



High Protein Athlete Program

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High Protein Athlete Program

LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Creamy Vanilla Blueberry Protein Oatmeal



SNACK 1
Orange & Yogurt Breakfast Box



LUNCH
Baked Salmon with Broccoli & Quinoa



SNACK 2
Vanilla Protein Pancakes



DINNER
Italian Chicken & Rice Meal Prep Bowl



SNACK 3
Yogurt with Granola & Banana

TUE



BREAKFAST
Creamy Vanilla Blueberry Protein Oatmeal



SNACK 1
Orange & Yogurt Breakfast Box



LUNCH
Italian Chicken & Rice Meal Prep Bowl



SNACK 2
Vanilla Protein Pancakes



DINNER
Baked Salmon with Broccoli & Quinoa



SNACK 3
Yogurt with Granola & Banana

WED



BREAKFAST
Savory Egg & Beef Oats



SNACK 1
Banana & Zucchini Protein Baked Oatmeal



LUNCH
Baked Salmon with Broccoli & Quinoa



SNACK 2
Greek Yogurt with Clementines & Pumpkin Seeds



DINNER
Chicken & Kale Skillet with Chickpea Pasta



SNACK 3
Cherries, Banana & Cottage Cheese

THU



BREAKFAST
Savory Egg & Beef Oats



SNACK 1
Apple & Peanut Butter Smoothie



LUNCH
Chicken & Kale Skillet with Chickpea Pasta



SNACK 2
Banana & Zucchini Protein Baked Oatmeal



DINNER
Beef, Zucchini & Mushrooms with Brown Rice



SNACK 3
Vanilla Protein Pancakes

FRI



BREAKFAST
Savory Egg & Beef Oats



SNACK 1
Blueberry Banana Protein Smoothie, Apple



LUNCH
Beef, Zucchini & Mushrooms with Brown Rice



SNACK 2
Cottage Cheese with Cherries & Pumpkin Seeds



DINNER
Chicken & Chickpea Pasta Salad



SNACK 3
Vanilla Protein Pancakes

SAT



BREAKFAST
Creamy Apple Pie Protein Oatmeal



SNACK 1
Greek Yogurt with Clementines & Pumpkin Seeds



LUNCH
Chicken & Chickpea Pasta Salad



SNACK 2
Banana & Zucchini Protein Baked Oatmeal



DINNER
Salmon Quinoa Salad



SNACK 3
Blueberry Banana Protein Smoothie

SUN



BREAKFAST
Creamy Apple Pie Protein Oatmeal



SNACK 1
Cherries, Banana & Cottage Cheese



LUNCH
Salmon Quinoa Salad



SNACK 2
Banana & Zucchini Protein Baked Oatmeal



DINNER
Chicken & Chickpea Pasta Salad



SNACK 3
Whipped Peanut Butter Yogurt Bowl

MON

FAT 33% CARBS 36% PROTEIN 31%

Calories 2770	Calcium 1951mg
Fat 103g	Iron 19mg
Saturated 31g	Vitamin D 1236IU
Trans 0g	Vitamin E 17mg
Polyunsaturated 23g	Vitamin K 270µg
Monounsaturated 33g	Thiamine 2.0mg
Carbs 254g	Riboflavin 3.2mg
Fiber 34g	Niacin 38mg
Sugar 82g	Vitamin B6 5.2mg
Protein 222g	Folate 534µg
Cholesterol 1018mg	Vitamin B12 9.7µg
Sodium 1013mg	Phosphorous 2999mg
Potassium 4638mg	Magnesium 827mg
Vitamin A 6925IU	Zinc 18mg
Vitamin C 336mg	Selenium 192µg

TUE

FAT 33% CARBS 36% PROTEIN 31%

Calories 2770	Calcium 1951mg
Fat 103g	Iron 19mg
Saturated 31g	Vitamin D 1236IU
Trans 0g	Vitamin E 17mg
Polyunsaturated 23g	Vitamin K 270µg
Monounsaturated 33g	Thiamine 2.0mg
Carbs 254g	Riboflavin 3.2mg
Fiber 34g	Niacin 38mg
Sugar 82g	Vitamin B6 5.2mg
Protein 222g	Folate 534µg
Cholesterol 1018mg	Vitamin B12 9.7µg
Sodium 1013mg	Phosphorous 2999mg
Potassium 4638mg	Magnesium 827mg
Vitamin A 6925IU	Zinc 18mg
Vitamin C 336mg	Selenium 192µg

