



Simple Balanced Diet

DANA BOSSELMANN



Simple Balanced Diet

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
Strawberry Chocolate Overnight Oats



SNACK 1
Apple with Peanut Butter



LUNCH
Turmeric Chickpea Sandwich



SNACK 2
Almond Milk & Banana



DINNER
Chicken with Sweet Potato & Peppers

TUE



BREAKFAST
Strawberry Chocolate Overnight Oats



SNACK 1
Almond Milk & Banana



LUNCH
Chicken with Sweet Potato & Peppers



SNACK 2
Apple with Peanut Butter



DINNER
Turmeric Chickpea Sandwich

WED



BREAKFAST
Chickpea Shakshuka



SNACK 1
Yogurt with Granola & Banana



LUNCH
Turmeric Chickpea Sandwich



SNACK 2
Strawberry Banana Smoothie



DINNER
Roasted Chicken & Sweet Potato With Spinach

THU



BREAKFAST
Chickpea Shakshuka



SNACK 1
Strawberry Banana Smoothie



LUNCH
Roasted Chicken & Sweet Potato With Spinach



SNACK 2
Peanut Butter & Banana Sandwich



DINNER
Ground Beef & Pesto Veggies, Brown Rice

FRI



BREAKFAST
Chickpea Shakshuka



SNACK 1
Peanut Butter Banana Oat Smoothie



LUNCH
Ground Beef & Pesto Veggies, Brown Rice



SNACK 2
Greek Yogurt & Strawberries



DINNER
Salmon with Rice & Broccoli

SAT



BREAKFAST
Banana & Nut Chia Oats



SNACK 1
Granola, Yogurt & Berry Snack Box



LUNCH
Salmon with Rice & Broccoli



SNACK 2
Peanut Butter & Banana Sandwich



DINNER
Smashed Chickpea Spinach Salad

SUN



BREAKFAST
Banana & Nut Chia Oats



SNACK 1
Peanut Butter Banana Oat Smoothie



LUNCH
Smashed Chickpea Spinach Salad



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Salmon with Rice & Broccoli

MON

FAT 35% CARBS 48% PROTEIN 17%

Calories 1715	Calcium 979mg
Fat 69g	Iron 13mg
Saturated 9g	Vitamin D 152IU
Trans 0g	Vitamin E 11mg
Polyunsaturated 13g	Vitamin K 95µg
Monounsaturated 22g	Thiamine 1.0mg
Carbs 213g	Riboflavin 1.3mg
Fiber 39g	Niacin 26mg
Sugar 74g	Vitamin B6 2.7mg
Protein 77g	Folate 444µg
Cholesterol 103mg	Vitamin B12 0.3µg
Sodium 926mg	Phosphorous 1247mg
Potassium 2893mg	Magnesium 464mg
Vitamin A 14054IU	Zinc 9mg
Vitamin C 151mg	Selenium 88µg

TUE

FAT 35% CARBS 48% PROTEIN 17%

Calories 1715	Calcium 979mg
Fat 69g	Iron 13mg
Saturated 9g	Vitamin D 152IU
Trans 0g	Vitamin E 11mg
Polyunsaturated 13g	Vitamin K 95µg
Monounsaturated 22g	Thiamine 1.0mg
Carbs 213g	Riboflavin 1.3mg
Fiber 39g	Niacin 26mg
Sugar 74g	Vitamin B6 2.7mg
Protein 77g	Folate 444µg
Cholesterol 103mg	Vitamin B12 0.3µg
Sodium 926mg	Phosphorous 1247mg
Potassium 2893mg	Magnesium 464mg
Vitamin A 14054IU	Zinc 9mg
Vitamin C 151mg	Selenium 88µg

