

Breakfast

Chia Pudding w/ Walnuts and Fruit x 5

Egg or Tofu Scrambles x 2-3

- squash and parmesan cheese, drizzle of honey
- radish and onion hash
- grated sweet potato
- avocado and chopped arugula and spinach

Sweet Potato Toast x 4

Ingredients: 1 sweet potato

Toppings of choice

Directions:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Slice the sweet potato lengthwise into slices roughly the same width as your finger.
3. Bake for 20 minutes, or until cooked through, but not mushy. Thicker slices will require more time to cook.
4. Remove from oven and allow to cool for several minutes.
5. Top with almond butter, blueberries and honey; hummus; egg; or avocado and everything bagel seasoning

Lunch

90-second Quinoa and Brown Rice w/ Steamed Broccoli x 2

- Top with grated parm, red pepper flakes, and balsamic

Carrot-Ribbon Salad w/ Tuna or Edamame x 3

Ingredients: 6 large carrots, washed and peeled

2 stalks of green onion, chopped

Tuscan Garden Asian Sesame dressing

-OR-

2 Tbs soy sauce or coconut aminos

¼ C rice vinegar

½ tsp garlic powder

½ tsp ground ginger

Optional: crushed red pepper flakes

+ Protein of choice

Directions

1. Use a vegetable peeler to shave long ribbons of carrot into a large bowl. Use as much of the carrot as possible, and save the rest for snacking with hummus or guac later!
2. In a small bowl, combine the soy sauce or coconut aminos with the rice vinegar, garlic powder, ground ginger, and red pepper flakes. Whisk until combined, then pour over carrot ribbons. If you're using the Asian Sesame dressing, pour the desired amount of dressing directly onto the carrot ribbons.
3. Use tongs to incorporate the carrots into the dressing so that the ribbons are well coated.
4. Serve in a bowl, topped with chopped green onion, sesame seeds or everything bagel mix, and protein of choice!

Dinner

Salmon or Tofu with Brussels Sprouts

Ingredients: 1 bag of Aldi Brussels Sprouts

Seasonings of choice – I use salt, black pepper, garlic powder, and balsamic vinegar

Optional: freshly grated parm

Directions for Brussels

1. Wash and thinly slice the Brussels sprouts.
2. Roughly 15 minutes before your protein is done cooking, heat up a medium skillet with 1-2 tbs cooking fat of choice.
3. When the skillet is hot, add the Brussels and season to taste with salt, garlic powder, black pepper, and a splash of balsamic vinegar.
4. Cook to desired doneness – I personally enjoy my Brussels al dente, but many prefer them golden-brown and crispy!
5. If you're using parmesan cheese, sprinkle it onto the Brussels while they're still hot. Serve with your protein of choice!

Zoodles with Shrimp or Garbanzo Beans

Ingredients: 1 large zucchini

1 bag of large cooked shrimp, thawed with tails removed -or- 1 can of garbanzo beans, drained

2 Tbsp olive oil

1 Tbsp minced garlic

1 tsp Italian seasoning

Optional: 1 cup diced tomato; fresh basil leaves, thinly chopped; freshly grated parmesan cheese; dash of balsamic vinegar

Directions

1. Add the olive oil, garlic, and Italian seasoning to a medium skillet and heat over medium heat. When the garlic begins to sizzle, add the shrimp or garbanzo beans to the pan and cook for 3-5 minutes, or until thoroughly heated.
2. While your protein is cooking, spiralize your zucchini and plate half of the zoodles.
3. When your protein is done, turn the heat off and add the tomatoes to the pan, stirring to incorporate.
4. Spoon half of your shrimp or garbanzos over the plated zoodles. Garnish with fresh basil leaves, grated parmesan, and/or a dash or two of balsamic vinegar. Enjoy!

Quinoa Bowls 2 Ways x 4

Ingredients: 6 C of quinoa, prepared according to package

arugula and spinach mix, chopped

1 green onion, washed and chopped

1 jalapeno, washed and sliced (you can fry these up with the onion if you prefer!)

½ C cherry tomatoes, washed and halved

1 avocado, cubed

¼ C chimichurri salsa

4 radishes, washed and thinly sliced

½ C cucumber

¼ C kalamata olives

2 Tbsp garlic hummus

Directions

1. Place 1.5 cups of quinoa into a large soup bowl.
2. For a southwest style quinoa bowl, top with the greens, jalapeños, green onion, cherry tomatoes, avocado and chimichurri salsa.
3. For a Mediterranean style quinoa bowl, top with chopped greens, cherry tomatoes, radishes, cucumber, olives and hummus!

Zucchini Boats

Ingredients: 2 large zucchinis

1 C mushrooms, washed and thinly sliced

2 green onion stalks, washed and thinly sliced

½ C kalamata olives

4 eggs -OR- 4 servings of tofu

2 Tbsp olive oil

Seasonings of choice – I prefer salt, cayenne pepper, garlic, and oregano

Optional: 1/3 C freshly grated parm

1. Preheat the oven to 400 degrees F and line a baking sheet with parchment paper.
2. Cut the zucchini in half lengthwise and trim off the stems. Use a metal spoon to carefully scoop the flesh out of the zucchinis.
3. Sprinkle your seasonings over the zucchini boats and place them on the baking sheet.
4. Heat the olive oil in a medium pan over medium high heat. While the oil heats, either scramble eggs in a bowl, or break apart the tofu into bite-size pieces.
5. Add the onion, mushroom, and zucchini (that you scraped from the boats) into the pan, season to taste, and cook for about 2 minutes. Add your protein to the pan and incorporate into the vegetable mixture.
6. Remove the pan from the heat and add the olives.
7. Spoon the mixture evenly into the zucchini boats, then top with parmesan cheese if using.
8. Bake for 20 minutes, or until the zucchini boats are tender and the cheese is golden brown.
9. Remove from oven and serve

Cauliflower Fried Rice

Ingredients: 1 bag riced cauliflower

1 bag mixed veggies

2 eggs -OR- 2 servings of tofu

1 green onion, chopped

1 Tbsp minced garlic

1 Tbsp soy sauce, coconut aminos, or No-Soy

2 Tbsp cooking oil of choice

Directions

1. Heat a large pan over medium heat. Empty the riced cauliflower and frozen veggies into the pan as it heats. Allow the vegetables to defrost, stirring occasionally.
2. When the vegetables have begun to simmer, add the olive oil, soy sauce/coconut aminos/No-Soy and garlic to the pan, continuing to stir every few minutes.
3. While the flavors incorporate, beat the eggs in a small bowl OR cut your tofu into bite-sized pieces. Add your protein to the pan and cook for another 5 minutes.
4. Remove the pan from heat and allow to cool for a moment. Plate and top with chipped green onion.

Snacks

Rice cakes w/ almond butter

Rice cakes w/ honey and ground ginger

Rice cakes w/ avocado, olive, and tomato

Rice cakes w/ hummus and cucumber

Veggies + Hummus

Veggies + Guac

Chia Pudding