

# Fibermaxx

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Almond Pancakes	Almond Pancakes	Strawberry & Blueberry Parfait	Kale & Peach Smoothie	Blueberry Coconut Chia Pudding	Avocado Toast with Hard Boiled Eggs & Strawberries	Overnight Paleo N'Oats
Snack 1	Fruit & Egg Snack Plate	Banana with Almond Butter	Apple with Almond Butter	Fruit & Egg Snack Plate	Peanut Butter Fruit Dip	Coconut Chia Seed Yogurt	Avocado with Everything Bagel Seasoning
					Raspberries		Blueberries
Lunch	Turkey, Hummus & Veggie Snack Box	Turkey, Hummus & Veggie Snack Box	Simple Tuna Salad Paleo	Maple Roasted Carrots & Chicken	Lentil, Rice & Squash Bowl	Sheet Pan Dijon Chicken Thighs & Broccoli	One Pan Steak Fajitas
							Carrot Salad
Dinner	Mayo-Dijon Salmon with Broccoli	One Pan Everything Salmon & Brussels Sprouts	Maple Roasted Carrots & Chicken	Lentil, Rice & Squash Bowl	Sheet Pan Dijon Chicken Thighs & Broccoli	One Pan Steak Fajitas	Jerk Shrimp Salad

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7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1356	<b>Calories</b> 1399	<b>Calories</b> 1424	<b>Calories</b> 1233	<b>Calories</b> 1379	<b>Calories</b> 1362	<b>Calories</b> 1743
<b>Fat</b> 89g	<b>Fat</b> 91g	<b>Fat</b> 61g	<b>Fat</b> 23g	<b>Fat</b> 59g	<b>Fat</b> 72g	<b>Fat</b> 121g
Saturated 19g	Saturated 16g	Saturated 11g	Saturated 6g	Saturated 29g	Saturated 18g	Saturated 19g
<b>Carbs</b> 71g	<b>Carbs</b> 84g	<b>Carbs</b> 130g	<b>Carbs</b> 170g	<b>Carbs</b> 153g	<b>Carbs</b> 103g	<b>Carbs</b> 104g
Fiber 22g	Fiber 24g	Fiber 28g	Fiber 28g	Fiber 37g	Fiber 43g	Fiber 45g
Sugar 24g	Sugar 28g	Sugar 68g	Sugar 55g	Sugar 29g	Sugar 25g	Sugar 37g
<b>Protein</b> 85g	<b>Protein</b> 84g	<b>Protein</b> 97g	<b>Protein</b> 96g	<b>Protein</b> 70g	<b>Protein</b> 90g	<b>Protein</b> 84g
Cholesterol 438mg	Cholesterol 246mg	Cholesterol 278mg	Cholesterol 403mg	Cholesterol 160mg	Cholesterol 423mg	Cholesterol 281mg
Sodium 1721mg	Sodium 2095mg	Sodium 1526mg	Sodium 2121mg	Sodium 1206mg	Sodium 979mg	Sodium 1047mg
Vitamin C 264mg	Vitamin C 133mg	Vitamin C 55mg	Vitamin C 211mg	Vitamin C 316mg	Vitamin C 409mg	Vitamin C 188mg
Iron 8mg	Iron 9mg	Iron 10mg	Iron 12mg	Iron 13mg	Iron 13mg	Iron 11mg

# Fibermaxx

74 items

## Fruits

- ☐ 2 Apple
- ☐ 2 1/2 Avocado
- ☐ 2 Banana
- ☐ 3 1/2 cups Blueberries
- ☐ 1 Green Apple
- ☐ 1/2 Lime
- ☐ 3 tbsps Pomegranate Seeds
- ☐ 2 cups Raspberries
- ☐ 3 cups Strawberries

## Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 1 cup Almond Butter
- ☐ 1 3/4 tbsps Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1 1/8 cups Almonds
- ☐ 1/2 cup Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 3/4 tsp Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 3/4 tsp Dried Parsley
- ☐ 2 1/8 tbsps Everything Bagel Seasoning
- ☐ 1 tbsp Ground Flax Seed
- ☐ 2 tps Jerk Seasoning
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1 2/3 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