WED

FAT 33% CARBS 36% PROTEIN 31%

Calories 2816	Calcium 1517mg
Fat 106g	Iron 28mg
Saturated 34g	Vitamin D 972IU
Trans 1g	Vitamin E 11mg
Polyunsaturated 18g	Vitamin K 560µg
Monounsaturated 34g	Thiamine 6.4mg
Carbs 261g	Riboflavin 8.3mg
Fiber 45g	Niacin 70mg
Sugar 84g	Vitamin B6 10.2mg
Protein 229g	Folate 497µg
Cholesterol 626mg	Vitamin B12 35.0µg
Sodium 1935mg	Phosphorous 3014mg
Potassium 5338mg	Magnesium 745mg
Vitamin A 8627IU	Zinc 21mg
Vitamin C 376mg	Selenium 189µg

THU

FAT 31% CARBS 39% PROTEIN 30%

Calories 2858	Calcium 1423mg
Fat 103g	Iron 29mg
Saturated 37g	Vitamin D 263IU
Trans 2g	Vitamin E 9mg
Polyunsaturated 13g	Vitamin K 502µg
Monounsaturated 36g	Thiamine 20.5mg
Carbs 284g	Riboflavin 24.0mg
Fiber 51g	Niacin 148mg
Sugar 85g	Vitamin B6 25.4mg
Protein 218g	Folate 376µg
Cholesterol 936mg	Vitamin B12 99.3µg
Sodium 1461mg	Phosphorous 2845mg
Potassium 5564mg	Magnesium 629mg
Vitamin A 7632IU	Zinc 26mg
Vitamin C 157mg	Selenium 197µg

FRI

FAT 35% CARBS 34% PROTEIN 31%

Calories 2708	Calcium 1238mg
Fat 107g	Iron 24mg
Saturated 32g	Vitamin D 273IU
Trans 2g	Vitamin E 9mg
Polyunsaturated 18g	Vitamin K 212µg
Monounsaturated 40g	Thiamine 20.3mg
Carbs 234g	Riboflavin 23.6mg
Fiber 41g	Niacin 149mg
Sugar 86g	Vitamin B6 25.0mg
Protein 218g	Folate 319µg
Cholesterol 875mg	Vitamin B12 99.5µg
Sodium 1575mg	Phosphorous 2942mg
Potassium 5146mg	Magnesium 660mg
Vitamin A 3636IU	Zinc 26mg
Vitamin C 86mg	Selenium 191µg

SAT

FAT 28% CARBS 41% PROTEIN 31%

Calories 2792	Calcium 2295mg
Fat 92g	Iron 21mg
Saturated 28g	Vitamin D 1304IU
Trans 0g	Vitamin E 10mg
Polyunsaturated 24g	Vitamin K 80µg
Monounsaturated 24g	Thiamine 2.0mg
Carbs 295g	Riboflavin 3.3mg
Fiber 44g	Niacin 43mg
Sugar 116g	Vitamin B6 4.8mg
Protein 223g	Folate 369µg
Cholesterol 368mg	Vitamin B12 10.0µg
Sodium 1589mg	Phosphorous 3035mg
Potassium 4905mg	Magnesium 884mg
Vitamin A 5830IU	Zinc 18mg
Vitamin C 199mg	Selenium 144µg

SUN

FAT 28% CARBS 41% PROTEIN 31%

Calories 2706	Calcium 1747mg
Fat 87g	Iron 18mg
Saturated 30g	Vitamin D 1184IU
Trans 0g	Vitamin E 11mg
Polyunsaturated 16g	Vitamin K 55µg
Monounsaturated 22g	Thiamine 1.7mg
Carbs 284g	Riboflavin 3.1mg
Fiber 37g	Niacin 41mg
Sugar 112g	Vitamin B6 4.6mg
Protein 217g	Folate 347µg



Cholesterol 400mg

Sodium 2013mg

Potassium 4647mg

Vitamin A 5478IU

Vitamin C 119mg

Vitamin B12 10.3µg

Phosphorous 2713mg

Magnesium 667mg

Zinc 15mg

Selenium 159µg



FRUITS

- 3 Apple
- 15 Banana
- 3 1/8 cups Blueberries
- 1 1/4 cups Cherries
- 6 Clementines
- 1 Lemon
- 1/4 cup Lemon Juice

BREAKFAST

- 1/3 cup All Natural Peanut Butter
- 3/4 cup Granola
- 1/4 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 3/4 tsps Cinnamon
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 2 1/2 tsps Italian Seasoning
- 1 1/3 cups Pumpkin Seeds
- 1 1/2 tsps Red Pepper Flakes
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 4 Ice Cubes

