

























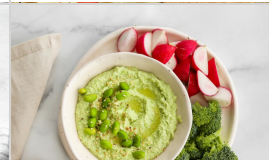
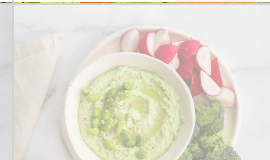
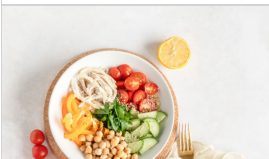
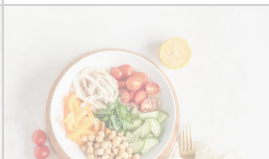

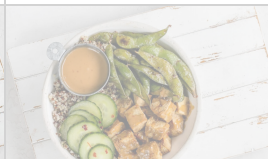


























	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Raspberry Protein Overnight Oats	 Raspberry Protein Overnight Oats	 Blended Chocolate Strawberry Protein Chia...	 Cherry & Blueberry Yogurt Parfait	 Cherry & Blueberry Yogurt Parfait	 Spinach & Salsa Omelette	 Spinach & Salsa Omelette
Snack 1	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Raspberries	 Raspberries	 Raspberries
Lunch	 Lentil & Chickpea Pasta Salad	 Lentil & Chickpea Pasta Salad	 Greek Kale & Edamame Salad	 Greek Kale & Edamame Salad	 Tuna, Chickpea & Avocado Salad	 Chicken Coleslaw Wrap	 Chicken Coleslaw Wrap
Snack 2	 Trail Mix Energy Balls	 Trail Mix Energy Balls	 Cucumber, Blackberries & Hummus Snack Box	 Trail Mix Energy Balls	 Cucumber, Blackberries & Hummus Snack Box	 Edamame Hummus & Veggies	 Edamame Hummus & Veggies
Dinner	 Chicken & Chickpea Quinoa Bowl	 Chicken & Chickpea Quinoa Bowl	 Tofu & Quinoa Bowl with Peanut Sauce	 Tofu & Quinoa Bowl with Peanut Sauce	 Slow Cooker Chicken & Black Bean Taco Soup	 Slow Cooker Chicken & Black Bean Taco Soup	 Roasted Sweet Potato & Kale Salad with Salmon

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  32%	Fat  42%	Fat  46%	Fat  35%	Fat  46%	Fat  54%
Carbs  45%	Carbs  45%	Carbs  35%	Carbs  33%	Carbs  40%	Carbs  26%	Carbs  19%
Protein  23%	Protein  23%	Protein  23%	Protein  21%	Protein  25%	Protein  28%	Protein  27%
Calories 1741	Calories 1741	Calories 1732	Calories 1628	Calories 1450	Calories 1638	Calories 1558
Fat 66g	Fat 66g	Fat 86g	Fat 88g	Fat 59g	Fat 86g	Fat 95g
Carbs 204g	Carbs 204g	Carbs 158g	Carbs 140g	Carbs 148g	Carbs 107g	Carbs 76g
Fiber 61g	Fiber 61g	Fiber 51g	Fiber 35g	Fiber 46g	Fiber 34g	Fiber 27g
Sugar 39g	Sugar 39g	Sugar 48g	Sugar 51g	Sugar 46g	Sugar 23g	Sugar 20g
Protein 105g	Protein 105g	Protein 107g	Protein 92g	Protein 94g	Protein 115g	Protein 109g
Cholesterol 82mg	Cholesterol 82mg	Cholesterol 29mg	Cholesterol 34mg	Cholesterol 186mg	Cholesterol 826mg	Cholesterol 759mg
Sodium 525mg	Sodium 525mg	Sodium 1878mg	Sodium 1527mg	Sodium 2170mg	Sodium 2614mg	Sodium 1530mg
Vitamin A 3100IU	Vitamin A 3100IU	Vitamin A 2141IU	Vitamin A 1996IU	Vitamin A 4154IU	Vitamin A 10999IU	Vitamin A 21441IU
Vitamin C 306mg	Vitamin C 306mg	Vitamin C 185mg	Vitamin C 136mg	Vitamin C 110mg	Vitamin C 128mg	Vitamin C 206mg
Calcium 1092mg	Calcium 1092mg	Calcium 1822mg	Calcium 1379mg	Calcium 870mg	Calcium 665mg	Calcium 502mg
Iron 25mg	Iron 25mg	Iron 23mg	Iron 20mg	Iron 16mg	Iron 15mg	Iron 13mg

