



FIT NUTRITION CANADA
NUTRITIONAL CONSULTING

Meal Prep Ideas

Bridget Fauteux

<http://www.fitnutritioncanada.com>

Hello!!

Tired of chicken, rice, and broccoli?? Here is a collection of recipes to inspire you to change up the same ol', same ol'.

Check the notes section for alterations or dietary restrictions.

I've also included a full nutrition database so you can enter the values if you are tracking or trying to make it fit into your macros.

All recipes are 4 serving sizes.

Happy cooking! Let me know what you think add me on Instagram @fitnutritioncanada

Cheers,
Bridget
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Meal Prep Veggie Bowls

4 servings

35 minutes

Ingredients

5 1/3 cups Broccoli (chopped into florets)
2 2/3 Sweet Potato (small, chopped into cubes)
1 1/3 tps Avocado Oil
2/3 tsp Chili Powder
Sea Salt & Black Pepper (to taste)
2 2/3 cups Green Beans (trimmed)
8 Egg

Nutrition

Amount per serving	
Calories	294
Fat	12g
Saturated	3g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	31g
Fiber	8g
Sugar	8g
Protein	19g
Cholesterol	372mg
Sodium	246mg
Potassium	963mg
Vitamin A	14183IU
Vitamin C	118mg
Calcium	165mg
Iron	4mg
Vitamin D	82IU
Vitamin E	3mg
Vitamin K	154µg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and sweet potatoes to the pan. Drizzle with avocado oil, chili powder, sea salt and pepper. Bake for 15 to 20 minutes.
- 2 Remove the pan from the oven and add the green beans. Cook for an additional 10 minutes.
- 3 Meanwhile, bring a pot of water to a boil. Hard boil the eggs. Cool, peel and slice.
- 4 Divide the vegetables and sliced eggs between plates, or into containers. Enjoy!

Notes

Egg-Free: Replace the eggs with your favorite protein such as ground beef, sliced chicken, chickpeas or lentils.

No Avocado Oil: Use olive or coconut oil.

More Flavor: Add cayenne pepper, chili flakes or hot sauce.

Leftovers: Refrigerate in an airtight container for up to 4 days.

Serving Size: One serving is equal to approximately 2 cups of roasted vegetables topped with 2 eggs.

Thiamine	0.2mg
Riboflavin	0.7mg
Niacin	2mg
Vitamin B6	0.7mg
Folate	155µg
Vitamin B12	0.9µg
Phosphorous	345mg
Magnesium	76mg
Zinc	2mg
Selenium	35µg



Meal Prep Beef Fajitas

4 servings

20 minutes

Ingredients

454 grams Beef Tenderloin (sliced into strips)

1 Green Bell Pepper (diced)

1 Yellow Bell Pepper (diced)

1 Yellow Onion (small, diced)

1/4 cup Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

8 Corn Tortilla (medium)

1/2 cup Organic Salsa

Directions

- 1** Divide the sliced beef, bell peppers and onions into containers and cover with lids. Store in the fridge.
- 2** When ready to eat, heat 1/4 of the olive oil in a skillet over medium heat. Add the peppers and onion from one container and saute until soft (about 5 minutes). Add the beef and cook to your desired level of doneness. Season everything with sea salt and black pepper to taste.
- 3** Add the cooked beef, peppers and onions to tortillas and top with salsa. Enjoy!

Nutrition

Amount per serving	
Calories	609
Fat	39g
Saturated	12g
Trans	0g
Polyunsaturated	2g
Monounsaturated	20g
Carbs	37g
Fiber	4g
Sugar	4g
Protein	24g
Cholesterol	79mg
Sodium	290mg
Potassium	625mg
Vitamin A	353IU
Vitamin C	110mg
Calcium	236mg
Iron	5mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	12µg

Notes

No Beef: Use sliced chicken breast instead. Cook entirely through.

Optional Toppings: Add shredded cheese, sour cream, plain yogurt or avocado.

No Tortillas: Serve with rice instead.

Thiamine	0.2mg
Riboflavin	0.3mg
Niacin	4mg
Vitamin B6	0.6mg
Folate	23µg
Vitamin B12	3.0µg
Phosphorous	233mg
Magnesium	36mg
Zinc	4mg
Selenium	20µg



Crispy Tofu Meal Prep Bowls

4 servings

20 minutes

Ingredients

1/3 cup All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)
450 grams Tofu (firm, sliced and patted dry)
2 tbsps Sesame Oil
1/4 cup Avocado Oil
2 tbsps Balsamic Vinegar
1 tbsp Tamari
1 tbsp Maple Syrup
4 cups Baby Spinach
4 cups Coleslaw Mix
2 cups Frozen Mango (thawed)
1 cup Frozen Edamame (thawed)
1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	487
Fat	30g
Saturated	4g
Trans	0g
Polyunsaturated	9g
Monounsaturated	15g
Carbs	40g
Fiber	9g
Sugar	20g
Protein	20g
Cholesterol	0mg
Sodium	315mg
Potassium	661mg
Vitamin A	6821IU

Directions

- 1 Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture and set aside.
- 2 Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
- 3 Meanwhile, combine avocado oil, balsamic vinegar, tamari and maple syrup in a small mason jar. Cover with a lid and shake before serving.
- 4 Divide spinach, coleslaw, mango, edamame, tofu slices and sesame seeds between containers. Drizzle your desired amount of dressing over top, or store it in a separate container to add just before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 to 4 days.