VEGETABLES

- 7 cups Broccoli
- 3 1/2 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 1 Cucumber
- 9 cups Kale Leaves
- 2 3/4 cups Mushrooms
- 1/4 cup Parsley
- 2/3 cup Red Onion
- 2 1/2 Zucchini

BOXED & CANNED

- 1 cup Brown Rice
- 1 cup Canned Coconut Milk
- 9 1/2 ozs Chickpea Pasta
- 1 1/4 cups Quinoa

BAKING

- 1 1/2 tsps Baking Powder
- 2 tsps Honey
- 1/3 cup Nutritional Yeast
- 5 2/3 cups Oats

BREAD, FISH, MEAT & CHEESE

- 2 1/4 lbs Chicken Breast
- 1 1/2 lbs Extra Lean Ground Beef
- 1 2/3 lbs Salmon Fillet

CONDIMENTS & OILS

- 2 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil

COLD

- 2 3/4 cups Cottage Cheese
- 17 Egg
- 10 1/2 cups Plain Greek Yogurt
- 3 1/2 cups Unsweetened Almond Milk

OTHER

- 3 1/8 cups Vanilla Protein Powder
- 1 1/2 cups Water

Creamy Vanilla Blueberry Protein Oatmeal

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Oats (rolled)
1/4 cup Vanilla Protein Powder
2 cups Plain Greek Yogurt
1 cup Blueberries
2 tbsps Pumpkin Seeds
2 tsps Honey

NUTRITION

AMOUNT PER SERVING

Calories	484	Calcium	586mg
Fat	12g	Iron	3mg
Saturated	4g	Vitamin D	99IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	16µg
Monouns...	2g	Thiamine	0.3mg
Carbs	57g	Riboflavin	0.4mg
Fiber	7g	Niacin	1mg
Sugar	19g	Vitamin B6	0.2mg
Protein	40g	Folate	26µg
Cholesterol	36mg	Vitamin B12	0.3µg
Sodium	163mg	Phosphoro...	434mg
Potassium	329mg	Magnesium	132mg
Vitamin A	1291IU	Zinc	3mg
Vitamin C	22mg	Selenium	16µg

DIRECTIONS

- 01 Cook the oats according to the package directions.
- 02 Stir the protein powder into the yogurt.
- 03 Place the oatmeal in a bowl. Top with blueberries, yogurt, and pumpkin seeds. Drizzle with honey and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to three days, keeping the yogurt separate.

SERVING SIZE

One serving is equal to approximately two cups.

ADDITIONAL TOPPINGS

Cinnamon, chia seeds, ground flax seeds, shredded coconut.

Savory Egg & Beef Oats

3 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 cups Oats (rolled)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 3 Egg
- 2 tsps Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

Calories	540	Calcium	89mg
Fat	25g	Iron	7mg
Saturated	8g	Vitamin D	47IU
Trans	1g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	31µg
Monouns...	11g	Thiamine	5.0mg
Carbs	31g	Riboflavin	5.6mg
Fiber	6g	Niacin	35mg
Sugar	1g	Vitamin B6	5.8mg
Protein	46g	Folate	53µg
Cholesterol	284mg	Vitamin B12	26.3µg
Sodium	194mg	Phosphoro...	561mg
Potassium	902mg	Magnesium	96mg
Vitamin A	628IU	Zinc	9mg
Vitamin C	7mg	Selenium	54µg

DIRECTIONS

- 01 Cook the oats according to package directions.
- 02 Heat the oil in a pan over medium heat. Add the beef and break it up as it cooks. Cook for seven to 10 minutes or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 03 Add the mushrooms and kale to the beef. Crack the eggs over the mixture and stir to combine. Cook for five minutes, or until the mushrooms are soft. Stir often to ensure the eggs are cooked through.
- 04 Divide the oats and beef mixture evenly between bowls and top with the nutritional yeast. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately three cups.

MORE FLAVOR

Add sea salt, pepper, garlic, onions and/or chilli flakes.

ADDITIONAL TOPPINGS

Top with sliced cherry tomatoes and/or avocado.