## Frozen

- ☐ 2/3 cup Frozen Peaches
- ☐ 4 Ice Cubes

## Vegetables

- ☐ 15 cups Broccoli
- ☐ 3 cups Brussels Sprouts
- ☐ 2 cups Butternut Squash
- ☐ 16 Carrot
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1/4 cup Cilantro
- ☐ 1/2 Cucumber
- ☐ 12 Garlic
- ☐ 1 1/2 tps Ginger
- ☐ 2 stalks Green Onion
- ☐ 1 head Iceberg Lettuce
- ☐ 1 cup Kale Leaves
- ☐ 1 Orange Bell Pepper
- ☐ 1 Red Bell Pepper
- ☐ 1/4 cup Red Onion
- ☐ 8 leaves Romaine
- ☐ 3/4 cup Shallot
- ☐ 1 Sweet Onion
- ☐ 1/2 tsp Thyme
- ☐ 1/2 Yellow Onion

## Boxed & Canned

- ☐ 1/2 cup Brown Rice
- ☐ 1 1/2 cups Canned Coconut Milk
- ☐ 1/2 cup Dry Green Lentils
- ☐ 2 cans Tuna
- ☐ 1 3/4 cups Vegetable Broth

## Baking

- ☐ 1 cup Almond Flour
- ☐ 1 tsp Baking Powder
- ☐ 3 tbsps Cacao Nibs
- ☐ 1 tsp Honey
- ☐ 1 tbsp Monk Fruit Sweetener
- ☐ 3 tbsps Unsweetened Shredded Coconut
- ☐ 1 1/2 tps Vanilla Extract

## Bread, Fish, Meat & Cheese

- ☐ 3 lbs Chicken Thighs
- ☐ 1 lb Flank Steak
- ☐ 1 1/2 lbs Salmon Fillet
- ☐ 9 ozs Shrimp
- ☐ 5 ozs Sliced Turkey Breast
- ☐ 2 slices Whole Grain Bread

## Condiments & Oils

- ☐ 1 tsp Apple Cider Vinegar
- ☐ 2 tbsps Coconut Oil
- ☐ 2 1/3 tbsps Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Mayonnaise

## Cold

- ☐ 6 Egg
- ☐ 1/2 cup Hummus
- ☐ 2 1/2 cups Unsweetened Almond Milk
- ☐ 1/4 cup Unsweetened Coconut Yogurt

## Other

- ☐ 1/4 cup Vanilla Protein Powder

# Almond Pancakes

10 ingredients · 20 minutes · 3 servings



## Directions

1. In a medium-sized bowl, whisk together the almond flour, baking powder, eggs, sweetener, almond milk, coconut oil, cinnamon and sea salt.
2. Heat a greased skillet over medium-low heat. Pour the batter into the skillet, no more than 1/4 cup at a time. Cook each side for 3 to 4 minutes or until browned.
3. Divide the pancakes onto plates and top with almond butter and almonds. Enjoy!

## Notes

### Leftovers

Refrigerate cooked pancakes in an airtight container for up to three days. Reheat in a toaster for easy leftovers.

### Serving Size

One serving equals approximately 2 to 3 small pancakes.

### Additional Toppings

Top with berries and/or maple syrup.

### No Monk Fruit Sweetener

Omit or use coconut sugar and adjust accordingly for flavor.

## Ingredients

- 1 cup Almond Flour
- 1 tsp Baking Powder
- 2 Egg
- 1 tbsp Monk Fruit Sweetener
- 1/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil (softened)
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 3 tbsps Almond Butter (for topping)
- 3 tbsps Almonds (roughly chopped, for topping)

## Nutrition

Amount per serving

<b>Calories</b>	494	<b>Protein</b>	17g
<b>Fat</b>	44g	<b>Cholesterol</b>	124mg
<b>Saturated</b>	11g	<b>Sodium</b>	327mg
<b>Carbs</b>	18g	<b>Vitamin C</b>	0mg
<b>Fiber</b>	7g	<b>Iron</b>	3mg
<b>Sugar</b>	3g		

# Kale & Peach Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

### Serving Size

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

### Nut-Free

Use nut-free milk such as cow's milk or oat milk.