Save Time: Leave the tofu uncooked and add it to the mason jar with the dressing. Let marinate until ready to serve.

No Tofu: Use a protein of your choice instead like diced chicken breast, flaked tuna or roasted chickpeas.

Vitamin C	77mg
Calcium	450mg
Iron	5mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	163µg
Thiamine	0.2mg
Riboflavin	0.3mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	227µg
Vitamin B12	0µg
Phosphorous	238mg
Magnesium	108mg
Zinc	2mg
Selenium	17µg



Meal Prep Pasta & Meat Sauce

4 servings

25 minutes

Ingredients

4 cups Whole Wheat Penne (dry, uncooked)
454 grams Extra Lean Ground Beef
2 cups Tomato Sauce

Nutrition

Amount per serving	
Calories	527
Fat	13g
Saturated	5g
Trans	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	69g
Fiber	11g
Sugar	7g
Protein	33g
Cholesterol	74mg
Sodium	88mg
Potassium	1146mg
Vitamin A	549IU
Vitamin C	9mg
Calcium	31mg
Iron	6mg
Vitamin D	3IU
Vitamin E	2mg
Vitamin K	4µg
Thiamine	0.1mg
Riboflavin	0.3mg
Niacin	7mg
Vitamin B6	0.5mg
Folate	18µg
Vitamin B12	2.5µg
Phosphorous	242mg

Directions

- 1 Cook the pasta according to the instructions on the package.
- 2 While the pasta cooks, heat a large skillet over medium heat. Add the beef and saute, breaking it up as it cooks. Once it is completely cooked through, pour the tomato sauce over top and mix well.
- 3 Divide the cooked pasta into containers and divide the meat sauce over top. Enjoy!

Notes

No Ground Beef: Use any type of ground meat instead.

Leftovers: Keeps well in the fridge for 3 to 4 days. Freeze up to two months.

Vegan & Vegetarian: Use cooked lentils instead of ground meat.

No Tomato Sauce: Use canned crushed tomatoes instead.

Gluten-Free: Use a gluten-free pasta like chickpea, quinoa or rice.

More Veggies: Cook chopped vegetables into the sauce such as diced zucchini, mushrooms, bell peppers, eggplant, spinach or basil.

Magnesium	41mg
Zinc	6mg
Selenium	20µg



Meal Prep Mixed Greens Salad

4 servings

10 minutes

Ingredients

- 4 cups Mixed Greens
- 1/2 Cucumber (large, sliced)
- 1 Carrot (shredded)
- 1/2 Yellow Bell Pepper (sliced)
- 1/2 Red Bell Pepper (sliced)

Nutrition

Amount per serving	
Calories	29
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	6g
Fiber	1g
Sugar	2g
Protein	1g
Cholesterol	0mg
Sodium	29mg
Potassium	276mg
Vitamin A	3099IU
Vitamin C	67mg
Calcium	35mg
Iron	1mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	9µg
Thiamine	0mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	18µg

Directions

- 1 Mix all ingredients in a large bowl. Divide between containers or store in a zipper-lock bag for the week. Serve with your choice of dressing.

Notes

Leftovers: Refrigerate in a large airtight container or bag until ready to serve for up to seven days. Add as a side, or combine with any leftover protein to make it a meal.

Serving Size: One serving equals approximately 2 1/2 cups of salad.

More Flavor: Drizzle with olive oil, balsamic vinegar or any choice of dressing.

Additional Toppings: Avocado, tomato, olives, capers and/or cheese.

Vitamin B12	0µg
Phosphorous	24mg
Magnesium	11mg
Zinc	0mg
Selenium	0µg



Meal Prep Greek Chicken Bowls

4 servings

50 minutes

Ingredients

2 cups Water
1 cup Brown Rice (dry)
454 grams Chicken Breast (skinless, boneless)
2 tbsps Greek Seasoning
1 Cucumber (medium, diced)
1/2 cup Red Onion (medium, diced)
2 cups Cherry Tomatoes
2 tbsps Extra Virgin Olive Oil
2 tbsps Red Wine Vinegar
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	399
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	30g
Cholesterol	82mg
Sodium	1022mg
Potassium	812mg
Vitamin A	734IU
Vitamin C	14mg
Calcium	46mg
Iron	2mg
Vitamin D	1IU

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- 3 Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 4 While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- 5 Divide the rice between containers along with the chicken and veggies. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 days.

More Flavour: Add feta cheese or Tzatziki sauce if desired.

Homemade Greek Seasoning: Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.

