



# Gluten-Free 7-Day Food Plan

MICHELE BROOKS

## MON



**BREAKFAST**  
BBQ Chicken & Cheesy Grits



**SNACK 1**  
Cheesy Black Bean Toast



**LUNCH**  
Tofu Scramble with Lentils & Spinach



**SNACK 2**  
Peach, Blackberry & Basil Smoothie



**DINNER**  
Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

## TUE



**BREAKFAST**  
BBQ Chicken & Cheesy Grits



**SNACK 1**  
Cheesy Black Bean Toast



**LUNCH**  
Meal Prep Spaghetti with Chicken, Spinach & Tomatoes



**SNACK 2**  
Peach, Blackberry & Basil Smoothie



**DINNER**  
Cottage Stew

## WED



**BREAKFAST**  
BBQ Chicken & Cheesy Grits



**SNACK 1**  
Cheesy Black Bean Toast



**LUNCH**  
Cottage Stew



**SNACK 2**  
Peach, Blackberry & Basil Smoothie



**DINNER**  
Pork & Thai Basil Stir Fry

## THU



**BREAKFAST**  
Vanilla Cauliflower Shake



**SNACK 1**  
Prosciutto Wrapped Apricots



**LUNCH**  
Pork & Thai Basil Stir Fry



**SNACK 2**  
Cottage Cheese & Blueberry Sauce



**DINNER**  
One Pan Teriyaki Chicken

## FRI



**BREAKFAST**  
Vanilla Cauliflower Shake



**SNACK 1**  
Prosciutto Wrapped Apricots



**LUNCH**  
One Pan Teriyaki Chicken



**SNACK 2**  
Cottage Cheese & Blueberry Sauce



**DINNER**  
Turkey & Black Bean Cauliflower Rice Skillet

## SAT



**BREAKFAST**  
Creamy Chocolate Peanut Butter Overnight Oats



**SNACK 1**  
Prosciutto Wrapped Apricots



**LUNCH**  
Turkey & Black Bean Cauliflower Rice Skillet



**SNACK 2**  
Cottage Cheese & Blueberry Sauce



**DINNER**  
Ginger Beef Sweet Potato Noodles

## SUN



**BREAKFAST**  
Creamy Chocolate Peanut Butter Overnight Oats



**SNACK 1**  
Prosciutto Wrapped Apricots



**LUNCH**  
Ginger Beef Sweet Potato Noodles



**SNACK 2**  
Cottage Cheese & Blueberry Sauce



**DINNER**  
Malai Shrimp Curry

**MON****FAT 33%**   **CARBS 38%**   **PROTEIN 29%**

**Calories** 1900      Iron 21mg  
**Fat** 70g      Vitamin D 183IU  
Saturated 26g      Vitamin E 9mg  
Polyunsaturated 11g      Vitamin K 373µg  
Monounsaturated 25g      Thiamine 4.9mg  
**Carbs** 186g      Riboflavin 5.3mg  
Fiber 36g      Niacin 49mg  
Sugar 46g      Vitamin B6 6.5mg  
**Protein** 140g      Folate 712µg  
Cholesterol 389mg      Vitamin B12 22.3µg  
Sodium 1809mg      Phosphorous 1644mg  
Potassium 3672mg      Magnesium 372mg  
Vitamin A 10177IU      Zinc 11mg  
Vitamin C 65mg      Selenium 121µg  
Calcium 1791mg

**TUE****FAT 36%**   **CARBS 36%**   **PROTEIN 28%**

**Calories** 1909      Iron 14mg  
**Fat** 76g      Vitamin D 188IU  
Saturated 31g      Vitamin E 11mg  
Polyunsaturated 6g      Vitamin K 215µg  
Monounsaturated 30g      Thiamine 1.4mg  
**Carbs** 175g      Riboflavin 1.8mg  
Fiber 21g      Niacin 37mg  
Sugar 51g      Vitamin B6 3.3mg  
**Protein** 134g      Folate 386µg  
Cholesterol 487mg      Vitamin B12 8.7µg  
Sodium 1912mg      Phosphorous 1459mg  
Potassium 4183mg      Magnesium 308mg  
Vitamin A 13226IU      Zinc 14mg  
Vitamin C 275mg      Selenium 116µg  
Calcium 1239mg