WED

FAT 29% CARBS 48% PROTEIN 23%

Calories 1904	Calcium 1388mg
Fat 63g	Iron 20mg
Saturated 11g	Vitamin D 242IU
Trans 0g	Vitamin E 12mg
Polyunsaturated 15g	Vitamin K 384µg
Monounsaturated 11g	Thiamine 1.2mg
Carbs 231g	Riboflavin 1.4mg
Fiber 46g	Niacin 24mg
Sugar 68g	Vitamin B6 3.2mg
Protein 114g	Folate 850µg
Cholesterol 323mg	Vitamin B12 0.8µg
Sodium 1124mg	Phosphorous 1613mg
Potassium 3814mg	Magnesium 572mg
Vitamin A 19421IU	Zinc 11mg
Vitamin C 156mg	Selenium 103µg

THU

FAT 33% CARBS 43% PROTEIN 24%

Calories 1833	Calcium 919mg
Fat 69g	Iron 18mg
Saturated 17g	Vitamin D 146IU
Trans 1g	Vitamin E 11mg
Polyunsaturated 16g	Vitamin K 416µg
Monounsaturated 27g	Thiamine 1.3mg
Carbs 201g	Riboflavin 1.6mg
Fiber 38g	Niacin 35mg
Sugar 49g	Vitamin B6 3.7mg
Protein 109g	Folate 705µg
Cholesterol 370mg	Vitamin B12 3.2µg
Sodium 898mg	Phosphorous 1772mg
Potassium 4082mg	Magnesium 590mg
Vitamin A 17036IU	Zinc 15mg
Vitamin C 222mg	Selenium 115µg

FRI

FAT 34% CARBS 42% PROTEIN 24%

Calories 1862	Calcium 834mg
Fat 72g	Iron 16mg
Saturated 19g	Vitamin D 1101IU
Trans 1g	Vitamin E 11mg
Polyunsaturated 12g	Vitamin K 290µg
Monounsaturated 30g	Thiamine 1.4mg
Carbs 197g	Riboflavin 1.5mg
Fiber 31g	Niacin 34mg
Sugar 42g	Vitamin B6 3.5mg
Protein 116g	Folate 596µg
Cholesterol 371mg	Vitamin B12 10.9µg
Sodium 601mg	Phosphorous 1724mg
Potassium 3745mg	Magnesium 482mg
Vitamin A 4741IU	Zinc 14mg
Vitamin C 253mg	Selenium 118µg

SAT

FAT 34% CARBS 43% PROTEIN 23%

Calories 1892	Calcium 1166mg
Fat 74g	Iron 16mg
Saturated 14g	Vitamin D 1107IU
Trans 0g	Vitamin E 16mg
Polyunsaturated 19g	Vitamin K 405µg
Monounsaturated 33g	Thiamine 1.3mg
Carbs 210g	Riboflavin 1.3mg
Fiber 38g	Niacin 30mg
Sugar 59g	Vitamin B6 2.9mg
Protein 110g	Folate 591µg
Cholesterol 121mg	Vitamin B12 8.0µg
Sodium 780mg	Phosphorous 1454mg
Potassium 3130mg	Magnesium 497mg
Vitamin A 8386IU	Zinc 9mg
Vitamin C 225mg	Selenium 108µg

SUN

FAT 35% CARBS 43% PROTEIN 22%

Calories 1817	Calcium 1321mg
Fat 74g	Iron 15mg
Saturated 14g	Vitamin D 1157IU
Trans 0g	Vitamin E 16mg
Polyunsaturated 18g	Vitamin K 404µg
Monounsaturated 34g	Thiamine 1.3mg
Carbs 202g	Riboflavin 1.3mg
Fiber 36g	Niacin 27mg
Sugar 61g	Vitamin B6 2.9mg
Protein 103g	Folate 556µg



Cholesterol 121mg

Sodium 547mg

Potassium 3243mg

Vitamin A 8673IU

Vitamin C 230mg

Vitamin B12 8.0µg

Phosphorous 1362mg

Magnesium 484mg

Zinc 9mg

Selenium 87µg



FRUITS

- 2 Apple
- 8 Banana
- 1 Lemon
- 5 1/2 cups Strawberries

BREAKFAST

- 3/4 cup All Natural Peanut Butter
- 1 1/2 cups Granola
- 2 2/3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds
- 1 tsp Garlic Powder
- 1 tbsp Harissa
- 2 tbsps Hemp Seeds
- 1/2 tsp Paprika
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

