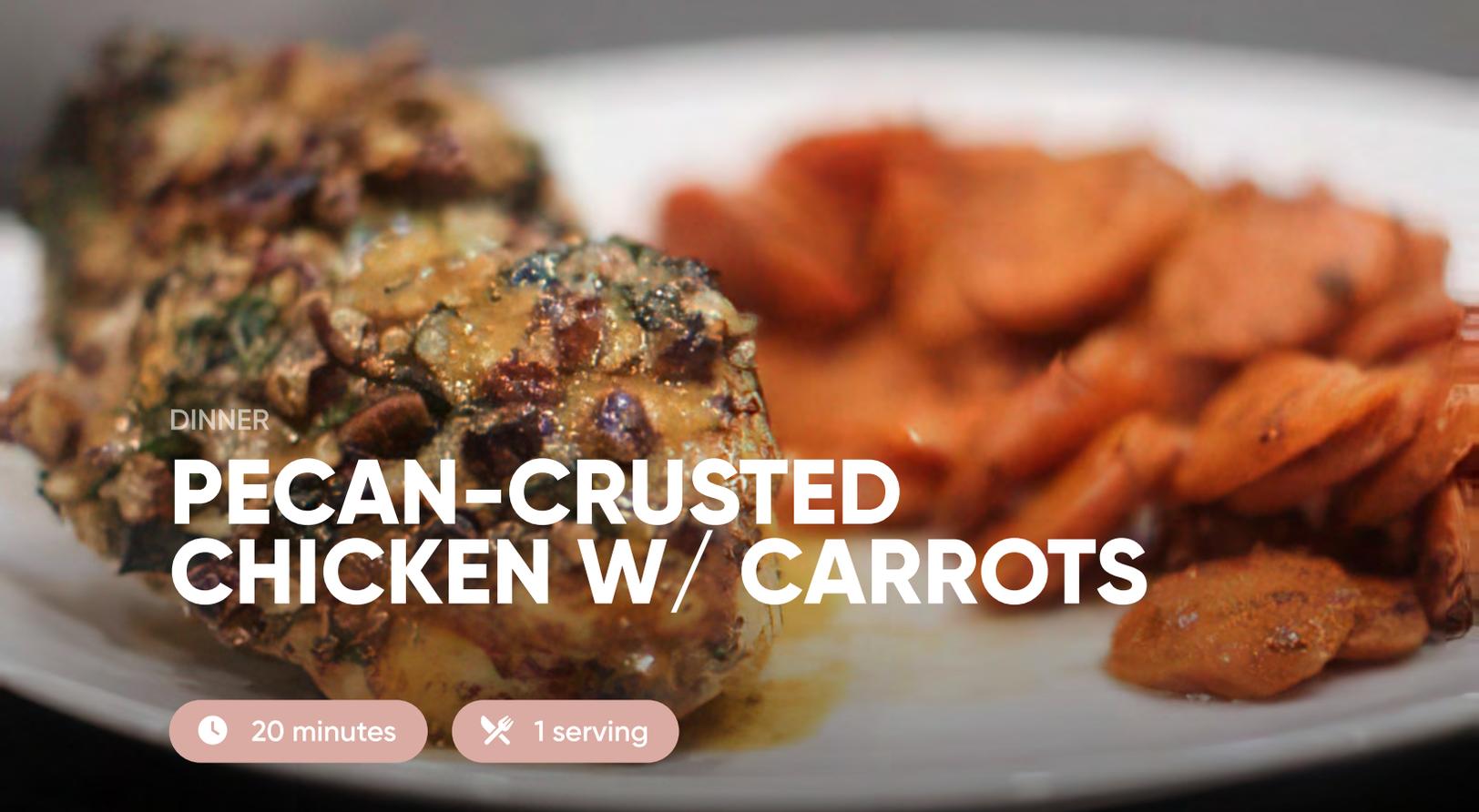
 1 serving

## INGREDIENTS

- ½ lb ground turkey, 99% lean
- ½ tsp sea salt
- ½ tsp pepper
- 1 tsp mined garlic
- 1 cup brown rice

## DIRECTIONS

1. Heat pan to medium-high heat.
2. Coat pan with olive oil. Add garlic and cook 1-2 minutes.
3. Add ground turkey. Season turkey with salt and pepper.
4. Cook brown rice according to box instructions (substituting olive oil for butter).
5. Serve ground turkey over brown rice.



