

A top-down view of a light blue textured surface with various healthy food items. In the top left is a glass of pink smoothie. Below it is another glass of smoothie. To the right is a folded pink cloth. In the center is a white bowl of oatmeal topped with shredded carrots and nuts. To the left is a bowl of oatmeal with banana slices and nuts. In the bottom left is a plate of avocado toast on dark bread with white cheese. In the bottom right is a white mug of milk and two wooden spoons.

20+

HIGH-PROTEIN MEALS

To help you lose weight

Chocolate Protein Overnight Oats

7 ingredients · 8 hours · 1 serving



Directions

1. Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
2. Remove the oats from the fridge. Divide evenly between containers and top with additional raspberries, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/4 cups.

Additional Toppings

If a thinner consistency is desired, stir in a splash of milk when ready to eat.

Ingredients

- 1/2 cup Oats
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Chocolate Protein Powder
- 1 1/2 tbsps Cocoa Powder
- 1 tbsp Almond Butter
- 1 tsp Maple Syrup
- 1/2 cup Raspberries (plus extra to garnish)

Nutrition

Amount per serving

Calories	424	Cholesterol	4mg
Fat	15g	Sodium	165mg
Carbs	49g	Vitamin A	395IU
Fiber	14g	Vitamin C	16mg
Sugar	8g	Calcium	560mg
Protein	31g	Iron	4mg

Smoked Salmon Egg Cups

6 ingredients · 25 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tray with oil or use a silicone muffin tray.
2. In a small bowl, whisk together the eggs, chives, salt and pepper.
3. Add the spinach and then the smoked salmon to the prepared muffin tray. Pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two egg cups.

More Flavor

Add fresh dill or capers to the muffin tins.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 6 Egg
- 1 **tbsp** Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Baby Spinach (chopped)
- 113 **grams** Smoked Salmon (roughly chopped)

Nutrition

Amount per serving

Calories	210	Cholesterol	381mg
Fat	14g	Sodium	403mg
Carbs	1g	Vitamin A	1554IU
Fiber	0g	Vitamin C	3mg
Sugar	0g	Calcium	71mg
Protein	20g	Iron	2mg

Salmon, Collard Greens & Cauliflower

8 ingredients · 20 minutes · 2 servings



Directions

1. Boil the cauliflower in a large pot of water until tender, about five to ten minutes. Drain and add salt and pepper to taste.
2. Meanwhile, heat a large skillet over medium heat and add half of the oil. Add the garlic and salmon. Cook the salmon for four minutes and then flip it.
3. Add the remaining oil, water, collard greens, and coconut aminos to the skillet around the salmon. Season with salt and pepper. Cover and cook for three minutes or until the collard greens are softened and the salmon is cooked through.
4. Divide the salmon, collard greens, and cauliflower between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is six ounces of salmon, one cup of cooked collard greens, and one cup of cauliflower.

More Flavor

Add minced shallot, ginger, and green onions to the salmon while it cooks. Toss the cauliflower in butter and chives.

Ingredients

- 1/2 head Cauliflower (cut into florets)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tpsps Extra Virgin Olive Oil (divided)
- 1 Garlic (clove, large, minced)
- 340 grams Salmon Fillet
- 2 tbsps Water
- 3 cups Collard Greens (thinly sliced)
- 1 1/2 tbsps Coconut Aminos