VEGETABLES

- 10 cups Baby Spinach
- 5 cups Broccoli
- 1 Garlic
- 1/2 cup Microgreens
- 1 Red Bell Pepper
- 2 Sweet Potato
- 1 tsp Thyme
- 1 Tomato
- 1 Zucchini

BOXED & CANNED

- 1 1/4 cups Brown Rice
- 6 1/2 cups Chickpeas
- 3/4 cup Tomato Purée

BAKING

- 2 tbsps Cocoa Powder
- 2 cups Oats
- 1 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Chicken Breast
- 8 ozs Lean Ground Beef
- 1 1/8 lbs Salmon Fillet
- 10 slices Whole Grain Bread

CONDIMENTS & OILS

- 3 3/4 tbsps Extra Virgin Olive Oil
- 1 tbsp Pesto
- 1/3 cup Vegan Mayonnaise

COLD

- 3 Egg
- 3 1/2 cups Plain Greek Yogurt
- 7 cups Unsweetened Almond Milk

OTHER

- 1 cup Water

Strawberry Chocolate Overnight Oats

2 SERVINGS 3 HOURS 5 MINUTES



INGREDIENTS

1 cup Oats (quick or rolled)
1 cup Unsweetened Almond Milk
2 tbsps Maple Syrup
2 tbsps Cocoa Powder
1 cup Strawberries (sliced or chopped)
1/2 cup Granola (optional)

NUTRITION

AMOUNT PER SERVING

Calories	404	Calcium	309mg
Fat	12g	Iron	4mg
Saturated	2g	Vitamin D	50IU
Trans	0g	Vitamin E	4mg
Polyunsat...	4g	Vitamin K	4µg
Monouns...	5g	Thiamine	0.4mg
Carbs	66g	Riboflavin	0.5mg
Fiber	11g	Niacin	2mg
Sugar	22g	Vitamin B6	0.2mg
Protein	12g	Folate	58µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	95mg	Phosphoro...	355mg
Potassium	563mg	Magnesium	156mg
Vitamin A	264IU	Zinc	4mg
Vitamin C	43mg	Selenium	21µg

DIRECTIONS

- 01 Combine the oats, milk, maple syrup, and cocoa powder in a bowl. Stir well. Cover and refrigerate for at least three hours or overnight.
- 02 To serve, divide the oats between bowls or jars and top with the strawberries and granola (if using). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Top with strawberries and granola just before serving.

SERVING SIZE

One serving is approximately equal to 3/4 cup of the oats.

NUT-FREE

Use a nut-free milk, like coconut milk or cow's milk.

MORE FLAVOR

Add cinnamon, vanilla, or a pinch of salt.

NO STRAWBERRIES

Use another berry or banana slices instead.

Chickpea Shakshuka

3 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Chickpeas (cooked)
3/4 cup Tomato Purée
1 tbsp Harissa
1 1/2 cups Baby Spinach
3 Egg
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	368	Calcium	134mg
Fat	9g	Iron	7mg
Saturated	2g	Vitamin D	41IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	81µg
Monouns...	3g	Thiamine	0.2mg
Carbs	51g	Riboflavin	0.4mg
Fiber	14g	Niacin	2mg
Sugar	11g	Vitamin B6	0.4mg
Protein	22g	Folate	342µg
Cholesterol	186mg	Vitamin B12	0.5µg
Sodium	112mg	Phosphoro...	407mg
Potassium	904mg	Magnesium	111mg
Vitamin A	2040IU	Zinc	3mg
Vitamin C	13mg	Selenium	22µg

DIRECTIONS

- 01 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 02 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 03 Season with salt and pepper and 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 onion and bell pepper.

ADDITIONAL TOPPINGS

Add feta cheese and fresh herbs.