**Fruits**

- 1 1/2 Avocado
- 1 cup Blackberries
- 1 cup Blueberries
- 1 cup Cherries
- 1/2 Lemon
- 2 tbsps Lemon Juice
- 4 cups Raspberries
- 4 1/2 cups Strawberries

**Breakfast**

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

**Seeds, Nuts & Spices**

- 1 1/4 cups Almonds
- 1 1/8 cups Chia Seeds
- 1/4 tsp Chili Flakes
- 1/4 tsp Chili Powder
- 2/3 tsp Cinnamon
- 2 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 2/3 cup Pumpkin Seeds
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 2 tbsps Taco Seasoning
- 1/4 tsp Turmeric

**Frozen**

- 2 cups Edamame Pods
- 4 cups Frozen Edamame

**Vegetables**

- 4 cups Baby Kale
- 4 cups Baby Spinach
- 1 1/2 cups Broccoli
- 2 1/4 cups Cherry Tomatoes
- 1 1/3 cups Cilantro
- 1 cup Coleslaw Mix
- 2 1/2 Cucumber
- 2 cups Kale Leaves
- 1 Orange Bell Pepper
- 1/4 cup Parsley
- 1 1/2 cups Radishes
- 2 Red Bell Pepper
- 1 cup Red Onion
- 1 Sweet Potato

**Boxed & Canned**

- 1 cup Black Beans
- 1 2/3 pints Bone Broth
- 4 ozs Chickpea Pasta
- 2 cups Chickpeas
- 2 cups Corn Tortilla Chips
- 3 cups Fire Roasted Diced Tomatoes
- 2 cups Lentils
- 1 1/2 cups Quinoa
- 1/2 cup Salsa
- 1 can Tuna

**Baking**

- 1 1/2 tsps Arrowroot Powder
- 1 tbsp Cocoa Powder
- 3/4 cup Dark Chocolate Chips
- 2 1/2 cups Oats
- 1 cup Pitted Dates
- 1 tbsp Raw Honey

**Bread, Fish, Meat & Cheese**

- 1 lb Chicken Breast, Cooked
- 1 lb Chicken Thighs
- 1/4 cup Feta Cheese
- 1/2 cup Hummus
- 10 ozs Salmon Fillet
- 12 ozs Tofu
- 2 Whole Wheat Tortilla

**Condiments & Oils**

- 1 tbsp Avocado Oil
- 2 tbsps Balsamic Vinaigrette
- 1/2 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Italian Dressing
- 1/4 cup Mayonnaise
- 1/4 cup Peanut Sauce
- 2/3 cup Pitted Kalamata Olives
- 2 tbsps Rice Vinegar
- 1 tbsp Tamari

**Cold**

- 6 Egg
- 1/2 cup Hummus
- 2 3/4 cups Plain Greek Yogurt
- 3 3/4 cups Unsweetened Almond Milk

**Other**

- 1/4 cup Chocolate Protein Powder
- 1/3 cup Vanilla Protein Powder
- 3 tbsps Water



## Raspberry Protein Overnight Oats

1 serving

8 hours

### Ingredients

1 cup Unsweetened Almond Milk  
 1/2 cup Oats (rolled)  
 2 tbsps Chia Seeds  
 3 tbsps Vanilla Protein Powder  
 1/4 tsp Cinnamon (plus more for garnish)  
 1/2 cup Raspberries  
 2 tbsps Almonds (chopped)

### Nutrition

Amount per serving	
Calories	497
Fat	22g
Carbs	51g
Fiber	20g
Sugar	4g
Protein	29g
Cholesterol	3mg
Sodium	196mg
Vitamin A	522IU
Vitamin C	16mg
Calcium	781mg
Iron	5mg

### Directions

- 1 Add the milk, oats, chia seeds, protein powder, and cinnamon to a bowl or container and stir to combine.
- 2 Refrigerate overnight then top with raspberries, chopped almonds, and cinnamon (optional) before eating. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**Additional Toppings:** Unsweetened coconut flakes, flax seeds, and/or hemp seeds.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