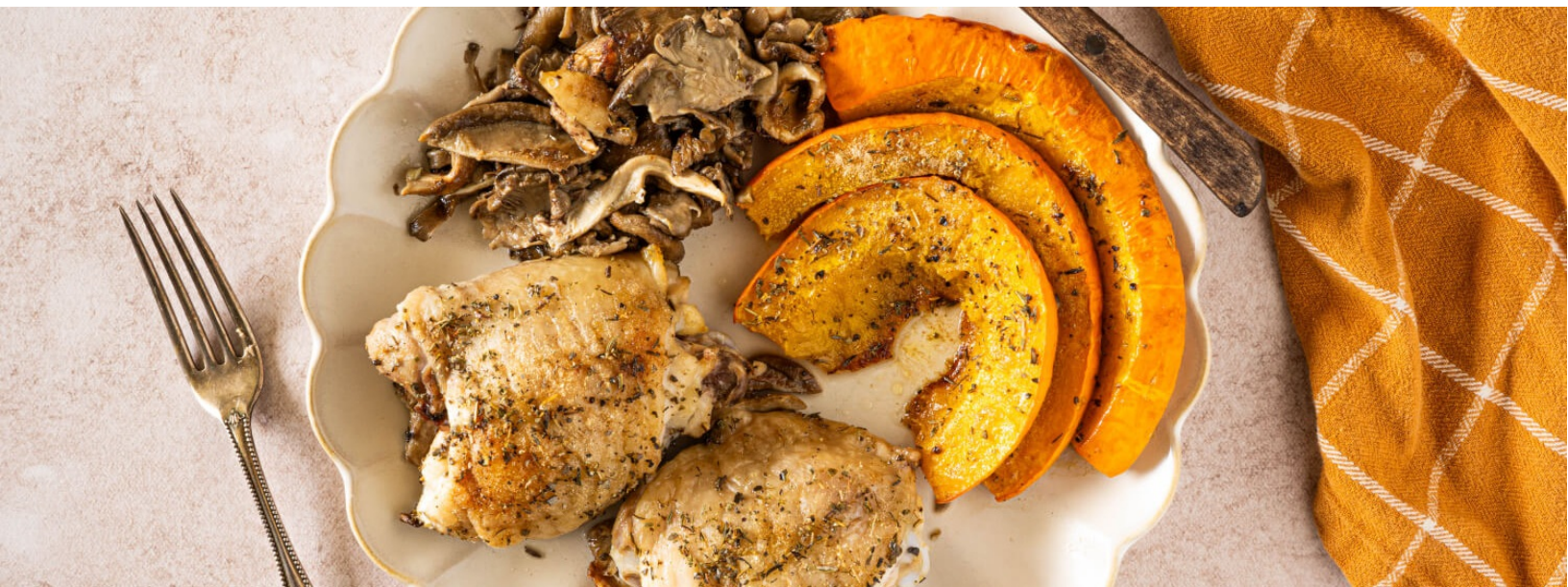
Nutrition

Amount per serving

Calories	320	Cholesterol	87mg
Fat	12g	Sodium	389mg
Carbs	13g	Vitamin A	2986IU
Fiber	5g	Vitamin C	90mg
Sugar	5g	Calcium	177mg
Protein	42g	Iron	2mg

One Pan Chicken Thighs with Squash & Mushrooms

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Add the mushrooms and squash to a baking sheet. Place the chicken on top of the mushrooms and drizzle everything with oil. Season with sage, thyme, salt, and pepper.
3. Bake in the oven for 30 minutes or until the squash is fork-tender and the chicken begins to brown and is cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two chicken thighs, 3/4 cup of squash, and 1/2 cup of mushrooms.

Additional Toppings

Parmesan cheese.

No Honeynut Squash

Use any type of winter squash.

Ingredients

- 2 cups Oyster Mushrooms (chopped)
- 1/2 Honeynut Squash (sliced)
- 340 grams Chicken Thighs (boneless)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Ground Sage
- 1/2 tsp Dried Thyme
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	338	Cholesterol	160mg
Fat	14g	Sodium	181mg
Carbs	17g	Vitamin A	497IU
Fiber	4g	Vitamin C	12mg
Sugar	1g	Calcium	58mg
Protein	37g	Iron	4mg

Salmon Stuffed Peppers with Roasted Carrots

7 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 400° (205°C). Prepare a baking sheet with parchment paper.
2. Add the salmon, avocado, dill, salt, and pepper to a large bowl. Mash with a potato masher or a fork until well combined.
3. Slice the tops of the peppers off and remove the seeds. Dice up the tops of the peppers and add them to the salmon mixture. Mix to combine.
4. Stuff the peppers with the salmon mixture, then add them to the prepared baking sheet along with the carrots. Drizzle the carrots with oil and season with salt and pepper.
5. Bake in the oven for 30 minutes or until slightly browned and cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one stuffed pepper and approximately 1/2 cup of carrots.

Make it Vegan

Use crumbled tofu instead of salmon.