Banana & Nut Chia Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1 cup Unsweetened Almond Milk
2 tbsps Oats (rolled)
2 tbsps Chia Seeds
2 tsps All Natural Peanut Butter
2 tsps Maple Syrup
1 tsp Vanilla Extract
1 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	289	Calcium	567mg
Fat	11g	Iron	2mg
Saturated	3g	Vitamin D	100IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	0µg
Monouns...	3g	Thiamine	0.1mg
Carbs	34g	Riboflavin	0.2mg
Fiber	7g	Niacin	1mg
Sugar	15g	Vitamin B6	0.2mg
Protein	16g	Folate	18µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	155mg	Phosphoro...	52mg
Potassium	345mg	Magnesium	42mg
Vitamin A	912IU	Zinc	1mg
Vitamin C	13mg	Selenium	2µg

DIRECTIONS

- 01 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 02 Divide into containers and add the sliced banana. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in a sealed container for up to four days.

NUT-FREE

Use a nut-free milk such as oat or soy.

MORE FLAVOR

Add a pinch of cinnamon.

NO BANANA

Use mixed berries instead of banana.

MAKE IT VEGAN

Use a vegan yogurt.

CONSISTENCY

For a thicker consistency, add more chia seeds.

Apple with Peanut Butter

1 SERVING 3 MINUTES



INGREDIENTS

1 Apple
2 tbsps All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Calcium	27mg
Fat	17g	Iron	1mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	4g	Vitamin K	4µg
Monouns...	8g	Thiamine	0.1mg
Carbs	32g	Riboflavin	0.1mg
Fiber	6g	Niacin	4mg
Sugar	22g	Vitamin B6	0.2mg
Protein	8g	Folate	34µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	7mg	Phosphoro...	128mg
Potassium	375mg	Magnesium	63mg
Vitamin A	98IU	Zinc	1mg
Vitamin C	8mg	Selenium	1µg

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Almond Milk & Banana

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 Banana

DIRECTIONS

01 Serve the almond milk with the banana. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	134	Calcium	457mg
Fat	3g	Iron	1mg
Saturated	0g	Vitamin D	10IU
Trans	0g	Vitamin E	0mg
Polyunsat...	1g	Vitamin K	1µg
Monouns...	2g	Thiamine	0mg
Carbs	28g	Riboflavin	0.2mg
Fiber	4g	Niacin	1mg
Sugar	14g	Vitamin B6	0.4mg
Protein	2g	Folate	24µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	162mg	Phosphoro...	26mg
Potassium	458mg	Magnesium	49mg
Vitamin A	575IU	Zinc	0mg
Vitamin C	10mg	Selenium	1µg

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.

Strawberry Banana Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Strawberries
1/2 Banana
2 tbsps Oats (quick or rolled)
1 cup Unsweetened Almond Milk
1 tbsp Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	221	Calcium	489mg
Fat	9g	Iron	2mg
Saturated	1g	Vitamin D	101IU
Trans	0g	Vitamin E	1mg
Polyunsat...	5g	Vitamin K	4µg
Monouns...	2g	Thiamine	0.2mg
Carbs	33g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	15g	Vitamin B6	0.4mg
Protein	7g	Folate	61µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	164mg	Phosphoro...	254mg
Potassium	624mg	Magnesium	135mg
Vitamin A	555IU	Zinc	2mg
Vitamin C	90mg	Selenium	4µg

DIRECTIONS

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

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or soaked dates instead.

STORAGE

Refrigerate in a sealed mason jar up to 48 hours.

MORE PROTEIN

Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

MORE FIBRE

Add ground flax seeds.

Peanut Butter Banana Oat Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Oats (quick or traditional)
2 tbsps All Natural Peanut Butter
1 Banana
1/2 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	389	Calcium	258mg
Fat	20g	Iron	2mg
Saturated	4g	Vitamin D	50IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	1µg
Monouns...	10g	Thiamine	0.2mg
Carbs	48g	Riboflavin	0.2mg
Fiber	7g	Niacin	5mg
Sugar	18g	Vitamin B6	0.6mg
Protein	12g	Folate	58µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	88mg	Phosphoro...	217mg
Potassium	694mg	Magnesium	122mg
Vitamin A	325IU	Zinc	2mg
Vitamin C	10mg	Selenium	8µg

DIRECTIONS

- 01 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or a few soaked dates.

NO PEANUT BUTTER

Use any nut or seed butter.