DINNER

# PECAN-CRUSTED CHICKEN W/ CARROTS

 20 minutes

 1 serving

## INGREDIENTS

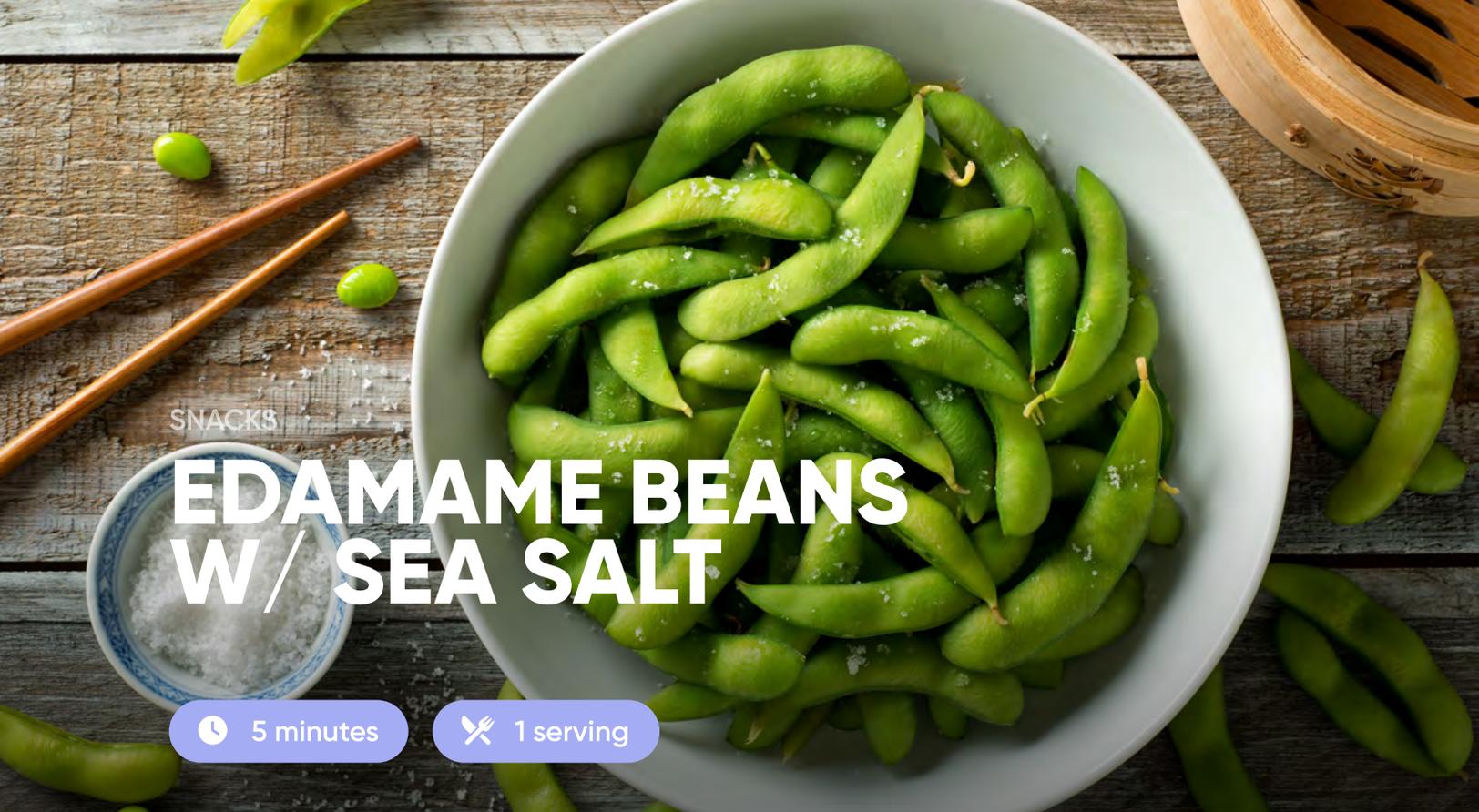
- 2 tsp parsley
- 1/4 cup Dijon mustard
- Olive oil
- 1/4 cup crush pecans
- 2 large carrots, sliced
- 1 chicken breast
- 2 tsp BBQ spice rub
- Sea salt
- Pepper