Ingredients

- 227 grams** Canned Wild Salmon
- 1/2** Avocado (medium)
- 1 tsp** Dried Dill
- Sea Salt & Black Pepper (to taste)
- 2** Yellow Bell Pepper
- 2** Carrot (large, sliced)
- 1 tsp** Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	356	Cholesterol	75mg
Fat	17g	Sodium	488mg
Carbs	22g	Vitamin A	10877IU
Fiber	7g	Vitamin C	350mg
Sugar	3g	Calcium	97mg
Protein	33g	Iron	2mg

Scrambled Egg Whites with Tomato & Asparagus

6 ingredients · 10 minutes · 1 serving



Directions

1. In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the asparagus until fork tender, about three minutes. Drain any excess water and set aside.
2. Add the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and move them around with a spatula continuously until fluffy and cooked through, about three minutes.
3. Add the eggs to a plate with the remaining ingredients. Season with dried basil and salt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add a splash of balsamic vinegar.

Additional Toppings

Add toast, avocado, cheese, or sauerkraut.

Make it Vegan

Use tofu instead of egg whites.

No Non-Stick Pan

Use your choice of oil as needed.

Ingredients

- 3/4 cup Water (divided)
- 1 cup Asparagus (trimmed)
- 1 cup Egg Whites
- 1 Tomato (sliced)
- 1/2 tsp Dried Basil
- 1/8 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	172	Cholesterol	0mg
Fat	1g	Sodium	752mg
Carbs	11g	Vitamin A	2676IU
Fiber	4g	Vitamin C	25mg
Sugar	4g	Calcium	80mg
Protein	31g	Iron	4mg

Fluffy Kale & Mushroom Egg White Omelette

7 ingredients · 10 minutes · 1 serving



Directions

1. In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the kale, mushrooms, nutritional yeast, garlic powder, and salt until soft, about two minutes. Set aside.
2. Cooking one omelette at a time, add a splash of the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate. Repeat with any remaining egg whites, one omelette at a time.
3. Arrange the kale and mushrooms down the middle of each omelette. Fold the sides of the omelette towards the center and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Sauté the kale and mushrooms with your choice of oil instead of water. Add a squeeze of lemon juice overtop.

No Nutritional Yeast

Use parmesan, feta, vegan cheese, or omit completely.

No Non-Stick Pan

Use your choice of oil as needed.

Ingredients

- 3/4 cup Water (divided)
- 1 cup Kale Leaves (tough stems removed, chopped)
- 4 Cremini Mushrooms (diced)
- 1 tsp Nutritional Yeast
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1 cup Egg Whites

Nutrition

Amount per serving

Calories	162	Cholesterol	0mg
Fat	1g	Sodium	725mg
Carbs	6g	Vitamin A	1011IU
Fiber	2g	Vitamin C	21mg
Sugar	3g	Calcium	92mg
Protein	31g	Iron	1mg

Grilled Halibut with Arugula Salad

10 ingredients · 30 minutes · 4 servings



Directions

1. In a small mason jar, combine half the olive oil with the lemon juice and garlic. Add half of the sea salt. Put a lid on it and shake well. Set dressing aside.
2. In a large bowl, combine the arugula, cherry tomatoes, red onion. Set aside.
3. Brush both sides of the halibut fillets with remaining olive oil and season with remaining sea salt and pepper. Heat your grill over medium heat. Grill the halibut for 4 to 5 minutes per side or until it flakes with a fork. Remove the fish from the grill.
4. Toss arugula salad with desired amount of dressing and top with shaved parmigiano reggiano. Plate the fish and salad together side-by-side and serve with a lemon wedge. Enjoy!

Notes

No Grill

Pan sear the halibut in a cast iron skillet over medium heat for 4 minutes per side or until cooked through.