Creamy Apple Pie Protein Oatmeal

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Apple (diced small)
- 2 tbsps Water
- 2 tbsps Maple Syrup (plus more for garnish)
- 1 tsp Cinnamon (plus more for garnish)
- 1 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 2 cups Plain Greek Yogurt
- 2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	535	Calcium	625mg
Fat	13g	Iron	4mg
Saturated	4g	Vitamin D	99IU
Trans	0g	Vitamin E	0mg
Polyunsat...	5g	Vitamin K	3µg
Monouns...	1g	Thiamine	0.4mg
Carbs	68g	Riboflavin	0.6mg
Fiber	8g	Niacin	2mg
Sugar	28g	Vitamin B6	0.2mg
Protein	40g	Folate	31µg
Cholesterol	36mg	Vitamin B12	0.3µg
Sodium	166mg	Phosphoro...	502mg
Potassium	473mg	Magnesium	159mg
Vitamin A	1304IU	Zinc	4mg

DIRECTIONS

- 01 Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
- 02 Cook the oats according to the package directions.
- 03 Stir the protein powder into the yogurt.
- 04 Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

SERVING SIZE

One serving is approximately two cups.

ADDITIONAL TOPPINGS

Cinnamon, chia seeds, ground flax seeds, nuts.

Vitamin C 19mg Selenium 15µg



Orange & Yogurt Breakfast Box

2 SERVINGS 15 MINUTES



INGREDIENTS

- 4 Egg
- 2 Clementines (peeled, sectioned)
- 1 1/2 cups Plain Greek Yogurt
- 1/2 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	494	Calcium	468mg
Fat	29g	Iron	5mg
Saturated	8g	Vitamin D	157IU
Trans	0g	Vitamin E	2mg
Polyunsat...	9g	Vitamin K	3µg
Monouns...	9g	Thiamine	0.2mg
Carbs	22g	Riboflavin	0.5mg
Fiber	3g	Niacin	2mg
Sugar	12g	Vitamin B6	0.3mg
Protein	39g	Folate	83µg
Cholesterol	397mg	Vitamin B12	0.9µg
Sodium	250mg	Phosphoro...	611mg
Potassium	530mg	Magnesium	210mg
Vitamin A	1482IU	Zinc	4mg
Vitamin C	48mg	Selenium	34µg

DIRECTIONS

- 01 Place the eggs 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.
- 02 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.
- 03 Arrange the hardboiled eggs, clementine slices, yogurt, and pumpkin seeds in a container. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Use coconut yogurt instead of greek yogurt.

Banana & Zucchini Protein Baked Oatmeal

4 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

- 1 Zucchini (medium, shredded)
- 2 cups Oats (rolled)
- 1 cup Vanilla Protein Powder
- 2 Egg
- 1 cup Canned Coconut Milk
- 2 tbsps Maple Syrup
- 1 1/2 tpsps Baking Powder
- 1/2 tsp Sea Salt
- 4 Banana (medium, ripe, divided)

NUTRITION

AMOUNT PER SERVING

Calories	521	Calcium	276mg
Fat	17g	Iron	3mg
Saturated	11g	Vitamin D	21IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	4µg
Monouns...	2g	Thiamine	0.4mg
Carbs	66g	Riboflavin	0.9mg
Fiber	8g	Niacin	2mg
Sugar	23g	Vitamin B6	0.7mg
Protein	30g	Folate	68µg
Cholesterol	97mg	Vitamin B12	0.8µg
Sodium	575mg	Phosphoro...	618mg
Potassium	965mg	Magnesium	149mg
Vitamin A	309IU	Zinc	4mg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper and set aside.
- 02 Wrap the shredded zucchini in paper towel or a clean cloth and squeeze until all of the excess liquid comes out.
- 03 Add the oats, protein powder, eggs, milk, maple syrup, baking powder, salt, and half of the bananas to a blender. Blend until a smooth consistency is achieved. Stir in the shredded zucchini and scoop out the batter into the baking dish. Slice the remaining bananas and place the pieces on top of the batter.
- 04 Bake for 60 minutes or until golden-brown. Remove from the oven and allow it to cool for 15 minutes before slicing. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to five days or freeze for up to three months. Freeze in individual portions for an easy grab and go option.

SERVING SIZE

One serving is equal to approximately one cup. An 8 x 8-inch dish was used to make four servings.

MAKE IT VEGAN

Use flax eggs instead of eggs.

MORE FLAVOR

Add cinnamon or chocolate chips.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

Vitamin C 19mg Selenium 27µg



Apple & Peanut Butter Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (medium, peeled and chopped)
1 Banana (frozen)
4 Ice Cubes
2 tbsps Vanilla Protein Powder
2 tbsps Oats
1 tbsp All Natural Peanut Butter
3/4 tsp Cinnamon
1 cup Unsweetened Almond Milk

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to approximately two cups.