### No Protein Powder

Omit, or add a few spoonfuls of hemp seeds instead.

## Ingredients

- 1 cup Kale Leaves
- 2/3 cup Frozen Peaches
- 2/3 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1 tsp Honey
- 4 Ice Cubes

## Nutrition

Amount per serving

<b>Calories</b>	172	<b>Protein</b>	21g
<b>Fat</b>	3g	<b>Cholesterol</b>	4mg
Saturated	0g	<b>Sodium</b>	156mg
<b>Carbs</b>	19g	<b>Vitamin C</b>	26mg
Fiber	4g	<b>Iron</b>	1mg
Sugar	14g		



# Blueberry Coconut Chia Pudding

5 ingredients · 35 minutes · 3 servings



## Directions

1. Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
2. Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
3. Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately 1 1/3 cups of chia pudding.

### Likes it Sweeter

Add maple syrup or honey.

### More Flavor

Add cardamom.

## Ingredients

**1 1/2 cups** Canned Coconut Milk

**1 1/2 cups** Blueberries (plus extra for garnish)

**1 1/2 tsps** Vanilla Extract

**1/3 cup** Chia Seeds

**3 tbsps** Unsweetened Shredded Coconut (plus extra for garnish)

## Nutrition

Amount per serving

<b>Calories</b>	407	<b>Protein</b>	6g
<b>Fat</b>	32g	Cholesterol	0mg
Saturated	23g	Sodium	36mg
<b>Carbs</b>	25g	Vitamin C	7mg
Fiber	10g	Iron	2mg
Sugar	9g		

# Avocado Toast with Hard Boiled Eggs & Strawberries

4 ingredients · 15 minutes · 2 servings



## Directions

1. Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.
2. Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!

## Notes

### Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

### Gluten-Free

Use gluten-free bread instead of whole grain bread.

### More Flavor

Add mayo, cheese, or season with salt and pepper to taste.

### Additional Toppings

Add tomato slices, cucumber, fresh herbs, sauerkraut, or pickled red onions.

## Ingredients

- 2 Egg
- 2 slices Whole Grain Bread (toasted)
- 1 Avocado (sliced or mashed)
- 2 cups Strawberries

## Nutrition

Amount per serving

<b>Calories</b>	388	<b>Protein</b>	15g
<b>Fat</b>	22g	<b>Cholesterol</b>	186mg
<b>Saturated</b>	4g	<b>Sodium</b>	237mg
<b>Carbs</b>	38g	<b>Vitamin C</b>	95mg
<b>Fiber</b>	13g	<b>Iron</b>	3mg
<b>Sugar</b>	11g		



# Overnight Paleo N'Oats

9 ingredients · 5 minutes · 3 servings



## Directions

1. Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
2. In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

## Notes

### Reheating

Reheat on the stovetop in a pot over low heat until warmed through.

### Leftovers

Store in an airtight jar in the fridge up to 5 days.

### More Toppings

Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

### Likes it Sweet

Drizzle with maple syrup or honey.

### No Almond Milk

Use any other type of milk instead.

## Ingredients

- 1 cup Almonds (raw)
- 1/2 cup Pumpkin Seeds (raw)
- 1 tbsp Ground Flax Seed
- 2 tbsps Chia Seeds
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 tsp Cinnamon (ground)
- 3 tbsps Pomegranate Seeds
- 3 tbsps Cacao Nibs
- 3 tbsps Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	609	<b>Protein</b>	23g
<b>Fat</b>	51g	<b>Cholesterol</b>	0mg
<b>Saturated</b>	7g	<b>Sodium</b>	85mg
<b>Carbs</b>	25g	<b>Vitamin C</b>	1mg
<b>Fiber</b>	15g	<b>Iron</b>	5mg
<b>Sugar</b>	4g		



# Banana with Almond Butter

2 ingredients · 2 minutes · 2 servings



## Directions

1. Slice the banana and dip it in almond butter. Enjoy!

## Notes

### Nut-Free

Use sunflower seed butter instead of almond butter.