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 Lemon (juiced and the other cut into wedges)
- 1 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 4 cups Arugula
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Red Onion (finely diced)
- 567 grams Halibut Fillet
- 1/4 tsp Black Pepper
- 1/4 cup Parmigiano Reggiano (shaved)

Nutrition

Amount per serving

Calories	295	Cholesterol	76mg
Fat	18g	Sodium	444mg
Carbs	4g	Vitamin A	777IU
Fiber	1g	Vitamin C	16mg
Sugar	2g	Calcium	125mg
Protein	29g	Iron	1mg

Lemon Paprika Shrimp with Kale

10 ingredients · 20 minutes · 3 servings



Directions

1. In a mixing bowl whisk half of the olive oil, maple syrup, paprika, Italian seasoning, salt and red pepper flakes, if using, until combined. Add the shrimp to the sauce and toss until the shrimp are well coated.
2. Heat a large non-stick pan or skillet over medium-high heat.
3. Add the shrimp and all of the sauce to the pan. Let the shrimp cook for 1 to 2 minutes per side, or until cooked through. Add the water and half of the lemon juice and stir to coat the shrimp in the sauce. Let the sauce come to a gentle bubble then remove from heat. Transfer shrimp to a bowl and season with additional salt and lemon juice if needed. Set aside.
4. To the same pan, add the remaining olive oil. Add the kale to the pan and cook until wilted and tender, stirring frequently, for about 5 minutes. Remove from heat and stir in the remaining lemon juice.
5. Divide the shrimp and kale between plates and serve immediately. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Serve with extra lemon wedges or fresh ground pepper on top.

Ingredients

- 3 **tbps** Extra Virgin Olive Oil (divided)
- 1 **tbsp** Maple Syrup
- 1 **1/2 tps** Paprika
- 1 **1/2 tps** Italian Seasoning
- 1/4 **tsp** Sea Salt
- 1/8 **tsp** Red Pepper Flakes (optional)
- 399 **grams** Shrimp (large, peeled, deveined and tails removed)
- 1 **1/2 tbps** Water
- 1 **tbsp** Lemon Juice (divided)
- 5 **cups** Kale Leaves (finely chopped)

Nutrition

Amount per serving

Calories	268	Cholesterol	216mg
Fat	15g	Sodium	377mg
Carbs	7g	Vitamin A	2282IU
Fiber	2g	Vitamin C	35mg
Sugar	5g	Calcium	186mg
Protein	28g	Iron	2mg

Crispy Broiled Haddock & Broccolini

5 ingredients · 15 minutes · 2 servings



Directions

1. Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
2. Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
3. Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock

Use cod or tilapia instead.

Fillet Size

Each haddock fillet is equal to 150 grams or 5.3 ounces.

Ingredients

2 Haddock Fillet (5 ounces each)

227 grams Broccolini (trimmed)

2 tbsps Avocado Oil

1 tsp Dried Thyme

1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	297	Cholesterol	104mg
Fat	16g	Sodium	1009mg
Carbs	6g	Vitamin A	2079IU
Fiber	3g	Vitamin C	34mg
Sugar	1g	Calcium	150mg
Protein	33g	Iron	2mg

One Pan Tamari Beef & Vegetables

6 ingredients · 20 minutes · 2 servings



Directions

1. Heat a large, non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary.
2. Add the peppers, green onion, and green beans to the pan with the beef and continue to cook for five to six minutes stirring often until the peppers and beans are just tender.
3. Add the bok choy and tamari to the pan and cook for two to three minutes more until the bok choy is wilted and tender. Season with additional tamari if needed then divide between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add red pepper flakes, garlic, or ginger.

No Tamari

Use soy sauce or coconut aminos instead.

No Ground Beef

Use ground chicken, turkey, or pork instead.

No Bok Choy

Use spinach or kale instead.

Ingredients

340 grams Extra Lean Ground Beef

1/2 Red Bell Pepper (diced)

3 stalks Green Onion (chopped)

1 cup Green Beans (chopped)

2 cups Bok Choy (chopped)

2 1/2 tbsps Tamari

Nutrition

Amount per serving

Calories	350	Cholesterol	111mg
Fat	17g	Sodium	1422mg
Carbs	9g	Vitamin A	5148IU
Fiber	3g	Vitamin C	78mg
Sugar	5g	Calcium	128mg
Protein	39g	Iron	6mg

Egg, Shrimp & Avocado Salad

7 ingredients · 15 minutes · 2 servings



Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let them sit until cool enough to handle. Peel and slice into quarters.
2. Divide the spinach, shrimp, avocado, tomatoes, and eggs onto separate plates. Drizzle lemon juice over top and season with salt and black pepper to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately three cups.