Vitamin E	2mg
Vitamin K	23µg
Thiamine	0.4mg
Riboflavin	0.3mg
Niacin	14mg
Vitamin B6	1.3mg
Folate	41µg
Vitamin B12	0.2µg
Phosphorous	427mg
Magnesium	108mg
Zinc	2mg
Selenium	34µg



Meal Prep Coconut Flour Pancakes

4 servings

20 minutes

Ingredients

- 1 1/3 tbsps Coconut Oil
- 1 1/3 cups Coconut Flour
- 10 2/3 Egg
- 1/3 cup Avocado Oil
- 2/3 cup Blueberries
- 2/3 cup Strawberries (sliced)
- 1 1/3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	596
Fat	43g
Saturated	16g
Trans	0g
Polyunsaturated	7g
Monounsaturated	19g
Carbs	28g
Fiber	15g
Sugar	7g
Protein	23g
Cholesterol	496mg
Sodium	270mg
Potassium	280mg
Vitamin A	737IU
Vitamin C	17mg
Calcium	82mg
Iron	8mg
Vitamin D	109IU
Vitamin E	2mg
Vitamin K	6µg
Thiamine	0.1mg
Riboflavin	0.6mg
Niacin	1mg

Directions

- 1 Melt the coconut oil in a large skillet over medium heat.
- 2 In a bowl, combine the coconut flour, eggs, and avocado oil. Mix well. The dough will be stiff, thick and fluffy, not like typical pancake batter.
- 3 Scoop out 1/4 cup servings of the dough and form it into small balls. Drop them into the pan and press down gently to form pancakes. Cook for 2 to 3 minutes per side, flipping gently.
- 4 Top with fresh berries, hemp seeds and any other toppings you'd like. Enjoy!

Notes

Recommended Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using a different brand of coconut flour, results may vary.

Leftovers: Keeps well in the fridge for 3 days.

Flavoured Pancakes: Mix blueberries, raspberries or chocolate chips into the dough before cooking.

Additional Toppings: Butter, ghee, coconut oil, maple syrup, honey, fruit or nut butter.

Vitamin B6	0.3mg
Folate	74µg
Vitamin B12	1.2µg
Phosphorous	328mg
Magnesium	44mg
Zinc	2mg
Selenium	41µg



Meal Prep Black Bean & Sweet Potato Burritos

4 servings

45 minutes

Ingredients

2 1/3 Sweet Potato (large, peeled and sliced)
2 1/3 tsps Extra Virgin Olive Oil
3/4 Yellow Onion (medium, diced)
1 2/3 Garlic (cloves, minced)
1 2/3 cups Black Beans (cooked, from the can)
1/3 cup Frozen Corn
1/3 Green Bell Pepper (diced)
1/3 cup Water
1 2/3 tbsps Dijon Mustard
3/4 tsp Cumin
1 1/4 tbsps Tamari
1/8 tsp Sea Salt (or more to taste)
4 Brown Rice Tortilla (11 inches)

Directions

- 1 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 2 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 3 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 4 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 5 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

Nutrition

Amount per serving	
Calories	369
Fat	6g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	66g
Fiber	13g
Sugar	9g
Protein	12g
Cholesterol	0mg
Sodium	643mg
Potassium	622mg

Notes

Reheating in the Oven: Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave: Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy: Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With: Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas: Use corn or whole wheat tortillas instead.

Less Work: Use refried beans, or process the beans in a food processor.

Vitamin A	11152IU
Vitamin C	12mg
Calcium	61mg
Iron	4mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	6µg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	119µg
Vitamin B12	0µg
Phosphorous	159mg
Magnesium	78mg
Zinc	1mg
Selenium	2µg



Meal Prep Garlic Beef Stir Fry with Quinoa & Peas

4 servings

20 minutes

Ingredients

454 grams Beef Tenderloin (sliced into strips)
2 tbsps Extra Virgin Olive Oil (divided)
3 Garlic (cloves, minced)
2 tbsps Tamari (divided)
1 tsp Sea Salt
1 1/4 cups Quinoa (dry)
2 cups Water
2 stalks Green Onion (thinly sliced)
2 cups Baby Spinach
1 cup Frozen Peas (thawed)

Nutrition

Amount per serving	
Calories	611
Fat	35g
Saturated	12g
Trans	0g
Polyunsaturated	4g
Monounsaturated	16g
Carbs	42g
Fiber	6g
Sugar	2g
Protein	32g
Cholesterol	79mg
Sodium	1195mg
Potassium	809mg
Vitamin A	2494IU
Vitamin C	10mg
Calcium	78mg
Iron	6mg
Vitamin D	0IU

Directions

- 1 In a bowl, toss beef strips with half the olive oil, garlic, half the tamari and salt. Set aside.
- 2 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and stir in the remaining tamari, green onion and spinach.
- 3 Heat the remaining olive oil in a pan over medium-high heat. Cook the garlic beef until it reaches your desired doneness.
- 4 Divide the quinoa, beef and peas into storage containers and refrigerate. Reheat in a microwave or pan over the stove before serving.

Notes

Storage: Refrigerate in an airtight container up to 3 days after cooking. You may also freeze the cooked quinoa, and raw garlic beef marinade in separate freezer bags.

No Beef: Use diced chicken breast, cooked chickpeas or tofu instead.

No Peas: Use snap peas, green beans, broccoli, mushrooms, peppers or any vegetables you have on hand.