NUTRITION

AMOUNT PER SERVING

Calories	411	Calcium	558mg
Fat	12g	Iron	2mg
Saturated	2g	Vitamin D	101IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	5µg
Monouns...	6g	Thiamine	0.2mg
Carbs	66g	Riboflavin	0.5mg
Fiber	12g	Niacin	3mg
Sugar	35g	Vitamin B6	0.7mg
Protein	17g	Folate	50µg
Cholesterol	2mg	Vitamin B12	0.3µg
Sodium	186mg	Phosphoro...	303mg
Potassium	849mg	Magnesium	124mg
Vitamin A	679IU	Zinc	2mg
Vitamin C	19mg	Selenium	8µg

Blueberry Banana Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Blueberries
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps All Natural Peanut Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	490	Calcium	714mg
Fat	19g	Iron	2mg
Saturated	3g	Vitamin D	126IU
Trans	0g	Vitamin E	3mg
Polyunsat...	6g	Vitamin K	29µg
Monouns...	9g	Thiamine	0.3mg
Carbs	59g	Riboflavin	0.8mg
Fiber	11g	Niacin	5mg
Sugar	32g	Vitamin B6	0.8mg
Protein	29g	Folate	62µg
Cholesterol	4mg	Vitamin B12	0.6µg
Sodium	246mg	Phosphoro...	445mg
Potassium	838mg	Magnesium	150mg
Vitamin A	779IU	Zinc	3mg
Vitamin C	25mg	Selenium	9µg

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of peanut butter and coconut milk instead of almond milk.

NO ALMOND MILK

Use any other milk.

CONSISTENCY

For a smoother, colder smoothie, use frozen blueberries. If the smoothie is too thick, add more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

MORE FIBER

Add in some chopped leafy greens like spinach or kale.

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Calcium	11mg
Fat	0g	Iron	0mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	4µg
Monouns...	0g	Thiamine	0mg
Carbs	25g	Riboflavin	0.1mg
Fiber	4g	Niacin	0mg
Sugar	19g	Vitamin B6	0.1mg
Protein	0g	Folate	5µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	2mg	Phosphoro...	20mg
Potassium	195mg	Magnesium	9mg
Vitamin A	98IU	Zinc	0mg
Vitamin C	8mg	Selenium	0µg

Greek Yogurt with Clementines & Pumpkin Seeds

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
2 Clementines (peeled)
1/4 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	431	Calcium	559mg
Fat	21g	Iron	4mg
Saturated	6g	Vitamin D	99IU
Trans	0g	Vitamin E	1mg
Polyunsat...	7g	Vitamin K	2µg
Monouns...	5g	Thiamine	0.2mg
Carbs	33g	Riboflavin	0.1mg
Fiber	4g	Niacin	3mg
Sugar	20g	Vitamin B6	0.2mg
Protein	33g	Folate	54µg
Cholesterol	34mg	Vitamin B12	0µg
Sodium	144mg	Phosphoro...	429mg
Potassium	523mg	Magnesium	206mg
Vitamin A	1255IU	Zinc	3mg
Vitamin C	88mg	Selenium	3µg

DIRECTIONS

01 Combine the yogurt, clementines, and pumpkin seeds in a bowl. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is equal to one cup of yogurt, two clementines, and 1/4 cup of pumpkin seeds.

MAKE IT VEGAN

Use dairy-free yogurt instead.

MORE FLAVOR

Use vanilla yogurt.

ADDITIONAL TOPPINGS

Cacao nibs or dried goji berries.

Cherries, Banana & Cottage Cheese

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Cottage Cheese
- 1 Banana (medium, sliced)
- 1/2 cup Cherries (pitted, fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	359	Calcium	190mg
Fat	10g	Iron	1mg
Saturated	4g	Vitamin D	6IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	2g	Thiamine	0.1mg
Carbs	46g	Riboflavin	0.5mg
Fiber	5g	Niacin	1mg
Sugar	30g	Vitamin B6	0.6mg
Protein	25g	Folate	52µg
Cholesterol	36mg	Vitamin B12	0.9µg
Sodium	663mg	Phosphoro...	376mg
Potassium	812mg	Magnesium	57mg
Vitamin A	419IU	Zinc	1mg
Vitamin C	16mg	Selenium	22µg

DIRECTIONS

- 01 Top the cottage cheese with banana slices and cherries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.