## Ingredients

2 Banana

1/4 cup Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	297	<b>Protein</b>	8g
<b>Fat</b>	18g	Cholesterol	0mg
Saturated	1g	Sodium	3mg
<b>Carbs</b>	33g	Vitamin C	10mg
Fiber	6g	Iron	1mg
Sugar	16g		

# Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



## Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

## Notes

### Nut-Free

Use sunflower seed butter instead of almond butter.

## Ingredients

2 Apple

1/4 cup Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	287	<b>Protein</b>	7g
<b>Fat</b>	18g	Cholesterol	0mg
Saturated	1g	Sodium	4mg
<b>Carbs</b>	31g	Vitamin C	8mg
Fiber	8g	Iron	1mg
Sugar	20g		

# Fruit & Egg Snack Plate

3 ingredients · 20 minutes · 2 servings



## Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
2. Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

## Notes

### Leftovers

Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.

### Serving Size

One serving is one egg and one cup of fruit.

### More Flavor

Season the hard boiled egg with salt and pepper.

## Ingredients

2 Egg

1 cup Blueberries

1 cup Strawberries (halved)

## Nutrition

Amount per serving

<b>Calories</b>	137	<b>Protein</b>	7g
<b>Fat</b>	5g	<b>Cholesterol</b>	186mg
Saturated	2g	<b>Sodium</b>	72mg
<b>Carbs</b>	17g	<b>Vitamin C</b>	50mg
Fiber	3g	<b>Iron</b>	1mg
Sugar	11g		



# Peanut Butter Fruit Dip

3 ingredients · 10 minutes · 2 servings



## Directions

1. Combine all ingredients together in a bowl or a food processor and mix well. Enjoy!

## Notes

### Serving Size

One serving is equal to approximately 3 tbsp of dip.

### Leftovers

Keeps well in the fridge up to 3 to 4 days. Stir well before serving.

### Serve it With

Sliced fruit such as strawberries, bananas, apples, pears or pineapple.

### Nut-Free

Make it with sunflower seed butter instead of peanut butter.

### No Coconut Yogurt

Use Greek yogurt or almond yogurt instead.

## Ingredients

**2 tbsps** All Natural Peanut Butter

**1/4 cup** Unsweetened Coconut Yogurt

**3/4 tsp** Maple Syrup

## Nutrition

Amount per serving

<b>Calories</b>	117	<b>Protein</b>	4g
<b>Fat</b>	9g	Cholesterol	0mg
Saturated	2g	Sodium	9mg
<b>Carbs</b>	7g	Vitamin C	0mg
Fiber	1g	Iron	0mg
Sugar	3g		



# Raspberries

1 ingredient · 3 minutes · 2 servings



## Directions

1. Wash berries and enjoy!

## Notes

### Tip

Do not wash until ready to eat, as washed berries spoil more quickly.

## Ingredients

**2 cups** Raspberries

## Nutrition

Amount per serving

<b>Calories</b>	64	<b>Protein</b>	1g
<b>Fat</b>	1g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
<b>Carbs</b>	15g	Vitamin C	32mg
Fiber	8g	Iron	1mg
Sugar	5g		

# Avocado with Everything Bagel Seasoning

2 ingredients · 5 minutes · 1 serving



## Directions

1. Slice avocado in half. Remove the pit and skin. Sprinkle the spices and seeds over top and enjoy!

## Notes

### Leftovers

Best enjoyed immediately.

### Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

## Ingredients

1 Avocado

1/2 tsp Everything Bagel Seasoning

## Nutrition

Amount per serving

<b>Calories</b>	322	<b>Protein</b>	4g
<b>Fat</b>	29g	Cholesterol	0mg
Saturated	4g	Sodium	114mg
<b>Carbs</b>	17g	Vitamin C	20mg
Fiber	13g	Iron	1mg
Sugar	1g		

# Blueberries

1 ingredient · 2 minutes · 1 serving



## Directions

1. Wash the berries and enjoy!

## Ingredients

1 cup Blueberries

## Nutrition

Amount per serving

<b>Calories</b>	84	<b>Protein</b>	1g
<b>Fat</b>	0g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
<b>Carbs</b>	21g	Vitamin C	14mg
Fiber	4g	Iron	0mg
Sugar	15g		



# Turkey, Hummus & Veggie Snack Box

5 ingredients · 10 minutes · 1 serving



## Directions

1. Arrange all of the ingredients on a plate or in a container with separate compartments. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is one snack box.

## Ingredients

**2 1/2 ozs** Sliced Turkey Breast

**1** Carrot (small, sliced)

**1/4** Cucumber (medium, sliced)

**1/4 cup** Cherry Tomatoes

**1/4 cup** Hummus

## Nutrition

Amount per serving

<b>Calories</b>	264	<b>Protein</b>	17g
<b>Fat</b>	14g	Cholesterol	35mg
Saturated	2g	Sodium	944mg
<b>Carbs</b>	21g	Vitamin C	11mg
Fiber	6g	Iron	2mg
Sugar	6g		



# Simple Tuna Salad Paleo

5 ingredients · 10 minutes · 2 servings



## Directions

1. Add all ingredients to a large bowl and mix until well combined. Enjoy!

## Notes

### How to Serve

Enjoy alone, on crackers, on a sandwich, or over greens.

### Leftovers

Keeps well in the fridge for 2 to 3 days.

## Ingredients

**2 cans** Tuna (drained)

**1** Green Apple (chopped)

**2 stalks** Green Onion (finely sliced)

**2 tbsps** Mayonnaise (Chosen Foods Avocado Oil Mayonnaise )

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	288	<b>Protein</b>	33g
<b>Fat</b>	12g	Cholesterol	65mg
Saturated	2g	Sodium	499mg
<b>Carbs</b>	12g	Vitamin C	2mg
Fiber	3g	Iron	3mg
Sugar	9g		

# Carrot Salad

4 ingredients · 5 minutes · 1 serving



## Directions

1. Add all of the ingredients to a bowl. Toss to combine. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately one cup.

### More Flavor

Add garlic and honey.

### Additional Toppings

Shredded beet, red onion, feta or goat cheese, fresh parsley or cilantro.

## Ingredients

2 Carrot (medium, shredded)

1 tsp Extra Virgin Olive Oil

1 tsp Apple Cider Vinegar

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	91	<b>Protein</b>	1g
<b>Fat</b>	5g	Cholesterol	0mg
Saturated	1g	Sodium	85mg
<b>Carbs</b>	12g	Vitamin C	7mg
Fiber	3g	Iron	0mg
Sugar	6g		



# Mayo-Dijon Salmon with Broccoli

6 ingredients · 15 minutes · 2 servings



## Directions

1. Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
2. In a bowl, mix together the mayonnaise and dijon mustard.
3. Place the salmon fillets on the baking sheet and season with salt and pepper. Coat the salmon generously in the mayo-dijon mixture.
4. Toss the broccoli florets in the oil and season with salt and pepper. Add them to the baking sheet, arranging them around the salmon fillets.
5. Bake the salmon and broccoli in the oven for 10 to 15 minutes, or until the salmon flakes with a fork and is browned on top. Divide onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving equals approximately six ounces of salmon and 2 1/2 cups of broccoli.

## Ingredients

- 2 **tbsps** Mayonnaise
- 1 **tbsp** Dijon Mustard
- 12 **ozs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 5 **cups** Broccoli (sliced into small florets)
- 1 **tbsp** Extra Virgin Olive Oil

## Nutrition

Amount per serving

<b>Calories</b>	461	<b>Protein</b>	44g
<b>Fat</b>	26g	<b>Cholesterol</b>	93mg
Saturated	4g	<b>Sodium</b>	378mg
<b>Carbs</b>	15g	<b>Vitamin C</b>	203mg
Fiber	6g	<b>Iron</b>	2mg
Sugar	4g		

# One Pan Everything Salmon & Brussels Sprouts

5 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the Brussels sprouts to the pan. Drizzle with the oil and toss to coat. Bake in the oven for 15 minutes.
3. Remove the pan from the oven and season the Brussels sprouts with half of the everything bagel seasoning. Toss to coat evenly.
4. Place the salmon on the pan and spread the Dijon mustard evenly over the top side of the fillets. Generously coat the top side of the salmon with the remaining everything bagel seasoning. Continue to bake for 15 to 18 minutes or until the salmon is cooked through. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Season with salt and pepper if your everything bagel seasoning doesn't contain salt.