Vitamin E	3mg
Vitamin K	96µg
Thiamine	0.4mg
Riboflavin	0.5mg
Niacin	5mg
Vitamin B6	0.8mg
Folate	161µg
Vitamin B12	3.0µg
Phosphorous	503mg
Magnesium	155mg
Zinc	6mg
Selenium	25µg



Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

4 servings

40 minutes

Ingredients

1 cup Quinoa (dry)
4 Zucchini (sliced lengthwise, then quartered)
3 tbsps Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt (or more to taste)
2 tbsps Maple Syrup
1/4 cup Dijon Mustard
2 tbsps Tamari
454 grams Chicken Thighs (boneless)
4 cups Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	484
Fat	18g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	44g
Fiber	6g
Sugar	13g
Protein	35g
Cholesterol	107mg
Sodium	947mg
Potassium	1371mg
Vitamin A	425IU
Vitamin C	37mg
Calcium	74mg
Iron	4mg
Vitamin D	8IU
Vitamin E	3mg

Directions

- 1 Preheat oven to 375°F (191°C) and line baking sheet(s) with foil.
- 2 Cook quinoa according to directions on the package and set aside.
- 3 In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
- 4 In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and tamari. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
- 5 After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
- 6 Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Mix mushrooms with the cooked quinoa.
- 7 Divide the mushroom quinoa, zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

Notes

Storage: Refrigerate in an air-tight container up to 3 days after cooking.

More Flavour: Marinate the chicken overnight, and cook the quinoa with broth instead of water.

No Chicken: Use turkey breast, chickpeas or tofu instead.

No Zucchini: Use bell peppers, carrot, eggplant or any vegetables you have on hand.

No Quinoa: Use rice, cauliflower rice or sweet potatoes instead.

Vitamin K	18µg
Thiamine	0.4mg
Riboflavin	1.1mg
Niacin	12mg
Vitamin B6	1.2mg
Folate	148µg
Vitamin B12	0.7µg
Phosphorous	573mg
Magnesium	159mg
Zinc	4mg
Selenium	39µg



Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

4 servings

30 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil (divided)
4 cups Cherry Tomatoes
2 tsps Garlic Powder
2 tsps Onion Powder
1 tsp Sea Salt
454 grams Chicken Breast (sliced in halves)
4 cups Baby Spinach
1 cup Brown Rice Spaghetti (dry)

Nutrition

Amount per serving	
Calories	468
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	9g
Carbs	52g
Fiber	5g
Sugar	4g
Protein	32g
Cholesterol	82mg
Sodium	674mg
Potassium	1089mg
Vitamin A	4088IU
Vitamin C	29mg
Calcium	56mg
Iron	3mg
Vitamin D	1IU
Vitamin E	4mg
Vitamin K	163µg

Directions

- 1 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 2 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 3 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 4 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 5 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 6 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 7 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

Notes

No Chicken: Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

No Brown Rice Spaghetti: Use rice, quinoa or any type of pasta instead.

Make it Cheesy: Add parmesan or nutritional yeast to the pasta.

Spice it Up: Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

Storage: Refrigerate in an airtight container up to 3 to 4 days.

Thiamine	0.2mg
Riboflavin	0.3mg
Niacin	12mg
Vitamin B6	1.1mg
Folate	92µg
Vitamin B12	0.2µg
Phosphorous	301mg
Magnesium	74mg
Zinc	1mg
Selenium	27µg



Pesto Shrimp Pasta

4 servings

20 minutes

Ingredients

227 grams Brown Rice Fettuccine
454 grams Shrimp (peeled, deveined)
1/4 tsp Sea Salt
1/3 cup Pesto

Nutrition

Amount per serving	
Calories	391
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	45g
Fiber	3g
Sugar	2g
Protein	29g
Cholesterol	183mg
Sodium	409mg
Potassium	572mg
Vitamin A	324IU
Vitamin C	0mg
Calcium	137mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	32µg
Thiamine	0mg
Riboflavin	0.2mg
Niacin	0mg
Vitamin B6	0mg
Folate	3µg
Vitamin B12	0µg
Phosphorous	300mg

Directions

- 1 Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 2 Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 3 Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Cook the shrimp with butter or oil instead of pasta water.

Additional Toppings: Red pepper flakes, fresh herbs, lemon juice.

Magnesium	50mg
Zinc	2mg
Selenium	0µg



Cheesy Edamame & Parsley Pasta

4 servings

15 minutes

Ingredients

2 cups Brown Rice Spaghetti (cooked)
1/2 cup Cashews
2 tbsps Nutritional Yeast
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1 1/2 cups Frozen Edamame (thawed)
2 cups Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	598
Fat	14g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	7g
Carbs	101g
Fiber	10g
Sugar	2g
Protein	21g
Cholesterol	0mg
Sodium	331mg
Potassium	938mg
Vitamin A	2734IU
Vitamin C	44mg
Calcium	89mg
Iron	6mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	520µg
Thiamine	3.7mg

Directions

- 1 Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
- 2 Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
- 3 In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

Notes

No Edamame: Use frozen peas or any leftover veggies.

Meat Lover: Replace edamame with cooked chicken breast or shrimp.

Make it Spicy: Garnish with red pepper flakes.