**WED****FAT 38%**   **CARBS 36%**   **PROTEIN 26%**

**Calories** 1983      Iron 13mg  
**Fat** 85g      Vitamin D 206IU  
Saturated 35g      Vitamin E 8mg  
Polyunsaturated 7g      Vitamin K 99µg  
Monounsaturated 32g      Thiamine 1.6mg  
**Carbs** 181g      Riboflavin 1.9mg  
Fiber 19g      Niacin 33mg  
Sugar 52g      Vitamin B6 3.1mg  
**Protein** 129g      Folate 323µg  
Cholesterol 482mg      Vitamin B12 9.4µg  
Sodium 2260mg      Phosphorous 1391mg  
Potassium 3620mg      Magnesium 283mg  
Vitamin A 9913IU      Zinc 16mg  
Vitamin C 284mg      Selenium 125µg  
Calcium 1243mg

**THU****FAT 35%**   **CARBS 39%**   **PROTEIN 26%**

**Calories** 1874      Iron 11mg  
**Fat** 76g      Vitamin D 126IU  
Saturated 17g      Vitamin E 10mg  
Polyunsaturated 18g      Vitamin K 229µg  
Monounsaturated 26g      Thiamine 1.2mg  
**Carbs** 188g      Riboflavin 2.1mg  
Fiber 32g      Niacin 27mg  
Sugar 81g      Vitamin B6 3.5mg  
**Protein** 128g      Folate 300µg  
Cholesterol 250mg      Vitamin B12 2.5µg  
Sodium 3194mg      Phosphorous 1451mg  
Potassium 3428mg      Magnesium 345mg  
Vitamin A 14376IU      Zinc 8mg  
Vitamin C 232mg      Selenium 99µg  
Calcium 1161mg

**FRI****FAT 35%**   **CARBS 36%**   **PROTEIN 29%**

**Calories** 1760      Iron 14mg  
**Fat** 72g      Vitamin D 123IU  
Saturated 15g      Vitamin E 12mg  
Polyunsaturated 19g      Vitamin K 199µg  
Monounsaturated 25g      Thiamine 1.1mg  
**Carbs** 163g      Riboflavin 2.0mg  
Fiber 43g      Niacin 27mg  
Sugar 82g      Vitamin B6 3.3mg  
**Protein** 133g      Folate 434µg  
Cholesterol 257mg      Vitamin B12 3.0µg  
Sodium 2838mg      Phosphorous 1590mg  
Potassium 4043mg      Magnesium 397mg  
Vitamin A 14061IU      Zinc 9mg  
Vitamin C 242mg      Selenium 86µg  
Calcium 1200mg

**SAT****FAT 38%**   **CARBS 35%**   **PROTEIN 27%**

**Calories** 1774      Iron 16mg  
**Fat** 78g      Vitamin D 94IU  
Saturated 26g      Vitamin E 8mg  
Polyunsaturated 16g      Vitamin K 129µg  
Monounsaturated 23g      Thiamine 1.1mg  
**Carbs** 159g      Riboflavin 1.3mg  
Fiber 32g      Niacin 21mg  
Sugar 62g      Vitamin B6 1.9mg  
**Protein** 121g      Folate 321µg  
Cholesterol 245mg      Vitamin B12 4.8µg  
Sodium 3002mg      Phosphorous 1595mg  
Potassium 3494mg      Magnesium 448mg  
Vitamin A 21614IU      Zinc 15mg  
Vitamin C 151mg      Selenium 75µg  
Calcium 715mg

**SUN****FAT 36%**   **CARBS 38%**   **PROTEIN 26%**

**Calories** 1855      Iron 13mg  
**Fat** 77g      Vitamin D 78IU  
Saturated 36g      Vitamin E 5mg  
Polyunsaturated 13g      Vitamin K 116µg  
Monounsaturated 15g      Thiamine 0.8mg  
**Carbs** 180g      Riboflavin 1.0mg  
Fiber 21g      Niacin 13mg  
Sugar 59g      Vitamin B6 1.3mg  
**Protein** 122g      Folate 174µg  
Cholesterol 380mg      Vitamin B12 3.4µg



Sodium 3014mg  
Potassium 3015mg  
Vitamin A 21981IU  
Vitamin C 133mg  
Calcium 726mg

Phosphorous 1536mg  
Magnesium 403mg  
Zinc 13mg  
Selenium 53µg





## FRUITS

- 1/2 Avocado
- 2 Banana
- 1 cup Blackberries
- 2 cups Blueberries
- 1 tbsp Lime Juice
- 1/2 Navel Orange

## BREAKFAST

- 2 tbsps All Natural Peanut Butter
- 2 tbsps Almond Butter
- 2 tsps Maple Syrup
- 1/2 cup Old Fashioned Grits

## SEEDS, NUTS & SPICES

- 3 tbsps Chia Seeds
- 1/4 tsp Coriander
- 1/3 tsp Cumin
- 1/3 tsp Garam Masala
- 1 1/4 tsps Garlic Powder
- 1/4 cup Hemp Seeds
- 2/3 tsp Herbes De Provence
- 1 tsp Onion Powder
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 3/4 tsp Taco Seasoning
- 1/2 tsp Turmeric