## Blended Chocolate Strawberry Protein Chia pudding

1 serving  
35 minutes

### Ingredients

3/4 cup Unsweetened Almond Milk  
1/4 cup Plain Greek Yogurt  
1/4 cup Chocolate Protein Powder  
3 tbsps Chia Seeds  
1 tbsp Maple Syrup  
1 tbsp Cocoa Powder  
1/2 cup Strawberries (sliced)

### Nutrition

Amount per serving	
Calories	409
Fat	15g
Carbs	42g
Fiber	17g
Sugar	17g
Protein	33g
Cholesterol	12mg
Sodium	203mg
Vitamin A	695IU
Vitamin C	46mg
Calcium	846mg
Iron	5mg

### Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and cocoa powder. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with strawberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is equal to approximately 1 3/4 cups, including strawberries.

**Additional Toppings:** Cacao nibs, sliced banana, and/or chopped nuts.



## Cherry & Blueberry Yogurt Parfait

2 servings

10 minutes

### Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk
- 1 tbsp Ground Flax Seed
- 1 tbsp Chia Seeds
- 1/2 cup Cherries (pitted, halved)
- 1/2 cup Blueberries
- 1 1/2 tps Raw Honey (optional)
- 1/4 cup Pumpkin Seeds
- 1/16 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	294
Fat	14g
Carbs	27g
Fiber	6g
Sugar	16g
Protein	19g
Cholesterol	17mg
Sodium	113mg
Vitamin A	797IU
Vitamin C	14mg
Calcium	421mg
Iron	3mg

### Directions

- 1 In a bowl, mix the Greek yogurt, oat milk, flax, and chia seeds together until smooth.
- 2 Layer the yogurt mixture, cherries, and blueberries into individual serving glasses, bowls, or jars.
- 3 If desired, drizzle the honey over the fruit layers. Repeat the layering process until all ingredients are used.
- 4 Top the parfait with pumpkin seeds and cinnamon. Serve immediately or refrigerate until ready to eat. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**Dairy-Free:** Use plant-based yogurt instead.



## Spinach & Salsa Omelette

1 serving  
10 minutes

### Ingredients

2 tps Extra Virgin Olive Oil (divided)  
2 cups Baby Spinach  
3 Egg  
Sea Salt & Black Pepper (to taste)  
1/4 cup Salsa

### Nutrition

Amount per serving	
Calories	327
Fat	24g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	22g
Cholesterol	558mg
Sodium	723mg
Vitamin A	6736IU
Vitamin C	18mg
Calcium	163mg
Iron	5mg

### Directions

- 1 Heat half of the oil in a non-stick pan over medium heat. Add the spinach and cook until tender and wilted. Transfer the cooked spinach to a plate and set aside.
- 2 Whisk the eggs in a small bowl and season with salt and pepper to taste. Add the remaining oil to the pan. Add the eggs and cook until almost set. Place the salsa and cooked spinach on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add red pepper flakes, garlic, and/or paprika to the eggs.

**Additional Toppings:** Shredded cheese, avocado slices, and/or hot sauce.

**No Spinach:** Use another leafy green, like kale or arugula.



## Fresh Strawberries

4 servings

5 minutes

### Ingredients

4 cups Strawberries

### Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	23mg
Iron	1mg

### Directions

- 1 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

### Notes

**Make Them Last:** Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



## Raspberries

1 serving  
3 minutes

### Ingredients

1 cup Raspberries

### Nutrition

Amount per serving	
Calories	64
Fat	1g
Carbs	15g
Fiber	8g
Sugar	5g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	41IU
Vitamin C	32mg
Calcium	31mg
Iron	1mg

### Directions

- 1 Wash berries and enjoy!

### Notes

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



## Lentil & Chickpea Pasta Salad

2 servings

15 minutes

### Ingredients

4 ozs Chickpea Pasta  
 2 cups Lentils (from the can, drained and rinsed)  
 2 tbsps Red Onion (finely chopped)  
 1 Red Bell Pepper (diced)  
 1/2 Cucumber (diced)  
 1/4 cup Pitted Kalamata Olives (finely chopped)  
 2 cups Baby Kale  
 2 tbsps Balsamic Vinaigrette  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- ⋮
- 2 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately three cups.