STORAGE

Store in a mason jar with lid in the fridge up to 48 hours.

MORE PROTEIN

Add hemp seeds or a scoop of protein powder.

MORE FIBRE

Add ground flax seed.

Granola, Yogurt & Berry Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1 cup Strawberries (sliced)
1/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	335	Calcium	304mg
Fat	13g	Iron	3mg
Saturated	3g	Vitamin D	50IU
Trans	0g	Vitamin E	5mg
Polyunsat...	3g	Vitamin K	5µg
Monouns...	5g	Thiamine	0.3mg
Carbs	39g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	18g	Vitamin B6	0.2mg
Protein	18g	Folate	69µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	82mg	Phosphoro...	210mg
Potassium	440mg	Magnesium	87mg
Vitamin A	650IU	Zinc	2mg
Vitamin C	93mg	Selenium	11µg

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

GLUTEN-FREE

Ensure a gluten-free granola is used.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt.

Turmeric Chickpea Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

2/3 cup Chickpeas (cooked)
2 tbsps Vegan Mayonnaise
1/8 tsp Turmeric
Sea Salt & Black Pepper (to taste)
2 slices Whole Grain Bread
1/2 cup Baby Spinach
1/3 Tomato (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	589	Calcium	155mg
Fat	26g	Iron	6mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	3g	Vitamin K	78µg
Monouns...	1g	Thiamine	0.3mg
Carbs	70g	Riboflavin	0.2mg
Fiber	15g	Niacin	4mg
Sugar	11g	Vitamin B6	0.4mg
Protein	22g	Folate	281µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	560mg	Phosphoro...	391mg
Potassium	681mg	Magnesium	133mg
Vitamin A	1990IU	Zinc	3mg
Vitamin C	12mg	Selenium	32µg

DIRECTIONS

- 01 Use the back of a fork to smash the chickpeas. Stir in the mayonnaise, turmeric, salt and pepper until well combined.
- 02 Scoop the turmeric chickpea mixture onto the bread. Add the spinach and tomato. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

GLUTEN-FREE

Use gluten-free bread instead.

MORE FLAVOR

Add onion powder and minced garlic. Toast the bread.

ADDITIONAL TOPPINGS

Add cucumber, sliced green onions, diced celery, or red onion.

SAVE TIME

Blend the chickpeas, mayonnaise, turmeric, salt and pepper in a food processor to your desired consistency.

Peanut Butter & Banana Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps All Natural Peanut Butter
2 slices Whole Grain Bread
1/2 Banana (sliced into rounds)

NUTRITION

AMOUNT PER SERVING

Calories	464	Calcium	103mg
Fat	20g	Iron	3mg
Saturated	4g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	6g	Vitamin K	2µg
Monouns...	9g	Thiamine	0.2mg
Carbs	56g	Riboflavin	0.2mg
Fiber	9g	Niacin	8mg
Sugar	16g	Vitamin B6	0.6mg
Protein	19g	Folate	93µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	321mg	Phosphoro...	309mg
Potassium	581mg	Magnesium	135mg
Vitamin A	38IU	Zinc	2mg
Vitamin C	5mg	Selenium	29µg

DIRECTIONS

01 Spread the peanut butter onto the bread. Top with bananas. Close the sandwich and slice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day. Best enjoyed fresh.

MORE FLAVOR

Add a dash of cinnamon or drizzle of honey.

GLUTEN-FREE

Use gluten-free bread.

NUT-FREE

Use sunflower seed butter.

Greek Yogurt & Strawberries

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt

1/2 cup Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	113	Calcium	261mg
Fat	3g	Iron	1mg
Saturated	2g	Vitamin D	50IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	2µg
Monouns...	0g	Thiamine	0mg
Carbs	12g	Riboflavin	0mg
Fiber	1g	Niacin	0mg
Sugar	7g	Vitamin B6	0mg
Protein	11g	Folate	17µg
Cholesterol	17mg	Vitamin B12	0µg
Sodium	71mg	Phosphoro...	17mg
Potassium	110mg	Magnesium	9mg
Vitamin A	634IU	Zinc	0mg
Vitamin C	50mg	Selenium	0µg

DIRECTIONS

01 Add the yogurt to a bowl and top with strawberries. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

MAKE IT VEGAN

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add maple syrup or honey.