## FROZEN

- 2 cups Cauliflower Rice
- 2 cups Frozen Cauliflower
- 3 cups Frozen Peaches

## VEGETABLES

- 3 cups Baby Spinach
- 3 tbsps Basil Leaves
- 4 cups Broccoli
- 2/3 cup Butternut Squash
- 2 Carrot
- 2/3 stalk Celery
- 2 cups Cherry Tomatoes
- 2 1/3 tsps Cilantro
- 9 1/3 Garlic
- 2 1/2 tbsps Ginger
- 1/4 Green Chili Pepper
- 2 stalks Green Onion
- 1 Red Hot Chili Pepper
- 1/3 cup Red Onion
- 1 Russet Potato
- 1/3 cup Shallot
- 2 cups Snap Peas
- 2 Sweet Potato
- 1/2 cup Thai Basil
- 1/3 Tomato
- 1 Yellow Onion

## BOXED & CANNED

- 1 2/3 cups Black Beans
- 1/2 cup Brown Rice Spaghetti
- 1/3 cup Canned Coconut Milk
- 2 cups Chicken Broth, Low Sodium
- 1 cup Jasmine Rice
- 1 cup Lentils
- 2/3 cup Salsa
- 1 1/4 pints Tomato Juice

## BAKING

- 1 tbsp Cocoa Powder
- 1/2 tsp Coconut Sugar
- 1 1/2 tsps Nutritional Yeast
- 1 cup Oats

## BREAD, FISH, MEAT & CHEESE

- 6 ozs Cheddar Cheese
- 1 2/3 lbs Chicken Breast
- 1 1/8 lbs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 3 slices Gluten-Free Bread
- 8 ozs Lean Ground Pork
- 7 3/4 ozs Prosciutto
- 4 3/4 ozs Shrimp
- 7 ozs Tofu

## CONDIMENTS & OILS

- 2 3/4 tsps Avocado Oil
- 1/4 cup Barbecue Sauce
- 1/3 cup Coconut Aminos
- 1 tbsp Coconut Oil
- 2 3/4 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1 tsp Oyster Sauce
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 1 tbsp Tamari

## COLD

- 1 tbsp Butter
- 3 cups Cottage Cheese
- 1/3 cup Cow's Milk, Whole
- 3 Egg
- 3 3/4 cups Plain Coconut Milk
- 1 cup Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

## OTHER

- 2 ozs Collagen Powder
- 1 cup Dried Apricots
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Water

■ 2 tbsps Raw Honey

# BBQ Chicken & Cheesy Grits

3 SERVINGS 25 MINUTES



## INGREDIENTS

2 cups Chicken Broth, Low Sodium  
1/4 tsp Garlic Powder  
1/2 cup Old Fashioned Grits  
8 ozs Chicken Breast (boneless, skinless, cubed)  
1/4 cup Barbecue Sauce (store-bought or homemade)  
4 1/3 ozs Cheddar Cheese (grated)  
1 tbsp Butter  
Sea Salt & Black Pepper (to taste)  
1 stalk Green Onion (thinly sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	455	Iron	2mg
Fat	21g	Vitamin D	11IU
Saturated	11g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	8µg
Monouns...	6g	Thiamine	0.4mg
Carbs	34g	Riboflavin	0.5mg
Fiber	1g	Niacin	11mg
Sugar	8g	Vitamin B6	0.7mg
Protein	32g	Folate	64µg
Cholesterol	106mg	Vitamin B12	0.8µg
Sodium	588mg	Phosphoro...	435mg
Potassium	521mg	Magnesium	47mg

## DIRECTIONS

- 01 Bring the chicken broth and garlic powder to a boil in a medium pot.
- 02 Add the grits and cook uncovered for 18 to 20 minutes, or until thickened.
- 03 Meanwhile, add the chicken to a nonstick skillet over medium-high heat. Spread the chicken out so it isn't crowded. Cook for seven to eight minutes per side or until cooked through and browned. Add a splash of water as needed. Remove from the pan and shred with two forks.
- 04 Add the chicken back to the pan along with the barbecue sauce. Toss until warmed through.
- 05 Remove the grits from heat. Stir in the cheddar cheese and butter until melted. Season with salt and pepper. Serve the chicken over the cheesy grits. Top with green onions and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the chicken in an airtight container for up to three days. The grits are best served immediately but can be refrigerated in an airtight container for up to four days.