More Flavor

Use your favorite salad dressing instead of lemon juice.

Additional Toppings

Red pepper flakes, mushrooms, olives, bell peppers and red onions.

Ingredients

- 2 Egg
- 3 cups Baby Spinach
- 227 grams Shrimp, Cooked
- 1 Avocado (chopped)
- 1 cup Cherry Tomatoes (halved)
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	372	Cholesterol	400mg
Fat	20g	Sodium	243mg
Carbs	15g	Vitamin A	5258IU
Fiber	9g	Vitamin C	39mg
Sugar	3g	Calcium	172mg
Protein	37g	Iron	3mg

Cumin Chicken Skewers

7 ingredients · 20 minutes · 4 servings



Directions

1. Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
2. In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
3. Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals two skewers.

More Flavor

Add chili powder and garlic to your spice mix. Use a charcoal grill.

Additional Toppings

Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Coconut Oil

Use olive oil, butter, or ghee instead.

Ingredients

- 2 **tbps** Cumin Seed
- 2 **tbps** Fennel Seed
- 1 **tsp** Sea Salt
- 567 grams** Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 1 **1/2 tbps** Coconut Oil (melted)
- 2 Red Bell Pepper (medium, chopped)
- 8 Barbecue Skewers

Nutrition

Amount per serving

Calories	246	Cholesterol	103mg
Fat	10g	Sodium	662mg
Carbs	6g	Vitamin A	1947IU
Fiber	2g	Vitamin C	76mg
Sugar	3g	Calcium	53mg
Protein	33g	Iron	3mg

Smoked Salmon & Quinoa Breakfast Bowl

6 ingredients · 20 minutes · 2 servings



Directions

1. Cook the quinoa according to the package directions and let cool.
2. Meanwhile, place the eggs in a saucepan and cover with water. Bring to a boil, then turn off the heat, cover with a lid and let sit for 10 to 12 minutes. Transfer the eggs to an ice bath. Peel and slice the eggs when cool enough to handle.
3. Toss the quinoa with cilantro and lime juice. Divide the arugula, quinoa, smoked salmon, and eggs between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Season the quinoa with salt and pepper. Add sliced red onion, capers, or avocado to the finished bowl.

Ingredients

- 1/4 cup Quinoa (uncooked)
- 4 Egg
- 2 tbsps Cilantro (chopped)
- 1 tsp Lime Juice (to taste)
- 2 cups Arugula (packed)
- 170 grams Smoked Salmon (sliced)

Nutrition

Amount per serving

Calories	327	Cholesterol	392mg
Fat	15g	Sodium	720mg
Carbs	15g	Vitamin A	1160IU
Fiber	2g	Vitamin C	4mg
Sugar	1g	Calcium	108mg
Protein	32g	Iron	4mg

Turkey Sausage Scramble

4 ingredients · 10 minutes · 1 serving



Directions

1. Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
2. Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

Notes

Leftovers

Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

More Flavor

Add onion, mushrooms, or bell pepper.

Additional Toppings

Hot sauce, ketchup, avocado, or salsa.

No Spinach

Use kale instead.

No Turkey Sausage

Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.

Ingredients

115 grams Turkey Sausage (casing removed)

1 cup Baby Spinach (chopped)

2 Egg (whisked)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	328	Cholesterol	458mg
Fat	19g	Sodium	848mg
Carbs	2g	Vitamin A	3439IU
Fiber	1g	Vitamin C	11mg
Sugar	1g	Calcium	108mg
Protein	35g	Iron	4mg

Sweet Ginger Beef & Cauliflower Rice Bowl

9 ingredients · 20 minutes · 2 servings



Directions

1. Add the tamari, water, monk fruit sweetener, garlic, ginger, and half of the green onion to a small bowl and mix well. Set aside. (The granulated monk fruit sweetener may not dissolve completely.)
2. Heat half of the sesame oil in a cast-iron pan over medium-high heat. Add the steak and cook for one to two minutes per side or until cooked to your liking. Remove from the pan.
3. Add the sauce to the same pan and cook for two to three minutes until the sauce has thickened. Add the steak back to the pan and stir to coat the steak in the sauce. Set aside.
4. Add the remaining oil to a non-stick pan over medium heat. Add the cauliflower rice and cook for three to five minutes or until the cauliflower is cooked to the desired doneness.
5. Divide the cauliflower rice between bowls and top with the steak and any excess sauce and the remaining green onions. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately a half cup of beef and one cup of cauliflower rice.