Riboflavin	3.8mg
Niacin	21mg
Vitamin B6	3.9mg
Folate	239µg
Vitamin B12	16.9µg
Phosphorous	202mg
Magnesium	97mg
Zinc	2mg
Selenium	3µg



Tofu, Broccoli & Brown Rice

4 servings

1 hour

Ingredients

1 1/3 cups Brown Rice (uncooked, rinsed)
2 2/3 cups Water
5 1/3 cups Broccoli (chopped into florets)
2 2/3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/4 cup Tamari
2 2/3 tbsps Miso Paste (optional)
1 1/3 tbsps Sesame Oil
467 grams Tofu (sliced into cubes)
1/4 cup Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	566
Fat	27g
Saturated	4g
Trans	0g
Polyunsaturated	9g
Monounsaturated	12g
Carbs	62g
Fiber	8g
Sugar	5g
Protein	25g
Cholesterol	0mg
Sodium	1611mg
Potassium	770mg
Vitamin A	757IU
Vitamin C	108mg
Calcium	499mg
Iron	6mg

Directions

- 1 In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
- 2 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 3 Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
- 4 In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
- 5 Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

Notes

No Tofu: Use chicken, shrimp or chickpeas.

Leftovers: Keeps well in the fridge for 3 to 4 days.

Vitamin D	0IU
Vitamin E	3mg
Vitamin K	133µg
Thiamine	0.5mg
Riboflavin	0.3mg
Niacin	6mg
Vitamin B6	0.7mg
Folate	113µg
Vitamin B12	0µg
Phosphorous	481mg
Magnesium	180mg
Zinc	4mg
Selenium	32µg



Orange Chicken with Broccoli

4 servings

20 minutes

Ingredients

454 grams Chicken Breast (skinless, boneless)
1 tbsp Coconut Oil
1/4 cup Organic Chicken Broth
2 Garlic (cloves, minced)
1 Navel Orange (zested and juiced)
1/4 cup Fancy Molasses
2 tbsps Tamari
1/2 tsp Red Pepper Flakes
8 cups Broccoli (chopped into florets)
1 1/2 tsps Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds

Nutrition

Amount per serving	
Calories	356
Fat	11g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	34g
Fiber	6g
Sugar	22g
Protein	33g
Cholesterol	83mg
Sodium	680mg
Potassium	1373mg
Vitamin A	1349IU
Vitamin C	184mg

Directions

- 1 Dice your chicken breasts into 1 inch cubes. Melt the coconut oil in a large skillet over medium heat. Add in the chicken and saute until cooked through and browned (about 10 minutes).
- 2 Meanwhile, in a small sauce pan stir together the chicken broth, garlic, orange zest, orange juice, molasses, tamari and red pepper flakes. Bring to a boil, then reduce to a simmer. Simmer for 10 minutes, then pour it into the skillet over the cooked chicken. Mix well to coat and let simmer while you prepare the rest.
- 3 Lightly steam your broccoli then toss in olive oil and sea salt and black pepper to taste.
- 4 Turn the heat off of the chicken (the sauce should be cooked down and thickened by now. If it isn't, simmer a bit longer). Divide the broccoli between bowls and top with the orange chicken. Sprinkle with sesame seeds and serve. Enjoy!

Notes

Prep Ahead: Mix the sauce up in a mason jar and store in the fridge until ready to cook. Steam the broccoli in advance and warm before serving.

Vegan & Vegetarian: Use chickpeas or tofu instead of chicken.

Leftovers: Keeps well in the fridge up to 3 days.

More Carbs: Serve with rice, quinoa or sweet potatoes.

Make It Faster: Buy pre-sliced chicken breast and pre-chopped broccoli florets (fresh or frozen) in the bag.

Calcium	199mg
Iron	4mg
Vitamin D	1IU
Vitamin E	2mg
Vitamin K	186µg
Thiamine	0.3mg
Riboflavin	0.5mg
Niacin	13mg
Vitamin B6	1.5mg
Folate	143µg
Vitamin B12	0.2µg
Phosphorous	419mg
Magnesium	145mg
Zinc	2mg
Selenium	36µg



Chicken, Carrots & Broccolini

4 servings

30 minutes

Ingredients

2 bunches Broccolini (trimmed)
4 Carrot (large, sliced into rounds)
2 tbsps Extra Virgin Olive Oil
454 grams Chicken Breast (boneless, skinless)

Nutrition

Amount per serving	
Calories	275
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	13g
Fiber	8g
Sugar	4g
Protein	34g
Cholesterol	82mg
Sodium	215mg
Potassium	1322mg
Vitamin A	20129IU
Vitamin C	84mg
Calcium	284mg
Iron	3mg
Vitamin D	1IU
Vitamin E	8mg
Vitamin K	571µg
Thiamine	0.5mg
Riboflavin	0.5mg
Niacin	16mg
Vitamin B6	1.5mg
Folate	177µg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 3 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 4 Remove the chicken and shred into pieces using two forks.
- 5 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

Notes

No Broccolini: Use regular broccoli or cauliflower instead.