### COOKED CHICKEN

Speed things up by using leftover, cooked chicken. Toss in a nonstick pan with the barbecue sauce for five minutes or until warmed through.

Vitamin A	870IU	Zinc	2mg
Vitamin C	1mg	Selenium	34µg
Calcium	318mg		



# Vanilla Cauliflower Shake

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Unsweetened Almond Milk  
2 cups Frozen Cauliflower  
2 Banana (frozen)  
1/2 cup Vanilla Protein Powder  
2 tbsps Almond Butter  
3 tbsps Chia Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	434	Iron	4mg
Fat	18g	Vitamin D	101IU
Saturated	2g	Vitamin E	4mg
Polyunsat...	7g	Vitamin K	22µg
Monouns...	7g	Thiamine	0.3mg
Carbs	47g	Riboflavin	0.9mg
Fiber	17g	Niacin	2mg
Sugar	17g	Vitamin B6	0.8mg
Protein	30g	Folate	114µg
Cholester...	4mg	Vitamin B12	0.6µg
Sodium	236mg	Phosphoro...	469mg
Potassium	1022mg	Magnesium	156mg
Vitamin A	593IU	Zinc	2mg
Vitamin C	67mg	Selenium	9µg
Calcium	771mg		

## DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### SERVING SIZE

One serving is about 1 1/2 cups.

### MORE FLAVOR

Add cinnamon.

# Creamy Chocolate Peanut Butter Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

1/3 cup Cow's Milk, Whole  
1 cup Oats  
1 cup Plain Greek Yogurt  
2 tsps Maple Syrup  
1/4 cup Hemp Seeds  
1 tbsp Cocoa Powder  
2 tsps All Natural Peanut Butter (plus extra for drizzling on top)

## NUTRITION

### AMOUNT PER SERVING

Calories	499	Iron	4mg
Fat	25g	Vitamin D	70IU
Saturated	6g	Vitamin E	2mg
Polyunsat...	11g	Vitamin K	1µg
Monouns...	7g	Thiamine	0.5mg
Carbs	47g	Riboflavin	0.3mg
Fiber	7g	Niacin	5mg
Sugar	12g	Vitamin B6	0.2mg
Protein	28g	Folate	52µg
Cholesterol	21mg	Vitamin B12	0.2µg
Sodium	95mg	Phosphoro...	604mg
Potassium	585mg	Magnesium	242mg
Vitamin A	693IU	Zinc	4mg
Vitamin C	8mg	Selenium	14µg
Calcium	349mg		

## DIRECTIONS

01 Combine all ingredients in a bowl and mix well. Transfer to a sealable jar or container and refrigerate overnight or for at least eight hours. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately 1 1/4 cups.

### MORE FLAVOR

Add a splash of vanilla or cinnamon. Add more milk with serving for a looser consistency.

### ADDITIONAL TOPPINGS

Top with sliced banana, berries, nuts and/or seeds.

### DAIRY-FREE

Use coconut yogurt and dairy-free milk.

# Cheesy Black Bean Toast

3 SERVINGS 15 MINUTES



## INGREDIENTS

3 Egg  
3/4 cup Black Beans (cooked, mashed)  
3 slices Gluten-Free Bread (toasted)  
1 2/3 ozs Cheddar Cheese (grated)  
3 tbsps Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	271	Iron	2mg
Fat	12g	Vitamin D	45IU
Saturated	5g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	3µg
Monouns...	5g	Thiamine	0.2mg
Carbs	24g	Riboflavin	0.4mg
Fiber	5g	Niacin	1mg
Sugar	4g	Vitamin B6	0.2mg
Protein	16g	Folate	92µg
Cholesterol	201mg	Vitamin B12	0.6µg
Sodium	412mg	Phosphoro...	252mg
Potassium	308mg	Magnesium	50mg
Vitamin A	534IU	Zinc	2mg
Vitamin C	0mg	Selenium	20µg
Calcium	166mg		

## DIRECTIONS

- 01 Place egg(s) in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Strain the water and fill the saucepan with cold water. When cool enough to handle, peel and slice the egg(s).
- 02 Spread the mashed black beans evenly overtop the toast. Top with the sliced eggs, salsa and cheddar cheese. Enjoy!

## NOTES

### LEFTOVERS

This recipe is best made fresh and enjoyed immediately.

### MAKE IT VEGAN

Use a vegan cheese or omit the cheddar cheese completely.