### No Brussels Sprouts

Use broccoli or cauliflower instead.

### No Salmon

Use another fish, like trout, instead.

### Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

## Ingredients

- 3 cups Brussels Sprouts
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Everything Bagel Seasoning (divided)
- 12 ozs Salmon Fillet
- 2 tsps Dijon Mustard

## Nutrition

Amount per serving

<b>Calories</b>	344	<b>Protein</b>	42g
<b>Fat</b>	15g	<b>Cholesterol</b>	87mg
Saturated	2g	<b>Sodium</b>	821mg
<b>Carbs</b>	12g	<b>Vitamin C</b>	112mg
Fiber	5g	<b>Iron</b>	3mg
Sugar	3g		



# Maple Roasted Carrots & Chicken

8 ingredients · 40 minutes · 3 servings



## Directions

1. Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
2. In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
3. Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add chili flakes.

### No Shallots

Use small pearl onions instead.

## Ingredients

**1 1/2 lbs** Chicken Thighs (boneless, skinless)

**3/4 tsp** Sea Salt (divided)

**9** Garlic (cloves, still attached to each other)

**1 1/2 tsps** Extra Virgin Olive Oil

**12** Carrot (chopped roughly)

**3/4 cup** Shallot (peeled, cut in half)

**1 1/2 tsps** Ginger (thinly sliced)

**1 1/2 tbsps** Maple Syrup

## Nutrition

Amount per serving

<b>Calories</b>	463	<b>Protein</b>	48g
<b>Fat</b>	12g	<b>Cholesterol</b>	213mg
<b>Saturated</b>	3g	<b>Sodium</b>	982mg
<b>Carbs</b>	40g	<b>Vitamin C</b>	20mg
<b>Fiber</b>	8g	<b>Iron</b>	3mg
<b>Sugar</b>	21g		

# Lentil, Rice & Squash Bowl

10 ingredients · 30 minutes · 2 servings



## Directions

1. Cook the rice according to package directions.
2. Meanwhile, add the onions and garlic to a pot with a few splashes of broth. Heat over medium heat and cook for about five minutes until the onions begin to soften. Add the parsley, thyme, and salt and cook for another minute.
3. Add the lentils and the remaining broth and stir to combine. Bring to a gentle boil and cover with the lid. Cook for about 20 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not cooked to the desired tenderness, add more water or broth and continue cooking until done.
4. Meanwhile, add the squash to a steamer basket and steam for about eight to ten minutes then add the broccoli to the basket and continue to steam for about five minutes more or until the vegetables are tender. To serve, divide the ingredients evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add other dried or fresh herbs to the lentils.

### Additional Toppings

Butter or olive oil for the vegetables.

### No Broccoli

Use cauliflower or green beans instead.

### No Brown Rice

Use quinoa, white rice, or millet instead.

## Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1/2 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1 3/4 cups Vegetable Broth (divided)
- 3/4 tsp Dried Parsley
- 1/2 tsp Thyme (dried)
- 1/4 tsp Sea Salt
- 1/2 cup Dry Green Lentils (rinsed)
- 2 cups Butternut Squash (cut into 1-inch cubes)
- 2 cups Broccoli (cut into small florets)

## Nutrition

Amount per serving

<b>Calories</b>	461	<b>Protein</b>	20g
<b>Fat</b>	3g	<b>Cholesterol</b>	0mg
<b>Saturated</b>	1g	<b>Sodium</b>	911mg
<b>Carbs</b>	94g	<b>Vitamin C</b>	115mg
<b>Fiber</b>	13g	<b>Iron</b>	7mg
<b>Sugar</b>	9g		



# Sheet Pan Dijon Chicken Thighs & Broccoli

5 ingredients · 40 minutes · 4 servings



## Directions

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

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is about three cups.