Vitamin B12	0.2µg
Phosphorous	441mg
Magnesium	98mg
Zinc	2mg
Selenium	29µg



Rice, Beef & Spinach

4 servings

20 minutes

Ingredients

1 cup Jasmine Rice
454 grams Extra Lean Ground Beef
4 cups Baby Spinach (packed)
1 tbsp Tamari

Nutrition

Amount per serving	
Calories	369
Fat	11g
Saturated	4g
Trans	1g
Polyunsaturated	0g
Monounsaturated	5g
Carbs	39g
Fiber	2g
Sugar	0g
Protein	27g
Cholesterol	74mg
Sodium	350mg
Potassium	541mg
Vitamin A	2829IU
Vitamin C	8mg
Calcium	44mg
Iron	3mg
Vitamin D	3IU
Vitamin E	1mg
Vitamin K	146µg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	6mg
Vitamin B6	0.5mg
Folate	66µg
Vitamin B12	2.5µg
Phosphorous	229mg

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

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

More Flavor: Add fresh garlic or ginger to the beef with the spinach.

Additional Toppings: Hot sauce, sesame seeds, sliced green onions and/or cilantro.

No Tamari: Use soy sauce or coconut aminos instead.

No Beef: Use ground chicken, turkey or pork instead.

No Jasmine Rice: Use brown rice, quinoa or cauliflower rice instead.

Magnesium	48mg
Zinc	6mg
Selenium	19µg



Salmon, Rice & Arugula

4 servings

25 minutes

Ingredients

454 grams Salmon Fillet
1/2 tsp Sea Salt
1 cup Jasmine Rice (dry, uncooked)
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
4 cups Arugula

Nutrition

Amount per serving	
Calories	387
Fat	14g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	7g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	26g
Cholesterol	62mg
Sodium	350mg
Potassium	635mg
Vitamin A	520IU
Vitamin C	5mg
Calcium	46mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	26µg
Thiamine	0.3mg
Riboflavin	0.4mg
Niacin	9mg
Vitamin B6	1.0mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon: Use any type of fish fillet instead, or use canned fish.

No Arugula: Use baby spinach, kale or mixed greens instead.

No Rice: Use quinoa instead.

Leftovers: Refrigerate in an air-tight container up to 3 days.

Folate	49µg
Vitamin B12	3.6µg
Phosphorous	238mg
Magnesium	43mg
Zinc	1mg
Selenium	41µg



Miso Baked Tofu & Rice

4 servings

40 minutes

Ingredients

- 2 2/3 tbsps Miso Paste
- 2 2/3 tbsps Tamari
- 2 tbsps Maple Syrup
- 643 grams Tofu (extra firm, drained and cubed)
- 1 1/3 cups Brown Rice
- 2 1/3 cups Water
- 1/3 tsp Sea Salt
- 1/3 cup Cilantro (roughly chopped)

Nutrition

Amount per serving	
Calories	413
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	59g
Fiber	5g
Sugar	9g
Protein	23g
Cholesterol	0mg
Sodium	1434mg
Potassium	417mg
Vitamin A	90IU
Vitamin C	0mg
Calcium	486mg
Iron	5mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	9µg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 3 Meanwhile, combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 4 While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
- 5 Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!

Notes

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

Miso Paste: This recipe was developed and tested using white miso.

No Brown Rice: Use jasmine rice, white rice or cauliflower rice instead.

More Flavor: Add a drizzle of sesame oil or chili flakes for some heat.

Additional Toppings: Add your favorite vegetables.

Thiamine	0.4mg
Riboflavin	0.3mg
Niacin	5mg
Vitamin B6	0.5mg
Folate	32µg
Vitamin B12	0µg
Phosphorous	387mg
Magnesium	138mg
Zinc	3mg
Selenium	32µg



Spaghetti Squash, Turkey & Broccoli

4 servings

1 hour

Ingredients

- 1 Spaghetti Squash (medium)
- 454 grams Extra Lean Ground Turkey
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 1/4 cup Nutritional Yeast
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	20g
Fiber	6g
Sugar	2g
Protein	30g
Cholesterol	84mg
Sodium	729mg
Potassium	1092mg
Vitamin A	1045IU
Vitamin C	93mg
Calcium	119mg
Iron	4mg
Vitamin D	16IU
Vitamin E	1mg
Vitamin K	92µg
Thiamine	7.3mg
Riboflavin	7.7mg
Niacin	47mg
Vitamin B6	8.3mg

Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 2 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 3 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 4 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of each ingredient.

More Flavor: Season the turkey with minced onion or garlic while it cooks.

Additional Toppings: Top with fresh parsley, cilantro or your favorite hot sauce.

Make it Vegan: Use chickpeas or lentils instead of ground turkey.

Folate	84µg
Vitamin B12	35.1µg
Phosphorous	317mg
Magnesium	80mg
Zinc	3mg
Selenium	24µg



Lemon Cilantro Cod with Peppers

4 servings

35 minutes

Ingredients

- 1/3 cup Lemon Juice
- 1/3 cup Avocado Oil (divided)
- 1 1/2 cups Cilantro (finely chopped, divided)
- 1 tsp Sea Salt (divided)
- 4 Cod Fillet
- 1 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 2 Tomato (diced)

Nutrition

Amount per serving	
Calories	411
Fat	23g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	15g
Carbs	8g
Fiber	2g
Sugar	2g
Protein	43g
Cholesterol	99mg
Sodium	743mg
Potassium	1288mg
Vitamin A	2353IU
Vitamin C	145mg
Calcium	52mg
Iron	2mg
Vitamin D	83IU
Vitamin E	2mg
Vitamin K	20µg