# Prosciutto Wrapped Apricots

4 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Dried Apricots  
7 3/4 ozs Prosciutto (cut in half)

## NUTRITION

### AMOUNT PER SERVING

Calories	196	Iron	2mg
Fat	7g	Vitamin D	0IU
Saturated	3g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	1µg
Monouns...	0g	Thiamine	0mg
Carbs	20g	Riboflavin	0mg
Fiber	2g	Niacin	1mg
Sugar	17g	Vitamin B6	0mg
Protein	15g	Folate	3µg
Cholesterol	39mg	Vitamin B12	0µg
Sodium	1025mg	Phosphoro...	23mg
Potassium	378mg	Magnesium	10mg
Vitamin A	1171IU	Zinc	0mg
Vitamin C	0mg	Selenium	1µg
Calcium	18mg		

## DIRECTIONS

01 Gently wrap each dried apricot with prosciutto. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately four to five prosciutto-wrapped apricots.

### ADDITIONAL TOPPINGS

Add goat cheese and walnuts.



# Tofu Scramble with Lentils & Spinach

1 SERVING 15 MINUTES



## INGREDIENTS

3/4 tsp Extra Virgin Olive Oil  
1 stalk Green Onion (chopped)  
1 Garlic (clove, minced)  
7 ozs Tofu (crumbled)  
1 1/2 tsps Nutritional Yeast  
1/2 tsp Turmeric  
1/4 tsp Cumin  
Sea Salt & Black Pepper (to taste)  
1 cup Lentils (cooked)  
1 cup Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	462	Iron	13mg
Fat	15g	Vitamin D	0IU
Saturated	2g	Vitamin E	1mg
Polyunsat...	6g	Vitamin K	175µg
Monouns...	5g	Thiamine	4.0mg
Carbs	48g	Riboflavin	4.0mg
Fiber	20g	Niacin	23mg
Sugar	6g	Vitamin B6	4.4mg
Protein	42g	Folate	438µg
Cholesterol	0mg	Vitamin B12	16.9µg
Sodium	52mg	Phosphoro...	606mg
Potassium	1322mg	Magnesium	172mg
Vitamin A	3316IU	Zinc	5mg

## DIRECTIONS

- 01 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 02 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 03 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately to two cups.

### MORE FLAVOR

Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.

Vitamin C     14mg   Selenium     32µg  
Calcium     649mg



# Peach, Blackberry & Basil Smoothie

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 3/4 cups Plain Coconut Milk  
(unsweetened, from the carton)  
3 cups Frozen Peaches  
1 cup Blackberries (fresh or frozen)  
3 tbsps Basil Leaves  
2 ozs Collagen Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	244	Iron	1mg
Fat	7g	Vitamin D	126IU
Saturated	6g	Vitamin E	2mg
Polyunsat...	0g	Vitamin K	24µg
Monouns...	0g	Thiamine	0.1mg
Carbs	28g	Riboflavin	0.1mg
Fiber	5g	Niacin	2mg
Sugar	24g	Vitamin B6	0.1mg
Protein	18g	Folate	26µg
Cholesterol	0mg	Vitamin B12	3.8µg
Sodium	83mg	Phosphoro...	50mg
Potassium	432mg	Magnesium	29mg
Vitamin A	1369IU	Zinc	1mg
Vitamin C	21mg	Selenium	8µg
Calcium	602mg		

## DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### MORE FLAVOR

Add a pitted date before blending.

### MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

# Cottage Cheese & Blueberry Sauce

4 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Blueberries (fresh or frozen, thawed)

3 cups Cottage Cheese

## NUTRITION

### AMOUNT PER SERVING

Calories	197	Iron	0mg
Fat	7g	Vitamin D	5IU
Saturated	3g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	14µg
Monouns...	1g	Thiamine	0.1mg
Carbs	16g	Riboflavin	0.3mg
Fiber	2g	Niacin	0mg
Sugar	12g	Vitamin B6	0.1mg
Protein	18g	Folate	23µg
Cholesterol	27mg	Vitamin B12	0.7µg
Sodium	497mg	Phosphoro...	259mg
Potassium	221mg	Magnesium	17mg
Vitamin A	260IU	Zinc	1mg
Vitamin C	7mg	Selenium	15µg
Calcium	135mg		

## DIRECTIONS

- 01 Blend the blueberries in a mini food processor or with an immersion blender until your desired consistency is reached.
- 02 Serve the cottage cheese with the blended blueberries and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### ADDITIONAL TOPPINGS

Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.



# Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil (divided)  
2 cups Cherry Tomatoes  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1/2 tsp Sea Salt  
8 ozs Chicken Breast (sliced in halves)  
2 cups Baby Spinach  
1/2 cup Brown Rice Spaghetti (dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Iron	3mg
Fat	15g	Vitamin D	1IU
Saturated	2g	Vitamin E	4mg
Polyunsat...	2g	Vitamin K	163µg
Monouns...	9g	Thiamine	0.2mg
Carbs	52g	Riboflavin	0.3mg
Fiber	5g	Niacin	12mg
Sugar	4g	Vitamin B6	1.1mg
Protein	32g	Folate	92µg
Cholester...	82mg	Vitamin B12	0.2µg
Sodium	674mg	Phosphoro...	301mg
Potassium	1089mg	Magnesium	74mg
Vitamin A	4088IU	Zinc	1mg

## DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 02 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 03 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.
- 04 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.
- 05 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 06 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.
- 07 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.

Vitamin C    29mg    Selenium    27µg  
Calcium    56mg

**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.

# Cottage Stew

2 SERVINGS 1 HOUR



## INGREDIENTS

2 **tsps** Extra Virgin Olive Oil  
1/3 **cup** Red Onion (chopped)  
2/3 **stalk** Celery  
10 2/3 **ozs** Extra Lean Ground Beef  
Sea Salt & Black Pepper (to taste)  
2/3 **cup** Butternut Squash (peeled, seeded, and cubed)  
2/3 **tsp** Herbes de Provence  
1 1/4 **pints** Tomato Juice (divided)  
1 Russet Potato (large, peeled, thinly sliced)

## NUTRITION

### AMOUNT PER SERVING

<b>Calories</b>	471	<b>Iron</b>	6mg
<b>Fat</b>	21g	<b>Vitamin D</b>	5IU
<b>Saturated</b>	7g	<b>Vitamin E</b>	3mg
<b>Polysat...</b>	1g	<b>Vitamin K</b>	17µg
<b>Monouns...</b>	10g	<b>Thiamine</b>	0.5mg
<b>Carbs</b>	37g	<b>Riboflavin</b>	0.5mg
<b>Fiber</b>	5g	<b>Niacin</b>	11mg
<b>Sugar</b>	11g	<b>Vitamin B6</b>	1.2mg
<b>Protein</b>	36g	<b>Folate</b>	112µg
<b>Cholesterol</b>	98mg	<b>Vitamin B12</b>	3.3µg
<b>Sodium</b>	155mg	<b>Phosphoro...</b>	421mg
<b>Potassium</b>	1833mg	<b>Magnesium</b>	108mg

## DIRECTIONS

- 01 Add the oil to a large Dutch oven or pot over medium-high heat. Once hot, add the onion and celery. Cook for two to three minutes or until the onion softens. Add the beef and cook, roughly crumbling it, until lightly browned. Season with salt and pepper.
- 02 Add the squash and Herbes de Provence. Cook for two more minutes, stirring.
- 03 Add just enough tomato juice to cover the meat. Cover with the sliced potatoes, overlapping. Season with salt and pepper. Add the remaining tomato juice.
- 04 Bring to a boil. Cover and simmer gently for about 45 to 60 minutes or until the vegetables are tender.
- 05 Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze individual portions for up to three months.

### SERVING SIZE

One serving is approximately two cups.

### MORE FLAVOR

Add parsley and/or other different root vegetables and squashes.

Vitamin A	6365IU	Zinc	8mg
Vitamin C	224mg	Selenium	27µg
Calcium	97mg		



# Pork & Thai Basil Stir Fry

2 SERVINGS 25 MINUTES



## INGREDIENTS

2/3 cup Jasmine Rice (dry)  
2 1/4 tsps Avocado Oil  
1/3 cup Shallot (peeled, thinly sliced)  
1 Red Hot Chili Pepper (chopped)  
2 Garlic (cloves, sliced)  
8 ozs Lean Ground Pork  
1/2 tsp Coconut Sugar  
1 1/2 tsps Fish Sauce  
1 tbsp Tamari  
1 tsp Oyster Sauce  
1/2 cup Thai Basil (packed)

## NUTRITION

### AMOUNT PER SERVING

Calories	542	Iron	2mg
Fat	24g	Vitamin D	19IU
Saturated	6g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	47µg
Monouns...	11g	Thiamine	0.4mg
Carbs	58g	Riboflavin	0.4mg
Fiber	3g	Niacin	8mg
Sugar	5g	Vitamin B6	0.9mg
Protein	27g	Folate	29µg
Cholester...	77mg	Vitamin B12	0.9µg
Sodium	1022mg	Phosphoro...	233mg
Potassium	526mg	Magnesium	49mg

## DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Heat a large skillet or wok to medium-high heat and add the oil. Once hot, add the shallot and chili pepper and cook for one to two minutes, until fragrant. Add the garlic and cook for one more minute.
- 03 Add the pork and break it up as it cooks. Let it cook undisturbed for about one to two minutes to get browned and crispy on one side. Flip and continue cooking, stirring until cooked through and crispy. Reduce the heat to medium.
- 04 Add the coconut sugar, fish sauce, tamari, and oyster sauce and stir to combine. Cook for one to two minutes, until reduced. Stir in the Thai basil and remove from heat.
- 05 Divide the rice and pork mixture evenly between plates. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### GLUTEN-FREE

Use a gluten-free oyster sauce.