**More Flavor:** Serve with parmesan cheese and basil leaves.

### Nutrition

Amount per serving	
Calories	544
Fat	12g
Carbs	85g
Fiber	27g
Sugar	15g
Protein	35g
Cholesterol	0mg
Sodium	276mg
Vitamin A	2013IU
Vitamin C	82mg
Calcium	176mg
Iron	14mg



## Greek Kale & Edamame Salad

2 servings  
20 minutes

### Ingredients

2 cups Frozen Edamame (thawed)  
3/4 cup Cherry Tomatoes (halved)  
1/4 Cucumber (large, chopped)  
1/4 cup Feta Cheese (crumbled)  
1/3 cup Pitted Kalamata Olives  
1/2 cup Red Onion (chopped)  
2 cups Baby Kale  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Lemon Juice  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	436
Fat	29g
Carbs	27g
Fiber	11g
Sugar	8g
Protein	25g
Cholesterol	17mg
Sodium	408mg
Vitamin A	1121IU
Vitamin C	24mg
Calcium	296mg
Iron	6mg

### Directions

- 1 Add all the ingredients to a large bowl and mix to combine. Divide evenly between bowls or onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add bell peppers and/or more lemon juice.

**Additional Toppings:** Fresh herbs and/or toasted nuts.



## Tuna, Chickpea & Avocado Salad

2 servings

15 minutes

### Ingredients

- 1 can Tuna (drained, flaked with a fork)
- 1 cup Chickpeas (cooked, drained)
- 1/2 Cucumber (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 Avocado (cubed)
- 1/4 cup Red Onion (sliced)
- 1/4 cup Italian Dressing
- 2 tbsps Parsley (fresh, chopped)

### Nutrition

Amount per serving	
Calories	333
Fat	11g
Carbs	37g
Fiber	12g
Sugar	11g
Protein	26g
Cholesterol	30mg
Sodium	547mg
Vitamin A	1185IU
Vitamin C	25mg
Calcium	98mg
Iron	5mg

### Directions

- 1 Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No Italian Dressing:** Use olive oil and lemon juice instead.

**No Tuna:** Use other canned fish like salmon or mackerel.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## Chicken Coleslaw Wrap

1 serving  
10 minutes

### Ingredients

4 ozs Chicken Breast, Cooked (shredded)  
1/2 cup Coleslaw Mix  
2 tbsps Mayonnaise  
1/8 tsp Chili Powder  
1 tbsp Parsley (chopped)  
Sea Salt & Black Pepper (to taste)  
1 Whole Wheat Tortilla (large)

### Nutrition

Amount per serving	
Calories	501
Fat	28g
Carbs	22g
Fiber	5g
Sugar	3g
Protein	40g
Cholesterol	129mg
Sodium	514mg
Vitamin A	1975IU
Vitamin C	23mg
Calcium	134mg
Iron	2mg

### Directions

- 1 Add the chicken, coleslaw mix, mayonnaise, chili powder, parsley, salt, and pepper in a bowl. Stir until well combined.
- 2 Add the chicken mixture to the tortilla. Roll up the tortilla tightly into a wrap and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Ingredients can be refrigerated separately in airtight containers for up to three days.

**Serving Size:** One serving is equal to one wrap.

**More Flavor:** Add hot sauce and/or green onions.

**Gluten-Free:** Use a gluten-free tortilla instead.



## Trail Mix Energy Balls

12 servings

10 minutes

### Ingredients

1/2 cup All Natural Peanut Butter  
 3 tbsps Coconut Oil  
 3 tbsps Maple Syrup  
 1/3 cup Pitted Dates (finely chopped)  
 3 tbsps Chia Seeds  
 1/2 cup Oats (rolled)  
 1/4 cup Dark Chocolate Chips  
 1/3 cup Almonds (chopped)

### Nutrition

Amount per serving	
Calories	199
Fat	14g
Carbs	16g
Fiber	3g
Sugar	9g
Protein	5g
Cholesterol	0mg
Sodium	3mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	44mg
Iron	1mg

### Directions

- 1 Add the peanut butter, oil, and maple syrup to a small saucepan. Heat over low heat, and mix well for about one to two minutes or until well mixed.
- 2 Add the remaining ingredients to a large bowl and add the peanut butter mixture. Use a silicone spatula or large spoon to mix well until the mixture sticks together when you squeeze it between your hands.
- 3 Use a cookie scoop or a tablespoon to scoop out the energy balls and roll them into balls in your hands. Repeat until all of the mixture is used. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is two energy balls.