Baked Salmon with Broccoli & Quinoa

3 SERVINGS 20 MINUTES



INGREDIENTS

15 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
6 cups Broccoli (sliced into small florets)
1 1/2 tbsps Extra Virgin Olive Oil
3/4 cup Quinoa (uncooked)
1 1/8 cups Water
1/3 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	465	Calcium	128mg
Fat	17g	Iron	4mg
Saturated	3g	Vitamin D	798IU
Trans	0g	Vitamin E	5mg
Polyunsat...	4g	Vitamin K	189µg
Monouns...	8g	Thiamine	0.5mg
Carbs	40g	Riboflavin	0.7mg
Fiber	8g	Niacin	14mg
Sugar	3g	Vitamin B6	1.6mg
Protein	43g	Folate	203µg
Cholesterol	72mg	Vitamin B12	6.7µg
Sodium	175mg	Phosphoro...	679mg
Potassium	1341mg	Magnesium	167mg
Vitamin A	1370IU	Zinc	3mg
Vitamin C	165mg	Selenium	50µg

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

NOTES

LEFTOVERS

Store covered in the fridge up to 2 days.

SPEED IT UP

Cook the quinoa ahead of time.

VEGAN

Use tofu steaks instead of salmon fillets.

Vanilla Protein Pancakes

4 SERVINGS 15 MINUTES



INGREDIENTS

- 4 Banana (plus extra for topping)
- 8 Egg
- 1 cup Vanilla Protein Powder
- 2 tbsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	394	Calcium	176mg
Fat	17g	Iron	2mg
Saturated	9g	Vitamin D	82IU
Trans	0g	Vitamin E	1mg
Polyunsat...	2g	Vitamin K	1µg
Monouns...	4g	Thiamine	0.2mg
Carbs	29g	Riboflavin	1.0mg
Fiber	4g	Niacin	1mg
Sugar	15g	Vitamin B6	0.8mg
Protein	33g	Folate	79µg
Cholesterol	376mg	Vitamin B12	1.5µg
Sodium	181mg	Phosphoro...	544mg
Potassium	682mg	Magnesium	91mg
Vitamin A	616IU	Zinc	3mg
Vitamin C	10mg	Selenium	38µg

DIRECTIONS

- 01 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 02 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 03 Transfer to a plate and top with additional banana slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

SERVING SIZE

One serving is approximately two pancakes.

ADDITIONAL TOPPINGS

Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts

Cottage Cheese with Cherries & Pumpkin Seeds

1 SERVING 5 MINUTES



INGREDIENTS

3/4 cup Cottage Cheese
3 tbsps Pumpkin Seeds
1/4 cup Cherries

NUTRITION

AMOUNT PER SERVING

Calories	314	Calcium	147mg
Fat	19g	Iron	2mg
Saturated	5g	Vitamin D	5IU
Trans	0g	Vitamin E	1mg
Polyunsat...	5g	Vitamin K	3µg
Monouns...	5g	Thiamine	0.1mg
Carbs	14g	Riboflavin	0.3mg
Fiber	2g	Niacin	1mg
Sugar	9g	Vitamin B6	0.1mg
Protein	25g	Folate	34µg
Cholesterol	27mg	Vitamin B12	0.7µg
Sodium	498mg	Phosphoro...	557mg
Potassium	445mg	Magnesium	160mg
Vitamin A	249IU	Zinc	3mg
Vitamin C	3mg	Selenium	18µg

DIRECTIONS

01 Add all ingredients to a bowl and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days.

SERVING SIZE

One serving is approximately 1 1/4 cups.

MORE FLAVOR

Add cinnamon, protein powder, and/or maple syrup/honey.

ADDITIONAL TOPPINGS

Hemp seeds and/or cacao nibs.

Italian Chicken & Rice Meal Prep Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
10 ozs 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 (small, 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	448	Calcium	57mg
Fat	13g	Iron	2mg
Saturated	2g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	58µg
Monouns...	6g	Thiamine	0.5mg
Carbs	45g	Riboflavin	0.4mg
Fiber	5g	Niacin	18mg
Sugar	5g	Vitamin B6	1.7mg
Protein	38g	Folate	85µg
Cholesterol	103mg	Vitamin B12	0.3µg
Sodium	92mg	Phosphoro...	530mg

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 03 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Drizzle with the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 04 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.
- 05 Divide the rice, chicken, and veggies evenly between meal prep containers or plates and enjoy!

NOTES

LEFTOVERS

Refrigerate for up to three days.