Additional Toppings

Red pepper flakes, sesame seeds, sriracha, and/or extra tamari.

No Striploin Steak

Use top sirloin or flank steak instead.

No Tamari

Use soy sauce or coconut aminos instead.

Like it Spicy

Add red pepper flakes to the sauce.

Ingredients

- 3 tbsps Water
- 1 1/2 tbsps Tamari
- 1 tbsps Monk Fruit Sweetener (granulated)
- 1 Garlic (clove, minced)
- 1 1/2 tpsps Ginger (minced or grated)
- 1 stalk Green Onion (chopped, divided)
- 1 tbsps Sesame Oil (divided)
- 227 grams NY Striploin Steak (thinly sliced)
- 3 cups Cauliflower Rice

Nutrition

Amount per serving

Calories	274	Cholesterol	61mg
Fat	15g	Sodium	840mg
Carbs	15g	Vitamin A	287IU
Fiber	3g	Vitamin C	1mg
Sugar	4g	Calcium	44mg
Protein	28g	Iron	2mg

One Pan Italian Chicken & Veggies

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Add the oil and season with Italian seasoning, garlic powder, salt, and pepper.
3. Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
4. Divide evenly between plates or meal prep containers and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add other dried herbs and spices to taste, like red pepper flakes, onion powder, and/or parsley.

Serve it With

Rice, cauliflower rice, or quinoa. Add avocado or dipping sauce, like tzatziki or hummus.

Ingredients

283 grams Chicken Breast (cut into large cubes)

1 cup Broccoli (cut into small florets)

1/4 cup Red Onion (cut into thick slices)

1/2 cup Cherry Tomatoes

1 Zucchini (chopped)

1 tbsp Extra Virgin Olive Oil

1 1/2 tsps Italian Seasoning

1/2 tsp Garlic Powder

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	279	Cholesterol	103mg
Fat	11g	Sodium	90mg
Carbs	10g	Vitamin A	833IU
Fiber	3g	Vitamin C	65mg
Sugar	5g	Calcium	53mg
Protein	35g	Iron	1mg

Sheet Pan Dijon Chicken Thighs & Broccoli

5 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
2. In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.
3. Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
4. Divide evenly between plates. Season with additional salt and pepper if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about three cups.

More Flavor

Add maple syrup and/or honey to the chicken.

Ingredients

- 680 grams** Chicken Thighs (boneless, skinless)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tpsps** Dijon Mustard
- 8 cups** Broccoli (florets, chopped)

Nutrition

Amount per serving

Calories	330	Cholesterol	160mg
Fat	14g	Sodium	249mg
Carbs	12g	Vitamin A	1175IU
Fiber	5g	Vitamin C	162mg
Sugar	3g	Calcium	98mg
Protein	39g	Iron	3mg

One Pan Beef, Mushrooms & Swiss Chard

8 ingredients · 25 minutes · 2 servings



Directions

1. Heat the oil in a cast-iron skillet over medium-high heat. Add the steak and cook for about 10 minutes, stirring occasionally.
2. Add the mushrooms to the skillet and sauté for another five minutes. Add paprika and cumin and season with salt and pepper.
3. Add the swiss chard, stir, and cook for another five minutes or until wilted and everything is cooked through.
4. Adjust the seasoning to your taste. Serve with lemon wedges and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add bell peppers, onion, and/or broccoli.