## DIRECTIONS

1. Preheat oven to 400°F.
2. Combine half of parsley, 1/4 tsp olive oil, sea salt, pepper, pecans in a small bowl.
3. Wash and pat chicken breast dry.
4. Line a baking sheet with foil. Season chicken with salt and pepper.
5. Brush chicken with Dijon mustard and pat pecan mixture onto chicken.
6. Bake chicken until it reaches an internal temperature of 165°F, about 18 minutes.
7. Coat a large sauce pan with olive oil. Add carrots.
8. Cook for 4-5 minutes. Add a pinch of salt and pepper and 1 tbsp of water.
9. Coat carrots with BBQ spice rub.
10. Plate chicken and carrots and top with the remaining parsley.

# SNACKS





SNACKS

# EDAMAME BEANS W/ SEA SALT

 5 minutes

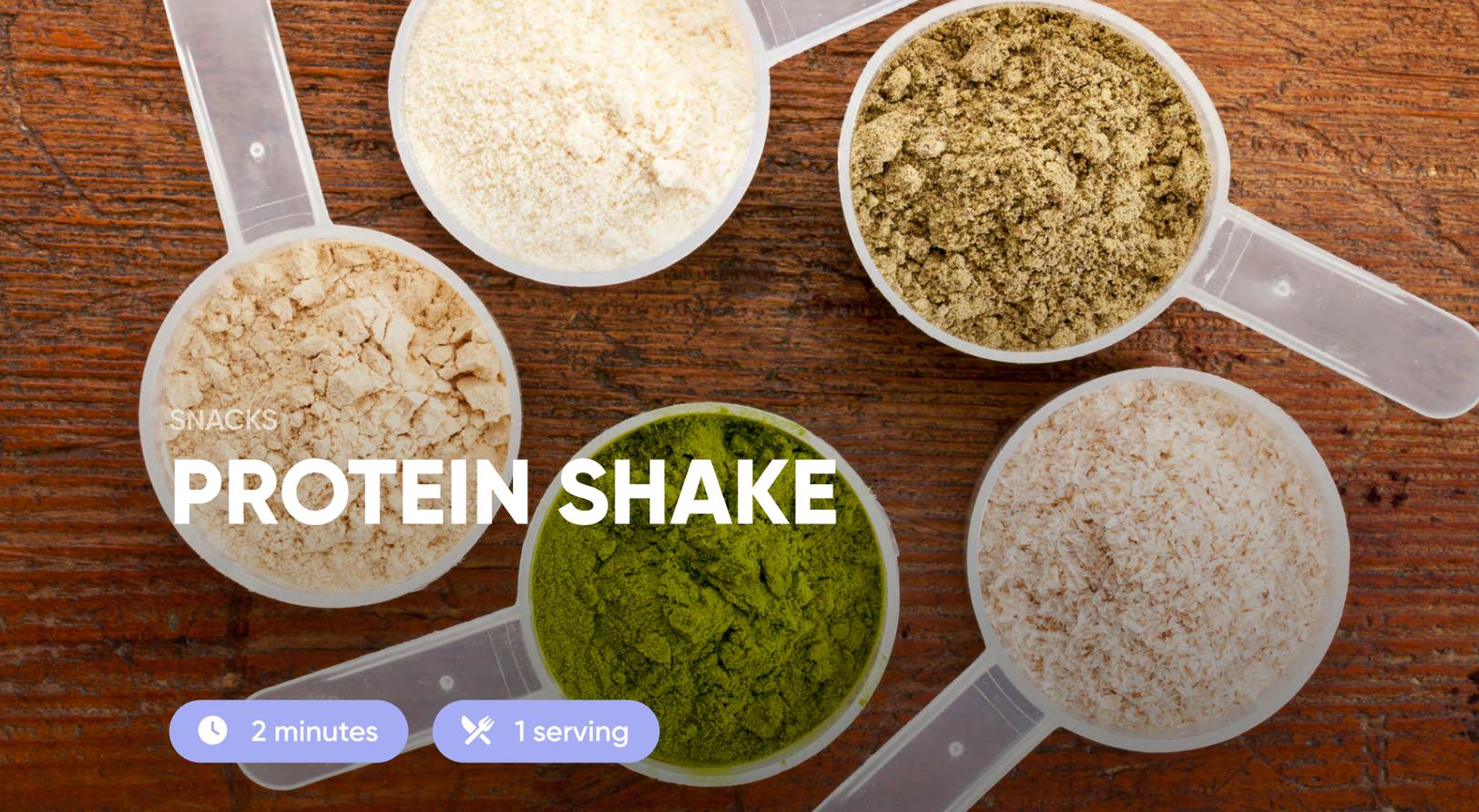
 1 serving

## INGREDIENTS

- 1 pack edamame beans
- ½ tsp sea salt

## DIRECTIONS

1. Place edamame in ¼ cup of water, cover partially.
2. Microwave on high for 1-5 minutes until beans are bright green.
3. Once finished, remove beans from shell and sprinkle with sea salt