MORE FLAVOR

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

ADDITIONAL TOPPINGS

Avocado or dipping sauce, like tzatziki or hummus.

NO BROWN RICE

Omit or use white rice, quinoa, or cauliflower rice instead.

Potassium	1114mg	Magnesium	127mg
Vitamin A	833IU	Zinc	3mg
Vitamin C	65mg	Selenium	42µg



Chicken & Kale Skillet with Chickpea Pasta

2 SERVINGS 20 MINUTES



INGREDIENTS

5 ozs Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil
10 ozs Chicken Breast (skinless, boneless, cut into strips)
Sea Salt & Black Pepper (to taste)
8 cups Kale Leaves (stems removed and leaves chopped)
1/4 cup Water
1 1/2 tsps Lemon Juice
1 1/2 tsps Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	500	Calcium	275mg
Fat	16g	Iron	9mg
Saturated	2g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polysat...	2g	Vitamin K	332µg
Monouns...	6g	Thiamine	0.2mg
Carbs	45g	Riboflavin	0.5mg
Fiber	14g	Niacin	15mg
Sugar	7g	Vitamin B6	1.3mg
Protein	52g	Folate	67µg
Cholesterol	103mg	Vitamin B12	0.3µg
Sodium	184mg	Phosphoro...	351mg
Potassium	795mg	Magnesium	70mg

DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Heat the oil in a large pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Season with salt and pepper and stir as it cooks. Transfer the chicken to a bowl and set aside.
- 03 To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice.
- 04 Add the pasta to the skillet and stir to combine. Divide onto plates and season with red pepper flakes on top. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately three cups.

MAKE IT VEGAN

Omit the chicken.

MORE FLAVOR

Add minced garlic, lemon juice, parmesan and/or shallots.

ADDITIONAL TOPPINGS

Freshly parsley and/or hemp seeds.

Vitamin A 4646IU Zinc 1mg
Vitamin C 81mg Selenium 33µg



Beef, Zucchini & Mushrooms with Brown Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
1 tsp Extra Virgin Olive Oil
2 1/4 cups Mushrooms (sliced)
1/2 Zucchini (medium, chopped)
8 ozs Extra Lean Ground Beef
1/4 cup Nutritional Yeast
Sea Salt & Black Pepper (to taste)
1/4 cup Parsley

NUTRITION

AMOUNT PER SERVING

Calories	492	Calcium	49mg
Fat	16g	Iron	6mg
Saturated	5g	Vitamin D	1IU
Trans	1g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	129µg
Monouns...	7g	Thiamine	14.5mg
Carbs	47g	Riboflavin	15.5mg
Fiber	7g	Niacin	92mg
Sugar	4g	Vitamin B6	16.1mg
Protein	40g	Folate	59µg
Cholesterol	74mg	Vitamin B12	70.1µg
Sodium	141mg	Phosphoro...	468mg
Potassium	1371mg	Magnesium	99mg
Vitamin A	754IU	Zinc	7mg
Vitamin C	21mg	Selenium	37µg

DIRECTIONS

- 01 Cook rice according to the package directions.
- 02 Meanwhile, heat the oil in a large pan over medium heat. Add the mushrooms and cook for five minutes, until starting to soften.
- 03 Add the zucchini and ground beef. Continue to cook for 10 minutes, or until the beef is thoroughly cooked and the zucchini is softened. Add the nutritional yeast, salt, and pepper.
- 04 Serve with rice and top with parsley. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add garlic and onion.

Chicken & Chickpea Pasta Salad

3 SERVINGS 20 MINUTES



INGREDIENTS

4 1/2 ozs Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil
1 lb Chicken Breast (cubed)
1 tsp Italian Seasoning
1/4 tsp Sea Salt
1 cup Cherry Tomatoes (halved)
1/2 Cucumber (quartered)
2 tbsps Red Onion (thinly sliced)
1/2 Lemon (zested and juiced)

NUTRITION

AMOUNT PER SERVING

Calories	383	Calcium	52mg
Fat	11g	Iron	5mg
Saturated	2g	Vitamin D	2IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	15µg
Monouns...	4g	Thiamine	0.2mg
Carbs	29g	Riboflavin	0.3mg
Fiber	7g	Niacin	15mg
Sugar	6g	Vitamin B6	1.3mg
Protein	45g	Folate	27µg
Cholesterol	110mg	Vitamin B12	0.3µg
Sodium	313mg	Phosphoro...	347mg
Potassium	713mg	Magnesium	55mg
Vitamin A	512IU	Zinc	1mg

DIRECTIONS

- 01 Cook the pasta according to the package directions. Drain and set aside.
- 02 Heat a skillet over medium heat and add the oil. Add the chicken and season with the Italian seasoning and salt. Cook for about five to seven minutes or until cooked through.
- 03 In a bowl, combine the pasta, chicken with its juices, tomatoes, cucumber, and red onion. Top with lemon juice and zest and toss well to coat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for three days.