**More Flavor:** Add cinnamon or vanilla extract.

**Nut-Free:** Use seed butter and seeds instead of peanut butter and almonds.



## Cucumber, Blackberries & Hummus Snack Box

1 serving

5 minutes

### Ingredients

1/4 Cucumber (medium, sliced)

1/2 cup Blackberries

1/4 cup Hummus

### Nutrition

Amount per serving	
Calories	188
Fat	11g
Carbs	19g
Fiber	8g
Sugar	5g
Protein	6g
Cholesterol	0mg
Sodium	264mg
Vitamin A	247IU
Vitamin C	17mg
Calcium	62mg
Iron	2mg

### Directions

- 1 Arrange the cucumber, blackberries and hummus into a container. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No Blackberries:** Use other berries like strawberries, raspberries, or blueberries.



## Edamame Hummus & Veggies

5 servings

5 minutes

### Ingredients

2 cups Frozen Edamame (thawed, plus extra for garnish)  
 1/2 cup Hummus  
 3 tbsps Water  
 1 tbsp Extra Virgin Olive Oil (optional, for garnish)  
 1 tsp Sesame Seeds (optional, for garnish)  
 1 1/2 cups Broccoli (cut into small florets)  
 1 1/2 cups Radishes (quartered)

### Nutrition

Amount per serving	
Calories	175
Fat	11g
Carbs	12g
Fiber	6g
Sugar	3g
Protein	10g
Cholesterol	0mg
Sodium	131mg
Vitamin A	363IU
Vitamin C	33mg
Calcium	79mg
Iron	2mg

### Directions

- 1 In a food processor, add the edamame, hummus, and water. Blend until a creamy consistency forms. Add more water if necessary.
- 2 Transfer the edamame hummus to a serving bowl. Top with oil, sesame seeds, and extra edamame, if using. Serve with broccoli and radishes. Enjoy!

### Notes

**Leftovers:** Refrigerate the edamame hummus in an airtight container for up to four days.  
**Serving Size:** One serving is equal to approximately 2/3 cup edamame hummus and one cup veggies.  
**More Flavor:** Add fresh herbs like mint or dill.  
**Make it Spicy:** Add chili flakes or cayenne powder.



## Chicken & Chickpea Quinoa Bowl

3 servings  
20 minutes

### Ingredients

1/2 cup Quinoa (dry, rinsed)  
8 ozs Chicken Breast, Cooked (shredded)  
1 cup Chickpeas (cooked)  
1/2 cup Cherry Tomatoes (halved)  
1/2 Cucumber (medium, chopped)  
1 Orange Bell Pepper (medium, sliced)  
1/3 cup Cilantro (chopped)  
1/2 Lemon (medium, juiced)  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Hemp Seeds  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Cook the quinoa according to the package directions.
- 2 Once the quinoa is cooked, divide the quinoa, chicken, chickpeas, tomatoes, cucumber, bell peppers, and cilantro evenly between bowls.
- 3 Top each bowl with lemon juice, oil, and hemp seeds. Season everything with salt and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups of salad with chicken.

### Nutrition

Amount per serving	
Calories	455
Fat	18g
Carbs	41g
Fiber	8g
Sugar	4g
Protein	35g
Cholesterol	79mg
Sodium	49mg
Vitamin A	548IU
Vitamin C	123mg
Calcium	68mg
Iron	4mg



## Tofu & Quinoa Bowl with Peanut Sauce

2 servings

35 minutes

### Ingredients

2/3 cup Quinoa (dry, rinsed)  
 12 ozs Tofu (extra-firm, pressed, and cubed)  
 1 tbsp Avocado Oil (divided)  
 1 tbsp Tamari (divided)  
 Sea Salt & Black Pepper (to taste)  
 1 1/2 tsps Arrowroot Powder  
 2 cups Edamame Pods (frozen)  
 2 tsps Rice Vinegar  
 1/4 tsp Chili Flakes  
 1/3 Cucumber (large, sliced)  
 1/4 cup Peanut Sauce