SNACKS

# PROTEIN SHAKE

🕒 2 minutes

🍴 1 serving

## INGREDIENTS

- 2 cups water
- 1 rounded scoop of protein powder

## DIRECTIONS

1. Mix together water and protein powder in a blender bottle or blender.



SNACKS

# PEANUT BUTTER & JELLY SNACK BALLS

🕒 5 minutes

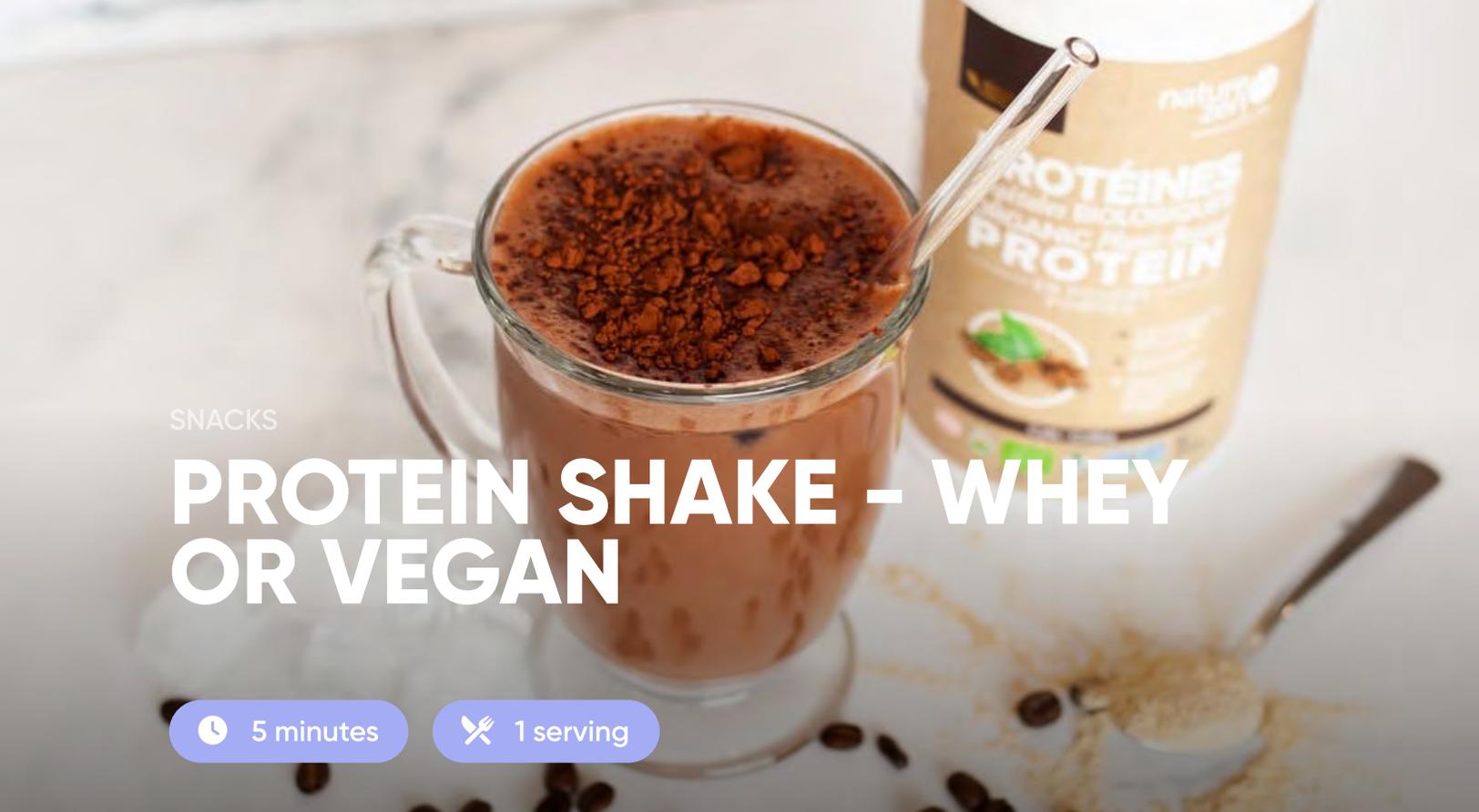
🍴 1 serving

## INGREDIENTS

- 1 ½ cups organic roasted, unsalted peanuts
- 1 ½ cups dark raisins
- 2 tbsp peanut butter
- Pinch sea salt

## DIRECTIONS

1. Add all ingredients to a food processor and process till the peanuts are broken down and the mixture is starting to stick together.
2. It may release a little oil, but that's OK.
3. Roll mixture into 1-inch balls. Store in the fridge for at least thirty minutes before serving.



SNACKS

# PROTEIN SHAKE - WHEY OR VEGAN

🕒 5 minutes

🍴 1 serving

## INGREDIENTS

- 1 scoop of protein (whey or vegan)
- 1 cup milk (oat/almond/skim)
- ½ cup dry steel cut Quaker Oats
- 2 tbsp nut butter (peanut butter/almond butter/SunButter)
- 1/4 tsp of cinnamon
- Pinch of salt (omit if using salted nut butter)
- Ice (optional)

## DIRECTIONS

1. Add the protein, milk, oats, nut butter, cinnamon, and salt, if using, to your blender and blend until smooth.
2. If using a lower power blender, pulse on high several times to help break up the chunks before whizzing away.
3. If needed or desired, add more milk to thin. Alternately, if needed or desired, blend in ice to desired consistency and temperature.



# MORE SNACK IDEAS

- 1 large banana
- 1 piece of fruit
- Several types of dry nuts, I recommend:
  - Dry roasted peanuts (no salt or lightly salted)
  - Planters pistachio mix
  - Dry almonds
- Dark chocolate chips + dried cranberries
- 1 protein bar (i.e., Women's bar, GNC generic bar, etc.)
- Peanut butter (1 tbsp) and banana
- Hummus and vegetables
  - 1 cup hummus (like a Sabra cup)
  - ½ cup of pre-cut vegetables such as red peppers, carrots, or avocado slices
- Slice cucumber and Swiss cheese
  - ½ cucumber washed and sliced
  - 1 wheel of soft Swiss cheese such as The Laughing Cow cheese
- Trail Mix
  - Archer Farms protein trail mix (Target-brand trail mix) – roughly 8g protein per serving
  - Archer Farms cashew cranberry and almond trail mix