SERVING SIZE

One serving is about 1 1/2 cups of pasta salad.

MAKE IT VEGAN

Use tofu or tempeh instead of chicken.

MORE FLAVOR

Add crumbled feta, goat cheese, garlic and/or balsamic vinegar.

Vitamin C 12mg Selenium 35µg



Salmon Quinoa Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry)
12 ozs Salmon Fillet
1/4 cup Red Onion (sliced)
1/4 cup Lemon Juice (fresh, divided)
2 cups Cherry Tomatoes (halved)
1/2 Cucumber (chopped)
2 tbsps Cilantro (minced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	432	Calcium	69mg
Fat	11g	Iron	3mg
Saturated	2g	Vitamin D	957IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	27µg
Monouns...	3g	Thiamine	0.5mg
Carbs	40g	Riboflavin	0.6mg
Fiber	6g	Niacin	16mg
Sugar	7g	Vitamin B6	1.6mg
Protein	46g	Folate	127µg
Cholesterol	87mg	Vitamin B12	8.0µg
Sodium	145mg	Phosphoro...	694mg
Potassium	1393mg	Magnesium	165mg
Vitamin A	1671IU	Zinc	3mg
Vitamin C	36mg	Selenium	55µg

DIRECTIONS

- 01 Cook the quinoa according to package directions.
- 02 Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
- 03 Place the salmon in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.
- 04 Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and cilantro to the quinoa and mix. Add salt and pepper to taste.
- 05 Divide the quinoa salad between servings and top with the salmon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for two days.

SERVING SIZE

One serving is approximately one cup of quinoa salad and 6 oz of salmon.

MORE FLAVOR

Spread dijon mustard and olive oil on the salmon. Add shaved parmesan or goat cheese to the quinoa salad.

ADDITIONAL TOPPINGS

Chopped parsley, pine nuts, pumpkin seeds and/or walnuts.

Yogurt with Granola & Banana

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
1 Banana (sliced)
1/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	485	Calcium	536mg
Fat	15g	Iron	3mg
Saturated	5g	Vitamin D	99IU
Trans	0g	Vitamin E	5mg
Polyunsat...	3g	Vitamin K	3µg
Monouns...	4g	Thiamine	0.3mg
Carbs	61g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	28g	Vitamin B6	0.6mg
Protein	29g	Folate	58µg
Cholesterol	34mg	Vitamin B12	0µg
Sodium	152mg	Phosphoro...	201mg
Potassium	642mg	Magnesium	100mg
Vitamin A	1333IU	Zinc	2mg
Vitamin C	26mg	Selenium	12µg

DIRECTIONS

01 Add the yogurt, banana, and granola to a bowl, and enjoy!

NOTES

MORE FLAVOR

Add maple syrup or vanilla.

ADDITIONAL TOPPINGS

Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

GLUTEN-FREE

Use gluten-free granola.

DAIRY-FREE

Use a dairy-free yogurt alternative.

Whipped Peanut Butter Yogurt Bowl

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
2 tbsps All Natural Peanut Butter
2 tbsps Granola
2 tbsps Blueberries (fresh or frozen)
1 tsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	476	Calcium	535mg
Fat	25g	Iron	2mg
Saturated	7g	Vitamin D	99IU
Trans	0g	Vitamin E	5mg
Polyunsat...	5g	Vitamin K	4µg
Monouns...	10g	Thiamine	0.1mg
Carbs	35g	Riboflavin	0.2mg
Fiber	3g	Niacin	5mg
Sugar	18g	Vitamin B6	0.2mg
Protein	31g	Folate	42µg
Cholesterol	34mg	Vitamin B12	0µg
Sodium	151mg	Phosphoro...	176mg
Potassium	291mg	Magnesium	82mg
Vitamin A	1263IU	Zinc	2mg
Vitamin C	17mg	Selenium	5µg

DIRECTIONS

01 In a bowl, whisk the yogurt and peanut butter together vigorously. Top with granola, blueberries, and maple syrup. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup of yogurt.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Swirl berry jam or chia jam into the yogurt.