### ADDITIONAL TOPPINGS

Add mushrooms, or other veggies such as peas, asparagus, or bok choy. Top with a fried egg.

### MAKE IT VEGAN

Use crumbled tofu, a vegan oyster sauce, and omit the fish sauce.

### NO THAI BASIL

Use baby spinach or cilantro instead.

Vitamin A	775IU	Zinc	3mg
Vitamin C	38mg	Selenium	36µg
Calcium	60mg		

# One Pan Teriyaki Chicken

2 SERVINGS 40 MINUTES



## INGREDIENTS

10 ozs Chicken Breast  
2 cups Broccoli (chopped into florets)  
2 Carrot (medium, sliced on the diagonal)  
2 cups Snap Peas  
2 tbsps Coconut Aminos  
2 tbsps Sesame Oil  
1/2 Navel Orange (juiced)  
2 tbsps Raw Honey  
2 tbsps Rice Vinegar  
4 Garlic (cloves, minced)  
1 tbsp Ginger (peeled and grated)  
1 tbsp Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	505	Iron	3mg
Fat	20g	Vitamin D	1IU
Saturated	3g	Vitamin E	3mg
Polyunsat...	8g	Vitamin K	145µg
Monouns...	7g	Thiamine	0.4mg
Carbs	47g	Riboflavin	0.5mg
Fiber	8g	Niacin	16mg
Sugar	30g	Vitamin B6	1.7mg
Protein	38g	Folate	131µg
Cholesterol	103mg	Vitamin B12	0.3µg
Sodium	414mg	Phosphoro...	467mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

## NOTES

### SERVE IT WITH

Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

### LIKES IT SPICY

Whisk hot sauce or chili flakes into the teriyaki sauce.

### LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

### NO COCONUT AMINOS

Use tamari instead.

Potassium	1281mg	Magnesium	113mg
Vitamin A	11577IU	Zinc	2mg
Vitamin C	120mg	Selenium	38µg
Calcium	177mg		



# Turkey & Black Bean Cauliflower Rice Skillet

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 tsp Extra Virgin Olive Oil (divided)  
8 ozs Extra Lean Ground Turkey  
2 cups Cauliflower Rice  
Sea Salt & Black Pepper (to taste)  
1/4 Yellow Onion (large, chopped)  
1 cup Black Beans (cooked, rinsed)  
3/4 tsp Taco Seasoning  
1/2 cup Salsa  
1/2 Avocado (cubed)

## NUTRITION

### AMOUNT PER SERVING

Calories	428	Iron	5mg
Fat	20g	Vitamin D	16IU
Saturated	4g	Vitamin E	3mg
Polysat...	4g	Vitamin K	17µg
Monouns...	10g	Thiamine	0.3mg
Carbs	33g	Riboflavin	0.3mg
Fiber	14g	Niacin	8mg
Sugar	6g	Vitamin B6	0.7mg
Protein	32g	Folate	163µg
Cholesterol	84mg	Vitamin B12	1.4µg
Sodium	666mg	Phosphoro...	372mg
Potassium	1141mg	Magnesium	101mg
Vitamin A	460IU	Zinc	4mg
Vitamin C	48mg	Selenium	23µg

## DIRECTIONS

- 01 Heat a large dutch oven over medium heat. Add half the oil once hot and then add the turkey, breaking it up as it cooks. Cook for 10 to 12 minutes, until cooked through. Remove and set aside.
- 02 Add the remaining oil to the pot. Add the cauliflower rice and cook until softened, about five to seven minutes, stirring often. Season with salt and pepper and set aside.
- 03 Add the onions to the pot and cook for five minutes, until softened, stirring often. Add the beans and taco seasoning and toss to combine. Add the salsa and return the turkey to the pot. Cook for two to three minutes to warm through.
- 04 Divide the cauliflower rice evenly between plates and top with the turkey mixture. Season with salt and pepper and top with avocado. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/2 cups.

### MAKE IT VEGAN

Use ground tofu instead if turkey.

### MORE FLAVOR

Add hot sauce, cilantro, sour cream, diced tomatoes, green onions, jalapeño, and/or cheese.