### Nutrition

Amount per serving	
Calories	653
Fat	31g
Carbs	59g
Fiber	12g
Sugar	11g
Protein	42g
Cholesterol	0mg
Sodium	1002mg
Vitamin A	61IU
Vitamin C	13mg
Calcium	595mg
Iron	9mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to package directions.
- 3 Add the tofu cubes to a bowl and gently toss with half of the oil and half the tamari. Season with salt and pepper. Add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 15 minutes.
- 4 In the same bowl, toss the edamame with the remaining oil and tamari and season with salt and pepper. Move the tofu to one side of the baking sheet and add the edamame. Place back in the oven and bake for 12 to 14 minutes or until cooked through and the tofu is crispy.
- 5 In a small bowl, mix together the rice vinegar and chili flakes. Add the sliced cucumber and toss to coat.
- 6 Divide the quinoa, tofu, and edamame into bowls. Top with the cucumber and drizzle with peanut sauce. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for three days. Store the dressing separately.

**Serving Size:** One serving is 2/3 cup cooked quinoa, one cup edamame and 6 oz (170g) of tofu, with about 1/3 cup cucumber.

**More Flavor:** Cook the quinoa in vegetable broth.

**Additional Toppings:** Chopped green onions, cilantro and/or chopped peanuts.



## Slow Cooker Chicken & Black Bean Taco Soup

4 servings

5 hours

### Ingredients

1 lb Chicken Thighs (boneless, skinless)  
 1/3 cup Quinoa (dry, rinsed)  
 1 cup Black Beans  
 2 tbsps Taco Seasoning  
 3 cups Fire Roasted Diced Tomatoes  
 (from the can, with juices)  
 1 2/3 pints Bone Broth  
 1 cup Cilantro (chopped, divided)  
 1 Avocado (large, sliced)  
 1/2 cup Plain Greek Yogurt (optional)  
 2 cups Corn Tortilla Chips (crumbled)

### Nutrition

Amount per serving	
Calories	571
Fat	22g
Carbs	50g
Fiber	12g
Sugar	9g
Protein	42g
Cholesterol	139mg
Sodium	1245mg
Vitamin A	1884IU
Vitamin C	22mg
Calcium	258mg
Iron	5mg

### Directions

- 1 Place the chicken, quinoa, beans, taco seasoning, tomatoes, broth, and half of the cilantro in a slow cooker. Stir, cover, and cook on low for five hours.
- 2 Remove the chicken from the soup and shred with two forks. Return to the soup and mix well.
- 3 Divide evenly between bowls and garnish with avocado, yogurt, corn tortillas, and the remaining cilantro. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days or freeze for up to three months.

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Season with sea salt and ground black pepper, lime juice, corn, onions, garlic, and/or red bell pepper.

**Additional Toppings:** Hot sauce and/or cheese.

**Dairy-Free:** Omit the yogurt.



## Roasted Sweet Potato & Kale Salad with Salmon

2 servings  
35 minutes

### Ingredients

1 Sweet Potato (medium, cut into fries)  
1 Red Bell Pepper (medium, sliced)  
3 tbsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
10 ozs Salmon Fillet  
1/4 tsp Turmeric  
1 tbsp Lemon Juice  
2 cups Kale Leaves (chopped)  
2 tbsps Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	491
Fat	31g
Carbs	19g
Fiber	5g
Sugar	6g
Protein	36g
Cholesterol	72mg
Sodium	161mg
Vitamin A	12326IU
Vitamin C	100mg
Calcium	95mg
Iron	3mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potato and bell pepper onto the baking sheet. Drizzle with 1/3 of the oil and season with salt and pepper. Bake for 15 minutes.
- 3 Remove from the oven and add the salmon to the sheet. Season the salmon with turmeric and salt to taste. Return the baking sheet to the oven and continue to bake for 12 to 15 minutes or until the salmon is cooked through and the vegetables are tender.
- 4 Meanwhile, in a small bowl, whisk together the remaining oil, lemon juice, salt, and pepper.
- 5 In a large bowl, add the kale. Add a splash of the dressing and massage with your hands to soften the kale.
- 6 Divide the kale, salmon, and vegetables evenly between plates. Top with pumpkin seeds and serve with the dressing. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is equal to approximately 1 1/2 cup of salad with salmon and dressing.