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a zipper-lock bag add the lemon juice, 2/3 of the oil, 2/3 of the cilantro and 1/2 of the sea salt. Add the cod and massage the marinade into the fillets. Marinate them for at least 15 minutes or up to an hour.
- 3 Meanwhile, heat the remaining oil over medium heat. Add the bell peppers and tomato and cook for 8 to 10 minutes or until the peppers are just tender and the tomatoes have released their juices. Stir in the remaining cilantro and season with the remaining salt. Remove from heat.
- 4 Place cod fillets to a baking dish and transfer the peppers mixture on top of the cod fillets. Cover the dish with foil, or a tight-fitting lid, and bake for 18 to 20 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the fish and peppers between plates and season with additional salt if needed. Enjoy!

Notes

Fillet Size: Each cod fillet is equal to 231 grams or 8 ounces.

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

More Flavor: Add more herbs like parsley or oregano. Serve with additional lemon wedges.

No Lemon: Use lime instead.

No Cod: Use another white fish, like haddock, instead.

Thiamine	0.2mg
Riboflavin	0.2mg
Niacin	6mg
Vitamin B6	0.8mg
Folate	66µg
Vitamin B12	2.1µg
Phosphorous	509mg
Magnesium	90mg
Zinc	1mg
Selenium	77µg



Mason Jar Lentil Salad with Tahini Dressing

4 servings

30 minutes

Ingredients

- 1/2 cup Tahini
- 3/4 cup Water
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Lemon Juice
- 1/2 tsp Sea Salt
- 2 cups Purple Cabbage (chopped)
- 1 cup Watermelon Radish (sliced thinly)
- 1 1/3 cups Lentils (cooked)
- 3 cups Baby Kale

Nutrition

Amount per serving	
Calories	352
Fat	24g
Saturated	3g
Trans	0g
Polyunsaturated	8g
Monounsaturated	11g
Carbs	28g
Fiber	11g
Sugar	5g
Protein	13g
Cholesterol	0mg
Sodium	361mg
Potassium	715mg
Vitamin A	523IU
Vitamin C	39mg
Calcium	222mg
Iron	6mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	22µg

Directions

- 1 Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
- 2 Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to two days.

More Flavor: Add herbs, chili flakes and/or garlic powder to the lentils.

Additional Toppings: Add hemp seeds or pumpkin seeds.

No Baby Kale: Use baby spinach, arugula or romaine instead.

No Watermelon Radish: Use regular radish instead.

Likes it Sweet: Add a little bit of maple syrup to the tahini dressing.

Thiamine	0.5mg
Riboflavin	0.2mg
Niacin	3mg
Vitamin B6	0.3mg
Folate	168µg
Vitamin B12	0µg
Phosphorous	360mg
Magnesium	66mg
Zinc	2mg
Selenium	13µg



Cobb Salad Jar

4 servings

30 minutes

Ingredients

1/2 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
2 tbsps Dijon Mustard
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach (chopped)
1/2 cup Cherry Tomatoes (halved)
1/2 Avocado (diced)
227 grams Chicken Breast, Cooked
2 Egg (hardboiled and sliced)
1/2 cup Feta Cheese (crumbled)

Directions

- 1 In a small bowl, mix together lemon juice, olive oil, mustard, maple syrup and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
- 2 Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg and feta. Seal jar and store in the fridge.
- 3 When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.

Nutrition

Amount per serving	
Calories	299
Fat	19g
Saturated	5g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	24g
Cholesterol	169mg
Sodium	376mg
Potassium	534mg
Vitamin A	1831IU
Vitamin C	12mg
Calcium	135mg
Iron	1mg
Vitamin D	24IU

Vitamin E	3mg
Vitamin K	84µg
Thiamine	0.1mg
Riboflavin	0.5mg
Niacin	8mg
Vitamin B6	0.9mg
Folate	71µg
Vitamin B12	0.7µg
Phosphorous	284mg
Magnesium	48mg
Zinc	2mg
Selenium	27µg



Bacon & Eggs Breakfast Jar

4 servings

20 minutes

Ingredients

8 slices Organic Bacon
1 tbsp Coconut Oil (divided)
2 cups Mini Potatoes (quartered)
Sea Salt & Black Pepper (to taste)
8 Egg (whisked)
1 cup Organic Salsa
4 cups Arugula

Nutrition

Amount per serving	
Calories	475
Fat	34g
Saturated	13g
Trans	0g
Polyunsaturated	5g
Monounsaturated	13g
Carbs	19g
Fiber	3g
Sugar	4g
Protein	23g
Cholesterol	409mg
Sodium	1035mg
Potassium	822mg
Vitamin A	1336IU
Vitamin C	19mg
Calcium	120mg
Iron	3mg
Vitamin D	91IU
Vitamin E	2mg
Vitamin K	26µg
Thiamine	0.3mg
Riboflavin	0.6mg
Niacin	4mg

Directions

- 1 Cook the bacon and wrap in paper towel while you prepare the rest.
- 2 Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
- 3 Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
- 4 Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

Notes

Vegetarian: Replace the bacon with roasted chickpeas.

Leftovers: Store covered in the fridge up to 4 days.