Calcium 99mg



# Ginger Beef Sweet Potato Noodles

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/4 cup Coconut Aminos  
2 Garlic (clove, minced)  
1 1/2 tbsps Ginger (fresh, grated or minced)  
1 tbsp Lime Juice  
1 tbsp Coconut Oil  
2 Sweet Potato (small, peeled and spiralized into noodles)  
2 cups Broccoli (cut into florets)  
1/2 Yellow Onion (medium, roughly chopped)  
2 tbsps Water  
8 ozs Extra Lean Ground Beef

## NUTRITION

### AMOUNT PER SERVING

Calories	454	Iron	5mg
Fat	19g	Vitamin D	3IU
Saturated	10g	Vitamin E	1mg
Polyunsa...	1g	Vitamin K	96µg
Monouns...	5g	Thiamine	0.2mg
Carbs	43g	Riboflavin	0.4mg
Fiber	7g	Niacin	7mg
Sugar	15g	Vitamin B6	0.9mg
Protein	28g	Folate	80µg
Cholester...	74mg	Vitamin B12	2.5µg

## DIRECTIONS

- 01 In a small mixing bowl combine the coconut aminos, garlic, ginger, and lime juice. Set aside.
- 02 Heat the coconut oil in a large non-stick pan or skillet with a lid. Add the sweet potato noodles and saute for six to eight minutes or until the noodles are tender. (If the noodles start to stick to the pan, add a couple of drops of water.) Remove the noodles from the pan and set them aside.
- 03 Add the broccoli and onions to the pan. Add the water and cover with a lid. Steam for four to five minutes until the broccoli is tender. Remove from the pan and set aside.
- 04 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 05 Add the steamed broccoli and onions to the pan with the beef then add the coconut aminos sauce and stir to combine. Bring the sauce to a bubble and let it cook for two to three minutes. Add in the sweet potato noodles and stir to combine. Continue to cook until the noodles have warmed through.
- 06 Divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add sesame oil, red pepper flakes, hot sauce or maple syrup to the sauce.

### ADDITIONAL TOPPINGS

Green onion, cilantro and/or sesame seeds.

### SWEET POTATO NOODLES

Two small sweet potatoes are equal to approximately four cups of sweet potato noodles.

Sodium	719mg	Phosphoro...	337mg
Potassium	1169mg	Magnesium	78mg
Vitamin A	19030IU	Zinc	6mg
Vitamin C	88mg	Selenium	22µg
Calcium	114mg		

**NO COCONUT OIL**  
Use avocado oil instead.

# Malai Shrimp Curry

1 SERVING 25 MINUTES



## INGREDIENTS

1/3 cup Jasmine Rice (dry, uncooked)  
1/3 Tomato (roughly chopped)  
1/4 Green Chili Pepper (roughly chopped)  
1/4 Yellow Onion (small, roughly chopped)  
2/3 tsp Avocado Oil  
1/4 tsp Ginger (minced)  
1/3 Garlic (cloves, minced)  
1/3 tsp Garam Masala  
1/4 tsp Coriander (ground)  
1/8 tsp Cumin  
1/3 cup Canned Coconut Milk  
1/4 tsp Sea Salt  
4 3/4 ozs Shrimp (raw, deveined, peeled, and tails removed)  
2 1/3 tps Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	509	Iron	2mg
Fat	19g	Vitamin D	0IU
Saturated	14g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	4µg
Monouns...	2g	Thiamine	0mg
Carbs	54g	Riboflavin	0mg
Fiber	3g	Niacin	0mg

## DIRECTIONS

- 01 Cook the rice according to package instructions and set aside.
- 02 In a food processor, add the tomatoes, chili pepper, and onion and process until finely ground into a paste.
- 03 Heat a large skillet over medium heat and add the oil. Once hot, pour in the tomato paste mixture and cook for about one to two minutes, stirring often.
- 04 Add the ginger, garlic, garam masala, coriander, and cumin and cook for another one to two minutes, until fragrant.
- 05 Pour in the coconut milk and add the salt and bring to a low boil. Reduce the heat to medium-low and simmer for three to five minutes. Add the shrimp and cook, stirring often until cooked through, about three to four minutes.
- 06 Divide the rice into bowls and add the shrimp mixture on top. Garnish with cilantro. Serve and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the fridge for up to two days.

### SERVING SIZE

One serving is about 1 1/2 cups shrimp and rice mixture.

### LESS SPICE

Omit the chili pepper.

Sugar	3g	Vitamin B6	0.1mg
<b>Protein</b>	33g	Folate	16µg
Cholesterol	219mg	Vitamin B12	0µg
Sodium	678mg	Phosphoro...	313mg
Potassium	662mg	Magnesium	56mg
Vitamin A	827IU	Zinc	2mg
Vitamin C	30mg	Selenium	1µg
Calcium	110mg		