### More Flavor

Add maple syrup and/or honey to the chicken.

## Ingredients

- 1 1/2 lbs Chicken Thighs (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tsps Dijon Mustard
- 8 cups Broccoli (florets, chopped)

## Nutrition

Amount per serving

<b>Calories</b>	330	<b>Protein</b>	39g
<b>Fat</b>	14g	<b>Cholesterol</b>	160mg
<b>Saturated</b>	3g	<b>Sodium</b>	249mg
<b>Carbs</b>	12g	<b>Vitamin C</b>	162mg
<b>Fiber</b>	5g	<b>Iron</b>	3mg
<b>Sugar</b>	3g		

# One Pan Steak Fajitas

9 ingredients · 20 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
2. In a bowl, combine the chili powder, cumin, and salt. Set aside.
3. In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
4. Scoop the steak and peppers into lettuce wraps and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately three fajitas.

### More Flavor

Add jalapeño peppers, paprika, and garlic powder. Cook on the barbecue in a grilling basket. Serve with corn tortillas instead of lettuce.

### Additional Toppings

Serve with avocado, lime juice, cashew cream sauce, or plain yogurt.

## Ingredients

- 1 **tblsp** Chili Powder
- 1/2 **tsp** Cumin
- 1/2 **tsp** Sea Salt
- 1 Red Bell Pepper (medium, sliced)
- 1 Orange Bell Pepper (medium, sliced)
- 1 Sweet Onion (medium, sliced)
- 1 **lb** Flank Steak (sliced)
- 1 **tblsp** Extra Virgin Olive Oil
- 1 **head** Iceberg Lettuce (small, leaves pulled apart)

## Nutrition

Amount per serving

<b>Calories</b>	289	<b>Protein</b>	27g
<b>Fat</b>	14g	Cholesterol	77mg
Saturated	4g	Sodium	436mg
<b>Carbs</b>	16g	Vitamin C	131mg
Fiber	4g	Iron	3mg
Sugar	8g		



# Jerk Shrimp Salad

9 ingredients · 15 minutes · 2 servings



## Directions

1. Add the shrimp to a medium-sized bowl along with the jerk seasoning. Toss to combine and let it marinate for about 10 minutes, while you prepare the rest of the salad.
2. In a small jar add the lime juice and zest, 2/3 of the oil, salt and pepper. Shake to combine.
3. Heat a cast-iron skillet over medium-high heat. Once hot, add the remaining oil and then add the shrimp. Cook for 3 minutes each side, or until cooked through. Remove and set aside.
4. Divide the romaine onto plates, and top with avocado, red onion and cilantro, if using. Add the shrimp on top and drizzle with the lime dressing. Enjoy!

## Notes

### Leftovers

Refrigerate salad and shrimp in separate sealed containers for up to two days. The dressing can be refrigerated for up to five days.

### Serving Size

One serving is equal to approximately 2 cups of salad and 4 to 5 shrimp.

### Likes it Sweeter

Add a drizzle of honey to the dressing.

## Ingredients

- 9 ozs Shrimp (large, peeled, deveined)
- 2 tsps Jerk Seasoning
- 1/2 Lime (juiced, zested)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 8 leaves Romaine (roughly chopped)
- 1/2 Avocado (sliced)
- 1/4 cup Red Onion (thinly sliced)
- 1/4 cup Cilantro (roughly chopped, optional)

## Nutrition

Amount per serving

<b>Calories</b>	348	<b>Protein</b>	28g
<b>Fat</b>	22g	<b>Cholesterol</b>	204mg
Saturated	3g	<b>Sodium</b>	326mg
<b>Carbs</b>	13g	<b>Vitamin C</b>	15mg
Fiber	6g	<b>Iron</b>	2mg
Sugar	3g		