ADDITIONAL TOPPINGS

Top with coconut flakes, granola, nuts, and seeds.

Chicken with Sweet Potato & Peppers

2 SERVINGS 35 MINUTES



INGREDIENTS

- 10 ozs Chicken Breast
- 1 Sweet Potato (large, cut into small cubes)
- 1 Red Bell Pepper (large, chopped)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	301	Calcium	31mg
Fat	11g	Iron	1mg
Saturated	2g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsat...	1g	Vitamin K	8µg
Monouns...	6g	Thiamine	0.2mg
Carbs	17g	Riboflavin	0.3mg
Fiber	3g	Niacin	15mg
Sugar	5g	Vitamin B6	1.5mg
Protein	33g	Folate	47µg
Cholesterol	103mg	Vitamin B12	0.3µg
Sodium	102mg	Phosphoro...	347mg
Potassium	816mg	Magnesium	63mg
Vitamin A	11127IU	Zinc	1mg
Vitamin C	78mg	Selenium	33µg

DIRECTIONS

- 01 Preheat oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Place the chicken, sweet potato cubes, and bell pepper on the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Toss the sweet potatoes and bell pepper to evenly coat in the seasoning.
- 03 Bake for about 30 minutes, stirring the potatoes and peppers halfway, or until the chicken is cooked through and vegetables are tender. Allow the chicken to rest for five to 10 minutes before slicing.
- 04 To serve, season with additional salt and pepper if needed then divide between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices to taste.

NO BELL PEPPER

Use green beans, zucchini, broccoli, or cauliflower florets.

NO CHICKEN BREAST

Use chicken thighs instead.

Roasted Chicken & Sweet Potato With Spinach

2 SERVINGS 25 MINUTES



INGREDIENTS

1 Sweet Potato (medium, cut into cubes)
10 ozs Chicken Breast (skinless, boneless)
1 tsp Thyme (fresh)
1 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
3 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	241	Calcium	74mg
Fat	4g	Iron	2mg
Saturated	1g	Vitamin D	1IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	218µg
Monouns...	1g	Thiamine	0.2mg
Carbs	16g	Riboflavin	0.4mg
Fiber	3g	Niacin	14mg
Sugar	3g	Vitamin B6	1.4mg
Protein	34g	Folate	108µg
Cholester...	103mg	Vitamin B12	0.3µg
Sodium	136mg	Phosphoro...	360mg
Potassium	963mg	Magnesium	93mg
Vitamin A	13503IU	Zinc	1mg
Vitamin C	15mg	Selenium	33µg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Place the sweet potatoes and chicken breast on the baking sheet. Season with thyme, garlic powder, salt, and pepper. Bake for 18 to 20 minutes or until the chicken is cooked through and the sweet potatoes are golden.
- 03 Divide the spinach between plates. Top with the sweet potatoes and chicken. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container in the fridge for up to three days.

MORE FLAVOR

Add za'atar and/or paprika to the chicken.

ADDITIONAL TOPPINGS

Add roasted bell pepper, zucchini, and/or your choice of dressing.

NO FRESH THYME

Use dried thyme or rosemary instead.

Ground Beef & Pesto Veggies

2 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Lean Ground Beef
Sea Salt & Black Pepper
1 Zucchini (medium, sliced)
2 cups Broccoli (chopped into florets)
1 tbsp Pesto

NUTRITION

AMOUNT PER SERVING

Calories	369	Calcium	103mg
Fat	26g	Iron	3mg
Saturated	9g	Vitamin D	3IU
Trans	1g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	111µg
Monouns...	12g	Thiamine	0.2mg
Carbs	10g	Riboflavin	0.4mg
Fiber	3g	Niacin	6mg
Sugar	4g	Vitamin B6	0.7mg
Protein	24g	Folate	90µg
Cholesterol	81mg	Vitamin B12	2.4µg
Sodium	160mg	Phosphoro...	298mg
Potassium	894mg	Magnesium	60mg
Vitamin A	900IU	Zinc	6mg
Vitamin C	99mg	Selenium	19µg

DIRECTIONS

- 01 Heat a nonstick pan over medium heat. Add the beef, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Set aside.
- 02 In the same pan over medium heat, add the zucchini slices, broccoli florets, and pesto. Cook until tender, about five to eight minutes.
- 03 Divide the beef, zucchini, and broccoli into containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four ounces of ground beef, one cup of broccoli, and one cup of zucchini.