Additional Toppings

Top with fresh herbs such as parsley and/or green onion.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 283 grams Flank Steak (sliced into strips, against the grain)
- 8 Cremini Mushrooms (medium, sliced)
- 1 tsp Paprika
- 1 tsp Cumin Seed
- Sea Salt & Black Pepper (to taste)
- 3 cups Swiss Chard (chopped)
- 1/2 Lemon (sliced into wedges, to serve)

Nutrition

Amount per serving

Calories	290	Cholesterol	96mg
Fat	15g	Sodium	198mg
Carbs	6g	Vitamin A	3883IU
Fiber	2g	Vitamin C	22mg
Sugar	2g	Calcium	81mg
Protein	34g	Iron	5mg

Greek Chopped Salad with Shrimp

10 ingredients · 15 minutes · 2 servings



Directions

1. Bring a large pot of water to a boil. Blanch the shrimp in the boiling water for one to two minutes or until the shrimp turn a salmon pink color. Drain and set aside.
2. In a large bowl, toss together the bell peppers, tomato, cucumber, olives, red onion, and feta cheese. Mix the oil, vinegar, and Greek seasoning together to make a dressing and toss it with the vegetables.
3. Top the salad with the shrimp and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cups of salad with shrimp.

More Flavor

Add minced garlic to the dressing and chopped dill to the salad.

Dairy-Free

Omit the feta cheese or use a vegan alternative.

Ingredients

- 283 grams** Shrimp (peeled, deveined)
- 1** Orange Bell Pepper (medium, chopped)
- 1** Tomato (medium, chopped)
- 1/2** Cucumber (medium, chopped)
- 2 tbsps** Pitted Kalamata Olives
- 2 tbsps** Red Onion (thinly sliced)
- 1/4 cup** Feta Cheese (crumbled)
- 2 tbsps** Extra Virgin Olive Oil
- 1 tbsp** Red Wine Vinegar
- 1 tsp** Greek Seasoning

Nutrition

Amount per serving

Calories	350	Cholesterol	245mg
Fat	20g	Sodium	792mg
Carbs	13g	Vitamin A	1202IU
Fiber	2g	Vitamin C	182mg
Sugar	2g	Calcium	218mg
Protein	33g	Iron	2mg

Salmon & Roasted Sweet Potato

6 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the sweet potatoes onto the baking sheet. Toss with oil and season with salt and pepper. Bake in the oven for 15 minutes.
3. Remove the baking sheet from the oven and place the salmon on it. Season with salt and pepper.
4. Bake in the oven for another 15 to 20 minutes or until everything is cooked through. Top with dill and serve with lemon wedges. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one salmon fillet and about one cup of sweet potato.

More Flavor

Add paprika, bell pepper, and/or zucchini.

Ingredients

- 1 Sweet Potato (large, peeled, cut into fries)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 340 grams Salmon Fillet
- 1 tbsp Fresh Dill
- 1/2 Lemon (sliced into wedges, for serving)

Nutrition

Amount per serving

Calories	301	Cholesterol	87mg
Fat	10g	Sodium	169mg
Carbs	14g	Vitamin A	9519IU
Fiber	2g	Vitamin C	6mg
Sugar	3g	Calcium	36mg
Protein	39g	Iron	1mg

Saffron Chicken & Mashed Cauliflower

7 ingredients · 30 minutes · 2 servings



Directions

1. In a bowl, add the lemon juice, saffron, half of the salt, and chicken breast. Let the chicken sit in the marinade for about 10 minutes.
2. Meanwhile, add the cauliflower to a pot of boiling water, cover, and cook for five to ten minutes or until tender. Drain and mash with half of the oil and the remaining salt.
3. Heat the remaining oil in a pan. Add the chicken breast and cook for 12 to 15 minutes or until cooked through, flipping halfway.
4. Serve the chicken with mashed cauliflower. Season with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to 1/2 cup of mashed cauliflower with chicken.

No Saffron

Use turmeric instead.

More Flavor

Add zucchini or broccoli.

Ingredients

- 1/2 Lemon (juiced)
- 1/4 tsp Saffron (ground)
- 1 tsp Sea Salt (divided)
- 283 grams Chicken Breast (boneless)
- 1/2 head Cauliflower (cut into florets)
- 1 1/2 tps Extra Virgin Olive Oil (divided)
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving

Calories	240	Cholesterol	103mg
Fat	8g	Sodium	1289mg
Carbs	8g	Vitamin A	204IU
Fiber	3g	Vitamin C	78mg
Sugar	3g	Calcium	43mg
Protein	35g	Iron	1mg