The Best Bacon: Read the label. Look for quality bacon with no sugar added. Check out your local butcher.

Vitamin B6	0.7mg
Folate	80µg
Vitamin B12	1.2µg
Phosphorous	366mg
Magnesium	56mg
Zinc	2mg
Selenium	43µg



Antipasto Salad Jar

4 servings

40 minutes

Ingredients

2 Red Bell Pepper (diced)
1 cup Red Onion (diced)
1 cup Cherry Tomatoes (halved)
1 cup Quinoa (uncooked)
1 1/2 cups Water
1 cup Basil Leaves
4 cups Baby Spinach (divided)
1 Lemon (juiced)
1/3 cup Sunflower Seeds
1/4 cup Extra Virgin Olive Oil
1 tbsp Tamari
2 Garlic (cloves, peeled and chopped)
1/3 cup Black Olives (pitted and chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	406
Fat	23g
Saturated	3g
Trans	0g
Polyunsaturated	7g
Monounsaturated	12g
Carbs	42g
Fiber	8g
Sugar	6g
Protein	11g
Cholesterol	0mg
Sodium	369mg
Potassium	830mg

Directions

- 1 Preheat oven to 410°F (210°C). Place your diced red pepper, red onion and cherry tomatoes together in a mixing bowl and toss with a splash of extra virgin olive oil. Season with sea salt and pepper. Line a baking sheet with parchment paper and spread veggies across evenly. Bake in the oven for 30 minutes.
- 2 Meanwhile, place your quinoa in a saucepan with the water. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 minutes or until all the water has been absorbed. Remove from heat, fluff with a fork and set aside.
- 3 Next make your pesto by combining basil, half of the spinach, lemon juice, sunflower seeds, olive oil, tamari and garlic cloves in a food processor. Blend until a creamy consistency forms.
- 4 Remove vegetables from oven and place back in the mixing bowl. Add the black olives and toss well.
- 5 Gather your mason jars. Place a few spoonfuls of quinoa in the bottom of each jar. Next add a spoonful or two of pesto. Then layer in the roasted veggies. Finish each jar by packing it with spinach. Shake and dump into a bowl when ready to enjoy!

Vitamin A	5591IU
Vitamin C	100mg
Calcium	116mg
Iron	5mg
Vitamin D	0IU
Vitamin E	8mg
Vitamin K	203µg
Thiamine	0.2mg
Riboflavin	0.3mg
Niacin	3mg
Vitamin B6	0.7mg
Folate	213µg
Vitamin B12	0µg
Phosphorous	384mg
Magnesium	148mg
Zinc	2mg
Selenium	13µg



Mason Jar Salmon Salad

4 servings

20 minutes

Ingredients

- 1 tsp Sea Salt (divided)
- 567 grams Salmon Fillet
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Lemon Juice
- 2 tps Dijon Mustard
- 2 Cucumber (sliced)
- 16 leaves Romaine (chopped)

Nutrition

Amount per serving	
Calories	368
Fat	23g
Saturated	3g
Trans	0g
Polyunsaturated	5g
Monounsaturated	13g
Carbs	10g
Fiber	3g
Sugar	4g
Protein	30g
Cholesterol	78mg
Sodium	692mg
Potassium	1208mg
Vitamin A	9971IU
Vitamin C	15mg
Calcium	79mg
Iron	3mg
Vitamin D	0IU
Vitamin E	2mg
Vitamin K	148µg
Thiamine	0.4mg
Riboflavin	0.7mg
Niacin	12mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add sea salt to the salmon and bake for 10 to 12 minutes or until cooked through and flaky. Once cooled, flake into pieces with a fork.
- 2 In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, salmon and the romaine. Seal with a lid.
- 3 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Refrigerate in the mason jar or an airtight container for up to two days.

More Flavor: Add additional herbs or spices to the salmon.

Additional Toppings: Add additional veggies to the salad such as carrots, peppers or cabbage.

Vitamin B6	1.3mg
Folate	201µg
Vitamin B12	4.5µg
Phosphorous	354mg
Magnesium	77mg
Zinc	1mg
Selenium	53µg



Burrito Bowl Mason Jar

4 servings

25 minutes

Ingredients

1 cup Quinoa
2 cups Water
454 grams Extra Lean Ground Chicken
1/2 cup Organic Salsa
2 Avocado (peeled and diced)
2 Tomato (diced)
1 cup Baby Spinach (chopped)
2 cups Black Beans (cooked, drained and rinsed)
1 Lime (juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	616
Fat	27g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	15g
Carbs	61g
Fiber	19g
Sugar	2g
Protein	37g
Cholesterol	98mg
Sodium	341mg
Potassium	1886mg
Vitamin A	1847IU
Vitamin C	25mg
Calcium	95mg
Iron	6mg
Vitamin D	0IU

Directions

- 1 Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
- 3 Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of organic salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

Vitamin E	5mg
Vitamin K	63µg
Thiamine	0.6mg
Riboflavin	0.6mg
Niacin	10mg
Vitamin B6	1.2mg
Folate	322µg
Vitamin B12	0.6µg
Phosphorous	601mg
Magnesium	215mg
Zinc	5mg
Selenium	17µg