MORE FLAVOR

Add your choice of herbs and spices.

ADDITIONAL TOPPINGS

Top with cheese, green onion, yogurt, or salsa.

MAKE IT VEGAN

Use crumbled tofu or tempeh instead of ground beef.

Brown Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	170	Calcium	16mg
Fat	1g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	0µg
Monouns...	0g	Thiamine	0.3mg
Carbs	35g	Riboflavin	0mg
Fiber	2g	Niacin	3mg
Sugar	0g	Vitamin B6	0.2mg
Protein	3g	Folate	11µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Phosphoro...	144mg
Potassium	116mg	Magnesium	56mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	8µg

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Salmon with Rice & Broccoli

3 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Brown Rice (dry)
1 1/8 lbs Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 1/4 tsps Extra Virgin Olive Oil
3 cups Broccoli (cut into florets)

NUTRITION

AMOUNT PER SERVING

Calories	453	Calcium	62mg
Fat	13g	Iron	2mg
Saturated	2g	Vitamin D	957IU
Trans	0g	Vitamin E	3mg
Polysat...	3g	Vitamin K	95µg
Monouns...	5g	Thiamine	0.5mg
Carbs	41g	Riboflavin	0.5mg
Fiber	4g	Niacin	18mg
Sugar	2g	Vitamin B6	1.6mg
Protein	44g	Folate	78µg
Cholesterol	87mg	Vitamin B12	8.0µg
Sodium	165mg	Phosphoro...	641mg
Potassium	1027mg	Magnesium	124mg
Vitamin A	842IU	Zinc	2mg
Vitamin C	81mg	Selenium	61µg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
- 03 Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
- 04 To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

NO BROWN RICE

Use white rice, jasmine rice, quinoa, cauliflower rice, or couscous instead.

NO BROCCOLI

Use green beans, cauliflower, or carrots instead.

NO SALMON

Use trout, cod, or halibut instead.

Smashed Chickpea Spinach Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Chickpeas (cooked, rinsed)
2 tbsps Extra Virgin Olive Oil (divided)
1 Lemon (large, juiced, divided)
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)
1 Garlic (clove, minced)
4 cups Baby Spinach
1/2 cup Microgreens

NUTRITION

AMOUNT PER SERVING

Calories	351	Calcium	130mg
Fat	17g	Iron	6mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	4mg
Polysat...	3g	Vitamin K	303µg
Monouns...	11g	Thiamine	0.2mg
Carbs	40g	Riboflavin	0.2mg
Fiber	11g	Niacin	1mg
Sugar	8g	Vitamin B6	0.3mg
Protein	13g	Folate	333µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	57mg	Phosphoro...	242mg
Potassium	737mg	Magnesium	109mg
Vitamin A	5944IU	Zinc	2mg
Vitamin C	33mg	Selenium	5µg

DIRECTIONS

- 01 In a bowl, add the chickpeas, half of the oil, half of the lemon juice, paprika, salt, and pepper. Mix to combine. With the back of a fork, lightly mash the chickpeas, leaving some whole.
- 02 Heat a pan over medium-low heat and add the chickpeas into the pan with the remaining liquid from the bowl. Stir in the minced garlic. Sauté for four to five minutes. Add a splash of water if needed.
- 03 To assemble, evenly divide the spinach, chickpeas, and microgreens into bowls. Drizzle the remaining oil and lemon juice on top. Season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Top with your favorite dressing. Sauté the spinach with the chickpeas.

ADDITIONAL TOPPINGS

Sliced avocado, feta cheese, fresh parsley, dill, cilantro.